



Veterans of Foreign Wars of the United States
General MacArthur Memorial Post 392
2408 Bowland Parkway
Virginia Beach, Virginia 23454-5207
(757) 486-5875
www.vfw392.org



2013 Membership Goal: 1,730
Current Membership: 100.34% with 1,735 Members

April 2013 - VOLUME 24, NUMBER 10

2012 - 2013 OFFICERS

Post Commander.....	William R. Sowers	Ladies Auxiliary President.....	Judy Lupole
Sr. Vice Commander.....	Michael E. Gaughan	Ladies Aux. Sr. Vice President.....	Sue C. Sowers
Jr. Vice Commander.....	Steven Williams	Ladies Aux. Jr. Vice President.....	Colleen Lewis
Quartermaster.....	Donald E. Brown	Ladies Aux. Treasurer.....	Elizabeth Moynihan
Chaplain.....	Robert G. Duvall	Ladies Aux. Chaplain.....	Lucille Bailey
House Committee Chairman.....	Ralph D. Stephens	Ladies Conductress	Patty Stokes
Service Officer.....	Joseph G. Brady	Canteen Manager	Joe Halzack
Surgeon.....	Merle W. Gootee III	M.O.C. Seam Squirrel	William P. Moran
Judge Advocate	Douglas R. Keller	M.O.C.A. President.....	Denice E. Moran

COMMANDER'S CALL

COMRADES AND SISTERS

Last month was a very good month for us. While attending the District meeting we were presented a banner and State Honors for achieving over 100% in our retention program. Many thanks to all who worked so hard for this prestigious recognition.

We also had a great turn out when we presented the Community Awards Program winners to Police, Fire, Sheriff, EMT, Citizen, Teacher, VOD, and Patriots Pen awardees. During this ceremony we also presented a cash donation to baby Layla Sawicki.

The LAUX sponsored Cancer Dance was very successful, raising a substantial sum to fight cancer.

By the way, we are still seeking

volunteers in all of our programs. See any Officer to volunteer!

April is the month we always look forward to, as it harbors the end of winter and life begins anew all around us. It is a relatively easy month for us as per the calendar. The April Post Meeting will be an important one as we will elect Officers for the coming year.

June 13-16 the State Convention will be held in Williamsburg and the National Meeting will be in Louisville, KY July 20-25.

I'll see you around the Post. Be safe and be healthy!

DATES TO REMEMBER

- 4/6 US declares war on Germany entering WW I in 1917
- 4/14 US launches air strikes against Libya in 1986
- 4/17 The Bay of Pigs (Cuba) invasion begins in 1961
- 4/18 Doolittle Raid launches to strike Tokyo in 1942

4/18 Suicide bomber hits U.S. Beirut embassy in 1983

4/19 The Battles of Lexington & Concord. "The Shot Heard A round the World" in 1775

... (continued on page 2)

VOLUNTEERS NEEDED:

- **Post Staff Meeting:** Apr 1st, at 1730. All Officers & Chairmen
- **Post Meeting:** Apr 2nd, at 1900. Attend and get involved
- **VA Hosp Visits:** Apr 6th, Vets lunch at the Post, see Judy Lupole
- **Campbell Soup Labels:** benefits National Home for Children, see Amy Kiger
- **Funeral Services:** as required, see Chap. Bob Duvall
- **Chairpersons Needed:** various programs, see any Post Officer
- **Recruit Members:** applications at the Post

POST 392 - NEEDS YOU!

- 4/19 USS 'Iowa' gun turret explodes in 1989
 4/29 Operation Frequent Wind: evacuates last of US personnel out of Saigon in 1975
 4/30 The US establishes the Dept. of Navy in 1789

NEW MEMBERS

I extend a warm welcome to the new members who were voted in at the last regular meeting.

New / Transfer Life Members:

Bradley J. Webster,
 Duane E. Gordon,
 William D. Glenn III,
 and Eric J. Whitecotton

New Life Installment:

Dennis R. Kuhn

New / Transfer / Re-Instated Annual Members:

Samuel G. Brown,
 Kyle C. Holcomb,
 Earl R. Jelke Jr,
 Richard Lamb,
 Jordan P. Muenchow,
 Gary K. Pearson,
 Christopher M. Pearson,
 Kyle L. Tuggle,
 Kurt N. Van Pelt Jr,
 Maria A. Ruiz,
 and Douglas D. Burghart

Thank you for your service and welcome aboard!

BIRTHDAYS

May I wish "Happy Birthday" to Gerald S. Land Sr, Ralph D. Stephens, Frank Myler, Robert G. Duvall, Steve V. Austin, Ronald T. Brown, Allan L. Hux, John Stout Jr, Maxine A. Butler, Joshua M. Heger, Charlotte T. McCabe, Mary Ann Kenavan, Sherrie Wood, Jennifer A. Winn,

Holly A. DeFilippo, and 124 other fine Comrades and Sisters!

Post Commander
Bill Sowers
(757) 641-0471
bosn@sprynet.com

SENIOR VICE COMMANDER

Retention, Retention, Retention

At the last District 2 meeting our Post brought home the banner for 100% membership which we will proudly display in the meeting room. Our retention goal is still at 85% and at last count we stand at 50%. This means we need an additional 66 members to make All State.

The Junior Vice and myself have the listing in the office of those who haven't renewed and we need some help in calling those individuals. We have until May 10th to reach 100% in order to qualify for All State.

Next month we will have the elections for the new Post Officers, so please come out and join in. Installation of the new Officers will be on May 18th.

Right around the corner is the Buddy Poppy drive so keep that in mind. Our relief fund can use the money, so I look for a good turnout this year. The Junior Vice will be in charge of the drive so please give your support.

The VFW is only as strong as its membership. That's why it's so important that we work together to recruit Members, so we can keep the voice of Veterans strong and our programs healthy.

Remember: Our Strength is in our Membership.

CONTINUOUS MEMBERSHIP

AWARDS

The following Comrades have earned Continuous Membership Awards. Please attend the next Post Meeting to receive your lapel pin. If you are unable to attend, contact any Post Officer and your pin will be presented. If your name has not been listed and you believe that an award is due, please contact the Quartermaster at the Post.

30 Years Continuous Service:

Joseph G. Brady

25 Years Continuous Service:

Clyde E. Short, John J. Freeman,
 John S. Godlewski, Stuart F.
 Morgan, & Frank W. Montesano

15 Years Continuous Service:

Gary K. Latrace, William H. Burr,
 Stephen M. Collins, Gerald M.
 Dixon, Cynthia M. Laporte,
 Michael E. McCracken, Edward L.
 Powers, William T. Wellington,
 Mitchell L. Van Etten, Jeffery J.
 Seymour, Edward L. Meise Jr, &
 Robert N. Morrison

10 Years Continuous Service:

David R. Hunter, Michael L.
 Harper, Sac D. Marshall, Tony Y.
 Minnicks, Bert Allen III, &
 Michael D. Flynn

5 Years Continuous Service:

Ronnie S. Kiger, Lawrence M.
 King, Gary R. Zalas, Mark
 Cumbie, Steven Wilkerson, &
 James C. Williams

Thank you for your service and congratulations!

SR. Vice Commander
Mike Gaughan

sr-vicecommander@vfw392.hrcoxmail.com



JUNIOR VICE COMMANDER

Comrades and Ladies,

I feel it is an honor and a privilege to serve the Post as an Officer, and I vow that I will do my very best to make our Post one of the best. That being said, I also believe I can only be effective with the help of each one of our members.

The next couple of months we will be busy with the changing of the guard, the State Convention, and numerous other activities. What I would like to see is more of our Comrades gathering at the canteen, but more importantly, participating in the various events at the Post.

My philosophy is simple. I agree that we can disagree, but still come to an equitable arrangement. I don't believe that just because that is the "way we always did it" is the best possible solution. Of course, if it is not broken, why fix it? I believe we can work together to find new beginnings, and I look forward to serving the Post.

I hope to see some new faces around, however, I am glad to see the familiar faces also.

Jr. Vice Commander
Steven Williams
[jr-vicecommander@
vfw392.hrcoxmail.com](mailto:jr-vicecommander@vfw392.hrcoxmail.com)

QUARTERMASTER

2013 MEMBERSHIP DUES

Renew your **2013** Annual Membership today. Dues are \$30.00. They can be paid at Post

392, online at vfw.org, or mailed directly to VFW National:

VFW National Headquarters

Third Floor, Room 316
406 West 34th St.

Kansas City, MO 64111

(please include your membership #)

Please consider changing your Annual Membership to a LIFE Membership, and never have to worry again about renewals!

NEWSLETTER AVAILABLE BY EMAIL

The newsletter is now available via email! To sign up, go to our website at www.vfw392.org, select 'Monthly Newsletter' on the left side of the page, scroll down to the "Newsletter Subscription Form", and enter all of the information including Membership ID Number. Check the 'Yes' box, and 'Submit'.

CHANGE OF ADDRESS

As Members, we all need to maintain a current address at our Post and at National. So when your mailing address changes, be sure to fill out an address change form, and mail it, or drop it off with me here at the Post.

Quartermaster
Donald E. Brown
post@vfw392.hrcoxmail.com

CHAPLAIN'S CORNER

TEMPORARY SHORT TERM ILLNESS / INJURIES

Please read the Bulletin Board at the Post for most recent up-dates for Post Members on the Short Term Illness / Injury List.

LONG TERM ILLNESS

& INJURIES

The following members have serious, long term illness, or injury, requiring continuous care at the location listed below:

- Millie Branyan
Liza's Residential Care (Va Bch)

Please keep our members in your thoughts and prayers for a speedy recovery.

HELP US TAKE CARE OF EACH OTHER

When you or a family member falls ill, are injured, hospitalized, or experience the loss of a loved one - *please* contact us *ASAP*!

It is important that we extend our hand in anyway possible to aid and comfort our fellow Comrades and family in their time of need.

TAPS

The following list honors and remembers our Post Veteran members in their recent passing:

- **Thomas E. Shupe**
US Navy (Retired)
15 February 2013
- **John R. "Bobby" Steinbaugh**
US Navy
16 February 2013
- **Rosa Lee Mullins Ellison**
20 February 2013

At our monthly meeting, Draping of the Charter is conducted, and a prayer of solemn tribute is given on behalf of our departed Comrades. For they are now in the hands of our Heavenly Father.

OUR MONTHLY BREAD

God is Listening

(Reading: Psalm 139:4)

"There is not a word on my tongue, but behold, O Lord, You

know it altogether”

When Scottish theologian John Baillie taught at Edinburgh University, he made it a practice to open his course on the doctrine of God with following words:

“We must remember, in discussing God that we cannot talk about Him without His hearing every word we say. We may be able to talk about others behind their backs, but God is everywhere, oh yes, even in this classroom. Therefore, in all our discussions we must be aware of His infinite presence, and talk about Him, as it were, before His face.”

The knowledge that the Lord is everywhere should have a tremendous impact on what we say. King David, thinking of the everywhere-present God, declared, “There is not a word on my tongue, but behold, O Lord, You know it altogether” (Ps. 139:4).

Lies, gossip, unkind remarks, ethic, nationality or off-color comments, angry words, irreverent speech, and disrespectful to others and disrespectful use of the Lord’s name should never come from our lips.

Rather, we should speak only those things that God approves of. Our desire should be that which was expressed by David in Psalm 19: “Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my strength and my Redeemer” (v.14).

Remember, God is listening; from others we can hide some things we’ve thought and said and done; we cannot hide them

from the Lord, He knows them, every one. For every word we say on earth is recorded in heaven.

“Accordingly, God is represented as having records of men, of their works, and of God’s dealing with them. One such record is called ‘the book of life’.” (Ezek. 13:9)

VOLUNTEERS NEEDED FOR FUNERAL MEMORIAL SERVICES / COLOR GUARD

Our Post has become shorthanded of volunteers to perform required duties for Memorial Services of our deceased VFW members and veterans. The Post’s participation of these honorable and formal procedures are requested from veterans, or their families.

If you would like to participate, please contact the Post Chaplain Bob Duvall, or Gunnar Gudjonsson.

**Post 392 / District II Chaplain
Robert Duvall**

chaplain@vfw392.hrcoxmail.com

LADIES AUXILIARY PRESIDENT

Sisters and Comrades,

It's April and you know what that means? Yes, it's time for election of officers for the next year. If you would like to run for, or hold, a chair in the Auxiliary please contact Sue Sowers and let her know. If you would like to run for a chair and will be unable to attend the meeting, please provide Tina Brown with a letter reflecting your desire.

We will be hosting the Vets from the VA Hospital on April 7th they will be coming for lunch (Don Brown's spaghetti). If you have never been to a Vets visit you have no idea what you are missing. It is a

wonderful feeling when you see the smile on a Vets face, as there are no words to describe how you feel, so if you have some time come out and visit with them.

I would like to thank everyone that attended the District meeting in Franklin, what a great turn out from 392. Once again, you make me proud - THANK YOU!

I would like to welcome our newest member Annette Roth, I look forward to seeing you around the Post.

We held our annual Cancer Dance on March 23rd THANK YOU TINA & ELLEN for a wonderful time. I know you will let everyone know how much was raised as soon as you have it totaled. Thank you to everyone that attended - I hope you had as good a time as I did. It did feel funny not to sell raffle tickets, but I enjoyed visiting with everyone.

Community Awards were held on March 20th again, THANK YOU to everyone that came out and helped with it.

Our next meeting will be April 2nd at 7 PM and again, it is election of officers.

For those that can't be with us due to health reasons, I wish you a speedy recovery. I hope to see you all soon.

**Auxiliary President
Judy Lupole**
luvedale88@cox.net

LADIES AUXILIARY MEMBERSHIP

The sisters listed below are requested to attend the next regularly scheduled meeting of the Ladies Auxiliary. Our Auxiliary President stands ready to decorate you with the Continuous Membership awards indicated.

10 Years Continuous Service:

Betty Sharp and Anne E. Grob

5 Years Continuous Service:

Lori Waite and Patricia A. Keller

Thank you for your service!

Ladies Auxiliary Treasurer

Elizabeth Moynihan

post@vfw392.hrcoxmail.com

MOC

Fellow Coots,

Just a few notes of interest, elections for the Officers for 2013-2014 were held at our March Scratch. The incoming Officers are: Seam Squirrel - Willie Dean, Blanket Bum - Ralph Stephens, Hide Gimlet - Dave Goldstein, CCDB - Frank Frevele, and Tight Wad #3 - Bill Moran.

On Feb 23rd, we held a joint Fun Day at our Post. Among the participants was Pup Tents 1 & 2, as well as our Grand Commander Hal Roesch and Dept. QM Kim Deshano. A lousy time was had by all. Keep in mind May 4th will be Casino Day at the VAMC Hampton.

Our Sunday Breakfast teams are doing an extremely lousy job. Again I want to thank members of Pup Tent 9, MOC and MOCA alike, for all the hard work you are doing for our Veterans. That's a Lousy job, keep it up.

Our next Scratch is scheduled at 7 pm on April 9th.

Until the Next Scratch may God Bless our Troops, our Veterans and their families.

**Seam Squirrel
Bill Moran**

MOCA

To all my Sisters and Comrades:

Happy Spring everyone! Time for cleaning and yard work and renewal. Mark your calendars the 13th of April is the Junior Girls Car Wash and Bake Sale at 4809. Please come out and support them.

Casino Day at the Hampton VA Hospital will soon be upon us, Saturday May 4. This is one of our big annual events, so I hope to see a big turnout of Cooties and Sisters.

Thank you all again for all your hard work and dedication to our glorious cause. to GO!

**MOCA President
Denice Moran**

CANCER AID AND RESEARCH

APRIL: ORAL CANCER AWARENESS MONTH

One of the Awareness focus for April is Oral cancer. It is a cancer that can develop in any part of the oral cavity (the mouth and lips) or the oropharynx (the part of the throat at the back of the mouth).

Each year in the United States, more than 21,000 men and 9,000 women are diagnosed with oral cancer. Most are over 60 years old.

Almost all oral cancers begin in the cells that cover the surfaces of the mouth, tongue, and lips. These cancers are called squamous cell carcinomas.

Oral cancer cells can spread by breaking away from the original tumor. They enter blood vessels or lymph vessels, which branch into all the tissues of the body.

Studies have found the following risk factors for oral cancer:

Tobacco: Tobacco use causes most oral cancers. Smoking cigarettes, cigars, or pipes, or using smokeless tobacco (such as snuff and chewing tobacco)

Heavy alcohol use: People who are heavy drinkers are more likely to develop oral cancer than people who don't drink alcohol.

HPV infection: Some members of the HPV family of viruses can infect the mouth and throat. These viruses are passed from person to person through sexual contact

Sun: Cancer of the lip can be caused by exposure to the sun

Personal or family history of oral cancer: People who have had oral cancer are at increased risk of developing another oral cancer.

Symptoms of oral cancer may include: red or white patches inside your mouth or on your lips. A sore on your lip or in your mouth that doesn't heal. Bleeding in your mouth. Loose teeth. Difficulty or pain when swallowing. A lump in your neck. Numbness of lower lip and chin

Most often, these symptoms are not from oral cancer. Another health problem can cause them. Anyone with these symptoms should tell their doctor or dentist so that problems can be diagnosed and treated as early as possible.

For more information on cancers, visit the National Cancer Institute online at: www.cancer.gov

Let's celebrate less cancer and more birthdays!

Chairpersons

Tina Brown

Ellen Stogsdill

post@vfw392.hrcoxmail.com

CANTEEN

THANK GOD IT'S FRIDAY!!

It's the time of the week to unwind and enjoy a quiet evening of great entertainment, socializing with your friends, and taking a great opportunity to make new friends.

Social hour prices: 4 - 6 PM. Steam Shrimp Special can be ordered from 6:00 to 8:00 PM, as well as all regular menu items.

WEEKENDS AT THE VFW

Weekends at the VFW has something for everyone. The Canteen will open at 11:00 AM on Saturdays and Sundays with your favorites on tap or in bottles.

We have six (6) TVs, five (5) of which are large flat screens. With NASCAR season gearing up, you will definitely have a seat with a good view to watch your driver!

Come down and spend a great afternoon with your Comrades and Sisters at the Post.

THURSDAY NIGHT

DINNERS

<u>Apr 4th</u> BabyBack Ribs Cost: \$7.50	<u>Apr 11th</u> Stuffed Peppers Cost: \$7.50
<u>Apr 18th</u> Chicken Pot Pie Cost: \$7.50	<u>Apr 25th</u> Grill Your Own Steak Cost: \$10.50

FRIDAY ENTERTAINMENT

Below is the entertainment for this month, come and enjoy the music with your friends every

Friday from 7:00 to 10:00 PM:

<u>Apr 5th</u> Captain Moose Karaoke & DJ	<u>Apr 12th</u> Tim Hopkins Live music
<u>Apr 19th</u> Captain Moose Karaoke & DJ	<u>Apr 26th</u> Jim Berry Karaoke & DJ

If you have any comments or suggestions, please let us know.

Thank you for your service!

Chairperson
Ralph Stephens

Manager
Joe Halzack

[canteen@](mailto:canteen@vfw392.hrcoxmail.com)

vfw392.hrcoxmail.com

POST ANNOUNCEMENTS

STATE OF VIRGINIA VETERANS AFFAIRS REPRESENTATIVE

Ms. Bonin comes to Post 392 once a month to answer questions concerning veteran's affairs.

Her scheduled availability will be posted here each month. For this month, she will be available:

April 18th (Thursday)
11:00 AM - 3:30 PM

She is also available weekdays at her Virginia Beach office:

Pembroke Office Park
287 Independence Blvd.
Building 2, Suite 130
(757) 552-1884

Ms. Bonin has provided this valuable service for many years helping Veterans obtain benefits they've solely earned. So please, come out and speak with her.

Veterans Service Representative
Liz Bonin

MONTHLY GOLF OUTING

We have arranged a spring golf tournament to be held at BOW CREEK golf course on Sunday April 28th. First tee time is 1200. Sign in is 1145.

Fee is \$25 per person, and the format is '4 man Florida best ball'. A sign up sheet is posted in the bar.

If successful, a monthly outing will be held at different courses and in different formats.

For more information, contact me at 424-8662.

Golf Chairman
Ed Evans

TROOP 392

Post 392 Scouting Program

Come out and join Cub Scout Pack 392, Boy Scouts Troop 392, and Venturing Crew 1911! For more information call Wes Gibson at (757) 615-8300.

VA SWITCHING TO ELECTRONIC PAYMENTS

If you are receiving your Federal benefits from the Department of Veterans Affairs (VA) by paper check, you should have switched to electronic payments by March 1st.

You can elect to receive your benefits electronically in one of two ways: by direct deposit or by prepaid debit card.

If you have questions, call the Go Direct Helpline at (800) 333-1795 (Mon-Fri, 8am-8pm ET). Or you can visit the website at <http://www.godirect.org>

CANCER DANCE

Our annual Cancer Dance was March 23rd. We couldn't have asked for a better time with

everyone who was able to attend! Thank you all so very much for the support and generosity! We definitely gave from our hearts for the fight against cancer!

And thank you to our volunteers who's selfless efforts were vital in making this event a success!

Details and specifics to follow next month.

Chairpersons
Tina Brown
Ellen Stogsdill

NOTARY PUBLIC

The following Post members are commissioned as Notary Public's in the Commonwealth of Virginia:

- Gunnar Gudjonsson
- Bob Duvall

They are legally authorized to notarize documents such as Power of Attorney, Bill of Sale, Will, Living Will, etc.

Please check with any Post 392 Officers for additional details and for an appointment.

MILITARY RETIREES SHOULD MAKE A LIST

When a retiree dies, the surviving spouse or children are often unsure about what they should do in regard to the military retiree's pay and benefits.

A retiree should create a list of names and phone numbers that need to be contacted when he or she passes away. It is just as important to inform the spouses and children as to what the list is and where to find it.

The list should include at least

the following:

- DFAS Retired and Annuity Pay Center: 800-321-1080 (to stop retired pay, apply for Survivor Benefits, and obtain information on insurance and other allotments)
- Veterans Administration: 800-827-1000 (for Disability pay, and burial assistance and/or for applying for Dependency Indemnity Compensation for the surviving spouse)
- Social Security Administration: 800-772-1213 (to discuss Social Security Survivor benefits)
- Office of Personnel Management: 888-767-6738 (for retirees who are receiving civil service pensions in addition to military retired pay)
- Local VFW: 757-486-5875 (family members are requested to contact Quartermaster to advise of member's passing and discuss Post representation at services)

NRA GUN SAFETY COURSE

The Post is sponsoring a gun Safety Course for those interested in learning about gun safety and either wanting to obtain a Concealed Carry permit or others who are considering the purchase of a firearm for personal / home protection. There is no age limit to participate. If you have a firearm in your house and also have children - it would be to their advantage to obtain knowledge about firearm danger and safety.

Class Size is a minimum of 10 and a maximum of 25. They will be scheduled on Saturdays and conducted in the Post's small meeting room.

Normally duration of the class is 8 hours, but this will be condensed to approximately 3½ to 4 hours, will

be conducted by NRA certified instructors, and is open to any Post Members and their family.

The price for class materials is \$75.00 per person up to 20 people. If the class goes over 20, the price will drop to \$70.00 per person. These prices do not include fees for range time nor ammo.

The signup sheet is on the bulletin board next to the ladies rest room. Please come out and join us, you won't be disappointed!

COMMUNITY AWARDS



On March 20, the Post held the Community Awards and presented cash awards and plaques to honor our city's finest: Fireman, Sheriff, EMT, Policeman, Teacher, and Citizen of the year.

In addition, six local students were honored as Patriots Pen and Voice of Democracy essay winners. Above Commander Bill Sowers, LAUX President Judy Lupole, and Committee Chair Sue Sowers congratulates Teacher of year - Roderick Zano.

CORRECTIONS

As always, we welcome any comments, suggestions, or complaints about errors that warrant correction.

They can be addressed with any of the Post Officers.



Virginia Beach, VA 23454-5207

Web Site: www.vfw392.org



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