



**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

**2014 Membership Goal: 1,780**  
 Current Goal Status: 95.74% with 1,688 Members

Since 1969: 12 'All State Post' and 38 'All American Post' Awards

## FEBRUARY 2014 - VOLUME 25, NUMBER 8

### 2013 - 2014 OFFICERS

Post Commander.....	Michael E. Gaughan	Ladies Auxiliary President.....	Gail Payne
Sr. Vice Commander.....	Steven C. Williams	Ladies Aux. Sr. Vice President.....	Colleen Lewis
Jr. Vice Commander.....	Douglas Iles	Ladies Aux. Jr. Vice President ..	Denice E. Moran
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.....	Jonathan L. Harnden, Sr.	M.O.C. Seam Squirrel .....	Willie Dean
Judge Advocate .....	Douglas R. Keller	M.O.C.A. President.....	Ellen Stogsdill



### COMMANDER'S CALL

#### COMRADES AND SISTERS

Here we are in 2014 with more challenges ahead of us. We now have a new Junior Vice Commander, Doug Iles, and I have all the faith in the world that he will do an outstanding job for the Post. Between him and Steven Williams we should cruise through the remainder of this year. The Winter Council in Williamsburg went well and a lot of good information was put out to those who attended. Both our Senior Vice and Junior Vice attended Service Officer's Training.

Next up is the Saint Patrick's Day parade at Ocean View, and I am sure turnout will be good.

Our Shop with a Vet was a big hit at the Navy Exchange. There is an article in the January edition of the Jet Observer and posted in the hallway leading to the main hall.

In addition, there are pictures on [www.flickr.com](http://www.flickr.com) thanks to the PAO Oceana.

The nominations have been received for the Teacher's of The Year, Voice of Democracy, and the Patriots Pen. These Awards will be presented in March at our Community Service Awards.

We still lack behind in our membership, so if you have any extra time on your hands please see the Senior Vice Commander, or Junior Vice Commander, so we can get in contact with those who have not renewed their membership. If we get the help required, we should be able to make All American and All State this year.

Nominations for all elected positions will be held in March. Nominations will also be held in April along with the elections for 2014-2015 so please come to the meetings and make your voice heard.

### DATES TO REMEMBER

2/1 President Reagan orders withdrawal of US Marines from Beirut in 1984

... continued on page 2

### VOLUNTEERS NEEDED:

- **Post Meeting:** Feb 4th, at 1900. All members may attend
- **VA Hosp Visits:** Feb 22nd, BINGO, see Sue Sowers
- **Annual Member Renewals:** make calls to remind Members to renew, see Steve Williams
- **Cooties Breakfast:** Sign up sheets at Post, see MOC/MOCA
- **American Red Cross:** Urgently need blood donors, call 1-800-448-3543, or see Judy Lupole
- **Campbell Soup Labels:** benefits NHC, see Amy Kiger
- **Recruit Members:** applications at the Post, see any Post Officer

**POST 392 - NEEDS YOU!**

- 2/8 US Forces secure Guadalcanal in 1943
- 2/15 USS Maine sinks in Cuba's Havana Harbor in 1898
- 2/22 Operation Junction City begins in Tay Ninh Providence, Vietnam in 1967
- 2/23 U.S. flag raised on Iwo Jima in 1945
- 2/25 Iraqi Scud missile hits U S barracks in Dhahran, Saudi Arabia in 1991

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**NEW MEMBERS**

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

**New / Transfer  
Life Members:**

Gary W. Houze, Andrew J. Vuckovich Jr., Michael J. Gardner Sr., Daniel K. Ryan Jr., John T. Tran, Joseph A. Fader

**New / Transfer / Re-Instated  
Annual Members:**

Joseph A. Elliot, Cleveland K. Baxley Jr., David D. Sage, Kendra V. Pokus, Marc Loi, Timmy R. Colie, Edward W. Smith, Suzanne M. Gagliardo, Alan L. Gagliardo, David A. Saldivias, Tricia M. Schnare, Dan R. Miller, Sha'ron D. Martin

Thank you for your service and welcome aboard!

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**BIRTHDAYS**

May I wish "Happy Birthday" to Richard H. Poolos, Norman L. Kilfoyle, Gordon C. Waite, John H. Phillips, Joseph P. Halzack, Donald E. Brown, Charles M. Sisson, April R. Childers, Clara I. Camp, Donna M. Goldsberry, Lucille Bailey, Colleen Lewis, Kimberly Jean Sawyer, Jessica T. Johnson, and 136 other fine Comrades and Sisters!

**Post Commander**

**Mike Gaughan**

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

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



**SENIOR VICE  
COMMANDER**

**CONTINUOUS MEMBERSHIP**

**AWARDS**

The following Members 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. If your name has not been listed and you believe that an award is due, please contact the Quartermaster.

**45 Years Continuous Service:**

John W. Neely

**25 Years Continuous Service:**

Steven D. Heckathorn, Chet A. Garnett, Richard A. Craig, Jack L. Pingel, Charles W. Runyon, Clair F. Comerford, David A. Morningstar

**20 Years Continuous Service:**

Leslie F. Thorpe, John L. Hall

**15 Years Continuous Service:**

Jeffery C. Smoczynski, Frank J. Diaz, Howard L. Clark, Thomas L. Barrows, George A. Glass, Alvin H. Wagner

**10 Years Continuous Service:**

Edwin R. Cousins, Scott A. Matthews, Carl D. Epperson, James P. Marlow, Howard J. McCracken, Terry H. Tillery, Gregory S. Trimble, Francis J. Jackman

**5 Years Continuous Service:**

Nancy A. Hobart, John S. Wiley, Herbert J. McGowan Jr., Michael R. Robertson

Thank you for your service and congratulations!

**SR. Vice Commander**

**Steven C. Williams**

[sr-vicecommander@](mailto:sr-vicecommander@vfw392.hrcoxmail.com)

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

**JUNIOR VICE  
COMMANDER**

I look forward to working with all of the VFW Members in doing what we do, as a team, to help our military and Veterans.

Couple quick reminders - get out to vote! Voter registration information has been promulgated. Buddy Poppies is just around the corner, so please be sure to sign-up when the lists are posted up in the Canteen. We have distributed VFW 2014 priority goals, information on that is up on the Post's bulletin board, please read! Don't forget to sign up for the Saint Patrick's Day Parade. Sign up sheets are at the Post (be sure to indicate if you intend to ride or march). You should seriously consider participating on this parade, it's a good time to be had by all!

Last reminder, we still need volunteers to call for membership registration, for overdue fees (re-registration). We are within reach of obtaining All State and All American Post! Keep charging and never quit!

**Jr. Vice Commander**

**Douglas Iles**

[jr-vicecommander@](mailto:jr-vicecommander@vfw392.hrcoxmail.com)

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



**QUARTER-  
MASTER**

**2014 MEMBERSHIP DUES**

Effective 1st of January 2014,

National has increased **annual dues to \$40.00.**

Annual Members can pay their dues at Post 392, online at [vfw.org](http://vfw.org), or by mail directly to the VFW National:

**VFW National Headquarters**  
Third Floor, Room 316  
406 West 34th St.  
Kansas City, MO 64111

(please include your membership #)

Consider changing your Annual Membership to a LIFE or LEGACY LIFE Membership, and never have to worry about renewals again!

### E-NEWSLETTER

The newsletter is available via email, for free! To sign up, go to our website at [www.vfw392.org](http://www.vfw392.org), select 'Monthly Newsletter' on the left side of the page, and then follow the links to "Subscribe to the VFW Post 392 Mailing List".

### CHANGE OF ADDRESS

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

**Quartermaster**  
**Donald E. Brown**  
[post@vfw392.hrcoxmail.com](mailto:post@vfw392.hrcoxmail.com)



### **CHAPLAIN'S CORNER**

### ILLNESS / INJURIES

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

The following members have serious, long term illness, or injury, requiring continuous care

at the location listed below:

- Millie Branyan  
(Liza's Residential Care)
- Robert Fillmore  
(Nursing Home)
- Janice Gebelein  
(Home)
- Mary Jane Mitchell  
(Home)
- Donald H. Ostroski  
(Home)
- James R. Puckett  
(Va Bch Gen, Room 236)

Keep them 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:

- **Donald R. Hunt**  
US Navy (WWII, Retired)  
27 December 2013
- **Daniel J. Murphy**  
US Navy (Retired)  
28 December 2013
- **Joseph C. Bevacqua**  
US Air Force (Korean War)  
10 January 2014
- **Fred Zagar**  
US Army (Korean War)  
10 January 2014
- **Daniel P. Mrowczynski**  
18 January 2014

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.

### VOLUNTEERS NEEDED FOR FUNERAL MEMORIAL SERVICES / COLOR GUARD

Our Post is shorthanded for volunteers to perform required duties for VFW Memorial Services of our deceased veterans. The Post's participation in 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 the Post Service Officer Joseph Brady.

**District 2 Chaplain**  
**Post 392 Chaplain**  
**Robert Duvall**

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



### **POST SURGEON**

Comrades and Sisters, during this cold wintry month you have continued your unselfish service to our Veterans in need of assistance.

During January, VFW/LAUX members participated in numerous projects that included taking Veterans to doctor's appointments, hospital visits, and assisting Vets in obtaining medical benefits. The Post also hosted patients from the VA Hospital to a delicious breakfast and fun filled karaoke. Another Christmas in January program, sponsored by the MOCA, was enjoyed by VA Hospital patients who could not come to the Post. Movie, popcorn and pizza continue to be a popular

program for hospitalized Veterans.

All of this is thanks to our dedicated volunteers. You can help in this important work by resolving to participate in at least one of these projects this year. Every month presents new opportunities to help a Vet.

A quick note for your info: All stateside Tricare Service Centers are closing on April 1, 2014, as a money saving effort. According to a DOD spokesperson, the change will not affect any Tricare medical benefit or health care service. All of the services currently provided by service center staff can be handled exclusively over the phone. Tricare members should receive a letter on new procedures.

Here is a good opportunity for you to get out and show your support for our veterans and active duty and get some exercise at the Saint Patrick's Day Parade in Ocean View on March 15th, 2014. Put it on your calendar.

Stay healthy and get involved in your Post activities, you'll feel better for it

**Post Surgeon  
Jonathan L. Harnden, Sr.**



## AUXILIARY PRESIDENT

Our next meeting will be held on February 4th at 7:00PM. Please come on out and join us.

For those sisters who cannot be with us, due to illness or locale, our hearts and prayers are with you.

Chaplain, Lucy Bailey, stands ready to respond to any needs. Please call the Post with any information the Membership may need to know. Your sisters stand ready to respond.

**Ladies Auxiliary President  
Gail M. Payne  
[post@vfw392.hrcocmail.com](mailto:post@vfw392.hrcocmail.com)**



## 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 awards indicated:

### **20 Years Continuous Service:**

Irene C. Hill

### **15 Years Continuous Service:**

Reginia Lyle

### **10 Years Continuous Service:**

Susan Levesque, Emily R. Lowry

### **5 Years Continuous Service:**

Susan K. Russell, Mary A. Cupper

Thank you for your service!

**Ladies Auxiliary Treasurer  
Elizabeth Moynihan  
[post@vfw392.hrcocmail.com](mailto:post@vfw392.hrcocmail.com)**



## MOC

Fellow Coats,

Just a few notes from your Seam Squirrel. On the 14th of January Pup Tent had a lousy Scratch. work together in 2014.

Sunday Breakfast continues to have a great turn out each week. We are looking to have an outstanding year as we did last year.

Our organization is successful only through the hard work of our volunteers. I want to thank ALL the volunteers who make Pup Tent 9 a great success. I am looking forward to a fun and lousy year. Remember let's increase and multiply.

Our next Scratch is scheduled at 7 PM on February 11th.

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

**Seam Squirrel  
Willie Dean**



## MOCA

Dues not paid by December 31, indicates you are no longer a member in good standing. If you have not paid your dues, please see Patty Stokes.

Thank you to all that attended Grand Council Meeting that was held Saturday, January 11th at the Williamsburg Fort Magruder Crowne Plaza.

Grand Blood Drive, Jan 26th 10-4, VFW 4809, in Norfolk, You can go on line at [redcross.org](http://redcross.org) to sign up. Location code MOC, Giving Blood saves Lives, Need all MOC and MOCA to come out. Everyone can come. bring a friend.

Due to the resignation of Amy Kiger as Junior Vice President, we will have a elections for Junior Vice President for rest of the 2014 year at our next meeting. Amy, we will miss your smiling face and all that you do for the good of our organization.

Elections will be held at our next meeting for 2014-2015 officers. If anyone is interested in a position, please contact Jennifer Winn or myself.

Mark your Calendars for FUN DAY to be held at our Post on February 15, 2014, starting at 0900 hours.

REMINDER: That the American Red Cross has issued an Emergency Appeal, urging all

eligible donors to give blood. Blood supplies are very low. For additional information call 1-800-448-3543 or visit the website [www.weneedblood.org](http://www.weneedblood.org). If you are able to respond, please report to our Auxiliary Hospital Chairperson, Sue Sowers.

Auxiliary Chaplain, Judy Lupole stands ready to assist any members in need, but she has to be contacted [luvedale88@cox.net](mailto:luvedale88@cox.net) or 757-581-2702.

**MOCA President  
Ellen Stogsdill**



**CANCER DANCE**

Please mark your 2014 calendars, our next annual fund raiser will be the Cancer Dance in April! There is always a planned social, music and entertainment, and of course plenty of room to dance!

With every dollar we give, and every volunteer hour we sacrifice ... we take another step closer to celebrating less cancer and more birthdays!

**FEBRUARY: NATIONAL  
CANCER PREVENTION  
MONTH**

Every year, February sweeps the states with love, chocolate, flowers, diamonds who could ask for a more fabulous month? But it is also National Cancer Prevention Month, so play an active role in cancer prevention and your own health by following these tips.

Live Healthy - exercising and eating right is important in not only preventing cancer, but keeping your body in shape for a long, healthy life. Fill your plate

with fruits and veggies and begin an exercise routine.

Quit Smoking - smoking dangers almost every organ in the body and accounts for nearly 30% of all cancer deaths. Do your lungs a favor and never light up.

Limit Sun Exposure - constant exposure to the sun for that "gorgeous" tan is not worth increasing your risk for cancer. Tans will fade, but the damage to your skin won't! Always wear sunscreen with SPF of at least 15, wear clothing that protects your skin when you are out in the sun!

Get Screening - regular screening and self-exams play a huge role in early detection of cancer. This includes the HPV vaccine and yearly PAP tests for cervical and vaginal cancer, and yearly mammograms for breast cancer.

Beware of the Environment - our bodies are exposed to chemicals every day from our houses to the workplace. Choose greener cleaning supplies and purchase safe personal products. Remember, what we put on our bodies is just as important as what we put in it.

Listen To Your Body - nobody knows your body better than you do. If you feel something is imbalanced see your physician immediately and do not sweep the symptoms under the rug. Always bring a list of questions with you and never feel bad about getting a second opinion. It's personal and it's your LIFE!

For more information on any cancer, visit the National Cancer Institute online at: [www.cancer.gov](http://www.cancer.gov).

**Chairpersons  
Tina Brown & Ellen Stogsdill  
[post@vfw392.hrcoxmail.com](mailto:post@vfw392.hrcoxmail.com)**

**CANTEEN**

**CANTEEN HOURS**

**Monday-Thursday.... 1100-2200**  
**Friday..... 1100-0000**  
(Live entertainment)  
**Saturday.....1100-2200**  
**Sunday.....1100-2200**  
(Sunday's with Cootie Breakfast, the Canteen opens at 10 AM)

**KITCHEN HOURS**

**Monday-Friday..... 1100-1400**  
**Saturday / Sunday ..... closed**  
**Thursday Dinner ..... 1800-1930**

**WEEKENDS AT THE VFW**

Start the weekend on **Friday** with **Social Hour Prices** from **4-6 PM!**

The Canteen will **open at 11:00 AM** on **Saturdays** and **Sundays** with tap and bottle beer, beverages, and a full menu.

We have plenty of TVs, in the smoking and non-smoking rooms. With NFL in season, you will definitely have a seat with a good view to support your team!

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

**SUPER BOWL PARTY**

**February 2nd, 2014, Sunday**  
1800 - game end

Do you have plans for Super Bowl XLVIII ? How about grabbing a seat and cheering for Denver or Seattle along with your Comrades and Sisters at Post 392!

The Canteen will be providing cold cut subs. We ask that you bring your favorite side dish or dish, chips and dip, veggie trays, etc ... enough for all to share.

After all it's a party!

In addition to tap and bottle beer, the Canteen also has a selection of non-alcoholic beverages to choose from. So bring your family, bring your friends, and settle in for a great game and a good time!

**THURSDAY NIGHT DINNER**

Below is the dinner menu available every Thursday from 6:00 - 7:30 PM:

<b><u>Feb 6th</u></b>	<b><u>Feb 13th</u></b>
<b><u>Fish &amp; Chips</u></b> hush puppies, roll, salad, & dessert \$8.50	<b><u>Meatloaf</u></b> mashed potatoes, peas, roll, salad, & dessert \$8.50
<b><u>Feb 20th</u></b>	<b><u>Feb 27th</u></b>
<b><u>Teriyaki Chicken</u></b> rice, vegetable mix, roll, salad, & dessert \$8.50	<b><u>Prime Rib</u></b> Baked potato, green beans, roll, salad, & dessert \$11.00

**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:

<b><u>Feb 7th</u></b>	<b><u>Feb 14th</u></b>
Captain Moose Karaoke & DJ	Tim Hopkins Live music
<b><u>Feb 21st</u></b>	<b><u>Feb 28th</u></b>
Captain Moose Karaoke & DJ	Jim Berry Karaoke & DJ

If you have any comments or suggestions, please let us know. And thank you for your service!

**Chairperson**                      **Manager**  
**Ralph Stephens**                **Joe Halzack**

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



*Asiatic-Pacific Campaign Medal (Service between Dec 7, 1941 and March 2, 1946)*

**POST  
ANNOUNCEMENTS**

**VIRGINIA VETERANS  
AFFAIRS REPRESENTATIVE**

Liz 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 at the Post:

February 20th, 2014  
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. So please, contact her and let her address your concerns and questions.

**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.

**AMERICAN RED CROSS**

**Donors Needed**

American Red Cross's Mid-Atlantic Blood Services Region serving central and southeastern Virginia has issued an **emergency** request for blood and platelets. All blood types are needed, especially types O-, A-, and B-.

Please call the American Red Cross to schedule an appointment for one of their upcoming blood drives:

1-800-RED-CROSS  
(1-800-733-2767)

**COOTIE BREAKFAST**

**Breakfast Every Sunday**  
0900 - 1130

Where else can you have a fantastic breakfast with family and friends for \$7.00 per adult ... and know that all the proceeds go directly to support our local hospitalized Veterans? Please come and join us for a wide variety of breakfast foods, meats, eggs, fruit, and more. There's always coffee, or maybe have something a little stronger if you wish. You won't be disappointed!

**Volunteers Needed**

We could still use volunteers. You don't have to be a Cootie to volunteer, we welcome anyone who wishes to join us. We are all volunteers working for a most worthy cause. Every penny we make goes to our hospitalized Veterans. In addition to the work, we have a lot of fun and make some great friends.

If anyone is willing to help us, please contact Doug Keller (757-418-3178), or Patty Stokes (757-468-9249), or any Post Officer.

**Breakfast Chairpersons**  
**Doug Keller & Patty Stokes**

**THANKSGIVING &  
CHRISTMAS DINNERS**

**Thank You**

There is no way I can thank the many volunteers who donated goods and time preparing these dinners. There was more than enough Turkeys and Hams donated to not only fulfill the

needs of our dinners, but also contribute to the Food Baskets of our LAUX projects.

With over 24 people showing up to prepare and serve each dinner, it proved that "MANY HANDS MAKE BIG PROJECTS A SMALL TASK". Between the two dinners we served over 300 people. A big BRAVO-ZULU to all of the members who stopped and volunteered to help in this COMMUNITY PROJECT for our members and the public.

Not many people realize that it takes over 400 man hours to put together these two dinners (unless you have served as chair in previous years). Help will always be appreciated in putting on these dinners. THANKS AGAIN to all who came forward and helped.

**Chairperson  
Gramps**

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## **VA HOSPITAL PROGRAM**

### **Volunteers Needed**

Just about every month we visit the Veterans at the VA Hospital. We're provide them camaraderie, some fun, and a break from their everyday life at the hospital. This month we are proving the following:

- Feb 22nd, BINGO for the Vets at the VA Medical Center from noon to 3 PM

These events are supported by volunteers. If you would like to participate, please contact me or any of the Officers at the Post.

Please, we could seriously use the help, and I promise you will have a great time! The Vets enjoy our visits, and it's just as fun for us as it is for them!

**Hospital Chairperson  
Sue Sowers**

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## **DRIVING SAFETY TIPS**

### **Driving in Snow and Ice**

The best advice for driving in bad winter weather is not to drive at all, if you can avoid it.

Don't go out until the snow plows and sanding trucks have had a chance to do their work, and allow yourself extra time to reach your destination.

If you must drive in snowy conditions, make sure your car is prepared, and that you know how to handle road conditions.

It's helpful to practice winter driving techniques in a snowy, open parking lot, so you're familiar with how your car handles. Consult your owner's manual for tips specific to your vehicle.

### **Driving safely on icy roads**

- Decrease your speed and leave yourself plenty of room to stop. You should allow at least three times more space than usual between you and the car in front of you.
- Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.
- Turn on your lights to increase your visibility to other motorists.
- Use low gears to keep traction, especially on hills.
- Don't use cruise control or overdrive on icy roads.
- Be especially careful on bridges, overpasses and infrequently traveled roads. Even at temps above freezing, if the conditions are wet, you might encounter ice in shady areas or on exposed roadways like bridges.
- Don't pass snow plows and sanding trucks. The drivers have limited visibility, and you're likely to find the road in front of

them worse than the road behind.

- Don't assume four-wheel and front-wheel drive vehicles can handle all conditions.

### **If your rear wheels skid...**

- Take your foot off the gas and shift to neutral, but don't try to steer immediately.
- As the wheels skid sideways, they will slow the vehicle and traction will return. As it does, steer in the direction you want to go. Then put the transmission in "drive" or release the clutch, and accelerate gently.

### **If you get stuck...**

- Do not spin your wheels. This will only dig you in deeper.
- Turn your wheels from side to side a few times to push snow out of the way.
- Use a shovel to clear snow away from the wheels and the under side of the car.
- Pour sand, kitty litter, gravel or salt in the path of the wheels, to help get traction.
- Try rocking the vehicle. (Check your owner's manual first — it can damage the transmission on some vehicles.) Shift from forward to reverse, and back again. Each time you're in gear, give a light touch on the gas until the vehicle gets going.

*SOURCES: NATIONAL SAFETY COUNCIL, NEW YORK STATE DEPARTMENT OF MOTOR VEHICLES, WASHINGTON STATE GOVERNMENT INFORMATION & SERVICES*

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## **CORRECTIONS**

We welcome any comments, suggestions, or complaints about errors that warrant correction. They can be directed to any of the Post 392 Officers, or email them directly to the Newsletter Chairman at [mcullen4@live.com](mailto:mcullen4@live.com)

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**VETERANS OF FOREIGN WARS**

**General MacArthur Memorial Post No. 392**  
 2408 Bowland Parkway  
 Virginia Beach, VA 23454-5207

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 E-Mail: [post@vfw392.hrcoxmail.com](mailto:post@vfw392.hrcoxmail.com)  
 Web Site: [www.vfw392.org](http://www.vfw392.org)



**THE RED, WHITE AND BLUE - 392**

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
• Cootie Breakfast 9 - 11:30 AM Team 3 • Super Bowl Party 6 PM - game end	• VFW / LAUX Staff Meeting 5:30 PM	• VFW / LAUX Post Meeting 7:00 PM	• MCL Meeting • Troop 392	• Fish & Chips 6 - 7:30 PM	• Entertainment Capt. Moose	
9	10	11	12	13	14	15
• Cootie Breakfast 9 - 11:30 AM Team 1	• FRA 166 Staff Meeting	• MOC / MOCA Meeting 7:00 PM	• Troop 392	• Meatloaf 6 - 7:30 PM	• Entertainment Tim Hopkins	
16	17	18	19	20	21	22
• Cootie Breakfast 9 - 11:30 AM Team 2	• FRA 166 Branch Meeting	• MCL Staff Meeting • IOOB Meeting	• AOA Meeting 6:00 PM • Troop 392	• VA Rep at Post • VVA Chap. 969 Board Meeting • Teriyaki Chicken 6 - 7:30 PM	• Entertainment Capt. Moose	• VA Hospital: BINGO
23	24	25	26	27	28	
• Cootie Breakfast 9 - 11:30 AM Team 3		• VVA Chapter 969 Meeting 7:00 PM	• House Committee Meeting 7:00 PM • Troop 392	• Prime Rib 6 - 7:30 PM	• Entertainment Jim Berry	
<b>FEBRUARY 2014 - VOLUME 25, NUMBER 8</b>						