



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

2015 Membership Goal: 1,913
Current Goal Status: at 99.0% with 1,796 Members

Since 1969: 13 'All State Post' and 38 'All American Post' Awards

FEBRUARY 2015 - VOLUME 26, NUMBER 8

2014 - 2015 OFFICERS

Post Commander.....	Steven C. Williams	Ladies Auxiliary President.....	Colleen Lewis
Sr. Vice Commander.....	Douglas M. Iles	Ladies Aux. Sr. Vice President ...	Jennifer A. Winn
Jr. Vice Commander.....	Steven E. Graves	Ladies Aux. Jr. Vice President...	Jessica T. Johnson
Quartermaster.....	John H. Phillips	Ladies Aux. Treasurer.....	Ellen Stogsdill
Chaplain.....	Robert G. Duvall	Ladies Aux. Chaplain.....	Dinah V. Devins
House Committee Chairman.....	Peter A. Gebelein	Ladies Conductress	Patty Stokes
Service Officer.....	Joseph G. Brady	Canteen Manager	Joe Halzack
Surgeon.....	Raymond J. Strawbridge	M.O.C. Seam Squirrel.....	David R. Goldstein
Judge Advocate	Mark K. Winn	M.O.C.A. President.....	Jennifer Winn



COMMANDER'S CALL

COMRADES AND SISTERS

Camaraderie

Camaraderie is a word that I have heard at the VFW for over 17 years and I always thought that its essential meaning was to be a friend. I don't know why but I was giving a lot of thought as to where this word originated and what did it truly mean.

The word **camaraderie** originated in France for the word "comrade" meaning *a companion who shares one's activities or is a fellow member of an organization*. Camaraderie is a spirit of familiarity and trust existing between fellows. It means conviviality (friendly and agreeable), bonhomie (frank and simple good-heartedness, good-natured manner, friendliness, and geniality), and brotherhood (all those sharing a common interest and a belief that all people should

act with warmth and equality toward one another, regardless of differences in nationality, creed, ethnicity, etc).

The Jr. Vice Commander's instruction in our VFW Rituals reads: *"Therefore, do or say nothing that may be used against you or our noble order. When the breath of scandal touches the character of a comrade, many are ready to condemn, and to accept a bare statement as proof of guilt. Be not too hasty ... therefore, be cautious in your conversation, prudent in your conduct and charitable in your judgment."*

So thinking about Camaraderie as being a friend, I guess I was right. I would not speak badly of a friend. I think of my friends as my brothers and sisters, I share activities with all members of the VFW and Auxiliary, and our common interest is "Service to our Country, and our fellow Veterans." As we journey forth in our mission let us remember to be

true comrades, remembering our pledge, reaching out to help each other, growing in numbers by ... *continued on page 2*

VOLUNTEERS NEEDED:

- **Post Meeting:** Feb 3rd, at 1900. All members may attend
- **VA Hospital Visits:** Feb 28, BINGO at VA Hospital, see Betz Girouard
- **Cootie Breakfast:** Every Sunday. Set up, clean up, servers, see any Officer
- **American Red Cross:** Urgently need blood donors, call 1-800-448-3543, or see Gail Payne
- **Funeral Services:** as required, see Chaplain Bob Duvall
- **Campbell Soup Labels:** benefits VFW NHC (National Home for Children), bring in your can labels to any Officer
- **Recruit Members:** applications at the Post, see any Post Officer

POST 392 - NEEDS YOU!

recruiting at least one member each, representing our Post with true honor and distinction, and continuing to serve and love our Country. I believe in looking up and in vice down and out! God Bless you all and thank you for being my Comrades.

Remember: Be Proud, Be Professional, and Press On!

DATES TO REMEMBER

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

NEW MEMBERS

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

New/Transfer/ Life Members:

George W. Ganter, Aries L. Lynch

Life Installment:

Allan T. Olson, Edward J. Omietanski

New / Transfer/ Re-Instated / Annual Members:

Ryan D. Adams, Brandon C. Alexander, Fred H. Bryson, Jennifer Mihalik, Shaun A. Nidiffer, William A. Russell, Bryan D. Williams

Thank you for your service and welcome aboard!

BIRTHDAYS

May I wish a "Happy Birthday"

to Robert Cinibulk, Joseph P. Halzack,, John H. Phillips, Richard H. Poolos, Gordon C. Waite, Mary A. Harnden, Jessica T. Johnson and 150 other fine Comrades and Sisters!

Post Commander

Steven C. Williams

commander@vfw392.hrcoxmail.com



SENIOR VICE COMMANDER

Comrades: Our visit to the State Winter Council in Williamsburg, VA 9-11 January was quite rewarding as Recruiting Training Class and Workshop was highly informative, educational and gave the latest techniques in increasing membership.

It was encouraging to meet so many fellow Vets that were working to achieve improved membership goals and to share invaluable recruiting ideas and ways to polish recruiting skills.

Our goal to kick off 2015 is to increase VFW membership by 5% in the Post through reinstating former members from January 1 to March of this year and we are already in motion to make it happen! Our membership growth at the Post requires us to retain continuous members, recover former members and recruit new members.

If you would like to be a successful member of the Membership team; qualifications require you to be active, knowledgeable, and dependable. Just let me know and we will consider you as a candidate for the team.

February promises to be a challenging month of VFW activities and a good time to

implement all those NEW YEAR resolutions! Let's go down that road together and do everything we can for OUR VETS!

Nobody does more for Vets and "We never leave a Vet behind"!

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.

25 Years Continuous Service:

Larry G. Nelson, Robert B. Rabuse

20 Years Continuous Service:

Richard R. Gallmeyer, Harry F. Richards, Arthur L. Scarborough

15 Years Continuous Service:

Lawrence L. Brice, Daniel F. Jenkins, William T. Peterson

10 Years Continuous Service:

Ferdinand F. Angeles, Joseph D. Cush, Edward A. Foxwell, Kenneth B. Glover, Paul A. Hanes, Robert C. Madinabeitia, David L. McInturff, James B. McKinzie, William L. Norris Jr, Brad M. O'Neal, Donald J. Smith III

5 Years Continuous Service:

Larry D. Cummings, P. Grillo, Mark A. Kohart, Robert C. Martineau

Thank you for your service and congratulations!

SR. Vice Commander

Douglas Iles

sr-vicecommander@vfw392.hrcoxmail.com



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



JUNIOR VICE COMMANDER

Alright Comrades, hope everyone had a great new year and all was safe. We now start to kick things off for the upcoming year, we have had an extremely good year so far.

The big thing we need to do this year is get membership up. Sr. Vice has been working his tail off to get us where we need to be. If you know of a Comrade that has let his dues lapse - let's get him back onboard. I have been seeing a lot of new faces in the Post so let's keep that trend going and hopefully we will see more of you out volunteering. Remember, it's all about helping our Comrades and other Veterans.

I would like you all to think about the upcoming events we are having throughout the year, i.e. Post Picnic, Buddy Poppy drive, St. Patty's Day Parade, Memorial Day, etc. Let's make this a great showing by our participation in these events. Flyers will be posted as each event draws near for volunteers.

We have some new things in the works we think will help the Post, so stay tuned for that. Until next time, faithfully yours.

**Jr. Vice Commander
Steven Graves**

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



QUARTER- MASTER

2015 MEMBERSHIP DUES

2015 annual dues are \$40.00. Annual Members can pay their dues at Post 392, online at vfw.org, or by mail directly to:

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 Life Installment, and never have to worry about renewals again!

E-NEWSLETTER

The Post Newsletter and Calendar of Events are available online, for free! To view them online, go to www.vfw392.org and click on the appropriate link along the left side of the page.

On the Newsletter page, you can sign up to receive the monthly notification about the Newsletter, Calendar of Events, and other Post related communications by clicking on the "Subscribe to the VFW Post 392 Mailing List" link.

Ensure that you add the domain "vfw392.org" to your address book, it will prevent Post emails from going to your SPAM folder!

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.

The best method would be to email it to the Post. If you drop it off or email it, please include your telephone number and email address.

Quartermaster

John H. Phillips

post@vfw392.hrcoxmail.com



CHAPLAIN'S CORNER

FOR MILITARY FAMILIES

Gracious and Mighty Father, We thank you Lord for your blessings and provision. We praise You Father for you are gracious, all loving, and faithful in all ways.

We praise you for the protection of our loved ones serving our country and we bring them to You once again. Keep them in safe places, go before them on their missions and help them to honor You in all ways. We thank you for their commanders and the wisdom they have that comes from You. We pray you give them strength and guide them to make the right decisions that effect not only the troops deployed, but the troop's families here at home as well. We thank you Lord for your mercy and compassion.

For the families back home, we lift them up to you. Give them the power of your Holy Spirit to do the right things for their marriages and families. Pour your love out to them and uphold them with your mighty right hand. Open up doors for them to get help that no man can close.

Amen.

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.

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:

- **Stu Carson**
(Home)
- **Philip Coviello**
(Va Beach Rehab)
- **Shirley Gaughan**
(Home)
- **Jan Gebelein**
(Home)
- **Charlotte McCabe**
(Home)
- **Frank Myler**
(Home)
- **Wanda Wood**
(Care Partners Rehab, NC)

TAPS

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

- **Charles S. Mann**
Passed: 13 Dec 2014
- **Wayne F. Novak**
USMC
Navy (Retired)
Passed: 18 Dec 2014
- **George L. Davis**
Army (WW II)
Passed: 24 Dec 2014
- **William R. Lucas**
Navy (Retired)
Passed: 1 Jan 2015

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.

District 2 Chaplain
Post 392 Chaplain
Robert Duvall

chaplain@vfw392.hrcoxmail.com



**POST
SURGEON**

Comrades and Sisters, Your

tireless efforts have contributed significantly to making 2014 another very successful year in Hospital related activities. Despite the often inclement and cold winter months that we have become accustomed to in our area, you continued to shine through with you unselfish service to our Veterans in need of assistance.

During the month of January, six V F W / L A U X members participated in 6 projects, totaling 270 miles. Said projects encompassed transporting Veterans to medical appointments, hospital bedside visits, and in assisting Vets in other medical related categories.

In the past couple months, Post 392 welcomed patients from the VA Hospital to a delicious breakfast and fun filled day. MOCA sponsored another successful Christmas in January program for VA Hospital patients that were unable to travel to the Post. VA Hospital Hampton Bingo day was also well received, complete with popcorn, pizza, and camaraderie. This fun filled activity continues to be a popular program among our hospitalized Veterans.

The Department of Veterans Affairs (VA) is currently accepting applications for the 2015 National Veterans Wheelchair Games. Registration opened in early January and will close on April 15th. This is "a sports and rehabilitation program for military service Veterans who use wheelchairs for sports competition due to spinal cord injuries, amputations, or certain neurological problems". For additional information, please visit: <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2668>

In closing, please keep in mind that we wouldn't be able to accomplish very much without the selfless devotion of our dedicated Hospital volunteers. You too can help us succeed in this critical area by resolving to participate in at least one of these Hospital projects this year. Every month presents new opportunities to help a Vet and reasons to get involved in your Post activities.

Post Surgeon
Raymond Strawbridge



**AUXILIARY
PRESIDENT**

Happy February Comrades and Sisters! I hope that everybody has had a chance to relax and regroup last month! You all certainly deserved it with all of the wonderful donations of time, energy, and love that was gifted to our Veterans and families!

Ten of our sisters attended the Winter Council in Williamsburg last month and we can't wait to share it with you! Some awards were handed out this time, and our very own Secretary Tina Brown, won the top award for Membership! Congratulations!

Also, our entire Membership team won an award too! There is more, and we will be presenting them at our meeting Tuesday, February 3 at 7 PM.

We don't have a lot of scheduled activities this month but I know that won't stop us from continuing to help our Veterans. Please don't forget our brothers and sisters in the nursing and rehab facilities, a hug, a smile, and just talking goes a long way too! We do have bingo at the VA Hospital on February 28th. Betz Girouard is

standing at the ready to answer questions and accepting volunteers.

I would be remiss if I didn't do a 'shout out' to our Cootie Breakfast teams! They all do a great job to try and raise money for our hospitalized Veterans to keep them in "Beds of White"! Bring your family, friends, neighbors and enjoy the breakfast buffet, omelet's to order, and beverages!

I noticed that there hasn't been very much socializing at the Canteen lately, and I'm told that sickness may be to blame. I pray that all those infected get well soon! We miss your laughter and friendship.

To keep up to date on all that is going on here at the Post, sign up with the Webmaster on the VFW Post 392 website! He can also send you email alerts in case events pop-up or change.

I pray that all of you are well, and don't forget that we are always here to help, just ask!

Ladies Auxiliary President

Colleen Lewis

post@vfw392.hrcoxmail.com



AUXILIARY MEMBERSHIP

CONTINUOUS MEMBERSHIP

AWARDS

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:

25 Years Continuous Service:

Gloria J. Beckwith

15 Years Continuous Service:

Helen Andrasz, Angel J. Neth,
Amy L. Schwartz, Kathleen E. Thomas

10 Years Continuous Service:

Carolyn M. Kelly

Thank you for your service and congratulations!

Ladies Auxiliary Treasurer

Ellen Stogsdill

post@vfw392.hrcoxmail.com



MOC

Listen up Cooties, we've been seeing some bad weather lately, the good news is that the meteorologists say winter is half over ... of course they also said 90% chance of rain for today and it was bright sun all day.

We had a truly lousy Grand Scratch in Williamsburg, and have a lot going on in the Pup Tent in the next couple of months:

10 Feb: Nominations at the Scratch

7 March: Fun Day at the post

10 March: Elections at the Scratch

14 March: St Paddy's Day Parade

21 March: MOC / MOCA Installation

28 March: Casino Day with Pup Tent 14 @ McGuire VA Hospital in Richmond

Plus there is Breakfast every Sunday and of course other things will come up as they always do.

I'm looking forward to seeing you all at the next Scratch.

Seam Squirrel

David R. Goldstein

cheng186@cox.net



MOCA

Wow, January went by fast and we are off to another great year.

Winter Conference was held January 9-10th in Williamsburg and our membership is at 91.3%.

Let's pull together to be 100% by March! If you haven't paid your dues please do so.

Thank you who came out for the Grand of Virginia's Blood Drive.

Christmas in January at the VA Hospital in Hampton was amazing, it's always heartwarming to see our Veterans face and their appreciation. Thank you all who came out to stuff the bags and all that came to the VA. Hospital.

Elections for Officers 2015-2016 will be held on February 10, 2015 at our regular meeting. Please come out and vote. If you would like to hold a chairman-ship please let me know.

State Convention will be held June 12-14, 2015 at Fort Magruder Hotel and Conference Center at 6945 Pocahontas Trail, Williamsburg. Call (757) 220-2250 and make your reservation early as the hotel fills up fast.

Cootie Dance will be Friday night, tickets are \$10.00. This will be Past Seam Squirrel Doug Keller's year to be State Commander, let's show our support.

Chaplain, Ellen Stogsdill, stands ready to assist any members in need, and can be contacted via email, at ellenstogsdill@cox.net or (757) 777- 6275.

MOCA Hospital Chairman, Gail Payne gail101@cox.net stands ready to receive your hospital, nursing home & rehab hours, and any donations/gifts of cloths, books, magazines, or food. Please report them.

You, the members of MOC/ MOCA #9, Post 392, and Ladies AUX make a difference in the lives of our hospitalized Veterans and their families with the work that you do each day. I thank you

for keeping them smiling in beds of white. I pray all stay well and warm.

Sisters if you need a ride to a meeting please contact me, (757) 721-0002, I will be happy to help you.

MOCA President

Jennifer Winn

jen_moca@cox.net



CANCER DANCE

Please mark your 2015 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, and diamonds. Who could ask for a more fabulous month? But it is also National Cancer Prevention Month. 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.

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

Chairpersons

Tina Brown & Judy Lupole

post@vfw392.hrcoxmail.com



CANTEEN

CANTEEN HOURS

Monday-Thursday.... 1100-2200

Friday..... 1100-0000

Saturday-Sunday.....1100-2200

(Sunday's with Cootie Breakfast, the Canteen opens at 10 AM)

KITCHEN HOURS

Monday-Friday..... 1100-1400

Saturday / Sunday closed

WEEKENDS AT THE VFW

Start the weekend with Friday's Social Hour Prices from 4-6 PM!

The Canteen opens at 11:00 AM on Saturdays and 10:00 AM on Sundays when breakfast is being served. Come out and enjoy a cold beer or beverage.

NASCAR starts up this month. We have 9 televisions, so you will definitely have a good view to support your driver!

Come down and join your Comrades and Sisters at the Post!

THURSDAY NIGHT DINNER

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

<u>Feb 5th</u>	<u>Feb 12th</u>
<u>Country fried</u>	<u>Kielbasa</u>
<u>Steak</u>	<u>Sauerkraut</u>
mashed potatoes, veggie, roll, salad, & dessert	potatoes, veggies, roll, salad, & dessert
\$8.50	\$8.50
<u>Feb 19th</u>	<u>Feb 26th</u>
<u>Buffet Ham</u>	<u>Prime Rib</u>
mac-n-cheese, veggies, roll, salad, & dessert	bake potato, roll, salad, & dessert
\$8.50	\$12.00

Please note: price was increased for Prime Rib to \$12.00.

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:

<u>Feb 6th</u> TBD	<u>Feb 13th</u> Tim Hopkins Live Music
<u>Feb 20th</u> TBD	<u>Feb 27th</u> Jim Berry Karaoke & DJ

Jan 30th
TBD

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

Chairperson **Manager**
Pete Gebelein **Joe Halzack**

canteen@vfw392.hrcoxmail.com



POST ANNOUNCEMENTS

NEWSLETTER ADVERTISING AND PRICING

**All ads are paid advertisements,
and are not endorsed by the
Veterans of Foreign Wars**

The Veterans of Foreign Wars Post 392 is offering advertising space for our newsletter. We have a monthly circulation of over 2100. All ads must be submitted and approved by the Post prior to the 15th of each month.

If you are interested please contact John Phillips, Post Quartermaster, for pricing and availability. 757-486-5875.

Ad Size – Price per Duration

Full Page –	Monthly \$150.00
Full Page –	Quarterly \$400.00
Full Page –	Yearly \$1500.00
½ Page –	Monthly \$75.00
½ Page –	Quarterly \$135.00
½ Page –	Yearly \$775.00
¼ Page –	Monthly \$50.00
¼ Page –	Quarterly \$135.00
¼ Page –	Yearly \$450.00
Business Card –	Monthly \$30.00

Business Card – Quarterly \$80.00
Business Card – Yearly \$275.00

POST 392 NON-SMOKING FACILITY ANNOUNCEMENT

Effective 01 August 2014, VFW Post 392 is now a Non-Smoking facility. Smoking is only permitted outside the building, preferably on the covered veranda on the west side of the building.

STATE OF VIRGINIA VETERANS AFFAIRS REPRESENTATIVE

Mary A. Harmon has taken over for Hassan J. Cox as our local Veterans Affairs representative.

We welcome Mrs. Harmon and look forward to working with her concerning our VA questions and interests.

She is available weekdays at her Virginia Beach office:

Pembroke Office Park
287 Independence Blvd.
Pembroke Two, Suite 130
Virginia Beach, VA 23462
Office: (757) 552-1884
Fax: (757) 552-1882

MEMBERSHIP

Volunteers Needed

There are still *54 memberships* who's dues will expire by December 31st of this year, and *122 more due to by June 2015* (June being the current elected Officers 'Term of Office' coming to a close).

These are significant numbers that, with some focus on retention, we can use toward our membership goals, and potentially enable us for 'All State' and 'All American' awards.

What we could use is volunteers to assist in these efforts. Take

pride in your Post and the Post Awards, and lend the membership team a hand in reaching Post 392's membership goals! Contact the Sr. Vice, myself, or any Post Officer if you would like to volunteer.

**SR. Vice Commander
Douglas Iles**

COOTIE BREAKFAST

Breakfast every Sunday
0900 - 1130

Please come and join us, you won't be disappointed! For \$8.00 you will get a hearty breakfast, omelets to order, fruits, coffee, juice, or adult beverages, and friends & comrades to enjoy your morning with.

For new customers who don't know why we do breakfast, we'll explain briefly. All breakfast workers are volunteers and give of their time for this worthy cause and all money raised goes to support our hospitalized Veterans. For example: The Cooties and Auxiliary do a Casino Day in May over at the VAMC in Hampton. We also do a Christmas in July and again in December, distributing gift bags full of essentials and goodies.

This is just some of what we do for our hospitalized Veterans. As we are sure you have heard in the news, VA Hospitals are in dire need of assistance and we try to do our part to help those who gave so much. So your continued support is important to our objectives and goals – "Keep them smiling in beds of white."

Volunteers Needed

We can always use more 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

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

**Breakfast Chairpersons
Doug Keller & Patty Stokes**

AMERICAN RED CROSS

Donors Needed

American Red Cross's Mid-Atlantic Blood Services Region serving southeastern Virginia has issued an urgent request for blood. All blood types are needed.

If you are able to donate, please do so and let MOCA Hospital Chairman, Gail Payne, know at: gail101@cox.net. Recording the number of donors reflects in our community services.

[www.redcrossblood.org/
midatlantic](http://www.redcrossblood.org/midatlantic)

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

POST 392 WEB SITE

The VFW Post 392 website (vfw392.org) has been reformatted and updated with a cleaner, smoother look, and a new feature designed to allow us to disseminate Post information and activities in a timely manner. Please take a few moments to visit the website and check it out.

To that end, VFW Post 392 can now be found on Twitter at: twitter.com/VFWPost392. You can also find us directly by searching on Twitter for the name @VFWPost392. This account will be utilized to post updates and information in real time, to ensure that our members and followers can have the best information available on our activities. If you don't subscribe to Twitter, the account feed has been added to the Post 392 website Calendar page, vfw392.org/calendar/calendar.htm.

You can follow the feed there.

**Adjutant & Webmaster
Michael T. Marushia**

FACEBOOK

Keep up to date with the most current announcements, events, changes, and news pertaining to VFW Post 392 by checking us out on Facebook.

The Post 392 Facebook page is www.facebook.com/VFW392.

The Ladies Auxiliary page is [www.facebook.com/groups/
VFWPost392LAUX](http://www.facebook.com/groups/VFWPost392LAUX).

**Adjutant & Webmaster
Michael T. Marushia**

VA HOSPITAL PROGRAM

Volunteers Needed

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

- Feb 28th, 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 Betz Girouard 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!

NOTARY PUBLIC

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

- Bob Duvall
- Joseph G. Brady

They are authorized to legally notarize documents such as Power of Attorney, Bill of Sale, Will, Living Will, etc. Please check with the VFW main office for appointment.

Be aware that under VA code the notary must acknowledge:

- (1) Signer must personally appear before the notary.
- (2) Signer (s) must positively be identified
- (3) Signer must affirm under oath the accuracy of the document.

Acceptable Forms of Identification:

To be acceptable, the ID must be one of the following and current:

- (1) Driver's license or State issued ID card.
- (2) U.S. Passport
- (3) Foreign Passport, validated by INS.
- (4) Driver's license issued in Mexico or Canada
- (5) U.S. Military ID Card.

We do not rely on Social Security cards or photo ID cards issued by non government entities. Under the law the notary has the right to refuse, if he/she suspects something may be false or wrong.

INCOMING



"Drone pilots in formation"

INCOMING Cartoons provided by
John Sheppard
www.incomingcartoons.com

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, or to the Webmaster at webmaster@VFW392.org.

THANKSGIVING & CHRISTMAS DINNERS

Thank You

There is no way we can thank the many volunteers who donated

donated goods and time preparing these dinners. There were 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.

So many people showed up to prepare and serve each dinner, it proved that "many hands make big projects a small task". So a big BRAVO-ZULU to all of the members who took time from their own families during the Holidays and volunteered their time and efforts 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. So please understand that help will always be appreciated in putting on these dinners. THANKS AGAIN to all who helped.



'Raising the Flag on Iwo Jima' is a photograph taken on February 23, 1945, by Joe Rosenthal. It depicts 5 Marines and a Navy corpsman raising a U.S. flag atop Mount Suribachi, during the Battle of Iwo Jima (WWII).

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THE RED, WHITE AND BLUE - 392

SUN	MON	TUE	WED	THU	FRI	SAT
1 • Cootie Breakfast 9 - 11:30 AM	2 • Groundhog Day • VFW / LAUX Staff Meeting 6:30 PM	3 • VFW / LAUX Post Meeting 7:00 PM	4 • MCL Meeting 7:00 PM	5 • Country Fried Steak 6 - 7:30 PM	6 • Entertainment TBD	7
8 • Cootie Breakfast 9 - 11:30 AM	9 • FRA 166 Staff Meeting	10 • MOC / MOCA Meeting (Nominations) 7:00 PM	11	12 • Kielbasa Sauerkraut 6 - 7:30 PM	13 • Entertainment Tim Hopkins	14 • Valentine's Day
15 • Cootie Breakfast 9 - 11:30 AM	16 • President's Day • FRA 166 Branch Meeting	17 • MCL Staff Meeting 7:00 PM • IOOB Meeting 7:30 PM	18 • AOA Meeting 6:00 PM	19 • Buffet Ham 6 - 7:30 PM • VVA Chap. 969 Board Meeting	20 • Entertainment TBD	21
22 • Cootie Breakfast 9 - 11:30 AM	23 • MVC Meeting 5:30 PM • HRVCO Meeting 7:00 PM	24 • VVA Chapter 969 Meeting 7:00 PM	25 • House Committee Meeting 7:00 PM	26 • Prime Rib 6 - 7:30 PM	27 • Entertainment Jim Berry	28 • VA Hospital BINGO at Hampton VA Hospital
	MVC (Mayor's Veterans Committee) HRCVO (Hampton Roads Council of Veterans Organization)					