



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

2012 Membership Goal: 1,714
 Current Membership: 1,510 Members at 88.15%

January 2012 - VOLUME 23, NUMBER 7

2011 - 2012 OFFICERS

Post Commander.....	Peter Gebelein	Ladies Auxiliary President.....	Suzie Forehand
Sr. Vice Commander.....	Bill Sowers	Ladies Aux. Sr. Vice President.....	Judy Lupole
Jr. Vice Commander.....	John Brooks	Ladies Aux. Jr. Vice President.....	Sue Sowers
Quartermaster.....	Donald E. Brown	Ladies Aux. Chaplain.....	(TBA)
Chaplain.....	Bob Duvall	Ladies Aux. Treasurer.....	Elizabeth Moynihan
House Committee Chairman.....	Ralph Stephens	Seam Squirrel.....	Bill Moran
Service Officer.....	Gunnar Gudjonsson	M.O.C.A. President.....	Pam Myers
Surgeon.....	Merle W. Gootee	Judge Advocate.....	Doug Keller

COMMANDER'S CORNER

COMRADES AND SISTERS

Happy New Year to everyone! What a busy month we've had over the holiday season! And I have to say, with pride, this time of year truly brings out the best in this Post!

I'd like to start by mentioning Mary Richards and Dave Curtis. With their dedication and positive "get it done" approach, the 'Angel Tree' and 'Shop with a Vet' were both impressive successes! And I need to recognize everyone that bought gifts for the Angel Tree ... you have our most sincere appreciation! Your gracious contributions brought many, many smiles!

I would also like to give a very big thank you to everyone who helped with the Christmas

Dinner, and the other holiday events! With so many Members that pitched in and volunteered their time, donations, and Christmas cheer, these were all truly wonderful events!

Something to think ahead about, come March the nominations will be open for the 2012-2013 Post Officer Elections. Comrades and Sisters, March is not that far off. So please start thinking about who we want administrating the Post operations. And if anyone is interested in contending for a position, please make it know now.

Along the same lines, the Post is looking to fill the appointed (non-elected) position of Adjutant. The responsibility of this position entails recording and publishing minutes of Post 392 General Meetings. If anyone is interested, please see any of our Officers.

I'd like to draw attention to one more important point: membership. We earnestly need to get focused on

the numbers. They set our Membership Goal to 1,714 Members this year, and we are currently at 1,510 (88%). If we can all work together to motivate Members that have not renewed yet, and seriously concentrate on recruiting, I believe we can reach 100% again!

Please remember one more thing, Comrades and Sisters, this is YOUR Post. So if you have any ideas or suggestions, please attend a meeting and get involved! And please feel free to contact me or any of the post officers.

DATES TO REMEMBER

- 1/3 Post Meeting
- 1/7 First U.S. Presidential Elections held in 1789
- 1/8 President Washington delivers first State of the Union in 1790
- 1/10 President Harding orders US troops home from Germany (WW I) in 1923

- 1/16 Prohibition takes effect in 1919
- 1/20 Iran Hostage Crisis ends in 1981
- 1/23 Nixon announces peace settlement reached for Vietnam War in 1973
- 1/25 House Committee Meeting

NEW MEMBERS

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

- **New/Transfer Life Members:**

Andrew A. Lusk
James M. Maloney
William R. Sowers
Jeffrey J. Ulfig

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

Philip Coviello
Sidney W. Dingman, Jr.
Jimmy Halleran
Robert R. Johnston
Thurlow N. Levan
Anthony T. Mabry
Michael A. Petrillo
John R. Steinbaugh
Shealan T. Stephan

Thank you for your service and welcome aboard.

BIRTHDAYS

May I wish "Happy Birthday" to Armand J. De Santis, Daniel J. Murphy, William R. Sowers, Rodney E. Beckwith, Mark. A. "Flip" Defilippo, Jeffery C. Smoczynski, Kaylee M. Ainsworth, Donald M. Fraser (celebrating his 94th!), and 104 fine comrades!

I also extend "Birthday Wishes" to Nyrell V. Looney

(celebrating her 85th!), Mary V. Richards, Judith Lupole, Laura Ann Lee-Dunn, and 24 fine sisters!

POST MEETINGS

Post meetings are held the first Tuesday of each month. Our next meeting is at 19:00 (7 pm) on January 3rd, I am looking forward to seeing all of you at the meeting.

Post Commander
Peter Gebelein
757-641-6377
djfan516@cox.net

**SENIOR VICE
COMMANDER**

Here we are again!!! HAPPY NEW YEAR to all!!

My family and I hope all of you had a very Merry Christmas and we wish you all a prosperous and healthy New Year!

The last year saw Post 392 do very well both financially and just being a good place to go. Dedicated to ALL of us, it is a warm gathering place to watch ball games, races, current events, or just enjoy one another's company.

There is something special about a veteran that we all see in our friends here. That intangible something gained from the closeness of combat and rigorous training is what bonds us to one another.

Thank you to all of our members and especially our friends in the ladies Auxiliary who made this a wonderful year.

Buddy Poppies, parades, flag honors, grave decoration, hospital visits, and yes, funerals, made this an eventful year.

I want to remind you that we are

always looking for volunteers in our many events. This is your chance to provide some warm feelings for our honorable events to our comrades.

And, if you are interested, many chairman positions are open and we are seeking new officers to manage the many affairs of the post.

If you are interested, please see me, or any other post officers, or tell the bartenders you are interested in helping in some way.

There is no greater honor!

CONTINUOUS MEMBERSHIP AWARDS

The following comrades have earned Continuous Membership Awards as indicated below.

Please attend the next General Membership Meeting to receive your lapel pin. If you are unable to attend the meeting, 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.

- **Thirty-Five (35) Years Of Continuous Service:**

James J. Naulty

- **Twenty-Five (25) Years Of Continuous Service:**

Clyde K. Hogendobler
Richard Prom
David B. Wilbur

- **Twenty (20) Years Of Continuous Service:**

John M. Barrenger
Anthony F. Dominguez
Donald F. Norton
Donald T. Ward
William J. Weber
Christopher A. Wszolek

• **Fifteen (15) Years Of Continuous Service:**

Richard E. Petersen

• **Ten (10) Years Of Continuous Service:**

John T. Been
Robin R. Kissinger
Charles W. Woodard
Ronald K. Woods

• **Five (5) Years Of Continuous Service:**

Robert W. Bullen
Robert L. Cowan
James M. Keller
James M. Maloney
Raymond D. Moyer
Kevin W. Rubel
William J. Simpson
Gregory A. Smith
James H. White, Jr.

Thank you for your service and congratulations!

**SR. Vice Commander
Bill Sowers
bosn@sprynet.com**

**JUNIOR VICE
COMMANDER**

First, I would like to thank you all for voting me into filling the slot as Junior Vice Commander. It is an honor and a privilege. And I will do my best to serve in the long established traditions of the VFW Post Officers.

If you have any questions or need me for any Post business, you can catch me at the Post or contact me at the email address I've provided below.

The Santa's Workshop on December 18th was absolutely a wonderful success! I don't know who enjoyed themselves more - the children or the adults?! I take

my hat off and sincerely thank each and every one that was involved, donated, and volunteered. All of our hard work paid off – as you could tell by the smiling faces.

Hope you all had a Merry Christmas and a Happy New Year!

**Jr. Vice Commander
John Brooks
johnjweb@cox.net**

QUARTERMASTER

**A FRIENDLY REMINDER:
MEMBERSHIP DUES**

2011 Annual Membership year has expired. Renew your 2012 Annual Membership today - dues are \$30.00. You may bring your dues payment to Post 392, renew them online at vfw.org, or mail them directly to VFW National:

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

(be sure to include your name and membership number).

PLEASE RENEW TODAY!

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

**A FRIENDLY REMINDER:
CANTEEN LOCKER RENTAL**

If you have a personal locker rental here at the Canteen, those fees of \$12.00 are now due as well.

Locker fees NOT PAID by 29 February 2012, your locker will be emptied out, contents placed in the Commander's Locker, and your locker will become available for others to rent.

PLEASE PAY TODAY!

**NEWSLETTER AVAILABLE
ONLINE AND BY EMAIL**

The newsletter is now available via email! To sign up, go to our website at www.vfw392.org, select NEWS, scroll down, and enter the following: first name, last name, email address, and Membership ID Number. Check the 'Yes' box, click 'Submit', and you'll be signed up.

CHANGE OF ADDRESS

Even though we are no longer mailing out the newsletter to everyone, we need to maintain a current address on our members, here at the post and at national headquarters. So please keep in touch and fill out an address change form and mail it to me at the post.

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

**CHAPLAIN'S
CORNER**

**TEMPORARY SHORT TERM
ILLNESS OR INJURIES
LISTING**

Read the Post Bulletin Board daily for most recent up-dates as individuals become sick or recover.

- Jan Gebelein
Home
- Steve Lasseter
Home
- Arthur Ratte
Home (in Florida)
- Patrick Callahan
VA Richmond

LONG TERM ILLNESS OR INJURIES LISTING

The following named members have a serious long term illness/injuries, that require them to be in the listed location for continuous care:

- Burt Jones
Kings Grant Room 203
- Nick Nickerson
VA Hosp / Hampton Home

Please keep our members in your thoughts and prayers for a speedy recovery. If you are unable to visit, send a get well card to let them know they are in your thoughts and that you care. Or if you know them personally, a call will let them know that you care.

HELP US TAKE CARE OF EACH OTHER

Comrades, when you or a family member falls ill, are injured, hospitalized, or experience the loss of a loved one - PLEASE contact the Post *As Soon As Possible* and let us know.

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.

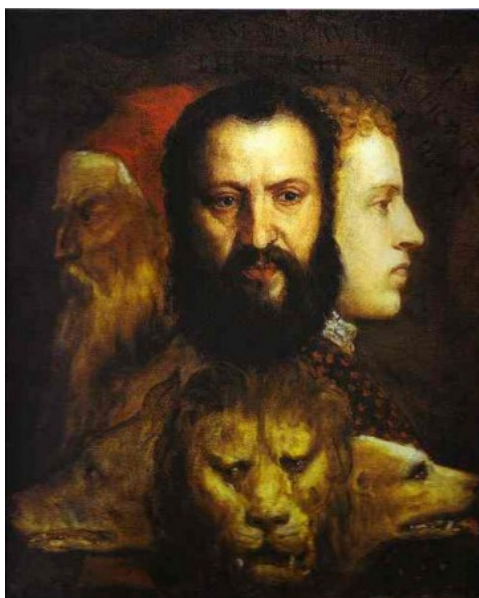
We each maintain a certain degree of self-reliance and independence, but if we cannot fall back upon our VFW brothers and sisters as family, then who are we to call upon?

TAPS

There was no passing of any Post members as of December 18th, 2011 (prior to Newsletter submittals).

OUR MONTHLY BREAD

For the New Year 2012: Past, Present, and Future



In an art painting called "An Allegory of Prudence" (seen above), 16th century Venetian artist Titian portrayed Prudence as a man with three heads.

One head was of a youth facing the future, another was of a mature man eyeing the present, and the third was of a wise old man gazing at the past.

Over their heads Titian wrote a Latin phrase that means, "From the example of the past, the man of the present acts prudently so as not to imperil the future."

Think about his choice of words. We need that kind of wisdom to overcome the anxiety created by our past failures and the fear of repeating them in the future. That anxiety can keep us from living to our fullest now. One should never let a bleak past overshadow a brighter future.

We are standing at the portal of the opening year. Let those insightful words of comfort meet us, thus hushing out every fear.

In the bible Paul was able to "forget" his past and anticipate his future (Philippians 3:13-14). This doesn't mean his memory was erased; it means that Paul was free of any guilt or pride that he may have felt from his past actions, because God had forgiven him.

(Suggested reading: Revelation 22)

NEW YEAR'S RESOLUTIONS

We are on the brink of a New Year, and most of us draw up a list of resolutions that we intend to follow through with. This year, sincerely consider a list dedicating yourself to live in harmony with God and others ... and abide by your list.

The following resolutions are a representation of a serious approach to bringing internal harmony and strength through your relationship with God:

- To do whatever most benefits God's glory.
- To do my duty, for the good of mankind in general.
- Never to do anything, which I should be afraid to do, as if it were the last hour of my life.
- To study the Bible Scriptures steadily, constantly, and whole heartedly.
- To ask myself at the end of every day, week, month, and year— where and what I could have improved upon.
- Until I die, do not act if it I were on my own, but entirely and altogether with God.

In the Bible, Nehemiah 10, God's people made an oath vowing to follow all the commands and laws of the Lord. This oath was so

serious, that they were willing to accept the wrath of God if they failed to keep this oath.

Our American Patriots and our Founding Forefathers also made an oath that this would be a nation under God. And if you have noticed, at the end of a Federal Oath of Office you must say "So Help Me God."

Our resolutions need not be as serious as those oaths. But any resolution to follow God is not a casual promise. Rather, it is a solemn and serious declaration that, with the help of the Holy Spirit, we can renew every day.

Act on your Resolutions!

**Post Chaplain
Robert Duvall**

**LADIES AUXILIARY
PRESIDENT**

Dear Sisters,

I am wishing and praying that everyone has a happy, healthy, and prosperous New Year.

Patty Stokes and I want to thank all who helped make our Wine-Tasting fundraiser a success. Many of you donated delicious food, as well as your time in working the event, and cleaning up afterwards. This was a super event with great support from our Auxiliary and Post members. This event provides us with the funds to continue with our programs serving Veterans and the community.

Next meeting we will have an election for the position of Chaplain, due to the resignation of Judy Lassiter because of health problems.

If you have not sent in your dues for 2012, as of January you will no longer be a member in good standing.

Please join us to serve our Veterans from the Hampton Veterans Hospital a hearty breakfast at the Post on January 7.

In closing, to those of you who are ill or otherwise indisposed and have not been able to join us, you are in my thoughts and prayers.

**Ladies Auxiliary President
Suzie Forehand**

**LADIES AUXILIARY
MEMBERSHIP**

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

• **Thirty (30) Years Of
Continuous Service:**

Beryl Deary

• **Fifteen (15) Years Of
Continuous Service:**

Dawn Bourque

• **Ten (10) Years Of
Continuous Service:**

Susan M. Powers

Thank you for your service and congratulations!

**Ladies Auxiliary Treasurer
Elizabeth Moynihan**

MOCA

I apologize for slacking last month

on not getting our article in. I hope everyone had a Happy Thanksgiving!

Well, to catch us all up on MOCA happenings, I will start with our FUN Day in October at the post. THANK YOU for all those that attended as we had so much fun!

Welcoming our new members and their Cootie names. We would like to welcome:

Maureen Degrush - Momma Moe

Phyllis Bledsoe - Krazy Kanook

Amy - Sweet Darlin'

Peggy Wilson - Puddin'

Robin - Funny Lady

Rose Chapman - Peaches and Crème

Dana - Zena

Then we had a few existing members that wanted a Cootie name change, so, here they are:

Gail Payne - Queen Puss

Patti Stokes - Bejeweled

Chris Cassirer - Silver Cat

Dorita Thoms - Mrs. Beasley

Welcome again to all!

Now for upcoming events. We look forward to seeing everyone over the holidays and participating together in supporting our work for those in need.

REMINDERS:

Dec 18th - Children's Christmas Party, 2:00 to 4:00 pm

Jan 7th - Breakfast w/Veterans at the Post, 10:30 am to 1:30 pm

Jan 20th thru 22nd - Winter Council, Williamsburg

Jan 28th - Bingo at VA Hospital, Noon to 3 pm

Jan 28th - Christmas at VA Hospital, Spinal and Nursing Home, Arrive 12:45, Present gifts 1 pm.

Please volunteer for these events as we have been # 1 in our hospital efforts.

LET'S KEEP IT UP !!!!!

Merry Christmas and Happy New Year!

**MOCA President
Pam Myers**

**POST
ANNOUNCEMENTS**

THANK GOD IT'S FRIDAY!!

This is the time of the week to unwind from the rat race and enjoy a quiet evening of entertainment, socializing with your friends, and taking a great opportunity to make new friends. Social hour prices are in effect from 4 to 6 PM.

From 6:00 to 8:00 PM the kitchen will offer steamed shrimp and our full menu is available.

WEEKENDS AT THE VFW

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

We have six (6) TVs, five (5) are large Flat Screens. Now that NFL is in full swing, come out and cheer for your team! **Social hour prices will be in effect for NFL games on Sunday from 1:00 PM to 4:00 PM.**

Come down and spend a great

afternoon with your comrades and sisters at the Post.

**Chairman
Ralph Stephens**

**Manager
Joe Halzack**

THURSDAY NIGHT DINNERS

January 5th, 2012

Fish n' Chips
Flounder
French Fries
Hush Puppies
Hot Rolls
Fresh Salad Bar
Dessert
Cost: \$7.50

January 12th, 2012

Chicken Cordon Bleu
Ranch Potatoes
Green Beans
Hot Rolls
Fresh Salad Bar
Dessert
Cost: \$7.50

January 19th, 2012

Ham Steak
Sweet Potato Fries
Black Eyed Peas
Hot Rolls
Fresh Salad Bar
Dessert
Cost: \$7.50

January 26th, 2012

Surf n' Turf
Steamed Shrimp
Roast Beef
Baked Potato
Hot Rolls
Fresh Salad Bar
Dessert
Cost: \$7.50

FRIDAY ENTERTAINMENT

Below is the entertainment for this month, come and enjoy the music

with your friends every Friday from 7PM to 10PM.

January 6th, 2012

Monica Arnold
Karaoke & DJ

January 13th, 2012

Tim Hopkins
Live music

January 20th, 2012

Tim Hopkins
Live music

January 27th, 2012

Jim Berry
DJ

**STATE OF VIRGINIA
VETERANS AFFAIRS
REPRESENTATIVE**

PLEASE NOTE NEW SCHEDULE

Ms Elizabeth Bonin will now be at Post 392 once a month to answer your questions concerning veteran's affairs.

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

Thursday, 19th January 2012
11:00 AM - 3:30 PM

Should you need to contact her outside of the scheduled time at the Post, her new Virginia Beach office is at Pembroke Office Park, 287 Independence Blvd., Building 2, Suite 120. The phone number is (757) 552-1884.

She has provided this valuable service for many years and helped numerous comrades and sisters to get the benefits they have solely earned. She stands ready to assist you, so please, come out and talk to her.

Liz Bonin

NOTARY PUBLIC

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

- Service Officer, Gunnar Gudjonsson
- Chaplain, Bob Duvall

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 current, contain a photo and physical description of the card holder, have the card holder's signature, and a serial or ID number.)

- (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, credit cards, or a photo ID card 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.

COOTIE BREAKFAST

Cootie Breakfast every Sunday from 0900-1130!

Please come and join us, you won't be disappointed!

Our Breakfast Teams need help!

We need volunteers for all three teams, and we also need back-up cooks for all three teams. If you should volunteer as a back-up cook, you would only have to fill in when the regular cook cannot be there.

You do not 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, there is a signup sheet at the Post. Or for more information, you can call the Breakfast Chairman, Doug Keller (757-418-3178), or Patty Stokes (757-468-9249).

**Breakfast Chairman
Doug Keller**

**Co-Chair
Patty Stokes**

**Cash Coordinator
Frank Frevele**

CANCER AID AND RESEARCH

January is cervical cancer awareness month - the teal and white ribbons.

Cervical cancer is a major concern for many women. Screening programs have done much to put minds at ease over recent years, but just how much do you know about Cervical Cancer symptoms, causes and treatments? These questions and answers are designed to get to

the basic facts.

What is cervical cancer?

The cervix is a ring of muscle at the entrance to the womb. During childbirth the cervix expands until it is wide enough to let the baby out. The surface of the cervix facing toward the bottom is covered with a type of skin which can become cancerous.

What are the symptoms of cervical cancer?

It is unusual for women to experience the symptoms of cervical cancer these days as the vast majority of cases are diagnosed during cervical screening. When symptoms are observed, they are abnormal bleeding (between periods) and – more rarely – discomfort during intercourse.

Are there different types of cervical cancer?

This is one of the few types of cancer where there are clear early stages which can be diagnosed and treated.

The first stage is called CIN 1 and simply means that the cells on the cervix are slightly abnormal. This may have several causes and often clears up after a while.

CIN 2 is not cancer, but the cells on the surface of the cervix show a number of cancer-like changes which can be seen under the microscope.

The third stage, CIN 3, is close to cancer and is also known as 'carcinoma in situ'. If left untreated, CIN 3 has a 50% chance of developing into cancer.

Who is at risk of cervical cancer?

Each year, over 40,000 women

are found to have either CIN 2 or CIN 3.

Almost all of them are successfully treated. However, over 3,000 new cases of cervical cancer are diagnosed each year in the UK and 11,000 in the USA.

Younger women are more likely to have CIN 3 than older women. The risk is low during the teens but is highest during the ages of 20 to 29, slowly decreasing thereafter.

What is cervical screening?

To check for CIN, a doctor or nurse will take a smear from the surface of the cervix. A small wooden or plastic spatula is used to painlessly scraped over the cervix.

A number of cell from the cervix stick to the spatula. These are examined under the microscope for any abnormalities. Women found to have CIN2 or CIN 3 can be treated to prevent them getting cervical cancer.

How important is cervical screening?

All women over the age of 20 should have a cervical screen at least every five years.

Cervical screening started in 1964 and the effects have been quite clear. The death rate from this cancer has fallen by two thirds since then.

It has been estimated that, over a 10-year period, cervical screening has saved the lives of 8,000 women in the UK.

How effective is the treatment?

The treatment for CIN 2 or CIN 3 is very effective indeed. Even when someone is diagnosed as having cervical cancer, the treatments are still very good.

Overall, three out of every five patients will be cured. For women under 50, nearly four out of every five are cured.



Let us celebrate less cancer and more birthdays!

**Chairman
Tina Brown
Judy Lupole**

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.

**YIS
Wes Gibson**

CORRECTIONS

Previous News Letters have spelled first or last names incorrectly. If you find the spelling of your name has not been corrected, please bring it the attention of one of the Post Officers, and we will promptly correct the error.

Our apologies for any confusion or issues these errors may cause.

We welcome any comments, suggestions, or complaints about errors that warrant correction. They can be directed to any of the Post 392 Officers.

INCOMING



"The cook did a great job with the roast pork, eh?"

INCOMING Cartoons provided by John Sheppard. Visit his website at:

www.incomingcartoons.com

John Sheppard's New Book:
INCOMING Military Cartoons!

To order your own copy, go to
<http://www.lulu.com/product/paperback/incoming/17344582>



BACK TO SCHOOL SAFETY



With the holiday seasons coming to an end, the children are all heading back to school. That means there will once again be buses on the roads and children at the bus stops, and children walking or riding bicycles to and from school.

As adults, we are heading back to work after holiday festivities and vacations. We would like to remind parents and drivers to do their part to be alert and keep kids safe as everyone gets back into the swing of things.

With that thought in mind, here are a few safety tips to remember:

Top Back to School Safety Tips



Here are some simple reminders for drivers:

- Slow down and be especially alert in the residential neighborhoods and school zones
- Take extra time to look for kids at intersections, on medians and on curbs
- Enter and exit driveways and alleys slowly and carefully
- Watch for children on and near the road in the morning and after school hours
- Reduce any distractions inside your car so you can concentrate on the road and your surroundings. Put down your phone and don't talk or text while driving

Reminder for your kids:

- They should cross the street with an adult until they are at least 10 years old
- Cross the street at corners, using traffic signals and crosswalks
- Never run out into the streets or cross in between parked cars
- Make sure they always walk in front of the bus where the driver can see them



VETERANS OF FOREIGN WARS

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

Phone: (757)486-5875
Fax: (757)486-3576
E-Mail: post@vfw392.hrcoxmail.com
Web Site: www.vfw392.org



THE RED, WHITE AND BLUE - 392

SUN	MON	TUE	WED	THU	FRI	SAT
January 1	2	3	4	5	6	7
• New Years Day (No Cootie Breakfast)	• VFW / LAUX Staff Meeting 5:30 PM	• VFW / LAUX Meeting 7:00 PM	• USMC League Meeting 7:00 PM • Troop 392	• Fish-n-Chips 6 - 7:30 PM	• Steamed Shrimp 6 - 8 PM • Entertainment Monica Arnold	• VA Hospital Breakfast at Post 392 10:30 AM - 1:30PM
8	9	10	11	12	13	14
• Cootie Breakfast Team Two	• FRA 166 Staff Meeting	• MOC / MOCA Meeting 7:00 PM	• Troop 392	• Chicken Cordon Bleu 6 - 7:30 PM	• Steamed Shrimp 6 - 8 PM • Entertainment Tim Hopkins	
15	16	17	18	19	20	21
• Cootie Breakfast Team Three • Salty Dawg Mtg	• FRA Branch 166 Meeting		• USMC League Meeting • AOA Assoc Mtg • Troop 392	• Ham Steak 6 - 7:30 PM	• Steamed Shrimp 6 - 8 PM • Entertainment Tim Hopkins • Winter COA	• Winter COA Williamsburg
22	23	24	25	26	27	28
• Cootie Breakfast Team One • Winter COA Williamsburg			• House Committee Meeting 7:00 PM • Troop 392	• Surf-n-Turf 6 - 7:30 PM	• Steamed Shrimp 6 - 8 PM • Entertainment Jim Berry	• VA Hospital Bingo Noon - 3:00PM
29	30	31				
• Cootie Breakfast Team Two		• VVA Chapter 969 Meeting 7:00 PM				