



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: 92.11% with 1,624 Members

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

JANUARY 2014 - VOLUME 25, NUMBER 7

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..... | (vacant) | 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

December was a very busy month at the Post. I am looking forward to the New Year. The Christmas Party / Santa's Workshop was a great success thanks to all who played a part. Special thanks go out to Jennifer Winn, Colleen Lewis, Tina Brown, Judy Lupole, and all of the additional helpers that assisted in making it a joyous event. Colleen Lewis (event chairperson) took the point on the Christmas food baskets as they were prepared and delivered. Thanks to Colleen and all who assisted her.

The Post received notification that two of our nominations for Teacher of the Year were selected as District's First Place and Third Place. The Post selectee for Voice of Democracy also took first place at the District level. We took third place for our selectee for Patriots

Pen. Congratulations to all our participants, especially the selectees who won. They will be notified by the chairperson concerning award presentations. A special thanks to Sue and Bill Sowers and the volunteers that made these awards possible. A considerable amount of time was spent on this task.

Shop with a Vet was a very rewarding event started by Dave Curtis back in 2010. The tradition continues as we filled 20 children and their parent's hearts with joy for a Merry Christmas. Many thanks to the Association of Naval Aviation (ANA) for their generous contribution to bolster the amount each child was given. We would also like to thank the NEX at NAS Oceana and the NAS Oceana Command Master Chief, Eric T. Clark, who were key players in making this event possible.

Our next big event coming up will be the Saint Patrick's Day parade in Ocean View on March

15th, 2014. The Senior Vice Commander will be posting up the signup sheets for participants to sign. We want to have maximum participation and have fun.

... continued on page 2

VOLUNTEERS NEEDED:

- **Post Meeting:** Jan 7th, at 1900. All members may attend
- **VA Hosp Visits:** Jan 4th, 18th, & 25th, Announcements (Page 7) has details. 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
- **MOC Blood Drive:** Sign up sheet at Post, see Willie Dean
- **Campbell Soup Labels:** benefits NHC, see Amy Kiger
- **Recruit Members:** applications at the Post, see any Post Officer

POST 392 - NEEDS YOU!

The JVC position will be brought to the floor at the January 7th meeting. Doug Iles has been the sole nominee, accepted the nomination, and will be voted on at the January 7th meeting.

Finally, we need of some Comrades to make phone calls to the members that have not renewed their dues. Please contact the Senior Vice Commander, Steven Williams, if you can spare the time. We need less than 80 more to renew the membership. If we accomplish this task we should become an ALL State and All American Post! But WE NEED HELP TO MAKE THIS POSSIBLE. Let's make 2014 a Banner Year for Post 392!

DATES TO REMEMBER

- 1/6 Operation Deckhouse V (Mekong Delta, Vietnam) began in 1967
- 1/9 US carried out air strikes on al-Qaeda operatives within Somalia in 2007
- 1/14 USS Enterprise flight deck fire (accidental rocket detonated) in 1969
- 1/16 Operation Desert Storm (Iraq) begins in 1991
- 1/20 Iran Hostage Crisis ends in 1981
- 1/25 Operation SMACK, assault on Spud Hill (Korea) in 1953
- 1/26 USN Lt. Evert Alvarez Jr spends his 2,000th day as a POW (Vietnam) in 1970
- 1/29 Taliban forces clash with U S Forces near Adi Ghar Mountains (Afghanistan) in 2003

NEW MEMBERS

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

New / Transfer Life Members:

James B. Landon, Shawn P. Michaels, Katlin P. Abert, John E. Burns, Carlos Ortiz, Russell J. Bargo Sr., Arthur T. Burke, Elliot S. Keck, and Brandon J. Land

New / Transfer / Re-Instated Annual Members:

Charles A. Blanch, Maureen O. Gibson, Evan A. Kern, LeRoy I. McKay, Thomas D. Morwick, James G. Ostrow, Scottin Platero, Kenneth R. Scott, Curtis E. Young, Raymond L. Zumpol Sr., Molly A. Burton, Daniel L. Smith, Dewayne R. Kidwell, Craig W. Wilson, and James R. Puckett

Thank you for your service and welcome aboard!

BIRTHDAYS

May I wish "Happy Birthday" to Grant H. Pollock, Leslie E. Lawton, Daniel J. Murphy, William R. Sowers, Rodney E. Beckwith, David L. Gracie, Mark A. Defilippo, Denise Holcomb, Mary V. Richards, Betty Sharp, Susan L. Hernandez, Judith Lupole, and 146 other fine Comrades and Sisters!

**Post Commander
Mike Gaughan**

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



**SENIOR VICE
COMMANDER**

Wow, here comes 2014. Last year was a busy one and we expect much more in the coming year. Congrats to the winners of the Teacher of the Year, Voice of Democracy and Patriots Pen. We did a terrific job taking over 33% of the District 2 awards. "Great job" goes out to a lot of folks. It

would be hard to select the volunteer of the month but I want to give thanks to all our Comrades and Sisters for all their hard work.

We had a terrific time at the annual "Shop with a Vet" day at the NEX. 20 children were able to fill some of their Christmas wishes bringing joy to the Comrades and Ladies who attended this event. Gramps and his volunteers did a great job on Christmas dinner with the leftovers going to JCOC. Mark Winn actually convinced me he was Santa Claus.

So many things have been accomplished this year and I believe a big "Shout Out" goes to Commander Mike Gaughan. Mike brings the best out of his staff and deserves a lot of credit. I know from firsthand experience that he is not just a pretty face. A lot of work goes into being the Commander. As the New Year comes, it is with great sanguinity that we will have enough members to renew their memberships so we can obtain at least the required 85% threshold to become eligible for All State and All American.

In closing, I want to wish each and every one of you a Very Happy New Year. Let's be number 1 this coming year. Help your Post and Auxiliary. If you don't know what you can do just ask one of the Officers. Remember: Enjoy your Post and most of all, **Be Proud, Be Professional and Press On!**

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:

Keith G. Samples

40 Years Continuous Service:

Thomas H. Lewis

25 Years Continuous Service:

William G. Ballard, Leroy M. Underwood

20 Years Continuous Service:

Olan C. Peters Glenn B. Chaney, Grant H. Morrison, Jerry M. Nemec

15 Years Continuous Service:

John M. Taylor, John S. Strickland, Charles E. Gallant II, Alfredo Torres Jr.

10 Years Continuous Service:

Samuel D. Benson, Jeremy F. Bowser, Donald H. Ostroski, Ivan Torres, Mark A. Wilmot

5 Years Continuous Service:

Mark A. Rizzio, Timothy E. Schanken, Christopher D. D'Orio, Shealan T. Stephen, Christopher L. Whichard, Matthew P. Nowak

Thank you for your service and congratulations!

SR. Vice Commander

Steven C. Williams

sr-vicecommander@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, or you can mail your dues payment 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 every year!

E-NEWSLETTER

The newsletter is available via email, for free! To sign up, go to our website at www.vfw392.org, select 'Monthly Newsletter' on the left side of the page, click on "Subscribe to the VFW Post 392 Mailing List", enter your information, and submit.

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



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)
- Daniel J. Murphy
(Princess Anne Hospital)
- Donald H. Ostroski
(Terminal)

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.

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



POST SURGEON

Made your New Year's resolutions yet? I hope you resolve to live a healthy life style. An easy thing you can do is to make sure your shots are up to date. Flu,

Pneumonia, DPT, and Shingles are a few that you should have already. Exercise, eating right, and stopping smoking should be at the top of your list.

Every year the Post members raise thousands of dollars for the fight against cancer. However, we continue to maintain an unhealthy environment in the Post Canteen by allowing smoking inside the building. According to the Centers for Disease Control, in adults who have never smoked, secondhand smoke can cause heart disease and/or lung cancer.

For nonsmokers, breathing secondhand smoke has immediate harmful effects on the cardiovascular system that can increase the risk for heart attack. Nonsmokers who are exposed to secondhand smoke increase their heart disease risk by 25-30%. Secondhand smoke exposure causes an estimated 46,000 heart disease deaths annually among adult nonsmokers in the United States. Lung cancer risk is increased by 20-30%. Secondhand smoke exposure causes an estimated 3,400 lung cancer deaths annually among adult nonsmokers in the United States.

According to the CDC, Eliminating smoking in indoor spaces is the only way to fully protect nonsmokers from secondhand smoke exposure. Separating smokers from nonsmokers, cleaning the air, and ventilating buildings does not eliminate secondhand smoke exposure.

We've raised a lot of money in the fight against cancer, maybe it is time to take the next step and eliminate smoking in the Post. I hope you will consider doing your part to make our Post Canteen a

healthier place to visit. Best wishes for a healthy New Year .

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



AUXILIARY PRESIDENT

Welcome to our newest members: Angela Walls, Georgetta Wells, Jobil Bullock, and Donnamarie Goldsberry. Don't be strangers! Come out and play!

BIG THANKS to all who helped Jennifer Winn with the Children's Christmas Party. Tina Brown and her elves were quite busy wrapping all the gifts the children chose for their families during Santa's Workshop. Even Santa Winn was more jovial than usual.

As you can all see, our "Busy Season" has arrived. New members, don't be afraid to come out and help. We will use all hands offered. If anyone knows of a family in need, please contact the Post.

Sandwich sales will resume in January, an hour before the Post/Aux meetings. Thank you all, for supporting this fundraiser.

At our December, meeting we held a drawing of all paid annual members, for a Life Membership. I am happy to report that Cheryle Smith, a brand new member, has won the drawing. Our Treasurer, Beth Moynihan will be in touch with you!

January 4th is our next Vet's Visit. The Veterans will be at our post by 10:00. Set-up is scheduled for 0800-0900. We will also have a DJ for entertainment.

Winter Council is scheduled for January 10-12th in Williamsburg

at the Fort Magruder Conference Center. Please make your reservation soon.

I would like to thank Senior Vice President Colleen Lewis for her invaluable help this year. From the Annual Picnic, to Hospital Program, sending cards when needed, National Home, Vet's & Family Affairs, there is not an area where she has not jumped in to assist in every way. Colleen you are going to be a phenomenal President!!!!

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.

Happy Holidays to all. Please stay safe.

**Ladies Auxiliary President
Gail M. Payne**
post@vfw392.hrcoxmail.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:

35 Years Continuous Service:

Janis M. Ratte

10 Years Continuous Service:

Mary Barraco & Anna R. Marsh
Thank you for your service!

**Ladies Auxiliary Treasurer
Elizabeth Moynihan**
post@vfw392.hrcoxmail.com



*Southwest Asia Service
(Aug 2, 1990 - Nov 30, 1995)*



MOC

Fellow Coots,

Just a few notes from your Seam Squirrel. On the 10th of Dec. Pup Tent 9 had a lousy Scratch. In Jan the Grand of Virginia MOC will be sponsoring a Blood Drive at Post 4809. In order for the Red Cross to commit we need volunteer donors to sign up ahead of the event. There will be a signup sheet posted in the Post, please - if you can donate please sign up.

I hope everyone had a Merry Christmas and a great New Year. I am looking forward to accomplishing lousy work together in 2014.

Some things to remember is Winter Council in Williamsburg is Jan 10-12. Christmas in Jan at the VA Hospital on the 18th.

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 lets increase and multiply. Please welcome our newest member to Pup Tent 9 Steve Graves (Bad Steve).

Our next Scratch is scheduled at 7 PM on January 14th.

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

**Seam Squirrel
Willie Dean**



MOCA

Thank you to all who came out to work Santa's Workshop on December 15th. Judy and Tina you did a great job shopping to make sure that all the littlies ones had a special gift to pick out for Mom and Dad.

The Grand Council Meeting will be held Friday, January 11th at the Williamsburg Fort Magruder Crowne Plaza. Please plan to attend if possible

Mark your calendars on January 18, 2014, we will be having our Santa visit to the VA Hospital. Santa is asking for all his little helpers to come out and help with this event. We will be stuffing bags either on January 15 or 17, 2014 and will need your help to get these bags ready for our Veterans in the hospital. We will confirm date for stuffing bags at our January meeting.

Auxiliary Chaplain, Judy Lupole stands ready to assist any members that are in need. She can be contacted at luvedale88@cox.net or at (757) 581-2702.

Happy Holidays to all! And please - stay safe as you get Happy!

**MOCA President
Ellen Stogsdill**



CANCER AID AND RESEARCH

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!

CERVICAL CANCER AWARENESS MONTH

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? These Q&A are designed to get you basic facts

What is cervical cancer?

The cervix is a ring of muscle at the entrance to the womb. The surface of the cervix facing toward the bottom is covered with a type of skin which can become cancerous.

What are the symptoms?

It is unusual for women to experience the symptoms as the majority of cases are diagnosed during screening. But symptoms can be abnormal bleeding and discomfort during intercourse.

What is cervical screening?

Your doctor will take a smear from the surface of the cervix by using a small wooden or plastic spatula. It is painless.

A number of cells from the cervix stick to the spatula. These are examined under the microscope for any abnormalities.

All women over the age of 20 should be screened every 5 years. Each year, over 40,000 women are found, thru screening, to have advanced stages of this disease.

How effective is the treatment?

The treatment is very effective. Three out of every five patients will be cured. For women under

50, nearly four out of every five are cured.

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

Chairpersons

Tina Brown & Ellen Stogsdill

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)

WEEKENDS AT THE VFW

Start your weekend **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!

SUNDAY FOOTBALL SPECIAL

Every **Sunday** that the NFL is playing, the Canteen will open what we call the "BFD Café" from **1 to 6 PM!**

In addition to tap and bottle beer, and beverages, the BFD Café offers some great lunch / snack

specials! Pizza, wings, kielbasas, sausages, cheese steaks, meatball subs, tacos, and more!

Grab a seat, cheer for your team, and ask for the "BFD Café" menu! The prices are great, and the food's even better!

THURSDAY NIGHT DINNER

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

| | |
|--|---|
| <u>Jan 2nd</u> <u>Prime Rib</u> baked potato, green beans, roll, salad, & dessert \$11.00 | <u>Jan 9th</u> <u>Italian Sausage</u> <u>Spaghetti</u> garlic Bread, salad, & dessert \$8.50 |
| <u>Jan 16th</u> <u>Pork Loin</u> mashed potatoes, peas, roll, salad, & dessert \$8.50 | <u>Jan 23rd</u> <u>Chicken Pot Pie</u> roll, salad, & dessert \$8.50 |

| |
|---|
| <u>Jan 30th</u> <u>Prime Rib</u> baked potato, green beans, roll, salad, & dessert \$11.00 |
|---|

CHILLLLI COOKOFF

Sunday, January 19th
1:00 PM

Chili Chef WANNABE'S fine tuning your recipes for the big day in January. The time is getting short and some of you need practice, so lets get cooking. You always brag about how your CHILLLLI is the best and now is the time to put up or shut-up.

Prizes to be awarded for the top three. The winners will be chosen by fully unrecognized, unbiased, and incompetent panel. The chili cook off judging is scheduled for first game half time of the NFC/

AFC Playoff games on the 19th. The judging panel members will be kept secret to prevent any bribery attempts (HA).

If you would like to participate, please sign up on the sheet in the hall lobby.

THE RULES for chili cook off entrees ARE AS FOLLOWS:

1) Make a 1 gallon (Or more, if you desire) pot of chili.

2) Deliver to the Post NLT 1:00 PM on Sunday the 19th of January

3) Label your entry as "Mild, Medium, Hot or Paint Peeler".

(These will not be separate categories for judging. This is just to ensure that the judges don't gag on the first sample.)

JUDGING:

All entries will be numbered and judged by members and guests who have enough guts to sample. You must register to vote and be given a ballot. Ballots will be numbered to ensure a fair election.

PRIZES:

Some worthless prizes will be awarded (during half time of the first game) to the top three entrants (If we have that many). Don't ask what they will be, we don't have a clue.

REMEMBER: sign up sheets are on the bulletin board!

Your Friendly
Chilllli Committee

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.hrcoxmail.com

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:

January 16th, 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

VA HOSPITAL PROGRAM

Volunteers Needed

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

- Jan 4th, Vets to Post 392 for

breakfast. The Vets will be here by 10 AM. Setup is scheduled for 8 - 9 AM. We could always use help with setup/cleanup, and breakfast

- Jan 18th, Christmas in January at VA Hospital. Please help also with stuffing Gift Bags on January 15th or 17th
- Jan 25th, Movie for the Vets at the VA Hospital from 12 - 3 PM

These events are supported by volunteers. If you feel 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

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

"From the world wars of Europe to the jungles of the Far East, from the deserts of the Middle East to the African continent, and even here in our own hemisphere, our veterans have made the world a better place and America the great country we are today."

- John Hoeven



VFW



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 |
|---|--|--|---|--|---|---|
| | | | 1 | 2 | 3 | 4 |
| | | | • House Committee Meeting • MCL Meeting • Troop 392 | • Prime Rib 6 - 7:30 PM | • Entertainment Capt. Moose | • VA Hospital: Breakfast at Post 392 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| • Cootie Breakfast 9 - 11:30 AM Team 2 | • VFW / LAUX Staff Meeting 5:30 PM | • VFW / LAUX Post Meeting 7:00 PM | • Troop 392 | • Italian Sausage w/ Spaghetti 6 - 7:30 PM | • VFW State Winter Council Williamsburg • Entertainment Tim Hopkins | • VFW State Winter Council |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| • VFW State Winter Council • Cootie Breakfast 9 - 11:30 AM Team 3 | | • MOC / MOCA Meeting 7:00 PM | • AOA Meeting 6:00 PM • Troop 392 | • VA Rep at Post 11:00 - 3:30 PM • Pork Loin 6 - 7:30 PM | • Entertainment Capt. Moose | • VA Hospital: Christmas in Jan. |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| • Chili Cook Off 1:00 PM • Cootie Breakfast 9 - 11:30 AM Team 1 | • FRA 166 Branch Meeting | • MCL Staff Meeting • IOOB Meeting | • Troop 392 | • VVA Chap. 969 Board Meeting • Chicken Pot Pie 6 - 7:30 PM | • Entertainment Jim Berry | • VA Hospital: Movie |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| • Cootie Breakfast 9 - 11:30 AM Team 2 | | • VVA Chapter 969 Meeting 7:00 PM | • House Committee Meeting 7:00 PM • Troop 392 | • Prime Rib 6 - 7:30 PM | • Entertainment Capt. Moose | |