

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 93.0% with 1,688 Members

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

JANUARY 2015 - VOLUME 26, NUMBER 7

2014 - 2015 OFFICERS

Post Commander	Steven C. Williams	Ladies A
Sr. Vice Commander	Douglas M. Iles	Ladies A
Jr. Vice Commander	Steven E. Graves	Ladies A
Quartermaster	John H. Phillips	Ladies A
Chaplain		
House Committee Chairman	Peter A. Gebelein	Ladies (
Service Officer	Joseph G. Brady	Canteen
Surgeon Ray	mond J. Strawbridge	M.O.C.
Judge Advocate	Mark K. Winn	M.O.C.A

Ladies Aux. Isr. Vice President ... Jennifer A. Winn Ladies Aux. Jr. Vice President ... Jessica T. Johnson Ladies Aux. Treasurer ... Ellen Stogsdill Ladies Aux. Chaplain ... Dinah V. Devins Ladies Conductress ... Patty Stokes Canteen Manager ... Joe Halzack M.O.C. Seam Squirrel ... David R. Goldstein M.O.C.A. President ... Jennifer Winn



COMMANDER'S CALL

COMRADES AND SISTERS

Happy and Prosperous New Year! 2014 was a very busy and prosperous year. Thanks to the diligent work of Doug Iles, our Membership Chairman, we are on track to once again earn All State and All American Post awards.

In the past 6 months I have learned many things about the VFW and life in general. I guess that is called growing and gaining wisdom. I have so many things to be grateful for and a major thing is to have you, the comrades and ladies of Post 392, provide me the insight to make our Post even better.

Thank you to the smokers for allowing the Post to become smoke free so that non-smoking Veterans would be able to enjoy the facilities. I know it has been troubling for you at times, as I am

also a smoker, but you seem to the occasion while rise to sacrificing fellow for your members. For those of you who pressed me to go smoke free and promised your attendance if we were to go smoke free, I am upset that we are not seeing you at the Post and subsequently seeing a financial shortfall as a result. There have been those who have returned and I am grateful to have them. Some even participate in our volunteer services and again I thank you. However, in order for the Post to prosper, continue our growth and to provide more services to our Veterans, I employ those who said they would return to please do so. We have a great Post with great members who are warm and receptive, entertainment and social events, and faithfully serve our fellow Veterans and Active Duty personnel. So please, come on down and participate.

I want to thank the following

Comrades and Ladies who gave their time, on Thanksgiving, to provide the Thanksgiving Dinner:

... continued on page 2

VOLUNTEERS NEEDED:

- <u>VA Hosp Visits</u>: Jan 3rd, 9 AM, VA Hospital Vets brunch at the Post, need set-up / cleanup / etc., see any Officer
- <u>Chili Cook Off</u>: Jan 18, 2 PM, sign up at Post, bring your chili, see any Officer
- <u>VA Hospital Visits</u>: Jan 24, BINGO at VA Hospital, see any Officer
- MOC/MOCA Blood Drive: Jan 25, 10 AM - 4 PM, at Post 4809 (Norfolk), see any Officer
- Friends Remembering Night: Jan 30, 8 PM, honor and remember Gunnar Gudjonsson
- <u>VA Hosp Visit</u>: Jan date and time to be determined, Christmas in January, see any Officer

POST 392 - NEEDS YOU!

John Phillips, Bob and TJ DeChamplain, Gordon Waite, Ed Evans, Mike "Breeze" Barea, Ernest Wroblewski, Dan and Michelle Sepke, Sherry Weber, Barbra Riani, John Johnson, and Dee and Jim Messinger. In addition, I want to thank all those who contributed turkeys, hams, and desserts.

At the time of input for this newsletter I don't have the names of volunteers for the Christmas dinner but would like to thank each of you also for your dedication and volunteerism.

Welcome home goes out to the Mayor's Veterans Committee and the Hampton Roads Veteran's Council (HRVCO) for returning to Post 392. They moved to the Disabled American Veterans (DAV) some time back due to the smoking situation. They have returned and will be meeting on the last Monday each month.

Great job to all who worked so hard for all the events we had this past month; the Post Christmas Party, Shop with a Vet, Children's Christmas Party and Santa's Workshop, Food Baskets, decorating of the Post, and the New Year's Eve Party. I know that those who participated received the "Joy of Christmas" spirits.

Looking forward, I believe we can work together to make the Post a better place for all. The only way this could happen is for you to be there and assist in our programs. If you have any suggestions or comments, please submit said in the suggestion box near the entrance of the Post. I look forward to serving you in 2015.

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

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 r o c k e t 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: Lissett Araiza, Robert O. Heinz Jr., Anthony J. Oubre, Alan D. Rankin, Gary O. Suter.

Life Installment:

Michael S. Catron, Michael L. Mullens, Larry J. Utter

New / Transfer/ Re-Instated / Annual Members:

James D. Baldwin, Lowell G. Lewis, Jamie L. Padgett, Dale L. Smith, Scott M. Toomer, Mikenna M. Watterson

Thank you for your service and welcome aboard!

BIRTHDAYS

May I wish a "Happy Birthday" to Mark A. Defilippo, Jack O. Kingsley, Robert W. Kohler,

Grant H. Pollock, John G. Ramsey Sr., William R. Sowers, Kimberly Graves, Opal Jones, Judith A. Lupole, Mary V. Richards, Lori A. Waite and 165 other fine Comrades and Sisters!

> Post Commander Steven C. Williams commander@ yfw392.hrcoxmail.com



SENIOR VICE COMMANDER

Comrades, we slowed down a "tad" in December, but not by much! Preps for Christmas festivities were on the agenda... Shop-with-a-Vet Day on 20 Dec at NAS Oceana Naval Exchange was a highly rewarding event and made Christmas for 21 kids plus their families enlightening and joyful! Our Christmas dinner was another "eye-opening" feast and no one should count their calories on this one! And our New Years Eve Party sent 2014 off with a bang!

Seems like the year has zipped by; many goals accomplished and others still in progress. We continue the membership efforts and strive hard to obtain 105% of goal for this year. Thanks for all the support and will appreciate any help that you can render this year to repeat our performance of ALL-AMERICAN and ALL-STATE VFW POST!

We will be having the Vets over to the Post from VA Hospital in Hampton first week in January and we will return the favor later in the month with a visit over there for an enjoyable BINGO outing!

Comrades, we will be attending the VFW WINTER COUNCIL in Williamsburg, VA from 9 thru 11 January 2015. We anticipate receiving invaluable Recruiter Training as well as insights to 2015 objectives coming down the pike! Membership continues to be on the "FRONT BURNER" here at the Post and at National / State levels. Our Post membership plan by quarter is being finalized and actions are already in progress to meet or exceed ALL objectives.

I look forward to the challenges ahead and encourage the NEW members especially; if you have the time, or can make the time, and put forth the effort to help out at the Post; please to volunteer for any task or program that we have available and we will work with you to make it happen.... YOU WILL BE GLAD YOU DID! We can use your talents and expertise across the board and look forward to seeing you get more involved.

WE NEVER LEAVE A VET BEHIND!

CONTINUOUS MEMBERSHIP <u>AWARDS</u>

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.

40 Years Continuous Service: Robert D. Jones

30 Years Continuous Service: James W. Lyons, Dale W. Sufficool

25 Years Continuous Service:

Eric W. Ahlers, Rodney E. Beckwith, Thomas R. Hamman, Ralpheal P. Ubertaccio, Kurt E. Wentzell

20 Years Continuous Service: James B. Landon

15 Years Continuous Service: Mark K. Winn

10 Years Continuous Service: Thomas C. Conrad

5 Years Continuous Service:

Carl B. McGowan, Clarence P. Osborn, Mark J. Santos

Thank you for your service and congratulations!

SR. Vice Commander Douglas Iles

sr-vicecommander@ vfw392.hrcoxmail.com



JUNIOR VICE COMMANDER

Comrades, this will be a short one this month. The Christmas Party was outstanding! Everyone had a great time and the food was outstanding! My hats off to all the volunteers that participated in the preparation and serving of the food - you guys rock!

The New Years Party, again was a great success. Thanks to all who brought side dishes in. And I am glad everyone had a safe and Happy New Year.

As for 2015, I am sure we will do great things as always. I have seen some members return to the Post and they are helping out as they can. I cannot thank you all enough, and all I can say is welcome back!

I want to thank everyone that has volunteered in 2014 - you truly are the backbone of this Post! So till next time.

Jr. Vice Commander Steven Graves

jr-vicecommander@ vfw392.hrcoxmail.com



Operation Northern Watch Jan 1, 1998 - March 18, 2003



QUARTER-MASTER

2015 MEMBERSHIP DUES

2015 annual dues are \$40.00. Annual Members can pay their dues at Post 392, online at wfw.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 Membership, 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.

Please ensure that you add the domain vfw392.org to your address book to prevent e-mails from the Post being redirected 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

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)
- Frank Frevele (Va Beach General, Rm 332)
- C Ray Kinney (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:

• Gerard F. Driscoll Army (Retired) Passed: 29 Nov 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.

District 2 Chaplain Post 392 Chaplain Robert Duvall

chaplain@vfw392.hrcoxmail.com



POST SURGEON

Comrades and Sisters, happy and healthy 2015! I would like to lead off in saying thank you to our hospital volunteers for their selfless devotion to the cause throughout this past year. It certainly comes as no surprise that our hospital volunteers have stayed engaged helping others throughout the holiday season. I would like to encourage you to keep up the great work that you have been doing for our fellow Comrades in need of assistance, and know that your tireless efforts are both essential to their wellbeing and often serve as critical elements to connecting our Vets to much needed healthcare needs.

Has your VA medical center wait exceeded thirty days? Tired of long delays when trying to get into the VA medical system to be seen? If this applies to you, a Comrade, or a loved one, a remedy may be in the works. The Choice program, which is part of the Veterans Access, Choice, and Accountability Act of 2014, has recently been kicked-off to allow some Veterans to receive approved healthcare in their communities.

Back in late November, the Dept. of Veterans Affairs began mailing approximately 300,000 cards to

Vets that live more than 40 miles from a VA healthcare facility. According to the VA, Vets who have had to wait greater than thirty days for medical care, should receive their cards by the end of January.

Finally, with the New Year well underway, there's no better time than the present to rekindle our hospital outreach efforts in our community. Now when I mention the word "community", I am not referring to any geographical boundary, but rather our community's circle of Veterans that have put their lives on the line for our beloved country. If you feel compelled to give back, then you're not alone. Ask any of our Officers how you may become a Hospital volunteer. I would like to encourage our Post Members, LAUX, MOC, and MOCA to continue helping out with medical related transportation and also those all so important and motivational beside visits. Thanks again for your continued support and let's take 2015 head-on by increasing our Hospital outreach.

> Post Surgeon Raymond Strawbridge



AUXILIARY PRESIDENT

Happy New Year! I hope that everybody had a wonderful Christmas and rang in the New Year happy, safe, and sound.

These past six months were challenging, fun, and eventful, to say the least! The Post / LAUX Christmas party was a huge success! I want to thank Katie, Luci, Kathy, and Joshua for volunteering so that we could enjoy ourselves. You all made the party run smoothly and we very

much so enjoyed your enthusiasm. Congratulations to Tina Gordon for winning the LAUX Christmas basket! I must say, I am so very proud to be a member of this Auxiliary. The selflessness and compassion shown for the Angel Tree and the Christmas baskets by the Comrades and Sisters is beyond words. Thank You - from all of the recipients, to all of you.

The children's Christmas party had 52 children signed up and I know they were all very excited and happy and filled with sugar plums (as it were). Thank you Santa for coming in during your busiest time! Your presence made a lot of people very happy! And the Workshop!! Tina-Elf, Judy-Elf, and Freddly-Elf helped the children give their parents a special gift to open on Christmas! Thank you!

A special thank you also goes out to the crew for the Christmas dinner. Your hard work and thoughtfulness filled a lot of empty tummies.

Sometimes gratitude just doesn't seem like enough for the amount of time and energy that all of the volunteers have given to help make a Veteran or their families have a wonderful Holiday, but the look they give, the hugs, the smiles and laughter; that is what makes it all worthwhile!

Coming up this month, we are hosting the VA patients on January 3. Also Team 1 will be going to the Hampton VA for Bingo and Pizza! Please contact Betz for more information. January 9-11th is the Winter Council in Williamsburg. I look forward to bringing back and sharing in formation from our Department. We will be meeting

January 6th at 7 PM. I look forward to seeing you there!

I pray for all of our Comrades and Sisters that are going through difficult times right now. We are all here for you and just a phone call away. If we can help, we will! With gratitude and love,

> 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: Mary J. Love

15 Years Continuous Service: Betty F. Seymour

10 Years Continuous Service: Carolyn M. Kelly

5 Years Continuous Service:

Geraldine L. Morin Thank you for your service!

Ladies Auxiliary Treasurer Ellen Stogsdill

post@vfw392.hrcoxmail.com



MOC

Listen up Cooties, greetings and welcome to 2015 all of you lousy Cooties. I missed the December Scratch, I'm told that the Grand filled in and did a lousy job.

Breakfast teams have had some nice breaks for the Holidays during the last couple months, now it's time to buckle down. We

are on every week until the final on Mother's Day in May. Each team has 6 breakfasts left and our only break is the 5th of April for Easter

Other things coming up are Christmas at the VA Hospital, nominations / elections for next year's Officers, and Fun Day and that's it over the next couple months.

Seam Squirrel David R. Goldstein cheng186@cox.net



MOCA

Happy New Year, welcome 2015! Hope everyone had a safe and enjoyable Christmas and is ready for a new year. Now it's time to put our thinking caps on and come up with a fundraiser for our MOCA.

Thank you all that came out to our first MOCA Girl's Christmas dinner & gift exchange. Everyone had an awesome time.

The Santa's work Shop was once again a BIG success! THANK YOU Tina Brown and Judy Lupole for heading it up! Thanks to all the wonderful volunteers that helped too, and thanks to Santa "Mark Winn"!

Breakfast is back in full swing come out and enjoy it's \$8.00

Winter Conference is January 9-11th at Fort Magruder Hotel and Conference Center 6945 Pocahontas Trail Williamsburg. Call (757) 220-2250 for reservations and room rate is \$70.00 per night.

Coming (date to be announced mid to end of month) is Christmas in January at the VA Hospital in Hampton.

January 25th will be the Grand of Virginia MOC / MOCA Blood Drive at Post 4809 from 1000-1600 (that's 10 AM - 4 PM for us civilian types). Please come out and support even if you can't donate blood.

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.

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.

Sisters if you need a ride to a meeting please contact me 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!

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 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

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.

We have 9 televisions, so you will definitely have a good view to support your team!

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



SUNDAY FOOTBALL SPECIAL

392 Bistro 1:00 - 6:00 PM

Every Sunday that the NFL is playing, the Canteen will open what we call the "392 Bistro" from 1 to 6 PM!

In addition to tap and bottle beer, and beverages, the 392 Bistro offers the following specials:

NY Giants Style Pizza ----- \$6.00 (pepperoni, sausage, onions, green peppers, mushrooms are available)

San Franks Biggie Wings \$1.25
(Mild, Hot, BBQ, Teriyaki)
Cleveland Browns Kielbasa- \$3.00
(With Peppers & Onions)
Redskin Hot Sausage \$3.00
Eagle Cheesesteak \$4.75
Patriots Meatball Sub \$4.75
<u>1/4 lb Da Bears Burger</u> \$5.25
(w/fries)
1/4 lb Cheese Head Burger \$5.50
(w/fries)
<u>Cowboy Fries</u> \$1.75
Bengals Onion Rings \$1.75

CHILI COOK-OFF

Sunday, 18 January 2015

chili chef Have you WANNABE'S been fine tuning your recipes for the big day in January? The time is getting short and some of you need practice. So let's get cooking. You always brag about how your CHILI is the best and now is the time to put up or shut-up. The chili cook off judging is scheduled for first game of the NFC/AFC Playoff games on 18 January. If you would like to participate, please sign up on the sheet in the hall lobby.

THE RULES ARE AS FOLLOWS:

- Make a 1 gallon (Or more, if you desire) pot of chili
- Deliver to the Post NLT 2:00 PM. on Sunday 18 January
- 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:

1st Place - \$50.00 2nd Place - \$30.00

3rd Place - \$20.00

REMEMBER TO SIGN UP ON THE SIGN-UP SHEET ON THE BULLETIN BOARD.

Your Friendly Chililli Committee

THURSDAY NIGHT DINNER

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

Jan 8th	<u>Jan 15th</u>
<u>Meatloaf</u>	<u>Teriyaki</u>
mashed potatoes,	<u>Chicken</u>
peas, roll, salad,	rice, veggies, roll, salad, & dessert
& dessert	salad, & dessert
\$8.50	\$8.50
	1

Jan 22nd	Jan 29th
Cream Mush-	Prime Rib
room Pork Chop	Bake potato,
mashed potatoes,	green beans, roll,
veggies, roll,	salad, & dessert
salad, & dessert	
\$8.50	\$12.00

Please note: 1) No Thursday Dinner New Year's Day. 2) price increase 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>Jan 2nd</u> TBD	<u>Jan 9th</u> Tim Hopkins Live Music		
<u>Jan 16th</u> TBD	<u>Jan 23rd</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@yfw392.hrcoxmail.com



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.

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.

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

FRIENDS REMEMBERING **NI**GHT

January 30th, 8:00 PM

There will be a FRIENDS REMEMBERING NIGHT at the Post on Friday the 30th. This date is the one year mark of the passing of our great friend, Gunnar Gudjonsson. We're asking everyone who has them to wear their GUNNAR GRUNTS T-shirt.

The kitchen will be open normal hours and there will be entertainment.



Major Gunnar Gudjonsson United States Marine Corp (Retired) 1942 - 2014

MEMBERSHIP Volunteers Needed

There are still 103 memberships who's paid dues will expire by December 31st of this year, and 130 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 membership goals, and potentially 'All State' and 'All American' awards

Our membership team will be will be contacting members that have not paid their dues from 2013 as well as a reminder for those members due to expire in 2014.

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 \$8.00

0900 - 1130

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

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 does 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 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. 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

MEN'S AUXILIARY

We're looking into establishing a Men's Auxiliary at our Post. There are several rules that apply. First of which, there must be 25 new members for a starter. Therefore, I'm soliciting names of individuals who are interested. After we obtain the required number and meet other requirements we can proceed. For further information contact: John Phillips, Post Quartermaster, 757-486-5875 or email me post@vfw392.hrcoxmail.com.

> Quartermaster John H. Phillips

MOC / MOCA BLOOD **DRIVE**

Jan 25th, at Post 4809 10:00 AM - 4:00 PM

Grand of Virginia MOC / MOCA Blood Drive will be held at VFW Post 4809 on the 25th for 10 AM to 4 PM! Post 4809 is at 5728 Bartee Street, Norfolk VA 23502.

All blood types are needed. But please come out and support even if you can't donate!

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: gpayne@specialtyproducts.net. Recording the number of donors reflects in our community services.

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

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.

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THE RED, WHITE AND BLUE - 392

SUN	MON	TUE	WED	THU	FRI	SAT	
				1	2	3	
				New Years Day No Thurs Dinner	• House Committee Meeting 7:00 PM • Entertainment TBD	•VA Hospital 9:00 AM Vets breakfast at the Post	
4	5	6	7	8	9	10	
- Cootie Breakfast 9 - 11:30 AM -Football Specials 1:00 - 6:00 PM	•VFW / LAUX Staff Meeting 6:30 PM	•VFW / LAUX Post Meeting 7:00 PM	• MCL Meeting 7:00 PM	• Meatloaf 6 - 7:30 PM	• VFW Winter Council Williamsburg • Entertainment Tim Hopkins	• Winter Council	
11	12	13	14	15	16	17	
• Winter Council • Cootie Breakfast 9 - 11:30 AM • Football Specials 1:00 - 6:00 PM	•FRA 166 Staff Meeting	•MOC / MOCA Meeting 7:00 PM		• Teriyaki Chicken 6 - 7:30 PM	•Entertainment TBD		
18	19	20	21	22	23	24	
• Cootie Breakfast 9 - 11:30 AM • Chili Cook Off 2:00 - 4:00 PM • Football Specials	•FRA 166 Branch Meeting	•MCL Staff Meeting 7:00 PM •IOOB Meeting 7:30 PM	•AOA Meeting 6:00 PM	• Pork Chops 6 - 7:30 PM • VVA Chap. 969 Board Meeting	• Entertainment Jim Berry	•VA Hospital BINGO at Hampton VA Hospital	
25	26	27	28	29	30	31	
• Cootie Breakfast • MOC/MOCA Blood Drive Post 4809 10 AM - 4 PM	- HRVCO Meeting 7:00 PM	• VVA Chapter 969 Meeting 7:00 PM	• House Committee Meeting 7:00 PM	• Prime Rib 6 - 7:30 PM	• Entertainment TBD • Friends Remember Night for Gunnar 8:00 PM		
January 2015 - VOLUME 26, NUMBER 7							