



**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

**2013 Membership Goal: 1,730**  
**Current Membership: 101.9% with 1,762 Members**

## July 2013 - VOLUME 25, NUMBER 1

### 2012 - 2013 OFFICERS

Post Commander.....	Michael E. Gaughan	Ladies Auxiliary President.....	Gail Payne
Sr. Vice Commander.....	Steve Williams	Ladies Aux. Sr. Vice President.....	Colleen Lewis
Jr. Vice Commander.....	Ron Jones	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 .....	Patsy Stokes
Service Officer.....	Joseph G. Brady	Canteen Manager .....	Joe Halzack
Surgeon.....	Jon Harnden	M.O.C. Seam Squirrel .....	Willie Dean
Judge Advocate .....	Douglas R. Keller	M.O.C.A. President.....	Pam Myers

### **COMMANDER'S CALL**

#### COMRADES AND SISTERS

Here we are in another year at the Post. Thanks to all whom elected me to serve as your Commander. With the elected Post Officers in place, we should do well this coming year.

I am in the process of getting the calendar in place and the chairs filled for the required committee assignments. See either myself, Steve Williams, or Ron Jones if you are interested in being part of the team.

The Ladies Auxiliary, under the leadership of Gail Payne has promised full support for this coming year. We will have many projects where we will require help, and the Ladies Aux always comes through when called upon.

This past Memorial

Day placing the flags out and bringing them back from the cemeteries was a great success. It was the smoothest pick up and stow in years thanks to all of the volunteers that participated. We are just getting better at what we do and how we do things. The Poppy Distribution also went well and the Sr. Vice Commander will address that issue in his article.

There were some bumps in the road towards the end of the year and we have to get over them. We will march on and continue to do the great work we do for the community and our members. We should not dwell on the past but learn from it. We look forward to a great year.

### DATES TO REMEMBER

- 7/1 Battle of Gettysburg begins in 1863
- 7/4 Independence Day (1776)
- 7/8 Gen MacArthur appointed Commander-in-Chief of UN Forces, Korea in 1950

- 7/12 Lt Reasoner: 1st USMC to received Medal Of Honor in Vietnam, 1965
- 7/22 Uday and Qusay Hussein killed in gun battle, Iraq War in 2003

... (continued on page 2)

### **VOLUNTEERS NEEDED:**

- **Post Staff Meeting:** July 1st, at 1730. All Officers & Chairmen
- **Post Meeting:** July 2nd, at 1900. Attend and get involved
- **VA Hosp Visits:** July 13th, Vets at the Post, July 27th VA Hospital Bingo. See any Post Officer
- **Campbell Soup Labels:** benefits NHC, see Amy Kiger
- **Funeral Services:** as required, see Chap. Bob Duvall
- **Chairpersons Needed:** various programs, see any Post Officer
- **Recruit Members:** applications at the Post, see any Post Officer

### **POST 392 - NEEDS YOU!**

7/27 Korean Armistice Agreement signed in 1953  
7/29 USS Forrestal fire in 1967  
7/30 USS Indianapolis sank by Japanesetorpedoes in 1945

---

### **NEW MEMBERS**

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

#### **New / Transfer Life Members:**

Tuan A. Nguyen and Jason W. Boley

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

Jason L. Hall, Denise Holcomb, Joseph Neuman, James F. Revis II, Benjamin L. Tupaj, and Rodolfo R. Ricafort

Thank you for your service and welcome aboard!

---

### **BIRTHDAYS**

May I wish "Happy Birthday" to Bobby Gallagher, Manuel M. Lima Jr., Gunnar Gudjonsson, Nicolaas Over, Theresa J. DeChamplain, Dawn L. King, Karen D. Torres, Myrna Gaskill, Norma J. Patterson, Peggy Ann Austin, Janice Gebelein, and 176 other fine Comrades and Sisters!

**Post Commander  
Mike Gaughan**  
[commander@  
vfw392.hrcocmail.com](mailto:commander@vfw392.hrcocmail.com)

### **SENIOR VICE COMMANDER**

*"The achievements of an organization are the results of the combined effort of each individual." (Vincent Lombardi)*

How true it is. We were very successful in May due to the

efforts of our individuals. You, the members of the Post and the Ladies Auxiliary, succeeded in the distribution of Buddy Poppies. We distributed over 8000 Buddy Poppies and made over \$6,200! And simultaneously, we completed our mission of the placing and retrieval of the memorial flags as stated by the Post Commander. We also had the renovation of the kitchen and the re-sealing and marking of the parking lot. These are achievements to be shared by all who endured the times and continue to provide assistance. The Post cannot operate without you, the members, helping to enhance and maintain our facility, and our programs.

It was nice to see some new faces join us for the June meeting. Please attend the meeting which is held the first Tuesday each month. Your participation helps the organization tremendously. In addition, I want to task every member to strive to get at least one member this year to join our organization. Also, if you have an idea, let one of the Post Officers or Lady Auxiliary Officers know about it. Let's make this VFW the best it can be as we strive to be All State and All American this year.

---

### **CONTINUOUS MEMBERSHIP AWARDS**

The following Comrades 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 at the Post.

#### **40 Years Continuous Service:**

Jeffery A. Konsugar

#### **35 Years Continuous Service:**

Harry F. Sharp II, Rodney E. Kelly

#### **30 Years Continuous Service:**

James C. Edge

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

John C. W. Vincent Jr.

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

Tate Foster, Thomas A. Cecil

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

Jeffery A. Seddon, Fred J. Metz, Milton W. Halsey, Allen M. Bryant, William E. Barloon, and Joshua M. Heger

Thank you for your service and congratulations!

**SR. Vice Commander  
Steven Williams**  
[sr-vicecommander@  
vfw392.hrcocmail.com](mailto:sr-vicecommander@vfw392.hrcocmail.com)

### **JUNIOR VICE COMMANDER**

This is my first article as your new Junior Vice-Commander. I thank you all for giving me the opportunity to serve you.

Over Memorial weekend I made a couple of observations with the Poppy Sale and the Flags for Veteran's graves. While we met our goal for Poppy sales, we left a lot on the table. We had 6 slots of collection times unfilled.

That would have raised another \$1200-\$1500. Hopefully for Veteran's Day we can have a few more of you assist. We only ask for you to do a 2 hours shift.

Also, for collecting the flags from the Veteran's grave sites, just a handful more people would have made it a lot easier. With over 1700 members we shouldn't have a shortage of assistance. So please,

consider helping in November .

**Jr. Vice Commander  
Ron Jones**  
[jr-vicecommander@  
vfw392.hrcoxmail.com](mailto:jr-vicecommander@vfw392.hrcoxmail.com)

## QUARTERMASTER

### 2013 MEMBERSHIP DUES

Renew your **2013** Annual Membership today. Dues are \$30.00. They can be paid at Post 392, online at [vfw.org](http://vfw.org), or mailed directly to VFW National:

**VFW National Headquarters**  
Third Floor, Room 316  
406 West 34th St.  
Kansas City, MO 64111  
(please include your membership #)

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

### NEWSLETTER - BY EMAIL

The newsletter is available via email! To sign up, go to our website at [www.vfw392.org](http://www.vfw392.org), select 'Monthly Newsletter' on the left side of the page, scroll down to the "Newsletter Subscription Form", enter all of the information (including your Membership ID #) and submit.

### CHANGE OF ADDRESS

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

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

## CHAPLAIN'S CORNER

### TEMPORARY SHORT TERM ILLNESS / INJURIES

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

### LONG TERM ILLNESS & INJURIES

The following members have serious, long term illness, or injury, requiring continuous care at the location listed below:

- Millie Branyan  
(Liza's Residential Care)
- Nick Andrasz (Home)
- Don Driscoll (Rehab)
- Pat Callahan (Lake Taylor)

Please keep our members in your thoughts and prayers for a speedy recovery.

### HELP US TAKE CARE OF EACH OTHER

When you or a family member falls ill, are injured, hospitalized, or experience the loss of a loved one - *please* contact us *ASAP*!

It is important that we extend our hand in anyway possible to aid and comfort our fellow Comrades and family in their time of need.

### TAPS

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

- **Robbie E. Cline**  
US Navy (Retired)  
1 June 2013

At our monthly meeting, Draping of the Charter is conducted, and a prayer of solemn tribute is given on

behalf of our departed Comrades. For they are now in the hands of our Heavenly Father.

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

Our Post has become shorthanded of volunteers to perform required duties for Memorial Services of our deceased VFW members and veterans. The Post's participation of 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.

**Post 392 / District II Chaplain  
Robert Duvall**  
[chaplain@vfw392.hrcoxmail.com](mailto:chaplain@vfw392.hrcoxmail.com)

## LADIES 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 Continuous Membership awards indicated.

### 25 Years Continuous Service:

Carole J. Metzger

### 5 Years Continuous Service:

Barbara A. Harris and Barbara L.  
Duvall

Thank you for your service!

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





## MOC

Fellow Coots,

As incoming Seam Squirrel, just a few notes to start the year. I would like to congratulate Bill Moran for being elected Senior Vice Commander Grand of Virginia. The convention in Williamsburg was a great success.

This year the Cootie Bash will be hosted by Gunnar at his home at 4704 Larkspur Ct, VB. The Bash will be held on the 20th of July.

The repairs to the kitchen are coming along and will be ready for the startup of breakfast in September. I am looking forward to a fun and successful year in Pup Tent 9. Remember lets increase and multiply.

Our next Scratch is scheduled at 7 pm on July 9th. Until the Next Scratch may God Bless our Troops, our Veterans and their families

**Seam Squirrel  
Willie Dean**

## CANCER AID AND RESEARCH

### JULY: UV SAFETY MONTH

During the summer, everyone wants to enjoy the sunshine and warm weather. Not only does the sunshine improve our mood, many people want to get that healthy, tanned look to their skin. But the sun's rays can also be harmful, which is why we have a national safety month centered around UV safety...

and it so happens that the American Cancer Society designated July 2013 as UV safety month.

You may have heard of the two kinds of ultraviolet radiation that reach the earth's surface, UVA and UVB, but you may not be sure which type is harmful. The answer is - they BOTH are.

Too much UV radiation can cause skin cancer, cataracts and other eye conditions, as well as immune system suppression. So during UV safety month, consider these practice:

- Use sunscreen to avert sunburn: Five or more sunburns can double your chance of getting skin cancer, so use a sunscreen with a high SPF number and cover every inch of exposed skin.
- Limit your time in the sunshine: Yes, a healthy glow looks great, but it won't be so wonderful when your skin ages prematurely. Over-exposure to sunlight causes wrinkling and increases your chance of melanoma.
- Get in the shade: Whenever you can, get out of the direct rays of the sun, whether it's under an umbrella, an awning or just going inside for a while. The sun is at its most intense at noon and in the early afternoon.
- Stay hydrated: It's all too easy to overlook your body's need for water, but it's important to stay hydrated in the heat, when fatigue can quickly catch up to you.
- When you're in bright light, wear sunglasses with UV protection, as it will help protect your eyes from the damaging effects of UV radiation.
- Use care when you're near water or snow, as those surfaces will reflect UV rays against you more intensely than you realize.

- Watch the UV index: It's there to help you gauge your risk and whether you should even be in the sun at all.

Why it may seem a bit odd to have a national safety month devoted specifically to ultraviolet radiation, the recommendations above hopefully demonstrate to you the benefit of UV Safety Month is to drawing attention to the risks of ultraviolet radiation.

For more information on cancers, visit the National Cancer Institute online at: [www.cancer.gov](http://www.cancer.gov) Let's celebrate less cancer and more birthdays!

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

## CANTEEN

### THANK GOD IT'S FRIDAY!!

It's the time of the week to unwind and enjoy a quiet evening of great entertainment, socializing with your friends, and taking a great opportunity to make new friends.

Social hour prices: 4 - 6 PM. Steam Shrimp Special and regular menu items will not be available until after the kitchen renovation is completed.

### WEEKENDS AT THE VFW

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

We have six (6) TVs, five (5) of which are large flat screens. With NASCAR season, you will

definitely have a seat with a good view to watch your driver!

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

### **THURSDAY NIGHT DINNER**

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

<b><u>July 4th</u></b>	<b><u>July 11th</u></b>
Ribs \$8.50	Lasagna \$8.50
<b><u>July 18th</u></b>	<b><u>July 25th</u></b>
Roast Chicken Breast \$8.50	Grill your own Steak \$11.00

**Please Note:** Thursday Dinner schedule is tentative pending completion of kitchen renovation. Please contact the Canteen for more information.

### **MENU PRICING**

Please note that due to increases in supply costs over the past two years, it's inevitable that some menu item's prices have been increased in order to maintain a self-sufficient operation.

### **FRIDAY ENTERTAINMENT**

Below is the entertainment for this month, come and enjoy the music with your friends every Friday from 7:00 to 10:00 PM:

<b><u>July 5th</u></b>	<b><u>July 12th</u></b>
Captain Moose Karaoke & DJ	Tim Hopkins Live music
<b><u>July 19th</u></b>	<b><u>July 26th</u></b>
Captain Moose Karaoke & DJ	Jim Berry Karaoke & DJ

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

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

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

## **POST ANNOUNCEMENTS**

### **STATE OF VIRGINIA VETERANS AFFAIRS REPRESENTATIVE**

Liz Bonin comes to Post 392 once a month to answer questions concerning veteran's affairs.

She will not have a scheduled availability this month ... but she is 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 obtain benefits they've solely earned. So please, 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.

### **NRA GUN SAFETY COURSE**

The Post is sponsoring a gun Safety Course for those interested

in learning about gun safety and either wanting to obtain a Concealed Carry permit or others who are considering the purchase of a firearm for personal / home protection. There is no age limit to participate. If you have a firearm in your house and also have children - it would be to their advantage to obtain knowledge about firearm danger and safety.

Class Size is a minimum of 10 and a maximum of 25. They will be scheduled on Saturdays and conducted in the Post's small meeting room.

Normally duration of the class is 8 hours, but this will be condensed to approximately 3½ to 4 hours, will

be conducted by NRA certified instructors, and is open to any Post Members and their family.

The price for class materials is \$75.00 per person up to 20 people. If the class goes over 20, the price will drop to \$70.00 per person. These prices do not include fees for range time nor ammo.

The signup sheet is on the bulletin board next to the ladies rest room. Please come out and join us, you won't be disappointed!



