



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

2016 Membership Goal: 1,913
Current Status: 103.4% with 1,948 Members

Non-Smoking Facility - Outside Smoking Accommodations Available

JUNE 2016 - VOLUME 27, NUMBER 12

2015 - 2016 OFFICERS

Post Commander..... Douglas M. Iles	VFW Auxiliary President..... Colleen Lewis
Sr. Vice Commander..... Steven E. Graves	VFW Aux. Sr. Vice President Jennifer A. Winn
Jr. Vice Commander..... Hipolito Camacho	VFW Aux. Jr. Vice President..... Dinah V. Devins
Quartermaster..... John H. Phillips	VFW Aux. Treasurer..... Ellen Stogsdill
Chaplain..... Robert G. Duvall	VFW Aux. Chaplain..... Ingrid Epperson
House Committee Chairman..... Peter A. Gebelein	VFW Conductress Lorraine Crain
Service Officer..... Joseph G. Brady	Canteen Manager Joe Halzack
Surgeon..... Nuvia Rivera	M.O.C. Seam Squirrel..... Mark Winn
Judge Advocate David R. Goldstein	M.O.C.A. President..... Jennifer A. Winn



COMMANDER'S CALL

COMRADES AND SISTERS TEAMWORK-TEAMWORK-TEAMWORK! That is the battle cry heard around the Post all year. Nothing could have been accomplished without working together on common goals. Thanks to the VFW Staff and membership and the VFW AUX for stepping up to the plate time and time again to help others and the community in general. BRAVO ZULU!

On May 7th, we held our joint Installation of new Officers for 2016-2017. I congratulate all the new Officers and Staff, and I am confident they will bring new ideas and perspectives to the membership. I wish them a highly successful year.

During May we also attended five NJROTC Award ceremonies at First Colonial, Green Run, Salem, Landstown, and Princess

Anne high schools. We presented certificates and VFW medals / ribbons to their top cadets.

We implemented our Buddy Poppy program May 26-29 at NAS Oceana with an outstanding participation from our comrades and sisters. Memorial day Colors was held on May 28th, followed by "Flags Out" to all 5 cemeteries with 5,000 + American flags put on gravesites of our Veterans.

On May 30th, Memorial Day Honors were rendered at Post 392 followed by a ceremony at Virginia Beach's Tidewater Veterans Memorial. In June, anticipate bringing the "Flags In" during June 1-4 timeframe. The Department Convention is scheduled for June 16-19, hope to see you there!

We were surprised at the District Two meeting by our State Commander, Doug Keller, awarding us the Honor Post Membership banner for the 2015-

... continued on page 2

VOLUNTEERS NEEDED

- **Post Staff Meeting:** June 6, 1830. All Officers & Chairmen
- **Post Meeting:** June 7 at 7 PM. All members may attend
- **Memorial Day 'Flags In':** June 1-4, recollecting flags placed on graves at 5 cemeteries for Memorial Day, see any Officer
- **Relay For Life:** June 4, Salem High School. Donations / participation in relay, see 'Post Announcements' article, or see any Officer
- **VFW / Grand Convention:** June 16-19, Williamsburg, VA, see any Officer
- **American Red Cross:** Urgently need blood donors, call 1-800-448-3543, or see any Officer
- **Funeral Services:** as required, see Chaplain Bob Duvall
- **Recruit Members:** applications at the Post, see any Officer

POST 392 - NEEDS YOU!

2016, as our collective efforts exceeded the 100% membership goal, and met our retention goal of 85% or more. This accomplishment makes our Post a viable All-State and All-American candidate! BRAVO ZULU! Let's continue to strive in June in recruiting, retention, and reinstating, and remove all doubt!

It had been an honor and privilege to serve as your Post Commander for 2015-2016. We faced many challenges and had many hurdles to overcome this year, but through your tenacity, hard work, initiative, and perseverance - we were highly successful! Thanks for hanging in there, Comrades. When the going gets tough, the tough get going!

Remember - Nobody takes better care of Vets than other Vets, and we never leave a Vet behind!

DATES TO REMEMBER

- 6/4 The Battle of Midway begins in 1942
- 6/6 D-Day, Allies invade France in 1944
- 6/8 Israeli forces attack the USS Liberty in 1967
- 6/9 US Forces launch Operation Peninsula Strike, Tigris River, Iraq, in 2003
- 6/14 Flag Day proclaimed by President Wilson in 1916
- 6/15 US Forces begin invasion of Saipan in 1944
- 6/16 1st Marine Div victory in Battle for the Punch Bowl, Korea, in 1951
- 6/25 Korean War begins in 1950
- 6/28 US Forces launch first Vietnam offensive in 1965
- 6/29 Tomb of Unknown serviceman identified as 1st Lt. Michael J. Blassie, USAF, in 1998

NEW MEMBERS

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

New / Transfer/ Installment Life Members:

Kenneth A. Davidson, Joseph L. Desormeaux, Jonathan D. Pool, George H. Reeves, Thomas J. Smith, Clement B. Valot

New / Transfer/ Re-Instated Annual Members:

Dusty P. Bartlett, Travis J. Bradley, Steven M. Bryant, Stella Chierici, Kyle P. Hern, James H. Hinnenkaup, Andrew R. Kirk, Dale W. Little, Nico A. Loubet, Cody A. Marsh, Michelle L. Micale, Paul J. Piscioneri, Samuel P. Powell, Ryan P. Synowietz, Kevin C. Tieber

Thank you for your service and welcome aboard!

BIRTHDAYS

May I wish a "Happy Birthday" to Carl E. Agren Jr., David H. Curtis, Alan W. Lidtke, Fredrick A. Olds, Ernest R. O'Rourke, Joseph M. Snook, Lynn Gibson, Patricia F. Lidtke, Amanda L. Lund, Gail P. Petersen, Norma L. Worsfold, and 176 other fine Comrades and Sisters!

Post Commander

Douglas M. Iles

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

vfw392.hrcoxmail.com



**SENIOR VICE
COMMANDER**



**JUNIOR VICE
COMMANDER**

CONTINUOUS MEMBERSHIP

AWARDS

The following individuals have earned Continuous Membership Awards. If you are listed below, 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:

Ernest S. Wroblewski

25 Years Continuous Service:

Daniel F. Burchuk, Wesley E. Etheridge, Louis Gaggiotti Jr.

20 Years Continuous Service:

John H. Custer Jr., Michael J. House, Mike L. Poe Jr., Paul V. Porrini

15 Years Continuous Service:

Peggy A. Downey, John R. Koehler

10 Years Continuous Service:

Ramon Betancourt Jr., Matthew S. Bissonnette, Raymond W. Bjorkman, Blane M. Fike, Douglas P. Hensel II, Jacob H. Jenkins, William W. Jones, Bruse E. McIntosh, Craig P. Paskewic, Thomas L. Roland, Warren W. Shiondle, Thomas S. Slater, Michael C. Stacks, Alfred S. Vendt Jr., Allen F. Weber Jr.

5 Years Continuous Service:

Timothy J. Bilbrey, Daniel M. Seals, Troy J. Wagers

Thank you for your service and congratulations!

SR. Vice Commander

Steven Graves

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

vfw392.hrcoxmail.com

To the members, family, and friends of VFW Post 392: June 2016 is another month in which we need to focus on RECRUITING and RETENTION. FYI, we are making progress towards reaching our annual goal, but we need a "FULL COURT

PRESS” if we are to become eligible for ALL-STATE and ALL-AMERICAN.

Again, if you know of anyone who is qualified in becoming a member, please have him or her stop by the Post, and we would be more than happy to talk to him or her about the merits of the VFW and why becoming a member is in his or her best interest.

In May 2016, we completed a very successful Buddy Poppy Drive and Dinner Event. Likewise, the VFW Post 392 held its Installation Dinner Event, whereby we welcomed the new personnel who will assume the key leadership positions come mid-June.

Although I am stepping down from my position as Junior-Vice at the end of my term, I have been very fortunate to meet and greet new members to the Post, and I will miss being part of the leadership group. As I part ways, rest assure that I will always wear the VFW Post 392 insignia with the utmost pride and I will never forget its members who have welcomed me with open arms! Hence, whenever I am in the area, I intend to be involved with VFW Post 392, its members, and its leadership group.... you have not seen the last of me!

As I pass the “torch,” to the newly elected Junior-Vice, I would like to remind everyone of the following upcoming important dates: 14 June (Flag Day), 4 July (Independence Day), 4 September (Annual VFW Post 392 Family and Friends Picnic Event), and 11 November (Veterans’ Day). Please annotate these dates on your respective calendars, and be prepared to support the VFW Post 392 in whatever capacity you can.

In closing, the month of May has come and gone, and now we need to concentrate on successfully executing the key events in June 2016. With the new leadership in place, I have the utmost confidence that the VFW Post 392 will continue to excel at whatever is thrown its way. And I wish our departing leadership “Fair Winds and Following Seas.” With your continued support and dedication to the vivacity of the VFW Post 392, we will continue to prevail.... Let’s PRESS FORWARD COLLECTIVELY!

**Jr. Vice Commander
Hipolito Camacho**
jr-vicecommander@vfw392.hrcoxmail.com



QUARTER-MASTER

2016 MEMBERSHIP DUES

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

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

(please include your membership #)

Consider changing your Annual Membership to a Life Membership and make a life long commitment to serving your fellow service members and Veterans. Life Installment plan is available as an option to the one time payment for Life Membership.

E-NEWSLETTER

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

the left side of the page.

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

Ensure that you add the domain “vfw392.org” to your address book, it’ll prevent the Post emails from going to your SPAM folder!

CHANGE OF ADDRESS

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

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

**Quartermaster
John H. Phillips**
post@vfw392.hrcoxmail.com



CHAPLAIN’S CORNER

YOU THINK YOU HAVE NOTHING TO CONFESS?

Q: We know we’re supposed to confess our sins when we pray, and ask for God’s forgiveness. But we feel we are very moral, and to be honest, usually can’t think of anything to confess. But we ask ourselves, what are we missing?

A: Be thankful for your honesty, as well as your willingness to admit you may be missing something ... which you are. The Bible says, “if we claim to be without sin, we deceive ourselves and the truth is not in us” (1John 1:8).

What is it about sin that you don't understand? Let me suggest two things. First, you don't understand sin's depth. Sin is like a deadly disease that touches everything we do and everywhere we are. Yes, you may be a good and moral person whose life isn't marred by obvious sin. But what about your inner thoughts and motives? What about your pride? What about the things you should be doing but fail to do; the people you ought to help, the person who needs a kind word, the person you ought to be praying for but don't?

Second, you don't understand sin's cost. Sin is so serious that is cost God's own Son, Jesus Christ, His very life. God takes sin that seriously, shouldn't we as well?

The Bible says, "this is how we know what love is: Jesus Christ laid down His life for us" (1John 3:16).

Suggested Reading: *Proverbs 28:13 and Psalm 32:1-5.*

HOW HONEST CAN WE BE WITH GOD?

Q: How honest can we be with God? We don't want Him to get upset with us, but to be honest we can get kind of angry at God because He doesn't seem to be doing anything about a particular problem.

A: Let me assure you that we can be absolutely honest with God. After all, He already knows what's going on in our hearts and minds. So why shouldn't we express out true thoughts and feelings to Him? As the Bible says, "Nothing in all creation is hidden from God's sight" (Hebrews 4:13).

But listen, God also wants to be honest with us! Yes we can dumb all our negative thoughts and feelings on Him, and He won't get

angry with us for doing so. But God also wants to help us overcome them. And He will help, if we only seek His wisdom and strength. Sadly, some people get angry or upset with God, and are content to stay that way. But when they do, they miss the blessing and hope God has in store for them.

I think often of Job in the Old Testament. He couldn't understand why God let him go through so much suffering. And he bluntly let God know his feelings. But he also humbly sought God's will, and eventually he realized there was a divine purpose behind his suffering, even if he couldn't fully understand it. Job declared, "Though he slay me, yet will I hope in him" (Job 13:15).

We should begin our prayer with committing ourselves to Jesus Christ, then ask God to help you to deal with your problems (perhaps revealed with wise advise from others). The Bible says, "in all your ways submit to Him, and He will make your paths straight" (Proverbs 3:6).

Suggested Reading: *Psalms 33:13-15*

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:

- **Shirley Gaughan**
(Home)
- **Daniel E. Ogletree**
(Lake Wright Rehab)
- **Joseph C. Palmer Sr.**
(Sentara Nursing Home, Room 211)

TAPS

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

- **Walter N. Eskildsen**
US Marine Corps (Retired)
Passed: 7 April 2016
- **Melvin R. Franklin Sr.**
US Navy (Retired)
Passed: 4 May 2016
- **Carol A. Jones**
Passed: 6 May 2016
- **Edward G. Wilkinson**
US Marine Corps
US Navy (Retired)
Passed: 9 May 2016

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



**AUXILIARY
PRESIDENT**

My dear Comrades, Sisters and Brothers, this month is a bitter/sweet time for me. Words cannot express just how proud I am to have been elected to serve you as President of the Auxiliary.

The last two years we accomplished almost all of our

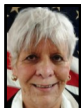
goals! I know you all will support our new President, Jennifer Winn, in the upcoming year to keep moving forward.

As always, volunteers are the backbone of this organization. Helping our Veterans has always been our number one priority. The simplest thing means a great deal! Keep an eye on the upcoming Newsletters for information, or better yet, attend a meeting! That way you can get all of the latest information, comment, and vote on upcoming events!

I want to thank all of the Officers and Chairmen that have worked tirelessly all year. Your commitment and dedication did not go unnoticed! I feel I've made some wonderful new friends/family with all of you. Every single one of you are so special, and I know that you will continue with Jennifer. I, also, look forward to supporting her in any way I can!

Thank you, Commander Iles, for a wonderful, challenging year! Comrades, it has been a pleasure working with you! May God Bless all of you in the upcoming year!

VFW Auxiliary President
Colleen Lewis
lewiscolleen2@gmail.com



**AUXILIARY
MEMBERSHIP**

**CONTINUOUS MEMBERSHIP
AWARDS**

The Sisters listed below are requested to attend the next regularly scheduled meeting of the VFW Auxiliary. Our Auxiliary President stands ready to decorate you with the awards indicated:

20 Years Continuous Service:
Patricia Lindblad, Betty A. Wemhoff

10 Years Continuous Service:
Mary Ann Brady, Myrna Gaskill
Thank you for your service and congratulations!

VFW Auxiliary Treasurer
Ellen Stogsdill
post@vfw392.hrcoxmail.com



MOC

As this will be my last newsletter input as Seam Squirrel, I would like to thank everyone for their support this past year.

I would like to thank the volunteers/workers for their support and hard work this past breakfast season. We did have a successful year.

Casino day at the VA Hospital was a great success and thank you to all those that volunteered! It was a busy day with most having to attend the Post installation.

Remember the Virginia VFW/ Grand conventions in Williamsburg are June 16 – 19. And the VFW National convention in Charlotte, NC is July 23-27. Followed by the Supreme MOC conference July 28 -31.

I know that as I phase out and Pete aka Hoodlum becomes our new Seam Squirrel, that Pup Tent 9 will have another Lousy year and the Hoodlum will enjoy the same great support I have this past year.

There will be a social at 6 pm on the 14 June before the next Scratch.

And as always, remember if you are not having FUN then you are doing it wrong. Keep 'em smiling in beds of white. Until the Next Scratch may God keep and Bless our Troops, our Veterans, and

their families!

Seam Squirrel
Mark Winn



CANTEEN

CANTEEN HOURS

Monday-Thursday.... 1100-2200
Friday..... 1100-0000
Saturday-Sunday1100-2200
Cootie Breakfast Sunday 1000-2200

NEW KITCHEN HOURS

Monday-Thursday.... 1100-1400
Friday 1100-2200
Only Appetizers available after 2100
Saturday / Sunday 1200-1700

NEW CANTEEN MANAGER

Hello Post members! My name is Colleen Lewis and I have been hired as the new Canteen Manager as of May 2nd! Some of you may know me as the daytime cook, others may know me as the outgoing President for the Auxiliary. I am excited and honored at being chosen for this position!

Some changes have already taken place. We have a new cook! His name is Joshua VanVleet and his culinary skills are outstanding! You can read a write up about him in VEER Magazine, August 2011!

We have extended our hours on Fridays. The kitchen will be open from 11 AM until 10 PM. Shrimp Specials start at 6 PM, and the griddle will close at 9 PM with only appetizers available until 10.

Saturday and Sunday - the new summer kitchen hours are noon to 5 PM. If it is warranted, meaning if enough people are ordering past 5 PM, the cook has agreed to stay open until 8 PM. Saturday specials are pizza and wings with regular menu. For Sundays, we have a

new menu! Tacos, nachos, sample platter, and more!

Thursday night dinners will continue as always, but we base our availability of dinners on how many patrons we had in the past. If you don't normally visit us on Thursday, and you are expecting 5 or more people - please give me a heads up by Wednesday. We don't like turning anybody away from one of Joshua's creations!

As always, we are here to serve you! If you have any questions, concerns, complaints, or compliments ... please just let me know?! Thank you again and I look forward to seeing you all at the Post!

WEEKENDS AT THE VFW

NASCAR

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

Saturday / Sunday the kitchen's open from **noon to 5 PM!**

The Canteen opens at 11:00 AM on Saturdays and Sundays (10:00 AM on Sundays when Cootie Breakfast is being served). Come out and enjoy a cold beer or beverage and enjoy NASCAR on multiple big screen TV's. Bring the family, the Canteen is smoke free and Wi-Fi is readily accessible.

THURSDAY NIGHT DINNER

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

<u>June 2nd</u>	<u>June 9th</u>
<u>BBQ Chicken</u> roasted red potatoes, corn on the cob, roll, salad, coffee/iced tea, & dessert	<u>Pork Tenderloin</u> with risotto, fried apples, green beans, roll, salad, coffee/iced tea, & dessert
\$8.50	\$8.50

<u>June 16th</u>	<u>June 23rd</u>
<u>Beef Stroganoff</u> with buttered noodles, broccoli normandy, roll, salad, coffee/iced tea, & dessert	<u>Cajun Shrimp or Blackened Chicken</u> in light cream sauce, tortellini, garlic bread, salad, coffee/iced tea, & dessert
\$8.50	\$8.50

<u>June 30th</u>
<u>Grill Your Own Steak</u> baked potato, roll, salad, & dessert
\$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>June 3rd</u> TBD	<u>June 10th</u> Tim Hopkins Live Music
<u>June 17th</u> Shannon Cooper DJ	<u>June 24th</u> Jim Berry DJ

CANTEEN SPECIALS
Friday: Shrimp Special
6 - 9 PM

EZ Peel Shrimp are back & larger!
1/2 lb for \$6.00 or 1 lb for \$12.00

Saturday: Pizza & Wings
Noon - 5 PM
12 in Pizza
anyway you want it for \$6.00

Wings (hot, mild, BBQ, garlic parmesan, or teriyaki)
\$.65 ea (min. order 6 each)

Sunday: New Menu
Noon - 5 PM

Hard or Soft Shell Tacos \$.75 ea
meat, cheese, lettuce, tomato, sour cream, salsa
Nachos \$3.75
chips, cheese, jalapenos

<u>Nachos Supreme</u>	\$7.50
<i>chips, meat, cheese, lettuce, tomatoes, onions, sour cream, and salsa</i>	
<u>Wings</u>	\$.60 ea
<i>mild, hot, BBQ, garlic parmesan, teriyaki</i>	
<u>Sample Platter</u>	\$9.95
<i>4 mozzarella sticks, 4 jalapeno poppers, 4 egg rolls, 4 chicken tenders</i>	
<u>Basket of Fries</u>	\$1.75
<u>Basket of Onion Rings</u>	\$1.75

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

Chairperson Pete Gebelein
Manager Colleen Lewis

canteen@vfw392.hrcoxmail.com



NEWSLETTER ADVERTISING

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 392 Quartermaster, for pricing and availability at (757) 486-5875.

STATE OF VIRGINIA
VETERANS AFFAIRS
REPRESENTATIVE

Please welcome **Virginia Pauley** as our new local Veterans Claims Representative!

We 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
virginia.pauley@dvs.virginia.gov

AMERICAN RED CROSS

Donors Needed

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

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

www.redcrossblood.org/midatlantic
1-800-RED-CROSS
(1-800-733-2767)

VETERANS CRISIS LINE

VA offers a network of support for all our Nation's Veterans and their families. Veterans in emotional crisis and their loved ones can call the free and confidential Veterans Crisis Line to connect with a qualified crisis counselor who can help.

Anyone who is concerned about a Veteran can also go to veteranscrisisline.net to access the confidential, anonymous online chat to connect with a responder and get support.

The Veterans Crisis Line, online chat, and text are available 24 hours a day, 365 days a year, to all Veterans and their families, even if they are not registered with VA or enrolled in VA health care.

Phone: 1-800-273-8255

Web: veteranscrisisline.net

Text Message: 838255

NOTARY PUBLIC

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

- Bob Duvall
- Joseph G. Brady

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

Be aware that under VA code the notary must acknowledge:

- Signer must personally appear before the notary
- Signer is positively identified
- Signer must affirm under oath the accuracy of the document.

Acceptable Forms of Identification:

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

- Driver's license or State issued ID card
- U.S. Passport
- Foreign Passport (INS validated)
- Driver's license issued in Mexico or Canada
- U.S. Military ID Card.

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

MEMBERSHIP

Volunteers Needed

There are still many memberships whose dues have expired / will expire soon.

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

We could use volunteers to assist

in these efforts. Take pride in your Post, and lend the membership team a hand in reaching Post 392's membership goals! Contact any Post Officer if you would like to volunteer.

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.

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

VFW PURPOSE

Sec 230102 of the Congressional Charter

The purposes of the corporation are fraternal, patriotic, historical, charitable, and educational, and are as follows:

1. to preserve and strengthen comradeship among its members
2. to assist worthy comrades
3. to perpetuate the memory and history of our dead, and to assist their widows and orphans
4. to maintain true allegiance to

the Government of the United States of America, and fidelity to its constitution and laws

5. to foster true patriotism; to maintain and extend the institutions of American freedom
6. to preserve and defend the United States from all enemies

NASCAR 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 Sundays, and the kitchen is open from **1 to 6 PM!**

Come out and enjoy a cold beer or beverage with your comrades and sisters. Enjoy **NASCAR's Sprint Cup Series** races on multiple big screen TV's. Bring the family, the Canteen is smoke free, and Wi-Fi is readily accessible.

For the month of June, there will be three Sprint Cup Series races:

- Sunday, June 5 at 1:00 PM
Axalta 'We Paint Winners' 400 at Pocono Raceway
- Sunday, June 12 at 1:00 PM
Firekeepers Casino 400 at Michigan Int'l Speedway
- Sunday, June 26 at 3:00 PM
Toyota / Save Mart 350 at Sonoma Raceway



RELAY FOR LIFE

**Saturday, June 4th
Starts at 12:00 Noon
At Salem High School**

**Current Donations Goal:
64% at \$3,847 (as of May 10th)**

Greetings VFW-392 Brothers and Sisters, As many of you know, I am a Prostate Cancer Survivor. February 21st will mark two years since I've had a Robotic Assisted Laparoscopic Prostatectomy (RALP) utilizing the da Vinci Robotic System. Since my surgery I've wanted to give back and profess to anyone who will listen about the importance of early detection though regularly scheduled doctor visits.

SO - IT'S THAT TIME OF YEAR AGAIN! I'm asking for your support! The American Cancer Society is conducting a Relay For Life at Salem High School (1993 Sundevil Drive, Virginia Beach) on Saturday June 4th, 2016, commencing at 12 noon.

This is a fund raising event and I ask if you are interested, brothers and sisters, to either donate \$\$\$ in support of my participation or come to participate in the Relay yourselves. Sign up sheets will be up soon.

Thank you for your consideration in support in my participation in the American Cancer Society Relay For Life. All donations are tax deductible. And donations can be made online for your convenience. Please follow the directions below should you desire to donate:

RelayForLife.org/VirginiaBeachVA

- Click on the above link
- A Relay For Life Home Page will appear
- Select "teams" (bar showing number of teams, participants, and amount raised)
- Scroll down until you locate VFW-392
- Select VFW-392

- A VFW-392 Home Page shall appear
- Select "Donate Now"
- A pop up shall appear asking "Are you sure you want to donate to this team?"
- Select either "Yes, Donate to this team" ... or select any name found on the team list

A) If you selected "Yes, Donate to this team", a secure Donate Now Form will appear. Please fill out accordingly

B) If you selected a name on the team's list, then their individual home page will appear. Select "Donate Now" ... a secure Donate Form will appear, please fill out accordingly

I hope this method / option of donating is agreeable to you. Of note, VFW-392 raised \$5,300 last year! Your willingness to participate and your generosity was and is greatly appreciated!

This is my third go at something like this, and my first serving as Community Champion. Having you back my efforts means the world to me. Thanks again! Should you have any questions, please don't hesitate to contact me.

Mike Barea
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Virginia Beach Relay For Life
Community Champion
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SUMMER SAFETY: TREATING HEAT ILLNESS

(excerpts from 'Summer Environment / Hot Weather' DCCS at Madigan Army Medical Center)

A number of heat illnesses exist including:

Heat stroke - Defined by a body temperature of greater than 105.1 ° F (40.6 °C) due to environmental heat exposure with lack of thermo-regulation.

Symptoms include dry red skin, rapid / strong pulse, no sweating, and dizziness or unconsciousness.

Heat exhaustion - Can be a precursor of heatstroke.

Symptoms include pale skin, heavy sweating, rapid breathing, nausea, confusion, and a fast, weak pulse.

Other heat related illnesses include Heat syncope (fainting as a result of overheating), Heat cramps (muscle pains that happen during heavy exercise in hot weather), Heat rash (skin irritation from excessive sweating), and Heat tetany (usually results from short periods of stress in intense heat. Symptoms may include hyperventilation, respiratory problems, numbness or tingling, or muscle spasms).

Treatment Tips:

Be prepared for treatment by keeping an 'Iced sheets' available. They can be easily equipped for use by taking a large cooler and fill it with ice and water. Place dry sheets in a zip-lock bag inside the cooler and have the cooler available when the environment is conducive to heat illness.

If a heat illness victim is conscious, assessing their state of mind will give some insight to the extent of the illness. A good way is to assess for confusion by asking four simple questions: What is your name? What month/year is it? Where are you? What activity were you doing when you became ill?

If the victim is unable to answer these questions, or suddenly develops unusual behavior such as combativeness, slurred speech, the

next steps are to cool and evacuate.

Cooling is the most important life saving intervention you can provide.

- First, place the victim in the shade or air conditioning. The skin may feel hot and may be dry or sweaty.
- Remove as much headgear and outer uniform as possible.
- Remove the iced sheets from the cooler, drench them in the ice water, and place them over all the victim's exposed skin (re-soak the sheets in cold water and reapply if they start to warm)
- Call emergency medical services to evacuate the victim.
- Continue to cool until the victim begins to shiver or until the ambulance arrives.
- Do not try to evacuate the victim yourself – focus on cooling. If a victim loses consciousness, check their breathing and pulse and initiate CPR if required.

D-DAY JUNE 6TH, 1944



“There were life belts and canteens and socks and K-rations and helmets and diaries and snapshots. And there were Bibles, many Bibles, mixed with the wreckage of war. Our boys had carried in their pockets the book that brought into the world this message: ‘Greater love has no man

than this: that a man lay down his life for his friends’. America honors all the liberators who fought here in the noblest of causes.”

George W. Bush

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

INCOMING



“They’re right, Sarge! You have no heart!”

INCOMING Cartoons provided by John Sheppard
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THE RED, WHITE AND BLUE - 392

SUN	MON	TUE	WED	THU	FRI	SAT
			1 • House Committee Meeting 7:00 PM • MCL Meeting 7:00 PM	2 • Memorial Day 'Flags In' • BBQ Chicken 6 - 7:30 PM	3 • Memorial Day 'Flags In' • Entertainment TBD	4 • Memorial Day 'Flags In' • Relay For Life Noon, Salem HS
5 • NASCAR Pocono 1:00 PM	6 • VFW / AUX Staff Meeting 6:30 PM	7 • VFW / AUX Post Meeting 7:00 PM	8	9 • Pork Tenderloin 6 - 7:30 PM	10 • Entertainment Tim Hopkins	11
12 • NASCAR Michigan, 1:00 PM	13 • FRA 166 Staff Meeting	14 • Flag Day • MOC/MOCA Meeting 7:00 PM	15 • AOA Meeting 6:00 PM	16 • VFW/Grand Convention Williamsburg • Beef Stroganoff 6 - 7:30 PM	17 • VFW/Grand Convention Williamsburg • Entertainment Shannon Cooper	18 • VFW/Grand Convention Williamsburg
19 • VFW/Grand Convention Williamsburg	20 • FRA 166 Branch Meeting	21 • MCL Staff Meeting 7:00 PM • IOOB Meeting 7:30 PM	22	23 • VVA Chap. 969 Board Meeting • Cajun Shrimp / Blackened Chicken 6 - 7:30 PM	24 • Entertainment Jim Berry	25
26 • NASCAR Sonoma, 3:00 PM	27 • Mayor's Veterans Committee 5:30 PM • HRCVO 7:00 PM	28 • VVA Chapter 969 Meeting 7:00 PM	29 • House Committee Meeting 7:00 PM	30 • Grill Your Own Steak Night 6 - 7:30 PM	• EVERY FRIDAY: Social Hour Prices 4:00 - 6:00 PM Shrimp Special 6:00 PM • EVERY SATURDAY: Pizza & Wing Specials	
JUNE 2016 - VOLUME 27, NUMBER 12						