



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

2017 Membership Goal: 2,025
Current Status: 1,892 Members

Non-Smoking Facility - Outside Smoking Accommodations Available

JUNE 2017 - VOLUME 28, NUMBER 12

2016 - 2017 OFFICERS

Post Commander.....	Steven E. Graves	VFW Auxiliary President.....	Jennifer A. Winn
Sr. Vice Commander.....	Mark K. Winn	VFW Aux. Sr. Vice President	Dinah V. Doyle
Jr. Vice Commander.....	Theresa J. DeChamplain	VFW Aux. Jr. Vice President....	Lorraine K. Crain
Quartermaster.....	John H. Phillips	VFW Aux. Treasurer.....	Ellen Stogsdill
Chaplain.....	William P. Moran	VFW Aux. Chaplain.....	Ingrid L. Epperson
House Committee Chairman.....	Kevin Graves	VFW Conductor	Robert DeChamplain
Service Officer.....	Joseph G. Brady	Canteen Manager	Shelley Hughes
Surgeon.....	Robert Cordona	M.O.C. Seam Squirrel.....	Peter A. Gebelein
Judge Advocate	David R. Goldstein	M.O.C.A. President.....	Colleen Lewis



COMMANDER'S CALL

COMRADES AND SISTERS

"Don't say you don't have enough time, you have exactly the same amount of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein"

(Albert Brooks)

Comrades: As my year as Post Commander has come to close, I leave with mixed emotions, Our year has had a lot of ups and downs, bumps and bruises. On a whole, our year was okay at best. There was a lot things we could have done a little better.

I believe our volunteerism on a whole was at its worst than I have seen since becoming a member here. It is always the same people that bust there butt day in and day out for this Post. And from the bottom of my heart I want to thank you. If it wasn't for you, there is

no telling where we would stand as a Post. Cancelling recruiting outings due to lack of participation has hurt the Post in our State standings, I firmly believe that we can still make goal for the end of this term.

We have pulled together a few people who are making a difference in our recruiting efforts, and I want to thank them for stepping up to the plate. We received a nice contribution to help in our recruiting efforts and I want to thank them as well. I haven't asked for permission to use there names, but they know who they are and Post 392 greatly appreciates it.

Ok enough of that. We did have some outstanding things happen on my watch. Our VOD, Patriots Pen essays, and the Art Competition was a great success! Sue and Bill Sowers: thank you for your persistence in these programs year in and year out.

... continued on page 2

VOLUNTEERS NEEDED (see any Post Officer for details)

**PLEASE REVIEW ANY ITEM
BELOW AND TAKE ACTION!**

- **Post Meeting:** June 6 at 7 PM. All members may attend
- **Dept. Convention:** June 14-18, in Williamsburg, VA
- **Thursday Night Dinner:** every Thurs! We need cooks, register attendant, dish washers, servers
- **Poker Run:** date TBD. We need cooks, manning event stops, set up/clean up, sponsors, etc.
- **American Red Cross:** Urgently need blood donors, call 1-800-448-3543
- **Campbell Soup Labels:** benefits National Home for Children, bring them to the Post
- **Recruit Members:** applications at the Post, see any Post Officer

POST 392 - NEEDS YOU!

Sue you where my rock during the awards ceremony by keeping me in check when I was losing my mind. I am deeply indebted to you.

Our Post awarded the National Firefighter of the Year and we want to again congratulate (retired) Captain Izziary for a job well done.

I had the pleasure of attending the JROTC awards ceremony at the local high schools and there is a great crop of Young Americans in the making.

I would like to take the opportunity to thank the Auxiliary President Jennifer Winn, her staff, and the Auxiliary for their hard work during the year. A lot of your folks work relentlessly throughout the year and it is greatly appreciated.

To my staff, I want to thank you all for everything you have done this year, its been one hell of a ride.

To the incoming Commander, Mark Winn and his staff, congratulations! And I hope you all have a fantastic year. I would like every member of this Post to give Mark and his staff all the support you can to help keep VFW Post 392 viable.

It has been an honor and privilege to serve as Commander of VFW Post 392.

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/ Life
Installment / Life Members:**
Daryl D. Baker Sr., Gregory A. Beck, Mark A. Mosher

**New / Transfer/ Re-Instated
Annual Members:**
Daniel L. Lyall, Walter J. Mahany, David Perez

Thank you for your service and welcome aboard!

BIRTHDAYS

May I wish a "Happy Birthday" to Carl E. Agren Jr., Edward J. Hocking, Alan W. Lidtke, Ernest R. O'Rourke, David O. Riordan, Joseph M. Snook, Lynn Gibson, Patricia F. Lidtke, Gail P. Petersen, David E. Turner, and 175 other fine Comrades and Sisters!

**Post Commander
Steven E. Graves**

commandervfw392@gmail.com



**SENIOR 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.

35 Years Continuous Service:
Ronald C. Christie, Charles E. Kelley, Gary O. Suter

30 Years Continuous Service:
John J. Baucom, Ronald E. Geer

25 Years Continuous Service:
Craig T. Coleman

20 Years Continuous Service:
Gerald M. Gandy, Bradford S. Miller, Robert A. Smith, Steven L. Staniger

10 Years Continuous Service:
James M. Dellaripa, William D. Gallagher, Lynwood R. Hardy, Keith A. Walawender, Troy L. Williams

5 Years Continuous Service:
Paul A. Bonaventura, Michael J. Carr, Jason E. Conyer, Timothy P. Lynch, Roger W. Mitchell, Curtis L. Ratliff, John R. Siver II, Jason M. Taylor, Keith M. Whittington

Thank you for your service and congratulations!

**SR. Vice Commander
Mark K. Winn**

commandervfw392@gmail.com



**JUNIOR VICE
COMMANDER**

Comrades and Auxiliary, Thank You for nominating me as the Senior Vice Commander! And Congratulations to all our newly nominated/elected Officers! Same as I promised when I was Junior Vice, I will do everything I can to the best of my ability to make our

Post the best!

Thank You to everyone who donated their time for the Buddy Poppy dinner, especially Bob DeChamplain who cooked. Thank you to everyone who helped distribute Buddy Poppies, and volunteered to put flags out at the cemeteries to honor our Veterans. That's what the VFW is all about: VOLUNTEERING!!

Upcoming Events:

- June 14-18, Department Convention at Fort McGruder hotel in Williamsburg, VA.

May I wish all the Dad's a Happy Father's Day! Until next month, always remember our Veterans and God Bless America!

**Jr. Vice Commander
T.J. DeChamplain**

[jvice](mailto:jvicecommandervfw392@gmail.com)

commandervfw392@gmail.com



QUARTER-MASTER

2017 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 are available online for

free! To view them, go to vfw392.org and click on the links 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. When your mailing address changes, be sure to fill out an address change form, 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 remember to include your telephone number and email address!

Quartermaster

John H. Phillips

vfwpost392@gmail.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 Post's Bulletin Board for up-dates of Members on the Illness / Injury List.

The following members have serious, long term illness, or injury, requiring continuous care:

- **Douglas R. Keller**

(Home)

- **Joseph M. Snook**

(Camelot Rehabilitation Center, Room 91)

TAPS

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

- **Ronald C. Jones**

US Navy (Retired)

Passed: 26 April 2017

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.

Post Chaplain

William P. Moran

chaplainvfw392@gmail.com



AUXILIARY PRESIDENT

Sisters & Brothers,

ATTENTION: July meeting will NOT be held on Tuesday July 4th it WILL BE held on Wednesday July 5th 2017 at 7 p.m.

At the May meeting it was voted on to move it forward one day obviously due to the holiday.

What an awesome month we had! They say April showers bring May flowers, but May was a wonderful month! Thank you all that came out for Buddy Poppy kickoff dinner, distributions of Buddy Poppy's, and participation with putting out the Flags.

Congratulations to all the newly elected and installed Comrades, Auxiliary Officers, and appointed Chairmen!

VFW Department Convention is June 14th -18th at Fort McGruder Hotel in Williamsburg Virginia. Please make your reservations.

VFW National Convention is in New Orleans July 22nd - 26th. They have a bus that's going, please contact Fred Jennings for seat availability and cost.

VOLUNTEERS are always needed, appreciated, and wanted. If you have a little spare time and would like to help, please come out to the Post. There is always a sign up sheet on the double doors.

Thursday night dinners are going extremely well. I'd like to thank everyone that has volunteered their time and those of you that have come out to enjoy the marvelous dinners.

If you find yourself, or any Post member in need of anything, please don't hesitate to contact the Chaplain Ingrid Epperson or myself for assistance.

You, the Auxiliary members and Comrades of Post 392, make a difference in the lives of our Veterans and their Families with all the work you do each and every day. I extend a big thank you and may God bless you all.

Please feel free to contact me if you need anything. I can be reached at (757) 721-0002 or at the email below. I wish you all a Happy and safe summer!

VFW Auxiliary President
Jennifer Winn
jen-laux@cox.net



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:

5 Years Continuous Service:

Holly A. Defilippo

Thank you for your service and congratulations!

VFW Auxiliary Treasurer

Ellen Stogsdill

ellenstogsdill@cox.net



CANTEEN

CANTEEN HOURS

Monday-Thursday.... 1100-2200

Friday..... 1100-2400

Saturday-Sunday1100-2200

*On Cootie Breakfast Sunday's the
Canteen opens at 1000*

NEW KITCHEN HOURS

(EFFECTIVE 11FEB2017)

Monday-Wednesday... 1100-1400

Thursday..... 1100-1400

..... 1700-1900

Friday 1100-1400

..... 1800-2000

Saturday Closed

Sunday Closed

** Hot Dogs and Chili may be
obtainable on Saturdays and
Sundays, as available*

** Regular menu items will not be
available during any holiday or event
dinner specials (unless specified)*

WEEKENDS AT THE VFW

Start the weekend with Friday's
Social Hour Prices from 4-6 PM!
The kitchen opens Friday, 6 to 8
PM, with all of our menu items!

The Canteen opens at 11:00 AM
on Saturdays and Sundays (10:00
AM on Sundays when Cootie
Breakfast is being served). When
the kitchen is closed, we do have

Hotdogs and Chili available on
Saturdays and Sundays!

Come out and enjoy a cold beer
or beverage! We have multiple big
screen TV's. Bring the family - the
Canteen is smoke free and Wi-Fi
is readily accessible.

THURSDAY NIGHT DINNER

New Hours / New Menu

5:00 PM - 7:00 PM

Thursday Dinners include salad
and dessert. Below is the dinner
menu available and pricing for
this month:

June 1st

Liver & Onions
or Country Fried

Steak

mashed potatoes /
w gravy, veggie

\$7.50

*Prepared by Don
Brown and Scott
DeVost*

June 8th

*(please call to
inquire about
meal)*

June 15th

Grill Your Own

Steak

sautéed
mushroom &
onions, baked
potatoes, veggie

\$15.00

*Prepared by Don
Brown and Scott
DeVost*

If you prefer to
have your steak
grilled for you,
the price will be:

\$17.00

June 22nd

*(please call to
inquire about
meal)*

June 29th

Kielbasa & Sauerkraut
fried potatoes, perogies, green beans

\$7.50

*Prepared by Bill & Sue Sowers and
friends*

Special Note: Our Thursday Night Dinners are **all volunteer staff**. So if you'd like to help with serving, cleanup, or dishwashing - please contact the **Canteen Manager Shelley Hughes** or the **Weekend Canteen Manager Steve Wilkins** at (757) 486-5875.

Also, if you'd like to guest Chef in the upcoming months, please just let us know!

CANTEEN SPECIALS

Fridays: Social Hour

4 - 6 PM

Come in and enjoy our Social Hour Prices to start your weekend!

Fridays: Shrimp Special

6 - 8 PM

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

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

Chairperson **Manager**
Kevin Graves **Shelley Hughes**
canteenmanager392@gmail.com



POST ANNOUNCEMENTS

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. Our monthly circulation is 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.

VETERANS CRISIS LINE

Veteran Affairs 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

STATE OF VIRGINIA VETERANS AFFAIRS REPRESENTATIVE

Virginia Pauley is our 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' 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)

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.

RELAY FOR LIFE

**Friday, June 2nd
At Chesapeake City Park**

**Current Donations:
\$250 (Goal \$6,000)**

It's that time of year again! We are asking for your support! The American Cancer Society is conducting a South Hampton Roads 2017 Relay For Life.

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

Thank you for your consideration in support of this years Relay. All donations are tax deductible, and can be made online for your convenience:

[Relay For Life Team: VFW-392](#)

David R. Goldstein

MEMBERSHIP

Volunteers Needed

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

With some focus on retention, we can those memberships 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 a hand in reaching Post 392's membership goals! Contact any Post Officer if you would like to volunteer.

LEGAL AID OFFICE

Veteran Free Legal Services

My name is David Rivard. I am a Staff Attorney at the Legal Aid office in Virginia Beach. We provide free legal services in civil matters to qualifying low-income Virginians. Some of the areas of

law we provide assistance with are housing, estate planning, consumer matters, public benefits, and family law.

I am writing you today because I feel that there is a significant portion of Veterans that we are not reaching that could use our services. I would like to set up a time each month where I could come by the Post for a few hours. This would allow any of your members who qualify for our services to ask me questions, and I can provide advice or possible representation in any civil matters they may have.

If this sounds like something you believe your members can benefit from or are interested in, or you know of any other organizations in the area that we may be able to assist, please contact me at my office (757) 552-0026 or you can contact me at the email address below. Thank you very much.

**David Rivard, Esq.
Staff Attorney**

Legal Aid Society of Eastern Virginia

291 Independence Boulevard
Pembroke 4, Suite 532
Virginia Beach, Virginia 23462
(757) 552-0026 ext. 305
(757) 552-0411 (fax)

davidr@laseva.org

SUMMER SAFETY: TREATING HEAT ILLNESS

*(excerpts 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 questions, or suddenly develops unusual behavior (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 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.

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

SUMMER PAINT PARTY WITH VFW POST 392 AUXILIARY

2408 Bowland Parkway
Virginia Beach, VA 23454



COME AND PAINT A BEACH SCENE WITH US
DATE: SATURDAY, JULY 8, 2017
12:00 TO 4:00 PM
ALL SUPPLIES PROVIDED (CANVAS, PAINT, BRUSHES AND APRON)
\$30.00 PER PERSON
REFRESHMENTS PROVIDED.
INSTRUCTORS PROVIDED!

DEADLINE FOR RESERVATIONS: 6-21-2017

CONTACT:

Beth Moynihan 463-8863
Sue Sowers 641-0624
Ann Marie Brothers 340-1836
Dinah Doyle 560-0493

PAYMENT MUST BE MADE WHEN RESERVED.

ADDITIONAL CONTACTS:

Karen Slater 651-0952
Jane Cogan 343+6241

ADVERTISEMENTS

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Direct: 757.754.8498

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7dayrealtor@gmail.com

7dayrealtor.com



Each office is independently owned and operated

Ron Clark

- ★ Real Estate Broker and Property Manager
- ★ Accredited Buyer's Representative
- ★ Seller Representative Specialist
- ★ Certified Military Relocation Specialist
- ★ Licensed Since 2001 / Broker Since 2006
- ★ Bronze Circle of Excellence Award 2016
- ★ United States Navy (Retired)
- ★ Member In Good Standing VFW Post 392

(757) 754 - 8498

