



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 95.8% with 1,745 Members

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

MARCH 2015 - VOLUME 26, NUMBER 9

2014 - 2015 OFFICERS

Post Commander.....	Steven C. Williams	Ladies Auxiliary President.....	Colleen Lewis
Sr. Vice Commander.....	Douglas M. Iles	Ladies Aux. Sr. Vice President ...	Jennifer A. Winn
Jr. Vice Commander.....	Steven E. Graves	Ladies Aux. Jr. Vice President...	Jessica T. Johnson
Quartermaster.....	John H. Phillips	Ladies Aux. Treasurer.....	Ellen Stogsdill
Chaplain.....	Robert G. Duvall	Ladies Aux. Chaplain.....	Dinah V. Devins
House Committee Chairman.....	Peter A. Gebelein	Ladies Conductress	Patty Stokes
Service Officer.....	Joseph G. Brady	Canteen Manager	Joe Halzack
Surgeon.....	Raymond J. Strawbridge	M.O.C. Seam Squirrel.....	David R. Goldstein
Judge Advocate	Mark K. Winn	M.O.C.A. President.....	Jennifer Winn



COMMANDER'S CALL

COMRADES AND SISTERS

Friendship

Friendship; "is a ship that sails forever with the love of mankind." Out of all the ships that I have been on it is the "Friend Ship" that means the most. We all know that in our careers in the military or our support of others, we have met many people from all walks of life and from all different cultures and upbringing. Our childhood friends became our high school buddies and sweethearts. We then went out in the world and went to basic training and learned how to work with others that soon became your brothers.

Throughout our careers we spent several years fostering relationships with a variety of people. Some of those people we would have never engaged in a friendship with due to prejudices or lessons we learned as children,

from whatever environment we came from.

Friendship is a relationship of mutual affection between two or more people. Friendship is a stronger form of interpersonal bond than an association. Various academic theories of friendship have been proposed, including social exchange theory, equity theory, relational dialectics, and attachment styles. A World Happiness Database study found that people with close friendships are happier.

Although there are many forms of friendship, some of which may vary from place to place, certain characteristics are present in many types of friendship. Such characteristics include affection, sympathy, empathy, honesty, altruism, mutual understanding and compassion, enjoyment of each other's company, trust, and the ability to be oneself, express one's feelings, and make mistakes without fear of judgment from the

friend. While there is no practical limit on what types of people can form a friendship, friends tend to
... continued on page 2

VOLUNTEERS NEEDED:

- **Post Meeting:** March 3rd, at 1900. All members may attend
- **Community Service Awards:** Mar 11th, 1900, need finger foods&desserts, set up / clean up, see any Officer
- **St. Patrick's Day Parade:** Mar 14, 10 AM, see any Officer
- **VA Hospital Visits:** Mar 28th, Casino Day at McGuire VA Hospital, see Betz Girouard
- **Cootie Breakfast:** Every Sunday. Set up, clean up, servers, see any Officer
- **Campbell Soup Labels:** benefits VFW NHC (National Home for Children), bring in your can labels to any Officer
- **Recruit Members:** applications at the Post, see any Post Officer

POST 392 - NEEDS YOU!

occupations, or interests, and have share common backgrounds, similar demographics. Here at VFW Post 392, we call each other Comrade which is virtually the same as Friend.

As we continue our journey down the road less travelled, let us be true to each other, form stronger bonds, and enjoy our Friendship as true Comrades. Do something special for a Vet today. Remember: Be Proud, Be Professional, and Press On!

DATES TO REMEMBER

- 3/2 Battle of Bismarck (WW II) started in 1943
- 3/8 US Marines land at Da Nang, Vietnam in 1965
- 3/11 US Army Corps of Engineers established in 1779
- 3/14 US / UN forces recapture Seoul, Korea in 1951
- 3/16 Pres. Regan orders troops into Honduras in 1988
- 3/17 Civil War's Battle of Kelly's Ford in 1863
- 3/19 US and coalition forces initiate Iraq War in 2003
- 3/29 Last of US troops withdraw from Vietnam in 1973

NEW MEMBERS

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

New/Transfer/ Life Members:

Scott G. Beeler, Kevin E. Harpham, Matthew R. Mader, Allen E. Repinski, William A. Zink

Life Installment:

Stacie M. Diaz, Richard W. Faircloth

New / Transfer/ Re-Instated /

Annual Members:

Kevin R. Blade, Alfred L. Cope III, Kent N. Davis, Daniel J.

Blask, Charles V. Goodman, Kevin J. Graves, Jonathan Merrill, Amanda D. Moore, Jason K. Noble, James J. Rodriguez, Craig J. Trute, Justin L. Watson, Brian C. Weinstein

Thank you for your service and welcome aboard!

BIRTHDAYS

May I wish a "Happy Birthday" to Robert E. Dunn (101 Yrs), William P. Moran, Joseph S. Szczyradlowski, Betty L. Stephens, Ruth H. Spencer, Melissa S. Larvick, Katherine E. Kennon, Sara S McCabe, and 177 other fine Comrades and Sisters!

**Post Commander
Steven C. Williams**

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



SENIOR VICE COMMANDER

Comrades, February has blown through with a chill in the air and occasionally just a tease of spring around the corner! We have continued to work hard on our VFW membership here at the Post as well as jointly with other Posts.

The weekend of 31 Jan thru 01 Feb saw us (i.e. Post Commander, Senior-Vice Commander and Vet James McDonald) manning up a booth at the Virginia Beach Convention Center Gun Show. We were able to garner 39 individuals that were interested in possible becoming VFW members. We followed up on these leads with emails, one-on one dialogue, and also phone calls. Some of these folks have signed up with us and others are planning to visit our Post in the future. Overall, a very positive response to our Recruiting efforts was enjoyed.

Also, on 10 Feb, we were invited by ARMY RESERVE UNIT stationed out of Fort Story to meet 10 returning soldiers from Africa, who all meet criteria for joining the VFW. On Friday, 13th February, our Post Commander and myself traveled in early morning hours to meet these soldiers at 0700 aboard NORFOLK AIR STATION MAC TERMINAL and be a small "WELCOME HOME" VFW committee. We had a few minutes after their arrival to give them ALL a Recruiting package that we had developed as well as discuss benefits and advantages of joining the VFW and our Post, in particular.

In March, our Post tempo will increase with recognition and awarding of VFW Community Service Awards to the most highly qualified and best Virginia Beach Law Enforcement Officer, Firefighter, EMT, and Teacher of the Year. In a long standing tradition, our VFW Post, as well as other Hampton Roads VFW Posts, will participate in the annual Saint PATRICKS DAY Parade held on Saturday, 14 March at Ocean View in Norfolk. We will enjoy the music, marching, floats, and other festivities. Please come out and join us!

Our membership efforts are in high gear, but would appreciate your support. Whenever you have the time and know of anyone that might be qualified and may just need a nudge to join. Please to bring them to the Post and give them a tour, or contact one of the Officers to explain the programs and benefits of joining the VFW.

Nobody does more for VETS than we do.....VETS, FAMILIES

and Community.... "We never leave a Vet behind"!

CONTINUOUS MEMBERSHIP

AWARDS

The following Members have earned Continuous Membership Awards. Please attend the next Post Meeting to receive your lapel pin. If you are unable to attend, contact any Post Officer. If your name has not been listed and you believe that an award is due, please contact the Quartermaster.

35 Years Continuous Service:

Daniel L. Buckner,
Parran M. Hollis Jr.

30 Years Continuous Service:

John B. Edwards II

25 Years Continuous Service:

John F. Claggett, Paul T. Kirk,
Joffray J. Marcantel Jr.

20 Years Continuous Service:

Francis X. Janes, Robert B. Murdock, Brian T. Smith, Richard E. Snook, Mark D. Warren

15 Years Continuous Service:

Lawrence L. Brice, Daniel F. Jenkins, William T. Peterson

5 Years Continuous Service:

Barton D. Consford Sr., Raymond D. Damico, Jack C. Devenney, Clifford J. Dietz, Richard A. Elkins, Robert F. Jones, Norman L. Kilfoyle, Mark S. Kinnane, Alan J. Quartararo, Steve F. Schweizer, Alex C. Wibe

Thank you for your service and congratulations!

SR. Vice Commander Douglas Iles

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



JUNIOR VICE COMMANDER

Comrades, the last couple of months have been relatively slow

for VFW 392. I can only hope that with all members attached to this Post we can put forth a lot of effort and help to make this the Post we all work so hard for. There are a lot of things we need to do and it is going to take the help of all the members to make this happen. I know teams 1 and 2 for the Cooties could use some help on Sundays for the breakfast. So if you are available please come on down and help them out, all you got to do is ask or just show up and say hey what can I do to help. I know I will be greatly appreciative.

Our next big project coming up is Saint Patty's Day Parade in March. I hope to see you out there marching alongside us as we represent not only VFW Post 392, but the VFW as a whole. Again I ask all members please get involved, after all it is your Post as well. And for those who volunteer any time we need people - I say thank you!

Until next time, faithfully yours.

Jr. Vice Commander Steven Graves

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



QUARTER- MASTER

2015 MEMBERSHIP DUES

2015 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 or Life

Installment, 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.

Ensure that you add the domain "vfw392.org" to your address book, it will prevent 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

ACCESS TO GOD

Technology is a blessing in so many ways. You need a bit of information about a health problem? All you have to do is to access the internet where you can instantaneously get a list of options to guide your search. Need to contact a friend? Just send a

text, email, or a Facebook post. But technology can also be very frustrating at times. The other day a friend of mine needed to access some information in his bank account and was asked a list of security questions. He was unable to recall the exact answers. He was blocked from his own account. Or another thing of the times is when an important conversation was cut off because of a dead zone or a dead cell phone battery, with no way to reconnect until you find a plug to recharge it.

All of this makes us delighted with the reality. The real reality that when you need to access God, in conversation and prayer, there are no security questions and no batteries required. I myself love the assurance that John gives when he says, "Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us (1 John 5:14). God is always accessible, for He never slumbers nor sleeps! (Ps. 121:4). And thanks to His love for us, He is waiting and ready to listen.

Prayer: "Lord, thank You or desiring communication with us (me) and for the reassurance that you are indeed listening and ready to help in the time of need. Teach us to come to You with confidence in Your attentive love for us. Amen."

Suggested Reading: Hebrews 4:16

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:

- **Terrell Baardsgaard**
(Home)
 - **Ronald L. Beltz**
(Home)
 - **Frank Frevele**
(Home)
 - **Jan Gebelein**
(Home)
 - **Rodney Spencer**
(PA)
 - **Wanda Wood**
(Care Partners Rehab, NC)
-

TAPS

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

- **Patricia R. Leach**
Passed: 28 Jan 2015
- **Philip Coviello**
Passed: 14 Feb 2015
- **Charles R. Robertson**
USMC (Retired)
Passed: 14 Feb 2015
- **Daniel I Walker**
Navy (Retired)
Passed: 18 Feb 2015

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, our Members have been busy supporting our Veterans through our active hospital programs and individual assistance to Veterans and their families. During the month of January, 12 VFW/LAUX members participated in 8 projects that benefited 67 VA Hospital patients and Veterans in need of assistance. These volunteers travelled an impressive 502 miles at their own expense. Our Post truly appreciates your time and service to Vets in need.

In the Dept. of VA news, Veterans now have the ability to track the status of most of their prescriptions online, thanks to an innovative idea by a Department of Veterans Affairs' (VA) employee. The new 24/7 service allows online tracking for most prescriptions mailed from the VA Mail Order Pharmacy. This innovative tracking feature will also include images of the medication that has dispensed and later this year, they plan to launch a secure messaging feature that will alert Veterans when a medication was placed in the mail.

For additional information and access to your VA pharmaceutical information visit:
www.myhealth.va.gov

The Department of Veterans Affairs (VA) is currently accepting applications for the 2015 National Veterans Wheelchair Games. Registration opened in early January and will close on April 15th. This is "a sports and rehabilitation program for military service Veterans who use wheelchairs for sports competition due to spinal cord

injuries, amputations or certain neurological problems". For additional information, please visit: www.va.gov/opa/pressrel/pressrelease.cfm?id=2668

In closing, please keep in mind that we wouldn't be able to accomplish very much without the selfless devotion of our dedicated Hospital volunteers. You too can help us succeed in this critical area by resolving to participate in at least one of these Hospital projects this year. Every month presents new opportunities to help a Vet and reasons to get involved in your Post activities.

**Post Surgeon
Raymond Strawbridge**



AUXILIARY PRESIDENT

As I am sitting here writing this the snow is starting to fall. Possibly the first winter storm of the season? We'll see, but I hope everybody stayed safe and warm and ready for Spring! Of course according to Puxatawny Phil we have a few more weeks of this stuff. (Anybody have a good recipe for Groundhog stew??)

Thinking of Spring around the corner, so is elections! Have you thought about becoming an elected officer or holding a chairmanship position? I'm sure if you have you might have a lot of questions! First place I like to start is your podium books. Second place is to ask a current officer or the Chairperson in which committee you are interested! Elections are going to be held April 7th, 7:00 p.m. So something to think about!

Another seed to sow in the brain is after elections and installation we will have our calendar

meeting. If you have a fundraiser or need the halls for anything you must either attend the meeting to reserve your date or contact somebody that is going to make sure it is reserved. I'd hate to see something not happen because the room/s are already booked! So set your ideas on paper and which dates you would like for it to happen!

I want to say thank you to all of our hospital volunteers! I have been hearing what an outstanding job you are all doing! Keep up the good work! Team 3 is on board for the next VA Hospital visit March 28th. If you would like to be added to the list of volunteers see Betz Girouard, she is ready to assist!

March 11th at 7 p.m. we will have our Community Service Awards presentation. We were asked to please bring finger foods or desserts, the Post will provide the rest.

March 3rd at 7 p.m. is our monthly meeting and I look forward to seeing you all there! We voted not to provide sandwiches before the meetings for a while as most of the volunteers have provided twice! If you are interested in selling sandwiches before the meeting, please contact Denise Moran.

And last but not least, we are going to "clean up" the LAUX room! New curtains, maybe paint, and definitely need new frames for all of the awards you all received! I am so very proud of our sisters, but I'm not surprised. You all are the Best in everything you do and I thank you! So if you would like to roll up your sleeves and bring a bucket, contact either Denise Moran or Jennifer Winn! Dates to

be announced!

Don't forget to check VFWPost392 web page for updates and our LAUX facebook page! And as always we are here for you for whenever you need us for whatever reason. Have a blessed March everyone!

**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:

**(no Continuous Service Awards
this month)**

*Thank you for your service and
congratulations!*

**Ladies Auxiliary Treasurer
Ellen Stogsdill
post@vfw392.hrcoxmail.com**



MOC

Cooties this will be another busy month for us. Coming up we have:

7 Mar - Fun Day
10 Mar - Scratch including
elections for next year
14 Mar - St Paddy's Day Parade
21 Mar - MOC Installation
28 Mar - Casino Day at Mcguire

Of course during all of this months events, we also have breakfast every Sunday. We will be busy, so please, we welcome anyone that is able to volunteer to lend a hand!

Looking forward to seeing all of you at the Scratch

Seam Squirrel
David R. Goldstein
cheng186@cox.net



MOCA

Hope everyone made it through our snow and ice last month safely. We all are looking for spring now.

2015-2016 Elections of officers was held on February 10, 2015 at our regular meeting. Congratulations to the incoming officers President Jennifer Winn, Senior Vice President Judy Lupole, Jr. Vice President Colleen Lewis, Chaplain Dinah Devins, Secretary Tina Brown, Treasurer Gail Payne, Conductress Lorain Crain, Guard Denice Moran. Installation of MOC / MOCA Officers will be March 21, 2015 time to be announced

State Convention will be held June 12-14, 2015 at Fort Magruder Hotel and Conference Center (6945 Pocahontas Trail Williamsburg, VA). Call (757) 220-2250 to make reservations.

Cootie Dance will be Friday night tickets are \$10.00 you can get them at the door.

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.

MOCA Hospital Chairman, Gail Payne gail101@cox.net stands ready to receive your hospital, nursing home & rehab hours, mileage and any donations/gifts of cloths, books, magazines or food please report them.

Please come join us for Cootie

Breakfast each Sunday from 9 – 11:30 am.

You (members of MOC/MOCA #9 and Post 392 & Ladies AUX) make a difference in the lives of our hospitalized Veterans and their families with the work that you do. Thank you for keeping them smiling in beds of white. I pray all stay well and warm.

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!

MARCH: COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is cancer of the colon or rectum. It's as common in women as it is in men. Last year, over 143,360 people will be diagnosed with colorectal cancer and an estimated 51,690 will die of the disease. With certain types of screening, this cancer can be prevented by removing polyps (grape-like growths on the wall of the intestine) before they become cancerous.

Risk Factors:

- Age 50 and older
- People who smoke
- People who are overweight or aren't physically active
- People who drink alcohol in excess, especially men
- People who eat a lot of red or processed meat
- People with personal or family histories of colorectal cancer, benign colorectal polyps, or inflammatory bowel disease (such as ulcerative colitis or Crohn's disease).

Symptoms:

Early stages of colorectal cancer don't usually have symptoms. Later on, people may have these symptoms:

- Bleeding from the rectum or blood in or on the stool
- Change in bowel habits or stools that are more narrow than usual
- General problems in the abdomen such as bloating, fullness, or cramps
- Diarrhea, constipation or a feeling that the bowel movement isn't quite complete
- Weight loss for no apparent reason
- Vomiting

Early Detection:

If you're at average risk for colorectal cancer, start getting screened at age 50. If you're at higher risk, you may need to start regular screening at an earlier age and be screened more often. If you're older than 75, ask your doctor if you should continue to be screened. Early detection = more successful treatment.

Treatment:

Surgery is the most common treatment. When the cancer has spread, chemotherapy or radiation may also be given.

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

Monday-Thursday.... 1100-2200
Friday..... 1100-0000
Saturday-Sunday..... 1100-2200
 (Sunday's with Cootie Breakfast, the Canteen opens at 10 AM)

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.

NASCAR starts up this month. We have 9 televisions, so you will definitely have a good view to support your driver!

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

THURSDAY NIGHT DINNER

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

<u>Mar 5th</u>	<u>Mar 12th</u>
<u>Meatloaf</u> mashed potatoes, peas, roll, salad, & dessert	<u>Fish-n-Chips</u> roll, salad, & dessert
\$8.50	\$8.50

<u>Mar 19th</u>	<u>Mar 26th</u>
<u>Corned Beef</u> cabbage, potatoes, roll, salad, & dessert	<u>Prime Rib</u> bake potato, green beans, roll, salad, & dessert
\$8.50	\$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>Mar 6th</u>	<u>Mar 13th</u>
Shane Johnson DJ	Tim Hopkins Live Music
<u>Mar 20th</u>	<u>Mar 27th</u>
Shannon Cooper DJ	Jim Berry Karaoke & DJ

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@vfw392.hrcoxmail.com



POST ANNOUNCEMENTS

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.

Ad Size – Price per Duration

Full Page –	Monthly \$150.00
Full Page –	Quarterly \$400.00
Full Page –	Yearly \$1500.00
½ Page –	Monthly \$75.00
½ Page –	Quarterly \$135.00
½ Page –	Yearly \$775.00
¼ Page –	Monthly \$50.00
¼ Page –	Quarterly \$135.00
¼ Page –	Yearly \$450.00
Business Card –	Monthly \$30.00
Business Card –	Quarterly \$80.00
Business Card –	Yearly \$275.00

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.

STATE OF 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

MEMBERSHIP

Volunteers Needed

There are still *43 memberships* who's dues will expire by December 31st of this year, and *109 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 our membership goals, and potentially enable us for 'All State' and 'All American' awards.

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
0900 - 1130**

Please come and join us, you won't be disappointed! For \$8.00 you will get a hearty breakfast, omelets to order, fruits, coffee, juice, or adult beverages, and friends & comrades to enjoy your morning with.

For new customers who don't know why we do breakfast, we'll explain briefly. All breakfast workers are volunteers, giving up their time for this worthy cause. All money raised goes to support our hospitalized Veterans. For example: The Cooties and Auxiliary do 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 very important!

Volunteers Needed

We can always use more 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 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**

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](http://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**

VA HOSPITAL PROGRAM

Volunteers Needed

Just about every month we visit the Veterans at the VA Hospital. We're providing them camaraderie, some fun, and a break from their everyday life at the hospital. This month we are proving the following:

- Mar 28th, Casino Day for the Vets at the McGuire VA Medical Center in Richmond

These events are supported by volunteers. If you would like to participate, please contact Betz Girouard or any of the Officers at the Post.

Please, we could seriously use the help, and I promise you will have a great time! The Vets enjoy our visits, and it's just as fun for us as it is for them!

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 VFW main office for 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, validated by INS.
- 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.

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.

VETERANS CRISIS LINE

VA offers a network of support for all our Nation's Veterans and their families and friends. Veterans in emotional crisis and their loved ones can call the free and confidential Veterans Crisis Line at 1-800-273-8255 and Press 1, or you can send a text message

to 838255 to connect with a qualified crisis counselor who can help.

Veterans and people who are 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

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