



**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 83.0% with 1,521 Members

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

## NOVEMBER 2014 - VOLUME 26, NUMBER 5

### 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

Happy November to all of you. I want to start by thanking the following individuals who assisted at the Oceana Air Show; Doug Iles, Steve Graves, Colleen and Brad Lewis, Jon Langejans, Dick Chipchak, Bill and Denise Moran, and Mike Marushia. I also thank those who volunteered at the Neptune Festival; Doug Iles, Steve Graves, Colleen and Brad Lewis, Jon Langejans, Paul Harmon, Mike "Breeze" Berea, Darryl Cross, Robert Branyan (Gramps), Xevier Maldonado and his wife.

As you can see, many of the names are redundant, but these few people helped us recruit new members and transfers, give away American Flags, and distribute Buddy Poppies. Without their assistance we could not have completed the mission. Many people stopped by and asked

questions and became familiar with our Post and our Mantra. They were amazed with how much we do to assist Veterans throughout the area.

Again I am asking for assistance. We have the Buddy Poppies Dinner on November 6th from 6:00 – 7:30. I will be preparing spaghetti in three varieties; Meat Sauce (ground beef and pork mixed), Spicy (with Italian Hot Sausage and spices) and Vegetarian (mushrooms, peppers, onions, and diced tomatoes). I would like to have volunteers to help with the prep, set-up, serving, and clean-up. I have volunteer sign-up sheets on the Sign-Up bulletin board. If you can help in any way, please sign up or if you can't sign-up, just show up to help. If you are not able to help, please come and enjoy the food.

Thanksgiving is on Thursday November 27th. The Post traditionally prepares a Thanksgiving Dinner which is

open to the public in addition to all our members. The meal is at no cost and will be a traditional dinner and consist of turkey, ham, ... *continued on page 2*

### VOLUNTEERS NEEDED:

- **Post Meeting:** Nov 4, 7 PM. All members may attend
- **Buddy Poppies Dinner:** Nov 6, 6-7 PM, set-up, servers, clean up, see Steve Williams
- **Buddy Poppies:** Nov 1-2 & 7-10, see Steve Graves
- **Vet Day Flags:** Nov 8: flags out, and Nov 12-15: flags in. see any Officer
- **Vet Day Parade:** Nov 11, drivers & more, see any Officer
- **VA Hospital:** Nov 21st, BINGO at VA Hospital, see any Officer
- **Thanksgiving Dinner:** Nov 27, 12-5 PM, food donations, clean up, servers, see any Officer
- **Thanksgiving Food Baskets:** food donations, see LAUX

**POST 392 - NEEDS YOU!**

mashed potatoes / gravy, mashed sweet potatoes with marshmallows, season vegetable melody, cranberry sauce, mixed salad, butter rolls, and homemade deserts.

I will be preparing the meal commencing on November 24th at noon. Again, I will need volunteers to assist in the preparations and cooking of the turkeys and hams. I will also need set-up, serving and clean-up volunteers. I have volunteer sign-up sheets on the Sign-Up Bulletin Board. We also need donations of turkeys, ham, and desserts ... and will take as many as we can get of each. To donate Turkeys or Hams, just bring them to the Post and give them to either Joe Halzack (club manager), the bartenders, or any officer of the Post or LAUX. If donating deserts, please bring them on Tuesday, November 25th so that we make sure we have enough. Any turkeys or hams that are left over will be used either for Christmas Dinner or will be given to a family in need.

There are many activities that will require many volunteers coming up this month and next. To summarize them (additional information contained within other articles): Buddy Poppies; Flags Out and Flags In; Flag Raising Ceremony on November 8th; Veteran's Day Parade on November 11th; Thanksgiving Dinner on November 27th and these are in addition to our regularly scheduled events. WE NEED VOLUNTEERS and yes, that means YOU!

May you and yours have a splendid Thanksgiving and I look forward to seeing you at the Post. BE PROUD, BE PROFESSIONAL

AND PRESS ON!

### DATES TO REMEMBER

- 11/8 Operation Phantom Fury launches on Fallujah, Iraq in 2004
- 11/11 World War I ends in 1918
- 11/11 Veteran's Day celebrated as "Armistice Day" since 1919 received its current official name in 1954
- 11/12 Sub-zero cold wave catches US Forces without winter gear (Korea) in 1950
- 11/13 Vietnam Veterans Memorial (Wash. DC) dedicated in 1982
- 11/24 11 US B-29's conduct 1st bombing raid on Tokyo since Doolittle raid during WWII in 1944
- 11/26 Franklin D. Roosevelt establishes modern Thanksgiving in 1941

### NEW MEMBERS

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

**New / Transfer / Life Members:**  
Stephens Heneks, Roberta A. Heneks, Bobby L. Hensley, Daniel A. Sepke, Michelle J. Sepke

**Life Installment:**  
Juancarlos Mendez, Tavis C. Powell, Colin J. Sanderson, Kristina J. Selstrom, Spencer C. Templeton, Christopher M. Thomas

**New / Transfer / Re-Instated / Annual Members:**  
David S. Anderson, George M. Collins, Thierry V. Duff, Roberto A. Laca, Louis Nemes, Christy A. Peake  
Thank you for your service and welcome aboard!

### BIRTHDAYS

May I wish a "Happy Birthday" to Paul K. Clausen, Thomas H. Doyle,

John L. Ellsworth, Harry F. Sharp II, Mark K. Winn, Stephanie L. Curti, Ingrid Fisher, Tina M. Gordon, Teresa L. Leclerc, Donna W. McCabe, Matthew C. Cullen, Gail Payne, Deborah A. Phillips, Mary U. Stogsdill, and 193 other fine Comrades and Sisters!

**Post Commander**  
**Steven C. Williams**  
[commander@vfw392.hrcoxmail.com](mailto:commander@vfw392.hrcoxmail.com)



### **SENIOR VICE COMMANDER**

As your Senior-Vice Commander and Membership Chairman, have been pushing hard throughout October to sign up new VFW members and will continue the efforts NOV/DEC timeframe. We seem to be on track and gaining ground with phone calls, one on one dialogue and emails.

The Post celebrated the U.S. NAVY's 239th Birthday on 13 October with a Cake Cutting, singing of Happy Birthday, flying the Happy Birthday flag, and playing of "ANCHORS AWAY"!

A friendly reminder that Election Day is 4 Nov, be sure to "GET OUT TO VOTE".

The U.S. MARINE CORPS Birthday is 10 NOV, so "SEMPER FI" to ALL our Marines, which includes my older brother and one of my sons.

The Veterans Day Parade is still in sight for 11 Nov at the VA BEACH Oceanfront and planning stages for VFW MARSHALS to support the Parade from VFW Posts in the area are ongoing. We need a strong showing of our Post VFW personnel; and don't forget that we have a luncheon right after the Parade, already paid for! Please ... get involved and

participate in the Veteran's Day events; you will be glad you did.

Don't forget the BUDDY POPPIES either, Junior -Vice has a handle on it and could use a bunch of volunteers.

There will also be a ceremony held OUTSIDE here at the POST on Saturday morning 8 November at 0800 ; Fall-in at 0730 in parking lot. Flags will GO OUT "AFTER THE CEREMONY", so Team Captains be ready to launch volunteers. Sign-up sheets for "FLAGS OUT" on Saturday 8 NOV 2014 to five Cemeteries (Eastern Shore / Colonial Grove/ Princess Anne/ Rosewood/ Jones) have been posted on the Bulletin Board; please to SIGN-UP as soon as possible to help out as planning to put out over 5,000 American flags this year. Also, planning to recover/retrieve the flags Nov 12 thru 15, and will need assistance for that process! WE NEED VOLUNTEERS!

Reminder to not forget the DISTRICT MEETING to be held at POST 3160, OCEAN VIEW on Saturday 22 November. Lunch at 1200, and meeting at 1300. Rep is Mike Boehme, State Judge Advocate.

Thanksgiving Day is rapidly approaching and a great dinner is planned for that day, so plan on attending!

As you can tell, there are a lot of activities planned for November/ December. Please volunteer where and when you can. New members of the Post are WELCOME to jump in with both feet and see what we are working on and accomplishing for our VETS. 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.

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

Nicholas Andrasz

#### **25 Years Continuous Service:**

William L. Gay, Herbert E. Buchner, Bruce L. Harkins

#### **20 Years Continuous Service:**

Harlan R. Rentfrow, Michael L. Murley, Ronald S. Hopkins, Irvin L. Cehrs, Gregg A. Erwin

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

Hugh R. McCabe, Troy J. Ashcraft, Ricardo Cruz

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

Ty M. Anthony, Preston I. Carraway Jr., Gerald F. Driscoll, Bradley C. Duefey, Jose A. Alire, Jose A. Gutierrez, Monte M. Jeffery, Richard P. Johanning, James D. Jolley, Scott M. Letellier

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

Robert W. Shrieves, Eugene W. O'Hara, David J. Fleming

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**

Alright Comrades, it's that time of the year where we need to shine! We have several events coming up. Buddy Poppies dinner on the 6th of November, I hope to see you all out there! Let's make this a great dinner.

Also we need volunteers for Buddy Poppies. The list is out:

- Nov 1-2, 7th, and 10th at the Oceana Exchange
- Nov 1-2, and 7-10 at the Oceana Package Store
- Nov 7-10 for the Oceana Commissary.

We really could use the help. After all, it's our time to shine as a Post, and believe me, it does not hurt to volunteer! I urge you, Comrades, all we need is just an hour or two of your time, even if it's just one day.

We have Thanksgiving Dinner coming up. I know the Post could use some help. Also Christmas is just around the corner with the Children's Christmas Party. Let's put some smiles on there faces.

Until next time, Comrades, hope your Thanksgiving is a great one! Let's remember our Comrades and Sisters who are serving overseas during these trying times.

#### **Jr. Vice Commander Steven Graves**

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



#### **QUARTER- MASTER**

#### **2014 MEMBERSHIP DUES**

Effective 1st of January 2014, National has increased annual dues to \$40.00. Annual Members can pay their dues at Post 392, online at [vfw.org](http://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 never have to worry about renewals again!

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### E-NEWSLETTER

The Post Newsletter and Calendar of Events are available online, for free! To view them online, go to [www.vfw392.org](http://www.vfw392.org) and click on the appropriate link along the left side of the page.

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

Please ensure that you add the domain [vfw392.org](http://vfw392.org) to your address book to prevent e-mails from the Post being redirected to your SPAM folder!

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### 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.

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### MEN'S AUXILIARY

We're looking into establishing a Men's Auxiliary at our Post. There are several rules that apply. First of which, there must be 25 new members for a starter.

Therefore, I'm soliciting for names of individuals who are interested. After we obtain the required number and meet other requirements we can proceed. For further information contact: John Phillips, Post Quartermaster, 757-

486-5875 or email me at the address below.

**Quartermaster**  
**John H. Phillips**  
[post@vfw392.hrcoxmail.com](mailto:post@vfw392.hrcoxmail.com)



### **CHAPLAIN'S CORNER**

#### FOR MILITARY FAMILIES

Heavenly Father, we thank you for your blessings on this coming Thanksgiving as we gather around the dinner table with family and friends to share good food and happy memories. But for many families, whose loved ones currently serve in the Armed Forces, whose loved ones are still listed POW/MIA, or whose loved ones have laid down their lives to protect and defend freedom; this year's Thanksgiving celebration will not be complete. A familiar voice will not be heard and a chair at the table will remain empty.

On this day, brave members of the Armed Forces will gather in mess halls or tents across the globe, as friends and comrades, to enjoy the tradition of this special day. We pray for these souls on the front lines, for safety and protection. We further pray, that You uphold their service and sacrifices in making the world a better and safer place.

We pray for those who have fought, whose spirits and bodies are scarred by war, whose nights are haunted by memories too painful for the light of day. Heal their hearts and minds, Lord, let your love bring them tranquility.

A very special prayer dear God, for those homes that have an empty chair that will forever remain vacant. And for those servicemen and women who are

still POW/MIA. May they come back to us safely. May their sacrifice be remembered as we lay them forever in your arms.

Let us remember in our prayers the homes that have these empty chairs at the table. Amen.

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### 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.

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### 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:

- Chris Cassirer  
(Home)
- Philip Coviello  
(Va Beach Rehab)
- Frank Myler  
(Home)
- Ralph Stephens  
(Home)

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### TAPS

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

- **Gary E. Hunter**  
US Navy - Retired  
Passed: 21 Sept 2014
- **Russell E. Brubaker**  
US Army - Retired  
(Korea and Vietnam)  
Passed: 26 Sept 2014

- **James R. Bellamy, Sr.**  
Passed: 1 Oct 2014
- **William L. "Willie" Dean**  
US Navy - Retired  
MOC Seam Squirrel  
Past Post Commander  
Passed: 19 Oct 2014

At our monthly meeting, Draping of the Charter is conducted, and a prayer of solemn tribute is given on behalf of our departed Comrades. For they are now in the hands of our Heavenly Father.

**District 2 Chaplain  
Post 392 Chaplain  
Robert Duvall**

[chaplain@vfw392.hrcoxmail.com](mailto: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 September, 22 VFW/LAUX and Cooties, participated in 4 projects that benefited 4 VA Hospital patients and Veterans in need of assistance. They travelled a combined total of 85 miles at their own expense. Our Post truly appreciates your time and service to Vets in need.

Good news regarding VA claims processing. Things appear to be getting progressively better as the Veteran's Administration boasts that they were able to process over 1.3 million Veterans' Claims in FY14. Veterans received decisions on VA disability compensation and pension claims in FY14, reportedly the highest number in VA's history.

As of Oct 2nd, the Department of Veterans Affairs announced the establishment of a partnership with

Walgreens to encompass expanding the real-time sharing of medical information of vaccines provided by Walgreens to enrolled Veterans. This will provide greater access to Centers for Disease Control and Prevention recommended vaccinations to Veterans across the country.

Our volunteer work to date has been outstanding, but please keep in mind that there still many additional Vets in the local area that we need to continue outreaching. In closing, I would like to encourage you to help our less capable Vets by either becoming a hospital volunteer yourself, or by sending me your ideas for increasing our Veteran's health community outreach activities.

**Post Surgeon  
Raymond Strawbridge**



**AUXILIARY  
PRESIDENT**

Greetings Comrades and Sisters!

October was a splendid month filled with fundraisers, meetings and parties! I sincerely want to thank each and every volunteer that helped make each event successful and fun! Your enthusiasm, your commitment, your blood, sweat, and tears have not gone unnoticed! For it was YOU that made everything possible! Thank you all!

We have a few more events coming up this month and I am so looking forward to seeing new faces helping us! Buddy Poppies are here, and there are sign up sheets at the Post. The Buddy Poppy dinner will be Nov. 6, from 6 - 7:30. We are asking for desserts, ladies! On Saturday,

November 8 is the Veteran's Day Party. Flag raising starts promptly at 8 a.m. We also have the flag placing at the cemeteries, and their retrieval. Sign up is posted on the double doors in the Canteen.

November also brings us Thanksgiving. We are requesting canned and boxed goods for the Thanksgiving baskets. If you or you know of anybody in need of assistance, please let me or Jaimie Wilkins know! We keep everything confidential.

District Meeting will be held at Post 3160 on November 22. Lunch at Noon, meeting at 1!

Like I said, a lot going on this month, and I'm sure I have forgotten something! Take the time to read the MOCA's article, as I'm sure she has more information.

Ticket sales for the Post/LAUX Christmas party will start going on sale also! Remember, December 6th; starting at 5 p.m. is the Christmas Party.

For all of our Sisters and Comrades that are having difficult times or are dealing with illness our prayers are with you. God bless you all!

**Ladies Auxiliary President  
Colleen Lewis**  
[post@vfw392.hrcoxmail.com](mailto: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:

**20 Years Continuous Service:**

Shelli Hunter, Sherry E. Miller

**10 Years Continuous Service:**

Marcelle A. Myler, Lucille Bailey

Thank you for your service!

**Ladies Auxiliary Treasurer**

**Ellen Stogsdill**

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



**MOC**

Listen up Cooties, Breakfast is going well – I’m seeing a lot of you out there on Sundays. Coming up this month is our first two breaks (Tomb Trek 9 Nov and Thanksgiving 30 Nov). Come on out and enjoy the meal, and if you are so inclined come to work as well.

Supreme has come out with the updated Ritual and By-Laws (actually there was no change to the Ritual, just the By-Laws). Grand has provided it in electronic format. Any of you needing a copy, drop me an email and I’ll get it right out to you.

At the October Scratch, it was voted to cancel the November Scratch due to it falling on Veterans Day. So you have the day to go out and join the parade and participate in the other events.

See you all 9 December at the next Scratch.

**Seam Squirrel**

**David R. Goldstein**

[cheng186@cox.net](mailto:cheng186@cox.net)



**MOCA**

Fall Council Meeting, for both the Pup Tents and Auxiliaries, was held on Sept 18th at the Mechanicsville Post. Thank you to all that attended.

Tomb Trek is just around the corner. The dates are Nov 7-9 at Sheraton Pentagon City Hotel, 900 South Orme Street, Arlington, Virginia 22204. Telephone: 703-521-1900. Room rates: \$105.00 plus tax. Parking is \$ 10.00 per day. Be sure to mention the Cootie Tomb Trek for the discounted rate.

MOCA 2 and 9 would like to invite all MOCA Women to a Girl’s Christmas dinner & gift exchange on December 10th at 6 PM at the Outback in Kempsville. Limit is \$10.00 for gift, and dinner is Dutch (pay for your own)

There will be no MOC/MOCA Meeting in November due to Veterans Day falling on the 2nd Tuesday, our meeting night. Many will be busy with the Parade and other function’s that day.

The MOCA would like to say Thank You to all our Veterans. Chaplain, Ellen Stogsdill, stands ready to assist any members in need, and can be contacted via email, at [ellenstogsdill@cox.net](mailto:ellenstogsdill@cox.net) or (757) 777- 6275. She stands ready to receive any information

**REMINDERS:** November 9th & 30th: No Cootie Breakfast.

You, the Members of MOC/MOCA #9, Post 392, and Ladies AUX make a difference in the lives of our hospitalized Veterans and their families with the work that you do each day. I thank you for keeping them smiling in beds of white.

**MOCA President**

**Jennifer Winn**

American Cancer Society

**Great American Smokeout®**

November 20, 2014

Quitting isn’t easy, but you can do it! The Quit For Life® Program, brought to you by the American Cancer Society and Alere Wellbeing, has helped more than one million tobacco users make a plan to quit for good.

[cancer.org/smokeout](http://cancer.org/smokeout) | 1.800.227.2345



**NOVEMBER: LUNG CANCER AWARENESS**

November is highlighted as Lung Cancer Awareness Month, and the **Great American Smoke Out (on November 20th)** supports that. But did you know that, according to the National Cancer Institute, November is also an observance of Pancreatic Cancer Awareness Month?

Lung cancer is typically more publicized. Just as in past years, lung cancer will kill more Americans than any other cancer. In fact, lung cancer will claim more lives than the next four leading cancer killers combined (breast, prostate, colon, and pancreas cancers).

The facts about lung cancer are startling, and few people realize the true scope of the disease. Gregory Kalemkerian, M.D., co-director of thoracic oncology at the University of Michigan Comprehensive Cancer Center, has provided some staggering facts about lung cancer:

- About 226,000 people are diagnosed with lung cancer every year and more than 160,000 die from it.
- Late diagnoses make it deadly. Most people seek treatment only after experiencing symptoms that are associated with spread of the disease, such as chest pain, weakness in a limb or bone pain. In fact, three-fourths of people with lung cancer are diagnosed with advanced forms of the disease.
- A two-pack-a-day habit for 30 years leads to a 30-fold to 40-fold increase in risk versus a

non-smoker.

- It is complicated to treat. "Smokers, in particular, have had phenomenal exposure to carcinogens, the substances that cause mutations in cells and lead to the development of cancer," Kalemkerian said. This makes the disease harder to treat and more deadly.

For more information on cancer, aid, & research, visit the National Cancer Institute online at: [www.cancer.gov](http://www.cancer.gov).

Let's celebrate less cancer and more birthdays!

**Chairpersons**

**Tina Brown & Judy Lupole**  
[post@vfw392.hrcoxmail.com](mailto: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 **Sundays (10:00 AM** when breakfast is being served). Come out and enjoy a cold beer and beverages.

With FOOTBALL and NASCAR seasons: we have 9 televisions, so you will definitely have a good view to support your team / driver! Come down and join your Comrades and Sisters at the Post!



**SUNDAY FOOTBALL SPECIAL**

**392 Bistro**  
**1:00 - 6:00 PM**

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

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

- NY Giants Style Pizza ----- \$6.00 (pepperoni, sausage, onions, green peppers, mushrooms are available)
- San Franks Biggie Wings --- \$1.25 (Mild, Hot, BBQ, Teriyaki)
- Cleveland Browns Kielbasa- \$3.00 (With Peppers & Onions)
- Redskin Hot Sausage ----- \$3.00
- Eagle Cheesesteak ----- \$4.75
- Patriots Meatball Sub ----- \$4.75
- ¼ lb Da Bears Burger ----- \$5.25 (w/fries)
- ¼ lb Cheese Head Burger -- \$5.50 (w/fries)
- Cowboy Fries ----- \$1.75
- Bengals Onion Rings ----- \$1.75
- Buf. Bills Roadkill Tacos \$1.00 ea

**THURSDAY NIGHT DINNER**

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

**Nov 6th**  
Buddy Poppies  
Dinner  
 spaghetti, roll, salad, & dessert  
**\$7.00**

**Nov 13th**  
Pork Loin  
 au gratin taters, green beans, roll, salad, & dessert  
**\$8.50**

**Nov 20th**  
Meat Loaf  
 mashed potatoes, peas, roll, salad, & dessert

\$8.50

**Nov 27th**  
Thanksgiving  
 Turkey, ham, sweet potatoes, potatoes /gravy, veggie mix, roll, dessert

Free to members & non-members (Noon - 5 PM)

**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:

**Nov 7th**  
 Captain Moose Karaoke & DJ

**Nov 14th**  
 Jim Berry Karaoke & DJ

**Nov 21st**  
 Captain Moose Karaoke & DJ

**Nov 28th**  
 TBD

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

**Chairperson**  
**Pete Gebelein**

**Manager**  
**Joe Halzack**

[canteen@vfw392.hrcoxmail.com](mailto: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 contents must be submitted and approved by the Post prior to the 15th of each month. The prices are as follows:

**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

If you are interested please contact John Phillips, Post Quartermaster, at 486-5875.

**392 JUNIOR GIRLS UNIT**

Jessica Johnson is attempting to start a NEW Jr. Girl’s Unit at 392. We need 10 new members and 4 transfers to make this happen.

They are open to girls 6-16 and will meet once a month at the Post. If there are any questions or comments please contact Jessica Johnson: [jessicaj@paradigm-corp.com](mailto:jessicaj@paradigm-corp.com)

**VETERANS DAY PARADE**

Remember:  
Honor,  
Tradition,  
Commitment,  
Responsibility,  
and Duty!



**WE NEED YOU to be a Marshall for the VFW hosted November 11th Veterans Day Parade!**

Sign up now! Sign up sheets are posted on the Canteen door. Take this opportunity to Serve and Honor our Veterans. Be a PARADE MARSHAL for VFW District 2. Dist 2 is the Host for this year’s Veteran’s Day Parade, to be held on November 11, 2014!!

Training will be conducted at Post 392 on October 25th at 1300.

For more information, contact: Bill Sowers (757) 641-0471, Kathy Goodall (757)461-5646, or any Officer at Post 4809 or Post 392.

**VETERANS DAY PARADE DRIVERS**

**Volunteers Needed**  
November 11, 2014

The Post needs vehicles to transport Members who can’t march in the Veteran’s Day Parade. Sign-up sheets posted in the Canteen, or see any Officer for more information.

**COOTIE BREAKFAST**

**Breakfast every Sunday**  
0900 - 1130

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

**(NO breakfast Nov 9th or 30th)**

Last year was a very successful breakfast season. Thanks so much to our loyal customers for their great support. To keep our great customer base, for the past five years we have tried to keep the cost at \$7.00. But this year due to rising costs of just about everything, we are forced to increase the donation to \$8.00.

For new customers who don’t know why we do breakfast, we’ll explain briefly. All breakfast workers are volunteers and give of their time for this worthy cause and all money raised goes to support our hospitalized veterans. For example: The Cooties and Auxiliary do a Casino Day in May over at the VAMC in Hampton. We spend about \$3,000.00 on this alone. We also do a Christmas in July and then again in December

distributing gift bags full of essentials and goodies.

That’s just some of what we do for our hospitalized veterans. As you have heard, VA Hospitals are in dire need of assistance and we try to do our part to help those who gave so much. So your continued support is important to our objectives and goals – “Keep them smiling in beds of white.”

**Volunteers Needed**

We could still use volunteers. You don’t have to be a Cootie to volunteer, we welcome anyone who wishes to join us. We are all volunteers working for a most worthy cause. If anyone is willing to help us, please contact Doug Keller (757-418-3178), or Patty Stokes (757-468-9249).

**Breakfast Chairpersons**  
**Doug Keller & Patty Stokes**

**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.

**POST 392 WEB SITE**

The VFW Post 392 website ([vfw392.org](http://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 out the changes.

To that end, VFW Post 392 can now be found on Twitter at: [twitter.com/VFWPost392](https://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](http://vfw392.org/calendar/calendar.htm). You can follow the feed there.

**Adjutant & Webmaster  
Michael T. Marushia**

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### **FACEBOOK**

Keep up to date with the most current announcements, events, changes, and news pertaining to VFW Post 392 by checking us out on Facebook.

The Post 392 Facebook page is [www.facebook.com/VFW392](http://www.facebook.com/VFW392).

The Ladies Auxiliary page is [www.facebook.com/groups/VFWPost392LAUX](http://www.facebook.com/groups/VFWPost392LAUX).

**Adjutant & Webmaster  
Michael T. Marushia**

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### **MEMBERSHIP**

#### **Volunteers Needed**

There are 192 memberships who's paid dues will expire by December 31st of this year, and another 150 memberships will expire by June 2015 - June being the current elected Officers 'Term of Office' coming to a close. The break down of membership and pending expirations are as follows:

Life Members - 1371  
Life Installment - 35  
Annual Members - 113

192 dues expire by 12/31/14  
25 dues expire by 01/31/15  
10 dues expire by 02/28/15  
30 dues expire by 03/31/15  
33 dues expire by 04/30/15  
28 dues expire by 05/31/15

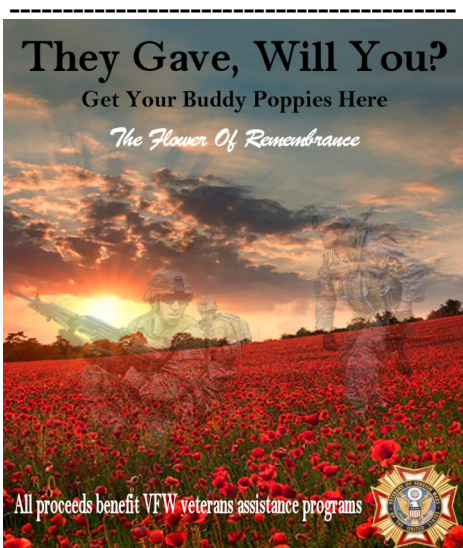
16 dues expire by 06/30/15

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

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

What we could use is volunteers to assist in these efforts. Take pride in your Post and the Post Awards, and lend the membership team a hand in reaching Post 392's membership goals! Contact the Sr. Vice, myself, or any Post Officer if you would like to volunteer.

**Quartermaster  
John H. Phillips**



### **BUDDY POPPIES**

#### **Volunteers Needed**

**Nov. 1 - 2, & Nov 7 - 10**

Yes, that's right, it's Buddy Poppy time again! There will be signup sheets at the front door soon, and we hope to see a lot of you signing up!

If you haven't volunteered for Buddy Poppy's before, please consider it. It's well worth your time to volunteer. Because all of

the Buddy Poppies we distribute are assembled by disabled Veterans. And the money raised by distributing them goes to maintaining Veteran's rehabilitation, assistance, and service programs.

And VOLUNTEERS are what make this all happen! So please, contribute your share of time for a great cause and take pride in your efforts to benefit others!

The schedule for November are all Oceana sites as follows:

- Nov 1-2, 7th, and 10th at the Oceana Exchange
- Nov 1-2, and 7-10 at the Oceana Package Store
- Nov 7-10 for the Oceana Commissary.

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### **THANKSGIVING DINNER**

**Nov 27th, Noon - 5:00 PM**

Free to Members &  
Non-Members

It started many years ago with Ralph Stevens and continues today as part of his legacy.

Now is the time to become a part of this great tradition to help make this upcoming Thanksgiving Dinner a success by setting aside money for food and / or time as a volunteer.

I am again coming to you, brothers and sisters, to donate TURKEYS and PRE-COOKED SPIRAL HAMS (pre-cooked hams save 6-8 hours of cooking and carving time).

Volunteer sign-up sheets for cooking / carving / serving on Thanksgiving day are up at the Post, as well as a complete list of food items that can be donated. I can ALWAYS use help because it takes many volunteers to make this a success.

REMEMBER - This dinner is FREE to all who attend. Volunteer and see the smiling faces of those who enjoy this dinner.

**POST 392 ADULT CHRISTMAS PARTY**

**December 6th 2014**

5:00 till 6:00: Social Hour  
6:00 \* till 7:30: Dinner  
7:30 till 11:00: Music, Dancing, and fun by DJ (Moose)

Dinner will be chicken marsala, beef burgundy, roasted red potatoes, seasonal vegetable medley, salad, rolls, and deserts.

Basket Raffle tickets: 1 for \$1, 6 for \$5, 10 for \$13, and an arm's length for \$20 at the Party.

50/50 Drawing at the Party. Cost: \$20.00 per person (purchase soon due to limited number of tickets)

(\* After 6:00, liquor furnished by VFW with standard service fees; Miller Lite and Budweiser on tap; other Beer available in bottles with standard VFW prices applied)

**POST 392 NOVEMBER MEETING**

**Proposed Change to the SOP**

A change to our SOP (Standard Operating Procedures) will be proposed at our November Post Meeting. The change is in reference to Appendix C "Commander's Advisory Committee." Intent is to change responsibilities to read: "The committee shall, meet once quarterly (July, October, January and April) or when called upon by the chairman or when determined to be appropriate and correct, advise the Commander on all matters concerning the functions of the Post."

**AMERICAN RED CROSS**

**Donors Needed**

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

If you are able to donate, please do so and let MOCA Hospital Chairman, Gail Payne, know at: [gpayne@specialtyproducts.net](mailto:gpayne@specialtyproducts.net). Recording the number of donors reflects in our community services.

1-800-RED-CROSS  
(1-800-733-2767)

**THANKSGIVING GIFT**

**BASKETS**

**Donations Needed**

November brings us Thanksgiving. It's a time of year to reflect and be thankful for family, love, health, where we are, and what we have. It's also a time of giving. There are Military and Veteran families that have proudly served their country, but have fallen on hard times. Families that can not afford the traditional Thanksgiving Dinner this year.

That's where we step in and give back to these families. We put together Thanksgiving Gift baskets to provide for most of a traditional holiday dinner. It eases the budget burden, and lets those families know that we care.

We are asking donations of canned and boxed goods for the Thanksgiving baskets. Please donate what you can. Just bring the items to the Post, where we have donation receptacles.

If you, or you know of anybody in need of assistance, please let Colleen Lewis or Jaimie Wilkins know! We keep everything confidential.

**VETERAN'S DAY**

This is a day to honor and remember all who have served in the Armed Forces. So before you warm up the grill and reflect on the Veterans in our lives, please come start your Veteran's Day weekend with Post 392's flag raising ceremony Saturday morning (November 8th) at the Post. Fall in is at 7:30 AM, Colors at 8 AM.

After the ceremony, if your time permits, come along to assist us in placing over 5,000 US flags on Veteran's graves between five local cemeteries (Eastern Shore / Colonial Grove/Princess Anne/Rosewood/ Jones). It's a wonderful way to honor and remember those Veterans who are no longer with us.

**DAYLIGHT SAVINGS**

*(excerpts from Farmer's Almanac)*

Before going to bed on Saturday, November 1, remember to "fall back" by setting your clocks back one hour. (The exceptions to DST are Arizona, Hawaii, Puerto Rico, the Virgin Islands, and American Samoa.)

Credit for Daylight Saving Time belongs to Benjamin Franklin, who first suggested the idea in 1784. The idea was revived in 1907, when William Willett, an Englishman, proposed a similar system in the pamphlet 'The Waste of Daylight.'

The Germans were the first to officially adopt the light-extending system in 1915 as a fuel-saving measure during World War I. The British switched one year later, and the United States followed in 1918, when Congress passed the Standard Time Act, which established our time zones. This

experiment lasted only until 1920, when the law was repealed due to opposition from dairy farmers (cows don't pay attention to clocks).

During World War II, Daylight Saving Time was imposed once again (this time year-round) to save fuel. Since then, Daylight Saving Time has been used on and off, with different start and end dates. Currently, Daylight Saving Time begins at 2:00 A.M. on the second Sunday of March and ends at 2:00 A.M. on the first Sunday in November.

### CORRECTIONS

In October's Newsletter we erroneously left the US Navy's 239th Birthday off of the calendars (13 October). Please accept our apologies for any confusion or issues this error may have caused.

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](mailto:mcullen4@live.com), or to the Webmaster at [webmaster@VFW392.org](mailto:webmaster@VFW392.org).

### GENERAL MACARTHUR MEMORIAL POST 392

#### **Wishes You All:**

Our Active Duty Service Members at home and abroad,  
Our Veterans and their families,  
The families of our Veterans who are no longer with us,  
Our Comrades and Sisters,  
Our Family and Friends

**HAVE A SAFE  
VETERAN'S DAY AND A  
HAPPY THANKSGIVING!**

All ads are paid advertisements, and are not endorsed by the Veterans of Foreign Wars:



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**VETERANS OF FOREIGN WARS**

**General MacArthur Memorial Post No. 392**  
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 Virginia Beach, VA 23454-5207

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 Web Site: [www.vfw392.org](http://www.vfw392.org)



**THE RED, WHITE AND BLUE - 392**

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Sun, Nov 30:</b> • No Cootie Breakfast • Football Specials 1:00 - 6:00 PM						<b>1</b> • Buddy Poppies • MOC/MOCA Fun Day
<b>2</b> • Daylight Savings • Cootie Breakfast 9 - 11:30 AM • Buddy Poppies • Football Specials	<b>3</b> • VFW / LAUX Staff Meeting 6:30 PM	<b>4</b> • VFW / LAUX Post Meeting 7:00 PM • Election Day	<b>5</b> • MCL Meeting 7:00 PM	<b>6</b> • Buddy Poppy Dinner 6 - 7:30 PM	<b>7</b> • Buddy Poppies • Entertainment Capt. Moose	<b>8</b> • Veteran's Day Flags Out Ceremony 0800 • Buddy Poppies
<b>9</b> • No Cootie Breakfast • Buddy Poppies • Football Specials 1:00 - 6:00 PM	<b>10</b> • Happy B-Day USMC (est. 1775) • Buddy Poppies • FRA 166 Staff Meeting	<b>11</b> • Veteran's Day • Vet's Day Parade • No MOC / MOCA Meeting	<b>12</b> • Veteran's Day Flags Retrieval	<b>13</b> • Pork Loin 6 - 7:30 PM • Veteran's Day Flags Retrieval	<b>14</b> • Entertainment Jim Berry • Veteran's Day Flags Retrieval	<b>15</b> • Veteran's Day Flags Retrieval
<b>16</b> • Cootie Breakfast 9 - 11:30 AM • Football Specials 1:00 - 6:00 PM	<b>17</b> • FRA 166 Branch Meeting	<b>18</b> • MCL Staff Meeting 7:00 PM • IOOB Meeting 7:30 PM	<b>19</b> • AOA Meeting 6:00 PM	<b>20</b> • Meatloaf 6 - 7:30 PM • VVA Chap. 969 Board Meeting • Am. Smoke Out	<b>21</b> • Entertainment Capt. Moose • VA Hospital BINGO	<b>22</b> • District Meeting (Post 3160) Lunch 12:00 Meeting 13:00
<b>23</b> • Cootie Breakfast 9 - 11:30 AM • Football Specials 1:00 - 6:00 PM	<b>24</b>	<b>25</b> • VVA Chapter 969 Meeting 7:00 PM	<b>26</b> • House Committee Meeting 7:00 PM	<b>27</b> • Happy Thanksgiving • Thanksgiving Dinner 12 - 5:00 PM	<b>28</b> • Entertainment TBD	<b>29</b>
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