



**Veterans of Foreign Wars of the United States  
General MacArthur Memorial Post 392**

**2408 Bowland Parkway  
Virginia Beach, Virginia 23454-5207  
(757) 486-5875  
www.vfw392.org**

**2016 Membership Goal: 1,913  
Current Status: 82.8% with 1,559 Members**

**Non-Smoking Facility - Outside Smoking Accommodations Available**

**NOVEMBER 2015 - VOLUME 27, NUMBER 5**

**2015 - 2016 OFFICERS**

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



**COMMANDER'S  
CALL**

**COMRADES AND SISTERS**

As usual, we stayed gainfully employed during October with recruiting and membership efforts by emailing and phoning Vets that signed up for more VFW information regarding membership at the NAS Oceana Air Show. We had a successful recruiting campaign at the local gun show at the Virginia Beach Convention Center October 17-18.

Our Voice of Democracy and Patriots Pen programs kicked off smartly as well, as did working with Boy Scout / Girl Scout initiatives. Our Public Servant Awards program is in high gear and well underway!

We supported out troops by attending a USS Whidbey Island (LSD-41) "burial at sea" pier side ceremony on behalf of four Veterans of WWII, Korea, and Vietnam. That was held at JEB

Little Creek, Norfolk, VA on the 7th of October. The families of the deceased Veterans thanked us profusely for honoring their loved ones.

On the 13th of October we celebrated the 240th birthday of the United States Navy. After that we held the VA Hospital visit here at Post 392 on Saturday the 17th from 0900 - 1300. VFW and AUX provided some great food, entertainment, and an abundance of camaraderie.

November promises to be a really busy month as usual. We are kicking off Buddy Poppies with our traditional Buddy Poppy Dinner the evening of Nov 5th. Poppies will go out from the 5th to the 9th. November 7th will see numerous volunteers assisting our Post 392 Vets with "Veterans Day Flags Out" occupying five local cemeteries. Nov 10th brings USMC birthday. Nov 11th is Veterans Day - our Post and AUX members will be assisting in the

parade activities. We will also be marching in the parade with our own Color Guard leading the way.

... continued on page 2

**VOLUNTEERS NEEDED**

- **Post Meeting:** Nov 3, at 7 PM. All members may attend
- **Buddy Poppies Dinner:** Nov 5, setup/cleanup, see any Officer
- **Buddy Poppies:** Nov 5-9, sign up sheets at Post, see any Officer
- **Veterans Day Parade:** Nov 11, drivers & more, see any Officer
- **Veterans Day Flags:** Nov 7, 'Flags Out', Nov. 12 - 15, 'Flags In, see any Officer
- **Thanksgiving Dinner:** Nov 26, food donations, servers, clean up, see any Officer
- **Thanksgiving Food Baskets:** food donations, packing, see any AUX Officer
- **Cootie Breakfast:** every Sunday, see Cooties or any Post Officer

**POST 392 - NEEDS YOU!**

“Veterans day Flags In” will occur from Nov 12th - 15th. Volunteers WILL BE NEEDED in this endeavor.

State Commander Doug Keller’s “Welcome Home” is scheduled for the 14th of Nov at Post 4809, and it is a joint venture with our own Post 392. So let’s have a strong showing of support! And don’t forget Thanksgiving Day is on the 26th - it’s a time to celebrate with families, friends, and comrades!

Meanwhile, our Service Officer continues his daily routine of helping Vets with their claims, driving Vets to doctor appointments and the VA Hospital, and counseling Vets in financial difficulties. Our Chaplain answered numerous calls for support from Vets and comrades in emotional distress. In short, all of our Post Officers go the extra mile to assist another Vet! Bottom line is - if you are a member of this Post, don’t forget to lend a hand, whenever, however you can. It will always be welcome!

WE NEVER LEAVE A VET BEHIND and NOBODY TAKES BETTER CARE OF VETS THAN WE DO!

### DATES TO REMEMBER

- 11/8 Operation Phantom Fury launches in 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

11/24 111 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/ Installment Life Members:**

Robert L. Cardona, Thomas M. Fisher, Charles F. Jacobs Jr, Daniel E. Martelle Jr, David W. Munitz, John M. Pilotti, James M. Bateman, Bryan D. Breninger, John C. Jones

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

Cory A. Borrow, Robert F. Connolly, Joseph A. Freeman, Theodore W. Hairsine, Juan T. Lintiac, James G. Olaciresui, Daniel M. Vance

*Thank you for your service and welcome aboard!*

---

### BIRTHDAYS

May I wish a “Happy Birthday” to Thomas H. Doyle, Thomas R. Sams, Harry F. Sharp II, Carl D. Epperson, George W. Ganter, Alfred G. Nolan, Barbara L. Duvall, Ingrid Fisher, Marjorie S. Hickey, Gail Payne, Matthew Cullen, Deborah A. Phillips, Mary U. Stogsdill, and 169 other fine Comrades and Sisters!

**Post Commander  
Douglas M. Iles**  
[commander@  
vfw392.hrcoxmail.com](mailto:commander@vfw392.hrcoxmail.com)



*Asiatic-Pacific Campaign Medal (Service between Dec 7, 1941 and March 2, 1946)*



### **SENIOR VICE COMMANDER**

Comrades, Comrades: well here we are into the busy part of our year. October was plenty busy, with recruiting efforts and the likes.

We have a host of events in November, we have the Veterans Day Parade on Nov. the 11th. Our Buddy Poppy drive is the weekend before on the 6th through the 9th. We also have “flags out” where we pay tribute to our fallen Veterans by placing a small flag at each of their grave sites in their honor. We also have Thanksgiving Dinner at the Post on the 26th. We will need help setting up and preparing food.

All these events require volunteers to pull them off. I ask each and every Post member to look at the board at the Post and sign up. You can also look at the calendar of events at the Post or on line. Comrades, I cannot stress enough on how much help we can use to make sure we do it right without overtaxing the same comrades over and over. We have a core group that continuously give all there time and effort into our projects without reservations. That my friends, is true comradeship. We cannot thank them enough.

We don’t ask for days, just for a few hours here and there to help the Post. We have one of the largest Posts in the states but we do not get the volume of volunteers that we should. It is very disheartening. So if you can spare a hour or two for one of events, it will be well appreciated.

I hope everyone has a great Thanksgiving, and let’s look at

making our own VFW Post 392 one of the best in the nation. Till next time.

---

## 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.

### **70 YEARS Continuous Service:** Joseph F. Brichter

**35 Years Continuous Service:**  
Joseph R. Hosking, Ralph D. Stephens

**30 Years Continuous Service:**  
Lawrence L. Geis, Bobby J Holliman

**25 Years Continuous Service:**  
Robert P. Lemios, William C. McCauley

**20 Years Continuous Service:**  
Timothy A. Kannel, Chris C. Loveridge, Andrew J. Lowry III, Robert C. Metz, Owen E. Pepper, Frank R. Sebastian, Mark A. Stephens, Lawrence A. Wade

**15 Years Continuous Service:**  
Norman R. Blinn, Joseph F. Costello, Francis E. Dempsay, Jonathan L. Harnden, Robert W. Kohler, Floyd D. Newkirk, Hans U. Ruediger, Marlin V. Worrell

**10 Years Continuous Service:**  
Mark J. Hudson, Michael J. Sims, Corinne A. Sims

**5 Years Continuous Service:**  
Bruce A. Alcorn, Jacob S. Godfrey, James O. Mackey, Scott T. Marek, Dale H. Oran, Patrick N. Pocalyko, Frank J. Walters

*Thank you for your service and congratulations!*

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



## **JUNIOR VICE COMMANDER**

To the members, family, and friends of VFW Post 392, I want to stress yet again, the importance of volunteering. FYI, the VFW Post 392 is only as strong as its members. We rely on each members participation in the monthly calendar events, but equally important is volunteerism.

As a community, we can't continue to rely on the same folks volunteering over and over again and as such, I am personally reaching out to each member, and asking you to reevaluate and reconsider volunteering for some of our key upcoming events during the month of November 2015.

With that said, we will be involved in Veterans' Day events, Buddy Poppy, Flags Out, etc., and we will be looking to you for your support, participation, and contributions. Again, the key takeaway here is that your active participation/volunteerism, whether small or large, it goes a long way in making VFW Post 392 a vibrant organization.

If you have any concerns/issues, you can personally reach out to me. I am at the Post most Fridays, and on Sundays. Again, any recommendations or suggestions for improvements at the VFW are welcomed, and highly encouraged.

So, as we close out the month of October, we are looking forward to seeing you all during our

November events. Let's press forward together!

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



## **QUARTER- MASTER**

### **2016 MEMBERSHIP DUES**

Annual dues are \$40.00. Annual Members can pay their dues at Post 392, online at [vfw.org](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 make a life long commitment to serving your fellow service members and Veterans. Life Installment plan is available as an option to the one time payment for Life Membership.

---

### **E-NEWSLETTER**

The Post Newsletter and Calendar of Events are available online, for free! To view them online, go to [www.vfw392.org](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.

Ensure that you add the domain "vfw392.org" to your address book, it will prevent the Post emails from going to your SPAM folder!

---



## CHANGE OF ADDRESS

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

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

**Quartermaster**

**John H. Phillips**

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



## **CHAPLAIN'S CORNER**

### WHAT IS THE GREATEST THREAT TO WORLD PEACE TODAY?

Q: During a conversation the other day an individual asked. What do you think is the greatest threat to world peace today? Because there are so many problems in the news that they can't help but wonder if there's much hope for the future.

A: They're right that our world faces a host of problems today, any one of which could spin out of control and lead to war or economic ruin. I often think of Jesus' warning concerning the dangers the world will face before He comes again; "You will hear of wars and rumors of wars...but the end is still to come" (Matthew 24.6).

But what is the greatest threat we face today? It's the same one we've always faced: the human heart. In other words, our greatest danger is within ourselves, within our own hearts and minds. Go through any list of problems and threats we face today, and ask

yourself where they come from. So what is their ultimate source?

Your answer will always be the same: they came ultimately from greed, lust and selfishness to the human heart. If we somehow could banish all greed, or end every craving for power, or eliminate all hatred and lust for revenge, the peace would reign. But since the beginning, these have been with us, and they always will be. The bible puts it this way: "What causes fights and quarrels among you? Don't they come from your desires that battle within you?" (James 4; 1).

Only God can tame the selfishness and greed of our hearts, and He will, as we commit our lives to Jesus Christ and ask Him to transform us from within. His this happened in your life? Commit yourself to him, until He returns in glory to bring true peace.

### CAN ANYONE BE TRUSTED TODAY?

Q: When I was speaking to my neighbor the other day she stated the she became very disillusioned recently because it seems like almost everyone she looked up on the internet or read in the news has turned out to be two-faced or corrupt. Celebrities, sports figures, politicians, you name it. Can anyone be trusted today?

A: I informed her this was a vivid sign of the moral and spiritual decline we see all around us today. When we turn our backs on God, even those we ought to be able to trust often turn out to be immoral or corrupt because they around it so much. The Bible warns of a time when "people will be lovers of themselves, lovers of money, boastful, proud, and abusive,

without self-control" (2Timothy 3:2-3). Doesn't this describe today's world?

Not every public figure is like this, of course, and we ought to be thankful for those who have integrity, and are role models for our youth. We also ought to pray for all those who are in the public eye. That they may realize their responsibility and seek to live moral and honest lives. I believe this is especially important as we look forward to the coming election year.

But only one person is worthy of our complete trust, and that is God and Jesus Christ. Others may fail us, But He and his Son never will. The Bible says, "Do not put your trust in princes-Blessed are those whose hope is in the Lord their God" (Psalm 146:3, 5). Put your faith and trust in Christ, and commit your life and your future into His hands. As the Bible says, "He remains faithful forever" (Psalm 146:6).

### POST CHAPLAIN POSITION

If you have the desire to become a Certified Christian Chaplain, it is open for men and women, my fellow comrades - through the National Chaplains Association/National Chaplains Institute.

Receive Certification/Credentials also be Ordained. If you request further information please see your Post Chaplain Bob Duvall.

### 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:

- **James J. Ramsey**  
(Home)
- **Joseph C. Palmer Sr.**  
(PAH ICU)
- **Terry Steinbaugh**  
(Va Bch Rehab, Room 70)
- **Marjorie Hickey Wayland**  
(Nursing Home)

---

### TAPS

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

- **Gary M. Hanson**  
US Navy (Retired)  
Passed: 15 Sept 2015
- **Ferdinand F. Angeles**  
Passed: 15 October 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](mailto:chaplain@vfw392.hrcoxmail.com)



### **AUXILIARY PRESIDENT**

Hello Comrades and Auxiliary Members!

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. 5, from 6 - 7:30. We could still use more volunteers! On Wednesday, November 11 is Veteran's Day. 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! We keep everything confidential.

District Meeting will be held at Post 3160 on November 21. 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 there's more information.

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!

And as always, if you have any questions or concerns you can reach me at the Post or by email.

**Ladies Auxiliary President**  
**Colleen Lewis**  
[lewiscolleen2@gmail.com](mailto:lewiscolleen2@gmail.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:

**30 Years Continuous Service:**  
Beverly Demars, Regina Geis, Phyllis Loveridge, Virginia D. Marsh, Sarah S. O'Rourke, Lucille L. Smith

**10 Years Continuous Service:**  
Shelia R. Ryan

*Thank you for your service and congratulations!*

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



### **MOC**

Listen up Fellow Coots, as the holiday season quickly approaches and Tomb Trek is behind us, let us remember our Vets on the 11th.

Upcoming events to keep in mind is Dougie's homecoming at 4809 on the 14th of Nov, Mid-Winter Council Jan 14-17, and our annual Santa's visit to the Hampton VA Hospital.

Our breakfast are doing good but we can do better, remember it is open to the public. So invite not only family, but invite your friends and neighbors. It's still the best deal in town.

And as always we are still in need of volunteers to help with breakfast. These Breakfast we hold are the biggest fundraiser we have for our hospital fund. So please come out and give a hand.

Please remember to log in the book at the Post ALL hospital work and Vets visits. Or you can email it to Dave Goldstein.

Please be safe during the upcoming holidays and have a very lousy time.

Our next Scratch is scheduled at 7 pm on Nov 10th. Until then may God Bless our Troops, our Veterans, and their families.

**Seam Squirrel  
Mark Winn**



**MOCA**

Good bye summer hello fall/winter and the holiday season's as they are quickly approaching.

MOCA started having BINGO once a month it's lots of fun, everyone walks away with a prize. The fee is just a donation of whatever you want to give and you pick your cards. Next Bingo is Nov. 15th at 392 from 1-3pm come check it out its open to everyone.

Upcoming events to keep in mind: Veterans Day on November 11th, Dougie's homecoming at 4809 on Nov 14th, Thanksgiving and Christmas food baskets if you can donate any Non Perishable food items, please drop them off at the Post. If you want to donate turkeys or a ham that's wonderful too. January: Mid-Winter Council Jan 14-17, and our annual Santa's visit to the Hampton VA Hospital (date TBD).

Our Breakfast we hold is the biggest fundraiser we have for our hospital fund. So please remember it's open to the public, so invite not only family but invite your friends, co-workers and neighbors. It's still the best deal in town.

Please remember to report your Hospital work to; 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 and dollar \$\$ amount.

There is a need for blood supplies in our locality. If you are able to donate, please do so and report to Gail Payne. For additional information call 1-800-448-3543.

Chaplain; Dinah Devins stands ready to assist any members in need.

You, the members of MOC/MOCA #9, Post 392 & 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. May God Bless you all and be safe during the holidays.

Happy Thanksgiving!

**MOCA President  
Jennifer Winn**

[Jen\\_moca@cox.net](mailto:Jen_moca@cox.net)



**NOVEMBER: LUNG CANCER  
AWARENESS**

November is highlighted as Lung Cancer Awareness Month, and the **Great American Smoke Out (on November 19th)** 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).

**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)

### NEW KITCHEN HOURS

**Monday-Thursday....** 1100-1400

**Friday ..** 1100-1400 & 1800-2000

**Saturday / Sunday ....** 1200-1800

### WEEKENDS AT THE VFW

#### **Football & NASCAR**

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

And the Canteen now opens at  
11:00 AM on Saturdays and  
Sundays, and 10:00 AM on  
Sundays when breakfast is being  
served. Come out and enjoy a cold  
beer or beverage.

Come out and enjoy the football  
games and races on multiple big  
screen TV's - and bring the family  
with you!

### SUNDAY FOOTBALL SPECIAL

**Simply Sunday**  
**1:00 - 6:00 PM**

Every Sunday the kitchen will be  
open from 1 PM to 6 PM for  
Sunday Football! Come join your  
Comrades and Sisters for some  
good food, drinks, and football!

### THURSDAY NIGHT DINNER

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

**Nov 5th**

**Buddy Poppy**

**Dinner**

spaghetti, roll,  
salad, & dessert

**\$8.50**

**Nov 12th**

**Meatloaf**

au gratin potatoes,  
veggie, roll, salad,  
& dessert

**\$8.50**

**Nov 19th**

**Liver-n-Onions**  
**or Country Fried**

**Steak**

mashed potatoes,  
veggie, roll, salad,  
& dessert

**\$8.50**

**Nov 26th**

**Thanksgiving**  
**Dinner**

turkey, ham,  
sweet potatoes,  
potatoes/gravy,  
veggie, roll, salad,  
& desserts

**Free**

### 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 6th**

Shane Dollar  
DJ

**Nov 13th**

Tim Hopkins  
Live Music

**Nov 20th**

Shannon Cooper  
DJ

**Nov 27th**

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**

**Pete Gebelein**

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

**Manager**

**Joe Halzack**



## 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. We have  
a monthly circulation of over  
2100. All ads must be submitted  
and approved by the Post prior to  
the 15th of each month.

If you are interested please  
contact John Phillips, Post 392  
Quartermaster, for pricing and  
availability at (757) 486-5875.

## STATE OF VIRGINIA VETERANS AFFAIRS REPRESENTATIVE

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

We look forward to working with  
her concerning our VA questions  
and interests. She is available  
weekdays at her Virginia Beach  
office:

Pembroke Office Park  
287 Independence Blvd.  
Pembroke Two, Suite 130  
Virginia Beach, VA 23462  
Office: (757) 552-1884  
Fax: (757) 552-1882

[virginia.pauley@dvs.virginia.gov](mailto:virginia.pauley@dvs.virginia.gov)

### AMERICAN RED CROSS

#### **Donors Needed**

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

If you are able to donate, please  
do so and let MOCA Hospital  
Chairman, Gail Payne, know at:  
[gail101@cox.net](mailto: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)

### 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.

These events are supported by  
volunteers. If you would like to  
participate, please contact 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!

---

### 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 (contact info below) 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](http://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](http://veteranscrisisline.net)

**Text Message:** 838255

---

### COOTIE BREAKFAST

**Breakfast every Sunday**  
9:00 - 11:30 AM

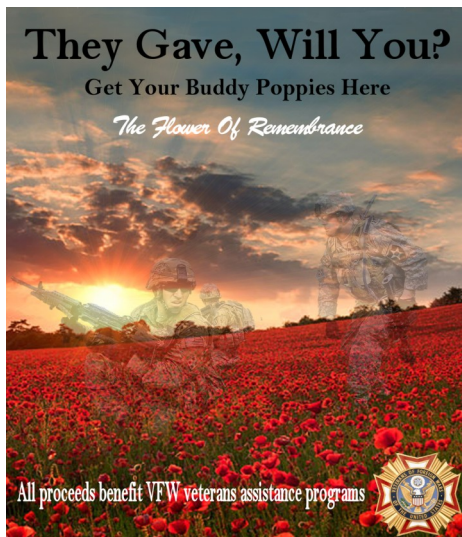
Where else can you have a fantastic breakfast with family and friends ... and know that all the proceeds go directly to support our local hospitalized Veterans? Please mark your calendars for Sundays to come and join us for a wide variety of breakfast foods, meats, eggs, fruit, and more. There's always coffee, or maybe have something a little stronger. You won't be disappointed!

#### **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. Every penny we make goes to our hospitalized Veterans. In addition to the work, we have a lot of fun and make some great friends. If anyone is willing to help us, please contact Flip or any Post Officer.

---



### BUDDY POPPIES

#### **Volunteers Needed**

Nov 5th - 8th

Yes, that's right, it's Buddy Poppy time again come November! 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 state and national Veteran's rehabilitation and service programs.

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!

Volunteer times are in two hour intervals and the dates are listed below. The sign up sheets are at

the Post (and they will provide a more detailed schedule):

- Nov 8 at the Oceana Exchange
  - Nov 6-7 at the Oceana Package Store
  - Nov 5-9 for the Oceana Commissary.
- 

### 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 any AUX know! We keep everything confidential.

---

### VETERANS DAY PARADE

#### **Volunteers Needed**

November 11, 2015

We will need transportation and other participants for Virginia Beach's Veteran's Day Parade.



The Parade starts at 9:00 AM at the Tidewater Veterans Memorial Park at 19th Street. See any Officer for more information.

---

### **THANKSGIVING DINNER**

#### **Volunteers Needed**

Nov 26th, Noon - 5 PM

*Free to Members and Non-Members*

We're having our annual Thanksgiving Dinner on the 26th from Noon - 5:00 PM. for November. This dinner is free to all who attend.

We are asking for donations now of turkeys and pre-cooked spiral hams (these hams save cooking and carving time). Volunteers sign up sheets will be up soon for cooking, servers, clean up, etc. As well as a list of food items that can be donated.

Now is the time to become a part of this great tradition. Help make this upcoming Thanksgiving Dinner a success by setting aside food and / or time as a volunteer. It takes many volunteers to make this a success.

---

### **VETERAN'S DAY FLAGS**

#### **Volunteers Needed**

Nov 7 - "Flags Out"

Nov 12-15 - "Flags In"

Veterans Day is the time 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 with Post 392's flag raising ceremony Saturday morning, November 7th. Fall in is at 7:30 AM, Colors at 8 AM.

On Nov 7th, is our 'Flags Out' event. 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.

And please don't forget that Nov 12-15 is our 'Flags In' event. Retrieving, inspecting, and storing so many flags takes a much bigger effort. We can always use some more volunteers for that effort.

---

### **DAYLIGHT SAVINGS**

*(excerpts from Farmer's Almanac)*

Before going to bed on Sunday, remember **November 1st** is time to "fall back" by setting your clocks back one hour at 0200.

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 on the second Sunday of March and ends on the first Sunday in November.

---

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



*"Let me not mourn for men who have died fighting. But let me be glad that such Heroes have lived."*  
- Gen. George S. Patton Jr.

---

### **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!**



**VETERANS OF FOREIGN WARS**

**General MacArthur Memorial Post No. 392**  
 2408 Bowland Parkway  
 Virginia Beach, VA 23454-5207

Phone: (757)486-5875  
 Fax: (757)486-3576  
 E-Mail: [post@vfw392.hrcoxmail.com](mailto:post@vfw392.hrcoxmail.com)  
 Web Site: [www.vfw392.org](http://www.vfw392.org)



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

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
• Daylight Savings • No Cootie Breakfast	• VFW / LAUX Staff Meeting 6:30 PM	• VFW / LAUX Post Meeting 7:00 PM	• MCL Meeting 7:00 PM	• Buddy Poppy Dinner 6 - 7:30 PM • Buddy Poppies	• Entertainment Shane Dollar • Buddy Poppies	• Vet. Day Colors 8:00 AM • Veterans Day Flags Out • Buddy Poppies
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
• Cootie Breakfast 9:00 - 11:30 AM Team 2 • Buddy Poppies	• FRA 166 Staff Meeting • Buddy Poppies	• Happy B-Day USMC (est. 1775) • MOC/MOCA Meeting 7:00 PM	• Veterans Day • Va Beach Veterans Day Parade 9:00 AM	• Veterans Day Flags In • Meatloaf 6 - 7:30 PM	• Veterans Day Flags In • Entertainment Tim Hopkins	• Veterans Day Flags In • Department Homecoming At Post 4809
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
• Veterans Day Flags In • Cootie Breakfast 9:00 - 11:30 AM • MOCA BINGO	• FRA 166 Branch Meeting	• IOOB Meeting 7:30 PM	• AOA Meeting 6:00 PM • MCL Staff Meeting 7:00 PM	• VVA Chap. 969 Board Meeting • Liver-n-Onions or Country Fried Steak 6 - 7:30 PM	• Entertainment Shannon Cooper	• District 2 Meeting at Post 3160
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
• Cootie Breakfast 9:00 - 11:30 AM Team 1	• HRCVO Meeting 7:00 PM	• VVA Chapter 969 Meeting 7:00 PM	• House Committee Meeting 7:00 PM • AMRA 7:00 PM	• Thanksgiving Dinner - free 12:00 - 5:00 PM	• Entertainment Jim Berry	• MOC / MOCA Wine Tasting 6:00 PM
<b>29</b>	<b>30</b>					
• No Cootie Breakfast	• VFW / LAUX Staff Meeting 6:30 PM		• November 19th - 22nd Southern Conference Hyatt Regency Savannah, GA			