



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

2014 Membership Goal: 1,780
Current Goal Status: 2.72% with 48 Members

September 2013 - VOLUME 25, NUMBER 3

2013 - 2014 OFFICERS

Post Commander.....	Michael E. Gaughan	Ladies Auxiliary President.....	Gail Payne
Sr. Vice Commander.....	Steve Williams	Ladies Aux. Sr. Vice President.....	Colleen Lewis
Jr. Vice Commander.....	Ron Jones	Ladies Aux. Jr. Vice President ..	Denice E. Moran
Quartermaster.....	Donald E. Brown	Ladies Aux. Treasurer.....	Elizabeth Moynihan
Chaplain.....	Robert G. Duvall	Ladies Aux. Chaplain.....	Lucille Bailey
House Committee Chairman.....	Ralph D. Stephens	Ladies Conductress	Patsy Stokes
Service Officer.....	Joseph G. Brady	Canteen Manager	Joe Halzack
Surgeon.....	Jonathan L. Harnden, Sr.	M.O.C. Seam Squirrel	Willie Dean
Judge Advocate	Douglas R. Keller	M.O.C.A. President.....	Pam Myers

COMMANDER'S CALL

COMRADES AND SISTERS

Moving into the fall of the year with a lot of activity that is going to take place at the Post.

First off the Kitchen is finally finished after a long drawn out process; but thanks to Joe Halzack, our canteen manager, we are up and running. Thanks to everyone for their patience. The renovation took longer than planned and if you check out the kitchen you will see that it has class. I'm sure all those who use the kitchen will be delighted with the installation of new equipment.

Our District meeting at the Post went well thanks to those that made it happen. The Ladies Aux came through once again in taking care of the food. Can't live with them and can't live without them. They do great things for

the Post when it comes to getting a function together.

All of the Post officers attended the School of Instruction in August and we all learned from it and we will be sharing what went on at the school in the months to come.

The Picnic is the next big event that will take place at the Post. Need all the volunteers that we can muster because it takes a lot of work to get this taken care of.

Our Softball Team is ready to go and I want to thank the coach, Duane Gordon and all the team members. Come out and support them. The schedule will be posted on the board leading into the main hall.

There will be a gathering of groups of Vets at the Flame of Hope for POW/MIA recognition day on 20 September, if you have the time please come out and join us.

DATES TO REMEMBER

9/1 Battle of Tal Afar (Iraq) begins in 2005

... continued on page 2

VOLUNTEERS NEEDED:

- **Post Meeting:** Sept 3rd, at 1900. Attend and get involved
- **Picnic Setup:** Sept 7th, see any Post Officer
- **Post Picnic:** Sept 8th, see any Post Officer
- **George Myers Memorial Poker Run:** Sept 21st, see any Post Officer
- **VA Hosp Visits:** Sept 28th, Bingo event. See Judy Lupole
- **American Red Cross:** Urgently need blood donors, call 1-800-448-3543, or see Judy Lupole
- **Campbell Soup Labels:** benefits NHC, see Amy Kiger
- **Funeral Services:** as required, see Chap. Bob Duvall
- **Recruit Members:** applications at the Post, see any Post Officer

POST 392 - NEEDS YOU!

- 9/2 V-J Day: Japan surrenders ending WWII in 1945
- 9/11 Patriot Day: remember September 11th, 2001
- 9/13 Battle of Heartbreak Ridge (Hill 931, Korea) begins in 1951
- 9/13 Francis Scott Key writes words to Star Spangled Banner in 1814
- 9/14 Operation Attleboro launches in Tay Ninh Providence, Vietnam in 1966
- 9/17 Citizenship / Constitution Day: US Constitution was signed in 1787
- 9/18 USAF established 1947
- 9/21 POW / MIA Recognition Day commemorated in 1979
- 9/29 VFW established in 1899

NEW MEMBERS

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

New / Transfer Life Members:

Thomas J. Camp Jr., Porter W. Lewis Jr., Carl E. Agren Jr., Jason R. Porter, Warren E. Boisselle, Mark E. Davenport, Mark R. Sinclair

New / Transfer / Re-Instated Annual Members:

Luis F. Ortiz Jr., Ronald W. Clark, William B. Zaller, Charles E. Richardson Jr., Jerry L. Crick, Allen R. Page, Matthew J. Porterfield, David J. Kromkowski, Darryl E. Jones, Ty E. Ehlers, Joseph Arnold, Gary W. Loebel, Danny W. Jones

Thank you for your service and welcome aboard!

BIRTHDAYS

May I wish "Happy Birthday" to Arthur F. Goodwin, Leon A. Hickey, Duane D. Trowbridge, Michael J. House, Joseph G. Brady, Ronald J. Jones, Emma P. Roby, David K. Yates, Christina E. Harper, Mary Barraco, Barbara A. Grossnickle, Christine J. Powers, Edith A. Phelps, Mary Ann Brady, and 172 other fine Comrades and Sisters!

**Post Commander
Mike Gaughan**

commander@vfw392.hrcoxmail.com

SENIOR VICE COMMANDER

Where did our summer go? Soon the kids will back in school, football games will be watched at the VFW, and we will all gather for the Post picnic. I want to thank our Junior Vice Commander, Ron Jones, for the terrific job he and his committees our doing for the preparation of the picnic. I also want to thank you, the members of 392 for your support thus far and I hope assistance and volunteerism will continue throughout the year.

We will be having some big tasks to hurdle this year and will need a good many volunteers to complete these tasks. For starters, we will be having a "field day"; the date TBD sometime in September where the volunteers will start cleaning, painting, moving items etc. after the canteen closes at night. The number of nights will be determined by the number of volunteers and amount of work completed each night. I hope it can be completed in one night.

Thanks to MOCA for having

Christmas in August at the VA Hospital. We could not succeed without the support of the Ladies. Thanks to John Phillips for volunteering and completing the power wash/cleaning of the patio and also for spraying the weeds in an effort for our post to look good. Job well done!

Our post is getting more active within the community. We now have a co-ed slow pitch softball team that will be playing our games every Friday. The schedule will be posted.

As you can see, your officers are not just sitting around. We are taking affirmative action to make the Post better for all of us. The new kitchen is open, the parking lot has been re-sealed, and we are currently receiving bids for improvement of the ventilation to reduce the impact from smoking.

If you have any suggestions, please let one of the officers know. I would recommend your suggestions be in writing please. We also have a suggestion box next to the sign in log. A great way to present your idea is by attending the House Committee meetings and/or the monthly Post meeting. Hope to see you at the next monthly meeting on September 3rd at 7:00.

CONTINUOUS MEMBERSHIP AWARDS

The following Comrades 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 at the Post.

30 Years Continuous Service:

Thomas D. Gatewood

25 Years Continuous Service:

Ronald C. Jones

20 Years Continuous Service:

David P. Wesp, David J. Crosby,
John S. Transue, Michael C.
Szurgot, Jackie W. Glover,
Charles S. Libby

15 Years Continuous Service:

Nico A. Balestrieri

10 Years Continuous Service:

William T. Calhoun, Jason E.
Henderson, Jeffery A. Houser,
Dean C. Hutchinson, Jon A.
Langejans, Leslie P. Kunde,
Lynn M. Schrage, Glenn H.
Talbot

5 Years Continuous Service:

Deborah E. Howard, Leon A.
Hickey, Brian A. Neihart, Robert
L. Fulcher, Thomas R. Tumilty,
Craig A. Vanderbilt, Allen E.
Weseleskey, Philip B. Lewis II

Thank you for your service and
congratulations!

**SR. Vice Commander
Steven Williams**

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

JUNIOR VICE COMMANDER

The picnic is upon us. September 8th is only a few days away. We still need some help in critical areas. One is the welcoming committee. We can use a couple of more male VFW members to serve on this project. It is a great opportunity to recruit new members and help meet our recruiting goals. We need help in the Saturday set up and Sunday tear down. Signup sheet

available on the double doors going into the main hall.

Coming up in November, we will be placing flags on graves of our Veterans in five local area sites with the assistance of the NJROTC Fist Colonial High School. Also, Buddy Poppy distribution will take place Veteran's Day Weekend. Consider signing up for this event. You may want to bring your children or grandchildren to this event. People have a hard time saying no to the little ones.

Back to the picnic. Please plan on attending. We will be having pork BBQ, grilled chicken, burgs, hot dogs and sides to eat. We have a dunk tank, bounce house, snow cone machine, cotton candy and more. See you there!

**Jr. Vice Commander
Ron Jones**

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

QUARTERMASTER

2014 MEMBERSHIP DUES

Effective **01 Jan 2014, the annual dues will increase to \$40.00** as determined by vote at the last VFW National Convention. Annual Members can pay their dues at Post 392 (up to the 15th of December), anytime online at vfw.org, or you can mail your dues payment directly to VFW National:

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 LEGACY LIFE Membership, and never have to worry about renewals

again!

NEWSLETTER - BY EMAIL

The newsletter is available via email! To sign up, go to our website at www.vfw392.org, select 'Monthly Newsletter' on the left side of the page, scroll down to the "Newsletter Subscription Form", enter your information and submit.

CHANGE OF ADDRESS

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

**Quartermaster
Donald E. Brown**

post@vfw392.hrcoxmail.com

CHAPLAIN'S CORNER

TEMPORARY SHORT TERM ILLNESS / INJURIES

Please read the Bulletin Board at the Post for most recent up-dates of Members on the Short Term Illness / Injury List.

LONG TERM ILLNESS & INJURIES

The following members have serious, long term illness, or injury, requiring continuous care at the location listed below:

- Millie Branyan
(Liza's Residential Care)
- Dave Campbell
(ICU, Princess Anne Hospital)

Please keep our members in your thoughts and prayers for a speedy recovery.

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.

TAPS

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

- **Robert L. Scates**
US Army/Merchant Marine /
US Navy (Retired)
27 July 2013
- **Walter S. Brady**
US Navy (Retired)
30 July 2013

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.

VOLUNTEERS NEEDED FOR FUNERAL MEMORIAL SERVICES / COLOR GUARD

Our Post has become shorthanded of volunteers to perform required duties for Memorial Services of our deceased VFW members and veterans. The Post's participation of these honorable and formal procedures are requested from veterans, or their families.

If you would like to participate, please contact the Post Chaplain Bob Duvall, or the Post

Service Officer Joseph Brady.

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

chaplain@vfw392.hrcoxmail.com

LADIES AUXILIARY PRESIDENT

Sisters and Comrades,

I would like to begin by extending a warm welcome to our new members, Jane Chavis, Kathy Kennan, and Elizabeth Girouard. I hope to see you all at our next meeting

I would also like to express my appreciation to the Post & Aux members who assisted with the luncheon at the District Meeting at our Post on 8/10. It was flawless because of all of you.

The Annual Post Picnic is scheduled for Sunday, Sept 8th. Chairpersons will need help to pull this huge venture together. Colleen Lewis will be directing us in all the prep work on Saturday 9/7. Please come out and join us not only in the fun but also the work! A sign up sheet is posted in the canteen.

I continue to remind the membership that the American Red Cross has issued an Emergency Appeal, urging all eligible donors to give blood. Blood supplies are very low. For additional information call 1-800-448-3543 or visit the website www.weneedblood.org. If you are able to respond, please report to our Hospital Chairperson, Judy Lupole.

Chaplain, Lucy Bailey (and #1 Helper Amy Kiger), stands ready to respond to any needs. Please call the Post with any information the membership may need to know.

For the next few meetings, the Ladies Aux will be providing a

limited number of sandwiches for sale prior to meetings. This is a test for us to see if it can become a permanent fundraiser.

If anyone has anything to add to the newsletter, please call me at 438-4689.

On August 30, Friday, we will be meeting at 6PM to stuff and stamp our dues notices. We will also run a 50/50 at the same time. So come out, join us, have a tasty libation and a yummy dinner!

Our next meeting will be held on Sept 3rd at 7:00PM. Please come on out and join us.

For those sisters who cannot be with us, due to illness or locale, our hearts and prayers are with you

If any information or assistance is needed, I can be reached on my cell at all times: 438-4689.

**Auxiliary President
Gail M. Payne**

post@vfw392.hrcoxmail.com

LADIES AUXILIARY MEMBERSHIP

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 Continuous Membership awards indicated.

25 Years Continuous Service:

Edith A. Phelps and Margella R.
Clark

5 Years Continuous Service:

Eileen P. Enders

Thank you for your service!

**Ladies Auxiliary Treasurer
Elizabeth Moynihan**

post@vfw392.hrcoxmail.com

MOC

Fellow Coots,

Just a few notes from your Seam Squirrel. Since this is my third time as Seam Squirrel, I am going to try and get it right this time, I hope. Also in the Announcement section, is the Breakfast input from Patty and Dougie.

Here are a few dates to remember. In September, on the 8th is the Post Picnic, the 14th Pup Tent 9 will host the Fall Council of Administration for the Grand of Virginia. Sept 15th is the start date for our breakfast, beginning with Team Two, and finally on the 21st is the annual Poker Run. Please mark your calendars.

Our organization is successful only through the hard work of our volunteers. I want to thank ALL the volunteers who make Pup Tent 9 a great success. I am looking forward to a fun and successful year. Remember let's increase and multiply.

Our next Scratch is scheduled at 7 pm on Aug. 13th. Until the Next Scratch may God Bless our Troops, our Veterans, and their families.

**Seam Squirrel
Willie Dean**

MOCA

The visit to the VA hospital for 'Christmas in August' went wonderful. We visited 113 veterans and gave them goody bags filled with a lot of great things. I would like to thank

Santa and Mrs. Claus, their elves, and the seven JR elves that went along to help out. Also, thank you to all the elves that helped with the shopping and packing of the bags. You are all great and I love you dearly.

This month will be the beginning of Cootie breakfasts. If you would like to sign up on a team the sign-up sheets are posted at the Post. If you have already signed up thank you so much. The first breakfast will be on the 15th and Team 2 will be the team working.

The fall council meeting will be held on September 14th at the Post. The meeting will be at 12pm and probably will be done around 2pm. All members are invited to attend.

As we are in September now, school will be starting on the 3rd. So please watch for children and the school buses while you are out.

My sisters, remember that we are all here to help each other: the MOC, VFW and the Ladies Auxiliary. Let's make this a fun year for each and every one of us. But most importantly let's keep our hospitalized veterans happy with the comforts they need.

Our next meeting will be October 8th at 7:00pm. I look forward to seeing each and every one of you there. For all that can't be with us due to illness you are in my thoughts and prayers.

**MOCA President
Pam Myers**

POST SURGEON

For active duty military and retirees and their dependents the Tricare Pharmacy is one of the most valuable benefits. As a Tricare

member, you have access to comprehensive prescription drug coverage and several options for filling your prescriptions. I find the most convenient to be the Tricare Pharmacy Home Delivery. This is your least expensive option when not using a Military Treatment Facility. With home delivery you don't have to wait in long lines at the Dispensary and you get your medication delivered right to your mailbox with free delivery. If you take medications on a regular basis you should check into this. You may receive up to a 90 day supply of medications for minimal out-of-pocket costs. Refills can be ordered easily online, by phone, or by mail. For more information about TRICARE Pharmacy Home Delivery, visit www.express-scripts.com/TRICARE or call 1-877-363-1303.

**Post Surgeon
Jonathan L. Harnden, Sr.**

CANCER AID AND RESEARCH

SEPTEMBER: PROSTATE CANCER AWARENESS

Prostate cancer is a disease in which malignant (cancer) cells form in the tissues of the prostate. It is about the size of a walnut and surrounds the urethra (the tube that empties urine from the bladder).

This year approximately 217,730 men will learn they have prostate cancer and more than 32,050 men will die from the disease. African-American men are disproportionately affected by prostate cancer, having higher rates of prostate cancer diagnosis and death than men of all other ethnic groups.

The American Cancer Society

recommends that men have the opportunity to make an informed decision with their health care provider about screening for prostate cancer.

Men at average risk should start talking to their doctors beginning at age 50. Men at higher risk, should talk to their doctor about prostate testing earlier, including African Americans, at age 45, and men who've had a first-degree relative diagnosed with prostate cancer, at age 40.

The American Cancer Society offers a 24-hour toll-free hotline at 1-800-227-2345 that provides information and a support network 24 hours a day, seven days a week.

For more information on any cancer, visit the National Cancer Institute online at: www.cancer.gov

Let's celebrate less cancer and more birthdays!

Chairpersons
Tina Brown
Ellen Stogsdill
post@vfw392.hrcoxmail.com

CANTEEN

THANK GOD IT'S FRIDAY!!

It's Friday! Time to unwind and enjoy a quiet evening of great entertainment and socializing with your Comrades and Sisters.

Social hour prices: 4 - 6 PM.

WEEKENDS AT THE VFW

Weekends at the VFW has something for everyone. The Canteen will open at 11:00 AM on Saturdays and Sundays with your favorites on tap or in bottles.

We have six (6) TVs, five (5) of which are large flat screens. With NASCAR in season, you will definitely have a seat with a good view to watch your driver!

Come down and spend a great afternoon with 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>Sept 5th</u>	<u>Sept 12th</u>
Spaghetti w/ White Clam Sauce \$8.50	Meatloaf \$8.50
<u>Sept 19th</u>	<u>Sept 26th</u>
Pork Roast \$8.50	Grill Your Own Steak \$11.00

MENU PRICING

Please note that due to increases in supply costs over the past two years, it's inevitable that some menu item's prices have been increased in order to maintain a self-sufficient operation.

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>Sept 6th</u>	<u>Sept 13th</u>
Captain Moose Karaoke & DJ	Tim Hopkins Live music
<u>Sept 20th</u>	<u>Sept 27th</u>
Captain Moose Karaoke & DJ	Jim Berry Karaoke & DJ

If you have any comments or suggestions, please let us know.

And thank you for your service!

Chairperson **Manager**
Ralph Stephens **Joe Halzack**
canteen@vfw392.hrcoxmail.com

POST ANNOUNCEMENTS

STATE OF VIRGINIA VETERANS AFFAIRS REPRESENTATIVE

Liz Bonin comes to Post 392 once a month to answer questions concerning veteran's affairs. Her scheduled availability will be posted here each month. For this month, she will be available:

19 September
11:00 AM - 3:30 PM

She is also available weekdays at her Virginia Beach office:

Pembroke Office Park
287 Independence Blvd.
Building 2, Suite 130
(757) 552-1884

Ms. Bonin has provided this valuable service for many years helping Veterans. So please, contact her and let her address your concerns and questions.

NOTARY PUBLIC

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

- Gunnar Gudjonsson
- Bob Duvall

They are legally authorized to notarize documents such as Power of Attorney, Bill of Sale, Will, Living Will, etc.

Please check with any Post 392 Officers for additional details and for an appointment.

VETERANS
ADMINISTRATION
MEDICAL CENTER

Volunteers Needed

Every month we visit the Veterans at the VA Hospital. We provide them camaraderie, some fun, and a break from their everyday life at the hospital. Sometimes it's a popcorn & movie night, BINGO, or Casino games. Sometimes we host them at the Post for lunch. We also do holiday events with them, including Christmas in non-Christmas months.

These events are supported by volunteers, who are organized into teams (Team 1, Team 2, etc). The Teams are rotated each visit as not to overwhelm anyone's schedules.

Here lately we have been running short on volunteers to help support these events. It is **urgent** that we get at least 3 or 4 volunteers soon so as **not** to cancel any VA Hospital visits.

If you feel you would like to participate, please contact me at luvedale88@cox.net or at (757) 581-2702. Or Tina or Mike Gaughan, or any Post Officer.

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!

Hospital Chairperson
Judy Lupole

VFW POST 392 ANNUAL
TOMMY SCHRIVER GOLF
TOURNAMENT

27th of September 2013

It is an Open Golf Tournament at Lake Wright Golf Course

(6282 Northampton Blvd Norfolk, VA 23502). We will be playing "Four Man Florida Best Ball" with a shotgun start at 8:30 AM. Price will be \$65.00 per player to participate. It will be a good tournament, lots of fun, and there will be many prizes awarded!

Registration Forms are posted in the Canteen or you can call 486-5875 if you have any questions.

POST 392 PICNIC

8th of September 2013

We will be having pork BBQ, grilled chicken, burgers, hot dogs, and sides to eat. We have a dunk tank, bounce house, snow cone machine, cotton candy and more.

We are still looking for volunteers to assist in set-up on the 7th of Sept. We are also looking for volunteers for clean up, entertainment, events, etc. on the day of the picnic: 8th Sept. Sign up sheets are still posted in the Canteen (by the bathrooms).

If you have any questions, please contact Ron Jones (Junior Vice Commander), or any Post Officer.

COOTIE BREAKFAST

Mark your calendar as we kick it off on 15 September, again breakfast hours are 9:00 to 11:30.

Last year was a very, very successful breakfast season. Thanks so much to our loyal customers. To keep such a great customer base, we are staying with a donation of \$7.00 for adults, the same as it has been for a few years.

For new customers who don't know why we do breakfast, we'll explain briefly. All breakfast workers are volunteers, and all monies raised from breakfast go to support our hospitalized veterans.

For example: The MOC and MOCA 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 distributing gift bags full of essentials and goodies; total cost \$2500.00. We again do the same at Christmas.

This is just some of what we do for our hospitalized veterans. As 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.

These programs are costly, but it is for such a worthwhile cause. Therefore your continued support is so important to our objectives and goals – "Keep them smiling in beds of white." The Military Order of the Cootie, Pup Tent 9 thanks you.

Breakfast Chairpersons
Doug Keller & Patty Stokes

8TH ANNUAL GEORGE
MYERS POKER RUN

21st September 2013

Registration: 09:00 - 10:30

\$10 per Rider / \$5 per Passenger

The VFW Post 392's 8th Annual George Myers Memorial Poker Run! Plan for a great ride, no matter what you ride or drive, from Post 392, to Posts 993, 3160, 3219, 4809, and then back to 392!

First bike is out at 10:00, but be sure to come early and enjoy a \$6.00 breakfast prior to last bike out at 10:30!

After the Poker Run, enjoy a free lunch at Post 392, along with awards for best hand and worst hands. There will be 50/50 drawings, door prizes, raffles, and more!

