



**VETERANS OF FOREIGN WARS POST 3787**

**All American Post 2009-2010**

# MISSION VALLEY MESSENGER

**Happy Independence Day, Ramadan, Coast Guard Day, Woman's Equality Day**

Volume 56, Issue #4

July/August 2013

## Commander's Corner



Hello Everyone, What a pleasure it is to be a member of Post 3787! Thank you for opening your arms and hearts and accepting my wife, Renate, and me into your fold.

First, I would like to thank all the individuals who "make it happen" – from the officers, cooks, grillers, servers, cleaners, building repair/maintenance experts, bartenders, and whomever I may have missed; just know every one of you are so appreciated.

A Warm Welcome to our New Members: Joel Stillwagen, Clifford Mickelson, Jay Sherar, Timothy Crisp, Robert Jones, Ozzie Nelson, Curtis Henline, Joshua Millwood, Brandon Gillen, Mark Owens, Rich Gold, William Dora Jr., and Jesse Martinez.

The "Raise the Roof" fundraiser was a tremendous success! Thank you Bobby and Chrissy for hosting this dynamic event! What a super turnout and outstanding meal. As you are aware, an event of this nature takes teamwork, planning, communication, and many volunteers, including all participants, to be successful. All rose to the occasion! Thank you everyone!

July 4th POTLUCK. Please join us on July 4th from 11 AM to 2 PM for a Potluck. If you are able, bring a favorite dish to share! You are welcome – so, "come on down"!

Comrades, our Post Monthly Meeting is at 10 AM, the 2nd Saturday of each month. If you want to have input to our events etc., please attend! You will have correct and current information on how our Post is functioning, the financial status, the various Programs in which we are involved, immediate knowledge on upcoming events, and camaraderie – plus free coffee!

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## President's corner



Dear Sisters; Thanks for all your support and for putting your trust in me for the 2013-2014 year. I am truly privileged and honored to serve as your Auxiliary President. Memorial

Day Ceremonies at Fort Rosecrans was very moving and it is so import to take the time to honor our Americans killed in war. We had a great Pot Luck at the Post after the ceremonies, thanks to all for the wonderful food, and a special Thanks to Rick Tanner and Tom Hayes for their hard work in the kitchen. A Big THANK YOU to the Post for the In and Out Dinner and to Tommy Hallauer and crew for the great food, you out did your selves. Our installation for 2013-2014 was held at our May meeting. The newly elected officers are:

President	Betty Hayes
Sr. Vice	Karin Fowler
Jr. Vice	Annette Perea
Chaplain	Kathie Okolski
Treasurer	Jan Illig Smith
Conductress	Ann Marie Schmidt
Guard	Christine Edwards
Patriotic Instructor	Julie Monica
Trustee #1	Lynda Murguia
Trustee #2	Annette Perea
Trustee #3	Christine Edwards

We received the following District Awards: Legislative – 2nd Place; Americanism – 2nd Place; Veterans and Family Support – Participation; Cancer Aid & Research – Participation; Voice of Democracy/ Patriots Pen – Certif. of Appreciation; Donation to the Fisher House – Certificate of Appreciation. We received the following Department Awards: Cancer Aid & Research 2012-2013 – Gold Award; Voice of Democracy Award for Participation; Patriot's Pen Award for Participation; Healthy Auxiliary Certificate 2012-2013; Certificate of Appreciation for 100%

Hello to Everyone at VFW Post 3787. On the 16th of this month Michael Malone, life member, passed away. May God's peace and comfort be on members of his family. Services are planned for July 15th at Ft. Rosecrans at 2:30. Also reporting that Dennis Andersen, member of VFW Men's Auxiliary, post 3787 passed away on August 20, 2012. God's peace to family and friends. May the rest of the year bring us good tidings. Peace to all and God bless. Your Chaplain, Jose Hernandez

**Commander Corner cont:** As your new Commander, I am pleased and impressed. Our Post, and everyone associated with it, are friendly; it is family oriented; it is enjoyable, and a pleasure to visit! Bring your friends and family, your children, your grandchildren – we want you here. Make it “your home away from home”. Salute! Jack Turner

**Cootie Corner** Remember our Hospital Visits and Cootie Burgers and Cootie Breakfast (followed by our meeting). Till I see you again, let's keep them “Smiling in beds of white.”

**Dollars and Cents** The Post remain solvent. Our net worth fluctuates based mainly on the Canteen income but manageable. We can not control that but your support is always welcome. Use your Post home for your benefit. The roofing fund grows but donations are still needed to get the Post Home a new Roof. You can always have a good cup of Joe at VFW Post 3787. Our Relief fund: It is the fund the Post uses to help Veterans in need, most of the funds are from the Poppy program and you all can be proud of your support. If you know a member or Veteran in need, have them contact Cdr Jack. He and the Chaplain validate the claim and the Post funds what it can to help. If a member needs help with his dues because of the economic times, a simple call to Cdr Jack or Rick Tanner will get your dues paid. Again, this is what the Post Relief fund is for and we are proud to assist. Please consider doing meals for the Post. It helps the Post and the membership gets new exciting foods for their evening dining. Every little bit of income helps the Post prosper. Past Cdr Jim and Dave went to Ontario to the Department Convention so Jim could receive his White Hat from the State Commander. Jim had to do it twice because the State Commander put his hat on backwards the they shot the picture that way, oh well. Congratulations Jim. If you know a Teacher, Firefighter, EMT, Law Enforcement officer or Student; the programs to provide special recognition and awards are due in late October. Last year a Student from California won the VOD \$40,000 scholarship. Your help is needed. Thanks Rick Tanner QM

**Canteen Corner** Hi Everyone! Summer is here almost. I am ssooo happy, as I love the hot weather. Last canteen report in the news letter I mention the post home was getting a face lift. Well it is nearly completed the Outside is painted and parking lot striped, the inside is painted, and carpet cleaned. Come down on a Sat. for hamburgers and dogs from 11am until 2pm take a look at how nice it looks. Remember its every member's post and we like to see you. We also have some great dinners coming up, so check your calendars or call the post the bartenders will be glad to assist in any info they can provide. Welcome to all the new VFW officers and all the new AUX officers. Thanks to all the past VFW and AUX officers. See you all at the post home Arliss Canteen Mgr.

**President's Corner cont:** Membership; Certificate of Recognition for National Military Service. Thank you Sisters for all your hard work in the past year!

Listed below are upcoming events:

July 4 Independence Day – Parade @10 AM in Coronado and Pot Luck at Post, see signup sheet at Post

July 13 Standdown – San Diego High School

July 16 Ladies Aux. Meeting – 6:30 PM

July 18 VA Hospital Visit – 7:00 PM

July 19 Karaoke - after fish fry

July 20-24 Nat'l Convention – Louisville, Ky

July 23 Membership Meeting 6 PM - Post 3788 in Kearny Mesa

July 27 XMAS in July Dinner 5-7 PM – come try your luck at XMAS in July table, only \$1 donation to play – table will be set up July 19th , 21st , 24th , 26th and 27th

Aug 4 1st District Meeting 8 AM – Ship 1774, 8118 University Ave., La Mesa

Aug 15 VA Hospital Visit 7 PM – Second Floor

Aug 20 Ladies Aux. Meeting 6:30 PM

Aug 24 Leadership Workshop 9 AM – Encanto Post in Lemon Grove

Aug 27 Membership Meeting 6 PM – Encanto Post in Lemon Grove

Sept 21 Post Picnic 11AM Admiral Baker Rec Area

We have an exciting year ahead and I feel motivated and energize and I'm so happy that we can work

and have fun together to help and serve our Veterans and their Families. BETTY HAYES 619-322-3505 / BettyLHayes@hotmail.com



### Men's Auxiliary

Hello Comrades and Sisters from VFW Post 3787. I hope you all will have an enjoyable summer. We have started it off with a very successful Raise the Roof Steak Fry organized By Bobby & Chrissy Netwal with the help of many post members with entertainment of Reno's Band. It was a very enjoyable and successful event. Helped raise greatly needed monies to help repair our failing roof...Also want to give thanks to all those that helped make the In/Out Dinner a success in welcoming as well as thanking the VFW/Auxiliary Officers and many members for their support... For all you Auxiliary members that may not be aware that we welcome Jack Turner to the position of Post Commander. Jack and his wife Renate are warm and friendly people that are a welcome addition to the post... I hope every-one enjoys the Flag Mural painted on the back wall. Dave Toftee, Harry Carter Bob & Camilla McNabb as well as myself assisted in getting it done. We still need to get the front put together. Any assistance would be welcomed... A reminder of upcoming events are the Annual Stand Down for veterans assistance program. This will take place July 13th thru 15th this year and donations are still being accepted @ 4141 Pacific Hwy, 92110, Tel 619-393-2011. This is a fine time to clean out your closets of any useable clothing and toiletries. Volunteers welcome to assist... A reminder of the upcoming annual post picnic in Sept. Look forward to seeing all there as well as your friends. And yes volunteers are welcome for this event also.... Men's Auxiliary will be Preparing Salmon Steak Dinner in The month of July. Remember are Men's auxiliary meeting is The first Saturday of the month @ 10:00am. Your attendance is welcome. Participation is a key to success. Walter Mitte President Men's Auxiliary Post 3787. Editors note: Thank you to all the Men's Auxiliary who helped fold, seal and mail the last newsletter, your help made the job much easier. Thank you to Frank J for all his help with the folding machine.

### MOCA Corner

Ladies: First, the MOCA wishes to extend best wishes to our new Commander Jack Tanner and our Auxiliary President Betty Hayes for their ensuing year.

The MOCA Officers for the ensuing year are: President June Hitzman, Sr Vice Loyce Edwards, Jr Vice Lois Brown, Chaplain Mary Bellon, Treasurer/Secretary Lynda Murguia, Conductress Sara Smith, Guard Josie Gregg, 3rd Year Trustee Mary Bellon. Our Chairman are: Hospital Lois Brown, National Home Joyce Sellers, Scholarship Loyce Edwards, and Membership Lynda Murguia. the 2nd Year Trustee is not listed due to the fact that we had to accept, with regrets, Jan Pollocks resignation. We will be having an election for that position. We want to welcome our newest members Sara Smith and Annette Perea. It's time for the 2014 dues so you will be hearing from me soon. For those who include extra Money for the Hospital, we thank you. I want to thank all of the crew that help with our Dinner on the second Friday of each month and the people who participate. A special thanks to Loyce for all the Salads and desserts she makes extra. Everyone loved your Flan. For our members who are ill we wish you a speedy recovery. We miss Jan Tetschlag and Josie Gregg in the kitchen. Josie had a couple of surgeries in the past couple of month sand Jan is having surgery is having surgery next month. Please, let Mary Bellon know if you know of someone who is ill. Her Phone Number is; 1-858-278-5186. Hopefully everyone has a Happy 4th of July, Keep Them Smiling in Beds of White. Lynda Murguia; 619-449-7584

**Roofing Fund Donation are arriving:** The Post is setting aside money in a fund to raise enough money for putting a new roof on the Post Home. This is one of those very expensive projects (\$20,000 Plus) similar to when we had to redo the parking lot. The membership can help. If you can donate any amount it would be appreciated. If you are not a frequent visitor to the Post Home please mail your donation to the Post or drop it off with the on duty bartender. All donations are tax deductible and a receipt will be mailed back to you. Please help if you can, we have put this off for quite a while and now if it becoming critical. Thanks. A special thank you to Bobby and Chrissy for putting on the Raise the Roof Event. It was a great event and time for all.

### Roofing Fund Donation Form

No Donation too Small, it all goes to fixing the Roof On Post 3787

Name \_\_\_\_\_

Amount \_\_\_\_\_

Address \_\_\_\_\_

Date \_\_\_\_\_

drop it off at the Post.

Mail to VFW Post 3787 Quartermaster, 4370 Twain Avenue, San Diego, CA 92120 or

**Tidbits** **Costco Card:** VFW Post 3787 has a Costco Card for any members use at Costco. The Card is held by the bartender and available for checkout by anyone. Save yourself money and use our card. Just another benefit provided by the Post.

**Help Help Help: Volunteer to cook a meal:** Please look at the calendar and volunteer to cook a meal for the members. You can donate the proceeds to any program or organization you would like to support. I know there are a lot of people who have great recipes, so treat the post with your favorite dish. There are funds available to buy the food before hand and you can reimburse the Post through your proceeds. There are a lot of people that will help you do the meal, just ask. Ethnic foods such as Spanish, Polish, South American, European, etc would be a great thing. Got a great recipe, volunteer for a meal. There are a large number of Open days to chose from, please step up and volunteer to do a meal for the membership.

**Canteen Closing time:** Once last call is given by the on duty bartender; you have 15 minutes to finish your drink and then leave. Instead of fixed Canteen hours, this allows for flexibility for the Post and the bartender on Duty. On a separate note; the bartenders work for the Canteen Manager. The Canteen Manager works for the Commander.

**Upcoming Events.** July 4<sup>th</sup> Pot Luck VFW Post 3787 11 AM, Coronado July 4 Parade, **Stand down July 13<sup>th</sup>** San Diego High School 8AM – 7PM, **Membership Meeting:** July 16<sup>th</sup> Coronado Post 2422 7PM , **School of Instruction:** July 20 Encanto Post 1512 9AM, **National Convention:** 20-24 July Louisville, KY **Past Commanders Picnic** July 28<sup>th</sup> Encanto Post 1512, **1<sup>st</sup> District Meeting August 4th :** August 4 10AM Lemon Grove Post 2082, Ladies Auxiliary Meet at Ship 1774 La Mesa at 9 AM

**Veterans Legal Clinic 3rd Sat each month** Next Legal Veteran Clinic is the 3rd Saturday of the Month at VFW Post 3787. Dates: July 20th, August 17th, & September 21st. Contact Craig A. Candelore Tel # (619) 234-3838. A special Thank you to Craig for doing this great service. By the Way.. Veterans get great legal advice and it is FREE

**School of Instruction:** Saturday, July 20, 2013 at Encanto Post 1512 at 9AM. This is where the latest program information and guidelines are presented. If you have the time please attend.

**Saturday Burgers :** The Saturday Burgers are becoming a real success and the membership likes them. We owe thanks to Chas, Tom, Craig, & the crew for doing this for us. They need assistance. They need people to step up and take on a three hour period on a Saturday to help them keep this fine program functioning. If you can volunteer for one Saturday for three hours, please see Chas at the Post to get scheduled. If we can not find people to assist, the program will be in jeopardy of being cancelled. Thanks for your consideration.

**Good of The Order** **Open Dates.** There are dates available to do events for your Programs. Anyone can put on an event and dedicate the proceeds to a specific fund. The Post has set aside funds to provide an event conductor with money to buy food, etc so you do not have to use your money. See the Quartermaster if you need resources.

**Replacement Documents for Veterans and surviving spouses.** It is important that each Veteran have a copy of his DD 214, there are a variety of benefits that require proof of Service, especially the VA. If you need help in getting a DD 214 or Report of Separation. CDR Jim and the Quartermaster can assist in the process. We can go on line and request the documents for Veterans, a surviving spouse, or a family member. Once the request is submitted, the Veteran or surviving spouse must sign a request which we will fax to the appropriate department. We will need basic information on the veteran such as service number, branch of service, date of service, where served, address, phone number, etc. Cdr Jim and the QM will be glad to assist. This is easy; take advantage of this service. If you are a widow, Veteran or surviving Family member please use the service so you have a copy of the document. Doing it after the fact or in time of Stress is difficult on all.



On this day in 1776, the Declaration of Independence was approved by the Continental Congress, setting the 13 colonies on the

road to freedom as a sovereign nation. As always, this most American of holidays will be marked by parades, fireworks and backyard barbecues across the country. In July 1776, the estimated number of people living in the newly independent nation: 2.5 million. The VFW Post 3787 will do a Pot Luck High lighted by the World Famous Brown Bag Deli Sandwiches. Please bring a side dish to share and enjoy the 4th at the Post.

**Social Security note:** When a person passes and they were social security eligible; they are entitled to Social Security Death Benefits. The catch is you have to apply for the money. You have to call Social Security and set up an appointment (by phone or at the Social Security Office) to apply for the benefit. It does not happen automatically with the passing and notification to Social Security. You have to APPLY within two years.

**Legal Clinic SITREP May 18th :** HRT Veteran Legal Clinic SITREP for Saturday May 18, 2013. Our JAG, Craig Candelore with Rich Allison, a Marine Veteran and certified paralegal, who administers the program, and Howard Thomas, Esq. a Army Special Forces veteran helped conduct the Clinic.

1 USA vet seeking help with recent girlfriend that is harassing him for the past several months. His girlfriend works at the VA and has access to his personal records and knows when his appointments are and shows up at them when he wants privacy from her. He has complained to the VA and they have done nothing and feels violated and that his rights are being ignored. He was advised to get a Domestic Violence Restraining Order against her and include all the support he has for the restraining order like witness declarations. We explained where to go and how to obtain a DVTRO. Once he has a court order for a DVTRO he needs to make the VA administration formally aware of the DVTRO and the VA will have to comply with this court order.

2nd issue: He was temporarily upgraded from 40% to 100% due to several medical problems with his feet. Before his rehabilitative therapy finished, the VA downgraded him from 100% disabled to 40% disabled. The downgraded seems to be arbitrary. His treating physicians corroborate that he still has severe problem with his feet which keep him from standing for any length of time. He was advised to see Marilyn Maxwell at the VFW Mission Valley Center and seek to be reevaluated. Given the seriousness of his condition, he would probably qualify for at least 70% VA disability and un-employability.

2. USA vet seeking help with getting his OTH upgraded. However, he did not bring in his DD-214 or info regarding the incident. He was advised to bring in his DD-214 and we offered him a 'records request' form to fill out so he could get copies of all of his service records so he can see what is adverse in his personnel records against him. He served for three years. He stated that his first two years went well and he had good evaluations but the last year things went downhill. He stated that his company chain of command 'dogged' him even though he felt he did a good job. Since his discharge was recent, he is still in contact with soldiers who served with him in his unit. He was advised to make contact with any and all in his unit who could give him a good letter of recommendation. Craig Candelore Esq.

**Flag Mural Painting:** The ongoing painting of the Post Continues, special Thanks to Bob & Camilla McNabb, Harry Carter, Water Mitte, and all those who assisted in the Painting of the Mural. It sure makes the Post look bright. Thank you Volunteers for all the effort to make the Post better. Dave Tofte Past Post Commander

**Post Home Behavior:** In past newsletters this issue has been addressed a variety of ways. Specifically, incidents of inappropriate behavior in the Canteen and directed toward the Bartenders have occurred. This type of behavior will not be tolerated. Canteen access is a privilege and is totally under the control of the Commander. The Commander can restrict Canteen privileges of anyone regardless of the person's affiliation. Additionally, it is the responsibility of any member who sees inappropriate behavior to stop it immediately. Bartenders are our friends and employees and do not deserve to be berated for any reason. The on duty bartender has the authority from the Commander to refuse service to anyone who in their judgment has imbibed too much and presents a danger to themselves and others. If you question the bartender's decision, take it up with the Commander not berating the bartender for doing the job he/she is charged.

Ginger "Carter" Shutters Aldo Broussard

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### Retiree Funeral Honors

Due to the impact sequestration has on resources, Air Force Services is adjusting requirements for military funeral honors of retirees. Air Force policy will revert to requiring a minimum of two personnel for retiree MFH details, consistent with statute and DoD policy. The Air Force historically went a step further by providing a seven-member detail for all retiree funerals. "We cherish the service and sacrifice of our retirees," said Brig. Gen. Eden Murrie, Director of Air Force Services. "While we had to adjust the Air Force requirement as a result of sequestration, commanders still have latitude to provide seven-member details if local resources permit." The two-person team will continue to fold and present the interment flag and play Taps. If a seven-person team is able to support, the detail will also act as pallbearers and the firing party. Additional support for retiree funeral honors remain available from authorized providers such as Veteran Service Organizations or Reserve Officer Training Corps units, as resources permit. "We remain dedicated to honoring our current and former Airmen" Murrie said, "to the greatest extent possible."

**VFW Post 3787 Officers****Jack Turner** Post Commander

619-742-0698

**John Kelley** Jr. Vice Commander

619-281-3871

**Jose Hernandez** Chaplain

858-222-4792

**Arliss Mathern**, Canteen Manager

Canteen 619-281-0137 Office 619-281-7067

**Tom Hayes** Sr. Vice Commander

619-322-3415

**Rick Tanner** Post Quartermaster

858-569-6507

**Marilyn Maxwell** Service Officer

619- 400-5322

**Ladies Auxiliary VFW Post 3787 Officers****Betty Hayes**, President 619-322-3505**Karin Fowler**, Sr Vice 619-583-7879**Annette Perea** Jr Vice 619-248-3486**Nicolette Kelley**, Auxiliary Secretary  
619-281-3871**Jan Illig Smith**, Auxiliary Treasurer  
858 220-4348**Kathie Okoloski** Chaplain 858 740-1269**Men's Auxiliary VFW Post 3787 Officers:****Walter Mitte** President**Jimmy Washburn** Sr Vice**Mike Craig** Jr Vice**Richard Hunt** Treasurer**Frank Janczylick** Secretary**Dave (Craig) Tofte** Chaplain**Good Of The Order (Cont)**

**Service Officer:** Have a problem with the VA? Need assistance to file a claim. Have you been reviewed for possible benefits? The Post has a specially trained Service Officer, Marilyn Maxwell, who would be glad to assist. The benefits are yours but you have to apply. The process is well worth the time and effort you put in applying.

**LAVFW Chaplain** Keep your prayers and thoughts for Sisters, Barbara Melban, she was in the hospital and is now home recovering from a procedure. Also Sister Marge Melban still moving slow with some problems with her legs. If you hear of anyone sick or passing, or in need of a visit, I would appreciate hearing from you. 858-740-1269 cell, please leave a message, or Kittnn1050@gmail.com. Kathie Okolski, Ladies Auxiliary 3787 Chaplain

**Message from Past Ladies Auxiliary President.** I would like to take this opportunity to say thank you to all the Sisters, and members of Mission Valley 3787 that supported me. I hope I served you to your expectations. I did the very best I could, and wanted the best for everyone. It has been a very interesting year, We have done so much for many, I have met some new people and connected with old friends. We have gained and made our membership stronger, as well as lost a few of Sisters that will be missed dearly. I will be passing the torch off to Betty Hayes and her new officers. I must say it has been a very rewarding year to have served with you. May all the New Officers and Program Chairs have a very successful year. God Bless all of you and the Veterans of Foreign Wars and most importantly, the United States of America. Thank you kindly again. Kathie Okolski, President 2012-2013 VFW 3787 Ladies Auxiliary

**Picnic is Coming:** September 21 at Admiral Baker Field. See John Kelley to volunteer or if you have a gift the Post can Raffle at the Picnic. Cost of Admission this year is \$5, kids free. Great food, band and entertainment.

**Ramadan Begins July 9th**

The celebration of the Muslim holiday of Ramadan. Observed by more than one billion Muslims around the world, Ramadan is a time for spiritual purification achieved through fasting, self-sacrifice and prayers.

**VFW Saturday Hamburgers & Hot Dogs ! Sat**

**Hamburg Every Sat.** This is becoming a great event. The VFW Post 3787 and its MEN'S AUX Provides this event Please if you would like to work in the kitchen or cook burgers on Saturday Please see The Cdr Jim or Walter to sign up. It is about a three hour commitment and the plus the Hamburgers are GREAT

**Special Request**

If you would want to receive your newsletter via email please email me at qtr@vfwpost3787.sdcoxmail.com and I will add you to the email list. It saves time and money.

Mission Valley Messenger July/August 2013

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**Poppy Program :** VFW Post 3787/Ladies & Mens Auxiliary 2012 - 2013 is closing. There will be reconciliation of the years program done in July with reports given to the three organizations. Thank everyone who supported this great program. This is where our funds come from to provide relief to Veterans. When you donate to the program, you are helping a needy Veteran throughout the year. All Funds remain at our Post and are used by the Post. It is a truly great program. I want to thank Lynda and Gus Murgia for all the help and support throughout the year. Next years program will start in November. Honoring a loved one or a Passed individual is a great way to honor heroes. The Boards at VFW Post 3787 are the best in the Nation. Thanks, Dick Agler Chairman.

**Retiree Survivor Checklist** This checklist is designed to provide retirees and their loved ones with some help in preparing for the future. The following information is not all-inclusive and should be used with other estate planning tools to lessen trauma to your loved ones.

1. Create a military file.
    - ☐ Retirement orders
    - ☐ DD 214
    - ☐ Separation papers
    - ☐ Medical records
  2. Create a military retired pay file.
    - ☐ Claim number of any pending VA claims
    - ☐ Address of the VA office being used
    - ☐ List of current deductions from benefits
    - ☐ Name, relationship and address of beneficiary of unpaid retired pay at the time of death
    - ☐ Address and phone number for DFAS: Defense Finance and Accounting Service, U S Military Retirement Pay, PO Box 7130, London, KY 40742 7130 Tel: (800) 321-1080 option #3 (for deceased members)
  3. Create an annuities file, to include:
    - ☐ Information about the Survivor Benefit Plan (SBP) Additional information regarding SBP annuity claims can be obtained from the DFAS-Cleveland Center office at 1-800-321-1080.)
    - ☐ Reserve Component Survivor Benefit Plan (RCSBP)
    - ☐ Retired Serviceman's Family Protection Plan (RSFPP)
    - ☐ Civil Service annuity
  4. Create a personal document file.
    - ☐ Marriage Records
    - ☐ Divorce decree
    - ☐ Adoptions and naturalization papers
  5. Create an income tax file.
    - ☐ Copies of state and federal income tax returns
  6. Create a property tax file.
    - ☐ Copies of tax bills
    - ☐ Deeds and any other related information.
  7. Create an insurance policy file.
    - ☐ Life Insurance
    - ☐ Property, accident, liability insurance
    - ☐ Hospitalization/Medical Insurance
  8. Maintain a listing of banking and credit information, in a secure location.
    - ☐ Bank account numbers
    - ☐ Location of all deposit boxes
    - ☐ Savings bond information
    - ☐ Stocks, bonds and any securities owned
    - ☐ Credit card account numbers and mailing addresses
  9. Maintain a membership listing of all associations and organizations.
    - ☐ Organization names and phone numbers
    - ☐ Membership fee information
  10. Maintain a list of all friends and business associates.
    - ☐ Include names, addresses and phone numbers
11. Hold discussions with your next of kin about your wishes for burial and funeral services. At a minimum the discussion should include cemetery location and type of burial (ground, cremation or burial at sea). This knowledge may assist your next of kin to carry out all of your desires.

12. You could also pre-arrange your funeral services via your local funeral home. Many states will allow you to pre-pay for services.

13. Investigate the decisions that you and your family have agreed upon. Many states have specific laws and guidelines regulating cremation and burials at sea. Some states require a letter of authority signed by the deceased in order to authorize a cremation. Know the laws in your specific area and how they may affect your decisions. Information regarding Burials at Sea can be obtained by phoning Navy Mortuary Affairs at (866) 787-0081.

14. Once your decisions have been made and you are comfortable with them, have a will drawn up outlining specifics.

15. Ensure that your will and all other sensitive documents are maintained in a secure location known by your loved ones.

**Organizations to be notified in the event of a retiree death:**

  1. Defense Finance and Accounting Service, London, KY Tel: (800) 321-1080
  2. Social Security Administration (for death benefits) Tel: (800) 772-1213
  3. Department of Veterans Affairs (if applicable) Tel: (800) 827-1000
  4. Office of Personnel Management (OPM) Tel: (724) 794-8690
  5. Any fraternal group that you have membership with: e.g., MOAA, FRA, NCOA, VFW, AL, TREA
  6. Any previous employers that provide pension or benefits.



**Ladies Aux Membership Applications :** There is a new ladies application which is one page and on normal bond paper. The tri-fold Cardboard application is gone. There are stocks of Ladies applications in the box at the Post or available from Jan Illig Smith







4370 Twain Avenue  
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# July 2013

[www.VFWPost3787.com](http://www.VFWPost3787.com)  
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## Mission Valley Post 3787 and Ladies /Men's Auxiliary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Lynda Meat- loaf Dinner 5 - 7 PM	2 Linda Lunch- eon 12-2	3 No Cootie Burgers	4 Post Pot Luck 11 - ? Grantville Action Group 6:30	5 Fish Dinner by Chris & Crew 5:30—7:30 PM	6 Men's Aux Meet- ing 10AM Post Ham- burgs 11-2
7 Cdr's Bkfst by Gus 8-12 PM	8 Open	9 Linda Lunch- eon 12-2 SUB- VETS Meeting 7:00 PM	10 Taco Plate by Annette & Crew 5—7 PM	11 Linda Lunch- eon 12-2	12 Moca Dinner by Lynda 5:00- 7PM	13 Post Mtg 10AM Post Ham- burgs 11-2
14 Cootie Break- fast 8—noon Cootie Mtg 12	15 Open	16 Linda Lunch- eon 12-2 Ladies Auxiliary Meeting 6:30 PM	17 Italian Nite by Ladies Aux 5-7 PM	18 Linda Lunch- eon 12-2 Marine Corps League Meeting 7:00 PM	19 Fish Dinner by Nicolette & Crew 5:30—7:30	20 Vets Legal Clinic 9-12PM Post Hamburgs 11-2
21 Ladies Aux Breakfast 9— noon.	22 OPEN	23 Linda Lunch- eon 12-2	24 King Riblets by Sr Vice, Gus & Lynda 5 - 7 PM	25 Linda Lunch- eon 12-2	26 Men's Aux Dinner 5-7PM	27 Post Hamburgs 11-2 XMAS in July 4 - 7 PM
28 Marine Corp Breakfast 8— noon	29 Jan & Craig Dinner 5 - 7 PM	30 Linda Lunch- eon 12-2	31 Ladies Aux Soup and Salad 5 - 7 PM			



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# August 2013

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## Mission Valley Post 3787 and Ladies /Men's Auxiliary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Linda Luncheon 12-2 Grantville Action Group 6:30	2 Fish Dinner by Chris & Crew 5:30—7:30 PM	3 Men's Aux Meeting 10AM Post Hamburgs 11-2
4 Cdr's Bkfst 8-12 PM	5 Famous Chicken Enchilada by Helena, Carol & Rene 5 - 7 PM	6 Linda Luncheon 12-2	7 Cootie Burgers 5 - 7 PM D Day	8 Linda Luncheon 12-2	9 MOCA Dinner by Lynda 5:00-7PM Happy Birthday Cdr	10 Post Mtg 10AM Post Hamburgs 11-2
11 Cootie Breakfast 8—noon Cootie Mtg 12	12 Open	13 Linda Luncheon 12-2 SUB-VETS Meeting 7:00 PM	14 Taco Plate by Annette & Crew 5—7 PM	15 Linda Luncheon 12-2 Grantville Action Group 6:30	16 Fish Dinner by Nicolette & Crew 5:30—7:30 Karaoke	17 Vets Legal Clinic 9-Post Hamburgs 11-2
18 Ladies Aux Breakfast 9—noon.	19 Open	20 Linda Luncheon 12-2 Ladies Auxiliary Meeting 6:30 PM	21 Italian Nite by Ladies Aux 5-7 PM	22 Linda Luncheon 12-2	23 Men's Aux Dinner 5-7PM	24 Post Hamburgs 11-2
25 Marine Corp Breakfast 8—noon	26 Open	27 Linda Luncheon 12-2	28 SR Vice Riblets by Tom Hayes 5 - 7 PM	29 Linda Luncheon 12-2	30 Open	31 Post Hamburgs 11-2