



VETERANS OF FOREIGN WARS POST 3787

# MISSION VALLEY MESSENGER

Volume 57, Issue #4

All American Post 2009-2010

July / August 2014

## Independence Day



### Potluck

July 4th 12-3pm

Kentucky Fried Chicken by  
KFC 6005 Mission Gorge  
Road.

Sponsored by the Post

Bring a dish to share, enjoy  
the camaraderie and relax, a  
good day to be had by all!!!



## Commander's Communications

Comrades and Sisters, please extend a warm welcome to our 39 new members: Gonzalo Santa Maria, Justin Dryer, Rickie Marsh, Shedrick Henry, Jeffrey Griffin, Jordan Niles, Joseph Morris, Danilo Oira, Joseph Zemlin, Lisa Stockdale, Dwayne Wright, Dydshara Romerosanchez, Alvin Warner, Joshua Johnson, Chelsie Davia, Michael Burke, David Stephenson, James Allphin, Jonathon Newell, Steven Price, Matthew Richardson, Tamara Marks, Joseph Vinson, Frank Sallie, Ryan Busse, John Barghusen, Tracy Bradley, Earl Brown, Jared Hilton, Oscar Villarreal, Greg Overhalser,

Blake Falkenberg, William Davis, Grady Morris, Reyjenald Tence, Pedro Paniagua, Jesus Hernandez, Pedro Francisco, and Marcos Garcia. Our Post 3787 received All-State Recognition at the CA Department Convention in Riverside, CA and presentations will be made at the upcoming Post Meeting on Saturday, July 12<sup>th</sup> at 10:00. Of special note for District 1 is that our Comrade from Ramona Post 3783, Dale Smith, was elected as the 2014-2015 State Junior Vice Commander for the Department of CA; a well-deserved recognition for his outstanding overall contributions to the Veterans of Foreign Wars. (continued next page).....



## LAUX President's Posting

Sisters, by the time you receive this, we will be back from convention in Riverside and will have information on direction for this year's programs. I hope we can make some big strides in working through our programs for our Veterans and their families this year. We need chairs for many of our programs. We will be working to fill these chairs by our July meeting. Please let me

know if you are interested in taking a chair or participating. Please bring your donations for Stand Down to the Post by July 12th and we will get them delivered. Kathie is collecting new and lightly used shoes, but your lightly used clothing is also appreciated. Jan Smith is coordinating a group to work serving the weekend of July 19-20. Contact her at [jimis957@yahoo.com](mailto:jimis957@yahoo.com) or call me with any questions or to sign up. (continued next page).....

## Commander's Comm. Cont:

**WE NEED YOUR HELP:** From all organizations using the kitchen. Our forks, knives, and spoons are disappearing at an alarming rate. Please ensure they are not being accidentally discarded in the trash when returning dishes or paper products etc. to the kitchen upon completion of the meals.

As always, to all our wonderful volunteers - a sincere thank you - without you we would never be successful or able to meet our commitments.

Yours in comradeship, Jack Turner

## President's Posting Cont:

We need your white elephants for our Christmas in July fundraiser. Please bring your items down (wrapped or not) or, better yet, join us in setting up the tree and wrapping the items at noon on Monday, July 7th. Stockings will go on sale July 14th and Linda Prince will have a sign up for ham and sides for the dinner. Please remember your attendance at our dinners and breakfasts funds our programs. This holds true for all of our organizations within the Post. Please come down and support us all as often as you can. I look forward to seeing all of you at our Post home and working with you all during this next year. Karin :)

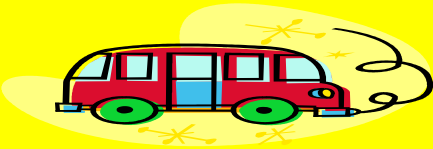


**Christmas In July**

July 26th from 3-6pm  
Turkey & Ham Dinner  
Cost: \$8.00




White Elephant Sale  
Stockings go on sale July 14th - LAUX Dinners

Contact Linda Prince at VFW Post 3787 for more info.



**POST HOP**

**When: Saturday August 2nd**  
**Time: 11am -3pm**  
**Cost: \$25.00/per person**  
**Trip Details:**  
Meet at our VFW around 10:00 -10:30am to leave by motor coach (with restroom) to SABLE post in El Cajon promptly at 11:00am. SABLE will serve us an included burger lunch then off to Encanto/ Lemon Grove Post 1522 for a hour or so before heading back to our Post home.


## Men's Auxiliary Announcements

Hello Comrades and Sisters of VFW 3787,

I hope you all are having an enjoyable summertime. As I will be stepping down from being President of the Men's Auxiliary I wish Craig Tofte the best in taking over the duties of the post... I would like also to remind any post members that we are looking for volunteers to help out in the Saturday Hamburger BBQ if you will please contact me.... Also looking forward to the many summer events noted within the newsletter... A reminder of the Men's

Auxiliary meeting the first Friday of the month @ 10:00a.m. If you have not attended in a while your presence is welcomed... Thank you.. Walter Mitte Mapost3787@yahoo.com

### Men's Aux Dinner Schedule:

Saturdays—Burgers & Fixings  
(unless there's a special event)

**07/25**—Grilled Salmon Steaks

**08/22**—Jimmy The Greeks Kabobs





## Free Screenings:



Do you experience the discomfort and swelling of varicose veins? \* Restless legs \* Swelling of the ankles \* Fatigue of the legs \* Leg pain, aching and cramping \* Burning or itching of the skin

Don't let varicose veins stop you. It is not always a cosmetic issue. The underlying cause of varicose veins and heavy painful legs can now be treated in our clinic with no down time.

La Jolla Laser Cosmetic Clinic is offering free screenings and the Ladies Auxiliary will be setting up a Saturday this summer for Women and Men to stop in for a free screening.

For more information on varicose veins and potential treatments contact Michelle Walsh at (858)-454-2700, or go to [www.LaJollalaser.com](http://www.LaJollalaser.com). You can also contact Wendy at [wendypoint01@aol.com](mailto:wendypoint01@aol.com)

## Post Meals Reminder:

On Monday, Wednesday, and Friday from 11 AM are Fay's hotdogs/sausages with the fixings; Tuesday and Thursday assorted sandwiches etc. from 1200 by Chef Linda; Monday, Wednesday, and Friday dinners by the various organizations. Saturday is the outstanding Burger Day event chaired by Men's Auxiliary and the Post; Sundays are the full-blown breakfast events from 8-12 AM. All offered at very, very reasonable donations. Visit, enjoy the food and Post – bring your family and friends. Please check the [vfwpost3787.com](http://vfwpost3787.com) website for scheduled/updated events.

## Remember

*Vet Clinic*  
*3<sup>rd</sup> Saturday*  
*Every Month*  
*9am - Noon*  
**FREE**



## Poppy Program:

VFW Post 3787/Ladies & Mens' Auxiliary 2013 - 2014 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 and Auxiliary. 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 our heroes. The Boards at VFW Post 3787 are the best in the Nation. Thanks, Dick Agler Chairman.

## Independence Day



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.

## Burgers with Purpose:

This dinner occurs on the 1<sup>st</sup> Wednesday of each month commencing at 5PM hosted by the Military Order of the Cooties (MOC). All donations from this monthly event are used by the MOC to host a bingo event with food etc. for the patients at the VA Hospital once a month. Participation is down - let's not let this most worthwhile event fall by the wayside.



## Stand Down 2014



### What is a Stand Down?

In times of war, exhausted combat units requiring time to rest and recover were removed from the battlefields to a place of relative security and safety. Today, Stand Down refers to a community-based intervention program designed to help the nation's estimated 200,000 homeless veterans "combat" life on the streets. VVSD organized the nation's first Stand Down in 1988. Since then, the program has been widely replicated na-

tionwide. Today, more than 200 Stand Downs take place across the country every year. "The program has become recognized as the most valuable outreach tool to help homeless veterans in the nation today," according to the National Coalition for Homeless Veterans. Stand Down's philosophy is a hand up, not a hand out. The hand up is made possible each year by the dedication of thousands of volunteers and numerous sponsors. Perhaps most important of all is the feeling of

safety.

For the first time in possibly days, weeks or even months our homeless brothers and sisters can leave their possessions in the care of others and rest. Stand Down is a place of miracles. Lives are changed and lives are saved. The founders of Stand Down had a dream. They made it a reality, one which continues to offer a true stand down for all homeless veterans. For more information see any post officer or visit the web at [www.vvsd.net](http://www.vvsd.net)

## Protect Your Assets:

I locked my car with my remote. As I walked away, I heard my car door unlock. I went back and locked my car again three times. Each time, as soon as I started to walk away, I would hear it unlock again!! Naturally alarmed, I looked around and there were two guys sitting in a car in the fire lane next to the store. They were obviously watching me intently, and there was no doubt they were somehow involved in this very weird situation. I quickly changed my mind about doing the errand, turned around, jumped back in my car and sped away. I went straight to the police station, told them what had happened, and found out I was part of a new, and very successful, scheme being used to gain entry into cars. The police said I had been a victim of the latest robbery tactic -- there is a device that robbers are using now to clone your security code when you lock your doors on your car using your key-chain locking device. They sit a distance away and watch for their next victim. They know you are going inside of the store, restaurant, or bathroom and that they now have a few minutes to steal and run. The police officer said to manually lock your car door-by hitting the lock button inside the car -- that way if there is someone sitting in a parking lot watching for their next victim, it will not be you. When you hit the lock button on your car upon exiting, it does not send the security code. But if you walk away and use the door lock on your key chain, it sends the code through the airwaves where it can be instantly stolen.

## Summer Health Tips:

Sun protection is important all year round, not just during the summer or at the beach. Take steps to help prevent skin cancer and other conditions. Heat-related deaths and illness are preventable, yet many people succumb to extreme heat each year. Take steps to lower your risk for heat-related illness.

- When possible, avoid outdoor activities during midday, when the sun's rays are strongest.
- Cover up with clothing and a wide-brimmed hat to protect exposed skin.
- Drink plenty of cool, non-alcoholic fluids.
- Seek shade. & Wear sunscreen and lip screen with (SPF) of 15 or higher. Remember to reapply it as often.



# Our Proud Sponsors:



Craig A. Candelore, Esq.

Life Member VFW Post 3787

Lisa Berg, Esq

**Wills & Trusts, Husband & Wife (AB) Trust**

**Medical Health Directive, Powers of attorney**

**Divorce, Custody & Support**

Men's Legal Center

Family Law Advocates ®

940 "C" Street, San Diego, CA 92101

(619) 234-3838; www.menslegal.com

**We're on the Web!**  
[www.vfwpost3787.com](http://www.vfwpost3787.com)

## ***Mallett & Barnes Tax Service***

Business and Individual Returns

**Connie J. Mallett-Moore, E.A.**

MBA, BS-Accounting  
Partner

Audit Representation

6136 Mission Gorge Rd., Ste.125 (619) 326-0840

San Diego, CA 92120

Fax (619) 326-0843

connie@mbtax1.com

www.mbtax1.com

15% Discount for VFW members

619-334-7915

(619) ~~456-2639~~

CELL (619) 726-7578

FAX (619) ~~456-2637~~

email: ray@cmsperez.sdcoxmail.com



## ***C.M.S. Perez Construction***

General Contractor  
BUILDING - REMODEL - REPAIR

RAYMOND PEREZ  
Owner  
LIC. #B491595

3755 Avocado Blvd., #120  
LA MESA, CA 91941



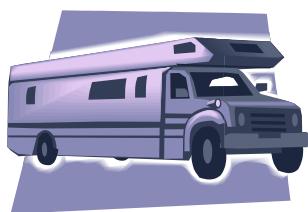
## **MARBLE Group**

6605 Mission George Road  
San Diego, CA 92102

**Amy Milligan**  
Restaurant General Manager



Office Tel: 619-280-4814  
Office Fax: 619-280-4814  
C191002@kfc.com



## **ACTION RV** Service & Storage

Doug Pollock

619.270.8643

15275 Old Highway 80

619.938.2945 Fax

El Cajon, CA 92021

**Buy & Sell Recreation Vehicles**

**Home Depot:** Attention U.S. Military & Veterans (Active Duty, DOD, Reserves, Guard, Retirees, Veterans and Military Spouses). Home Depot provides a 10% discount just by showing your Government ID. Great deal for all. Additionally, Home Depot provided a \$4000 grant for material for the Roof.

VFW Post 3787 Officers		Men's Auxiliary VFW Post 3787 Officers
<b>Jack Turner</b> - Post Commander Phone: 619-742-0698	<b>John Kelley</b> - Sr. Vice Commander Phone: 619-281-3871	Craig Tofte - President
<b>Mike Wilson</b> - Jr. Vice Commander	<b>Rick Tanner</b> - Post Quartermaster Phone: 858-569-6507	James Washburn - Sr. Vice
<b>Jose Hernandez</b> - Chaplain Phone: 858-222-4792	<b>Marilyn Maxwell</b> - Service Officer Phone: 619- 400-5322	Walter Mitte - Jr. Vice
<b>Arliss Mathern</b> - Canteen Manager	<b>Canteen:</b> 619-281-0137;	Richard Hunt - Treasurer
<b>Office</b> phone: 619-281-7067		Frank Janczylik - Secretary
		Marcello Gaetano - Chaplain

Ladies Auxiliary VFW Post 3787 Officers		<b>July:</b> 07/04 - Independence Day 07/28 - Ramadan ends (began 06/28) UV Safety Month National Picnic Month National Parks Month <b>August:</b> 08/03 - International Friendship Day National Immunization Awareness Month Children's Eye Health & Safety Month
<b>Karin Fowler</b> - President Phone: 619-583-7879	<b>Annette Perea</b> - Sr. Vice Phone: 619-248-3486	
<b>Edy Vallese</b> - Jr. Vice	<b>Nicolette Kelley</b> - Secretary Phone: 619-281-3871	
<b>Jan Illig Smith</b> - Treasurer Phone: 858-220-4348	<b>Kathie Okolski</b> - Chaplain Phone: 858-740-1269	

## Quartermaster Note:

I will start by saying we remain solvent. We are having trouble with discretionary money availability, which means less to spend on the nice to have things and programs.

The City of San Diego, led by Todd Gloria is attempting to raise the minimum wage above the State mandated level (July 1 - \$9.00, Jan 1 \$10.00). VFW Post 3787 sent Council member Mr. Sherman a letter saying VFW Post 3787 opposes Gloria's social engineering program and if passed it would cause severe impacts on the operation of VFW Post 3787. Gloria wanted the City of San Diego to raise the minimum wage in San Diego to almost \$14.00. The impact would be increased costs of insurance, Workman's Comp, Payroll taxes, etc. The Post is not in a fiscal position to pay all

these increases. The City did not pass the \$14.00 minimum wage, but now Todd Gloria is considering an \$11.00 minimum wage. This issue has far reaching impacts on the continued viability of VFW Post 3787. One of the real tragedies of this process is Todd Gloria is not allowing the people of San Diego to even vote on the issue. I will try to keep you up to Date with the status of the City's plans.

If you see Capt Jack, tell him congratulations as he has qualified as an All State Commander and will be awarded his White Hat at the State Convention. He has done so well with membership and programs that it appears he will be awarded All American Post at the National Convention in St Louis. Well Done Capt Jack. A lot of hard work and you deserve it. Your Friendly Quartermaster Rick Tanner

**Letter from the Editor:** It has been a pleasure once again to provide you with the latest and greatest information with the happenings at our local VFW Post 3787. As many of you many know, I also cook the Mexican dinner on 2nd Wednesday of each month. Beginning in July the cost of the dinner will increase to **\$7.00**. I am looking to begin a special fundraiser towards the purchase of a highly specialized wheel (track) chair for a wounded warrior. For those of you who are interested, please also visit [www.independencefund.org](http://www.independencefund.org). I will also have information at the next dinner those who wish to know more. While I understand times are tough for many, so is the case for our heroes, and this is our opportunity to work for both our local and community veterans....for without our Vets service, we wouldn't be allowed to provide as we do. Thank you and God Bless, Miss P.



# The PICNIC Is Coming.....



An Annual gathering of Comrades, Brothers, Sisters, Cooties, Marines, SUBVETS, MOCA, Children, Friends & associates Fun for All

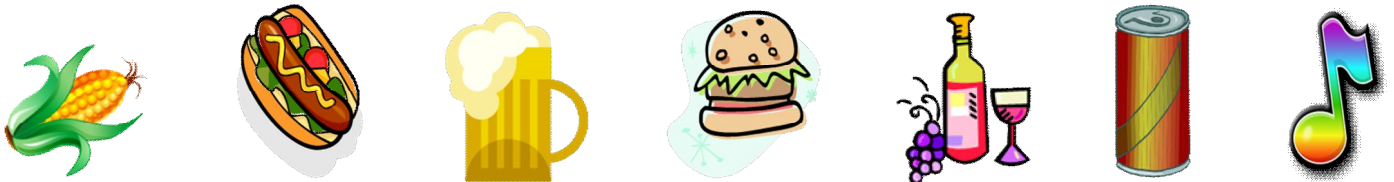
**When & Where:** August 09 starts at 11 AM @ Adm Baker Field Areas 6 & 11  
**Cost:** \$5.00 for Adults, Kids Free.  
Kids Playground next to our Picnic Area.

Hot Dogs, Hamburgers, Bratwurst, Corn, Beans, Chips, Beer, Wine, Soft Drinks, Water, Plus Music by Jeannie & Raffle tickets will be sold **ONLY** at the Post & **NOT** at Admiral Baker Field.

We Need Volunteers for the Picnic Committee to put this on (Setup, Tear Down, Cleaning, Tickets, Cooks, Etc) Please see Cdr Jack or John Kelley

**Super Raffle:** Prizes, Certificates.

Donations: If you have a new in the package gift you would like to donate to the raffle see John Kelley or Cdr Jack



**Picnic Raffle Tickets On Sale!!!!**  
**Drawing: August 9th**



**Raffle:** Tickets are \$1 each or 6 for \$5 (get the John Special).



**Special Raffle:** \$5 each or 5 for \$20. Need not to be present to win. Great Prizes on Display on Dance Floor at Post. Get your tickets now.



Proceeds go to support the Picnic.

