



VETERANS OF FOREIGN WARS POST 3787

# MISSION VALLEY MESSENGER

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All American Post 1974-1975/2009-2010/2013-2014

January/February 2015



## Commander's Communications

Comrades and Sisters, please welcome our seven (7) new members; William Strong, Scott Williams, Brent Hoover, Dan Haig, Kyle Murguia, Keli Martinez, and Phillip Moses. Welcome Aboard Comrades!

Comrades, in our November meeting, we elected Comrade Kerry Costello as the Junior Vice Commander for the remainder of VFW year 2014-2015. Congratulations Kerry and thank you for volunteering and stepping forward. We wish our previous Junior Vice, Petty Officer First Class Mike Wilson, smooth sailing and continued success at his next duty station in Japan. Thanks for a job "Well Done" Mike! We have VFW Posts in Japan and I'm sure Mike will make his expertise known.

We had an excellent turnout for the Veterans Day Parade on November 11th. Thanks are extended to all who participated – the Parade was a huge success with over 80,000 spectators lining the Parade Route!

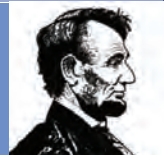
UPCOMING EVENTS: Please check the Calendar of Events on our website as Calendars are up-



## President's Day Potluck

February 16th 12-3 pm

Kentucky Fried Chicken by KFC 6005 Mission Gorge Road. Sponsored by the Post



## LAUX President's Posting

### Sisters

I am pleased to report that we are 100% in membership and in all our programs. Thank you all, for your hard work and support.

Jan Smith, hospital chairperson, continues to collect socks, knit hats and basic toiletries for the LAUX monthly visits to the VA Hospital. Chaplain, Kathie has also placed a box for lightly worn shoes to be given to our veterans. Boxes are placed at the Post home for donations and will remain through February.

Ladies, remember our meetings are the third

Tuesday of every month at 6:30pm. I encourage your participation. We will be reviewing supporting our local veterans through the Wave program and Aspire, a 40 bed facility that helps veterans transition into the work force by providing housing, clothing and job placement assistance. More info will be provided at the January and February meetings.

Supporting our dinners and breakfasts funds our programs. This holds true for all of our organizations within the Post. Please come down and support us as often as you can. I look forward to seeing you at our Post home.. Karin



## Commander's Comm. Cont:

dated as changes occur.

**SATURDAY BURGERS & CHILI** – have returned! Was just too difficult during the holidays for various reasons.

**POTLUCK IN FEBRUARY.** Monday, February 16th, Presidents' Day – Potluck at the Post, featuring the main dish of Kentucky Fried Chicken (KFC) provided by the Post from 12 PM to 3 PM. Please come and enjoy and, if you can, bring your favorite dish to share.

**POST MEETINGS & ELECTIONS.** Comrades, on Saturday, March 14th, the Post will have nominations for all Post Officers for the 2015-2016 VFW Year. Elections will be held on Saturday, April 11th. Please make it a point to attend both Meetings so you will have an input – Meeting starts promptly at 1000. And, if you are interested in taking a position, please let your intentions known as soon as possible. Of course, it is a volunteer position, but a very rewarding experience.

**POST MONDAY NIGHT DINNERS.** Volunteers are needed to prepare their favorite dish. Thus far only one in January is RIBS by Bobby and Chrissy. Please help out if you can.

Truly hope everyone had a wonderful and safe Christmas with loved ones. Be alert in the New Year and be sure to support the Post and all organizations we host. Once again, a sincere thanks to our wonderful volunteers who donate their time and serve the meals – and – please remember our faithful, volunteer bartenders – they flat out are a tremendous asset to the Post and all of our members and patrons. A little “thank you” goes a long way and lets them know they are appreciated.

A healthy New Year to Everyone! Yours in comradeship. Jack Turner.



## Men's Auxiliary Announcements

Good New Year Comrades & Sisters,

Hope all is well for the next year.

The Saturday burgers are being served from 11 am til 2 pm on each Saturday that the post doesn't have a special function. If there are any members who would like to assist, please see Larry the Jr Vice or myself.

Men's auxiliary dinner will be on the 4th Friday of each month from 5pm til 7pm. Hope to see everyone there!!! Your's in service, David Craig Tofte Men's Auxiliary President

**Super Bowl Party and Raffle:** The Big Game (February 1) is on and Bobby and Chrissy are putting on another great party for the Post. It is a Pot luck with Bobby and Chrissy providing the big entrees and would like people to bring a dish (see the flyer at the Post or on the website) It does not matter if you root for the Seahawks or the Patriots, this will just be a great time. With the Party, there is going to be a great Raffle with super prizes. Here is a partial listing of the prizes, they are just great:

1- 50 inch Flat Screen TV

2- Night at Downtown Westin Hotel

3- Night at Downtown Sheraton Hotel  
Downtown

4- Dinner for 2 at Grants Grill in Grant Hotel

5- A Gift Basket which includes dinner for 2 at Phil's Barbeque

6- 14 inch Notebook

7- 10 NFL Game day Nike Stitched Jersey's

8- Dinner for 2 at Longhorn

## Cootie Corner:



**Sisters and Comrades** To all of our friends and supporters , may this year be the best ever for you and yours.

As predicted , the VA hospital visit was a fun filled AND packed event . The physc ward was packed with vets seeking help.

Thanks to all of the Cooties who showed up to spread some holiday cheer to our hospitalized vets with sandwiches , cookies ,

fruit , gift bags , and coupon books . Our next visit is scheduled for Jan. 24th .

I am sorry to report that due to low turnouts we will no longer have Cootie burger nite . To our few loyal supporters , we would like to thank you for showing up as much as you did . We tried our best to continue but our expenditures kept outweighing our profit . In other words , we lost money every nite . This leaves just our breakfast to keep supporting our hospitalized vets . Please continue your support for this function is now our only means of income .

## Ladies Auxilary Chaplain



### Chaplain report:

The Children's Christmas Party was a great success, The lunch was provided by the Men's Auxiliary (Thank You very much) and Santa came to pass out the gifts. Photo's of you child with Santa will be available to be picked up at Post after Christmas. Ask the bar tender if your Child attended Thank you all who came and helped out and made the day great. Kathie Okolski

## VA Back Log Update:

The Department of Veterans Affairs likely will not eliminate a backlog in benefits claims by the end of 2015, according to Army Times. Despite cutting the backlog in half since the start of 2013, the agency is not processing the claims fast enough to reach what has long been an agency goal. The publication said VA workers completed more than 1.3 million

On a brighter note, my trip to the Tomb of the Unknown Soldier was great with beautiful weather that Sun. I always feel honored when I hand that wreath to the guard. Everyone should experience it at least once.

Until next time , remember our motto of " keep them smiling in beds of white "

Mike

Mike seam squirrel PT 6 Jackalopes 619 6161644  
mphchitown@hotmail.com



## Chaplain's Message

Greetings to everyone at Mission Valley Post 3787. Last month Our Lord called Grover Churchill and Walter Moore to their heavenly home. May we be a source of strength and comfort to the families and friends of these two comrades through God who strengthens us. Best wishes to all throughout the year and may what we say be pleasing to Him. Your Chaplain -- Jose Hernandez

VA Bingo DONATIONS needed for VA Hospital BINGO nights: knit caps/beanies, socks, deodorant, body wash, toothpaste and toothbrushes. Veterans...male and female, young and old...love this event hosted by the Ladies Auxiliary on the 3rd Thursday of each month...7 PM Feel free to join us...cookies, fruit and juice served...meet at the home Post at 6 to carpool... Thank you, Jan Illig Smith, Hospital Chairman

## Back Log Update Cont

claims in 2014, a record, and has cut the backlog to 245,000, which is a drop of 250,000 from the start of 2013. But new claims come in at an increasing pace and will prevent the VA from cutting through the entire backlog. "I think they can get close, but I don't think they can get to zero," Jackie Maffucci, the research director for Iraq and Afghanistan Veterans of America, told the publication last week. "Just looking at the numbers, it's doubtful



### MOCA Message:

**Ladies:** Now that the holiday season is over we hope most of us had a wonderful time we know some did not. In January some of our members will be going to the C of A up North. In February we will be having elections for the next years Officers. We hope to see a lot of members so we have a choice to pick from. We welcome our newest member Bobby Remley.

On a sadder note we send our sympathy to Reta Butler on the loss of her husband. We also lost JanTetschlag she will be greatly missed in the kitchen. She spent many years helping all of the organizations with breakfasts and dinners. I want to Thank our President Josie Gregg, Sr. Vice Loyce Edwards, Trustee Jan Illig Smith, Bobby Remley, Seam Squirrel "Cottie Mike" Herman and Tony Espinoza for all their help on whatever meals my husband Gus and I decide to take on. Without their help we'd never succeed. Lynda Murguia Treasurer

**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 (she is a wealth of information), 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.

**Buddy Poppy Drive In Full Swing:** You will see the boards Posted Get yours now. Thank you to all who honor our Heroes. This year when we make up the Poppy Boards, Posters, and We Care Banners you can have a logo or sponsor name on the board with the honoree. If the honored person wants a logo with their poster, just indicate it on the form. You can see things like the Medal of Honor Ribbon, the 18th Airborne, and the Pearl Harbor Monument on the boards. If you would like a picture of the Honoree on the board that can be done, you have to provide the photo (it will be returned) and it will be placed alongside the name on the board. If you want the Sponsor Name on the banner, please indicate it. This should make our Boards very special and the best in the VFW. The Pet Board gives you an opportunity to Honor or remember your Special Pet. Please remember why we do this. The Poppy proceeds go to our relief funds and the making of Poppies employs our disable Veterans. Dick Agler, Poppy Chairman /Lynda Murgia Ladies Aux Chairman

#### 2014 - 2015 VFW 3787 POPPY DRIVE REQUEST FORM PLEASE PRINT INFORMATION

SPONSOR (Your Name) \_\_\_\_\_

POPPY BOARD (\$5.00) (living person) - NAME ON BOARD \_\_\_\_\_

MEMORIAL BOARD (\$10.00) (deceased person or group) NAME you want on the Memorial Board. \_\_\_\_\_

THOSE WHO CARE (\$20.00) NAME you want on BOARD \_\_\_\_\_

PET BOARD (\$3.00) Honoring your Special Pet. Name you want on the board: \_\_\_\_\_

AMOUNT DONATED \_\_\_\_\_ DATE \_\_\_\_\_

There are four types of displays, Small Poster (to honor/recognize the living/Past ) - \$5.00, Large Memorial Board (honoring the Past) - \$10.00, and a We Care Banner (honoring anyone Past or Present) - \$20.00. Pet Board - \$3.00 for honoring your Pet (Pass or Present)

Do you want a sponsor name, logo, picture, or emblem on the Poppy Poster/Board/Banner \_\_\_\_\_ (yes or no)

Please indicate: (ex: 18th Airborne, Medal of Honor, Bronze Star, US Navy emblem, Personal Picture, Pearl Harbor monument, Ford Truck etc. If I can find it I will put it on) Personal Pictures will be returned.

Indicate what you Would like on the Board \_\_\_\_\_



## Dollars & Cents:



Greetings from the Quartermaster. We are seeing the results of our business model changes and they are very welcome. The Canteen is taking in enough to cover most of the business expenses of the post, without having to make significant price increase that I believe would drive business away. That means we will start to see benefits in the ability of the Post to do more for the programs. I know this has been a very controversial issue, but we are starting to see the results. Again I want to thank our Volunteer Bartenders for helping us keep the Post open for the members. The Post now has a complete new roof and a new parking lot resurface which really looks nice. Our next major task is going to be getting a solar installation to lower our electric bill (currently about \$1900 a month). It is a major undertaking and will require the Post to take out a loan. The goal is to have the electric bill reduction cover the cost of the loan. This is going to be tricky and Dave Tofte is working hard to make it happen. The Post is open to all ideas and inputs on how to proceed. The topics are addressed at each meeting. Hope to see you there. Thanks, Your friendly Quartermaster Rick Tanner

**TRICARE Will No Longer Provide Certificates of Coverage:** Due to changes made by the Patient Protection and Affordable Care Act (ACA), insurers cannot deny coverage based on preexisting conditions. Thus, veterans who lose TRICARE coverage will no longer be required to prove they were covered for their existing malaises when applying for health insurance coverage after leaving TRICARE coverage. Beneficiaries will continue to receive notice that their TRICARE coverage is ending. To read more about this change, visit: [http://www.tricare.mil/CoveredServices/BenefitUpdates/Archives/01\\_12\\_15\\_NoCoCC.aspx](http://www.tricare.mil/CoveredServices/BenefitUpdates/Archives/01_12_15_NoCoCC.aspx)

**VFW Post 3787** will do a Pot Luck High lighted by the World Famous Fried Chicken (Imported). Please bring a side dish to share and enjoy Presidents Day at the Post. We will start at 12:00. Celebrate Presidents Day with Friends, Comrades, Sisters, and Friends. Good time to be had by all. The Post will put out its great flag display and it is a Great Day to honor all our Past Presidents; Washington, Lincoln, Kennedy to name a few. And who could ever forget James Garfield.

**Health Care Scams :** The Federal Trade Commission is warning Americans who are shopping for new health insurance plans to watch out for potential scams. The second annual open enrollment for Obamacare began 15 NOV. According to the FTC, it's also open season for identity thieves. Regardless of whether you're shopping for a plan on a government exchange or you're covered by private insurance purchased elsewhere or have Medicare, scammers are targeting you. According to the FTC, one of the best ways to protect yourself is to recognize a potential scam: Medicare. If an "official Medicare agent" shows up at your front door, the FTC says it's a scam. There are no Medicare sales reps. If you get a call that says you're required to have a prescription plan or you'll lose your Medicare coverage, that's another scam. Also, don't give out your personal information, including your Medicare number, over the phone, the FTC warns. "If you are shopping in the [federal] Health Insurance Marketplace, only shop at HealthCare.gov. People who try to sign you up elsewhere may be scammers," the FTC said. Also know that the government will not call to sell you insurance.

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



## Naval Medical Center San Diego's Consolidated Mail Order Pharmacy Program

### Ceases:

Per the National Defense Authorization Act of 2013, the Naval Medical Center San Diego's Consolidated Mail Order Pharmacy Program will cease operation on May 31, 2015, and be replaced by the TRICARE Pharmacy Home Delivery Program (Express Scripts) Prescription generic drugs on their Formulary List will continue to be free, but Formulary Brand Name and Non-Formulary prescription drugs could require a co-payment of either \$16 or \$46, respectively, for a 90 day supply per drug.

Also, over-the-counter (OTC) and compounded medications WILL NOT be provided by this program, with only THREE exceptions

You may need a Prior Authorization Form or Medical Necessity Form completed and submitted by your Physician for any non-formulary drugs that they want to prescribe to you. The forms are available on the TRICARE Pharmacy Program website

I have attached the Basic Core and Extended Core Formulary lists from TRICARE as Excel spreadsheets so you can search to determine if any drugs you're currently taking may require a co-payment.

If you have any questions about this, call Express Scripts Customer Service at (877) 363-1303.

Editors Note: I want to apologize for the delay in getting this out to the membership. I have been overwhelmed with paper and items. Hopefully, there will not be any delays in the future. Hope you enjoy.

Thanks, Rick Tanner

Please attend the Poppy Dinner on Feb 14, it will be great food and a good time. Reno's band is playing for your enjoyment.

## Major General Vandegrift

*The President of the United States in the name of The Congress takes pleasure in presenting the Medal of Honor*

**To: Alexander Archer Vandegrift**

**Rank and organization:** Major General, U.S. Marine Corps, commanding officer of the 1st Marine Division

**Place and date:** Solomon Islands, 7 August to 9 December 1942

**Entered service at:** Charlottesville Virginia 1908

**Born:** Mar. 13, 1887 in Charlottesville City, Virginia

**Citation:** For outstanding and heroic accomplishment above and beyond the call of duty as commanding officer of the 1st Marine Division in operations against enemy Japanese forces in the Solomon Islands during the period 7 August to 9 December 1942. With the adverse factors of weather, terrain, and disease making his task a difficult and hazardous undertaking, and with his command eventually including sea, land, and air forces of Army, Navy, and Marine Corps, Maj. Gen. Vandegrift achieved marked success in commanding the initial landings of the U.S. forces in the Solomon Islands and in their subsequent occupation. His tenacity, courage, and resourcefulness prevailed against a strong, determined, and experienced enemy, and the gallant

**Fighting spirit of the men under his inspiring leadership enabled them to withstand aerial, land, and sea bombardment, to surmount all obstacles, and leave a disorganized and ravaged enemy. This dangerous but vital mission, accomplished at the constant risk of his life, resulted in securing a valuable base for further operations of our forces against the enemy, and its successful completion reflects great credit upon Maj. Gen. Vandegrift, his command, and the U.S. Naval Service.**

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



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>Kerry Costello</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>Fay Hargis</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		January: 1/19 - Martin Luther King Jr Birthday February: 2/2 - Ground Hog Day 2/12 - Abraham Lincoln Birthday 2/14 Valentines Day 2/16 - Presidents Day 2/22 - George Washington's Birthday 2/26 - National Pistachio Day
<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	

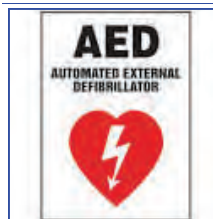
## Lowes Discount 10%

Military Discount. Lowe's established the 10% Military Discount to support the men and women who are currently serving our country in the Armed Services and to honor retired service members and recipients of Department of Veterans Affairs (VA) benefits. This 10% discount is also extended to the immediate family of those eligible for the discount. Immediate family is defined as the spouse and children under age 18. To qualify for the Everyday 10% Military Discount, you must:

- Be currently serving in, or retired from, a qualifying branch of the Armed Services, or be the immediate family member of someone who is and have a valid military ID Card; or
- Be a veteran who receives VA benefits and have a valid Veteran Identification Card (VIC).

Veterans Discount. Lowe's honors all Veterans on three specific holidays: Memorial Day, 4th of July and Veterans Day. During these three holiday weekends, Lowe's will offer a 10% to all veterans who served honorably and who present a valid Form DD214 or other proof of service. The discount is extended to the veteran community on these three holidays only.

## AED Donated. Help needed



Ladies Auxiliary has acquired an AED device for the Post. These devices can save a life in case of a heart attack and are simple to use with verbal directions being part of the devices' features. Kathie Okolski and Commander Jack are scheduling the training required for the device at a low or no cost. Training of a certain number of volunteers must occur before the device can be installed. If you are interested in being trained to use an AED please give your name to Capt Jack, or Kathie Okoloski if you would like to Participate. Training is scheduled for Wednesday February 18 at 5PM. Please sign up

## Words you Don't hear anymore

1. There's a dollar in my purse, get 5 gallons of gas when you go to town.
2. Open the back door and see if we can get a breeze through here, it is getting hot.
3. You can walk to the store; it won't hurt you to get some exercise.
4. Don't sit too close to the TV. It is hard on your eyes.

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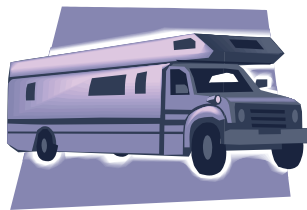
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# January 2015

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

Sun      Mon      Tue      Wed      Thu      Fri      Sat

					1 Linda Lunch- eon 12-2	2 Fish Dinner by Chris & Crew 5:30—7:30 PM	3 Men's Aux Meet- ing 10AM Post Ham- burgs 11-2
4 Cdr's Bkfst 8- 12 PM	5	6 Linda Lunch- eon 12-2	7	8 Linda Lunch- eon 12-2	9 Moca Dinner by Lynda 5:00- 7PM	10 Post Mtg 10AM Post Ham- burgs 11-2	
11 Cootie Break- fast 8—noon Cootie Mtg 12	12	13 Linda Lunch- eon 12-2 SUB- VETS Meeting 7:00 PM	14	15 Linda Lunch- eon 12-2 Marine Corps League Meeting 7:00 PM	16 Fish Dinner by Nicolette & Crew 5:30—7:30 Karoake	17 Vets Legal Clinic 9-Post Ham- burgs 11-2	
18 Ladies Aux Breakfast 9— noon.	19	20 Linda Lunch- eon 12-2 Ladies Auxiliary Meeting 6:30 PM	21	22 Linda Lunch- eon 12-2	23 Men's Aux Dinner 5-7PM	24	
25 Marine Corp Breakfast 8— noon	26 <i>Baby Back Ribs by Bob/ Chris 5-7PM</i>	27 Linda Lunch- eon 12-2	28	29 Linda Lunch- eon 12-2	30	31	





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# February 2015

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Cdr's Bkfst 8-12 PM Super Bowl Party 2PM Pot Luck	2	3 Linda Luncheon 12-2	4	5 Linda Luncheon 12-2	6 Fish Dinner by Chris & Crew 5:30—7:30 PM	7 Men's Aux Meeting 10AM Post Hamburgs 11-2
8 Cootie Breakfast 8—noon Cootie Mtg 12	9	10 Linda Luncheon 12-2 SUB-VETS Meeting 7:00 PM	11 Hall Rental Private Party 5PM	12 Linda Luncheon 12-2	13 Moca Dinner by Lynda 5:00-7PM	14 Post Mtg 10AM Post Hamburgs 11-2 Poppy Dinner 5PM
15 Ladies Aux Breakfast 9—noon.	16 Presidents Day Pot Luck	17 Linda Luncheon 12-2 Ladies Auxiliary Meeting 6:30 PM	18 AED Training 5PM - Kathie Okoloski	19 Linda Luncheon 12-2 Marine Corps League Meeting 7:00 PM	20 Fish Dinner by Nicolette & Crew 5:30—7:30 Karoake	21 Vets Legal Clinic 9-Post Hamburgs 11-2
22 Marine Corp Breakfast 8—noon	23 Chicken Fried Stk by Bob/Chriss 5PM	24 Linda Luncheon 12-2	25	26 Linda Luncheon 12-2	27 Men's Aux Dinner 5-7PM	28