



VETERANS OF FOREIGN WARS POST 3787

MISSION VALLEY MESSENGER

Volume 58, Issue #2

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

March/April 2015



Commander's Communications

Comrades and Sisters, please welcome our eleven (11) new members: Terry Matthews, Larry Lamb, Stuart Kalbrofsky, Evelyn Lim, Bruce Brown, Don Caton, Randy Adams, Joselito Albao, David Diepenhorst, Harold Simons, and Jan Sanchez.

UPCOMING POST OFFICERS NOMINATIONS & ELECTIONS. Comrades, as I addressed in our Jan/Feb 2015 newsletter, nominations for Post Officers for VFW Year 2015-2016 will be the first order of new business at the Post Meeting on Saturday, March 14th. Please attend so you will have a voice in the candidates we nominate to lead our Post this upcoming VFW year. Following the March nominations, the actual Elections (including any other nominations) will take place on Saturday, April 11th. Post Meetings commence promptly at 1000 (10 AM).

POST HOME ROOF/SOLAR INSTALLATION: The roof is finished! Earl Childress did a terrific job and we sincerely appreciate it! Now the next step and the difficult part! The Post is now considering the installation of Solar to offset the current cost of our gas and electric of approximately \$2,000 per month with scheduled increases in the utility rates from San Diego Gas and Electric forthcoming. We have currently received estimates in the range of \$160,000 to \$200,000 to install the solar. A final determination on whom and when this contract will be awarded is imminent. The cost of the loan will be financed at the very best interest rate we can obtain. Therefore the Post is requesting donations to assist in making an initial down payment to offset the amount and interest of the loan. Once donations are received, they will be placed in a "Restricted Fund" handled by our Chief Financial Officer/ Quartermaster and used only for that purpose. Please note: In the unlikely event we do not install solar, all donations for this purpose will be returned to the respective donors. Accordingly, I would like to extend a most sincere "thank you" to our Men's' Auxiliary as they are the first to step forward and commit a \$2,500.00 donation! Also, all donations will be provided with written documentation for

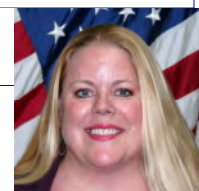
LAUX President's Posting

Sisters We had the pleasure of meeting Former Marine, James Moreno at our last meeting. Along with Sharon Plache, aquatic body therapist, they told us of the positive results Aquatic body therapy is having here in San Diego with our Veterans suffering from PTSD. The Wave Academy is a VA approved program for Veterans with PTSD and their caregivers. PTSD symptoms were reduced on average by 28% after completion of an 8 week program. We must never forget our mission to help our Veterans and I am pleased we voted to support this local program. Please pass on this information to

anyone you know who may benefit from this program or call me for more info.

On April 11, we are putting on the last Cancer fund dinner. As our National VFW LAUX focus realigns appropriately to Veterans Support, this will be the last big Cancer fund dinner. With Jan and Edy heading this up, it is sure to be a great success. I hope to see you all there!

It was discussed in our February meeting that there are basic tools and possibly major upgrades that could enhance functionality of our Post kitchen. Jr. Vice President, Edy Valse is heading up a committee to determine how our LAUX may be able to help. Please



Commander's Comm. Cont:

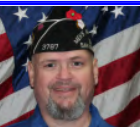
tax purposes! Everyone, thank you for your generosity and prompt action on this essential commitment for our Post Home.

CONTINUOUS/ANNUAL MEMBERS. Comrades, with the new annual members procedures in effect, i.e. all annual members receive one full year of membership vice the previous method of all annual members dues expiring on 31 December of the current year, it is critical you check your annual membership card to know the exact expiration date; you also receive dues renewal notices from the National Organization commencing three (3) months prior to your expiration date. I have personally sent letters to annual members whose dues have expired requesting them to contact me – regrettably not as successful as I would like. For our many members still on active duty and it is so important you continue your membership, particularly under the current scenario. Congress is looking at changing the current retirement system, eliminating TRICARE, limiting pay increases, changing or eliminating the Commissaries and the list goes on and on. Simply put, your continued membership is vital to our National Organization because our strength is in the numbers, i.e. the more members we have, the greater impact we have on our Congressional leaders. VFW National strategically puts their legislative muscle to work on The Hill every day. Standing up for our rights. Fighting to protect funding for critical veterans' programs. Mobilizing grassroots support to create a citizenry of informed, engaged veterans' advocates. Comrades, the VFW has been instrumental in nearly every major legislative victory for veterans in the 20th and 21st centuries. There are far too many to list here but to view the full list of VFW legislative accomplishments dating back to WWI, visit www.vfw.org/vfw-in-dc Comrades, if you have any questions or concerns, please contact me direct at myshiphawk@cox.net or by cell at 619-742-0698 – I welcome your emails or calls. Also, if you have recently responded to the National Dues Notices and paid your dues, thank you. If not, and you wish to pay your dues through the Post, please stop by the Post – or – send a check or money order for \$40.00 payable to Post 3787 and we will handle – Post address is: 4370 Twain Ave, San Diego, CA 92120. And, if by chance, you are not financially able to pay the annual dues, or, if you are ill or in need, please let me know as soon as possible and let us help. In closing, a sincere thank you to all our wonderful volunteers. Without you, we would be up a creek without a paddle! Yours in comradeship. Jack Turner

Ladies Auxiliary Posting (Cont fm page 1)

contact Edy at 619-697-0210 if you're are interested in participating in this committee.

Our March meeting will be on WEDNESDAY, MARCH 18 at 6:30 pm. Meeting moved to support the St Patty's Day dinner at the Post. Ladies, please plan to attend as we will discuss Aspire, a 40 bed facility that helps veterans transition into the work force by providing housing, clothing and job placement assistance. We will discuss monetary support and a possible rummage sale and supply drive for Aspire. 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 :)



Men's Auxiliary Announcements

Hi Comrades & Sisters, Hope you are enjoying the New Year. The men's auxiliary has been active at the post. Thank you to our past President Marchello for stepping up and obtaining a nice large screen TV for the POST home.... We have also allocated \$2,500.00 towards the solar panels. As always thank you for your continued support of the Saturday Burger program. We will continue having rotisserie chicken for March. For those who celebrate lent we will have fish available. Our dinners are on the 4th Friday of each month. Thank you for your continued support. April we will having either Salmon steaks or Greek's chicken skewers, to be determined at the meeting. Our next meeting will be March 7th at 10 am at the post home. Yours in service, David Craig Tofte President - Men's Auxillary

Cootie Corner:



Sisters and Comrades We would like to thank all of our regular and New members who attended our last breakfast . We served 75 meals .I haven't seen that good a turn out in a long long time . In order to keep supplying our hospitalized Vets with coupon books for bingo , that is the minimum number of meals we have to serve to keep purchasing \$200.00 worth of books for every visit. Also , to make our breakfasts more family friendly , we have voted to serve all kids 12 and under with a FREE breakfast with the purchase of any adult breakfast . This FREE breakfast consist of one egg, one french toast, one bacon or sausage, potatoes, gravy, and toast , and gravy . So, bring the kids, grandkids, great grandkids.

Hospital visits are the last Sat. of each month . Come down and put a smile on a Vets face . Til our next newsletter

“Keep them smiling in sheets of white” Mike Seam Squirrel Pup tent 6 Jackalopes 619 6161644
mphchitown@hotmail.com

Little League (North Park) Lets Play Ball:

Thanks to the support of our Men, Women, Cooties, and Mens Aux. . Blue Thunder will be on the field starting shortly. We've had a few practices and I can HONESTLY say this team is going to be very entertaining if you get my drift. At 7 & 8 yrs old , keep in mind how young they are. I will post our season schedule at the Post as soon as I have one. Wanna have some fun in the sun ? Cheer on your team? Please join us . Coach Mike Manager Blue Thunder

VA Bingo DONATIONS: I would like to thank everyone who made donations to the VA Hospital for our monthly Bingo night; Carol St. Pierre for knitting caps, Karin Fowler and Bobby Remley for their sock donations and a monetary donation from Joan Popyack...we welcome all to join us playing Bingo with the Vets every 3rd Thursday; meet at the Post home @ 6 to travel to the VA Hospital for Bingo @ 7:00...LAUX Hospital Chairman, Jan Illig Smith

How To Identify Tricare On Tax Forms

The new Affordable Care Act has a provision that penalizes taxpayers who do not have health insurance and choose not to purchase health insurance via the new health care exchanges. These penalties are happening via the federal income tax return. If you have qualified health insurance, then you show that on your tax return. Unfortunately, the line is small, the labeling is poor, and the instructions are slim.

There are three versions of the basic 1040 federal income tax return: the 1040EZ, the 1040A, and the regular 1040. Each has a different level of complexity and lets people include more information to reflect different tax situations. Each one has a line where you state that you have health care coverage, but it is a different line for each form. Fortunately, it is not nearly as difficult as it looks. Each form has a line that says Health Care: individual responsibility (see instructions), and then the words Full-year coverage and then a box. IF you had an acceptable forms of Tricare for the entire 2014 calendar and tax year, then you just check the box and you are done.

PATRIOT'S PEN – (Students in grades 6–8 on Nov 1, 2015) <http://www.vfw.org/PatriotsPen/>
The 2015-16 theme is: **What Freedom Means to Me.** Essays must be no less than 300 words and cannot exceed 400 words. They should be submitted to the Post, along with the completed Patriot's Pen entry form no later than the November 1 deadline.

Teacher Program Changes. So as not to interfere with VOD/PP programs. the Teacher Award Program submission dates have changed:

February 15 - Teacher nominations to the Post
February 28 – Completion of Post judging
March 15 – Completion of District judging
March 30 – Completion of Department judging
April 5 – Department winners to National
April 15 – Department reports to National

Honoring our Troops Seminar Schedule for 2015 Saturday – March 21, 2015: *VA Disability and Social Security Benefits* Key Points: Translating your service-connected disability into Social Security Benefits for those who are unable to work due to their disability issues. Location: 4370 Twain Ave, San Diego, CA 92120 (VFW 3787) Time: 11:30am – 12:30

Registration required: <http://hrtroops.org/news/events>

Saturday – April 18, 2015: *Win Set Aside Contract as a Vet Biz* Benefits: If you are thinking of starting a business or going to work for yourself there are advantages to being a veteran but there are legal qualification in order to obtain set aside opportunities.

Location: 4370 Twain Ave, San Diego, CA 92120 (VFW 3787) Time: 11:30am – 12:30

Registration required: <http://hrtroops.org/news/events>

Saturday – May 16, 2015: *Know All Your VA Benefits*

Benefits: What the VA does not want you to know about keeping and maintaining your benefits.

Location: 4370 Twain Ave, San Diego, CA 92120 (VFW 3787) Time: 11:30am – 12:30 Registration required <http://hrtroops.org/news/events>

[Continued Pg 7](#)

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. I dedicate this column to attempt to discuss the solar project and what the funding is going to have to be to try to get it done. The estimates are coming in around \$150,000.00 for the project. This means we will have to finance a large portion of this amount. Our Commander has requested donations to try to bring the financing costs down. From an objective view, the electrical savings have to cover the cost of the loan. The Solar does not generate any additional income so we have to have the savings cover the cost. The more donations we get the better the loan situation will be. We are going to have to take a 15 year loan and if any member knows of a lending agency that will give us a good low interest loan, please contact me. The project must pencil out as the Post does not want to put itself in debt expecting the income from the Canteen to cover. This is a great project and if we can get pass the financing, the post will have a great savings that can be used in the out years. I am available to discuss this with anyone at anytime. I cover it at each meeting. Hope to see you there. Thanks, Your friendly Quartermaster Rick Tanner

New TRICARE Prescription Copays in Effect: The FY 2015 National Defense Authorization Act required the military's TRICARE health program to increase most pharmacy copayments by \$3. The increase went into effect Feb. 1, and copays vary depending on the class of drug and where beneficiaries choose to fill their prescriptions. Using military pharmacies to fill prescriptions continues to be free to beneficiaries, as well as generic formulary medications received through TRICARE's Pharmacy Home Delivery program. Remember... May 31 the Military Mail Order Program will cease. If you are using this program, you will have two options. (1) When you order refills (online or Telephone) you will have to select a pick up point for you to go get them or (2) register with Express Scripts (TRICARE's Pharmacy Home Delivery Program) which will mail (free of charge) your prescriptions.

Special Thanks to all the people who put on the Poppy Dinner. It was very successful and all the proceeds go to the Poppy Program. The Food was great, the entertainment was super and the comradeship was outstanding. Thank you to all the cooks, servers, and supporters for doing this event. It helps with our assistance to Veterans which is our primary tasking. Well Done.

Troops to Share Millions in SCRA Violation: The Justice Department announced this week that under a settlement with five of the nation's largest mortgage servicers, 952 service members and their co-borrowers are eligible to share \$123 million for non-judicial foreclosures that violated the Service Members Civil Relief Act. Section 533 of the SCRA prohibits non-judicial foreclosures against service members who are in military service or within the applicable post-service period, as long as they originated their mortgages before their period of military service began. The five mortgage servicers are JP Morgan Chase Bank N.A.; Wells Fargo Bank N.A. and Wells Fargo & Co.; Citi Residential Lending Inc., Citibank, NA and Citi Mortgage Inc.; GMAC Mortgage, LLC, Ally Financial Inc. and Residential Capital LLC; and BAC Home Loans Servicing LP, formerly known as Countrywide Home Loans Servicing LP (Bank of America). For more information and points of contact about SCRA payments, go to: <http://www.defense.gov/news/newsarticle.aspx?id=128143&source=GovDelivery>. If you were a cosigner to a loan for someone who this happened to you should check this out. If it happened to you, then you can get a repayment and credit repair.

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



VFW DISTRICT 1 OFFICIAL VISIT ITINERARY

Thursday, March 26th, 2015

Steaks at S.A.B.L.E Post 2275 Dinner starts at 5:00 p.m

Friday, March 27th, 2015,

Breakfast at the Holiday Inn in La Mesa at 8:30 A.M.

VA Hospital Visit at 10:30 A.M. to 11:30 A.M.

Lunch at Ramona Post 3783 from 12:00 P.M. to 1:30 P.M

Visit Alpine Post 9578 from 2:00 P.M. to 3:30 P.M.

Don Diego Post 7420 arrive around 4:00 P.M., Dinner to start at 5:00 P.M. with the Sombrero ceremony after Dinner.

Saturday, March 28th, 2015

Mission Valley Post for Breakfast starting at 8:00 A.M.

Visit the Chula Vista Veterans Home at 9:30 A.M. to 11:30 A.M.

Lunch at Encanto Post 1512 from 12:00 P.M. to 1:30 P.M.

Back to the Hotel to rest from 2:00 P.M. until 4:00 P.M.

Official Visit Banquet at S.A. B.L. E. Post 2275

No Host Cocktails from 4:00 P.M. to 5:00 P.M.

Introductions 5:00 P.M.

Dinner Served from 5:30 P.M. to 7:00 P.M. Awards and Speeches after Dinner

VOICE OF DEMOCRACY Program

Theme – (Students in grades 9–12 on Nov 1, 2015)

<http://www.vfw.org/VOD/> The 2015-16 theme is:

My Vision for America. Students should record their reading of the draft to a CD. The recording can be no shorter than three minutes and no longer than five minutes (plus or minus five seconds).

Once the student creates their essay and completes burning the audio version to a CD, they can submit their typed version, CD and the Voice of Democracy entry form to their local participating VFW Post by the November 1 deadline.

Scams be on the look out. In 2015, be on the lookout for new variations of scams we've seen before. For example, the one that tells you you've won some great prize but need to send money to cover associated taxes or fees. Similarly, watch for loan scams that promise you low rates on a loan in exchange for a 'sign-up' fee - if you pay the fee, you will likely be out the money and the loan will never materialize

Mobile payment fraud - As mobile payment options like Apple Pay become more widespread, hackers and ID thieves will likely target these services. While preventing these attacks is mostly the burden of the specific provider, you can do your part by regularly monitoring your accounts and checking receipts to ensure that any payment stemming from these services is a legitimate one.

Targeted spam - Email spam that is full of misspellings and generic greetings will be taken over by highly relevant spam in 2015. Scammers will likely spend more time researching victims on social networks and will use that information to tailor spam to each individual. Use caution when clicking on links contained in unsolicited emails, and never share sensitive personal information over email - if the request is a legitimate one from a reputable company they will most likely ask you to call or log in to your account to provide personal information.

Senate Approves Carter as Defense Secretary:

The Senate overwhelmingly approved Dr. Ash Carter to become the new Secretary of Defense. He was deputy secretary of defense from 2011 to 2013, and before that, he oversaw the buying of the military's newest weapons systems and technologies, as undersecretary of defense for acquisition, technology and logistics. During the Clinton Administration, he was assistant secretary of defense for international security policy.

First District VFW 58th Annual Mass Installation of Officers will be held on Saturday, May 16, 2015 at VFW CARTER-SMITH Post 5867, LAKE-SIDE, CA. More Details will be forthcoming.

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



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

Ladies Auxiliary VFW Post 3787 Officers		March: 3/15 - Ides of March 3/17 - St Paddys Day April: 4/1 - April Fools Day 4/5 - Easter 4/7 - No Housework Day 4/11 - National Submarine Day 4/20 - Patriots Day 4/23 - Lovers Day
Karin Fowler - President Phone: 619-583-7879	Annette Perea - Sr. Vice Phone: 619-248-3486	
Edy Vallese - Jr. Vice	Nicolette Kelley - Secretary Phone: 619-281-3871	
Jan Illig Smith - Treasurer Phone: 858-220-4348	Kathie Okolski - Chaplain Phone: 858-740-1269	

Saturday – July 18, 2015: Aid & Assistance Benefits Benefits: If you are or know a vet who is home bound or to elderly to take care of themselves these benefits will help you out.

Location: 4370 Twain Ave, San Diego, CA 92120 (VFW 3787) **Time:** 11:30am – 12:30 **Registration required:** <http://hrtroops.org/news/events>

Saturday – September 19, 2015: Secrets to Landing a Job Benefits: Vets have a lot positive attributes to offer employers. Find out how you can exploit them and land the job you want.

Location: 4370 Twain Ave, San Diego, CA 92120 (VFW 3787) **Time:** 11:30am – 12:30

Registration required<http://hrtroops.org/news/events>

Saturday – October 17, 2015: Keeping Your Security Clearance Benefits: Obtaining and keeping your security clearance

Location: 4370 Twain Ave, San Diego, CA 92120 (VFW 3787) **Time:** 11:30am – 12:30

Registration required: <http://hrtroops.org/news/events>

AED Donated. Thank You



Ladies Auxiliary AED/ CPR Training Class. Thank you to the Members, Friends, and interested parties that came to the training class. what a great turn out.

It is comforting to know that the equipment will be used by properly trained people in the event it is needed. Thank you Capt. Pat O'Neil, and Brian Waterman for taking the time to come to the Post and train our group. Your help and Dedication in this matter will go far with our group. We now have the confidence to be proactive in the saving of lives in our Post home and other areas when needed. We now all know our part on handling a situation should it arise. We look forward to having you back in the future to help train new members. Attendees. JACK TURNER, JIMMY WASHBURN, MARY CHABOT, NORM CHABOT, NONA MARSH, JAN ILLIG SMITH, FRANK JANCZYCLK, WALTER MITTE, FAY HARGIS, CRAIG TOFTE, DICK AGLER, DAVID TOFTE, KATHIE OKOLSKI, ANDREA ONIEL, Z. ASZA, LAUA ASZA

Day Light Savings Time

Day Light Savings Time goes into effect on March 8th. Remember Spring Ahead Fall Back. You could be late to breakfast.

Our Proud Sponsors:



Craig A. Candelore, Esq.

Life Member VFW Post 3787

Lisa Belg, 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

Carol Benson
Vacation Specialist



9710 Scranton Road, Ste. 170
San Diego, CA 92121

Direct Line: 858.551.4488

Toll Free: 800.683.4074

Office: 858.450.4060

Fax: 858.450.0628

CAREFREE
VACATIONS
www.carefreevacations.com

cbenson@carefreevacations.com

A Division of FROSCH Travel | CST# 2079194-10

619-334-7915

(619) ~~456-2639~~
CELL (619) 726-7578
FAX (619) ~~456-2637~~
email: ray@cmsperez.sdcxmail.com



C.M.S. Perez Construction

General Contractor
BUILDING - REMODEL - REPAIR

RAYMOND PEREZ
Owner
LIC. #B491595

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



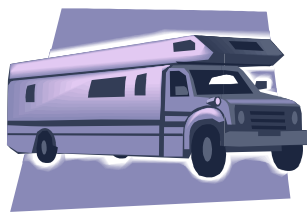
MARBLE
Group

6605 Mission Gorge Rd.
San Diego, CA 92120

Tiffany McIntyre
Restaurant Manager



Office Tel/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.



4370 Twain Avenue
San Diego, CA 92120
619-281-0137

March 2015

www.vfwpost3787.com
qtr@vfwpost3787.sdcxmail.com

Mission Valley Post 3787 and Ladies /Men's Auxiliary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Cdr's Bkfst 8-12 PM	2	3 Linda Luncheon 12-2	4	5 Linda Luncheon 12-2	6 Fish Dinner by LAUX (Edy&Evelyn) 5:00- 7:00PM	7 Men's Aux Meeting 10AM Post Hamburgs 11-2
8 Cootie Breakfast 8—noon Cootie Mtg 12 Day Light Saving Time	9	10 Linda Luncheon 12-2 SUB-VETS Meeting 7:00 PM	11	12 Linda Luncheon 12-2	13 Moca Dinner by Lynda 5:00-7PM	14 Post Mtg 10AM Post Hamburgs 11-2
15 Ladies Aux Breakfast 8—noon.	16	17 St Paddys Day Corned Beef by Tommy & Dave 3 - 6 PM	18 Ladies Auxiliary Meeting 6:30 PM	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	24 Linda Luncheon 12-2	25	26 Linda Luncheon 12-2	27 Men's Aux Dinner 5-7PM	28 Official Visit Breakfast 8am Official Visit Banquet Sable Post 5PM
29 SubVets Breakfast 8 - 12 PM	30 Ham & Scallop Potatoes by Chissy & Bobby 5 PM	31 Linda Luncheon 12-2				



4370 Twain Avenue
San Diego, CA 92120
619-281-0137

April 2015

www.vfwpost3787.com
qtr@vfwpost3787.sdcxmail.com



Mission Valley Post 3787 and Ladies /Men's Auxiliary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Linda Luncheon 12-2	3 Fish Dinner by LAUX (Edy&Evelyn) 5:00-7:00PM	4 Men's Aux Meeting 10AM Post Hamburgs 11-2
5 Cdr's Bkfst 8-12 PM Easter	6	7 Linda Luncheon 12-2 Celebration of Life for Mikey 11am	8	9 Linda Luncheon 12-2	10 Moca Dinner by Lynda 5:00-7PM	11 Post Mtg 10AM Post Hamburgs 11-2 Cancer Dinner 5PM
12 Cootie Breakfast 8—noon Cootie Mtg 12	13	14 Linda Luncheon 12-2 SUB-VETS Meeting 7:00 PM	15	16 Linda Luncheon 12-2 Marine Corps League Meeting 7:00 PM	17 Fish Dinner by Nicolette & Crew 5:30—7:30 Karaoke	18 Vets Legal Clinic 9-Post Hamburgs 11-2
19 Ladies Aux Breakfast 8—noon.	20 Past Commander's Club Dinner & meeting 6PM	21 Linda Luncheon 12-2 Ladies Auxiliary Meeting 6:30 PM	22	23 Linda Luncheon 12-2	24 Men's Aux Dinner 5-7PM	25
26 Marine Corp Breakfast 8—noon Loyalty Day with Padres 1PM	27	28 Linda Luncheon 12-2	29	30 Linda Luncheon 12-2		