



VETERANS OF FOREIGN WARS POST 3787

MISSION VALLEY MESSENGER

Volume 58, Issue #5

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

September/October 2015



Commander's Communications

Hello Comrades, Sisters and Friends: The year of 2015 is in full swing. Sept. and Oct. are busy. Check the calendars and VFW web site, VFW 3787.com, weekly for new events and meals. Happenings at the Post:

Sept. 7th -- Labor Day --- Pot Luck --- Post ---12:00

Sept. 12th -- POW/MIA Recognition Day---Post ---1:00 pm

Oct. 3rd --PICNIC --- Admiral Baker Field ---11:00 am

Oct. 10th -- Post/CARAVENTURES ---Baby Back ribs --- 5:30 pm

Oct. 31st -- Wounded Warrior Dinner ---Post --- Stuffed Pork Chops --- 5:30 pm

This information is in addition to all of the scheduled meals and events that our volunteers make happen to support the post. The solar project is in the final stages. Rick will have more information. A big thank you to all the officers and many, many volunteers for your constant support; without this effort we would not be a VFW Post that continues helping veterans, members, and one another. If you want input for the Post operations and events join us at the monthly meetings, the second Saturday of each month, 10:00 am. All comments and suggestions are welcome. Come join us. See you at the Post.

Commander Dave



LAUX President's Posting: Auxiliary Sisters, Thanks to all of you who attended our July and August meetings; for those of you who were unable to attend, we had some great meetings. Our Christmas in July was a great success. A big thanks to Lynda M for cooking the turkeys, making the dressing and a great jello salad, Craig and Jan for cooking and working the kitchen, Maria and Bobby for serving and fixing tables...you all did a great job. Lots of team work! Thanks to Kathlene Murray and Harper for cleaning and fixing our P O W table the proper way. It looks real nice. Our Taco nite is doing OK. Thanks to Fran for helping me. Hope to see more Auxiliary Sisters at our next meeting; Tues, Sept. 15 @ 6:30 PM Your Auxiliary President, Edy Vallese

Wounded Warrior Dinner and Halloween Party October 31: Our Annual Wounded Warrior fund raiser will occur on Halloween. Great time for all, The Dinner will be the famous Post Stuffed Pork Chops and the Brown Sugar Band will perform starting at 6:30 PM. Come in Costume (there may be a costume judging with prizes). Dinner and Dancing are great things to do instead of trick or treating. All Proceeds of this event will go the Wounded Warrior Fund for donation to local Wounded Warrior organizations. The CARAVENTURERS are going to run a Booze shelf raffle for the event. Details on this raffle will be provided later, but it will be fun. Just think you can dress up as an angel and win a bottle of scotch or tequila or whatever. Tickets for the event will be at the Canteen. So we can purchase the food, please buy your ticket or make your reservation soon.



Men's Aux President Posting: Comrades & Sisters: We hope you had an enjoyable summer. We have a great & active Men's Auxiliary, but we need the help from our brothers. Please try to attend one of our short meetings on the first Saturday of each month. Some of the upcoming events I always look forward to are the POW/MIA tribute, the Post picnic & The Rene St. Pierre memorial Wounded Warriors dinner. Our next few month's dinners will be Wednesday night spaghetti dinner on Sept. 9th & Oct. 14th. We offer a plate of Spaghetti, garlic bread, small salad & desert, all for only \$7.00 donation... Our regular dinners on the 4th Friday's will be: Sept. 25th, featuring Greek's s skewers, served over rice pilaf, garden veggies, roll, Marcello's salad bar & Carol's desert. Oct. 23rd we will be featuring Rotisserie chicken, rice, vegetable, roll, Marcello's salad and Carol's desert. ****Due to the post picnic, our October meeting will be moved to Tuesday, October 6th at 6pm.**** We look forward to seeing you at the post home. Yours in service, David "Craig" Tofte President - Men's Auxiliary

A Walmart Greeter: You just have to appreciate this one. Young people forget that we old people had a career before we retired...Charley, a new retiree-greeter at Wal-Mart, just couldn't seem to get to work on time. Every day he was 5, 10, 15 minutes late. But he was a good worker, really tidy, clean-shaven, sharp minded and a real credit to the company and obviously demonstrating their "Older Person Friendly" policies. One day the boss called him into the office for a talk. "Charley, I have to tell you, I like your work ethic, you do a bang-up job when you finally get here; but you're being late so often is quite bothersome." "Yes, I know boss, and I am working on it." "Well good, you are a team player. That's what I like to hear". "Yes sir, I understand your concern and I will try harder". Seeming puzzled, the manager went on to comment, "I know you're retired from the Armed Forces. What did they say to you there if you showed up in the morning late so often?"

The old man looked down at the floor, then smiled. He chuckled quietly, then said with a grin... "They usually saluted and said, Good morning, Admiral, can I get your coffee, sir"?

The San Diego Vet Center would like to hold an "Open House." They serve the veteran and their family members, San Diego Vet Center is a place veteran's can go for counseling not only for PTSD (Post Traumatic Stress Disorder) due to military related combat or MST (Military Sexual Trauma) that occurred during service. Best of all, there is no charge for services and the center is fast to get the services the veterans need. Due to monetary constraints they have to follow they cannot use their funds to purchase food items for the "Open House" and are asking for donations to support their "Open House" in the near future. Donations can be sent directly to San Diego Vet Center, 2790 Truxtun Road, Suite 130 San Diego, CA 92106. Phone: 858-642-1500 or 877-927-8387 Please make sure your donations indicate that they are for the "Open House". Any questions feel free to contact me or Randy Treadway VFW VAVS Rep. at (760) 703-2071. Remember we are "Veterans helping Veterans."



MOCA Corner

Hello MOCA Ladies: First, Gus & I want to thank our daughters Debbie & Jere and our grandson Josh for handling the August dinner. They were on vacation

from Las Vegas and since Debbie became a MOCA member in 1984 she volunteered to cooked. Thanks to everyone who has paid their dues. We only need a few more to be 100%.

Only one more month and the hustle and bustle of the holidays will be upon us, I can't figure out where the year has gone. "Keep 'em Smiling in Beds of White" Lynda & Josie

Cootie Corner:



Hi to everyone! My last trip to Pittsburgh for the VFW/MOC Convention was the greatest trip I have yet to experience. I had the opportunity to visit the Pittsburgh VA Hospital. This facility should be considered as a prototype for every VA hospital in the country. They are the most advanced at prepping our hospitalized Vets for returning those Vets to society. Our hospitalized Vets go thru each stage of their care and the last step of their care is living in a neighborhood built right there on the hospital grounds. It looks like a scene out of Father knows best. When a Vet is discharged from there, they have a job, AND a place to live. Impressive!

Your support is needed. Please help us help our Vets by supporting our breakfast!!!

Remember, we "Keep them smiling in sheets of white" Mike Seam Squirrel Pup tent 6 Jackalopes 619 6161644 mphchitown@hotmail.com

DOD Launches Website on New Prescription Drug Policy:

Earlier this month, the VFW reported on a new TRICARE prescription drug policy that will require certain beneficiaries to refill select maintenance medications through home delivery or at military treatment facilities. This week, TRICARE published a summary of the changes on its website, including which beneficiaries will be affected, which medications will fall under the new rules, how to request waivers if necessary, and contact information for additional questions. Active duty military personnel are exempt from the new policy. The change will take place on October 1, 2015, and DOD will begin sending letters with additional information to beneficiaries on September 1. To view the new TRICARE prescription drug webpage, go to: <http://www.tricare.mil/RxNewRules>

Labor Day Pot Luck: The Post will do a Pot Luck on Sept 7 in honor of Labor Day 12 - 4. Sandwiches (special made) and side dishes. Please bring a dish to Pass



Ladies Aux Treasurer

-Our Christmas in July dinner went well. Thanks to all who had a hand in helping at this event. We were able to send a check for \$430 to our Veterans and Family Support Program...thanks to all who came and enjoyed! -Couple of big upcoming events to mark on your calendar:

---Our POW/MIA celebration will be held on Sat, Sept 12 beginning at 1PM...light lunch served afterwards for those attending.

---Post Picnic will be held on Sat, Oct 3 at Admiral Baker Park...lots of prizes, food, drinks and fun! Entry fee is \$5 Hope to see you all there!

-I would like to thank my kitchen help for the monthly Auxiliary Breakfast...tried, true and invaluable: Craig, Sharron, Lynda M and Bobby! New recruits...Mike H in the kitchen and Gina, new member, serving!...with the occasional visit from Pat (who lives in El Centro), also serving...this past month we welcomed Edy's pancakes! Thanks for all the volunteers...teamwork makes it happen!!

-We hosted the monthly district membership meeting on Tues, Aug 25th...18 of the 21 auxiliaries we represented; awesome attendance, good fun and a great meeting...thanks Edy and Fran for preparing the meal and Craig for being in the kitchen to plate the dinners. -2016 membership dues are being collected...17 of our 42 annual members have paid. Please send in your 2016 dues to keep your membership current...thanks! Thanks for everyone's support; we all belong to an awesome Post!

Jan Illig Smith Auxiliary Treasurer



Chaplain Corner

Hello to everyone at 3787. As of this

writing, I know of no one in sickness or distress. Thank God for His mercy and love and the blessings He sends to us from His holy habitation in heaven. Now that school season started again, be careful of the children going to and from school. Ease up on the gas pedal and look out for the other guy. Wishing you all good health and happiness in the name of Jesus. Your chaplain -- Jose Hernandez

Military Service, forever unforgettable! This is a poem being sent from a Marine To his Dad. It makes you truly thankful for not only the Marines, but ALL of our troops. **THE MARINE**

We all came together,
Both young and old
To fight for our freedom,
To stand and be bold.
In the midst of all evil,
We stand our ground,
And we protect our country
From all terror around..
Peace and not war,
Is what some people say.
But I'll give my life,
So you can live the American way
I give you the right
To talk of your peace.

To stand in your groups,
And protest in our streets.
But still I fight on,
I don't bitch, I don't whine.
I'm just one of the people
Who is doing your time.
I'm harder than nails,
Stronger than any machine.
I'm the immortal soldier,
I'm a U..S. MARINE
So stand in my shoes,
And leave from your home.
Fight for the people who hate
you,

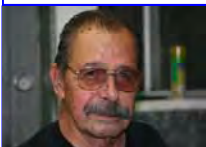
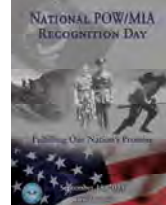
With the protests they've shown.
Fight for the stranger,
Fight for the young.
So they all may have,
The greatest freedom you've won.
Fight for the sick,
Fight for the poor.
Fight for the cripple,
Who lives next door
But when your time comes,
Do what I've done.
For if you stand up for freedom,
You'll stand when the fight's done
Corporal Aaron M. Gilbert , US
Marine Corps USS SAIPAN,

September 12, POW MIA Ceremony at VFW Post 3787: VFW Post 3787 will con-



duct its annual POW MIA ceremony stating at 1 PM. There will be Guest Speakers, Bagpipes, Taps, Honor Guard, Missing Man Table ritual, and the Tribute to the POW MIA conducted by VFW Post 3787, its Auxiliary and Men's Auxiliary. It is truly a superior ceremony and all are invited to attend. The currently scheduled speaker is Cdr Murphy the Executive Officer of the USS Pueblo which was captured by North Korea. Hear his exciting recap of this world famous event.

Following the Ceremony VFW Post 3787, its Auxiliary and Men's Auxiliary will provide light refreshments to all. Please join us for this annual event. See Cdr Dave for Details.



Buddy Poppy Drive is coming: It's that time of the year again, after many years Comrade Agler decided to take a break and I was given the "Honor" of assuming the Program, well, what I did not know was that he had such BIG SHOES that I had to fill.



That being, we have to work our butts off to accomplish the records of previous years' To my advantage, we have the expertise of the Chairperson from the Auxiliary, LYNDIA. With that said, now we have some F.A.C.T.S. The last count I had. We had 791 Post Members, out of that, we sold 15 individual boards to Post Members {the \$5,00 dollar ones, and that amounts to 0000.01896%, comrades that is not a good report. ***we sold 65 PET BOARDS que paso. Submariners, Marines, Auxiliary, Men Auxiliary, Cooties & MOCA, you all are invited to participate in our program, we will contact you individually and ask for your support. The Post is required by Department to buy 10 Poppies per individual, and we have to get Move them. Yours in Comradeship. **The Gus**

Dollars & Cents:



Greetings from the Quartermaster. The solar saga continues. The Post is still having difficulty in obtaining financing for the Solar Project (\$150,000). Cdr Dave and I are investigating a Power Purchase Agreement (PPA) which seems very advantageous to the Post. Perk Electric, would put the solar system on the Post and we agree to purchase our Power from them at a reduced rate (15cents vs 28cents from SDGE). The Post is allowed to buy the system at specific times during the 20 year life of the PPA. At the 6 year point the Post can purchase the system for \$60,000 which is about 40 percent of the actual costs. We have to pay for all power generated by the solar system and SDGE for power the Post uses when solar is not producing power. My analysis of this PPA shows that we will save money on the cost of our electricity during the 6 year period. The Post would save that money towards purchase. The Post will have to raise the \$60,000 purchase price during the 6 year period through donations, fundraisers, etc. The Post would borrow the difference between what we raise and the \$60,000 as that is the most advantageous to the Post. Detailed briefings at the monthly Post meetings. Thanks, Your friendly Quartermaster Rick Tanner

Picnic is Coming Oct 3: Cost \$5 per person, Kids free. Great Food, Music, and time for all at Adm Baker Rec Field. There is a raffle in progress at the Post and there will only be one raffle. One ticket gets you a chance for any of the prizes. There are new prizes arriving each day. Raffle Tickets \$2 each, or 3 for \$5, or 8 for \$10, or 20 for \$20 and there is a \$100 Bobby special. Prizes include Gift Certificates from Red Fox, Long Horn, Tio Leo's, McGregors, Black Angus, Jades Garden, Brothers, Pal Joeys, Channel II, Camel's Breath. Prizes include 46 inch flat screen TV, Viking Sewing machine with lessons, 14" laptop computer, Booze Basket, Green Machine scooter, 200 Piece tool set, 2 Ladies Mickey mouse watches, 2 Men's classic watches, 1 night Sheraton Hotel, 1 night Westin Hotel, 1 night downtown W Hotel. See Bobby or Cdr Dave for details.

Affordable Care Act (ACA): Recently Under the Affordable Care Act (ACA), all Americans including all military members (active duty, retired, Selected Reserve, or Retired Reserve) and their eligible family members must have health care coverage that meets a minimum standard called minimum essential coverage or pay a fee. Your TRICARE coverage meets the minimum essential coverage requirement under the ACA. "The term "active duty" means full-time duty in the active service of a uniformed service for more than 30 consecutive days". Beginning in January 2016, DFAS will be providing IRS Form 1095-C to all U.S. military members, and IRS Form 1095-B to all Retirees, Annuitants, former spouses and all other individuals having TRICARE coverage during all or any portion of tax year 2015. An IRS Form 1095 documents you (and your family members, if applicable) have the minimum essential coverage. More information will be forthcoming about the delivery method of these forms. These forms will document the information that DFAS will provide to the IRS on yourself and your authorized family members. The forms will be required to be reported with your 2015 federal tax return. DFAS will provide you with IRS Form 1095 series forms no later than Jan. 31, 2016 You can find more information about the impact of the Affordable Care Act on your federal income tax at: <http://www.irs.gov/Affordable-Care-Act>, or <http://www.dfas.mil/taxes/aca.html>.



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

Here is the HRT Veteran Legal Clinic SITREP for today Saturday, August 15, 2015 that took place at the VFW Post 3787 from 9:00 AM to 1:00 PM. Attorney Craig Candelore (USA), Attorney Dale Santee (US Air Force JAG), Attorney Paul Abels (US National Guard), and Sarah Tipton (Military Veteran Advocate and Peer Mentor) operated the clinic.

1. Need: Many veterans who come to our clinic are in a state of transition due to unresolved legal issues they had before they left the service. These unresolved issues are holding them back from fully integrating back into society. Many of the cases we receive have been unresolved for years which prevents the veteran from obtaining needed benefits, employment, or housing. Many of the unresolved issues take multiple hours to resolve and are impossible to resolve over night mainly because the legal system works on its own time and its own pace. Some veterans due to PTSD or other health issues avoid handling their legal issues. This causes their situation to grow worse and without our assistance and guidance, the veteran is left dead in the water without being able to improve or make a better life for themselves. (1). US Navy Vet seeking a discharge upgrade from OTH to Honorable. He had his personnel file and his medical file. Explained what form to use and where to send in the packet and how to organize the packet. He was discharged recently and is within the 15 Statute of Limitations. Was discharged due to marijuana and alcohol issues due to marital problems. (2). US Army Vet seeking a discharge upgrade from OTH to Honorable. He did not have his personnel file and his medical file. Explained how to obtain those records. Explained what form to use and where to send in the packet and how to organize the packet. He was discharged recently and is within the 15 Statute of Limitations. Passed a drug test but was still discharged do to the testimony of witness in his unit. The process was unfair because the vet was never given the opportunity present his own defense. (3). US Navy Vet seeking a discharge upgrade from OTH to Honorable. He did not have his personnel file and his medical file. Explained how to obtain those records. Explained what form to use and where to send in the packet and how to organize the packet. He was discharged recently and is within the 15 Statute of Limitations. He failed a drug test voluntarily to get out of the Navy to take care of his suicidal father. Very unique set of facts. (4) US Navy Vet seeking a discharge upgrade from OTH to General. He did not have his personnel file and his medical file. Explained how to obtain those records. Explained what form to use and where to send in the packet and how to organize the packet. He was discharged in 1996 and is outside the 15 Statute of Limitations for the DRB (Discharge Review Board). He is outside the three (3) year Statute of Limitations for the Board of Corrections for Military Records (BCMR). However the BCMR sometimes will accept late applications with good reason. He was discharged for spousal abuse, failure to obey orders and Use of a stolen credit card. Most of the reasons can be for the discharge can be explained away. We explained that we would use a tolling theory to explain why he did not file within the three (3) year SOL in front of the BCMR namely, father suicide sent him into a tail spin from which he only recently recovered. (5) US Navy Vet as fired

from a data processing VA employment (Employment discharge) because he could not process the material fast enough. He feels the firing was improper because he had notified the VA that he had a learning disability and should qualify for American Disability Act consideration. Referred him to EDD and ADA reps in San Diego. (6) USA vet come in for advice on family law and motorcycle accident. needs a divorce from a Wife with whom he has been separated since 2009. He has had custody of his 4 year old child. He is afraid Mother/Wife will seek to kidnap the daughter since there are no court orders. Mother/Wife has not permanent address so it will be hard to serve her. Explained that he may need to serve by publication or subservice to a generally know address. The service of process is the complication. Judges do not give orders for service by publication without the party showing due diligence on locating the other party. Veteran was involved in a motor cycle accident. Explained how to submit a demand letter to opposing party's insurance carrier. (7) US Navy Vet involved in a protracted custody battle. Father is stationed at 32nd Street. Mother without court order moved to Los Angeles County. Mother is frustrating visitation. Explained the process of filing for a child custody modification in court. Explained the child custody modification process and what he should seek to include summer vacation and SKYPE contact. (8) US Marine Corps seeks Expungment for Felony conviction in 2009. He was represented by a Public Defender. Explained that he can do back to the PD and ask for his felony conviction to be expunged. The PD will know the local rules and the local judge proclivity. Explained that normally judges entertain a felony expungment after 10 years of conviction. He only has 7 years' post conviction. However he has completed probation and paid all his fines. He also had dozens of letter of recommendation. He says conviction is hurting him obtain a job. Asked him to inquire if he qualifies for Prop 47 reduction. (9) US Marine Corps seeks advice on how to deal with existing debts. Owes approximately \$15K in back child support, Juvenile Court support order, and Franchise Tax Board taxes. Explained that the back child support was due to mother receiving welfare he may make an offer and compromise to the county. Same with the Juvenile Court order. Explained that he should approach the Franchise Tax Board and negotiate a payment plan. (10) US Marine Corps seeks advice on how to address VA Pension overpayment withholding. Vet feels that the VA should not be taking any money for any alleged pension overpayment. Veteran believes that here is a case of mistaken identity. The VA is still taking away VA Pension due to mistaken identity. Advice vet to obtain the "C" file to understand the VA reasoning and accounting. (11) US Army, seeks a Discharge Upgrade and Disability Compensation Upgrade. Vet came in without any documents. Told the Veteran need to obtain his "C" file and explained to him how to obtain the "C" file. Explained the process for both the Discharge Upgrade and the Disability Compensation Upgrade. Clinic history: The Veteran Legal Clinic has been operating since early 2009. The Veteran Legal Clinic has never missed, cancelled, or postponed its scheduled meetings since 2009. Feel free to visit our website HRTroops.org and see what we have to offer to assist the veteran community here in San Diego.

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



VFW Post 3787 Officers		Men's Auxiliary VFW Post 3787 Officers
<u>Dave Tofte</u> - Post Commander Phone: 619-583-6288	<u>Kerry Costello</u> - Sr. Vice Commander Phone: 254 -4494373	Craig Tofte - President
<u>Charles Moore</u> - Jr. Vice Commander 619 -269 4182	<u>Rick Tanner</u> - Post Quartermaster Phone: 858-569-6507	James Washburn - Sr. Vice
<u>Jose Hernandez</u> - Chaplain Phone: 858-222-4792	<u>Marilyn Maxwell</u> - Service Officer Phone: 619- 400-5322	Mike Craig - Jr. Vice
<u>Fay Hargis</u> - Canteen Manager	<u>Canteen:</u> 619-281-0137;	Jimmy Theodoelos - Treasurer
<u>Office</u> phone: 619-281-7067		Frank Janczylik - Secretary
		Marcello Gaetano - Chaplain
Ladies Auxiliary VFW Post 3787 Officers		<u>September:</u> <u>9/2 VJ Day</u> <u>9/7 - Labor Day</u> <u>9/11 - September 11 Remembrance Day</u> <u>9/16 - Mexican Independence Day</u> <u>9/18 - POW MIA Day</u> <u>October:</u> <u>10/4 - Octoberfest</u> <u>10/12 - Colombus Day</u> <u>10/31 - Halloween Wounded Warrior Dinner</u>
<u>Edy Vallese</u> - President Phone: 619-927-0210	<u>Lynda Murquia</u> - Sr. Vice Phone: 619-244-2150	
<u>Josie Gregg</u> -Jr. Vice	<u>Nicolette Kelley</u> - Secretary Phone: 619-281-3871	
<u>Jan Illig Smith</u> - Treasurer Phone: 858-220-4348	<u>Sharron Cope</u> - Chaplain Phone: 619-957-8418	

Space-A Eligibility Eases for Families of

Deployed: More military families are now authorized to fly Space-Available aboard military transport aircraft thanks to a VFW-supported recommendation made by the Military Compensation and Retirement Modernization Commission. Previously, a service member had to have been deployed 120 days or longer in order for families to fly Space-A unaccompanied. Now it's 30 days. Dependents must still have a letter from their sponsor's commander to verify the deployment. More information about this change and other helpful hints for flying Space-A are available at: www.amc.af.mil/amctravel.

VFW National Home for Children

The National Home is located in Eaton Rapids, Michigan and is community of homes, office, and service buildings with recreational areas. It provides a supportive, nurturing environment for VFW and Ladies Auxiliary family members and active duty members who are unable to provide adequate care for their families. Contributions from the VFW and Auxiliary are the sole support. There is no government funding

There are several spam efforts going on right now attempting to rip off veterans, and they are posing as job offers. if you get any of these saying they are from veteranrecruiting.com or any other site, BEWARE. They are an attempt to rip you off, "Dear Applicant, Congratulations! Our recruitment team has reviewed your resume referencing the AD for the position of an Office Admin Assistant/Receptionist/Data Clerk Position you applied for on; <http://veteranrecruiting.com/> and has been forwarded to the Hiring Manager. Your resume was shortlisted for an online interview with one of the HR Manager Mr Max Tyler and he would like to conduct an on-line interview with you as soon as possible to discuss more about the pay scale, benefits and Job Position that you are yet to occupy.

Set Up a Screen name with yahoomail.com, or a Google Hangout to your device (PC or Phone) if you don't have one and instantly add up and message him on Yahoo Instant Messenger, His ID is: max.tyler@yahoo.com to your buddy list and for Google Hangout here is his ID maxtyler07@gmail.com. Add Him up to commence your Briefings and Interview he will be on-line waiting for you.

Your Verification/Hiring code is "HRP4395", this would serve as your identification number throughout the online hiring process. Your timely response matters a lot.

Interview Schedule: Online ASAP Interview Time: ASAP Training is Available: Human Resources! Human Resources Associate" If this came from a legitimate company, they would address you by name, and they would never set this up without contacting you via phone first. There is no way to police this as it is individual people creating fake accounts, and then blast emailing people in the event someone bites. BEWARE

Our Proud Sponsors:



Craig A. Candelore, Esq.

Life Member VFW Post 3787

Lisa Belg, Esq

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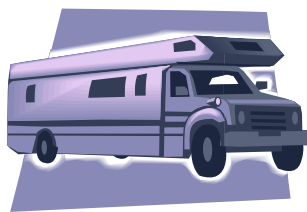
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September 2015

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Mission Valley Post 3787 and Ladies /Men's Auxiliary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Note: Labor Day Pot Luck 12 - 4 PM	1 Linda Luncheon 12-2	2 Tacos by Edy 4 - 6:30 PM	3 Linda Luncheon 12-2	4 Fish Dinner by LAUX (Edy&Evelyn) 5:00-7:00PM	5 Men's Aux Meeting 10AM Post Ham-burgs 11-2
6 Cdr's Bkfst 8-12 PM	7 Kathy Okolski Soup and Salad 5 PM	8 Linda Luncheon 12-2 SUB-VETS Meeting 7:00 PM	9 Mens Aux Spaghetti 5 - 7PM	10 Linda Luncheon 12-2 Carol St Pierre Bday Party 5 PM	11 Moca Dinner by Lynda 5:00-7PM	12 Post Mtg 10AM Post Ham-burgs 11-2 Pow Mfa Celebration 1 PM
13 Cootie Breakfast 8—noon Cootie Mtg 12	14	15 Linda Luncheon 12-2 Ladies Auxiliary Meeting 6:30 PM	16 Tacos by Edy 4 - 6:30 PM	17 Linda Luncheon 12-2 Marine Corps League Meeting 7:00 PM	18 Fish Dinner by Nicolette & Crew 5—7:30	19 Vets Legal Clinic 9-Post Ham-burgs 11-2
20 Ladies Aux Breakfast 8—noon.	21	22 Linda Luncheon 12-2	23 Riblets by Gerry & Loyce 5-7pm	24 Linda Luncheon 12-2	25 Men's Aux Dinner 5-7PM	26 Carventures Mtg 10 - 12 PM. Cnx gone camping
27 Marine Corp Breakfast 8—noon	28	29 Linda Luncheon 12-2	30			



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October 2015

www.VFWPost3787.com
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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 LAUX (Eddy&Evelyn) 5:00- 7:00PM	3 Post Picnic at Adm Baker Field
4 Cdr's Bkfst 8- 12 PM	5 Soup & Sand- wich by Katie "O" 5PM	6 Linda Lunch- eon 12-2 Men's Aux Meeting 6PM	7 Tacos by Edy 4 - 6:30 PM	8 Linda Lunch- eon 12-2	9 Moca Dinner by Lynda 5:00- 7PM	10 Post Mtg 10AM Caraven- tures Ribs 5:30 PM
11 Cootie Break- fast 8—noon Cootie Mtg 12	12	13 Linda Lunch- eon 12-2 SUB- VETS Meeting 7:00 PM	14 Mens Aux Spaghetti 5 - 7PM	15 Linda Lunch- eon 12-2 Marine Corps League Meeting 7:00 PM	16 Fish Dinner by Nicolette & Crew 5—7:30	17 Vets Legal Clinic 9-Post Ham- burgs 11-2
18 Ladies Aux Breakfast 8— noon.	19	20 Linda Lunch- eon 12-2 Ladies Auxiliary Meeting 6:30 PM	21 Tacos by Edy 4 - 6:30 PM	22 Linda Lunch- eon 12-2	23 Men's Aux Dinner 5-7PM	24 Carventures Mtg 10 - 12 PM
25 Marine Corp Breakfast 8— noon	26	27 Linda Lunch- eon 12-2	28 Riblets by Gerry & Loyce 5-7pm	29 Linda Lunch- eon 12-2	30	31 Wounded Warrior Hal- loween Dinner