



VETERANS OF FOREIGN WARS POST 3787

# MISSION VALLEY MESSENGER

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February/March, 2016



## Commander's Communications

**Hello Comrades, Sisters and Friends: Hello Comrades, Sisters and Friends:** The year 2016 is in full swing. February and March are busy. Check the calendars and VFW web site, [VFW3787.com](http://VFW3787.com), weekly for new events and meals.

We have a new editor for our news letter. Mike Gerber has volunteered to keep all informed by editing the newsletter. A very big thank you to Mike. A huge thank you to Rick Tanner for editing the news letter for sooooo many years!

When you receive your annual renewal application for membership to the VFW please take the time to return the form as it helps veterans helping veterans. Membership numbers speak loudly on Capital hill. When negotiating entitlements for fellow veterans the larger membership numbers have more power.

A giant applause to all that volunteer minutes or hours to help our post. Thank you. Thank you.

If you want input for the Post operations and events please join us at the monthly meetings on the second Saturday of each month at 10:00 am. All comments and suggestions are wel-



## LAUX President's Posting: Auxiliary Sisters,

Hope everyone had a good Christmas and New Year!

Our Christmas party was real nice...everyone who came had a good time.

The Children's Christmas party was real nice also. Kathie did a great job and thanks to Jan for making everything come together. Thanks to Craig for the hot dogs and everything else you did...with the three of you and Mike, AKA Santa, it wouldn't of been such a success.

So now we're off to a New Year. Hope to see more of you at our monthly Auxiliary meetings and more volunteers to help with all our functions. Our next meeting is Tuesday, Feb. 16th at 6:30PM at the Post Home.

Your Auxiliary President, Edy Vallese.



**Men's Aux President Posting: Comrades & Sisters:** Comrades & Sisters: Happy New year to all! Our Wednesday night spaghetti dinners will be offered on the second Wednesday's of each month. Please stop by and enjoy a plate of Spaghetti, piece of garlic bread, salad & desert. We will be asking for a small donation of \$7.00. Our regular dinners will be on the 4th Friday of the month. We offered a lasagna dinner in January. For February we will be offering Tony's 1/2 chicken or pork ribs, salad, beans, potato salad a roll & desert for a \$8.00 donation. In March, we will be featuring Salsbury Steak, mash potatoes, Craig's reduction gravy, Marcello's salad, candied carrots, a roll & desert, all for only \$8.00 donation! Remember, all the dinners are open to the public, so please bring your friends and family! Remember, first Saturday BBQ hosted by your Men's Auxiliary...Our next regular meeting will be the first Saturday, February 6th, 2016. We look forward to seeing you at thepost home. Yours in service, David "Craig" Tofte, President

### TRICARE Pharmacy Copays to Increase

Starting Feb. 1, copayments for brand name drugs through TRICARE Home Delivery will increase from \$16 to \$20 for up to a 90-day supply. At retail pharmacies, generic drug copays go from \$8 to \$10, and brand name drug copays go from \$20 to \$24, for up to a 30-day supply. Copays for non-formulary drugs and for drugs at non-network pharmacies will also change. All drugs obtained from military pharmacies, and generic drugs through TRICARE Home Delivery, will still be at no cost to beneficiaries. TRICARE officials say beneficiaries can save up to \$208 for every brand name prescription drug if they switch from a retail pharmacy to TRICARE Home Delivery.

### ABOUT CLEANING FOR A REASON– [www.cleaningforareason.com](http://www.cleaningforareason.com)

Cleaning For A Reason is a nonprofit organization that serves the United States and Canada. Our mission is to give the gift of free house cleaning for women undergoing treatment for any type of cancer. Our goal is to let these brave and strong women focus on their health and treatment while we focus on, and take away the worry and work of, cleaning their homes– free of charge. We have recruited over 1,200 maid services to donate free housecleaning to women who are undergoing treatment for cancer. Since 2006, our partner maid services have volunteered their time to clean for over 19,500 women – valued at over \$5,500,000."



### MOCA Corner

Well, another year has started and that means it's election time for the MOCA. We usually have elections at our February meeting. We can wait until March but elections and installation must be done by March 31st. Hopefully, we will see some new faces. Our President Josie Gregg is planning on moving out of state and she will be greatly missed.

We donated \$200.00 to the Wounded Warrior/Freedom Station so our Veterans could get home for Christmas. We had our annual VA Christmas party. We start with 100 cards and stamps so patients have cards to mail and Lois had over \$300.00 to buy all kinds of goodies for them. Josie made all the diddy bags as we call them to put the gifts into.

I know a lot of us have had colds and or flu so I hope spring gets here soon so we can all get well.

We're still doing dinner every second Friday of the month and our meeting is the second Sunday at noon. We follow the MOC breakfast so maybe we'll see you there.



## Cootie

Welcome to 2016 . I hope that you and your families had a safe and wonderful holiday season. The Cooties made our last visit of the year to the VA hospital . We played Bingo to a full house both downstairs AND upstairs . It happens like that EVERY holiday season . It was nice to see 2 of our newest members show up to help out . Thanks to Tony and Abby . And I have to admit , taking Tony upstairs with us worked out nicely . He seemed to enjoy himself up there and they let him out when we finished so go easy on him . May this New Year bring you all the best . Hope to see you all at our breakfast the second Sunday of each month. Our hospitalized Vets appreciate all that we do for them. Seam Squirrel - Pup Tent -6 - Jackalopes Cootie Mike Herman 619 616 1644



## Chaplain Corner

Greetings to everyone. As

of this writing I know of no one in sickness or distress. I wish good health and safety to you all. Let's be thankful for the blessings that have been bestowed upon us by our creator. Wishing Mike Gerber the best as he takes on the job of putting out our newsletter. God Bless. Your chaplain, Jose Hernandez

## Super Bowl Party and Raffle:

The Big Game (February 7) is on and Bobby and Chrissie 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 Broncos or the Panthers, 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- 32 inch Flat Screen TV 2- \$200 Cash Prize 3- \$50 Cash Prize 4- Pictures . \$10 admission includes one drink and one raffle ticket. It will be a great event and a good time had by all. Plus one super football game



## Ladies Aux Treasurer

--Be sure to keep a calendar handy for all of the Post/Auxiliaries upcoming events/dinners/breakfasts/BBQs. The more you participate the more we are able to give back to the Post Home.

--The third Thursday of each month we visit the Veterans at the VA Hospital and play Bingo with them for an hour. We welcome new people to come participate...both the Veterans and the volunteers have a great time! The next two Bingo visits are Feb 18 and Mar 17...meet at the Post at 6PM to carpool.

--Special thank you to Gus for securing our flour bin on wheels in the kitchen...awesome job!

--Big thank you to Loyce and Josie for cleaning out the coffee cup cupboard and replacing the old crumbling rubber matting...thanks Ladies!!

--There are several people whose Food Handler card expires in 2016. Please check the wall by the kitchen window/cash register for the current listing. I will be available to do a group testing session or for individual setting...please contact me for available dates. It is important to keep our 'A' rating and to be in compliance with the County Environmental Health Department.

On a personal note...I would like to thank everyone who held me and my family in your thoughts and prayers during the disappearance and subsequent death of my brother...I could feel your warm hugs and am grateful for each and every one of them...thank you so much!

Your Auxiliary Treasurer/Kitchen Manager,  
Jan Illig Smith

**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.

# Nurse Advice Line

## Call I-800-TRICARE (874-2273), Option 1

2015 - 2016 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 Pet 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 \_\_\_\_\_



**Buddy Poppy Drive is Here:** The program is taking off, and is picking up speed, got to keep Rick busy making the boards to put up. Memorial, Personal and the Pet boards, we have plenty of forms available behind the Bar, and The Bartenders will be more than happy to help you fill them up.



Gus Murguia, Poppy Chairman /Lynda Murgia Auxiliary Chairman Yours in Comradeship. **The Gus & The Lynda**

The Poppy Program supports our Relief fund. This fund is used to help members, Veterans, Active Duty, and there families in need. All Poppy proceeds go to this fund which we use to help throughout the year. If you have spare change there are poppy cans around the post to drop it in. Every donation helps. The Boards represent our honoring members and friends that have passed, people who care about the VFW and its mission, and individuals who support the post. Also, there is a place to honor your pet (Thanks The Gus & The Lynda)

## Dollars & Cents:



### QUARTERMASTER'S REPORT

The Post still struggles with daily income, even after all the changes we have done the daily income is just making covering the cost of our bills. The goal is for the Canteen income to cover all the bills the Post incurs on a routine basis (vendors, gas/lights, etc). We remain solvent but struggle a little at times. As reported at our last meeting our discretionary funds are low which means we can not do all the things we want to accomplish from a VFW Program approach. On the bright side, we are very close to having our Solar Funded. We should know next week at the latest. Our approach is centered on a State Program called HERO which allows us to pay the cost through our Property taxes which will increase by about \$10,500 per year. The loan will be at 6.5 percent which is a little high but the State Program can take advantage of the Federal Tax Rebate (which we can not because we are a non profit) which reduces the cost of the Project to us to \$112,700. It ends up as a break even process as if we borrow directly we have to borrow the entire cost of \$150,000. The installation of Solar will lower our SDGE bill a lot (right now around \$2000 a month). finalize all the contracts. I want to take a moment and thank all who support our Post Home, every time you have a meal, attend an event, or just have a libation it helps the Post. thank you. Your friendly Quartermaster, Rick Tanner

Late Update: On February 1 VFW Post 3787 signed the Contract for the HERO loan. You should expect to see activity within the next month with the installation being supervised by our Commander. I started this job saying I wanted to keep the Post out of debt, but I just put the Post in debt for \$112,000.00. It bothers me, however, I think it is the best course for the Post. We should end up saving a large amount of money. I thank all who helped start this project.

### 1st Monday of the Month Monday Dinners By Kathie Okolski

February 1: Chicken and Dumplings  
 March 7: Club sandwich & Soup  
 April 4: Club sandwich & Soup  
 May 2: Club sandwich & Soup  
 June 6: Club sandwich & Soup  
 July 4 No Meal because of Post July 4 Function  
 August 1: Club sandwich & Soup  
 September 5 TBD

“Kathie O”

**Mission Valley Fire Station 45 Open House:** San Diego Fire-Rescue Department open house of Fire Station 45 February 20, 2016 The event will be held on Saturday, February 20th from 11:00 to 1:00 pm. Fire Station 45 is located at 9366 Friars Road in Mission Valley. Parking is available in the adjacent lot that is accessible off of Mission Village Drive. Residents can take a tour of the fire station and receive free CPR training from the Project Heart Beat organization. This Fire Station serves us and our area. It has been a long time coming.



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

**Canteen Usage and entry.** This is a complicated issue with a simple solution. On January 1 a law (Cal SB685) went into effect that impacts VFW Post 3787. The law states, Veterans Clubs which is VFW Post 3787, The holder of a veterans' club license may exercise all of the rights and privileges permitted by an on-sale general license but may sell and serve alcoholic beverages for consumption within the licensed establishment only to bona fide members of the veterans' organization and their bona fide guests, bona fide members of other veterans' organizations, active duty or reserve members of the Armed Forces, or veterans as defined in Section 18540.4 of the Government Code. What is new is the addition of Veterans Organizations, active duty or reserve members of the Armed Forces or Veterans. The Secretary of State put the law into California Government Code. The ABC sent a memo to its agents saying it will no longer check Veterans Clubs for membership or the use of a Guest Log.

Now what!!! VFW Post 3787 will have to decide how to handle Canteen Usage based on the guidance above as we set our own rules on the usage of the Canteen. What we can not do is get into a discrimination issue on the implementation. Right now it is entry as usual for members, Auxiliary, and guests. VFW Post 3787 can remain this way or open our canteen to members of any Veterans Organization, Active Duty and Veterans. The Canteen Bartender would as a person for proof of membership like a VA card, retired Card, membership card in Veteran's Museum, or any Veterans Organization (AMVETS, American Legion, DAV, Purple Hearts, etc) then serve the customer. This has the potential to add revenue to the Canteen.

This will be our choice so you need to give your thoughts and ideas to the Commander who can bring them to the VFW Post meeting. It is a radical change in who uses the canteen. There has been some discussion this opens VFW Posts to the Public, that is not the case nor is it allowed by law. We have to be careful we do not put our Non Profit Status in any kind of jeopardy.

### **Special Days in February:**

**Black History Month**

**7: Super Bowl Sunday**

**10: Ash Wednesday**

**12: Abraham Lincoln's Birthday**

**14: Valentines Day**

**15: President's Day**

**22: George Washington's Birthday**

**29: Leap Day (extra Day every 4 years)**

### **Special Days in March**

**March is named after the Roman God "Mars"**

**15: Ides of March**

**17: Submarine Day**

**17: St Patrick's day**

**25: Good Friday**

**27: Easter**

**Day Light Savings Time:** Day Light Savings is back upon us. Day Light Savings Time goes into effect on March 13th. Remember Spring Ahead Fall Back. You could be late to breakfast. You would not want to miss Cootie Breakfast

**Major League Baseball All Star Game:** The All Star Game will be at Petco Park hosted by the Padres July 12, 2016

**Free Smoke Detectors:** The Burn Institute, a local nonprofit agency that is dedicated to reducing the number of burn injuries and deaths in San Diego has begun the Senior Smoke Alarm Program that provides seniors with free smoke alarms and installations.

To qualify for the lifesaving program, residents must be 62 years or older and own their own home.

To receive free smoke alarm installation, contact the Burn Institute at 858-541-2277 ext. 18 or email [smokealarm@burninstitute.org](mailto:smokealarm@burninstitute.org)

**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><u>Dave Tofte</u></b> - Post Commander Phone: 619-583-6288	<b><u>Bob Talbot Sr</u></b> Vice Commander	Craig Tofte - President
<b><u>Charlies Moore</u></b> - Jr. Vice Commander 619 -269 4182	<b><u>Rick Tanner</u></b> - Post Quartermaster Phone: 858-569-6507	James Washburn - Sr. Vice
<b><u>Jose Hernandez</u></b> - Chaplain Phone: 858-222-4792	<b><u>Marilyn Maxwell</u></b> - Service Officer Phone: 619- 400-5322	Mike Craig - Jr. Vice
<b><u>Fay Hargis</u></b> - Canteen Manager	<b><u>Canteen:</u></b> 619-281-0137;	Jimmy Theodoelos - Treasurer
<b><u>Office</u></b> phone: 619-281-7067		Frank Janczylik - Secretary
		Marcello Gaetano - Chaplain

Ladies Auxiliary VFW Post 3787 Officers	
<b><u>Edy Vallese</u></b> - President Phone: 619-927-0210	<b><u>Lynda Murguia</u></b> - Sr. Vice Phone: 619-244-2150
<b><u>Josie Gregg</u></b> -Jr. Vice	<b><u>Nicolette Kelley</u></b> - Secretary Phone: 619-281-3871
<b><u>Jan Illig Smith</u></b> - Treasurer Phone: 858-220-4348	<b><u>Sharron Cope</u></b> - Chaplain Phone: 619-957-8418

**UPCOMING POST OFFICERS NOMINATIONS & ELECTIONS.** Comrades, nominations for Post Officers for VFW Year 2016-2017 will be the first order of new business at the Post Meeting on Saturday, March 12<sup>th</sup>. 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 9<sup>th</sup>. Post Meetings commence promptly at 1000 (10 AM).

**Annual Dues:** VFW now works on what they term as subscription dues. That means your dues are due in the month you joined the VFW. We have many unpaid members, so please when you get the notice from VFW National pay your dues. It used to be it came in December, now it will come at various months throughout the year. Your Membership is important and letting it lapse means you lose a number of benefits.

**The Veterans Museum at Balboa Park** If You are a San Diego County Resident the Museum provides free admission on Tuesdays. If you have never seen the Museum, it is a wonderful place to visit and its free on Tuesdays.

Assembly member Weber Mobile Office in Mission Valley– February 15<sup>th</sup> 10:00 to 12:00 pm

Connect with Assembly member Weber's staff and get help with any problems you are having with public agencies, ask questions about legislation, and learn about state and local services. Issues that staff can assist with include renters and homeowner's assistance programs, property tax issues, consumer complaints, and unemployment and disability insurance. No need to make an appointment; just stop by the Mission Valley Library at 2123 Fenton Pkwy, San Diego, CA 92108

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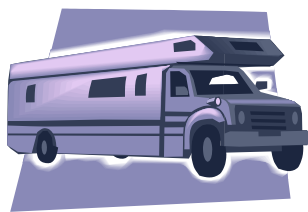


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# February 2016

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Kathie Okolski Din Chicken & Dumplings 5 PM	2 <b>Ground Hog Day</b>	3 <i>OPEN</i>	4 <i>OPEN</i>	5 Fish Dinner by LAUX (Edy) 5:00- 7:00PM	6 Men's Aux Mtg 10AM Men's Hamburg 11-2
7 Cdr's Break- fast 8-12 PM	8 Charlene Din- ner 5 PM Pork Steak	9 SUBVETS Meeting 7:00 PM	10 Men's Aux Spaghetti 5 - 7PM	11 <i>OPEN</i>	12 MOCA Din- ner 5 - 7 PM <b>Lin- coln's Bday</b>	13 Post Mtg 10AM
14 Cootie Break- fast 8—noon	15 Charlene Din- ner 5 PM Meat Loaf <b>President's Day</b>	16 Ladies Auxil- iary Meeting 6:30 PM	17 Tacos by Edy 4 - 6:30 PM	18 Marine Corps League Meeting 7:00 PM	19 Fish Dinner by Nicolette & Crew 5—7:30	20 Vets Legal Clinic 9- Craig Tofte Hamburg- ers 11 - 2
21 Ladies Aux Breakfast 8—11	22 Charlene Din- ner 5 PM BBQ Ribs	23 <i>OPEN</i>	24 <i>OPEN</i>	25 <i>OPEN</i>	26 Men's Aux Dinner 5 - 7 PM	27 Carventures Mtg 10 - 12 PM
28 Marine Corp Breakfast 8— noon	29 Charlene Din- ner 5 PM Hot Turkey Sand- wich					



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# March 2016

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1 OPEN</i>	<i>2 OPEN</i>	<i>3 OPEN</i>	<i>4 Fish Dinner by LAUX (Edy) 5:00- 7:00PM</i>	<i>5 Men's Aux Mtg 10AM Men's Hamburg 11-2</i>
<i>6 Cdr's Break-fast 8-12 PM</i>	<i>7 Kathie Okolski Dinner Club Sand &amp; Soup 5PM</i>	<i>8 SUBVETS Meeting 7:00 PM</i>	<i>9 Men's Aux Spaghetti 5 - 7PM</i>	<i>10 OPEN</i>	<i>11 MOCA Dinner 5 - 7 PM</i>	<i>12 Post Mtg 10AM</i>
<i>13 Cootie Break-fast 8—noon</i> <i>Cootie Mtg 12 Day light Saving</i>	<i>14 Charlene Dinner 5 PM</i>	<i>15 Ladies Auxiliary Meeting 6:30 PM</i>	<i>16 Tacos by Edy 4 - 6:30 PM</i>	<i>17 Marine Corps League Meeting 7:00 PM</i>	<i>18 Fish Dinner by Nicolette &amp; Crew 5—7:30</i>	<i>19 Vets Legal Clinic 9- Craig Tofte Hamburgers 11 - 2</i>
<i>20 Ladies Aux Breakfast 8—11</i>	<i>21 Charlene Dinner 5 PM</i>	<i>22 OPEN</i>	<i>23 OPEN</i>	<i>24 OPEN</i>	<i>25 Men's Aux Dinner 5 - 7 PM</i>	<i>26 Carventures Mtg 10 - 12 PM</i>
<i>27 Marine Corp Breakfast 8—noon</i> <i>Easter</i>	<i>28 Charlene Dinner 5 PM</i>	<i>29 OPEN</i>	<i>30 Soup and Salad by Aux</i>	<i>31 OPEN</i>		