



NEWS FROM LT FRED L. KENT • VFW Post 7907 Poway, CA



POST MONTHLY MEETING SCHEDULE

Please Join Us

House Chair Committee Meeting

6:30 PM | Thursday - Jan 2

VFW Post Officer Meeting

6:00 PM | Monday - Jan 13

VFW 7907 Post Meeting

7:00 PM | Thursday - Jan 16

VFW/AUX Roundtable & Social Planning Meeting

1:00 PM | Friday - Jan 10

Auxiliary Monthly Meeting

6:00 PM | Thursday - Jan 9

Post House Chairman Clean Up/Working Party

8:00 AM | Saturday Mornings



VFW Poway Post 7907



@vfw7907



Have an article for *The Patriot*? Please submit your articles no later than the 21st of each month. Send your submission to VFW7907@gmail.com with *Newsletter Submission* in the subject line.

COMMANDER'S CALL

I hope you had a Merry Christmas and a joyous New Year.

Not much to say. The Post is running "hot straight and normal" and we are remaining "locked and loaded". We had some setbacks with the water issue, but nothing that we could not manage.

Do you remember the term from World War II, "Loose lips sink ships"? That term is our biggest issue today. Hearsay and gossip among our members does continuous damage to the Post and ranks right next to stealing money and/or equipment.

Thanks to Richard Anderson, the Post turnout in support of the Kiwanis Club *Holiday with Heroes* was a great success.

We need to thank Leroy and Ed for installing floodlights which will support our outdoor security system that has been ordered and should arrive by the time you read this.

In closing, it's not too early to start thinking about how you support your Post by running for office. Post Officer nominations will open during our March meeting. Post Officers will be elected in April and the newly elected officers may take charge the morning after the new state commander is sworn in in June.

Thanks.

Sincerely,

Don Stonecipher

FROM THE AUXILIARY PRESIDENT

Our Mission: To foster camaraderie among United States veterans of overseas conflicts. To serve our veterans, the military and our communities. To advocate on behalf of all veterans.

Our Vision: Ensure that veterans are respected for their service, always receive their earned entitlements, and are recognized for the sacrifices they and their loved ones have made on behalf of this great country.

Our Core Values:

- Always put the interests of our members first
- Treat donors as partners in our cause
- Promote patriotism
- Honor military service
- Ensure the care of veterans and their families
- Serve our communities
- Promote a positive image of the VFW
- Respect the diversity of veteran opinions

Shari Dunbar

2019-2020 Officers



Post Commander – Don Stonecipher
Sr. Vice Commander – Bill Kimble
Jr. Vice Commander – Sal Pellerito
Quartermaster – Alan Helton
Chaplain – Don Biadog
Surgeon – Fred DiCarlo
Service Officer – Bud Lichtenstern
Adjutant – Vacant
Judge Advocate – Bill Morrison
Guard – Joe Cruther
1st Year Trustee – Pablo Facun
2nd Year Trustee – Howard Dunbar
3rd Year Trustee – Bill Bauerle
Officer of the Day – Jason Widmer
House Committee Chair – Bill Kimble
Canteen Manager – Fernando Law
Maintenance Manager – Jason Widmer
Membership Chair – Richard Anderson

Auxiliary Officers

President – Shari Dunbar
Senior Vice President – Linda Miller
Junior Vice President – Karen Kimble
Secretary / Chaplain – Sara Salazar
Treasurer – Jim Gordon
Conductor – Robert Fenter
Guard – James Jones
Auxiliary 1st Year Trustee – Lisa DuMolt
Auxiliary 2nd Year Trustee – Patty Grosch
Auxiliary 3rd Year Trustee – Patti Caniglia



FROM THE SENIOR VICE COMMANDER

Greetings Comrades,

As I reflect on this past year I can't help but look forward to continued success in the upcoming year. Our sustained success does require effort from a lot of people, though, so don't be afraid to do your part Comrades. Even if you think you can only help out a little, every little bit counts. Showing up is half the battle.

Respectfully

Bill Kimble

858-722-2207

FROM THE JUNIOR VICE COMMANDER

Comrades,

The January newsletter was more difficult to write than others. How to begin, wish everyone Happy Holidays and Happy New Year. It seems like a trivial sentence to start the New Year. I have been reflecting on my first New Year in the military. The year was 1966 and I was on a ship off the coast of Vietnam. The only thing I wished for that night was to return home in one piece, and for the war to be over. So now 53 years later, surrounded by a loving family, great friends, and again wishing for a war to be over. I'll end this with a prayer for our men and women in the military who can't be home for the New Year.

Thank you for your service.

Sal Pellerito

FROM THE QUARTERMASTER

Past Rancho Penasquitos Post Commander Don Biedermann has very generously bought us a top of the line video surveillance system to replace the one we have. In addition, he also purchased a display monitor to provide a running display of our past Post Commanders allowing us to clean up the wall where all the pictures of them are. Leroy Hill has installed new dusk to dawn lighting around the front patio making access to and from cars in the parking lot safer.

Alan Helton



Movie Quote of the Month

Movie quote of the month (free beverage of choice to the first person that corners me at the Post with the movie title of origin):

"He better be worth it. He better go home and cure a disease, or invent a longer-lasting light bulb."

Previous month's answer – *Home Alone*

Chad 'Axel' Foley

FROM THE CHAPLAIN:

Merry Christmas to you and your loved ones!

It was an honor to represent VFW Post 7907 during the "I Am Hope Project" Christmas event. I was invited to speak during the 13th Annual "I Am Hope Project" Christmas outreach to more than 300 children and families on Sat, 21 Dec 2019 at the Blackbox Theater at the CPMA Performing Arts Center located at 5050 Conrad Avenue, San Diego, CA 92117. Alicia Summers of KFMB Channel 8 was one of the special guests. Lamar Lancangan, the founder, led the morning event. The Christmas outreach event reminded the audience of the real meaning of Christmas. Every kid received at least four toys and the mothers received at least two gifts. There was real joy for all in attendance inside the theater and Santa Claus was outside greeting everyone too.

God Bless,

Chaplain Don Biadog, Jr



Alicia Summers & son with Lamar Lancangan.



Chap Don Biadog & Lamar Lancangan



The children choosing their gifts.



Group photo of those who stayed after the event

FROM THE JUDGE ADVOCATE

Greetings from Cabo-

Hope you had a wonderful Christmas and a blessed New Year. Please keep those who are overseas in your thoughts and prayers.

Wishing all a Happy and Healthy New Year.

Godspeed

Bill Morrison

FROM THE CANTEEN MANAGER

Dear Comrades,

Hoping everyone had a very Merry Christmas and wishing you a Happy New Year.

Please remember that every Saturday, we have a working party to clean and work on various odds and ends. We are also mustering volunteers for Steak night, Vietnam dinner, and Donations for the Relief Fund's Silent Auction would be greatly appreciated. Remember that volunteering is good for the soul and does a body good!

Don't forget to join us for football for the playoffs!

Thank you for your service!

Fernando Law

FROM THE PROJECTS & MAINTENANCE MANAGER

Greetings to you all and hope you all had a great holiday. We have had another productive month at the Post. We installed new carpet at the front entrance of the Post. Wilkes Electric inspected and repaired our electrical issue in our kitchen. We have completed the demo, installation of new doors and texture to men's restroom and will continue with the remodel with a completion date of January 24, 2020. A special thanks to Leroy and Ed for installing our new security lights on the exterior of the building. Thank you to all of you that continue to Volunteer your time at the Post. We couldn't do it without your support. As a reminder we are there every Saturday 8 to 12 for weekly maintenance. Hope to see you all down at the Post.

Respectfully,

Jason Widmer

FROM THE MEMBERSHIP CHAIRMAN

In the December meeting, the Post voted in the following members:

New Life Members

- Flick, Keith M., USMC. Recruiter Richard Anderson.

New Annual Members

- Wallgaman, William T., USMC. Recruiter Richard Anderson.

Welcome Aboard!

Post Stats: New members 2. Reinstated 2. Continued 34. Percent is 96.89%, Retention 35.09%. Total members 625.

Best Wishes for Peace and Joy this Holiday Season and a New Year of Health, Happiness, and Prosperity.

Richard Anderson

**I WANT YOU FOR THE
SATURDAY MORNING
WORK PARTY**

Each Saturday at 8:00 AM at the Post
For more info contact Bill Kimble

FROM THE SERVICE OFFICER

The State Veteran Benefit Finder

The Center for a New American Security (CNAS) created the "State-Level Benefits for Veterans," which is a new online tool catalogue that displays benefits offered by each state across the U.S. according to CNAS. There is a total of 1,814 unique benefits which exist across the 50 states and the District of Columbia. However, there is significant variation across states in terms of available benefits, who is eligible to access them, and their value. For more information or to locate benefits that may pertain to you here in California and the rest of the states see below link.

State Benefits Finder:

https://www.cnas.org/publications/reports/state-veteran-benefit-finder?utm_medium=email&utm_campaign=MVS%20Report%20State-Level%20Benefits%20for%20Veterans&utm_content=MVS%20Report%20State-Level%20Benefits%20for%20Veterans+CID_deaf0a4502668c4aa2c448e8d0609b55&utm_source=Campaign%20Monitor&utm_term=Veteran%20Benefit%20Finder

Your Post Service Officer stands ready to serve you.

Bud Lichtenstern



Join Us Fridays for

Friday Burgers & Karaoke

Karaoke at 5:00 PM | Dinner at 6:00 PM

Burger & premium beer 9.00

Burger & domestic beer 7.00

Burger only 5.00

Volunteers always needed & greatly appreciated!

VFW AUXILIARY 7907 HOSTS

LASAGNA DINNER

Saturday, February 8 | 6:00 PM



Mark your calendars for a fabulous homemade lasagna dinner benefitting

Cammies & Canines



Cammies & Canines is a veteran owned and operated, faith-based nonprofit organization founded by Kalani Creutzburg, a Marine veteran who found himself homeless in 2015. After raising his hand and asking for help through various programs in the community he eventually got himself better. Their mission is rooted in an effort to "pay it forward"...

Veterans helping veterans by providing transitional housing, co-op community, emotional wellness, canine companionship, a chance to rediscover purpose and gain job experience to succeed as contributing citizens in our society.

VFW Post & Community Events

Holiday With Heroes - December 12, 2019

Submitted by Richard Anderson

Holiday with Heroes is a annual event for The Poway Kiwanis Club in which they seek out volunteers in the military community, first responders, firefighters, police officers or other heroes to shop with underserved youngsters in our community for holiday gifts.

At this year's *Holiday with Heroes* event the Kiwanis Club had 150 underserved youngsters from three Poway elementary schools to participate (up from 70 last year). Each youngster was given a Kohl's gift card for \$100.00 from the Poway Kiwanis Club's Foundation.

Each Hero would accompany a youngster to assist them buying gifts with their gift card at Kohl's in Poway. The children were brought to Kohl's in a Poway Unified School bus.

Our VFW Post was notified of this volunteer request on December 9, 2019. I contacted Sharon Gruber, the Kiwanis event coordinator to get more information. She told me she had just over 100 volunteers and needed more. The event was to be held on December 12, 2019

and started at 5:00 pm (meeting at the Kohl's parking lot) and ending at 8:00 pm (three hour event). On December 11, 2019 we had 17 volunteer veterans from our Post 7907. On event night the number of volunteer Heroes was over 150 so some of those youngsters had two Heroes to help them shop. That was very good.

I want to thank those rapid-responder volunteers from our Post for this very worthy event. I am very proud to be among them. Great Post.

Bill Baurele	Richard Anderson	Don Stonecipher
Bill Kimble	Sal Pellerito	Pablo Facun
Ed Lapating	Melissa Law	Jason Widmer
Bob Parks	Keith Flick	Chad Foley
Joe Meraz	Tom Behrle	Joe Crutcher
Leroy Hill	Evelyn Hummel	



L-R Evelyn Hummel, Joe Meraz, Richard Anderson, Tom Behrle, Sal Pellerito, Jason Widmer & Bob Parks.



Keith Flick & CDR Don Stonecipher with three active duty Navy officers.



Sharon Gruber giving Heroes their designated youngster gift cards to shop with.



Richard Anderson with his assigned student.



5th grader checking out with Keith Flick. Keith & Richard teamed up to shop with this student.



Keith with our 5th grader & Santa.



ROTC volunteers.



Richard with 12 Sheriff's volunteers.



Active duty Navy volunteers.

VFW Post & Community Events

U.S. Army San Diego North Recruiting Company Training Event - December 20, 2019

Submitted by Richard Anderson

On December 20, 2019 we provided our Hall to the U.S. Army San Diego North Recruiting Company for their training session and award ceremony. This Company has recruiting offices in downtown San Diego, Poway, Clairemont Mesa, Escondido, Kearny Mesa and Mira Mesa. 45 recruiters attended this event.

First, they covered their recruiting goals for the next quarter and then conducted the awards ceremony. Four members received the Army Achievement Medal and others received Army commendations. Included on stage were recruiters who were leaving the Company because they finished their three-year tour.

They received recognition and a hardy farewell and are returning to their primary MOS.

This Company is one of the highest percentage performers of recruiting Companies, easily exceeding the quotas given to them from the U.S Army 6th Recruiting Brigade in Southern California.

This is the third time we have provided our Hall for their training activities and there was 'no charge' for that.

They will always be welcome.

SgtMaj Richard G. Anderson USMC (Ret)



Awards ceremony for the top recruiters in the Company. They were awarded the Army Achievement Medal.



Other recruiter (standing) receiving commendations for their performance.



Richard at his recruiting station.



Jr Vice Sal Pellerito handed out tickets for a free buffet at Barona Casino to recruiters who raised their hands.



Captain John Thibault (OIC) with Post CDR Don Stonecipher has a good conversation to the Captain about the VFW & its' mission.

★ All Gave Some. Some Gave All. ★



A veteran is someone who, at one point in his or her life, wrote a blank check made payable to "The United States of America", for an amount of "up to and including my life".

JOIN US FOR

STEAK & THE RICK TROTTER BAND

SATURDAY, JANUARY 11, 2020 | 6:00 - 9:00 PM

Includes baked potato, salad & dinner roll

Donation: 18.00

*Bring your friends for a night of good food
& entertainment!*





KARAOKE CONTEST

Join Us Each Friday

Jan 10 - Feb 7, 2020

Finale Friday, Feb 14

The contest is for people of all ages
so bring your friends young & young at heart
for a rockin' good time!

Winner receives \$50.00

Singing at 5:00 PM | Dinner at 6:00 PM

Small Donation for Dinner

Contest begins @ 7:00 PM

Full contest rules available at Post 7907

Open To The Public | \$5 Entry Fee



LT Fred L. Kent Post 7907 | 12342 Old Pomerado Rd, Poway, CA 92064
858-748-7907 | www.vfw7907.com



JANUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Please Note: We make an effort to list the meals accurately. However, menu items may change. Please check the Post menu board or call the Post to verify.	 1 CLOSED	2 6:30 PM House Chair Committee Meeting	3 6:00 PM Burger, potato salad & domestic beer Donation: 7.00
5 9:00 AM Blueberry pancakes, scrambled eggs, bacon & fruit Donation: 8.00	6 11:30 AM – 1:30 PM Tacos & coleslaw Donation: 8.00	7 6:30 - 9:30 PM Hall Rented	8 11:30 AM Open-faced pork sandwich, mashed potatoes, gravy & green beans Donation: 8.00	9 6:00 PM VFW Auxiliary Meeting	10 3:00 PM VFW / AUX Roundtable Meeting 6:00 PM Burger, potato salad & domestic beer Donation: 7.00 7:00 - 8:00 PM Karaoke Contest	11 6:00 pm Steak, baked potato, salad & dinner roll Donation: 18.00 6:00 - 9:00 PM Live Music The Rick Trotter Band
12 No Breakfast	13 11:30 AM – 1:30 PM Grilled cheese & chips Donation: 5.00 6:00 PM VFW CDR/Officer Meeting	14 CLOSED	15 11:30 AM Fried chicken, fries & coleslaw Donation: 8.00	16 7:00 PM VFW 7907 Post Meeting	17 6:00 PM Burger, potato salad & domestic beer Donation: 7.00 7:00 - 8:00 PM Karaoke Contest	18
19 9:00 AM Eggs-to-order, hash browns, sausage, fresh fruit & toast Donation: 8.00	20 11:30 AM – 1:30 PM Clam chowder & garlic toast Donation: 8.00	21 CLOSED	22 11:30 AM BLTs & fries Donation: 8.00	23	24 6:00 PM Burger, potato salad & domestic beer Donation: 7.00 7:00 - 8:00 PM Karaoke Contest	25
26 9:00 AM Dickie Boys omelets or eggs-to-order, bacon, toast & hash browns <i>Dickie Boys</i> Donation: 9.00	27 11:30 AM – 1:30 PM Tacos & coleslaw Donation: 8.00	28 CLOSED	29 11:30 AM Open-face beef sandwich, salad & corn Donation: 8.00	30	31 6:00 PM Burger, potato salad & domestic beer Donation: 7.00 7:00 - 8:00 PM Karaoke Contest	

Canteen Hours*: Sun: 9:00 AM–3:00 PM | Mon: 11:00 AM–3:00 PM | Tue: Closed | Wed: 11:00 AM–9:00 PM | Thu-Sat: 3:00–9:00 PM

*Closing hours subject to modification based on activity