



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 | 1st Thursday - Sep 6

VFW CDR/Officer Meeting

6:30 PM | 2nd Thursday - Sep 13

VFW 7907 Post Meeting

7:00 PM | 3rd Thursday - Sep 20

VFW/AUX Roundtable & Social Planning Meeting

6:30 PM | 4th Thursday - Sep 27

AUX Monthly Meeting

6:00 PM | 2nd Tuesday - Sep 11

Post House Chairman Clean up/Working Party

8:00 AM | Saturday Mornings



Never Forget

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.

Saluting veterans and flag image in masthead supplied by ©iStockphoto.com/LifeJourneys

COMMANDER'S CALL

Greetings from Kansas City, Missouri. Yesterday, I had the distinct pleasure of visiting the VFW National Headquarters and the WWI Museum and later in September, I will be heading to Sacramento assisting the VFW State Commander with official Department business. As far as Post 7907, I'm so proud of what our Post is doing. It's easy talking with VFW State and National leadership about all the good things happening in Poway Post 7907.

First, let me start by saying, Bravo Zulu to the VFW Post on attaining 100% Membership due to the hard work and efforts of our Membership Chair, **Greg Clark** and QM, **Alan Helton**. OUTSTANDING ACHIEVEMENT. The Vietnam appreciation last month was simply amazing- How about Joylani, Colonel Vargas (MOH) and our very own, **Colonel Barry Cronin** and **Tom Behrle**. This month we have the POW/MIA event and the AUX Canteen Games. Next month, a Sycuan Bus Trip Fundraiser on October 13th. This fundraiser will generated 100% profit for our Post. Volunteers are needed for planning for the upcoming First Responders Dinner.

And, back by popular demand, the Friday Night Burger Burn which continues to bring in new faces and members. Bill Kimble really started a fine tradition. Thanks to our Adjutant, **Fernando, Melissa, Allan** and **Vicky** for stepping up and cooking some yummy burgers with grilled buns. If you want to cook on Friday Night, we are always looking for volunteers. Appreciate those bringing in side dishes and yummy deserts. Karen has some new Pub Grub along with a great selection of beer and the best bartenders in Poway. Also, I keep hearing all about the super lunches and hearty breakfasts. Thanks to all- **Ken, Amy, Sandy** and numerous others for all you do in the Kitchen.

Last month, the Vietnam Vet Appreciation event was superb and this month many are hard at work getting ready for the POW/MIA event at the Poway Veteran's Park. Thinking about these two events brings me to reflect about a current event- the passing of a war hero, Senator John McCain who was a lifetime VFW Member from the Chandler Arizona VFW Post, a Vietnam Vet and POW. He put service and sacrifice above himself. When you pass by our Missing Man Table (in a few pages, Sara has included a breakdown of what the Missing Man Table is all about), reflect and think about the pain and horror of being an enemy Prisoner of War (POW) or those MIA, along with the pain endured by family and friends.

It's a great time to be at the Post- *Many things are happening and volunteers are needed*. Come on down to the Post, come to a meeting, meet some new people, relax, enjoy a meal, drink a cold adult frosty beverage, watch a game and have a good time.

Bill Morrison

2018-2019 Officers

Post Commander...Bill Morrison

Sr. Vice Commander...Vernon DuMolt

Jr. Vice Commander...Bill Kimble

Quartermaster ... Alan Helton

Chaplain...Barry Cronin

Surgeon...Chad Foley

Service Officer...Bud Lichtenstern

Adjutant...Fernando Law

Judge Advocate...Bob Parks

Guard...Jennifer Guerrero

1st Year Trustee...Dave Grosch

2nd Year Trustee...Jim Forrest

3rd Year Trustee...Tom Behrle

Officer of the Day...Jason Widmer



Auxiliary Officers

Auxiliary President...Alex Grosch

Auxiliary Sr. Vice President...Robert Fenter

Auxiliary Jr. Vice President...Bill McKibbin

Auxiliary Treasurer...Brad Cotton

Auxiliary 1st Year Trustee...Linda Miller

Auxiliary 2nd Year Trustee...Jim Gordon

Auxiliary 3rd Year Trustee...Patty Grosch



FROM THE AUXILIARY PRESIDENT

Hope everyone is getting ready for football season, I know I am. For our next Auxiliary event we will be hosting a Canteen Games tournament, consisting of teams of two competing in darts, billiards, horseshoes and cornhole. The top three teams get a cash prize and it only costs \$25 per player. Also the Auxiliary will be serving our famous BBQ on the same day, September 29th at 5:30 PM that is open to all for \$12 per plate. And from last month a big thank you goes out to **Judy Hill, Kevin Henry, Mary Ann Lapating, Clint Stedman, and Bill McKibbin** for their hard work with the Italian Dinner night, where over 80 dinners were served, and their work on the Vietnam Commemoration Ceremony. Both events were fantastic and they were a big part of them. So thank you again. See you September 29th!

Alex Grosch

FROM THE SENIOR VICE COMMANDER

Comrades,

Thanks for all those who have supported the Post whether volunteering with your time and effort, financial contributions or participation in the Kitchen. It ALL helps. In August, the Post events were super. The Saturday's events really contributed to our bottom line- the Motorcycle run, Judy's Lasagna Aux dinner and the Vietnam Appreciation event. For all those who donated for the purchase of a new refrigerator, THANK YOU, especially the large donation by the Bicycle Club. I'm amazed at the generosity of everyone and how quickly that got done.

Thanks to all the Post Officers for their hard work and tireless efforts. For all those working VFW Programs, keep up the hard work. The All State goal for the Post is going well and WE CAN MAKE IT HAPPEN with a team effort. If you would like to volunteer, assist or donate to any program, let me know. I look forward to seeing you at the Post- Come on down for a breakfast, lunch, dinner or just a cold one- Look forward to seeing you at the Post.

Vernon DuMolt

FROM THE JUNIOR VICE COMMANDER

Buddy Poppy Note- At the August General Meeting, membership authorized the purchase of our quota of Buddy poppies from National VFW Headquarters. Now, I will need your help in the distribution of 6500 poppies. We anticipate setting up a table on Veteran's Day at the WalMart in Poway. If this is something you would be interested in assisting with, please let me know. All of the proceeds generated from the Buddy Poppy goes directly to our Post Relief fund to support Veterans and worthwhile VFW Programs.



Bill Kimble

FROM THE QUARTERMASTER

Overall, we had a pretty good month in August. The Saturday events really helped to generate much needed revenue so I could pay all of the Post bills last month. If Chiefer did not go on vacation to Maryland, I am sure we could have made even more money. Welcome back Jim, we missed you. Also, changing hours help us cut expenses. In order to save several hundred dollars a year, I am in the process of switching payroll systems. We are also switching over to Quickbooks. If anyone has any expertise with it, please let me know. We are doing this so we will have electronic record keeping and data and to make the QM job easier for other QMs in the years ahead.

Alan Helton

FROM THE SURGEON

Comrades,

I will continue to beat the drum as ask that you (shamelessly pasted from last month) take a few moments to consider what we could be doing more efficiently. Any savings, no matter how small, can add up to big changes down the road. I welcome any and all suggestions to minimize our waste!

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):



"Fighter pukers make movies. Bomber pilots make... HISTORY!"

Chad 'Axel' Foley

Email: chad.g.foley@gmail.com

FROM THE ADJUTANT

Comrades,

I am pleased to announce that we are in the final stages of implementing an exciting new project to improve our financial management and resource allocation, with the goal of making the Post more profitable. We have been working on a Point of Sale (POS) system that will allow us to better track expenses and identify areas in need of process improvement. Alan Donovan is currently completing the final setup and integration with QuickBooks. Here are some of the benefits that the new system will provide:

- Increased Efficiency
- Ease of Use
- Expanded Payment Capabilities
- Greater Accuracy
- Inventory Management
- Employee Management
- Reporting
- Detailed Receipts
- Faster Service

We expect to have the new system up and running shortly, and this will be the first of many exciting improvements that we have planned.

Fernando Law

BRAVO ZULU OF THE MONTH



A Two-fer!

First, to **Judy** for her outstanding efforts in promoting the Lasagna Dinner on 11 Aug!

Second, to **George Waters** for procuring a much needed refrigerator at a significant discount!

As a small token of our gratitude, you will be presented with a Commander's (drink) Coin for your dedication of going above and beyond the call of duty.

FROM THE CHAPLAIN

Comrades,

Gracious good day and greetings from your Post Chaplain. Labor Day in the United States is a public holiday celebrated on the first Monday in September. It honors the American labor movement and all the contributions that workers have made to the strength, prosperity, laws and well-being of the country. This year, it will be celebrated on the 3rd of September. In addition to simply putting food on the table and a roof over our head, there are spiritual aspects to labor we oftentimes overlook. Work is ordained by God. In the Book of Genesis, we learn that God himself had to work to create the world and everything in it. The results of His labor were good. Labor in service to others is also a lifetime obligation. Genesis 3:19 teaches us that "By the sweat of your face you shall eat bread, till you return to the ground." The magical age of 66 should not be the end of meaningful work. Work is not a punishment. God did not create work as drudgery, but rather as a gift of fulfillment to life. Work has three purposes: to provide money or resources to supply the necessities of life; to provide for a quality of life in the satisfaction of doing a job well; and to serve God. Work calls for obedience. Even when the boss isn't looking, a good worker is consistent and diligent to the task and loyal to the organization. Our ultimate boss is God. We should perform our labors as if in service to Him. Work should be done with excellence. We are best served when rendering service to the Lord and not to men. God's standard of excellence needs to be the human standard. Work is honorable. All professions and all kinds of work, assuming they are legal and ethical, are honorable before the Lord. All work brings glory to God and fulfillment to you, if it is done to God's glory. On this Labor Day, let's all take a moment from all the celebrations and festivities to give a brief prayer of thanks and praise to Almighty God, the Master Builder and Lord of all labor. May God bless us all.

Barry Cronin

Comrades,

Well summer is almost over and Football is upon us...both college and NFL. That gives us a great reason to come on out to the Post and enjoy watching a game (or games) on our big screen high definition televisions. Remember, we have the Direct TV "Sunday Ticket" package this year so we can get any game no matter where it is being played. So, come on out and SUPPORT YOUR POST!!!!



Bob Parks

Ahoy Comrades,

Please join me in wishing our Canteen Manager, Karen, a speedy recovery. She had to take some time off. I really appreciate the team effort by the other bartenders, Cyndi, Jenney and Traci in ensuring that we kept the doors open.

In August, the kitchen refrigerator could no longer be repaired or salvaged. So I needed to purchase a new one. George Waters, Economy Restaurant Supply secured us a reliable new dented refrigerator at a substantial savings. It sits in a new place in the kitchen which provides much more room and space. Speaking of the Kitchen, thanks for Ken for all he is doing in purchasing food to support the Post's breakfasts, lunches and dinners. For everyone who prepares a meal, we cannot thank you enough.

The Post QM Office should be completed soon. It now has AC, new walls, and paint. Thanks to the Assistant House Chair, Jason and his son for their hard work in getting this project done. We'll have Alan back in the Pit in no time.

Always looking for help on Saturday mornings. A great way to kick off your weekend is to stop by and lend a hand wherever you can. You'll be helping the Post and I'll bet you leave feeling good about yourself, too.

Football season is just around the corner. I look forward to catching a few Chicago Bear games at the Post, having a cold one and trying out some of the new bar grub. GO BEARS!

Semper Fi!

Bill Kimble

Burger Burn - Grillin' On...

Join us EACH Friday for a delicious burger, a cold beer, chips and salad for a \$7.00 donation.

Enjoy great Canteen specials too!

Volunteers always needed & greatly appreciated!



We are starting out with well with the addition of the following New Members:

- **Justin L. Smith**, US Navy, Recruited by Bill Kimble
- **Hans P. Graff**, US Navy, Recruited by Bill Morrison
- **Vito J. Petitti**, US Navy, Recruited by Bill Morrison
- **Russell J. Verby**, US Navy, Recruited by Bill Morrison
- **Anthony J. St. Dennis**, USMC, Life Transfer from Michigan

Contact me with any questions on membership.

Greg Clark

Cell: 858-602-2484

Email: gregory.j.clark18@gmail.com

VIETNAM WAR COMMEMORATION 18 Aug 2018

WOW! This event was a total success! Would not have happened without the countless hours of support from **Sara Salazar, Don Stonecipher, Tony DeGaspiris, Bill Kimble** and **The Auxiliary!! Kevin, Bill McKibben, Clint, Alex, Jimmy G., Karen, Mary Ann, Judy** and those I have forgotten THANKS! You guys always come through and get so little credit!! The early interview by the Poway Chieftain of Richard Anderson, Ray Knoll, Bobby Barron and Ed Gallego kicked off the event! Thanks to you all as well!

Our special guest, Medal of Honor Recipient Colonel Jay Vargas, USMC, was able to attend and remarks by Bill Morrison ensured his presence was felt! Highlights of the event were the National Anthem, sung a cappella without a microphone, by 8 year old **Joylani Nicolas**, super remarks by Bill Morrison, great speech by Barry Cronin and the performance by CDR Don Biadog Jr, Command Chaplain MCAS Miramar! The bugler was a very special ending, too. Much to our surprise Colonel Vargas also spoke after dinner and had the attention of everyone in the room! He was also kind enough to stay afterwards and have a few drinks and take pictures with many of our members!

I think this was a very special event and I am pleased so many of our Vietnam Veterans participated! I sincerely hope it was as touching for you as it was for me! The entertainment provided by Dusty and the LoveNotes was fabulous as well!

Tom Behrle



CDR Morrison, Colonel Jay R. Vargas & Tom Behrle

Agent Orange Exposure

In combination with the Post Salute to our Vietnam Veterans, I want to take this moment to revisit Herbicidal Exposure (Agent Orange) with you comrades.

If you served in Vietnam between 1962 and 1971, there is a pretty good chance that you were exposed to Agent Orange. The VA acknowledges that some 20 million gallons of herbicides were sprayed across South Vietnam in an attempt to destroy foliage used to conceal enemy forces and supply lines. Spraying was also intended to deny access to agricultural crops used by the enemy.

Now for you non Vietnam Veterans, this article might pertain to you as well. If you served on the Airbases in Thailand, where Agent Orange was handled and loaded aboard aircraft that were used to spray you too might have been exposed. Also, for those of you who served along the DMZ in Korea you too might have been exposure as well. Agent Orange was used to keep the DMZ clear for observing the North Korean troop movements.

Agent Orange related conditions

The VA has determined that a positive association exists between exposure to herbicides and the subsequent development of these conditions:

- **AL Amyloidosis** - A rare disease caused when an abnormal protein, amyloid, enters and collects tissues or organs
- **Chronic B-cell Leukemias** - A type of cancer which affects a specific type of white blood cell
- **Chloracne** (or similar acneform disease) - A skin condition that occurs soon after exposure to chemicals and looks like common forms of acne seen in teenagers. Under VA's rating regulations, it must be at least 10 percent disabling within one year of exposure to herbicides.
- **Diabetes Mellitus Type 2** - A disease characterized by high blood sugar levels resulting from the body's inability to produce or respond properly to the hormone insulin
- **Hodgkin's Disease** - A malignant lymphoma (cancer) characterized by progressive enlargement of the lymph nodes, liver, and spleen, and by progressive anemia
- **Ischemic Heart Disease** - A disease characterized by a reduced supply of blood to the heart, that can lead to chest pain (angina)
- **Multiple Myeloma** - A cancer of plasma cells, a type of white blood cell in bone marrow
- **Non-Hodgkin's Lymphoma** - A group of cancers that affect the lymph glands and other lymphatic tissue
- **Parkinson's Disease** - A progressive disorder of the nervous system that affects muscle movement
- **Peripheral Neuropathy, Early-Onset** - A nervous system condition that causes numbness, tingling, and muscle weakness. Under VA's rating regulations, it must be at least 10 percent disabling within one year of herbicide exposure.
- **Porphyria Cutanea Tarda** - A disorder characterized by liver dysfunction and by thinning and blistering of the skin in sun-exposed areas. Under VA's rating regulations, it must be at least 10 percent disabling within one year of exposure to herbicides.
- **Prostate Cancer** - Cancer of the prostate; one of the most common cancers among older men

- **Respiratory Cancers** (includes lung cancer) - Cancers of the lung, larynx, trachea, and bronchus
- **Soft Tissue Sarcomas** (other than osteosarcoma, chondrosarcoma, Kaposi's sarcoma, or mesothelioma) - A specific group of malignant of cancers in body tissues such as muscle, fat, blood and lymph vessels, and connective tissues
- Non-Agent Orange related conditions

Note: *Children with birth defects* - VA presumes certain birth defects in children of Vietnam and Korea Veterans are associated with Veterans' qualifying military service.

Of note, there are numerous conditions that are not associated (as of now due to a lack of science) with Agent Orange. Service connection for them must, by law, be denied.

- Hepatobiliary cancers
- Nasal and nasopharyngeal cancer
- Bone cancers
- Breast cancer
- Cancers of the female reproductive system
- Urinary bladder cancer
- Renal cancer
- Testicular cancer
- Leukemia (other than chronic lymphocytic leukemia)
- Reproductive effects (abnormal sperm parameters and infertility)
- Parkinson's disease
- Chronic persistent peripheral neuropathy
- Lipid and lipoprotein disorders
- Gastrointestinal and digestive disease (other than diabetes mellitus)
- Immune-system disorders
- Circulatory disorders
- Respiratory disorders (other than certain respiratory cancers)
- Skin cancer
- Cognitive and neuropsychiatric effects
- Gastrointestinal tract tumors
- Brain tumors
- Amyloidosis

What to do if your condition is listed as "not Agent Orange related"

If you have one of these orphaned conditions you can apply for service connection secondary to Agent Orange exposure; however, your claim will be denied. What should you do?

My advice would be to apply anyway, and let the VA deny the claim. Then appeal the decision. A timely appeal keeps your claim in the mill. Also, keep in mind that somewhere down the road some or all of these conditions might be approved. By having a denial on record, you stand a chance of having it approved retroactively. Additionally, the medical evidence you submitted will always be in your VA claims file. However, if you wait several years to file a claim, you should keep in mind that physicians don't keep their records forever. So get your claim submitted before your records wind up in the trash bin or shredder.

One additional cautionary word: exposure to Agent Orange, in and of itself, is not a disability. That is, you can receive service connection only for the above disabilities listed here.

Getting started with your claim: See me, your Post Service Officer. Bring your proof of where you served.

Bud Lichtenstern

The Canteen is expanding its services! We now offer a choice of either Philly cheesesteak or pastrami sandwiches available at the bar. These snacks options offer a more hearty choice than a bag of chips, but why not pair the sandwiches with a bag for a small meal? The next time you're enjoying a refreshing beverage and are feeling a little hungry, ask your bartender for a tasty sandwich!



Come on down to the friendliest place on earth- VFW Poway!!!

Post Fundraiser- Sycuan Bus Trip Oct 13. Love to have you join the fun. ALL proceeds benefit our Post. Only \$25 per person with \$10 free play offered by Sycuan. If you can't attend, but would like to donate, just let me know.

Look forward to seeing you soon...

Karen Lewellen



Assistant House Chair Jason relaxing with family & friends at the Post.



**Happy 71st Birthday
September 18, 1947**

VOLUNTEERS NEEDED

VFW, AUX & kids who need Community Service Credit

Saturday Morning Work Party

Each Saturday at 9:00 AM at the Post

For more info contact Bill Kimble

UPCOMING EVENTS

JOIN US AT THE POST FOR THE FOLLOWING EVENTS:

POST 7907 51ST ANNIVERSARY
FRIDAY, OCT 12

SYCUAN BUS TRIP
SATURDAY, OCT 13

U.S. NAVY BIRTHDAY
SATURDAY, OCT 13

FIRST RESPONDERS DINNER
SATURDAY, OCT 20

MYSTERY DINNER THEATER
SATURDAY, NOV 3

MARINE CORPS BIRTHDAY
SATURDAY, NOV 10, 11:00 AM - 1:00 PM

VETERANS DAY
SUNDAY, NOV 11

VFW THANKSGIVING DINNER
SATURDAY, NOV 17

VFW CHRISTMAS DINNER & PARTY
SATURDAY, DEC 1

ARMY-NAVY GAME
SATURDAY, DEC 8

JANUARY EVENT - TBD

SUPER BOWL PARTY
SUNDAY, FEB 3 2019

VALENTINE'S DINNER
SATURDAY, FEB 23, 2019

ST. PATRICK'S DAY PARTY
SATURDAY, MAR 16, 2019

APRIL EVENT - TBD

VFW & VFW AUXILIARY INSTALLATION
MAY

COMMANDER APPRECIATION
DINNER & FAREWELL PARTY
JUNE

HAIL TO THE NEW OFFICERS
JULY



POW/MIA Recognition Day is a day of remembrance and hope for the speedy and safe return of American Prisoners of War, and those still Missing in Action. It is observed across the nation on the third Friday of September each year. It is our responsibility to remind others, lest they forget.

As of August 23, 2018, the total missing and unaccounted from the Vietnam War is 1,597. Of those still missing or unaccounted, 164 (this number includes three civilians) list their home of record in California.

Source: www.dpaa.mil



Their Sacrifice Our Freedom



Missing Man Table

Upon entering many VFW Posts members see a single table set appropriately for a meal but is never used. This special scene honors those who cannot join us at a local Post—prisoners of war or those missing in action. Please reflect when you pass this table knowing that our POW-MIA would give anything to join their family and friends for a meal.

The small table is set for one – symbolizing the frailty of one prisoner.

The table is round – showing our everlasting concern for our POW/MIA's.

The cloth is white – symbolizing the purity of our men and women's motives when answering the call to duty.

The single red rose – reminding us of the lives of these men and women – their loved ones and friends who keep the faith, while seeking answers.

The red ribbon – symbolizes our continued determination to account for them.

A slice of lemon – reminds us of the bitter fate of those missing, captured and held as prisoners in foreign lands.

A pinch of salt – symbolizes the tears of our missing and their families who long for answers after decades of uncertainty.

The Holy Bible – represents the strength gained through faith in our country, founded as one nation under God, to sustain those lost from our midst.

The candle – is reminiscent of the light of hope which lives in our hearts to illuminate their way home.

The glass is inverted – to symbolize their inability to share this evening's toast.

The chair is empty – they are missing and please remember their service and sacrifice.

Let us honor America's POW/MIA's and encourage our government to undertake successful efforts to account for them.

★ *All Gave Some. Some Gave All.* ★

POW/MIA RECOGNITION DAY

FRIDAY, SEPTEMBER 21, 2018 • 5:00 PM



Join VFW Post 7907 at the
Poway Veterans Park located at
14134 Midland Rd, Poway, CA 92064
as we remember those who
are not home yet

Until they are all home



Complimentary dinner to follow the ceremony at
VFW Post 7907

12342 Old Pomerado Rd, Poway CA 92064

858.748.7907

(Donations welcome)

VFW Auxiliary 7907



Canteen Games

2nd Annual VFW Auxiliary

Canteen Games

Saturday, September 29th

Check-in at 9:30am

Games run from 10:00am to 5:00pm

BBQ begins at 5:30pm

(\$12 per plate for non-participants)

Horseshoes

Corn Hole

Pool

Darts

VFW Post 7907
12342 Old Pomerado Road
Poway, CA 92064

Sign up with your team of *two*

at the VFW (\$25 per person (dinner included),
ages 10 and up)



For the top three teams!

or contact Robert Fenter
858-864-8800, rsfenter1@gmail.com



VFW Post & Community Events

Vietnam War Veterans Commemoration - August 18, 2018



Tom Behrle, Master of ceremonies, led the attendees in the Pledge of Allegiance



Commander Morrison introduced the guests speaker

Guest of honor Medal of Honor Recipient Colonel Jay R. Vargas, USMC (Ret.)



Guest Speaker & Post Chaplain, Barry Cronin, reminded us of the impact Vietnam Veterans have had on all our lives



Taps played by Lance Corporal Dawson at the close of the ceremony was very moving



VFW Auxiliary member Judy Hill & singing phenom Joylani Nicolas



Dusty & the LoveNotes with Joylani



The turn out to honor our Vietnam Veterans was phenomenal



The youngest & oldest veterans in attendance cut the cake - LCpl Dawson & Post Member Joel Doss



Several of our Vietnam Veterans were interviewed by CBS New 8

SEPTEMBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>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.</p>						1 10:00 AM-12:00 PM Joint Honor Guard Meeting
2 9:00 AM Chicken fried steak, eggs-to-order, potatoes & toast <i>Sandy, Chiefer & Clint</i> Donation: 8.00	3	4	5 11:30 AM Oven baked Cod, fries, cole slaw & pickle <i>Bob Burn & Crew</i> Donation: 7.99	6 6:30 PM House Chair Committee Meeting	7 5:30 PM Burger, beer, salad & chips <i>House</i> Donation: 7.00	8
9	10	11 6:00 PM VFW Auxiliary Meeting	12 11:30 AM Hot turkey sandwich, mashed potatoes, gravy, veggies & cranberry <i>Ken & Amy</i> Donation: 7.99	13 6:30 PM VFW CDR/Officer Meeting	14 5:30 PM Burger, beer, salad & chips <i>House</i> Donation: 7.00	15
16 9:00 AM Amy's Corned beef hash & eggs <i>Ken & Amy</i> Donation: 8.00	17	18	19 11:30 AM BLT's, fries & pickle <i>Bob Burn & Crew</i> Donation: 7.99	20 7:00 PM VFW 7907 Post Meeting	21  5:00 PM POW/MIA Recognition Day at Poway Vets Park Complimentary Dinner begins at 6:00 PM Donations welcome	22
23 9:00 AM Sandy Special <i>Sandy, Chiefer & Clint</i> Donation: 8.00	24	25	26 11:30 AM Reubens, frings & pickle <i>VFW Crew</i> Donation: 7.99	27 6:30 PM VFW/AUX Roundtable & Social Planning Meeting	28 5:30 PM Burger, beer, salad & chips <i>House</i> Donation: 7.00	29 10:00 AM-5:00 PM 2nd Annual Canteen Games & BBQ BBQ begins at 5:30 PM Donation: Free for participants / 12.00 for non-participants
30 9:00 AM Omelettes or eggs-to-order, bacon, toast & hash browns <i>Dickie Boys</i> Donation: 9.00						

Canteen Hours*: Sun: Breakfast 9:00 AM–6:00 PM; No breakfast 12:00 PM–6:00 PM | Mon & Tue : 11:00 AM–6:00 PM
 Wed-Fri: 11:00 AM–9:00 PM | Sat: 12:00 PM–6:00 PM

**Closing hours subject to modification based on activity*