



NEWS FROM LT FRED L. KENT • VFW POST 7907 POWAY, CA



POST MONTHLY MEETING SCHEDULE

Please Join Us

Auxiliary Monthly Meeting

6:00 PM | Thursday - April 9

This month's Auxiliary Meeting will be held virtually via Zoom - Please download the free Zoom app prior to the meeting.

VFW 7907 Post Meeting

7:00 PM | Thursday - April 16



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

From the Commander

As you all should know, the Post is closed and at this time, we do not know when that will change.

There are currently only two events scheduled for April and these two are subject to change or modification.

1. Post Auxiliary Meeting, April 9, 2020 at the normal time (Canteen closed).
2. Regular Post Meeting, April 16, 2020 at the normal time (Canteen closed).

At the Auxiliary meeting, only 7907 Auxiliary members are allowed to attend with the exception of one Post officer to open and close the Post and answer any questions. At the Post meeting, only Post 7907 VFW members may attend. No more than nine (9) members may be present at either the Post or Auxiliary meetings.

This mandated shutdown has put a financial burden on the Post. Our property taxes have to be paid by June 11, 2020. Through the generosity of most of the Post officers and other members, we have raised \$50.00 or more from each. We should be able to pay our taxes, but we have other bills that need to be paid. Any donation you can give will be greatly appreciated. You will receive a tax receipt for your donation.

We will keep you informed of any new developments.

May God bless you and your families and guide us all through these difficult times.

Don Stonecipher

FROM THE AUXILIARY PRESIDENT

Dear Brothers and Sisters of the Auxiliary,

Our country is under a national emergency and at this time our Auxiliary is called to serve. We want to unite at a time like this and be able to reach out, help and care for our own members who may be in need. If you are a member of Post 7907 VFW Auxiliary and would like access to our new video conferencing meetings, please download the free Zoom app and expect conference ID number in April's email. If you are not getting regular monthly emails from me a week prior to our general meeting please email me: Sharikristine@gmail.com. If you are a member in need please call me at 858-663-2686.

In God we trust,

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 – John Carson
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 to All,

As everyone knows by now the Post is dark. With that said I can't start to thank all the wonderful members and friends of the Post who have helped to keep the lights on. We still have outstanding bills to pay and with all the generous donations so far we will weather this storm together.

Jason and his team will continue to make improvements while we are closed. We will be working this Saturday and we will adhere to social distancing, so come on down.

On a lighter note everyone will be happy to know that Fernando, Leroy, Chad and Anna will be completing a recovery program for those who are addicted to cooking hamburgers. Please send them your prayers. 🙏 I know we are all looking forward to them falling off the wagon.

All kidding aside, take care of your families and yourselves and don't hesitate to contact any officer at the Post if you need help or you know of someone who might. We will get over this hurdle and be even stronger together.

God bless you and God bless America

Bill Kimble
858-722-2207

FROM THE JUNIOR VICE COMMANDER

Comrades,

My first concern is that everyone is doing well during this crisis. We need to stay safe, and protect ourselves and our families. I think our Commander and Officers made the best choice in closing down our Post to keep us all safe. My only regret was not being able to have our "Welcome Home Vietnam Veteran" dinner.

Three weeks ago, I came down with a cold with all the normal flu like symptoms. With the virus going on I wasn't sure if I could go to the VA medical centers. I found out that the VA now has Urgent Care providers for us at many different locations. This is a new service that evidently started last year. To my surprise looking online I found 19 locations in our area. I choose UC San Diego Urgent Care at 16950 Via Tazon in Rancho Bernardo. It was a great experience and I would highly recommend it. The Doctor saw me in about 15 minutes, diagnosed me with pneumonia, wrote me three prescriptions and sent me to the pharmacy in the building. The only thing I showed to check in and at the pharmacy was my VA Health card. The total charges for the visit and prescriptions was zero. It was simple, fast, and easy.

Thank you for your service

Sal Pellerito

★ *All Gave Some. Some Gave All.* ★

Strength for the Journey

When you feel so lonely during the *Stay at Home* life's journey, remember, God cares and knows your needs. Live one day at a time. Stay focused and pray everyday. We will get through this 21st century *dark journey* facing the pandemic corona virus that threatens your life, your family, your community, and the lives of people around the globe.

When Prophet Elijah felt so lonely and abandoned, God knew his need. The Lord gave Elijah extraordinary strength when Ahab was after his life. Without using a chariot, Elijah outran King Ahab. At an older age, Elijah reached Jezreel first ahead of King Ahab, a distance of about seventeen miles. For more information, read 1 Kings 18:1-46 (ESV).

I am also available for anyone who like to speak to the chaplain. Email: Chapbiadog@yahoo.com Cell: 1-858-444-7125

God Bless,

Chaplain Don Biadog, Jr

FROM THE JUDGE ADVOCATE

Cases of fraud and phishing are on the rise as the COVID-19 makes its course. Scammers have even gone as far as to dress in white lab coats and masks, impersonating Centers for Disease Control and Prevention workers. From text messages, to phone calls, to elaborate schemes — scammers are using COVID-19 as a new way to steal people's money and personal information. Two ingredients of a good scam are fear and confusion, and we have both of those right now. It is a prime time for a playground for people who want to take advantage of others. Sadly, scammers never stop trying to make a dishonest dollar—not even amid a pandemic.

If you receive an unsolicited text message, email, phone call or any other communication claiming a cash payment, government benefit or other COVID-19 related offers, be very suspicious. Below are recent examples to exploit the pandemic and are just the beginning of a tsunami of fraud and identity theft.

- The authentic looking email from the World Health Organization (WHO) isn't real at all but rather clever spam meant to steal personal information.
- Callers claiming to be Medicaid and Medicare representatives are offering so-called free COVID-19 tests — as long as you pay with a credit card for shipping. The goal in these scams is to get credit card information.
- Fake Centers for Disease Control and Prevention asking for donations, except it's not the CDC, but a fake website.
- Phishing emails related to charitable contributions, general financial relief, airline refunds and fake cures, testing kits and vaccines.
- Look out for phishing emails asking you to verify your personal information in order to receive an economic stimulus check from the government. While talk of economic stimulus checks has been in the news cycle, government agencies are not sending unsolicited emails seeking your private information in order to send you money.

Bill Morrison



Are you a Post 7907 member who is at high risk or concerned about the crowds?

Anna Foley is offering to go grocery shopping for you. If you are interested, please call or text her at 1-760-289-2020 or email: anna_kondo@hotmail.com.

FROM THE CANTEN MANAGER:

Dear Comrades,

We hope you and your families are holding up well and our thoughts and prayers go out to each and everyone who is dealing with the uncertainty COVID-19 has created. We miss seeing you at the Post, but it's for the safety of everyone. Hope to see you soon and stay safe.

Thank you for your service!

Fernando Law

FROM THE PROJECTS & MAINTENANCE MANAGER

Greeting Comrades,

Hope this month's newsletter finds you all safe and healthy during these challenging times we are all facing. We have had another productive month here at the Post. We have completed the installation of the bathroom partition in the Men's Restroom and also completed the remodel of the Women's Restroom. A special thanks to Richard Anderson for completing all the edge trimming of the exterior property at the Post and LeRoy for his continued support of helping us here with all the maintenance issues. I would also like to give a special thanks to Tom, Louis, and Carmen for helping me complete the disinfecting of Post 7907 for COVID-19. As a reminder once the quarantine is lifted we are at the Post every Saturday at 8:00 AM to perform normal cleaning and maintenance and would love to have more volunteers. It is also a good way for youths to get their required volunteers hours for community service. Hope to open again soon and see you all down at the Post.

Stay Healthy & God Bless America

Respectfully,

Jason Widmer

In the March the Post voted in the following members:

New Life Member

- Bohuslavsky, David L., USN. Referred by Don Biadog. Recruiter Richard Anderson.

Transfer Members

- Johnson, William T., USN. Recruiter Richard Anderson.
- Auzenne, Kenneth D., USN. Recruiter Richard Anderson.

Welcome Aboard!

Annual Post Stats to Date: New members 20. Reinstated 3. Continued 48. Percent is 100.62%, Retention 50%. Total members 649.

Richard Anderson



Top 10 Secondary Disabilities

Comrades, currently there are two categories of claims that can be granted secondary service connection under VA regulation 3.310, "Disabilities that are proximately due to, or aggravated by, service-connected disease or injury."

The first category includes claims for which there is an initial service-connected disability, and then a subsequent disability or disabilities found to be proximately due to (caused by) the service-connected disability. One example of this type of claim would be loss of limb due to amputation occurring subsequent to a service-connected diabetes diagnosis. The loss of a limb, it might be argued, should be service connected in addition to the diabetes because the amputation may not have been needed had the veteran not developed diabetes.

In accordance with a 1995 court decision (Allen v. Brown, 7 Vet. App. 439), VA will also grant service connection under this regulation in claims where there is an increase in the severity of nonservice-connected disability that is found to be due to aggravation by a service-connected disability. These are called secondary service connection by aggravation claims.

Here are the top 10 Secondary Disabilities:

1. Sciatic nerve damage
2. Erectile dysfunction
3. Median nerve damage (paralysis)
4. External popliteal nerve damage
5. Arteriosclerotic heart disease
6. Arteriosclerosis obliterans
7. Hypertensive vascular disease
8. Renal involvement in systemic diseases
9. Peripheral Neuropathy
10. Degenerative arthritis of the spine

Example of a secondary-connected disability:

"Peripheral Neuropathy Secondary to Diabetes Mellitus Type 2"

There are multiple medical conditions that a veteran can develop as a result of their service-connected diabetes mellitus type 2. One of the most common conditions secondary to diabetes is peripheral neuropathy, which impacts a veteran's peripheral nerves and can cause numbness, weakness, and tingling in the upper and lower extremities (e.g. feet and hands). Veterans can obtain service connection for their peripheral neuropathy on a secondary basis if they can show that their service-connected diabetes was the cause of it.

Remember you can't claim secondary service connection to just any disability you want. There must be sound medical research that shows a link to be eligible for veteran's disability benefits. Tell the VA that you consider a particular medical condition secondary to your service-connected impairments.

Filing a claim for secondary service connection involves the same process as filing any claim for service connection.

Veterans will need to demonstrate two things to VA to be granted service connection for a secondary condition:

A diagnosis for your secondary condition; and Medical evidence showing the link between your service-connected condition and secondary condition.

Side Note - Making Hand Sanitizer

As we all know it is very, very difficult to buy hand sanitizers either via store or online. However, you (I am already) can make your own:

- Use 99% rubbing (iso-alcohol) and aloe vera gel. Both of these products can be bought.
- Use 8 oz of alcohol to 4 oz of gel, mix and put in a dispenser that you can also easily buy.
- If you can only find 91% rubbing alcohol then use about 9 oz of that.

These products have no shelf life and therefore will be useable for a long period of time

As always, your Post Service Officer stands by to assist you.

Bud Lichtenstern



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):

"Oh, it's good Scottish weather, madam. The rain is falling straight down. Well, slightly to the side like."

Previous month's answer – Gladiator

Chad 'Axel' Foley

VFW Post & Community Events

Honoring our First Responders - 7 March 2020



Navy League Cadet Corps



Award recipients Mark Chamberlain, Kevin Boegler & Eric March



Poway Mayor Steve Vaus addressing the crowd



Membership Chair Richard Anderson & his wife



We had a great crowd & everyone enjoyed a fabulous dinner



Thomas Bongiovane Funeral - 9 March 2020



Eternal Honor for Thomas Bongiovane VFW Post 7907 comrade on 9 March 2020 at Miramar National Cemetery

