



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



VETERANS OF FOREIGN WARS.

POST MONTHLY MEETING SCHEDULE

Please Join Us

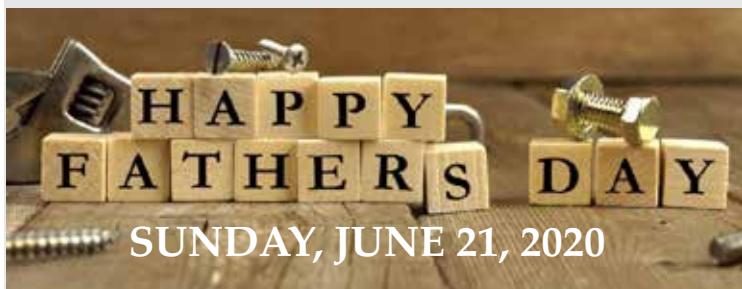
Auxiliary Monthly Meeting

6:00 PM | Thursday - June 11

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 - June 25



SUNDAY, JUNE 21, 2020



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.

FROM THE COMMANDER:

First, I hope everyone is doing well. This pandemic we are going through will change the way we live forever. Some things will return, but the past "norm" is gone.

Speaking of change, on June 12, 2020, the CA Department of the VFW will change command. Our Post will follow shortly thereafter. It has been an honor and a privilege to have served as your Post Commander for the fifth time. Each year was different, but all were successful.

It is with pleasure that I introduce your newly elected Post Officers who will take charge as sworn in after the Department on June 12th. Our new officers are:

- Commander Bill Kimble
- Sr. Vice Commander Sal Pellerito
- Jr. Vice Commander Jason Widmer
- Quartermaster Fernando Law
- Chaplain Don Biadog
- 1st Year Trustee Bob Parks
- 2nd Year Trustee Bill Bauerle
- 3rd Year Trustee Don Biedermann

Please extend your congratulations to them at your first opportunity. The newly appointed positions will be announced by the new Commander in accordance with the Manual of Procedures.

On Memorial Day, I met with representatives of the FRA, American Legion, and Elks at the Poway cemetery to pray for and pay respect to our fallen comrades.

In closing, I and many others would like to thank you for your contributions which have made it possible for the Post to survive in these trying times. With your help, we have been able to meet all of our financial obligations, such as property taxes and various license fees. Once again, thank you.

Thank you all for your support. May God bless you and your loved ones.

Don Stonecipher

FROM THE AUXILIARY PRESIDENT:

We are looking forward to getting back together soon. Once the Post opens back up we are looking for volunteers to cook and serve meals. We also could use donations to keep everything going in the meantime. Please be sure to email (sharikristine@gmail.com) or call (848-663-2686) me if you are interested in supporting our programs or if you know a veteran in need of assistance.

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 everyone.

I hope this finds you all in good spirits and health during this time of trouble. I'm asking everyone to join me in thanking Commander Don for his hard work and dedication to our Post during his 2019/2020 Commander term. It was a trying year for the Post. His outstanding leadership and unwavering love for his fellow veterans made it possible to weather all storms. Thank you Commander Don and God bless.

I'm honored to take the Helm of Commander for 2020/2021 as we work together to get the Post open, which is coming soon. I promise you I will work as hard as I can to make VFW Post 7907 the best it can be. I also promise that my phone will always be on for all complaints, concerns, or recommendations you may have.

So buckle up, strap in, and let's get ready for a wild ride because we have some work to do.

Respectfully,

Bill Kimble

858-722-2207



Sr. Vice Bill Kimble, PPCDR Bob Parks, Post members Don Biedermann & Eric Biedermann participated in the 2020 Mt Carmel High School Memorial Day Flag Raising.

FROM THE JUNIOR VICE COMMANDER

Greetings to all,

I sat down to write this and realized it's Memorial Day weekend when we honor all those that gave everything to their country. In 2017, I was asked to help form "Miramar Flags of Honor", a nonprofit group to place flags on the Veterans' graves at Miramar Cemetery. Three of us worked hard to make this happen this year. We setup the nonprofit and worked with the director of the Cemetery about rules and regulations. We had fund raising events, and slowly reached our goal. Not only do you have to purchase the flags, you also have to store them for future years. We contacted the local Boy Scouts, Girl Scouts, VFW Post 7907 Auxiliary and The Vietnam Veterans of America, San Diego Chapter 472 for help to place them on the gravesites. Everything was a go- then Coronavirus 19 hit. We were told by the Cemetery we couldn't do it this year, no large groups allowed to gather. It was a huge disappointment, but we'll be back next year on Memorial Day and will look forward to my brothers/sisters to help accomplish our goal. Stay safe everyone and will see you soon at the Post.

Thank you for your service.

Sal Pellerito

FROM THE JUDGE ADVOCATE

VFW Legislative Priority for 2020

Education, Employment and Transition Assistance

- Vocational Rehabilitation and Employment services throughout their lifetime.
- Timely and improved transition assistance, including access to programs after they leave military service.
- High-quality and sustainable education benefits.
- Strong employment and training programs.
- Small business development opportunities.
- Civilian credentials or academic credit for military training.
- Hiring preferences in the civil service and with large government contractors.
- National veterans treatment court advocates.
- Education and training in new and expanding career fields.
- Affordable housing and wraparound services to avoid homelessness.
- Improved character of discharge review and appeals procedures.

Bill Morrison

FROM THE MEMBERSHIP CHAIRMAN

Transfer Member

- Sidney, Robert E., USN. Recruiter Richard Anderson.

Welcome Aboard!

Post Stats as of May 25, 2020

New members 21. Reinstated 3. Annuals 62. Life members 581. Total members 667. Percent recruiting 103.41%. Annual retention 63.16%.

We are urgently requesting those annual members to renew their dues (\$42), especially those members expiring in May and June of this year. Please renew by mail to:

VFW Post 7907
12342 Old Pomerado Rd.
Poway, CA 92064
ATTN: Alan Helton

Make check payable to **VFW Post 7907** with the memo line made out to **Renew**.

We are all awaiting the time when our Post can be re-opened. In the meantime, we are doing many renovations to our Post which will surprise our members when they see what has been done.

Richard Anderson

FROM THE SERVICE OFFICER

Comrades,

A few reminders:

1. You can still file VA Claims but understand most if not all 56 VA regional offices are closed during this COVID 19 period. The VFW VSO Office is very busy and is difficult to reach by phone. Be patient.
2. VA Benefit payments are not affected by the virus. That includes disability, pension, education and the rest.

3. For VA GI Bill, your current benefits will continue automatically even with schools going to online classes.

Now let's talk VA Home Loan shall we?

How does the CARES Act protect my VA loan?

The CARES Act provides multiple protections on your VA-guaranteed loan if you experience financial hardship directly or indirectly caused by the COVID-19 emergency, regardless of your loan's default status. These protections include:

- A defined forbearance period of up to 180 days, with the possibility for extending it for another 180 days
- A foreclosure and eviction moratorium for 60 days starting March 18, 2020
- Instructions on how mortgage servicers are to report to the credit agencies. For example, borrowers who have requested the COVID-19 Forbearance option are not considered to be delinquent for purposes of credit reporting.

How long is the forbearance period in the CARES Act?

Forbearance in the CARES Act is broken down into two pieces; an initial period and an additional period. For the initial period, you may notify your mortgage servicer that you are financially affected by the COVID-19 emergency and request up to 180 days of forbearance. You don't have to use the entire forbearance period if you can resume payments sooner.

For the additional period, you may notify your mortgage servicer that you are still financially affected by the COVID-19 emergency and request up to 180 additional days of forbearance. As with the initial period of forbearance, you don't have to use the entire period of forbearance if you can resume payments sooner.

How do I apply for the forbearance?

You simply need to contact your mortgage servicer and request a forbearance because of financial difficulties due to the COVID-19 national emergency.

Remember, 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):

"I do wish we could chat longer, but... I'm having an old friend for dinner. Bye."

Previous month's answer – Pulp Fiction

Chad 'Axel' Foley

Sea Warriors Experience the Mysteries of the Oceans and Wonders of the Waves and Beaches and God's Presence

Story and Photos by Chaplain Don Biadog, Jr. May 20, 2020

Can you imagine what would the earth look like without oceans or seas? People around the world are fascinated and drawn to the bodies of water, specifically the oceans. The earth is covered with 70% water. Beneath the enormous oceans you can see the largest natural museums in the world.

Our sea warriors (past, present, and future) were/are attracted to the immense and marvelous but perilous oceans from east to west, north to south. As for me, watching the sunset was one my favorite times on board ships including USS Roanoke (AOR-7), USS Fort McHenry (LSD-43), USS Harpers Ferry LSD-49, and USS Essex (LHD-2).



I believe all current members of the Veterans of Foreign Wars Post 7907 made multiple deployments via sea-going war ships or airlifted to the site. Bravo Zulu to you for your sacrifice and service! I personally deployed more than a dozen times with Sailors, Marines, and Coasties around the globe. In addition, I made one combat deployment overseas during the Operation Iraqi Freedom in 2004-2005 and an actual humanitarian mission in 2006 called "Operation BK-06" in the Philippines.



In Southern California (SOCAL), normally hundreds of thousands of tourists and local folks enjoy the beaches and water activities such as swimming, surfing, boating, paddling, and diving. I personally enjoy the beach by doing my

walking exercise and admiring and photographing God's beauty and His creations. Due to the challenges we faced for nearly three months caused by COVID-19, most tourists and local folks were not able to go out and enjoy the water activities in sunny San Diego. For nearly three months, people in SOCAL and other parts of the State of California, and the Nation were mandated to "stay at home" and "social distancing." This mandate (right or wrong) affected myriads of people's mental health. Statistics reported the rise of physical, emotional, psychological, and substance abuse among all ages of peoples including our beloved veterans. If you feel alone and hopeless, please let me know (chapbiadog@yahoo.com or cellphone: 858-444-7125). From a concerned comrade to my fellow comrades, let us take care of each other. You always have my prayer.

To date, most of the San Diego beaches re-opened lately, many of the local families and a handful of visitors have been enjoying



the water activities and land-based exercises around the Torrey Pines State Beach and Natural Preserves on Saturday May 16, 2020. The State Parks and beaches were closed per mandated by the state and local leaders

due to the COVID-19 pandemic. Since many of our beaches and parks are open, I encourage you to re-start walking, jogging, running, biking, swimming, and surfing again. After all, exercise is good for you. It makes your heart glad and you get to enjoy the God-given natural beauty around you. If you stay long enough around thirty minutes after dusk, you can enjoy the spectacular God's display of SOCAL golden sunset or the rare neon-blue waves (around May).

On my recent prayer walk on the beach on May 13 and 19, 2020 on board Naval Base Coronado, CA I reminisced about my dear mother (Nanay), Emiliana. I am

forever thankful to God for the short time I spent with her in Coronado, CA in 2012. Five years later the LORD took her home to heaven on December 27, 2017. We enjoyed the relaxing, refreshing ocean wind



that sunny day. Before it is too late, make sure you spend some time with your elderly parent, family member, or friend.

Whether you live near the beach or bodies of water or on the mountain side or in the farm or somewhere on the planet earth, you can meet and talk to God. He is always there to help you. He will never fail you. God said, "So be strong and courageous! Do not be afraid and do not panic before them. For the LORD your God will personally go ahead of you. He will neither fail you nor abandon you." Deuteronomy 31:6 (NLT2). "For the LORD your God is a merciful God; He will



not abandon you or destroy you or forget the solemn covenant He made with your ancestors." Deuteronomy 4:31 (NLT2) "Keep your life free from love of money, and be content with what you have, for He has said, "I will never leave you nor forsake you. So, we can confidently say, The Lord is my helper; I will not fear; what can man do to me?" Hebrews 13:5-6 (ESV).

When you see an ocean, waves, and beach, try to walk along the beach and talk and thank God for His daily blessings. Feel the refreshing ocean wind. The pounding of the waves shapes the

jagged rocks. You may feel and experience at times that your life is like restless waves. Remember, in the end of it all, God is in control. Keep walking and enjoy the sea creatures along the way. You may see a starfish or a piece of polished glass. Throw the creature back to the ocean and you may keep the reshaped broken glass. Sometime a special surprise will come your way during your beach or bay walk such as the U.S. Air Force Thunderbirds Salute California COVID-19 Responders on May 15, 2020. The famous U.S. Air Force Thunderbirds demonstrated a majestic aerial maneuver over the San Diego skyline and Coronado, CA.



me that life is too short. Make your life count now for His Honor and Glory! There is no promise of tomorrow.

Remember, God keeps His promise to be with you always. Stay Strong Comrades! May God Bless You Always!

God Bless,

Chaplain Don Biadog, Jr

"For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many." Mark 10:45 (NLT)



Mission Project – Post 7907 Kitchen Renovation

By Richard Anderson

Our Post's kitchen was in need of a clean-up. Jason Widmer, our Post's maintenance manager, got the ball rolling on May 23, 2020. With his crew and one volunteer, painting the walls, ceiling, and shelves were the first step. The light fixtures frames were also painted and new plastic covers installed below the bulbs.

Step two is cleaning all the stove vents with high pressure steam cleaning which easily removes grease and bacteria. Step three is pressure steaming the floor tiles. The wooden wall baseboards were removed and will be replaced with vinyl cove baseboards which will not absorb water.

Finally, all of the kitchen utensils will be thoroughly cleaned.



Post Maintenance Mgr Jason Widmer led the renovation team.



Jason & Fernando Law practicing social distancing.

When the Post reopens, our members will be extremely impressed.

Jason's company KIC Restoration donated the all materials and labor. Thank you Jason!



Richard & Abraham striking a pose during the reno.



Jr Vice Sal Pellerito hard at work.



Everything was moved into the hall to prep for painting.



Membership Chairman Richard Anderson painted the walls & shelves.

★ All Gave Some. Some Gave All. ★