



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 - Mar 7

VFW CDR/Officer Meeting

6:30 PM | 2nd Thursday - Mar 14

VFW 7907 Post Meeting

7:00 PM | 3rd Thursday - Mar 21

VFW/AUX Roundtable & Social Planning Meeting

6:30 PM | 4th Thursday - Mar 28

AUX Monthly Meeting

6:00 PM | 2nd Tuesday - Mar 12

Post House Chairman Clean up/Working Party

9:00 AM | Saturday Mornings



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

WHAT DOES THE VFW DO?

The VFW is here to support the veterans.

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

What have we done this month in history?

- 3/2 Battle of Bismarck (WW II) started in 1943
- 3/8 US Marines land at Da Nang, Vietnam in 1965
- 3/11 US Army Corps of Engineers established in 1779
- 3/14 US/UN forces recapture Seoul, Korea in 1951
- 3/16 Pres. Reagan orders troops into Honduras in 1988
- 3/17 Civil War's Battle of Kelly's Ford in 1863
- 3/20 US led invasion of Iraq the first stage of Operation Iraqi Freedom in 2003
- 3/29 Last of US troops withdraw from Vietnam in 1973

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."

What's going on at the Post?

As a tribute to our Post members and Veterans, tonight we have the **Equinox Band** playing a charity tribute. Thanks to all those who taking their time to support the Post whether by patronizing the Post and bringing family and friends out for a burger or special event, volunteering to cook, wash dishes, clean, DJ, hanging a light, installing security cameras, sweeping, mopping, cleaning heads, etc. THANK YOU for unselfish support to Post 7907 and its Veterans.

continued on page 2

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...Alberto Vazquez

Judge Advocate...Bob Parks

Guard...Jennifer Guerrero

1st Year Trustee...Ed Ozmun

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



Valentine's Dinner was so much fun- A heartwarming Thanks to the ladies, **Melissa, Linda, Vicki, Shari,** and **Cindie.** And, **DJ Steve** did a superb job. Thanks to **Jason** for stripping and waxing the Canteen floors. Nice job sailor- looking ship shape. Thanks to the **House Chair and QM** for getting the Post's ATM installed and squared away. Thanks to the crew on Saturdays for keeping the place super clean. WOW- Thanks to **Stater Bros** for the generous \$2,500 Donation. These funds will allow us to purchase a much needed POS system for the Canteen.

SPECIAL EVENTS—Big St. Patty's Day Feast is coming up. Thanks to an anonymous VFW Post Member who is donating the corned-beef, cabbage, carrots and potatoes. Next month, we will be having a Cajun Dinner/Relief Fundraiser Dinner for our Adopt a Unit at MCAS Miramar to honor one of our very own, **Major Chad Foley's** Unit. If you would like to volunteer to support any of these evolutions (St Patty's, Cajun Dinner, or in May, Casino Night), please reach to any Post Officer.

Godspeed

Bill Morrison

FROM THE AUXILIARY PRESIDENT



VFW AUXILIARY

UNWAVERING SUPPORT FOR UNCOMMON HEROES®

FROM THE SENIOR VICE COMMANDER

Post Members,

This month I am reaching out directly to our Post membership. It has been mentioned in the past and also elsewhere in this newsletter that elections are coming up. The first round of nominations are nearly here so if you haven't taken the time to consider who you think should hold various positions, now is the time to do it. We also need people to fill the crucial non-elected officer positions, so also take a few minutes to think about volunteering your services to help out the Post.

In Comradeship,

Vernon DuMolt

FROM THE JUNIOR VICE COMMANDER

Comrades,

We had another great month. The post is firing on all cylinders. We have dedicated Brothers and Sisters doing amazing things to keep our post heading in the right direction. Don't be afraid to give them a pat on their back and say thank you when you see them working hard around the post. They are truly making a difference. Richard Anderson and myself are teaming up together for membership and poppy donations. Our next event will be at the Poway Wal-Mart mid-March. Exact date will be confirmed soon, so please keep an eye out for news.

Please come down and show your support.

In comradeship,

Bill Kimble

FROM THE QUARTERMASTER

Comrades,

I was able to purchase our very own ATM machine which we own outright. With the generous \$2,500 donation from Stater Bros., I was able to procure a POS system which should work well for our needs.

The events we have been having have really helped out. I would like to see more events to benefit the Post. If you have ideas, please submit them.

If you have a NFCU or USAA debit card, please use our ATM machine. You will get your terminal fee reimbursed up to \$15 per month. I promise we will maintain funds in the machine compared to the previous company that we paid. If you have any questions about the ATM or POS, I would be glad to discuss.

Alan Helton

FROM THE SURGEON

Comrades,

From William Butler Yeats:

I meditate upon a swallow's flight,
Upon an aged woman and her house,
A sycamore and lime tree lost in night
Although that western cloud is luminous,
Great works constructed there in nature's spite
For scholars and for poets after us,
Thoughts long knitted into a single thought,
A dance-like glory that those walls begot.



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):

"Where am I going? I don't know. When will I get there? I ain't certain. All that I know is I am on my way."

Previous month's answer – Forrest Gump

Chad 'Axel' Foley

Email: chad.g.foley@gmail.com

FROM THE JUDGE ADVOCATE

Comrades,

Two things that need to be brought to your attention.

1. Post elections. I have written about this several times before. I hope you have given some serious thought to what direction you want the Post to follow. First round of nominations will be held during this month's meeting with elections next month. Please consider the importance of this process.
2. Another issue which I addressed a few months ago: Discussing Post business. Whatever is discussed in a Post meeting should stay in a Post meeting. Discussing Post business outside a meeting and with non-Post members harms the Post and its Comrades. Please refrain from this practice as it does NO one any good.

Yours in Comradeship,

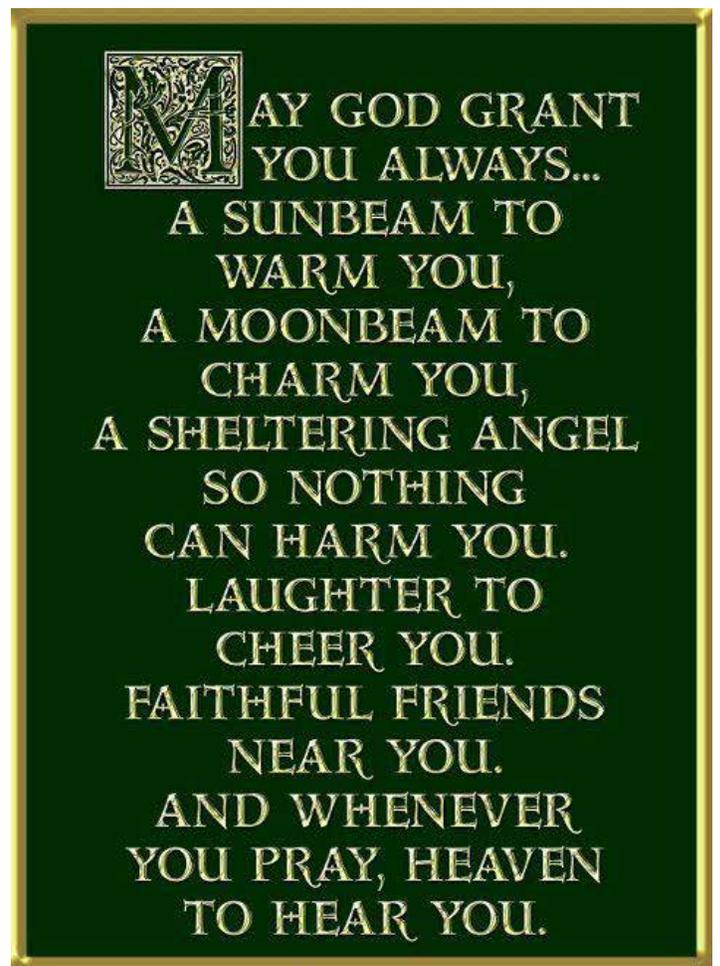
Bob Parks

BRAVO ZULU OF THE MONTH



The Bravo Zulu of the month is awarded to **Steve the DJ!** In addition to keeping the party going for the Valentine's Day dinner, Steve has provided musical entertainment for a multitude of Post events. We appreciate the good times that Steve brings to our Post!

FROM THE CHAPLAIN



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 Fernando Law.

Comrades,

I am pleased to announce that **Melissa Law** has been working on implementing a vastly improved inventory system. Together with the POS, we will be able to better control our expenses and budget. We are hoping to realize cost savings that can be applied to Post programs and events.

I would like to recognize **Alan Wiese** for his donation in memory of our dear friend and comrade, **Mike Ojeda**. The funds were used to help purchase the new ATM which will include a plaque dedicated to Mike. Since we own the ATM, all transaction fees will go to our Post, helping with our fundraising efforts.

I would also like to thank the Flag Retirement detail in January for retiring Old Glory with the respect it deserves. Boy, those were some a big flags!

Just a reminder that every Saturday we have a working party at the Post to clean and work on various odds and ends. We are also mustering volunteers for Saint Patrick's Day, Adopt a Unit Dinner, and Casino Night. 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!

Remember to drop by the Post for a drink and to see our great bartenders in action. Many thanks to **Cindie, Tracy R, and, Tracy F**, without whom none of this would be possible.

Thank you for your service!

Fernando Law

UPCOMING EVENTS

JOIN US AT THE POST FOR THE FOLLOWING EVENTS:

ADOPT A UNIT CAJUN DINNER/
RELIEF FUNDRAISER DINNER
APRIL

CASINO NIGHT
MAY

VFW & VFW AUXILIARY INSTALLATION
MAY

COMMANDER APPRECIATION
DINNER & FAREWELL PARTY
JUNE

HAIL TO THE NEW OFFICERS
JULY

For February, the Post voted in the following members:

New Annual Members:

Joseph Burdis, USN, Recruited by Richard Anderson

Michael Kimble, USN, Recruited by Bill Kimble

Matthew Gabe, USN, Recruited by Bill Morrison

Christopher Munroe, USMC, Recruited by Richard Anderson

James Jones, USA, Recruited by Bill Morrison

Transfer Members:

Paz Nuanez, USA, Recruited by Bill Morrison

John O'Keefe, Recruited by Alan Helton

Anthony Perez, USN, Recruited by Greg Clark

Gerald Miranda, USN, Recruited by Richard Anderson

New Life Members:

Greg Koester, USMC, Recruited by Richard Anderson

Joshua Padilla, USN, Recruited by Bill Morrison

Welcome Aboard!

Current Membership is 104%...great job to all our recruiters! We still have a few more months so let's keep it going!

Richard Anderson,

Vice Membership Chair Post 7907



Comrade Richard Anderson receiving VFW Medal from the CDR for obtaining 100% Membership.

Friday Night Burger Burn & BINGO

Join us Fridays for the best burger & coldest beer in Poway, chips and salad for a \$7.00 donation.

Stick around after dinner & play BINGO with us - all BINGO proceeds go to the Relief Fund.

Volunteers always needed & greatly appreciated!



Hello Comrades,

For 2019 VA Service-Connected Disability Compensation Rates, the Cost of Living Adjustment for VA disability compensation rose 2.8% and is the largest COLA increase since 2012.

Now on to a topics I am often asked about;

1. Can I Work With A 100% Military Disability Rating?

Can I work with a 100% military disability rating? And what are the implications of working with such a rating? The answers may surprise you, in part because of some misconceptions about how the term “disability” is applied to such ratings by the Department of Veterans Affairs.

Yes! A veteran can generally still work while receiving VA disability but not always.

Veterans that receive 100% Scheduling ratings have no limitation on working. However, if the veteran is listed by the VA as being 100% unable to work under the Total Disability/ Individual Unemployability rating, the veteran is not permitted to have “substantial gainful employment”. Simply put, you can work, but cannot earn above the U.S. Department of Commerce, Bureau of the Census, poverty threshold for one person as defined in the area you live, for here, San Diego.

To Summarize:

Veterans with “schedule of ratings” disability percentages may legally have “substantial gainful employment” even if they are rated at 100% disabled UNLESS they receive Total Disability/ Individual Unemployability compensation.

Receiving the Individual Unemployability benefit which designates you as 100% “unemployable” means you cannot work a job deemed “substantial gainful employment” that elevates your income above the “official” Census Bureau’s definition of the poverty line.

If you’re still not certain of your individual circumstances it may be best to consult with a lawyer.

2. Can a veteran receive both VA and Social Security benefits?

Yes! A veteran can receive both VA service-connected disability benefits and Social Security benefits. However a veteran generally cannot receive both a VA pension and normal Social Security at the same time.

It’s not uncommon for veterans to have both Social Security and veterans disability claims going on at the same time. VA pension is paid to veterans who have very little or no income and are disabled based on non-service disabilities. Getting Social Security, counts against the monetary limits set by VA for a pension. Unless you are experiencing substantial medical costs, it is very difficult to be receiving both. It is possible to receive SSI and VA pension at the same time.

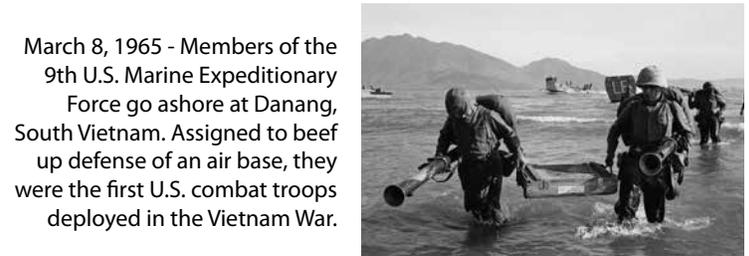
As always your Post Service Officer stands by to serve you.....

Bud Lichtenstern

Never Forget



March 2, 1943 - An American bomber banks away from a Japanese warship in the Bismarck Sea. Its bomb can be seen plummeting toward the pagoda-masted target below.



March 8, 1965 - Members of the 9th U.S. Marine Expeditionary Force go ashore at Danang, South Vietnam. Assigned to beef up defense of an air base, they were the first U.S. combat troops deployed in the Vietnam War.



March 14, 1951 - U.S. Marines engaged in street fighting during the liberation of Seoul. Note M-1 rifles and Browning Automatic Rifles carried by the Marines, dead Koreans in the street, and M-4 “Sherman” tanks in the distance.



March 24, 1988 - U.S. & Honduras troops work together while firing 105mm Howitzers during training exercises at Zambrano Artillery Range in Honduras.



Mar. 21, 2003 – Pilots assigned to Carrier Air Wing Two (CVW-2) listen to a pre-flight brief in one of the squadron ready rooms aboard USS Constellation (CV 64). Navy photo by Photographer’s Mate 2nd Class Felix Garza Jr. (RELEASED)



March 29, 1973 - American soldiers prepare to leave Camp Alpha, Uncle Sam’s out processing center, in Saigon. (AP Photo)

VFW Post & Community Events

Super Bowl Party - Sunday, Feb 3, 2019



We had a great time at the Post Super Bowl Party!

NCSD Stand Down - Feb 7-10, 2019



PSO Bud dying doing push ups. Hoorah. He did 23; 22 for the 22 veterans that commit suicide each Day (sad), and one for the children affected by this tragedy.



Post Surgeon Chad Foley, PSO Bud Lichtenstern & Steve Williams (District 1 Commander) at the Stand Down.

Spaghetti Dinner - Friday, Feb 15, 2019

From start to finish we had a great night!



Judy Hill greeted all our guests with a big smile.



Melissa & Fernando Law enjoying dance.



Thanks Linda Miller for all your help in the kitchen & serving.



CDR Morrison with Jaqueline & Jenna

Community Support - Wednesday, Feb 20, 2019



\$2,500 to our Post from Stater Bros.

Retiring Old Glory

A Flag Detail of volunteer Post members retired 350 Flags of several sizes and seven Holiday Flags at our Post on January 30, 2019. It took five hours for this mission to be completed.

The Holiday Flag measures 20' X 40" and were brought to us from MCAS along with other flags. This is the first time our Post has retired that many Holiday Flags at one time.

Don Stonecipher was diligent in acquiring a permit from our local fire department and he and Tommy guided all of the volunteers through the process.

We have many citizens and Patriots in our Poway community that bring their worn out flags to our Post for a proper retirement because they know that we will do it with the proper protocol.



Mission accomplished. Semper Fi.



COME FOR THE BURGER...

Get the best burger,
coldest beer in Poway
with chips and salad
for a \$7.00 donation

FRIDAY, MARCH 1, 2019 | 5:30 - 10:00 PM

VFW POST 7907 | 12342 OLD POMERADO RD, POWAY 92064



...STAY FOR THE MUSIC

Back by Popular Demand

EQUINOX

No Cover! Great Music! Start 7PM | equinoxrocks.com



St Patrick's Day Celebration

Friday, March 15, 2018 | 6:00 - 9:00 PM

VFW Post 7907
12342 Old Pomerado Rd,
Poway CA 92064 | 858-748-7907

*Join us as we celebrate St. Patrick's Day
a wee bit early with a delicious meal
and karaoke*

Dinner includes:

Corned beef, cabbage, potatoes, carrots & dessert

Donations:

Dinner & Bottomless White or Red Wine 12

Dinner only 8

Karaoke by:

Lights Out Entertainment



Donations Needed for Silent Auction Baskets

We are going to have a Silent Auction during the Cajon Style/ Adopt a Unit Dinner in April. All proceeds will benefit the VFW Poway and our Relief Fund for Veterans.

We are asking for donations to create the baskets. You can purchase items for the baskets or you can visit local businesses and ask if they would be willing to donate product or gift cards that we can include in the one of the baskets.

We would like to create the following baskets:

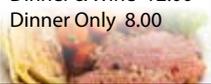
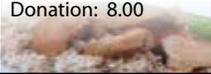
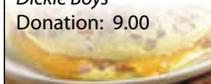
1. Wine Basket - Bottle of wine, two wine glasses, corkscrew, foil opener, chocolate, crackers
2. Dinner Out Basket - Gift cards (3-4 cards) to various local restaurants
3. Day at the Lake Basket - A day permit for fishing at a local lake, gift card to a bait and tackle shop, drink cozy or canteen to keep drinks cold, hat or ball cap
4. Spa Basket - Massage gift card, bath bomb or bubble bath, soap, lotion, slippers & robe
5. Coffee Basket - Gourmet coffee 2-3 different flavors, biscotti, creamer, two coffee mugs or cups
6. Handyman Basket - Tool Box, tools, a gift card to Home Depot or Lowes (or both).
7. Hotel Overnight Stay (if anyone knows anyone in the hospitality industry)
8. Movie Basket - Movie Tickets, popcorn, candy
9. Timeshare to Cabo, Hawaii

If you have an idea for a basket let us know so we can add it to the list!



MARCH 2019



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 5:30 PM Burger, beer, salad & chips House Donation: 7.00 	2 10:00 AM – 12:00 PM Joint Honor Guard Meeting
3 9:00 AM Steak, eggs & potatoes Clint & Sandy Donation: 8.00 	4 11:30 AM – 1:30 PM Sandy's Surprise	5 6:30 - 9:30 PM Hall Rented	6 11:30 AM Patty melt & fries Chuck & Hood Boyz Donation: 8.00 	7 6:30 PM House Chair Committee Meeting	8 5:30 PM Burger, beer, salad & chips House Donation: 7.00 	9
10	11 11:30 AM – 1:30 PM Sandy's Surprise	12 6:00 PM VFW Auxiliary Meeting	13 11:30 AM Open-faced beef sandwich, mashed potatoes, gravy & green beans Chuck & VFW Crew Donation: 8.00 	14 6:30 PM VFW CDR/Officer Meeting	15 5:30 PM St. Patrick's Day Corned beef, cabbage, potatoes, carrots & dessert House Donation: Dinner & Wine 12.00 Dinner Only 8.00 	16
17 9:00 AM Corn beef hash, potatoes, eggs, & English muffins Clint & Sandy Donation: 8.00 	18 11:30 AM – 1:30 PM Sandy's Surprise	19	20 11:30 AM Chicken & pork Adobo, lumpia, rice & tapioca Ken & Amy Donation: 8.00 	21 7:00 PM VFW 7907 Post Meeting	22 5:30 PM Burger, beer, salad & chips House Donation: 7.00 	23
24	25 11:30 AM – 1:30 PM Sandy's Surprise	26	27	28 6:30 PM VFW/AUX Roundtable & Social Planning Meeting	29 5:30 PM Burger, beer, salad & chips House Donation: 7.00 	30
31 9:00 AM Omelets or eggs-to-order, bacon, toast & hash browns Dickie Boys Donation: 9.00 	 <p style="text-align: center;"><i>All Gave Some. Some Gave All.</i> 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."</p>					

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