



**Veterans of Foreign Wars of the United States**  
**General MacArthur Memorial Post 392**  
 2408 Bowland Parkway  
 Virginia Beach, Virginia 23454-5207  
 (757) 486-5875  
 www.vfw392.org

**2014 Membership Goal: 1780**  
 Current Goal Status: at 103.06% with 1,817

**2013-2014  
 ALL STATE!**

Since 1969: 13 'All State Post' and 38 'All American Post' Awards

## JULY 2014 - VOLUME 26, NUMBER 1

### 2014 - 2015 OFFICERS

Post Commander.....	Steven C. Williams	Ladies Auxiliary President.....	Colleen Lewis
Sr. Vice Commander.....	Douglas M. Iles	Ladies Aux. Sr. Vice President ...	Jennifer A. Winn
Jr. Vice Commander.....	Steven E. Graves	Ladies Aux. Jr. Vice President...	Jessica T. Johnson
Quartermaster.....	John H. Phillips	Ladies Aux. Treasurer.....	Ellen Stogsdill
Chaplain.....	Robert G. Duvall	Ladies Aux. Chaplain.....	Dinah V. Devins
House Committee Chairman.....	Peter A. Gebelein	Ladies Conductress .....	Patty Stokes
Service Officer.....	Joseph G. Brady	Canteen Manager .....	Joe Halzack
Surgeon.....	Raymond J. Strawbridge	M.O.C. Seam Squirrel.....	David R. Goldstein
Judge Advocate .....	Mark K. Winn	M.O.C.A. President.....	Jennifer Winn



### COMMANDER'S CALL

#### COMRADES AND SISTERS

Thank you for choosing me to serve as your new Commander. I would like to thank Past Commander, Mike Gaughan for all the hard work he put into the chairs over the last three years. His leadership was an inspiration to those of us who worked with him. I will always think about getting it done, NOW!

I have a great staff of Officers who already have taken the positions and are off and running with them. We will continue to provide you with the leadership and service that you deserve.

June kicked off with the Phoebus Golf Tournament and our Post came in third place. We also took third place in the State Golf Tournament and came in second place in the Dam Neck CPOA Golf Tournament. I bet your thinking, what does this have to do

with the Post Commander? We are getting involved with other Post, State Officers, and the community in order to foster relationships to enhance our Post.

Several of our members went to the State Convention where we received the following Post awards: All State Post, Community Service 7th Place, William T. Allen Hospital Award, and the Legacy Life award. We achieved completion of 20 out of 20 activity categories and will be presented additional awards at the July 1st meeting.

What do all these awards mean? It means that we are accomplishing all that we are supposed to accomplish as a Post and thus we are servicing our Veterans. However, it is very few members who are doing all the work. Our Mantra: "No One Does More for Veterans than Post 392" is something to be proud of and something that requires involvement. We would not be

able to complete our mission without the involvement of our membership. Membership is the key to all our successes. I would love for members of the Post to refer at least one person for membership. Our membership goals this year are set higher than ever with the requirement of 101%  
*... continued on page 2*

### VOLUNTEERS NEEDED:

- **Post Staff Meeting:** June 30th, 1830. All Officers & Chairmen
- **Post Meeting:** July 1st, 1900. All members may attend
- **4th of July Colors:** July 4th, 0800. All members may attend
- **VA Hospital:** July 12th, 11 AM - 2 PM Vet's lunch at the Post
- **American Red Cross:** Urgently need blood donors, call 1-800-448-3543, or see Judy Lupole
- **Funeral Services:** as required, see Chaplain Bob Duvall
- **Recruit Members:** applications at the Post, see any Post Officer

**POST 392 - NEEDS YOU!**

of membership. That translates to 1846 members or over 20 new members and a very strong retention. Our retention for this year was over 92% which was the second highest retention in Posts with over 500 members. This was accomplished by the hard work and dedication of the membership committee, especially our new Senior Vice, Doug Iles.

With more members, we have a greater chance of more involvement in our projects. We usually only have approximately 2% of membership that participates in our charitable events. This is sad. So I challenge each and every member to participate in at least one charitable event this year to help our Veterans. I also challenge our members to attend and participate in our monthly meetings held each month on the first Tuesday of the month. Our Officers cannot possibly know how to assist you if you do not attend and actively engage at our meetings.

All said, I am very proud to be your Commander and will do my very best to improve the Post, improve communications, and will work diligently with our Officers to become the best place for VFW and Auxiliary members to enjoy and serve. Remember: BE PROUD, BE PROFESSIONAL AND PRESS ON!

---

### DATES TO REMEMBER

- 7/1 Battle of Gettysburg begins in 1863
- 7/4 Independence Day (1776)
- 7/8 Gen MacArthur appointed Commander-in-Chief of UN Forces, Korea in 1950
- 7/12 Lt Reasoner: 1st USMC to received Medal Of Honor in Vietnam, 1965

- 7/22 Uday and Qusay Hussein killed in gun battle, Iraq War in 2003
- 7/27 Korean Armistice Agreement signed in 1953
- 7/29 USS Forrestal fire in 1967
- 7/30 USS Indianapolis sank by Japanese torpedoes in 1945

---

### NEW MEMBERS

I extend a warm welcome to the new members who were voted in at the last regular meeting:

#### **New / Transfer Life Members:**

Byron Babbitt, Michael J. Carr, John A. Chenevert, Scott M. Lewis, Darrell R. Perry, Robert J. Stremmel, Richard Wernikowski

#### **New / Transfer / Re-Instated Annual Members:**

William H. Abplanalp III, Raymond D. Barnett, Dion J. Edon, Frank Ferrantelli, Susanne E. Ferrantelli, George Furman III, Joseph C. Johnson, Ronnie C. Long, Ricky J. Powlas, Seth A Swanson, Lyle N. Trimmer, Martin R. Velasquez

Thank you for your service and welcome aboard!

---

### BIRTHDAYS

May I wish a "Happy Birthday" to Theresa J. DeChamplain, Donald R. Driscoll, Bobby Gallagher, Ivan N. Kuhn, Timothy M. Maguire, Clovis J. Schweers, Richard J. Shafanda, Stanley Willner, Peggy Ann Austin, Debra Botchie, Jobil Bullock, Myrna Gaskill, Janice Gebelein, Hilary A. Haver, Emily R. Lowry, Diana F Moran, Elizabeth B. Reagan and 176 other fine Comrades and Sisters !

**Post Commander**  
**Steven C. Williams**  
[commander@vfw392.hrcoxmail.com](mailto:commander@vfw392.hrcoxmail.com)



### **SENIOR VICE COMMANDER**

Well, June has proven to be another GO-GO-GO busy month for us! There was a Changing of the Guard so to speak at the Dept Convention at Fort Magruder, Williamsburg, VA from 5 thru 8 June. "Buddy" Weekly replaced Chris Burch and is now our 2014-2015 State Commander.

Elections were held for new State Staff Officers. Our own DOUG KELLER was selected State Senior Vice Commander, and Pete Gebelein was promoted up to District 2 Commander. New Post Commanders throughout the District took on their new responsibilities in short order.

Flag day ceremony was held on 14 June, and also the 139th Army Birthday was acknowledged. Our VA Hospital team was again gearing up to actively assist vets at VA Hospital in Hampton, Virginia on 28 June.

Our Key emphasis this month is MEMBERSHIP-MEMBERSHIP-MEMBERSHIP! We pushed hard in May-June timeframe. But we need to continue in July to get the word out to Active and Retired members of all the Armed services concerning the work we do, our objectives, and how we never leave a Vet behind! We worked hard as a team resulting in ALL-STATE honors with 103.06 percent on membership and retention of 92.06%! A superb team effort all the way!

Many awards were won by our Post at the Dept Convention! 7th Place for Community Activity Service, the William T. Allen Hospital Award for outstanding reporting of hospital work,

CATEGORY E – Posts with Membership of 501 or more. A \$200.00 LEGACY LIFE AWARD was presented by Membership Chairman/Past Department Commander Hines to our Post, which had the largest increase of new Legacy Life members by May 9, 2014. Frank Frevele received Citizenship Education Award for achieving outstanding participation by Chairman of the Department throughout the year. Our Post also received ALL-STATE TEAM honors for Post Commander Mike Gaughan and Post Quartermaster Don Brown for 2013-2014. Our Ladies Auxiliary was well-represented and many awards will be forthcoming soon!

A reminder that our POST PICNIC is scheduled for 31 August this year...get involved please and help out whenever and however you can!

We will be needing a minimum of 39 VFW Volunteers as Parade Marshals for Veterans Day Parade scheduled this November, so put that critical requirement on your calendar, ya'll!

Looking forward to all the new challenges coming our way – stay tuned...FILM at Eleven! “WE NEVER LEAVE A VET BEHIND”!

### CONTINUOUS MEMBERSHIP AWARDS

The following Members have earned Continuous Membership Awards. Please attend the next Post Meeting to receive your lapel pin. If you are unable to attend, contact any Post Officer. If your name has not been listed and you believe that an award is due, please contact the Quartermaster.

**35 Years Continuous Service:**  
Robert P. Hawks III, Robert E Swanson

**30 Years Continuous Service:**  
Raymond C. Parrish

**25 Years Continuous Service:**  
Arlo Guthrie, David M. Jones, Ted E. Nelson

**20 Years Continuous Service:**  
Bernard J. Brothers, Edward L. Cox, Barry M. McCaslin

**15 Years Continuous Service:**  
Ronald Boone, Michael D. Brennan

**10 Years Continuous Service:**  
Steven D. Ingram, Jeffery Montgomery, James C. Schmidt

**5 Years Continuous Service:**  
Cecil E. Barfield, Tiffany N. Benesch, Simke G. Cath, William A. Fisher, Fredrick A. Olds, Gary K. Parris, Joseph M. Zele

Thank you for your service and congratulations!

**SR. Vice Commander**  
**Douglas Iles**  
[sr-vicecommander@vfw392.hrcoxmail.com](mailto:sr-vicecommander@vfw392.hrcoxmail.com)



### **JUNIOR VICE COMMANDER**

Hello everyone. My name is Steve Graves, and I am your new Jr. Vice-Commander for Post 392. This is my first crack at sending an article and will keep it simple. I want to thank you for allowing me to serve and I am sure that we have a good team of Officers.

Please mark your calendar for the Annual Post Picnic on August 31st at the Post. We will be sure to have fun and will have plenty of food, beverages, games, and music. Hope to see you there. Also keep in mind that Veteran's Day weekend we will be distributing

Buddy Poppies, placing 5000 flags on graves of Veterans, and marching in the Veteran's Day Parade. We will need a lot of assistance that weekend so come out and help the Post. You will feel rewarded by serving. Sign-up sheets will be available at the Post if you are able to help with any of the events. Once again, Thank you for electing me and I am honored to serve!

**Jr. Vice Commander**  
**Steven Graves**  
[jr-vicecommander@vfw392.hrcoxmail.com](mailto:jr-vicecommander@vfw392.hrcoxmail.com)



### **QUARTER-MASTER**

#### 2014 MEMBERSHIP DUES

Effective 1st of January 2014, National has increased annual dues to \$40.00. Annual Members can pay their dues at Post 392, online at [vfw.org](http://vfw.org), or by mail directly to:

**VFW National Headquarters**  
Third Floor, Room 316  
406 West 34th St.  
Kansas City, MO 64111

(please include your membership #)

Consider changing your Annual Membership to a LIFE or LEGACY LIFE Membership, and never have to worry about renewals again!

#### E-NEWSLETTER

The newsletter is available via email, for free! To sign up, go to our website at [www.vfw392.org](http://www.vfw392.org), select 'Monthly Newsletter' on the left side of the page, and then follow the links to "Subscribe to the VFW Post 392 Mailing List".

#### CHANGE OF ADDRESS

Members, we all need to maintain a current address with the

VFW. So when your mailing address changes, be sure to fill out an address change form, and mail it in, or drop it off at the Post. The best method would be to email it to the Post. If you drop it off or email it, please include your telephone number and email address.

**Quartermaster  
John Phillips**

[post@vfw392.hrcoxmail.com](mailto:post@vfw392.hrcoxmail.com)



## CHAPLAIN'S CORNER

### HELP US TAKE CARE OF EACH OTHER

When you or a family member falls ill, are injured, hospitalized, or experience the loss of a loved one - *please* contact us *ASAP!* It is important that we extend our hand in anyway possible to aid and comfort our fellow Comrades and family in their time of need.

### ILLNESS / INJURIES

Please read the Bulletin Board at the Post for most recent up-dates of Members on the Short Term Illness / Injury List.

The following members have serious, long term illness, or injury, requiring continuous care at the location listed below:

- Gail Payne  
(Home)
- Willie Dean  
(Bayside Health & Rehab  
Center, Room 1)
- Steve V. Austin  
(Home)
- Leon A. Hickey  
(Windermire Rehab Center)
- Philip Coviello  
(Va Beach Gen., Room 345)
- Donald R. Driscoll  
(Chesapeake Gen Hospital)

- Teri LeClear  
(Va Bach General)

### TAPS

The following list honors and remembers our Post Veteran members in their recent passing:

- **Donald M. Fraser, VIII**  
US Navy (Retired)  
21 May 2014
- **Jay C. Stephens**  
US Navy  
30 May 2014

At our monthly meeting, Draping of the Charter is conducted, and a prayer of solemn tribute is given on behalf of our departed Comrades. For they are now in the hands of our Heavenly Father.

### VOLUNTEERS NEEDED FOR FUNERAL MEMORIAL SERVICES / COLOR GUARD

Our Post is shorthanded for volunteers to perform VFW Memorial Services of our deceased veterans. Participation in these honorable and formal procedures are requested from Veterans, or their families.

If you would like to participate, please contact the Post, Chaplain Bob Duvall, or the Service Officer Joseph Brady.

**District 2 Chaplain  
Post 392 Chaplain  
Robert Duvall**  
[chaplain@vfw392.hrcoxmail.com](mailto:chaplain@vfw392.hrcoxmail.com)



## POST SURGEON

Fellow Comrades and LAUX, it is an honor and a privilege to have been appointed to serve as your new Post Surgeon. I am truly humbled by the faith you have bestowed upon me to help lead this great organization in this

critical capacity, and I am also looking forward to learning much from your experiences. My goal is to serve you to the best of my abilities, while promoting teamwork and camaraderie across our organization. Reiterating what Comrade Commander Steve Williams called upon all of us to do, and that was a message encouraging us to bring health concerned Veterans to the Post for help.

The recent census reflected that over 60k retired Veterans reside in the Hampton Roads area and I would like to encourage you to continue building Veterans' outreach relationships in our community. Veterans' organizations, such as the VFW, often serve as an integral catalyst to providing information and connections to networks for Vets with health/welfare concerns.

As a testament to the unyielding devotion of many of our VFW/LAUX member's outstanding contributions, I am pleased to announce that Post 392 received the William T. Allen Hospital Award for Hospital services provided in 2013-2014.

Veterans Administration healthcare update: The U.S. House of Representatives unanimously approved legislation on June 10th, 2014 to certain Veterans experiencing long medical appointment wait times to seek care at non-VA facilities. In a nutshell, this proposal would permit Veterans to use non-VA medical facilities, and would put an end to VA staff bonuses for two years. A similar proposal has been introduced into the Senate legislation as well.

There will be a Virginia Beach Health and Fitness Expo held at

the Virginia Beach Convention Center from August 29-30, 2014. This international exposition will showcase modern advances in the health, fitness and sports sectors. It will also offer seminars, technology and sporting displays, along with many relating items being offered for purchase.

Finally, the work that you have been performing for our Vets in need is truly remarkable and has made tremendous positive impacts throughout our community. Thank you all for your service and continued commitments to our fellow Veterans. As your new incoming Post Surgeon, I can tell you that this is going to be an exciting year ahead, and that I am truly looking forward to working with all of you.

**Post Surgeon  
Raymond Strawbridge**



**AUXILIARY  
PRESIDENT**

I want to thank you for electing me to represent you this year! I know it will be a fun and eventful twelve months!

Allow me to introduce you to your Officers; Jennifer Winn, Sr. Vice President; Jessica Johnson, Jr. Vice President; Dinah Devins, Chaplain; Ellen Stogsdill, Treasurer; Tina Brown, Secretary; Patty Stokes, Conductress; Lorraine Crain, Guard; Holly Defilippo 3rd yr. Trustee. Congratulations to all of you and I look forward to working with all of you!

To all of our past officers I welcome your advice and support, for without you this organization would not be where it is today...and that's Number 1!

Department Convention was

quite a learning experience for me, as well as fun! Some of the Officers and I attended the Department School of Instruction held at JMU and we are looking forward to sharing all that we learned! For those unable to attend please plan on attending the District SOI which will be held in Phoebus! Exact date and time to be announced.

We will be having colors promptly at 8 a.m. on July 4th, a perfect way to start the Holiday weekend! For all of our Chairmen, please bring your materials to our next meeting, which will be on July 1 at 7 PM, and I am looking forward to meeting all of you there!

Have you checked out our Facebook page yet? Look us up and join in the chat or post pictures from our events!

To the Commander and Comrades, you can count on us working with you to keep our Post outstanding in every way! Thank you again.

**Ladies Auxiliary President  
Colleen Lewis  
[post@vfw392.hrcoxmail.com](mailto:post@vfw392.hrcoxmail.com)**

**AUXILIARY  
MEMBERSHIP**

The Sisters listed below are requested to attend the next regularly scheduled meeting of the Ladies Auxiliary. Our Auxiliary President stands ready to decorate you with the awards indicated:

**30 Years Continuous Service:**  
Glenda Boerner

**20 Years Continuous Service:**  
Debra Botchie, Tina M. Brown,  
Marian D. Bryant

**5 Years Continuous Service:**  
Colleen Lewis, Gaye L. Reavis

Thank you for your service!

**Ladies Auxiliary Treasurer  
Ellen Stogsdill  
[post@vfw392.hrcoxmail.com](mailto:post@vfw392.hrcoxmail.com)**



**CANCER AID  
AND RESEARCH**

**JULY:  
UV SAFETY MONTH**

During the summer, everyone wants to enjoy the sunshine and warm weather. Not only does the sunshine improve our mood, many people want to get that healthy, tanned look to their skin. But the sun's rays can also be harmful, which is why we have a national safety month centered around UV safety and it so happens that the American Cancer Society designated July 2013 as UV safety month.

You may have heard of the two kinds of ultraviolet radiation that reach the earth's surface, UVA and UVB, but you may not be sure which type is harmful. The answer is - they BOTH are.

Too much UV radiation can cause skin cancer, cataracts and other eye conditions, as well as immune system suppression. So during UV safety month, consider these practice:

- Use sunscreen to avert sunburn: Five or more sunburns can double your chance of getting skin cancer, so use a sunscreen with a high SPF number and cover every inch of exposed skin.
- Limit your time in the sunshine: Yes, a healthy glow looks great, but it won't be so wonderful when your skin ages prematurely. Over-exposure to sunlight causes wrinkling and increases your chance of melanoma.



They are legally authorized to notarize documents such as Power of Attorney, Bill of Sale, Will, Living Will, etc.

Please check with any Post 392 Officers for additional details and for an appointment.

---

### **392 JUNIOR GIRLS UNIT**

Jessica Johnson is attempting to start a NEW Jr. Girl's Unit at 392. We need 10 new members and 4 transfers to make this happen.

These units are open to girls 6-16 and will meet once a month at the Post, usually on a weekend. If there are any questions or comments please contact Jessica Johnson at:

[jessicaj@paradigm-corp.com](mailto:jessicaj@paradigm-corp.com)

---

### **VETERANS DAY PARADE**

#### **Volunteers Needed**

VFW's coordination of the Veterans Day Parade for November 2014, has been delegated to VFW District 2. And it is extremely important that we put our best face forward in hosting this event.

We are seeking volunteers to be Parade Marshalls. If you are interested, please contact Post 392 Commander Steve Williams, Post 4809, Kathy Goodall, or Bill Sowers.

All Posts in District 2 are needed to assist in this event. So if you have names and contact information for the others Posts Coordinators, please forward that info to Bill Sowers.

A training session will be held at Post 392 sometime in October ... date / time TBA.

**Post 392 Parade Coordinator**  
**Bill Sowers**

(757) 641-0471 / [bosn@sprynet.com](mailto:bosn@sprynet.com)

---

### **VA HOSPITAL PROGRAM**

#### **Volunteers Needed**

Just about every month we visit the Veterans at the VA Hospital. We provide them camaraderie, some fun, and a break from their everyday life at the hospital. This month is:

- July 12th, Vets come to Post 392 for lunch / cookout. The Vets will be here by 11 AM. Setup is scheduled for 8 - 9 AM. We could always use help with setup/cleanup, and lunch

These events are supported by volunteers. If you feel you would like to participate, please contact me or any of the Officers at the Post.

Please, we could seriously use the help, and I promise you will have a great time! The Vets enjoy our visits, and it's just as fun for us - as it is for them!

**Hospital Chairperson**  
**Elizabeth Girouard**

---

### **AMERICAN RED CROSS**

#### **Donors Needed**

American Red Cross's Mid-Atlantic Blood Services Region serving central and southeastern Virginia has issued an **emergency** request for blood and platelets. All blood types are needed, especially types O-, A-, and B-.

Please call the American Red Cross to schedule an appointment for one of their upcoming blood drives:

1-800-RED-CROSS  
(1-800-733-2767)

---

### **POST 392 PICNIC**

#### **Volunteers Needed**

We are planning our annual Post Picnic for August 31st! Details

will follow in next months newsletter.

We are looking for volunteers to assist organizing, set-up, clean up, events, etc. Sign up sheets will soon be posted in the Canteen.

If you have any questions, please contact Steven Graves (Jr Vice Commander), or any Post Officer.

---

### **CORRECTIONS**

We welcome any comments, suggestions, or complaints about errors that warrant correction. They can be directed to any of the Post 392 Officers, or email them directly to the Newsletter Chairman at [mcullen4@live.com](mailto:mcullen4@live.com), or to the Webmaster at [webmaster@VFW392.org](mailto:webmaster@VFW392.org).

---

### **GENERAL MACARTHUR** **MEMORIAL POST 392**

#### **Wishes You All**

Our Active Duty Service Members at home and abroad,  
Our Veterans and their Families,  
The Families of our Veterans who are no longer with us,  
Our Comrades and Sisters,  
Our Family and Friends:

**HAVE A SAFE AND HAPPY**  
**FOURTH OF JULY!!**





**VETERANS OF FOREIGN WARS**

**General MacArthur Memorial Post No. 392**  
 2408 Bowland Parkway  
 Virginia Beach, VA 23454-5207

Phone: (757)486-5875  
 Fax: (757)486-3576  
 E-Mail: [post@vfw392.hrcocmail.com](mailto:post@vfw392.hrcocmail.com)  
 Web Site: [www.vfw392.org](http://www.vfw392.org)



**THE RED, WHITE AND BLUE - 392**

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>(June 30)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	• VFW / LAUX Staff Meeting 6:30 PM	• VFW / LAUX Post Meeting 7:00 PM	• MCL Meeting 7:00 PM	• Boneless Chicken Breast 6 - 7:30 PM	• Fourth of July Colors 8:00 AM • Entertainment Capt. Moose	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
		• MOC / MOCA Meeting 7:00 PM		• Meatloaf 6 - 7:30 PM	• Entertainment Tim Hopkins	• VA Hospital: Vets Lunch at Post 11 AM - 2:00 PM
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
• Salty Dawgs	• FRA 166 Staff Meeting	• MCL Staff Meeting 7:00 PM • IOOB Meeting 7:30 PM	• AOA Meeting 6:00 PM	• Italian Sausage and Peppers 6 - 7:30 PM	• Entertainment Capt. Moose	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	• FRA 166 Branch Meeting			• VVA Chap. 969 Board Meeting • Pork Loin 6 - 7:30 PM	• Entertainment Jim Berry	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
		• VVA Chapter 969 Meeting 7:00 PM	• House Committee Meeting 7:00 PM	• Grill Your Own Steak 6 - 7:30 PM		