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# VFW POST 604 NEWS

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## V.F.W. Mission Statement

The purpose of this corporation (VFW) shall be fraternal, patriotic, historical, charitable, and educational; to preserve and strengthen comradeship among its members; to assist worthy comrades; to perpetuate the memory and history of our dead, and to assist their widows and orphans; to maintain true allegiance to the Government of the United States of America, and fidelity to its institutions of American freedom, and to preserve and defend the United States from all her enemies, whomsoever.

[WWW.VFW-604.NET](http://WWW.VFW-604.NET)

October 2013

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## Commander's Corner

In last month's newsletter I mentioned that Post 604 in cooperation with Walmart would be preparing care packages to be sent to the frontline troops stationed in Afghanistan. Well arrangements have been made with Walmart to set up a station out front at Walmart. At that station volunteers from post 604 will be handing out Poppies and a flyer listing the items to be donated for the care packages. Money donations will also be taken for the Poppies. Any donations received for the Poppies will be used to cover the cost of mailing the packages. Walmart has said they will try to create a center aisle near the entrance door containing the items listed on the wish list.

The dates for the project are Friday 18 October 2013 and Saturday 2 November 2013. The hours on Friday are from 4 to 8 pm and on Saturday from 8am to 4pm. These dates and times are firm. I tried to get a Friday and Saturday of the same week-end however Saturday 19 October 2013 was already *tentatively* booked. It may come open and if it does the dates will Friday 18 October and Saturday 19 October.

I have already received a name and address where the care packages are to be sent.

Please mark your calendar and step up to help in this worthwhile project. You can contact me to let me know when you would be available to help. If for some reason you cannot help at Walmart, you can still be a part of the project by donating for a Poppy and items from the wish list to be included in the care packages. Poppies will be on display at the post and a can for cash donations. There will also be a collection box for wish list items. A list of suggested items can be found on the reverse of the calendar in this newsletter.

Think of what this gesture of our appreciation would mean to those troops so far away from home.

**For God and Country  
Bob Lanning, Commander**

## Post 604 Men's Auxiliary

Unbelievable, but October is already here. This year has really zoomed by.

Kathy's Friday night dinners have been a huge success. September dinner was cubed steak. Everyone said it was the best they had ever eaten. Look out for this month's special (first Friday of the month).

Our NASCAR/Colts Sunday tenderloins went over big as usual. If you've not been here yet, let me tell you that you are missing a great dinner and time of good fellowship. For only \$5.00 you got a huge tenderloin, ships, potato salad, two kinds of baked beans, caramel-apple cake, pineapple cheese cake, coconut cream pie, and a the baked potato bar (everything to top off that big tater).

Friday night dinner this month is October 4<sup>th</sup> and the next NASCAR or Colts (or both) is on October 20<sup>th</sup>. So far no one has left hungry.

My thanks to all the Men's auxiliary and our special ladies for the sides and deserts.

**Tim Haney, President Men's Auxiliary**



## Post 604 Ladies Auxiliary

(SCHOLARSHIP) What is a Scholarship? It is a sum of money or grant given to a student to provide financial assistance to pursue his or her education on the basis of academic merit. We will continue to promote the Voice of Democracy and Patriot's Pen contest. The scholarship chairman this year is Marie Seibert. Her focus this year will be on Young American Creative Patriotic Art Contest, Continuing Education Scholarship, and the Junior Girls Scholarship.

Our U.S. Senators, House of Representatives, and State officials need to be held accountable for votes when it comes to our veterans. Take the time to write a letter or e-mail them. We have to let them know that the Ladies Auxiliary is a very proud organization that stands up for our Veterans and were not afraid to let them know. Our vote does count and matter.

I'm very proud to have been your Auxiliary President for the past fourteen years. I will be stepping down at the end of this year. The chairs will have to be filled by December 2013. I have been asking every month for helpers. Most of the chairs will have to be filled.

Patty Pate has a broken hip, Wilma Hays moving to Florida, and others are in failing health. If there's going to be a Ladies Auxiliary, SOME **LADIES** will have to step up. **THIS HAS TO BE ADDRESSED NOW.** Please do what you can.

**Janet Williams, President VFW Ladies Auxiliary**

### Post to Award One Life Membership

The time has come to pay your VFW membership dues for year 2014. As most of you have already heard, all continuing members that pay their 2014 dues by October 23<sup>rd</sup> will be entered in the departments drawing for 15 free life memberships (5 in October, 5 in November, and 5 in December). What you may not have known is that Post 604 will be drawing for one free life memberships to be awarded at our post anniversary dinner (more on that later). To be eligible for the post drawing you must have paid your dues by December 1, 2013 and was not drawn in the department's drawing. Additionally, by paying your dues before the end of year 2013 you will save \$10.00 as the membership dues will go to \$35.00 on January 1, 2014. Why not pay your dues today. You can mail in your dues, pay online, or bring your dues to the post and we will take care of it for you.

Remember paying your dues continues your membership in the Veterans of Foreign Wars, your organization. No one does more for the veteran and their families than the VFW.

**William (Bill) Evans, Sr. Vice Commander  
Membership Chairman**

## **FALL IS HERE!**

Well, according to the calendar anyway, we don't know what the weatherman has to say about it yet!! However, we do have our fantastic 1<sup>st</sup> of the month **FRIDAY NIGHT DINNER SPECIAL** on the 4<sup>th</sup> when we will feature **Meat Loaf with Mashed Potatoes and Corn**---all home cooked and still only **\$5.00!!!!!!** Besides a great tasting dinner, another cool thing about our Friday night dinners is that it always changes—we don't serve the same thing over and over and over again. As before we start serving at 6:00 and go until we run out---plus our regular menu is also available. So stop by—grab a plate and enjoy!!!

This month's NASCAR Sunday will be Oct. 20<sup>th</sup>, Talladega. Post will open at Noon, race starts around???? pm (Hmmm we don't know—check out the Men's news article). Food will naturally be **Gigantic Hand-Dipped Breaded Tenderloins**. This is brought to you by the Men's Aux and you can be sure, they put on one heck of a meal for **\$5.00**. These Tenderloins are not pre-made; the guys don't start making them until you order. So come on out—try the **Gigantic Hand-Dipped Breaded Tenderloins** because you really won't know how good it is until you have tasted it for yourself—then you will know for sure. We already know for sure that it's good!!!!

House Committee

## Win a Life Membership

Hurry Hurry Hurry

Annual VFW Members, here is an opportunity for you to win one of 15 Life Memberships being given away this year.

Pay your 2014 dues by Wednesday October 23, 2013 and your name will go in the hopper for the first of three drawings to give away 5 Life Memberships. The first drawing will be held during the Fall Conference Banquet.

If you are not drawn during the October 26th drawing, all names will stay in the hopper for the November and December drawings. To be eligible for the November drawing, you must renew your 2014 membership prior to November 30<sup>th</sup>. To be eligible for the December drawing, you must renew your 2014 membership prior to December 31<sup>st</sup>. Membership renewal date is confirmed by VFW National Headquarters.

Don't miss out on your chance to WIN!!

**Reminder: Dues increase to \$35.00  
annually on Jan 1, 2014**

# Laurens B. Strain – VFW Post 604

September 2013

Closed Sunday	Open 1200 - 2200 Monday	Open 1600 - 2200 Tuesday	Open 1600 - 2200 Wednesday	Open 1600 - 2200 Thursday	Open 1600 - 2200 Friday	Open 1000 - 2200 Saturday
		1	2	3  * Vet to Vet – 1900	4  Serving Dinner 1800 - 2100  Commander's Drawing 1900 Brad Harris Entertains 1900	5
6	7  Open @ Noon	8	9	10  * Vet to Vet – 1900	11  Serving Dinner 1800 – 2100  Commander's Drawing 1900 Brad Harris Entertains 1900	12
13	14  <b>Columbus Day</b>  Open @ Noon	15  Meetings V.F.W. – 1800 Men's Aux – 1800 Ladies Aux – 1800	16	17  * Vet to Vet – 1900	18  Serving Dinner 1800 - 2100  <b>Care Package Walmart 4 to 8 PM</b>  Commander's Drawing 1900 Brad Harris Entertains 1900	19  (Possibly) <b>Care Package Walmart 4 to 8 PM</b>
 <b>NASCAR SUNDAY</b>	21  Open @ Noon	22	23	24  * Vet to Vet – 1900	25  Serving Dinner 1800 - 2100  <b>Fall Conference Clarksville, IN</b> Commander's Drawing 1900 Brad Harris Entertains 1900	26  <b>Fall Conference Clarksville, IN</b>
27  <b>Fall Conference Clarksville, IN</b>	28  Open @ Noon	29	30	31  * Vet to Vet – 1900		

(\* For Vet-to-Vet Held at IVY Tech, 200 Daniels Way room A118 – Check website <http://www.vettovetbloomington.com/> to confirm location)

Telephone Number (812) 339-2375

Raffle License # **127960**

## NATIONAL MILITARY SERVICES

### CARE PACKAGE WISHLIST

#### Hygiene Items:

- wipes, soap, razors, hand lotion, shaving cream, chapstick

#### Prepared Foods:

- microwave popcorn, cup of soup, ramen noodles, jerky, canned fruit, soup and chili (with pop-top lids)

#### Candy:

- gum, hard candy, gummy bears, Skittles

#### Snacks:

- mixed nuts, dried fruit, trail mix, power, fruit and granola bars

#### Boot Socks:

- sizes 8-12, especially preferred is the Under Armour brand

#### Hand Warmers:

- used by gunners sitting in open turrets, holding the cold metal of their weapons all night

#### Books and Magazines:

- Paperback books are preferred as are sports/auto/outdoor magazines



## THAT ANNUAL VA CLINIC PHYSICAL

I can't tell you the veteran's name, but his first name rhymes with "Ron" and his last with "Rowe". So Ron goes to his VA Community Based Outpatient Clinic (CBOC) regular, annual physical last year. Ron's about my age, so an electro-cardiogram (EKG) is a standard part of his physical. Ron had been having some flu-like symptoms, so he's fully cooperative. Shave the hairs, stick the little color-coded contacts on the skin, fire up the machine, run the paper tape, the tech looks at the tape a little funny but does not say anything. The tech rips off the tape and walks it back to the doctor on duty – still standard procedure.

Then things get a little unusual. The tech, now looking a lot funnier, comes back into the examination room and tells Ron, "Now don't get worried. Everything should be OK. We've called 911 and the ambulance is on the way. It should be here in five minutes. You are going to the hospital."

Time out. Ron had not had any pain in his chest at all. No pain in his left arm, or right arm for that matter; no pain in his jaw; no pain period. No night sweats. He'd been a little more tired than normal, but supposed that was due to a mild case of the flu. Maybe a little "pressure" in his chest, but still consistent with flu- or cold-related breathing congestion. No anvils or elephants on his chest. Nothing dramatic.

Time in. "To the hospital? Why?"

"You are having a heart attack now. You might want to call your wife and tell her to meet you at the hospital."

Ambulance shows up, backs in next to the clinic door. The EMTs jump out, pop open the back doors of the ambulance, slide out the gurney, snap down the wheeled legs, and roll the gurney to Ron's examination room. Ron, still dumfounded, is placed on the gurney, strapped on, wheeled out and placed into the ambulance. One of the EMTs tells him on the way, "You are not going to the emergency room. You are going straight to the cath lab. They bumped some

other surgical patients to get to you now."

But it was too late to get that last bit of information to Ron's wife. Her name rhymes with "Amanda". Amanda was, understandably, speeding in from east Highway 46. Amanda slides in to a parking space outside the emergency room door, and jogs inside (not too fast, new right knee). No Ron. But a nice person looks up where he is – the cath lab.

Ron watches a series of different ceilings pass by. Somewhere along the route he loses his clothes. He's transferred from the gurney to an operating table. Sharp things are stuck into him, some stay stuck. He's briefed on the procedure. His upper leg, femoral artery is carefully opened and mysterious long thing fed up through his arteries to his heart. By this time Ron's past seeing any of this. He's sleeping.

Ron wakes up. Amanda is there. One of his new surgical friends comes in to tell both of them what happened. Two stents in coronary arteries. One had been almost totally blocked with plaque, one around 90%.

Ron does his therapy, changes his diet, exercises more, lives a few more decades.

Don't screw around. 1) Not all heart attacks have dramatic symptoms. When something's not right, get it checked out. 2) Go to your VA Clinic annual exam. Don't let your name rhyme with "Gone."

John Tilford – Service Officer

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# WIN A FREE LIFE MEMBERSHIP

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