



Sandy VFW Post & Aux

38452 Proctor Blvd

Sandy OR 97055

503-668-5211

“First to serve our Veterans”

The Buckboard Bulletin

VFW4273.ORG

January, 2014

POST COMMANDER'S COMMENTS

Happy Holidays

Another year has gone and another year is here. With the good Lord willing, We'll have another great year. Behind the scenes we really have a great person involved in many aspects of our post operation. That person is Jim Mitchell. When you see him, thank him for all the good work he does for our post. Looking back over the year you will see that our post has many good people who have donated much time and money to further our mission in helping veterans. To many to name, thank you all for your loyalty.

Moving right along I would like to thank our membership committee. We have already reached our goal of 100% to make All State and are getting close to All American. Thanks guys, you know who you are. Jan 18 we have a district meeting in Molalla at 12 P.M. On Jan 24 and 25 we have mid winter at Airport Shilo Inn. Everyone is welcome, please try and make it. Over Christmas Jackie Key arranged with the Salvation Army for a truck load of toys for our veterans families. That was a great success and thank you Jackie Key. I was given a full duffle bag filled with all sorts of goodies including a sleeping bag for a homeless vet. If you know one, contact me. Thanks again and happy holidays.

All gave some

Some gave all.

Commander

Terry Boyer U.S.N. ret: ,

Ladies Auxiliary President's Message

It is hard to believe we are starting another new year already. I hope that everyone had a very blessed Christmas and a safe and happy new year.

Please don't forget our Mid-Winter Conference on Jan. 25th. It is being held at the Shilo by the Portland airport, so it is close enough for many of you to attend. It is such a pleasure to see and hear the VOD and Patriot's Pen contestants. Please come and give them your support and congratulations. One of our own auxiliary member's granddaughters was a Patriot's Pen winner. Way to go Mara, who is Susan and John Knotts granddaughter. On the 8th of December we had unit 33 celebrate their Christmas dinner at our post. What a feeling of pride to watch all of the military personnel and their families march in. I cannot express my gratitude to Kit, Sardi, Midge, Voriece and Nancy for coming in to help serve. If it had not been for you ladies I don't know how we could have handled it.

Our cookie baking boss, Lois Leavitt, has been working very hard on getting donations to help with the expenses on our hospital projects. Well, how does 1,900 pounds of flour, 360 pounds of liquid eggs, and numerous other items sound! Thank you so much Lois.

We are still not meeting our objectives on dues. Please pay our dues. If there is a reason that you are not able to pay at this time, call me and we will work something out.

I know that many of you are doing things for our veterans and their families. Please fill out a report form, drop me a note or give me a call, to let me know what you are doing.

Our next meeting is Friday, Jan. 10th at 6:00PM. We need you there to help with the decisions on what projects we do and how we spend our money. You are important to the success of our Auxiliary!

JEAN BETTENCOURT, AUXILIARY PRESIDENT
503-663-0510

Quartermaster's Corner

Let the post pay your dues All you have to due is work at the post or in our community doing things that benefit the Post and are approved by the Post Commander. Refer to " Post Commander's Volunteer Log Book" for details

Everyone has skills that can be used. Below are a few areas that are most needed.

Clerical/Administrative Fund raising Meal Preparation: cooks, servers, & clean up. Media Communication Book keeping Building maintenance and repairs Bartending

Helping veterans' and families Recruiting new members

Post Chaplin

Life member, Charles Jordan, is still struggling with his illness. Please keep him in your prayers as he continues to recover at the VA hospital.

I hope that everyone had a wonderful holiday season, and that the coming year will continue to bring lots of joy and happiness into your lives

“All flesh is like grass and all its glory like the flower of grass. The grass withers , and the flower falls, but the word of the lord remains forever.”

1 Peter 1:24

E-Mail
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AUXILIARY CHAPLAIN

Millie Lenz was hospitalized for a short time, but is now back home at Avamere and walking and doing well.

Gloria Hooper passed away on November 30th. She was a life member of our Auxiliary and an Auxiliary member for the majority of her life. A memorial was held at the foster care home where she lived and another memorial for the family will be held next July at the beach. Gloria enjoyed crocheting booties and blankets for the Mt Hood Hospital children’s ward. Our condolences go out to her daughter, Kate Lewis, and the rest of her family.

Judy Gasco
503-668-3748

Canteen Corner

Well, the year is gone and the new one is beginning. Time sure passes fast.

I hope last year was kind and fair to everyone.

This month we are still figuring out Sundays... If more members don't start coming for breakfast, it could be cancelled .Its not worth the time and effort preparing it for the few who do show up. So get your bums down here. There very good and at \$5.00, it's a steel.

Karaoke is really starting to become a whole bunch of fun, if you haven't joined us, you really should.

Wii bowling is becoming popular , And I have to say, there are a few getting some pretty high scores. Come down and throw a few balls.. Its a lot of fun.

Friday night dinners are working out nicely. You don't want to miss them either. Dinners are served from 5:00 till sold out or 8:00. which ever comes first.

We are offering our Hot Drinks/ winter warmers for a nice price all month. Try one, You will like it.

Remember, If you don't come in and see us, you wont be able to enjoy all the good times, good food, and good people.

Jimmie

Bar Manager

Post Officers	2013—2014	Ladies Auxiliary Officers
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Commander	Terry Boyer
Senior Vice Cmdr.	James Mitchell
Junior Vice Cmdr	Tony Gibler
Chaplain	Melissa Samels
Quartermaster	William Miller
Judge Advocate	John Lamb
Adjutant	
Surgeon	
1 year Trustee	Merle Stewert
2 year Trustee	Bert Key

President	Jean Bettencourt
Sr. Vice President	Dora Fitzpatrick
Jr. Vice President	Wanda Michaels
Treasurer	Midge Wadkins
Chaplain	judy JGascon
Secretary	Kay Gomes
Guard	Sardi Bowyer
Conductress	Voriece Blair

AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY AND ELIMINATE CANCER, JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY ...

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to STARVE the cancer cells by not feeding it with foods it needs to multiply.
12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines will become putrified and leads to more toxic buildup.
13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.
14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.
15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiving and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.
16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

What cancer cells feed on:

- a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Note: Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in colour. Better alternative is Bragg's aminos or sea salt.
- b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk, cancer cells will starved.
- c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.
- d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).
- e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water—best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

Calendar

Monday CLOSED
 Tuesday. Open 3pm Domino night/Game Night
 Wednesday. Open 3pm Taco's and Poker Night—5pm
 Thursday Open 3pm WII Bowling starts at 6:00pm
 Friday Open 3pm Dinner 5pm and karaoke
 Saturday. Open 3pm Collage football
 Sundays Open 10-4 pm **ONLY the first & third Sunday of the month for breakfast.**

Daily Canteen Menu

Fried Chicken	\$9.00	Halibut Fish & Chips	\$6.50
Strips & Fries	\$6.50	Hamburger & Fries	\$5.50
French Fries	\$2.50	Deep Fried Hotdog	\$2.00
		With fries	\$2.50



"Success is our Mission"

THE BUCKBOARD BULLETIN
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Join Us for Post and Auxiliary meetings!
House Committee Mtg - 01/05/2014 12pm
AUX - 01/10/2014 6pm
POST 01/17/2014 6 pm
Like us on Facebook!!!!

From the Editor:

Please make sure I have your correct E-Mail address so you will receive the newsletter. Or if you do not use any online service, please let me know so I can somehow make sure you receive it.

Thanks, Jimmie

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