

# Sandy VFW Post 4273 & Auxiliary

“First to Serve our Veterans”

38452 Proctor Blvd  
Sandy, OR 97055  
503.668.5211



Buckboard Bulletin  
[vfw4273.org/](http://vfw4273.org/)  
April 2016

## Post Commander's Message

Greetings, I wanted to take an opportunity to thank our volunteer staff that has made our post and canteen possible to stay open. I am also glad to announce that we have a full officer staff in place and are working vigilantly to assist our post and the auxiliary's needs.

Comrades, It is April and with that comes time for elections for our post. We need a big turnout at our April post meeting, and are looking for comrades who are looking for the opportunity to serve our post and our community. Everything we do depends on volunteers.

I have enjoyed serving as your Commander these past months. I have learned many things about our post and our community. Things I may not have experienced without stepping up when it was needed. Thank you all for the support you have given me. I look forward to seeing you all at the upcoming post meeting on April 15<sup>th</sup>.

Please help out our officers with the newsletter by updating your email address as we are not mailing it out any longer. If you would like to receive a hard copy you can obtain one in the post or by requesting one.

Things are going good for 2016!

Kristian Golby  
Post Commander

## Auxiliary President's Message

I'm not sure how many of you attended our ribbon cutting ceremony, if you didn't you really missed a fun event. I want to thank Kaye and Jerry Gomes for all the hard and great work that they put into that day to make it such a success. I can't thank the Auxiliary and Post members enough for all the help, it was wonderful the way everyone pitched in to help.

We had 6 auxiliary members and 1 post member attend the Grand opening of the Fisher House in Vancouver on March 23<sup>rd</sup>. If you ever get the opportunity to visit the Fisher House, please do it, it is beautiful.

I am pleased to say that we are over 100% on our membership this year. Keep up the good work ladies and gentlemen. We now have 4 men in our Auxiliary, I want to welcome you all.

Well it's that time of year again, elections. I am sorry but I will not be running for President again this year. I am confident that our auxiliary members will step up to the plate and fill all the positions necessary. It has been an honor and a pleasure to serve as President this past year, however I do plan on doing some traveling in the future.

Kit Spitzengel  
Auxiliary President

# KEEP SANDY VFW POST OPEN?

**Show your support;** attend the monthly meeting on April 15, 2016 at 6:00 pm. Essential post positions of Commander and Quartermaster must be filled to start in June.

In the past, these 2 jobs may have been too demanding; it may be time to identify several members each year who will commit to assisting in these 2 critical areas so that no one member is overloaded.

## WHAT DOES THE SANDY POST CONTRIBUTE?

1. Community ceremonies for Veteran's Day and Memorial Day
2. Relief fund to help veterans with difficult financial situations
3. Team-up with Auxiliary in many ways such as:
  - Voice Of Democracy & Patriot's Pen
  - Distribute Buddy Poppies to give recognition and tribute to veterans
  - Hospital/home visits for veterans
4. Financial support to the VFW District, State and especially National levels where important programs are provided to help veterans with health, education and employment
5. Funeral/Burial ceremonies for veterans

There is more that has been done and should be done by the Sandy Post, but our current contribution is still significant.

SHOW YOUR SUPPORT by giving a couple of hours of your time on a monthly, quarterly or annual basis. Call 503.668.5211 and leave your name and contact information.

## Post Chaplain

For thou art my hope, O Lord God....

Psalm 71.5

Our thoughts and prayers are with the following members or spouses all of whom are experiencing health issues at this time:

Birdie Faust  
Sharkey Haider  
Mike Kennedy  
Marty LeDoux  
Evert Nafts

Our condolences go to the family and friends of Gene Halverson, a VFW life member who passed on March 11th. He will be greatly missed.

If you know of a member who is having health issues or a member who has passed away please let me know - [jimmitchell03@gmail.com](mailto:jimmitchell03@gmail.com)

Post Chaplain, Jim Mitchell

Now the Lord of peace himself give you peace always by all means. The Lord be with you all.

2 Thessalonians 3:16

## Auxiliary Chaplain

Update on Al and Birdie Foust:

Birdie is now confined to home most of the time due to advanced Alzheimers and is no longer visiting the Sandy Senior Center. They have a lady who helps afternoons and she walks around outside with help.

They still visit their son, Ralph, in the Olympia area and he visits them.

Ralph has been in the Army Reserves at Fort Lewis for 43 years. he joined at 17 and is presently a "Weekend Warrior" with their helicopter unit.

Daughter Sarah is still living in San Antonio and has a Civilian Army Environmental Command job at Fort Sam Houston. She was the first female District Commander in Oregon when she was living here and in our Sandy Post. Both Ralph and Sarah are Sandy Post lifetime members. Daughter Kay works and is staying with them now.

Al and Birdie have been very active and valuable members n years past especially with the Portland Veterans Hospital.

Chaplain Judy Gascon  
503-668-3748

# CANTEEN

Corner

Tuesday - Saturday  
3:00pm to 7:00pm

Thank you everyone that has been spreading the word about our Taco Tuesday's with Chef Mathias from the Rendezvous Grill & Tap Room.

We enjoy seeing the new and old faces.

Thank you to Dan Copher and Tim Wilson for cooking Corned Beef & Cabbage on St Patricks Day! And thank you to Pam and Katie for serving everyone!

Its been a great couple of months and we couldn't do it without all of our volunteer staff.

And a BIG THANK YOU to all of our loyal customers.

Carol Engblom

## Post Officers

Commander	Kris Golby
Sr. Vice Commander	Allen Anderson
Jr. Vice Commander	Tony Gibler
Quartermaster	John Lamb
Chaplain	Jim Mitchell
Judge Advocate	William Miller
Surgeon	Dan Copher
1 Year Trustee	Ken Hershberger
2 Year Trustee	William Miller
3 Year Trustee	Merle Stewart
Adjutant	Gary Lightcap
Service Officer	Casey Wood

## Auxiliary Officers

President	Kit Spitzengel
Sr. Vice President	Sardi Bowyer
Jr. Vice President	Wanda Michaels
Treasure	Midge Wadkins
Chaplain	Judy Gascon
Secretary	Jackie Key
Guard	Nancy Davis
Conductress	Dora Fitzpatrick
Trustee 1	Prentiss Edwards
Trustee 2	Jean Bettencourt
Trustee 3	Kathy Dunn
Patriotic Instructor	Lois Leavitt



**Karli Engblom**  
**Level 1 Certified Forrest Yoga Instructor**

**FREE yoga classes for VFW members**

**Monday's 10:30 - Noon**  
**Upstairs at Sandy VFW**

**Yoga helps increase flexibility,  
 builds strength,  
 decreases anxiety, depression,  
 and symptoms of PTSD**

**The Buckboard Bulletin**

Sandy VFW Post 4273  
PO Box 404  
Sandy, OR 97055

“SUCCESS IS OUR MISSION”



**AUXILLARY**

April 8th at 6:00pm

**POST**

April 15th at 6:00pm

**DAILY EVENTS**

Tuesday: \$1 Taco Tuesdays from Chef Mathias Engblom from the Rendezvous  
Wednesday: Wine Down Wednesday & \$3 Shrimp Cocktails with Tina Warren  
Thursday: Wii Bowling at 6:00 PM  
Friday: Weekly Home Cooked Dinners. Dinners start at about 5:00pm  
Saturday: FUN! FUN! FUN!

New Menu Now Available! Come in and check out our drink specials!!!

Open Tuesday to Saturday 3:00pm to 7:00pm or later

If you have any information you would like shared in future newsletters or want to be on our e-mailing list please email [sandypost4273info@gmail.com](mailto:sandypost4273info@gmail.com)

**GOMES CONSTRUCTION**

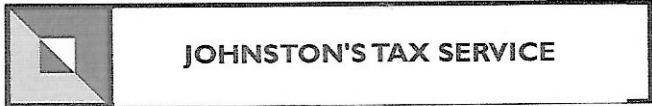


**Jerry Gomes**  
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