



Sandy VFW Post & Aux

38452 Proctor Blvd

Sandy OR 97055

503-668-5211

“First to serve our Veterans”

The Buckboard Bulletin
VFW4273.ORG

May 2013

POST COMMANDER'S COMMENTS

April has been a busy month and May will be even busier. In the month of April we lost two long time members of the Post. Richard Steffl and past Post Commander and Life member Richard “Rich” Spitzengel. Both will be missed.

We also had nominations and elections at the April meeting for Post Officers for the 2013-14 year. Installation of these new officers will be on the May 17th regular meeting. Also in May will be the annual Buddy Poppy distribution at the Fred Meyer, Bi-Mart and Safeway stores in Sandy and Damascus. We will also be going around to the local businesses for contributions. All donations go into the relief fund for needy veterans and their families. Please stop by the post to sign-up and volunteer for a spot.

We will have our annual Memorial Day ceremony at the Sandy Ridge cemetery on Hwy 211. Come join us at noon to honor all our veterans who have passed and following there will be a potluck at the Post.

We have lots of events going on at the Post Canteen weekly. Please stop in and enjoy some fine Eats, fun and fellowship.

There will be a District 15 meeting in Gresham on Saturday May 4th with a potluck at noon and the meeting to follow at 1300. Be thinking of who you would like to see as the District Officers for the 2013-14 year.

Honor your sacrifice,

Merle Stewart; Commander

Calendar

Every Day	Canteen Menu (Except Monday)
Every Mon	Canteen Closed
Every Tues.	Domino night/Game Night
Every Wed.	Taco and Poker Night—5pm
May 1st-	Loyalty Day
May 4th-	Chicken & Beef Enchilada Dinner @ 6pm
May 5th-	Auxiliary Breakfast & Bingo
	House Committee Meeting @ Noon
May 10th-	Auxiliary Meeting @ 6pm, dinner 5-8pm
May 12th-	Mothers Day Breakfast
May 17th-	Post Meeting@ 6pm, dinner 5-8pm
May 24th-	Afghan/Gulf/Iraq Appreciation Day 5 to 8pm
May 27th-	Memorial Day, Potluck

JR. VICE COMMANDER'S COMMENTS

VOICE YOUR OPIONION

Help shape our agenda. Stop by and take a survey. Think of things you would like to see happen in the Post, and the work we do in the community.

Now is the time to speak up and shape our direction.

JR Vice Commander
Paul J. Elmore

Newsletter articles are due
May 20 for the
June. Newsletter.
Contact your editor at:
vfwnewsletter@vfw4273.org
VFW4273.ORG

Ladies Auxiliary President's Message

AUXILIARY PRESIDENT'S MESSAGE

I want to thank everyone for another great year. Our Auxiliary accomplished a great many things that all of you can be very proud of. I have listed a brief summary of these achievements below.

- **AMERICANISM** We spent \$230, worked 159 hours and traveled 1,191 miles promoting Americanism in our community.
- **LEGISLATIVE** One of our members traveled 6,000 miles to meet personally with representatives in Washington DC to discuss VFW Priorities.
- **YOUTH** This Auxiliary spent \$300 and worked for 20 hours in support of the youth in our community
- **AID TO OTHER ORGANIZATIONS** Members of our Auxiliary worked for 149 hours and traveled 1,668 miles aiding other organizations in the area.
- **SCHOLARSHIPS** We have donated \$1,020 towards scholarship programs for our youth.
- **CANCER AID AND RESEARCH** Under the leadership of our CA&R Chairman, Voriece Blair, we were able to reach the Platinum level by donating \$2,207.
- **VETERANS AND FAMILY SUPPORT** The ladies of this Auxiliary have spent \$4,056, worked 595 hours and traveled 3,057 miles in support of our veterans and their families. We also donated a record 500 soup labels to the National Home for Children.
- **HOSPITAL** Our Auxiliary is known for its outstanding support of our Veteran's Hospitals and Homes. Once again you have come through like real champions. We have donated \$63,806 worth of cookies, quilts, money and other comfort items to the hospitals. We spent 3,095 hours and traveled 10,774 miles accomplishing this feat. We also volunteered at the hospitals a total of 732 hours and traveled 5,105 miles to get there.

Needless to say, it takes a lot of time and money to keep these programs going. You can help by paying your dues when you receive your notice and by helping us work on any of these programs. If you are interested in becoming more involved, I am certain we can find something for you to do. Just give me a call.

Our annual birthday party for the vets at the Portland Medical Center will be on Wed. May 8th. There will be a car pool leaving the Post at 8:00am sharp. Please join us in visiting our hospitalized veteran's, it is a very rewarding experience.

Once again, I am so very proud to be able to serve this Auxiliary as President. Thank you so much for all of your hard work.

May is a very busy month! Loyalty Day is the 1st and we will have a ceremony and a baked potato bar at noon. We will need a lot of help distributing Buddy Poppy's the week before Memorial Day. We will need help placing flags on all veteran's graves in Sandy. There will be a Memorial Day Service with a potluck to follow at the Post.

JEAN BETTENCOURT, 503-663-0510

Post Officers		2012—2013	Ladies Auxiliary Officers	
Commander	Merle Stewert		President	Jean Bettencourt
Senior Vice Cmdr	Charles Scantling		Sr. Vice President	Dora Fitzpatrick
Junior Vice Cmdr	Melissa Samels		Jr. Vice President	Wanda Ichaels
Chaplain	open		Treasurer	Sherlyn Carter
Quartermaster	William Miller		Chaplain	Judy Gascon
Judge Advocate	John Lamb		Secretary	Kay Gomes
Adjutant	Neil Mortenson		Guard	Midge Wadkins
Surgeon	Mark Wolter		Conductress	Voriece Blair

CANCER AID & RESEARCH CORNER

A great big" thank you " to everyone that helped in any way with work or donations to our cancer program. Our grand total of donations for 2012-2013 reporting year was \$2206.85. that was FANTASTIC. a very special thanks to" WANDA MICHAEL & CREW "for the delicious breakfast & fun bingo, we raised \$ 266.50 for cancer aid & research, giving use a great start for the new reporting year.

MAY IS SKIN CANCER AWARENESS MONTH

Skin cancers include melanoma, basal cell, and squamous cell. Basal and squamous cell are common and treatment is very effective, maligant melanoma, especially in later stages of melanoma, is serious and treatment is difficult. Sun exposure is the biggest cause of melanoma and other skin cancers, but early diagnosis and treatment can increase the survival rate from melanoma. Learn about the signs of all skin cancers, and familiarize yourself with pictures of skin cancer so you can spot it early.

The ABCD rule is a helpful guide to signs of melanoma. **Notify your doctor about any of these signs:**

- A-** is for asymmetry: Half of a mole or birthmark does not match the other half.
- B-** is for border: Edges are irregular, ragged, notched or blurred.
- C-** is for color: The color isn't the same all over but may have differing shades of brown or black, sometimes with patches of red, white or blue.
- D-** is for diameter: The area is larger than six millimeters { about the size of a pencil eraser} or is growing larger.

Have wonderful
MOTHER'S DAY & MONTH OF MAY

**EVERYONE HAVE A WONDERFUL MONTH
Voriece, Cancer Aid & Research**

The Auxiliary Chaplain
Judy Gascon 503 668 3748

Dick Steffl, who had been residing at Cascadia, passed away on April 3rd. A graveside service was held at Willamette on April 11th. Our heartfelt sympathies go out to Dick's family.

Past Commander and Life Member, Rich Spitzengel, passed away of heart failure on April 8th. Funeral services were held at the Sandy Funeral Home on April 15th, followed by internment at Willamette Cemetery. A reception was held at the post. Our thoughts, prayers and sympathy go out to his wife, Kit.

Our Chaplain, Judy Gascon, is suffering from severe ongoing back pain, due to injuries incurred during a horseback riding incident years ago. We miss you, Judy, and are praying for relief from this pain.

JUDY GASCON/JEAN BETTENCOURT
503-668-3748

**It's time once again to honor our veterans with our
"ISLE OF FLAGS" on Memorial Day.**

We will need lots of help getting the flags ready.

5:30 P.M. Wednesday May 22nd-put large flags on poles upstairs V.F.W. Hall

8:00 A.M. Friday May 24th-place large flags at Firhill Cemetery

9:30 A.M. Friday May 24th-put small flags in all 3 cemeteries

8:00A.M. Monday May 27th-place large flags at Sandy Ridge Cemetery

11:00 A.M. Monday May 27th-Memorial Day Service at Sandy Ridge Cemetery

5:30 P.M. Monday May 27th-pick up all flags large and small from all cemeteries

With lots of helping hands it only takes about an hour for each project. I hope to see some new members along with those who have been faithful in helping each year. There are other important jobs also, such as cleaning out the holes for the large flags, picking up the poles and bring them to the post, taking them to the cemetery, and bring them back and storing them for another year.

I'm looking forward to visiting and working with all of you. It's a fun time for me seeing old friends and making new ones.

BE SURE TO CHECK AT POST FOR ANY CHANGES IN THE SCHEDULE

Voriece

Canteen Corner

May is here! We have a lot going on this month! The Auxiliary put on a great breakfast this month! Thank you to everyone that helped with serving and the clean up. The Post had a great breakfast as well, thank you Dan, Terry and Clyde for everything and those that helped with clean up. Always Thank you Gregg for taking time to come and call Bingo for us!!

We will be busy in the Month of May and hoping for more warm days!!!

The Month is going to begin with;

May 1st—Loyalty Day, a day to express your patriotism for your country! Potato Bar Luncheon in the Canteen, dress it up with chili, cheese, onions and more! Come Join us!!

May 4th—Cuarto De Mayo Dinner, Chicken & Beef Enchiladas, Refried Beans, Spanish Rice and finish it off with a great Dessert. Come in and join us for a fun filled night. \$8.00 per person and Dinner begins at 6pm.

May 5th—Auxiliary Breakfast and Bingo,

House Committee Meeting at Noon,

May 10th—Auxiliary Meeting @ 6pm, dinner 5 to 8pm

May 12th— Mothers Day Breakfast, Clyde Wentworth will be cooking up, Bacon, Eggs or Omelets (Ham, cheese, peppers and onions) to order and French Toast. We will also have Mimosa's available. Bring your Mother and join us in Celebrating our Mothers and just a reminder Mom's eat free!!

May 17th—Post Meeting @ 6pm, dinner 5 to 8pm

May 24th—Afghan/Gulf/Iraq Appreciation Day 5 to 8pm.

May 27th—Memorial Day Potluck, come and pay your respects to the ones that have Fought and Gave all to our Country.

Make sure to come out and help with getting the flags ready for "ISLE OF FLAGS" on Memorial Day . Voriece Blair will be heading it up.

To the family's of Richard Steffl and Richard (Rich) Spitzengel our prayers and thoughts are with you. They will both be greatly Missed!!!

To Bert Key and Terry Boyer be safe on your Motorcycle venture to the Veterans Wall in Washington DC. You will be in our thoughts and Prayers.

Here are some upcoming events in June 2013;

The Dinner that was going to be on May 31st has been moved to June 15th, join us for a Steak and Oyster Rockefeller (w/Baked Potato, Green Beans, roll and Desert) dinner for \$12 per person, tickets will be on sale through May.

Thank you for your service You are all appreciated!!!!

Pamela

Quartermaster Corner

**The 4th Friday of the month
through May**

**We will be offering our Afghan/Gulf/Iraq
Veterans, an Appreciation Day
5 to 8 pm**

**Free Food for Afghan/Gulf/Iraq Veterans. 2
drinks to the Afghan/Gulf/Iraq Veterans,
that show current VFW Membership and /or
DD214**

Come in and meet us and let us meet you!

Chaplain newsletter

Our thoughts prayers are with Ken Hershburger as he recovers from surgery.

We pray for a speedy and healthy recovery.

Our thoughts and prayers also go out to the families and friends of life time members, Richard Spitzengel and Richard Steffl, both of whom will be missed greatly by all those who had the pleasure of knowing them.

"For to this end Christ died and rose and lived again, that He might be Lord of both the dead and the living." {Romans 14:9}

Service Officer News

Do you need help finding the right resource?

The 211 is a non-profit organization that has trained personnel to help individuals in need (including veterans). Oregon or Southwest Washington residents, looking for affordable housing, health care, food assistance, a clinic or any other resource.

Dial 211 or go to www.211info.org.

Buddy Poppies

The first meeting will be Friday May 3rd at 5pm. If anyone wants to be a part of this event they are more than welcome. Buddy Poppies signup sheets will be available on May 6th.

Your participation in this event will be greatly appreciated

Melissa Samels

Daily Canteen Menu (Closed Monday)

Halibut Fish & Chips	\$5.50
Chicken Strips & Fries	\$4.50
Hamburger & Fries	\$4.50
Cheeseburger & Fries	\$5.00
French Fries	\$2.50

**Join Us for Post and
Auxiliary meetings!**

House Committee Mtg - 05/05/13 12pm

POST - 05/17/13 6pm

AUX. - 05/10/13 6pm



THE BUCKBOARD BULLETIN

Sandy VFW Post 4273
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(503) 668-5211

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