



Sandy VFW Post & Aux

38452 Proctor Blvd

Sandy OR 97055

503-668-5211

“First to serve our Veterans”

The Buckboard Bulletin
VFW4273.ORG

August 2013

Ladies Auxiliary President's Message

The Mt. Festival Bar-B-Q was very successful. I sincerely want to thank all of you who helped to serve at our booth. I also want to thank Mary and Terry Boyer who headed up our committee and got things organized. What can I say about all of the guys from the Post who built a Bar-B-Q and cooked all that delicious chicken? I appreciate each and every one of you.

At our last meeting, we voted to donate some money to help build the WWII memorial in Salem and we are investigating how we can help maintain the Vietnam memorial in Portland. I am so proud of the work that our Auxiliary does. I also handed out copies of the proposed standing rules for the 2013/2014 year. We will be voting on those rules at the next meeting on Aug. 9th. Your input is very important, so please plan on attending.

August 10th is our School of Instruction in Molalla. I have space in my van, if anyone needs a ride. The opening ceremony starts at 10:00am, so we should leave the Post by 8:45. Lunch will be provided for a cost of \$5. I hope many of you will plan on attending.

Don't forget the Post's annual picnic at Barton Park on Aug. 17th. The Post will provide the meat, but the rest is a potluck, so bring your favorite dish. We will have games and prizes for the children. So bring the whole family and enjoy a day of good food and company.

Our next Auxiliary breakfast is on Aug. 4th. See you there.

JEAN BETTENCOURT
503-663-0510

Calendar

Every Day	Canteen Menu (Except Monday)
Every Mon	Canteen Closed
Every Tues.	Domino night/Game Night
Every Wed.	Taco's and more and Poker Night—5pm
August 4	Auxiliary Breakfast, begins at 9am, no bar service until 12. House Committee Meeting at 12pm
August 9	Auxiliary Meeting @ 6pm, Dinner @5pm
August 11	After Summer CLEAN UP begins at 10am
August 16	Post Meeting @6pm, Dinner at 5pm
August 17	Post Closed for Annual Post 4273 Picnic @ Barton Park , begin serving Chow @ 2pm
August 18	Post Breakfast, begins at 9am, no bar service Until 12pm
August 23	Post Dinner, begins @ 5pm
August 30	Post Dinner, begins @ 5pm
Tuesday Nights	Ladies Nights
Friday Nights	Karaoke/Scary-okie Begins after Aux and/or Post meetings and Dinner.
Saturday Nights	Trivia begins @ 6pm

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

**NOTE FROM VORIECE BLAIR,
THE CANCER CHAIRMAN**

CARCINOID CANCER

Carcinoid tumors are rare, slow-growing type of cancer that can be cured if caught early, but is difficult to diagnose. Most carcinoid tumors start in the gut, including the intestines, appendix, rectum, colon, stomach, and pancreas.

They account for about one-third of all tumors of the small intestine and almost 50% of all malignant tumors of the small intestine. Yet these tumors can also be found in the lungs, ovary, and elsewhere. Carcinoid tumors are a type of neuroendocrine tumor, which means they come from cells of the nervous and endocrine system, and can produce hormones.

When they secrete excess hormones such as histamine and serotonin, they can cause symptoms such as flushing, stomach cramps, and diarrhea. This is called carcinoid syndrome. Like most other cancer, carcinoid tumors are most easily treated when found early. In fact, in the early stages they can often be completely cured through surgery.

Most carcinoid tumors grow and spread very slowly. But because these tumors often don't cause any symptoms for many years, early detection can be tricky. **KNOW YOUR BODY!!!**

Have a great summer, hope to see all of you at the POST PICNIC Saturday August 17th at Barton Park

Voriece, Cancer Chairman

**The Auxiliary Chaplain
Judy Gascon 503 668 3748**

Christine Boppre fractured her back. She was gone for one month, 8 days in the hospital for surgery and then in rehabilitation. She is doing well now.

Joann LeDoux had a pacemaker put in on July 16th. Her husband, Marty, says she is doing pretty well now.

Irma Wilson, a long time Auxiliary member, passed away on July 3rd. She was buried July 10th at Willamette Cemetery. A grave side ceremony was performed by Voriece Blair, Dora Fitzpatrick and Kit Spitzengel. The ceremony was requested by her son, Chris Wilson, who is a member of our Post.

**JUDY GASCON, AUXILIARY CHAPLAIN
503-668-3748**

QUARTERMASTER COMMENTS

The Post needs help with its computer system. We need someone who understands and likes to work with computers, we need you for a few hours a week.

Please call or email Bill Miller at his email address quartermaster.vfwpost4273@frontier.com

Thank you,
Quartermaster
Bill Miller

Post Officers

2013—2014

Ladies Auxiliary Officers

Commander	Charles Scantling
Senior Vice Cmdr	James Mitchell
Junior Vice Cmdr	Paul J Elmore
Chaplain	Melissa Samels
Quartermaster	William Miller
Judge Advocate	John Lamb
Adjutant	Neil Mortenson
Surgeon	Mark Wolter
1 year Trustee	Merle Stewert
2 year Trustee	Bert Key
3 year Trustee	Ken Hershberger

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

Canteen Corner

Well it was a great Sandy Mt. Festival Weekend for the Post and for the Auxiliary. Thank you to all of those that signed up and worked the Chicken Booth. You all did a wonderful job. It was my first year having some of that BBQ Chicken, it was AWESOME. A big HIGH FIVE!!!

There are a lot of changes that you all will be seeing over the next month, but don't worry they are mild and will be painless. LOL.

HEY FOOTBALL SEASON is upon us, Whoo Hoo! College Football kicks off August 29th and Pre Season NFL begins August 4th, Regular NFL Season, 1st game kicks off September 5th. Oh Baby we are ready!!!

So with that said, the Auxiliary will be kicking off the month with a Breakfast, August, 4th, come on in and have a wonderful meal. Breakfast will begin serving at 9am, but the bar service will not open until Noon, unless you have a OLCC permit and want to volunteer to serve through the breakfast.

Also those of you that are on the House Committee there is a meeting on August 4th and begins at 12pm.

August 9th—Auxiliary Meeting, begins at 6pm, there will be Dinner and will begin serving at 5pm.

August 11—After Summer CLEAN UP!!! We need Volunteers for this... Washing Walls, Carpets, Ceilings and more!!! PLEASE come in and or call to sign-up, everyone is needed and your help is appreciated. Any cleaning supply's you can bring would be helpful. Come join us and make our POST SHINE!!!

August 16—Post Meeting, begins at 6pm, there will be Dinner and will begin serving at 5pm.

August 17—Annual Post Picnic at Barton Park Chow at 2pm. Post will provide the Meat, the rest is potluck, so bring your favorite side dish or dessert. Come join in on the fun!!!! Don't forget the POST is closed on this day!!!

August 18—Post Breakfast, come in and have a wonderful breakfast.

August 23—Dinner at the Post, Jimmie will be whipping up something wonderful. Come in and have a wonderful meal and have some fun.

August 30—Dinner at the Post.

We have Appreciation Hour Tuesday thru Friday, 3pm to 5pm, All Well Drinks .50 cents off and All Keg Beer .75 cents off. Come on in and feel Appreciated.

Tuesday Nights—LADIES NIGHT-5pm to Close, Well Drinks \$2.00, Drafts \$1.00, Call Drinks .50 cents off, and Bottle Beer .25cents off. Don't forget men the drink specials are for "Women Only" ;-). We will have Games and a whole lot of fun and surprises. So come on in Ladies.

Friday Nights—After meetings and Dinner, Join in for the Karaoke/Scary-okie!! It could be the most fun you've had in a long time!!!

Saturday Nights—Trivia night and it starts at 6pm. We will have Surprise Drink Specials!! Come join us for a Good time. Lets see how smart we are.

The Post will be opening at 12pm on Saturdays Mid August for College Football games!! Special appetizers for a good price!! Join us for some beers and Cheers.

Coming in September — Just in time for the NFL Football Season. "Breakfast, Cook to Order" all day Sundays!! (opening at 10am for Bar Service)(This is after any Auxiliary or Post Breakfast that is scheduled).

Now didn't I tell you that the changes were mild and painless. We are going to have a lot of fun trying out some new ideas. So come in and join us and lets have some fun!!!

I would also like to give a BIG "THANK YOU" to Pam, for all she does!!!!

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

Jimmie and her side kicks Fawnda and Pamela

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 - 08/04/13 12pm

AUX. - 08/09/13 6pm

POST - 08/16/13 6pm



THE BUCKBOARD BULLETIN
Sandy VFW Post 4273
P.O. Box 404 * Sandy, OR 97055
(503) 668-5211

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28424 SE HWY 212
P O BOX 33
BORING, OREGON 97009
Phone: 503-663-3308
Fax: 503-663-2938
E-mail: DERA@TELEPORT.COM

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TAX CONSULTANT