



The Buckboard Bulletin

"First to serve our Veterans"

September 2011

COMMANDER'S COMMENTS

Greetings to all!

What a fun filled summer starting with the election of our own State Commander, Bert Key. What a great time for all.

We then moved right into the Sandy Mountain Day Parade where we had great involvement by the post and its auxiliaries, ladies and men.

Following day we were involved in setting up for the Field of Honor where we presented Honorable Oregon service medals to many veterans of the United States. Having fun yet?

Next we opened our chicken barbecue booth in Meineg park for Sandy Mt. Festival. This event was headed by Dan Copher, and Jean Bettencourt. Thanks to them and all of our volunteers, we had a fun time that was quite profitable for our post.

We then had our post campout at Whiteriver. Talking to those who attended, fun was had by all.

Last on the list of summer events was our post picnic at Barton park where good food, drink, and good friendship were enjoyed by all who attended.

Post meeting September 9, 2011 @ 8:00 pm.
House comm. meeting September 4, 2011 @ 12:00 noon.

All gave some, some gave all.
Terry Boyer,
Post Commander.



Commander Terry Boyer awarded the Oregon Medal to Merle Stewart

Ladies Auxiliary President's Message

I hope everyone has had a fun filled and safe summer. Many of you have remained very busy around here and I am very grateful for all of your hard work. Our Chicken Bar-B-Q at the Mountain Festival was a huge success. We raised a good amount of money for both the Auxiliary and the Post. The Post's annual picnic was fun and the food was delicious, thanks to everyone who participated. We look forward to seeing even more members next year.

We are going to have a rummage sale this September. We will be setting up on Wed., Sept. 21st and our sale will be held Thurs. thru Sat., Sept. 22nd, 23rd & 24th. Please save all of your good stuff and bring it down for the sale. We will need lots of help so please save some of your time for us. Questions may be directed to Jean Bettencourt or Jewel Lamb.

We are also planning a silent auction/dinner some time in Nov. So, please start thinking of things you can donate or get local merchants to donate for the silent auction. You get to decide where the money will go for any items that you bring in for the auction. We are hoping this will be a fun evening for the entire family as well as an opportunity for us to raise money for many different programs.

I am very grateful for the cooperation and help that I have receive from all of you this summer and I know this will be a great year for our Auxiliary. Thank you.

Jean Bettencourt

President, VFW Ladies Auxiliary

September Calendar

Every Day	Canteen Menu (Except Monday)
Every Mon	Canteen Closed
Every Tues.	Domino night
Every Wed.	Taco and Poker Night—5pm
Every Sat.	Tailgate Party
Sep 4	House Cmte Mtg—Noon
Sep 9	Post Mtg 8pm—Ladies Mtg 6:45pm
Sep 9	Raffle for Cancer Drawing
Sep 22—24	Aux Rummage Sale
Sep 25	Blueberry Pancake Breakfast & Bingo

Check post website calendar for new and changed events.

www.VFW4273.org

QM's Corner

Hello college football fans. Come join us in the Canteen every Sat. for a "Tailgate Party" We will provide: food, special prices for featured drinks, football pools and the large screen TV. Invite a friend and come join us every Sat. during the college football season. Have fun and enjoy the games. Yours In Comradeship, Bill

Post Web Site

www.vfw4273.org

From Your Editor

Newsletter articles are due Sep. 20 for the Oct. Newsletter.

Contact your editor at:

admin@vfw4273.org

The Post Chaplain

Melissa Samels 503 668 4849

Our thoughts and prayers are with Nick Charbois, as he recovers from injury at Mount Hood Legacy hospital. We pray he will have a speedy and complete recovery.

Chuck Lutz is at home and recovering from his surgery. He is doing well.

After along stay in a hospital, David Stockner is now at home. Due to his mental toughness and determination he is making great progress in his recovery.

Please keep all of our members in your prayers, and offer comfort to those in need.

May God comfort all while their sick and guide them back to good health.

The Auxiliary Chaplain

Judy Gascon 503 668 3748

Laura Baron is home now after several months at Cascadia. Her foot has healed, but she is having trouble with her knees, so walking is still a problem and she is still using a wheelchair.

Millie Lenz lost her sister, June Hamilton. The funeral was held at Rose City on August 14.

Joyce Reed's grandson died in his sleep from a brain aneurysm. Our deepest sympathies to Joyce and her family.

La Velle Stadey's husband had an emergency health issue and was sent to Providence Hospital. His is home now and doing better. La Velle is a new member and is our commander, Terry Boyer's, sister.

Jan Johnson just returned home from the hospital. She had pneumonia and we wish her a speedy recovery.

2012 AUXILIARY MEMEBERSHIP

Dues reminder notices were put in the mail to all annual Ladies Auxiliary members on July 7, 2011. Please pay your 2012 dues as soon as possible. Send your \$20.00 annual dues to

Sandy Ladies Auxiliary #4273
PO Box 1262,
Sandy, OR 97055

If you are interested in becoming a Life Member please call Jackie Key, Membership Chair at 503 668-8418. Payment plans are available for the first time this year. Help you're Auxiliary attain 100%. Send your dues in now!



Welcome to
Cascadia Village

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Matthew Kubitz
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Post Officers		Ladies Auxiliary Officers		Men's Auxiliary Officers	
Commander	Terry Boyer	President	Jean Bettencourt	President:	Dan Vaughn
Senior Vice Commander	Merle Stewart	Sr. Vice President	Dora Fitzpatrick	Vice President	Matt Haider
Junior Vice Commander	Glenn Yeager	Jr. Vice President	Jennell Mitchell	Secretary	Gregg Redford
Chaplain	Melissa Samels	Treasurer	Jackie Key	Treasurer	Bob Dun
Quartermaster	Bill Miller	Chaplain	Judy Gascon	Sgt At Arms	Wayne Keller
Judge Advocate	John Lamb	Secretary	Debra Glenzer		
Adjutant		Guard	Jewell Lamb		
Surgeon	Dan Copher	Conductress	Dora Fitzpatrick		

Post Membership Renewal

You should be receiving a card from National regarding your annual renewal dues for 2012. They are due by the end of December, which is fast approaching. You may also come in to the post canteen and pay by cash, check, or credit card. If you pay annually, please make your checks payable to VFW Post 4273 in the amount of \$26.00. You may send your payment to VFW 4273 P.O. Box 404 in Sandy, OR 97055. Your membership dues will support the VFW's mission to serve and represent our veterans at the local, state, and national level.

The VFW appreciates your service and so do patriotic businesses across the country. As a VFW member, you and your family get discount pricing on valuable merchandise and services.

A VFW MEMBERSHIP GIVES YOU SAVINGS ON:

- . 10% off at Home Depot and Lowes
- . SAT/ACT COLLEGE TEST PREPARATION
- . HOTEL-MOTEL LODGING AND CAR RENTAL
- . FINANCIAL SERVICES
- . CELL PHONE SERVICE AND COMPUTERS
- . HEALTH CARE SERVICES
- . DIGNITY MEMORIAL SERVICES
- . VFW SPONSORED INSURANCE PROGRAMS
- . VETERAN EMPLOYMENT ASSISTANCE
- . HAIRCUTS

These are just some of the services we offer you as a way of saying "THANK YOU" for all you do to protect our freedoms.

MERLE STEWART SR. Vice

Cancer Aid & Research

BOY OH BOY here it is almost fall and time to get back to work on our programs. I hope everyone had a great summer even though it was late.

First, I have a wonderful RAFFLE FOR CANCER to be drawn September 9th. I have a Quilt & Table Runner made by our new President Jean Bettencourt, there is a Margarita Basket, a Garden Cart full of goodies, also a Coffee Basket donated by my granddaughter Heather Audas. If you haven't got your tickets yet stop in at V.F.W. and get yours. Tickets are \$1.00 each or 6 for \$5.00.

Then, on Sunday September 25th we will be having our Blueberry Pancake Breakfast & Bingo for Cancer. Breakfast is \$5.00, Bingo is .50 a card, per game. Please come have a wonderful breakfast, play some bingo meet old friends, make some new ones, and help us raise money for cancer.

September is Prostate and Ovarian Cancer, Leukemia and Lymphoma Awareness Month:

The chance of getting prostate cancer goes up as a man gets older. Most prostate cancers are found in men over the age of 65. Having one or more close relatives with prostate cancer also increases a man's risk of having prostate cancer. Starting at age 50, talk to your doctor about the pros and cons of testing so you can decide if getting tested is the right choice for you. If you decide to be tested, you should have the PSA blood test with or without a rectal exam. How often you are tested will depend on your PSA level.

Ovarian cancer is the fifth most common cancer in women. It causes more deaths than do all other cancers of the female reproductive system combined. Your risk of ovarian cancer increases with age, peaking in your early 70s. your chances of surviving ovarian cancer are better if the cancer is found early. The signs and symptoms of ovarian cancer tend to mimic those of other conditions, including digestive and urinary disorders. The key is if they're persistent or worsening. Common warning signs include: Abdominal or pelvic pressure, discomfort or pain.-Persistent indigestion, gas or nausea.-Feeling full even after a light meal.- Unexplained changes in bowel habits, including diarrhea or constipation.- Abdominal swelling or bloating, which can cause your clothing to feel tighter.- Changes in bladder habits, including a frequent or urgent need to urinate.- Loss of appetite.- Unexplained weight loss or gain, especially in the abdominal area.- Pain during intercourse. See your doctor if you have persistent signs or symptoms for two weeks or more.

Everyone please get your check-ups and take good care of yourselves!!!

I LOVE YOU ALL

VORIECE, CANCER CHAIRMAN



New Daily Canteen Menu (Closed Monday)

Halibut Fish & Chips -\$ 5.50
Chicken Strips and Fries - \$4.50
Shrimp Cocktail - \$1.50
French Fries - \$2.50
Onion Rings—\$2.75
Jalapeno Poppers—6 for \$3.50

**Join Us for Post and
Auxiliary meetings!**
Post & Ladies - 9/9/11
Men's Auxiliary - Call Post



THE BUCKBOARD BULLETIN
Sandy VFW Post 4273
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