

Sandy VFW Post 4273 & Auxiliary

“First to Serve our Veterans”

38452 Proctor Blvd
Sandy, OR 97055
503.668.5211



Buckboard Bulletin
vfw4273.org/
October 2016

Post Commander's Message

Ladies and Gentlemen,

Fall is upon us and it is a beautiful one so far. September was a busy month for us and October looks to be even more so. Thanks to all of you who have volunteered your precious time for the cause. As we get further into the year we will need more people to step up to the plate and help out. Our Buddy Poppy Drive is just around the corner. Please clear your calendars and volunteer to stand a shift in that effort.

I want to thank everyone for their support of our Patriot Day ceremony on September 11. There was a good turn out and a good cooperative participation between the Sandy VFW and the Sandy Police Department and Sandy Fire Department. I want to especially thank Voriece Blair, Jackie Key, Midge Watkins, Katie Rundell, Sardi Bowyer, Brenda Truesdale, Betty Haider, Matt Haider, Jewell Lamb, Dean Bowker, Jim Mitchell, Allen Anderson, Mike O'Leary, Marcus Walters, John Lamb, Sharky Haider, Melissa Samels, and Ken Funk, for all the effort they put into ensuring that our Patriot Day service was a great tribute to those who lost their lives on September 11, 2001. Everyone was talking about the ceremony and that terrific pot-luck luncheon the Auxiliary put on at the post afterwards.

Thank you Auxiliary!

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Auxiliary President's Message

Our Auxiliary is saddened by the loss of our Charter Member Delores Jordan. The auxiliary preformed service and served potluck to family and friends. Delores will be missed by all of us. Thank you to all who brought dishes, served the food and cleaned up, thank you Katie for opening the canteen early, a special thank you to the sisters that helped me preform the service for Delores. I appreciate everything you do to help me.

Our National President Colette Bishop will visit Oregon October 5th & 6th. Please join us for lunch at 1324 Three Rivers Auxiliary, 104 S. Tumwater Dr., Oregon City at 12:30. No charge---there will be a donation jar. There will be a dinner at 6:30 at 4248 Sellwood Breakthrough, 7118 S.E. Fern Ave., Portland, \$6.00 for dinner, There will be an Aisle of Honor at 6:00 P.M. There will be other activities going on, if you want to know the whole agenda, call me 503-668-4237.

Auxiliary Meeting is Friday October 14th at 6:00 P.M. we would love to have you attend. Other activities coming up are:

- Changing Direction Day Saturday October 8th, 1:00 P.M. till 3:00 P.M. upstairs at V.F.W. Hall.
- U.S. Navy' Birthday: fun and finger food in canteen, 5:30 P.M.
- Firwood School, 10:00 A.M. teaching Flag Etiquette and the folding of flag.

Katie is planning a Halloween Party.

Don't forget Taco Tuesday, Mathias's Tacos are the best in town

Have a wonderful October, I hope to see all of you at one time or another

Thank you

Voriece Blair, Auxiliary President

In conjunction with District 15 President Jean Bettencourt, District Commander George Carroll held his Fall District Meeting and School of Instruction on September 10, and we were represented well with Allen Anderson, Marcus Walters, Jackie Key, Kit Spitzengel, Voriece Blair, Jean Bettencourt, Midge Watkins, Judy Gascon, and Matt Haider all in attendance. Information gained from attending District and Department meetings is essential to the success of a post. Our line officers of both the Post and Auxiliary have taken their responsibilities seriously and have made that extra effort to attend these meetings and they deserve your accolades.

We will have a special program called, "A Day to Change Direction with the Sandy VFW on October 8 from 1-3:00 pm. It is a new national program that will raise awareness, foster community engagement, improve research and provide intervention for those affected by invisible injuries and emotional stress. (See attached article for particulars)

Once again, I would like to remind everyone to get out and vote in this upcoming general election. Your vote does count. In particular I would like to emphasize the importance to the veterans of your voting yes on Measure 96.

On October 13 we will recognize the Navy's Birthday in the Cantina. So, come on out and help say thank you for all the Navy has done over the years in support and defense of the Constitution of the United States.

Remember, "No one does more for Veterans," than the VFW.

Bert Key, Commander

POPPY'S ARE COMING!!!

The VFW Post 4273 will be sponsoring a "Buddy Poppy" distribution event on Veteran's Day, November 11, 2016 and continuing through the weekend of volunteers to staff the tables. We will have tables set up at Fred Meyer in Sandy as well as Bi-Marts in Sandy and Damascus on Lucky Number Tuesday, November 8th.

The post will be hosting a training meeting on October 17th at 6:00pm. Bring your questions and enthusiasm so that we can all be prepared for a successful fundraiser. Sign up sheets will be available at the post.

Post Officers

Commander	Bert Key
Sr. Vice Commander	Allen Anderson
Jr. Vice Commander	Kris Golby
Quartermaster	Bill Miller
Chaplain	Jim Mitchell
Judge Advocate	John Lamb
Surgeon	Dan Copher
1 Year Trustee	Merle Steward
2 Year Trustee	Marcus Walters
3 Year Trustee	Ken Hershberger
Adjutant	Marcus Walters
Service Officer	Marcus Walters

Auxiliary Officers

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

Post Chaplain

I have learned to be content whatever the circumstances.

Philippians 4:11

Our thoughts and prayers continue for the following members, all of whom are experiencing health issues:

Terry Boyer
Kris Engblom
Sharkey Haider
Marty LeDoux
Bill Miller

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

In humility value others above yourselves, not looking to your own interest but each of you to the interest of others.

Philippians 2:3-4

Post Chaplain, Jim Mitchell

Auxiliary Chaplain

Dolores Jordan passed away Sept 25th. She was a charter member since the Sandy Post opened in 1975. She served in many offices and activities for about 23 years. Including Poppy Chairman 1976, Patriotic Instructor 1981, Senior Vice 1984, Community Activity Chairman 1984, Cancer 1990, Trustee for 3 years 1992, Nursing Home Chairman and many more. She marched in all the parades. Funeral Service was held at Sandy Funeral Home Sept 30th, with potluck at the Post. She is survived by 3 sons, Mike, David and Greg; 1 grandson Justin, 2 sisters and 1 brother. She was a very special outgoing lady, and will be missed. Our sincere condolences to her family.

Denise Redman has been through a difficult time battling skin cancer, recovering from major colon surgery and losing her husband of 48 years only a year ago. Please include her in your prayers. God Bless,

Judy Gascon 503-668-3748

Voice of Democracy and Patriot's Pen Scholarships

The school year is starting and with it we have the opportunity to award some lucky students with scholarships for our student programs. I have already contacted the high school and will be reaching out to the middle schools to get these programs to them.

The deadline for both programs on the local Post level is November 1st. If anyone has a child or grandchild who could participate, the applications are online at <http://www.vfw.org>.

I am very excited to be the co-chair of this program and look forward to listening and reading what our youth of today have to say about their country.

Kathy Dunn, Auxiliary Chairman

UPCOMING EVENTS

October 8th - 1 to 3 pm

A Day to "Change Direction"

October 13th – 5:30 pm

Navy Birthday Celebration at the Navy

October 14th – 6:00 pm

Auxilliary Meeting

October 17th – 6:00 pm

Buddy Poppy Training at VFW Post

October 18th – 6:00 pm

House Committee Meeting

October 21th – 6:00 pm

Post Meeting

October 28th or 29th

HALLOWEEN PARTY at the POST

Come into the Canteen for more information or call Katie at 503-668-5211 Tues – Fri between 3 to 7pm

November 8th

ELECTION DAY

November 11th

VETERANS DAY

CANTEEN CORNER

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

I would like to thank everyone that has supported us over the summer! It has been a lot of fun but I am ready for fall and winter!

Sardi and I are working on a fun Halloween party for the weekened before Halloween since it falls on a Monday this year. Get your costumes ready!!

Thank you Mathias Engblom for continuing to serve us the best taco's in town. We sold the most taco's yet on October 4th for National Taco Tuesday.

Thank you Annie for helping call BINGO on Wednesday nights for Tina! Bingo is going great and I would like to thank those of you that have been donating prizes!

I am looking for volunteers to prepare and serve Friday night dinners again, mainly for meetings nights on the 2nd & 3rd Fridays. If you are interested please let me know for when!

Thanks you for your support!

Katie Rundell

A DAY TO “CHANGE DIRECTION”

Sandy Veterans of Foreign Wars and Auxiliary will be hosting “A Day to Change Direction” on Saturday, October 8, 2016 from 1pm to 3pm at the Sandy VFW hall located at 38452 Proctor Blvd., Sandy, Oregon.

The Change Direction campaign goal is to reduce the stigma surrounding mental health for veterans and non-veterans and encourages everyone to pay attention to their emotional well-being. This VFW National campaign will raise awareness, foster community engagement, improve research and provide intervention for those affected by invisible injuries and emotional stress. A key component of the campaign is to make communities aware of the five signs of emotional suffering: personality change, agitation, withdrawal, poor self-care and hopelessness. More information can be found online at www.changedirection.org

Sandy VFW and Auxiliary will also be joined by the National Alliance on Mental Illness of Clackamas County (NAMI Clackamas) on October 8. The Sandy community is encouraged to stop by the Sandy VFW hall and take the Sigma Free pledge. Free t-shirts will be given to adults who come in and take the pledge. The pledge can also be taken online at www.nami.org/stigmfree. For more information contact Jackie Key at (503) 668-8418.

The Buckboard Bulletin

Sandy VFW Post 4273
PO Box 404
Sandy, OR 97055

“SUCCESS IS OUR MISSION”



AUXILLARY
October 14th at 6:00pm
POST
October 21st at 6:00pm

DAILY EVENTS

Tuesday: \$1 Taco Tuesdays from Chef Mathias Engblom from the Rendezvous
 Wednesday: Wine Down Wednesday & Bingo at 6:00 PM
 Thursday: Wii Bowling at 5:00 PM & Poker Game at 5:00 PM (Call to check on Status of game)
 Friday: Fun! Fun! Fun!

New Menu Now Available! Come in and check out our drink specials!!!
 Open Tuesday to Friday 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

GOMES CONSTRUCTION



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