

The Buckboard Bulletin

"First to serve our Veterans"

December 2010

COMMANDER'S COMMENTS

Commander's Comments

Comrades and Sisters,

Once again our post demonstrated VFW leadership in the community by holding a **Veterans Day celebration** that honored veterans and their families for their service and sacrifices. We were very pleased to have Bert Logan, State Junior Vice Commander as speaker and Bert Key, State Senior Vice Commander in attendance. Many thanks to all those who helped with the ceremony and the potluck lunch that followed.

We are now in full swing with our **membership drive** and we need every member to help by getting members that they know, who have annual dues, to bring them up to date right away. A list of members who need to pay their dues is available at the bar or through Brian Gornick. Everyone can also help by bringing in new members. Just talk to anyone who appears to be a veteran, and if eligible, get his/her name and telephone number and give it to a post officer for follow-up.

In spite of a disappointing lead-up and last minute abdication by the program leader we were able to achieve some degree of success with our Veterans Day **Buddy Poppy** distribution thanks to a number of quick responding, "can do" members.

We are very pleased to announce that Dan Copher has accepted the job of **Canteen/Bar Manager**. Dan has many good ideas on ways to continue making improvements to our canteen operations.

Don't forget to bring your children and grandchildren to **the Children's Christmas party** on December 18th.

I want to personally wish all of you a very **Merry Christmas** and all the best in the New Year.

United We Stand!

Jim Mitchell, Commander

Ladies Auxiliary President's Message

Ladies,

By the time this comes out Thanksgiving has come and gone. I hope all of you had a wonderful day.

Meeting night is on the Friday the 10TH. We are in need of a Jr. Vice-President. Bring in your nominations so we can fill the position.

Children's Christmas party will be held on the 18th from 1pm to 3pm. Bring the children to see Santa and receive a gift. Games and crafts too. The Adults party will be later that evening.

We have two Veteran family's for our Adopt a family for our Christmas program. Please come in and check out their wish list and help if you can.

Pine Meadow Golf and Accent Marketing Company will be helping again this year with our Adopt a Families.

Our membership as of the end of November is at 90%. Reminder notices are in your mailbox, so if you haven't paid by Christmas you will not be a member as of January 2011. Please pay those dues so you will still be eligible for help through our Aux if needed.

Thanks for all your support you have given me and remember to turn in your community service reports by the end of December.

Sincerely,

Loretta Wilson, Ladies Aux. Pres.

December Calendar

Every Wed.	Taco Night—5pm
Every Sat.	Breakfast—10am (Except Christmas)
Every Sat.	Bingo—1pm (Except Christmas)
Every Sun	Canteen Closed
Dec 3	Command group meeting—6:00pm
Dec 6	House Committee Meeting—5:30pm
Dec 10	Ladies Aux meeting 6:45pm
Dec 10	Post Meeting - 8:00pm
Dec 11	Men's Aux Meeting—2:00pm
Dec 18	Children's Christmas party—1:00pm Adult Christmas Party
Dec 25	No breakfast/bingo

From Your Editor

Chris Wilson

Newsletter articles are due Dec. 21 for the January Newsletter.

Contact your editor at:

admin@vfw4273.org
503-668-7910

Auxiliary Membership

Your 2011 Auxiliary Dues are due! Pay your 2011 dues before December 31, 2010, to remain a member in good standing. Don't let your dues go unpaid. Send your 2011 annual \$20 dues to:

Ladies Auxiliary VFW 4273
PO Box 1262
Sandy, OR 97055.

Your Ladies Auxiliary VFW 4273, membership is at 90% as of November 30, 2010. We can be 100% with your help. Pay your 2011 dues today!

**Thank you,
Jackie Key
Membership Chair**

VA News

WASHINGTON – The Department of Veterans Affairs (VA) is piloting new, personalized Veterans Health Benefits Handbooks. The handbooks are tailored to provide enrolled Veterans with the most relevant health benefits information based on their own specific eligibility. In essence, each handbook will be written for the individual Veteran.

www.va.gov/healtheligibility

The Post Chaplain

Melissa Samels 503 668 4849

Chaplain's December Newsletter

Life members, Victor Ulmen and Glen Fertig, have passed away. Both will be missed greatly by everyone who had the pleasure of knowing and spending time with them. Our prayers and thoughts go out to their families and loved ones.

We need to pray for Red Davis and Bill Miller; both members have had health problems recently and are currently going through recovery.

Al Lindholm is home recovering from his knee surgery, we pray for a fast and speedy recuperation.

“Serve each other with love.” [Galations 5:13]

Post Web Site

www.vfw4273.org

The Auxiliary Chaplain

Judy Gascon 503 668 3748

Sisters,

Pamela Hofer was recently in the hospital and very ill. Her mother, Laura Baron now reports that she is doing much better. Please remember her in your prayers. She would also greatly appreciate cards. Please send to Crescent Care Center T 6530 SW 30th Portland Or 97239.

Ruby Watts, one of our fine quilters, fell and broke her back about a month ago. She had surgery and is doing fine now. She is back at home and Lord willing will be back to quilting soon. She wants to thank everyone who called and sent cards. She really enjoyed them. We're glad for your speedy recovery Ruby!

I'm available for visits. So do call if you have a need.

Have a blessed Holiday Season and my god keep everyone safe and healthy.

Sincerely,
Chaplain Judy Gascon

Children's Christmas Party

Date: December 18th

Time: 1pm - 3pm

The Party will be held upstairs at the VFW.

We will have cupcakes, punch, games/activities, and of course Santa.

Post Officers

2010-2011

Auxiliary Officers

Commander	Jim Mitchell	President	Loretta Wilson
Senior Vice Commander	Brian Gornick	Sr. Vice President	Helene Hawkins
Junior Vice Commander	Todd Kruckenberg	Jr. Vice President	Anni Kruckenberg
Chaplain	Melissa Samels	Treasurer	Jackie Key
Quartermaster	Tim Wilson	Chaplain	Judy Gascon
Judge Advocate	John Lamb	Secretary	Becky Ping
Adjutant	Glenn Yeager	Guard	Janet Misner
Surgeon	Sharkey Haider	Conductress	Dora Fitzpatrick

Skin cancer is the most common of all cancers. To help people with skin self-exams, the ACS recommends a systematic way of looking at your skin. "The Down and Back" method as follows:

1- Start in front of a wall mirror. You should have a chair and a hand-held mirror. A good time for doing this is just after you step out of the shower.

2- While standing, examine your face, chest and arms {both sides of the arms} and belly.

3- Then, sit down to look at the front surfaces of your legs and feet. Use the mirror to examine the back of your legs and check out the soles of your feet.

4- Stand up again and use the mirror to inspect your buttocks and upper back.

You need to do this at least once a month. It will help if you have a partner or spouse to help with hard to see places such as your back. The ACS advises you to become familiar with birthmarks, moles, and blemishes so that you know what they look like and can identify any changes in them. Signs to look for are changes in size, texture, shape, and color of blemishes or a sore that does not heal.

The ABCD rule is a helpful guide to signs of melanoma.

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.

Notify your doctor about any of these signs!!!

I hope to see everyone of you sometime real soon. Have a very Merry Christmas and a Happy New Year.

Voriece, Cancer Chairperson

The ladies auxiliary is adopting a single mother and daughter for Christmas this year. A wish list is hanging up at the VFW and anyone that would like to buy something can sign up. All unwrapped gifts need to be dropped off at the VFW by 3 pm on December 18th.

Calling All Veterans, Retirees, and Their Families To Quit Tobacco

FALLS CHURCH, Va. – As we get ready to honor our Nation’s veterans this Veterans Day there is even more cause for celebration.

Now veterans, retirees and their family members can get all the quit tobacco benefits previously available only to active-duty military personnel at the DoD Quit Tobacco—Make Everyone Proud campaign web site, www.ucanquit2.org. This means that even more people can get the help they need to become tobacco-free, once and for all.

The American Cancer Society urges smokers to become smoke-free for 24 hours during the Great American Smokeout (GASO) on Nov. 18. You can find proven quit techniques and tools to prepare for this nationally recognized event on the award-winning Quit Tobacco site, www.ucanquit2.org. A special GASO section of this site allows users to pledge online to quit smoking for the day, send e-card announcements or encouragement to those trying to quit, and see a list of GASO events planned in a nearby location.

One of the highlights of the Quit Tobacco website is Train2Quit, a confidential, interactive system that can double your chances of successfully quitting. Train2Quit offers self-assessment questionnaires, a custom quit plan with a calendar to track progress, and tips on how to beat cravings, overcome weight gain and cope with the effects of nicotine withdrawal.

The Quit Tobacco website also includes live help with trained tobacco quit coaches, peer support, games, and a savings calculator to see how much extra cash you can save and accumulate over time.

Non-Medicare-eligible beneficiaries can receive assistance to quit smoking through TRICARE’s toll-free Smoking Quitline, in each TRICARE region, available 24 hours per day, seven days per week, and 365 days per year.

Extending the Quit Tobacco services to these new audiences underscores the DoD, TRICARE and Veterans Administration’s commitment to military personnel and their families throughout the entire continuum of service.

"REMEMBER to SAVE YOUR CAMPBELLS Food Labels for our VFW National Home for Children. The National Home will save up these labels and purchase brand new vans for use by the National Home. Labels can be turned in at the Post Canteen attention Nancy Amonson, Ladies Auxiliary National Home Chair."

"The Ladies Auxiliary VFW National is asking for help to remodel the bathrooms in the Guest Lodge/Chapel at the VFW National Home for Children. The Guest Lodge/Chapel was built with funds from the Ladies Auxiliaries years ago and it is time for an upgrade. The Guest Lodge is available for all members in good standing to stay for a small fee whenever you are travelling though Eaton Rapids, Illinois. A visit to our VFW National Home will warm your heart."

Quote of the Month:

"Our flag honors those who have fought to protect it, and is a reminder of the sacrifice of our nation's founders and heroes. As the ultimate icon of America's storied history, the Stars and Stripes represents the very best of this nation."

Joe Barton, Texas' Sixth District



"Success is our Mission"

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