



Bert Black Jr. Post 7400 Warrior Journal

Veterans of Foreign Wars

Volume 17 Edition 9
September 2020

From the Commander's Desk

Hello comrades and sisters:

I would like to start by saying that I hope that everyone is doing well and following all proper guidelines for preventing the spread of COVID-19.

Now, as we start a new year the post will be following the CDC guidelines. You will observe some changes at the post designed to provide for everyone's safety. We have changed the seating arrangements so please use the facilities as they are. Do not change the arrangement of the tables and chairs.

We have the kitchen open again with the the guidelines in place.

The following dates are of note:

September 12, 2020 --breakfast at the post starting at 8:30 a.m.
September 15, 2020 spaghetti dinner at the post starting at 5p.m.
September 19, 2020 specialty dinner starting at 5 p.m.

We have flag raisings at the post at 11a.m. on the following days:

September 2, 2020. Victory over Japan Day
September 11, 2020 Patriots Day
September 18, 2020 Pow/MIA Day

We all know of the importance that these days represent so please plan on attending.

Our lounge is open for your enjoyment with karaoke on Sundays starting at 7 p.m. and also on thursday nights starting at 7 p.m.. Come on down for a good time

We are always in need for volunteers to help out with bingo and other activities around the post. So if you have some spare time come down and help out.

Thank you one and all
Alan r tobish
VFW Post 7400 Commander



September Meals

Golly Gee it's September already!

September 2 - Tacos in the Lounge - 3 p.m. to 6 p.m. you can get crunchy or soft tacos,taco salad or Nachos.

September 4 - Lunch in the Lounge - 12:30 p.m. till 2:00 p.m.. Serving Chicken salad on a croissant, potato chips and dessert \$5.00.

September 12 - Breakfast 8:30 a.m.

September 19 - Speciality Dinner, 5:00 p.m. - Salad, Philly Cheese Meatloaf, Mashed Potatoes w/gravy, veggies and dessert.

September 21 - Spaghetti Dinner, 5:00 p.m.

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Sisters and Brothers:

The Auxiliary is moving forward. We will be using the usual guidelines for the safety and protection of all. Our meeting is the second Monday of the month.

We are now planning our annual rummage/yard sale. It will be the last weekend of October. Set up is Wednesday October 28. The sale opens on Thursday the 29th and runs thru Saturday October 31st. There will also be a bake sale table.



Planning for our annual Polar Express has also begun. The Polar Express will be on Monday, December 21st. Mark your calendars so you won't miss these exciting events.

We are in need of volunteers. With all the members we have if you just volunteer once a month it would be a big help. Especially for Bingo! We need both kitchen help and floor workers. If you can spare one Sunday a month to help out call me.

Helping Veterans
Pam Van Winkle
Auxiliary President.

Fallen Comrades 2018 - 2020

| | | |
|--|--|-------------|
| <i>We are saddened by the passing of :</i> | J. Houle | F. Martinez |
| | G. Galloway | B. Nunez |
| C. Allen K. Alexander V. Apodaca G. Black K. Bonds L. Buehner P. Derosia | R. Mestre | P. O'neil |
| | E. Pelletier | C. Rennie |
| | R. Schoenwiese | R. Rognholt |
| | K. Steidl | W. Rohloff |
| | <i>The following are fondly remembered:</i> | |
| | J. Kreiner | |
| | E. Lewis | |

Fallen Auxiliary Members 2018 - 2020

| | |
|---|--|
| <i>We are saddened by the passing of:</i> | Diane Sommers |
| | Irene Wacker |
| Sheryl Cotton Terri Johnson Patricia Kerber Dee Norvell Shirley Pierce Grace Smith | <i>The following are fondly remembered:</i> |
| | Mildred Atwell |
| | Jeannie Gilding |
| | Elizabeth Fekke |
| | Esther Millman |





Service Officer's Corner

COVID-19

Post Service Officers will be available during their normal time. Call the Post to verify they are available.

What should Veterans do?

Any Veteran with symptoms such as fever, cough or shortness of breath should immediately contact their local VA facility. VA urges Veterans to call before visiting – you can find contact information for your closest VA facility.

Alternatively, Veterans can sign into My HealtheVet to send a secure message to VA or use telehealth options to explain their condition and receive a prompt diagnosis.

Upon arriving at VA, all patients will be screened for flu-like symptoms before they enter in order to protect other patients and staff. A VA health care professional will assist you with next steps once this screening process is complete.

**At this time, VA is urging all visitors who do not feel well to please postpone their visits to VA facilities.
How to protect yourself**

Currently, there is no vaccine to prevent the COVID-19 infection and no medication to treat it. CDC believes symptoms appear 2 to 14 days after exposure. Avoid exposure and avoid exposing others to an infection with these simple steps.

- **Learn to use VA Video Connect through the VA mobile app store or by contacting your VA care team., before any urgent problems arise.**
- **Wash your hands often with soap and water for at least 20 seconds. An easy way to mark the time is to hum the “Happy Birthday” song from beginning to end twice while scrubbing.**
- **Use an alcohol-based hand sanitizer that contains at least 60% alcohol.**
- **Avoid touching your eyes, nose and mouth with unwashed hands.**
- **Avoid close contact with people who are sick.**
- **Stay home when you are sick or becoming sick.**
- **Cover your cough or sneeze with a tissue (not your hands) and throw the tissue in the trash.**
- **Clean and disinfect frequently touched objects and surfaces.**
- **Getting a flu shot is recommended.**



Post Dispatch

1. Postal Delays May Impact Medication Shipments: VA explained last week that approximately 90 percent of Consolidated Mail Outpatient Pharmacy (CMOP) packages are shipped to veterans by the USPS. CMOP has detected hot spots with delivery delays (Detroit, parts of New York and New Jersey) and proactively converted from USPS to United Parcel Service (UPS) 2nd Day Air for those areas until service levels can be returned to normal. The VFW is working with our supporters in the House and Senate to monitor this situation in order to ensure the health and well-being of our veterans remains paramount, especially during the COVID-19 pandemic.

2. VA Partners with OnStar to Combat Veteran Suicide: VA announced its new partnership with OnStar emergency services to improve access to suicide prevention resources for veterans. Veterans in crisis will be able to connect to VA's Veterans Crisis Line by using the emergency services button in an OnStar-equipped vehicle or OnStar Guardian smartphone app. "The VA-OnStar partnership aims to promote suicide prevention and reduce deaths by suicide by providing additional resources to veterans," said VA Secretary Robert Wilkie. "This partnership will help veterans access suicide prevention support services and assistance directly and immediately. More than 400 VA suicide prevention coordinators and their teams, located at every VA medical center, connect veterans with care and educate the community about suicide prevention programs and resources daily."

3. Blood Donations Need Still Critical: The Red Cross strongly urges healthy, eligible individuals who are feeling well to give blood to help maintain a sufficient supply for those battling COVID-19, other infections, and trauma victims. Please schedule an appointment by using the Red Cross Blood Donor app, visiting RedCrossBlood.org, or calling 1.800.RED.CROSS (1.800.733.2767).

4. Adaptive Housing Bill Becomes Law: This week, the president signed into law VFW- supported H.R. 3504, the Ryan Kules and Paul Benne Specially Adaptive Housing Improvement Act of 2019. The new law will provide enhancements to VA's Specially Adapted Housing program by increasing the number of grants awarded, raising the dollar amount of the individual grants, and expanding the number of times qualified veterans can use a housing grant. This change will help certain severely disabled veterans purchase adaptive homes or upgrade existing homes to meet their specific needs for daily living activities. The VFW applauds the passage of this important bill which will greatly benefit veterans.

5. Expansion of Caregiver Program Planned for Fall: VA released its final rule on revising its regulations for VA's Program of Comprehensive Assistance for Family Caregivers (PCAFC). According to the document, the expansion is set to begin Oct. 1, 2020. Under this rule, PCAFC will be expanded in two phases. The first phase is for caregivers of veterans injured on military duty before May 7, 1975. Veterans injured in service between 1975 and 2001 will have to wait two more years. With this final regulation, PCAFC will be open to veterans with a service- connected disability rating of 70% or higher.

6. ABLE Accounts Allow Tax Benefit for Disabled Veterans: As the result of the Better Life Experience (ABLE) Act of 2014, states are allowed to create a tax-advantaged savings program for eligible people with disabilities. 529A ABLE accounts can help designated beneficiaries pay for qualified disability expenses with the distributions being tax-free. In honoring the more than 4.7 million veterans with service-connected disabilities, the Internal Revenue Service encourages veterans to check the tax benefits of ABLE accounts. <https://www.irs.gov/government-entities/federal-state-local-governments/able-accounts-tax-benefit-for-people-with-disabilities>



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SEPTEMBER 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|---|-------------------------------------|
| | | 1 Service Officer in the Post 9:00 a.m.-12:00 p.m. | 2 8:00 a.m.-12:00 p.m. Post Work Day Flag Raising 11:00 a.m. VJ Day | 3 Quilters Meeting 8:00 a.m.-12:00 p.m. 7:00 p.m. Karaoke in the Lounge | 4 10:00 a.m. Koffee Klatch 12:30 a.m. Auxiliary Luncheon 7:00 p.m. Post Meeting | 5 |
| 6 12:30 p.m. Bingo 7:00 p.m. Karaoke in the Lounge | 7 Labor Day Service Officer in the Post 9:00 a.m.-12:00 p.m. | 8 Service Officer in the Post 9:00 a.m.-12:00 p.m. | 9 8:00 a.m.-12:00 p.m. Post Work Day | 10 7:00 p.m. Karaoke in the Lounge | 11 Patriots Day Flag Raising 11:00 a.m. | 12 8:30 a.m. Post Breakfast |
| 13 12:30 p.m. Bingo 7:00 p.m. Karaoke in the Lounge | 14 Service Officer in the Post 9:00 a.m.-12:00 p.m. Auxiliary Meeting. 2:00 p.m. | 15 Service Officer in the Post 9:00 a.m.-12:00 p.m. Spaghetti Dinner 5:00 p.m. | 16 8:00 a.m.-12:00 p.m. Post Work Day | 17 Quilters Meeting 8:00 a.m.-12:00 p.m. 7:00 p.m. Karaoke in the Lounge | 18 VFW POW/MIA Flag Raising 11:00 a.m. Newsletter Deadline! | 19 5:00 p.m. Specialty Dinner |
| 20 12:30 p.m. Bingo 7:00 p.m. Karaoke in the Lounge | 21 Service Officer in the Post 9:00 a.m.-12:00 p.m. | 22 Service Officer in the Post 9:00 a.m.-12:00 p.m. | 23 8:00 a.m.-12:00 p.m. Post Work Day | 24 7:00 p.m. Karaoke in the Lounge | 25 | 26 |
| 27 12:30 p.m. Bingo 7:00 p.m. Karaoke in the Lounge | 28 Service Officer in the Post 9:00 a.m.-12:00 p.m. | 29 Service Officer in the Post 9:00 a.m.-12:00 p.m. | 30 8:00 a.m.-12:00 p.m. Post Work Day | | | |

Veterans of Foreign Wars



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NON-PROFIT ORG
 U.S. POSTAGE PAID
 COTTONWOOD, AZ 86336
 PERMIT NO. 49

September Dates to Remember

- September 2**
VJ Day
Flag Raising
11:00 a.m.
- September 4**
Koffee Klatch
10:00 a.m.
- Auxiliary Luncheon
12:30 p.m.
- Post Meeting
7:00 p.m.
- September 14**
Auxiliary Mtg.
2:00 p.m.
- September 11**
Patriots Day
Flag Raising
11:00 a.m.
- September 12**
Post Breakfast
8:30 a.m.
- September 18**
POW/MIA Ceremony
11:00 a.m.
- September 19**
Specialty Dinner
5:00 p.m.

Bert Black Jr. Post 7400 Officers for 2019 - 2020

| | | | | | |
|----------------|----------------|--------------|------------------|----------------|--------------|
| Commander | A. Tobish | 284-8820 | President | P. Van Winkle | 300-6968 |
| Sr. Vice Cdr. | D. Gorman | 284-2027 | Sr. Vice | L. White | 221-2703 |
| Jr. Vice Cdr. | J. Passeno | 284-8562 | Jr. Vice | B. Kuzala | 646-7166 |
| Quartermaster | T. Nester | 639-4616 | Treasurer | C. Gorman | 284-2027 |
| Adjutant | T. Nester | 639-4616 | Secretary | L. Chambon-Gay | 301-2847 |
| Chaplain | J. Razo | 634-6617 | Chaplain | S. Whitacre | 567-7409 |
| Judge Advocate | G. Rekow | 634-2722 | Conductress | B. Luce | 649-2129 |
| Surgeon | R. Powell | 646-6492 | Guard | R. Rhodes | 605 254-2722 |
| Guard | A. Gallegos | 634-5802 | 1 Year Trustee | B. Amolsch | 300-7108 |
| 1 Year Trustee | R. Luce | 649-2129 | 2 Year Trustee | S. O'connell | 910 254-0305 |
| 2 Year Trustee | B. Chahanovich | 602 402-8534 | 3 Year Trustee | S. Patton | 202-8953 |
| 3 Year Trustee | E. Martinez | 985 696-1506 | Patr. Instructor | S. O'connell | 910 254-0305 |

Proudly Serving

Service Officers: Jan Allbright, Ron Luce, and Tommy Nester
 Service Office Hours: Monday and Tuesday 9 a.m.-12 p.m., or by appointment.
 House Committee: Don Finney, Bob Powell, Tommy Nester, Al Tobish, Ron Luce, Larry Stover, John Razo, and Art Gallegos - Meeting 11:30 a.m. Thursdays
 Work Days: Wednesday 8:00 a.m. - 11:30 a.m., Phone: 634-9769
 Bingo Committee: T. Nester Phone: 639-4616
 Bingo Hours: Sunday 12:30 p.m. - 4:15 p.m., Phone: 634-9769
 Color Guard Commander: A. Tobish, Phone: 284-8820
 Lounge Manager: T. Nester, Phone: 639-4616
 Newsletter Editor: Ed Uzumeckis, PhD - E-mail: editor@vfwpost7400.org, Phone: 202-2193