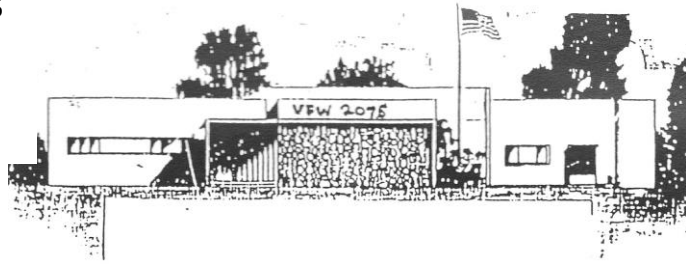


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DATED MATERIAL, PLEASE EXPEDITE

January/February/March 2020 Newsletter

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MEETINGS

MEETINGS ARE THE SECOND MONDAY OF EACH MONTH

Post House Meeting convenes at 6:00 p.m.

Post and Auxiliary Meetings convene at 7:00 p.m.

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PRESIDENT'S MESSAGE

Hello Sisters and Brothers,

Under these undo circumstances, I am hoping to find everyone well and staying safe. There are some things happening at Auxiliary 2075.

Our VAVs Rep called and requested Dist. 4 to deliver 150 blank Christmas Cards to be made-up and delivered to the Blind Center down at Long Beach VA Hospital ASAP. Carol Steinhauer, 4th District President and myself made up 150 Christmas Cards and delivered them on December 7, 2020.

Long Beach had a project called "Operation Santa" to help out our veterans and their families during the holiday season. Auxiliary 2075 purchased 500.00 dollars worth of "Target Gift Cards" of 10.00 dollar increments and inserted {2} \$10.00 gift cards into individual Christmas Cards and delivered them to the Volunteer Services down at the Long Beach VA Hospital before December 22.

Auxiliary 2075 along with Auxiliaries Hawaiian Gardens, 7243 and Lomita, 1622 have been driving to Bob Hope LAX USO and serving sandwiches, drinks, assorted chips and candy bars to our young Marines fresh out of training while awaiting for their scheduled flights.

Los Angeles VA Volunteer Services has been asking for grocery items to help fill their "Pantry" as well as homemade quilts and scarves. Aux. 2075 donated 10 sleeping cots for the homeless Vets that have been living in tents on the LAVA Hospital campus.

We have been purchasing new household items for our Veterans that are starting over in their new apts./homes with paper goods, blankets, sheets, dishes, glasses, cleaning supplies and etc., etc. for our Veterans down at Long Beach Volunteer Services. All items have been greatly appreciated.

I want to thank all my sisters and brothers in supporting our Veterans and their families this past year. Considering this pandemic that we are in, we did a "DARN" good job.

I am wishing that all our sisters, brothers and our Comrades had a Very Safe and Healthy Christmas and a Very Happy and Better New Year to all!!

Soaring with Service to our Veterans.

Auxiliary 2075 Hawthorne
310/283-9789

Chris Blumberg; President Post 2075 Auxiliary

CHAPLAIN MESSAGE

believe; “All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,”

2 Timothy 3:16 NIV

and; “I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes:”

Romans 1:16 NIV

know; It is my duty and responsibility to help the membership grow in their relationship to God, in relationships with one another and foster true love.

how; By sharing the God-breathed Word of the daily Bible verse by text. FYI: I currently share the daily Bible verse with neighbors, family, and VFW Veterans. It is often varied translations such as KJV, NIV, AMP, MSG, etc. It is also followed by a restriction; “Please restrict chatter on the Daily Bible Verse. Because, the cell pinging during work hours is disruptive to workers. Direct any comments directly to my cell phone at 310 251-9490. Thank you.”

start; By calling or sending me a request and I will add you to the sharing of the Daily Bible Verse. Many have already given me permission to add them to our daily verse sharing. **By His Grace, Al Collins**

Post Chaplain Post 2075



POST SURGEON MESSAGE

Lung Cancer: Are You at Risk?

With lung health being a top concern during the pandemic, now is a great time to ask your doctor to be screened for lung cancer. When found early, cancer is more likely to be successfully treated. Remember, [lung cancer](#) is the leading cause of cancer death in the United States. Take advantage of the screening that can help at an early stage, when it's easier to treat.

The earlier the better

In most people, lung cancer doesn't cause symptoms until it spreads to other parts of the body, which makes it harder to treat. Talk to your doctor and see if you're a candidate for screening.

Possible warning signs

Lung cancer rarely has symptoms. When it does, it's good to know what to look for. If signs of the disease start to appear, some symptoms can include:

- Chronic, hacking, raspy [coughing](#)
- Respiratory infections that keep coming back, including [bronchitis](#) or [pneumonia](#), or even [wheezing](#)
- Shortness of breath that gets worse or [chest pain](#)
- Swelling of the neck and face
- [Pain](#) and weakness in the [shoulder](#), arm, or [hand](#)
- Trouble swallowing

Who should be screened?

Screening for lung cancer is recommended for Veterans who:

- Are 55 - 80 years old
- Are current or former smokers who quit less than 15 years ago
- Smoked at least 30 pack-years (A 'pack-year' is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 30 pack-year history by smoking one pack a day for 30 years or two packs a day for 15 years)

What happens when you are screened?

The only recommended screening test for lung cancer is [low-dose computed tomography](#) (also called a low-dose CT scan, or LDCT). LDCT is a painless, non-invasive imaging test performed in an outpatient setting where you will lie flat on your back for a few minutes while the CT machine takes images of your lungs. In the test, an X-ray machine scans your body in a spiral path. This machine is linked to a computer, which processes the scanned information and creates a series of detailed images. The scan only takes a few minutes and is not painful.

Viewing your results

1. Once you have completed your LDCT at a VA facility, you can view your results online by signing in with a Premium account to [VA Medical Images and Reports](#). Then: Select Check Updates
2. Select View Report to view or download a PDF copy of the Radiology Report for the desired study
3. Not all study images are available. If the study images are not available, you can still access the Report by selecting the View Report link

Remember: The best way to prevent lung cancer is to stop smoking. If you are still smoking, talk with your VA health care team and call 1-855-QUIT VET to get help with quitting. [VA is here to help you](#) when you want to quit.

Roy E (Pete) Peters; Post Surgeon Post 2075

CANTEEN CAPERS

The Canteen is not open at this time and we sure do miss everyone. Please keep updated by listening to the News. When the City of Los Angeles gives the go ahead for Bars to open be sure to check our Web Page at <http://vfw2075.org> or our Facebook at Veterans of Foreign Wars Post 2075 for reopening information. To ensure safety for all, we will be following all the recommended COVID-19 guidelines as prescribed by the County of Los Angeles Department of Public Health when we reopen.

We hope to see all of our members soon.

Come to the Canteen to purchase all your Lottery Tickets and Scratchers. We have no lines for the big jackpots. This helps to support your Post.

BREAKFAST

Not open at this time, please stay tuned for additional information.

The committee, is always looking for volunteers to help, either in the kitchen or dining room. If you are interested in volunteering, please contact any POST 2075 OFFICERS, see below for contacts.

HALL RENTAL

Due to COVID 19, rentals are currently on hold. For more information call Susie after 4 pm Thursday thru Monday at 310 679-7472.

CONTACTS:

POST 2075 OFFICERS

Commander	Roger Morrissey	(310) 498-5736
Sr. Vice Cmdr.	Bruce Mills	(310) 675-5451
Jr. Vice Cmdr.		(310)
Adjutant	Barry M Colston	(310) 720-7906
Quartermaster	Stephen Nellman	(310)
Chaplain	Al Collins	(310) 251-9490
Post Surgeon	Roy E (Pete) Peters	(310) 947-5823
Service Officer	Roger Morrissey	(310) 498-5736
1 st Year Trustee	Anabela Moreno	(310) 940-8188
2 nd Year Trustee		(424) 245-9347
3 rd Year Trustee		(310)

Canteen/Bar Manager
Website Manager

Susie Bryant
Stephen Nellman

AUXILIARY 2075 OFFICERS

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Sr. Vice Pres.	Jo-Ann Wright	(310) 704-0878
Jr. Vice Pres.	Carol Sagear	(310) 613-6030
Secretary	Sharon Mills	(310) 675-5451
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(310) 679-7472
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