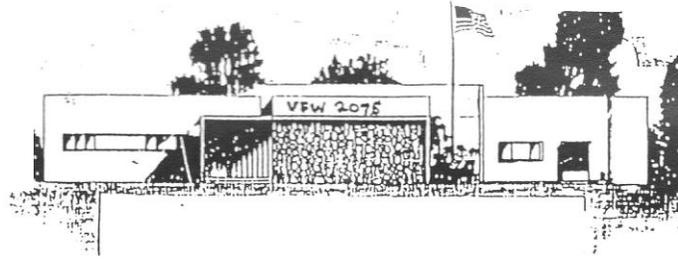


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DATED MATERIAL, PLEASE EXPEDITE

July/August/September 2019 Newsletter  
Issue #16, Published 4 times a Year

### 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.

### Canteen Hours

Monday thru Thursday	-	4:00 pm to 7:00 pm
Friday	-	4:00 pm to 8:00 pm **
Saturday	-	10:00 am to 6:00 pm **
Sunday	-	10:00 am to 5:00 pm **

\*\* Closing hours are subject to change

## COMMANDER'S MESSAGE

As we start our new VFW 2019-2020 year, we have many new as well as current challenges ahead of us.

Our Memorial Day event went well. I want to thank all that attended. Our dignitaries had a wonderful time and will continue to provide their support in the coming year. I would like to thank all of the help from our Auxiliary. Without their assist and support this event would not have been as successful as it was; Thank You for your dedication to the Post.



Our Fireworks Stand, which is our biggest fund raiser of the year, begins on June 28<sup>th</sup>. Volunteer sign-up sheets are posted on the bulletin board, at the post. I am asking for volunteers to sign-up in 4-hour increments. Please be generous with your time. We sell from 10:00 am until 10:00 pm beginning on June 28<sup>th</sup> through Jul 4<sup>th</sup>.

District 4 held their elections and the new Commander is Larry Ventress, 4TH District Commander and 4<sup>th</sup> District Auxiliary President is Romey Hagen. The balance of the new officers for the district are listed in the District 4 Newsletter on the bulletin board at the Post.

Fisher House Long Beach is in immediate need of:

- ◆ 16 oz coffee cups (they have too many lids at this time)
- ◆ Paper Towels
- ◆ Napkins
- ◆ Paper Bowls
- ◆ Cases of Water
- ◆ As well as other Donations

Please check the Post calendar for other events. Your participation is always encouraged. These events provide for our mission to support and assist all veterans and their families.

**Roger Morrissey**  
**Commander Post 2075**

## PRESIDENT'S MESSAGE

Dear Sisters and Brothers,

The Department of California VFW Auxiliary Convention was held June 6 - 9, 2019 in Ontario, CA. The new Dept. President is Mary Ryser and her motto is "Intelligent, Strong & Fighting Compassionately for our Veterans & Their Families" and her symbol is the elephant. Her Special Project is Mental Health Units in the VA Hospitals as her father a WWII Veteran came home with PTSD that affected him the remainder of his life.

At the Convention we were awarded a special plaque for our donation to the VFW National Home for Children. It will be on display in the Auxiliary Room for all to see. We were extremely proud to receive this award.

There are changes to our programs and we will all have to read up on the new changes. I will have small workshops to go over them with our chairpersons and anyone who is interested in knowing what we do and how we give support for our Veterans.

As we enter our new year 2019 - 2020, our Auxiliary will continue to support and help our Post 2075 in any way that we can.

The first big activity for the Post and Auxiliary is the Fire Stand that will be open June 28 - July 4, 2019. I am asking all of the members to support this activity by giving generously of your time to help in the stand. It will be located at 118th and Hawthorne Blvd in the Ralph's and 99 Cent store parking lot. Sign-up sheets are on the bulletin board at the Post.

One of the events we have just finished is giving out scholarships to our High School Seniors in our area. We have given \$200.00 to a student from each of the High Schools. To receive this Scholarship, the student must be or have been in the JNROTC or have had a relative that served in any branch of the armed services.

As the year progresses there will be many activities that will be coming up for us to participate to help our Veterans. Don't forget we go to the West LA VA Medical Center the second Wednesday of the month to play bingo and give treats to our veterans. On the last Friday of the month we go to the Tibor Ruben VA Medical Center (formerly known as Long Beach) at 8:30 am for Coffee and snacks with the Veterans. You can check with JoAnn Wright for West LA VA visits and with Chris Blumberg for the Long Beach VA visits. On the Auxiliary Bulletin board notices will be posted with events and items needed by each VA Center and the Fischer Houses.

Remember to ask your neighbors, family and anyone else, male or female, to join the Auxiliary if they have a qualified veteran in their family. The more members we have the more "clout" we have when the VFW and Auxiliary goes before Congress with Veterans causes.

Yours in Friendship and Service,

Carol Steinhauer, President  
President Post 2075 Auxiliary

### **CHAPLAIN MESSAGE**

Memorial Day Remembrances were prepared with sober minds and deep from the heart on the grace that will be brought forth (1 Peter 1:13) over many venues across the United States of American. I was humbled to give the Invocation at Raytheon, the City of Hawthorne and for the USS Frank E. Evans Association in Long Beach. Now that we freely celebrate our independence on July 4th, let us give thanks as One Nation Under God. So, when you hear of wars and rumors of wars, do not be alarmed; this must take place, but the end is still to come" (Mark 13:7). We have endured so many conflicts for our continued freedoms. The boundaries of nations are divided because of Him, while deep racial divisions have been bridged by Him. His name comes up everywhere, from VE Day, Armed Forces Days, Memorial Days, Flag Day, VJ Day, National Day of the Deployed, and Veterans Day are only a few of the many military recognition.

**Thank God for our freedom.** As believers in Christ, we have been reborn and are renewed by the Holy Spirit. Our old ways and the old person we were are gone away. Because we were crucified with Him, we no longer must be a slave to our old nature and our past sin. Thank God for all He has done to free you. Thank God for the freedom we have as a nation. Ask God to help you resist the enemy's strategic plan of attack to keep you from walking in victory. (Romans 6:6)

**Thank God for Today.** So much of our day is busyness. So much busyness that, by the time the day is over and our heads hit the pillow, the day just seems to be a big blur. Does this ever happen to you? Thank God for the precious gift of today, for today is the day He has made, so let's rejoice and be glad. Give thanks to Him for each minute He allows breath to fill your lungs. Ask Him to reveal to you the things in life that you can let go of to allow yourself time for what really matters in life. (1Thessalonians 5:18)

**Thank God For Your Friends.** In our hurried world, we can sometimes forget to thank God for those special people He's placed in our lives. Maybe it's a friend who's always there when you need a shoulder or one who seems to make you laugh, even on the darkest of days. Is there a neighbor who makes the time to help when there is a need? Thank Him for allowing your life to be touched by these friends. Thank Him for the important role they play in your life. Thank Him for calling you His friend. Ask Him how you can express your gratitude in a unique way to those who positively impact your life. If you're in need of friendship, thank God in advance for sending someone special your way. Ask Him to remove the barrier that has prevented the gift of authentic, lifelong friendship in your life. (John 15:12-15)

**Thank God for Children.** Even if you're not a parent, children are all around you. They watch you. They look up to you. Maybe they bring joy to your life when you see them and their bigger-than-life personalities. Children, whether they belong to you or not, are blessings from God. And you are a child of God, a blessing. Thank our Heavenly Dad for calling you one of His own. Thank Him that He loves you unconditionally and endlessly. Thank Him that you are an heir of the Almighty. Seek His guidance in how you can make a difference in the life of a child in His name. (Luke 18:15-17)

We celebrate Your abundant goodness and joyfully sing of Your Righteousness. (Psalm 145:7)

By His Grace  
Al Collins  
Chaplain Post 2075

## **POST SURGEON MESSAGE**

### **Preventive measures**

Even if you have healthy numbers, you should take preventive measures to keep your blood pressure in the normal range. This can help you lower your risk of developing hypertension, heart disease, and stroke.

As you age, prevention becomes even more important. Systolic pressure tends to creep up once you're older than 50, and it's far more important in predicting the risk of coronary heart disease and other conditions. Certain health conditions, such as diabetes and kidney disease, may also play a role. Talk to your doctor about how you can manage your overall health to help prevent the onset of hypertension.

The following preventive measures can help lower or stave off high blood pressure:

### **Reducing sodium intake**

Reduce your sodium intake. Some people are sensitive to the effects of sodium. These individuals shouldn't consume more than 2,300 mg per day. Adults who already have hypertension may need to limit their sodium intake to 1,500 mg per day. It's best to start by not adding salt to your foods, which would increase your overall sodium intake. Limit processed foods as well. Many of these foods are low in nutritional value while also high in fat and sodium.

### **Reducing caffeine intake**

Reduce your caffeine intake. Talk to your doctor to see if caffeine sensitivity plays a role in your blood pressure readings.

### **Exercising**

Exercise more often. Consistency is key in maintaining a healthy blood pressure reading. It's better to exercise 30 minutes every day rather than a few hours only on the weekends. Try this gentle yoga routine to lower your blood pressure.

### **Maintaining a healthy weight**

If you're already at a healthy weight, maintain it. Or lose weight if necessary. If overweight, losing even 5 to 10 pounds can make an impact on your blood pressure readings.

### **Managing stress**

Manage your stress levels. Moderate exercise, yoga, or even 10-minute meditation sessions can help. Check out these 10 simple ways to relieve your stress.

### **Reducing alcohol intake and quitting smoking**

Reduce your alcohol intake. Depending on your situation, you may need to stop drinking altogether. It's also important to quit or refrain from smoking. Smoking is incredibly harmful to your heart health.

### **Blood pressure that's too low**

Low blood pressure is known as hypotension. In adults, a blood pressure reading of 90/60 mm Hg or below is often considered hypotension. This can be dangerous because blood pressure that is too low doesn't supply your body and heart with enough oxygenated blood.

Some potential causes of hypotension can include:

- heart problems
- dehydration
- pregnancy
- blood loss
- severe infection (septicemia)
- anaphylaxis
- malnutrition
- endocrine problems
- certain medications

Hypotension is usually accompanied by lightheadedness or dizziness. Talk to your doctor to find out the cause of your low blood pressure and what you can do to raise it.

### **Takeaway**

Keeping your blood pressure in the normal range is crucial in preventing complications, such as heart disease and stroke. A combination of healthy lifestyle habits and medications can help lower your blood pressure. If you're overweight, weight loss is also important in keeping your numbers down.

Remember that a single blood pressure reading doesn't necessarily classify your health. An average of blood pressure readings taken over time is the most accurate. That's why it's often ideal to have your blood pressure taken by a healthcare professional at least once a year. You may require more frequent checks if your readings are high.

Roy E (Pete) Peters  
Post Surgeon Post 2075  
Tel (310) 947-5823

### **UPCOMING EVENTS**

Let's don't forget that we go to the Los Angeles Veterans Hospital, in Los Angeles, every 2<sup>nd</sup> Wednesday of the month; as well as to the Long Beach Veterans Hospital on the last Friday of each month. This is one of our most important activities that we support. Please contact Jo Ann Wright for details in volunteering to support this most important activity. See the calendar for details

### **CANTEEN CAPERS**

On August 25<sup>th</sup> the Canteen will be having a "just Because BBQ from 3:00 pm to 6:00 pm. There will be a \$8.00 charge for the dinner with reservations and \$10.00 for walk-ins. The reservation deadline will be August 18<sup>th</sup>. We will be grilling Hamburgers and Hot Dogs with all the fixings. Sides will include Baked Beans, Potato Salad, Fresh Fruit and Desert. If we have good participation, we will also have a 50/50 drawing.

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**

Our monthly breakfasts have been a hit. For those of you that don't know; or may have forgotten; the post serves breakfast from 9:00 a.m. until Noon every third Sunday of the month. The cost, for an all you can eat breakfast is \$8.00 for adults, \$4.00 for children. The breakfast is open to all members as well as non-members. It is a great way to support the post as well as all the functions we support in the community. The July Breakfast will be July 21<sup>st</sup>, the August Breakfast will be August 18<sup>th</sup>, and the September Breakfast will be September 15<sup>th</sup>. Please remember to mark your calendar.

The committee, chaired by our Breakfast Chairman, is always looking for volunteers to help, either in the kitchen or dining room. If you are interested in volunteering, please contact Ruben Venegas.

### **HALL RENTAL**

Hall Rental is available for all Occasions. Hall Capacity of 180, Kitchen and Auxiliary Facilities available, Security included for all events. For more information call Susie after 4 pm Thursday thru Monday at 310 679-7472.

**CONTACTS:**

**POST 2075 OFFICERS**

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Sr. Vice Cmdr.	Bruce Mills	(310) 675-5451
Jr. Vice Cmdr.	John Rafferty	(310) 643-8810
Adjutant	Barry M Colston	(310) 720-7906
Quartermaster	Edward Saavedra	(310) 658-3668
Chaplain	Al Collins	(310) 643-6198
Post Surgeon	Roy E (Pete) Peters	(310) 947-5823
Service Officer	Roger Morrissey	(310) 498-5736
1 <sup>st</sup> Year Trustee	Doug Whigham	(310) 673-0720
2 <sup>nd</sup> Year Trustee	Ken Clayton	(424) 245-9347
3 <sup>rd</sup> Year Trustee	Anabela Moreno	(310) 940-8188
Canteen/Bar Manager	Susie Bryant	

**AUXILIARY 2075 OFFICERS**

President	Carol Steinhauer	(310) 675-7681
Sr. Vice Pres.	Christine Blumberg	(310) 283-9789
Jr. Vice Pres.	Valera Braun	(310) 675-7213
Secretary	Sharon Mills	(310) 675-5451
Treasurer	Maddie Colston	(310) 216-9322
Chaplain	Dolores McAllister	(310) 528-8166
Conductress	Julie Sagear	(310) 847-1277
Guard	Teresa Philbrick	(562) 498-0039
1 <sup>st</sup> Year Trustee	Carol Sagear	(310) 513-6030
2 <sup>nd</sup> Year Trustee	Jo Ann Wright	(310) 704-0878
3 <sup>rd</sup> Year Trustee	Judy Ramirez	(310) 978-1593
		(310) 679-7472

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Fireworks Stand	2 Fireworks Stand	3 Fireworks Stand	4 Fireworks Stand 	5	6
7	8 Post House Mtg. 6 pm Post/Aux Mtg 7 pm	9	10 Los Angeles V A Bingo	11 2122 Mtg	12	13
14	15	16	17	18	19	20
21 Post Breakfast 9 am until Noon	22	23	24	25	26 Long Beach V A Social	27 Rental
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Rental
4	5	6	7	8 2122 Mtg	9	10
11	12 Post House Mtg. 6 pm Post/Aux Mtg 7 pm	13	14 Los Angeles V A Bingo	15	16 Apprecia- tion Dinner	17
18 Post Breakfast 9 am until Noon	19	20	21	22	23 Long Beach V A Social	24 Rental
25 Just Because BBQ 3 pm to 6 pm	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day 	3	4	5	6 Newsletter Article due to Editor	7
8	9 Post House Mtg. 6 pm Post/Aux Mtg 7 pm	10	11 Los Angeles V A Bingo	12 2122 Mtg	13	14
15 Post Breakfast 9 am until Noon	16	17	18	19	20	21 Rental
22	23	24	25	26	27 Long Beach V A Social	28 Rental
29	30					

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Director Survivor Relations



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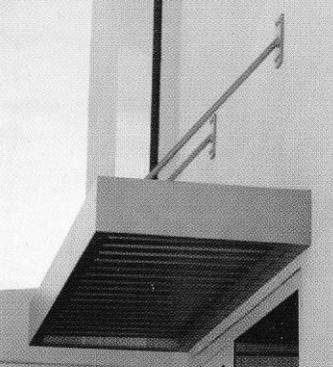
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Fruit Salad and Desert

August 25<sup>th</sup> From 3 PM TO 6 PM

\$8.00 per ticket with Reservation; \$10.<sup>00</sup> Walk-In

**Reservations must be made by August 18th. 2019**

**Please see Bartender or Call 310 679-7472**

**50/50 drawing and raffle are possible**

***Please note: if we do not receive enough reservations the fundraiser may be cancelled.***