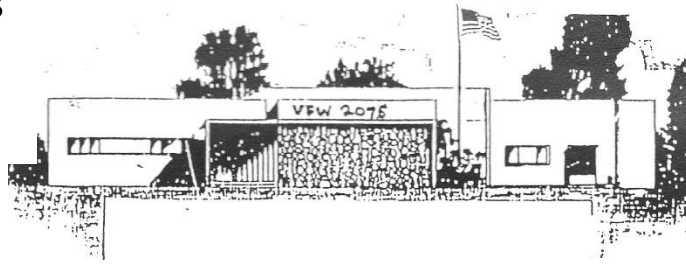


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Web Site: <http://vfw2075hawthorneca.org/>
Facebook: Veterans of Foreign Wars Post 2075

DATED MATERIAL, PLEASE EXPEDITE

June/July/August/September Newsletter

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	-	2:00 pm to 7:00 pm **
Thursday	-	2:00 pm to 7:00 pm **
Friday	-	2:00 pm to 7:00 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

No article submitted by Commander

Yours in Comradeship,
Barry Colston
Commander Post 2075

CHAPLAIN MESSAGE

Past Commander Ken (Himself) Murry Transferred to Post Everlasting on 5/20/22. Past Commander Murry was a Life Member and served as Commander of this Post several Times. We send our condolences to his Family and Friends.

The following is a list of Post Members who were transferred to Post Everlasting and were noted in the 2022 Memorial Day Ceremony.

Life Member Louis Armijo, USN, Life Member John Fessler, USMC, Life Member Isadore Chait, USMC, Life Member Robert Lay, AAC, Life Member Roger Clark, USA, Life Member Gordon Goldberg, USAF, Clarence Shelton, USAF, Life Member Paul Bouelle, USN, Life Member Harry Stockwell, USA, Life Member Charles Yacoobian, Life Member Raul Ramos, Arthur Johannes, Dennis Morgan, USN, Life Member Benjamin Salcido, USA. Life Member Raymond Green, USMC, and Life Member William Rogers, USA. These members will be missed. We want to express out Sympathies to their Families and Friends.

By His Grace
Al Collins
Chaplain Post 2075

POST SURGEON MESSAGE

LUNG CANCER

Lung Cancer Warning Signs

With lung health being a top concern during the pandemic, now is a great time to ask your health care provider 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 early 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, making it harder to treat. Talk to your health care provider 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](#)
- Coughing up blood

- 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
- Unexplained weight loss

Who should be screened?

Screening for lung cancer is [recommended](#) for Veterans who:

- Are [50 - 80](#) years old
- Are current or former smokers who quit less than 15 years ago
- Smoked at least 20 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 20-pack-year history by smoking one pack a day for 20 years or two packs a day for ten 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. An X-ray machine scans your body in a spiral path in the test. This machine is linked to a computer, which processes the scanned information and creates detailed images. The scan only takes a few minutes and is not painful.

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
Tel (310) 947-5823

PRESIDENTS MESSAGE

Long Beach Hospital is still closed down for social events.

We (AUX 2075) go to W.L.A. Hospital on the second Thursday of the month and play Bingo with the Vets, (that just started back up for us).

We had our elections for District May 15th and Carol Steinhauer was elected for our District President.

May 30th, we have the Memorial service for the Vets at the Hawthorne Memorial Center lunch to follow at the American Legion Hawthorne Post 314.

June 1st W.L.A is having a Carnival on campus and is looking for volunteers to man a booth/games. If you know anyone that wants to volunteer for that event, let me know.

In July we have the Comrades Firework stand.

Yours in service,
Jo Ann Wright
Commander Post 2075

CANTEEN CAPERS

The Canteen would like to thank all those who have been supporting our monthly dinners.

June 5th the Canteen will be having a Spaghetti Dinner. We will be serving Spaghetti, Salad and Garlic Bread from 3:00 pm to 5:00 pm, our social hours will be from 2:00 to 6:00 pm. There will be a \$10.00 charge for the dinner, the reservation deadline is May 28th.

July 10th the Canteen will be having a July BBQ. We will be serving Hamburgers, Hot Dogs, Potato Salad and Baked Beans from 3:00 pm to 5:00 pm, our social hours will be from 2:00 to 6:00 pm. There will be a \$10.00 charge for the dinner, the reservation deadline is July 3rd.

August 7th the Canteen will be having a Pulled Pork Dinner. We will be serving Pulled Pork, Cole Slaw and Baked Bean from 3:00 pm to 5:00 pm, our social hours will be from 2:00 to 6:00 pm. There will be a \$10.00 charge for the dinner, the reservation deadline is July 31rd.

September 4th the Canteen will be having an Oven Fried Chicken Dinner. We will be serving Leg quarters, Salad and Macaroni and Cheese from 3:00 pm to 5:00 pm, our social hours will be from 2:00 to 6:00 pm. There will be a \$10.00 charge for the dinner, the reservation deadline is July 31rd.

The Canteen will also have Dinner available on Meeting Night between 5 pm and 7 pm for a donation of \$5.00 to \$7.00.

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 are back. 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 \$10.00 for adults, \$5.00 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. There **will** be a Breakfast on Father's Day June 19th. The July Breakfast will be July 17th. The August Breakfast will be August 21st. The September Breakfast will be September 18th. Remember to mark your calendar.

The committee, is always looking for volunteers to help, either in the kitchen or dining room. If you are interested in volunteering, please contact Marie Whigham.

HALL RENTAL

Hall Rental is available for all Occasions. Hall Capacity of 150. Security included for all events. For more information call Susie after 2 pm Monday, Thursday and Friday, or after 10 am Saturday and Sunday at 310 679-7472.

CONTACTS:

POST 2075 OFFICERS

Commander Barry M Colston (310) 720-7906
Sr. Vice Cmdr. Ruben Venegas (310) 968-3609
Jr. Vice Cmdr. Greg Bouffard (310) 376-4197
Adjutant Jan Blomsterberg (310)891-2375
Quartermaster Ryan Roberts (310) 850-3901
Chaplain Al Collins (310) 643-6198

Canteen/Bar Manager Susie Bryant

AUXILIARY 2075 OFFICERS

President Jo Ann Wright (310) 704-0878
Sr. Vice Pres. Christine Blumberg (310) 675-7681
Jr. Vice Pres. Carol Steinhauer (310) 675-7681
Secretary Sharon Mills (310) 675-5451
Treasurer Maddie Colston (310) 216-9322
Chaplain Dolores McAllister (310) 528-8166

(310) 679-7472

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Rental	4 NDGW Rental
5 Spaghetti Dinner 2 pm to 6 pm	6	7	8	9	10	11
12	13 Post House Mtg 6:00 pm Post/Aux Mtg. 7:00 pm	14	15	16	17	18
19 Post Breakfast 9:00 am until Noon	20	21	22	23	24	25
26	27	28 Fireworks Delivered	29 Fireworks Stand Open	30 Fireworks Stand Open		

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Fireworks Stand Reservation Deadline for Canteen Dinner	4 Fireworks Stand Open Post Closed	5	6	7	8 Rental	9 Rental
10 July Bar-B-Que 2 pm to 6 pm	11 Post House Mtg 6:00 pm Post/Aux Mtg. 7:00 pm	12	13	14	15	16
17 Post Breakfast 9:00 am until Noon	18	19	20	21	22	23
24	25	26	27	28	29	30 Rental
31 Reservation Deadline for Canteen Dinner						

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
					Rental	NDGW Rental
7 Pulled Pork Dinner 2 pm to 6 pm	8 Post House Mtg 6:00 pm Post/Aux Mtg. 7:00 pm	9	10	11	12	13
14	15	16	17	18	19	20
21 Post Breakfast 9:00 am until Noon	22	23	24	25	26	27
28 Reservation Deadline for Canteen Dinner	29	30	31			

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
						NDGW Rental
4 Oven Fried Chicken Dinner 2 pm to 6 pm	5	6	7	8	9 Rental	10 Rental
11	12 Post House Mtg 6:00 pm Post/Aux Mtg. 7:00 pm	13	14	15	16	17
18 Post Breakfast 9:00 am until Noon	19	20	21	22	23	24
25	26	27	28	29	30	

The Calendar is subject to change