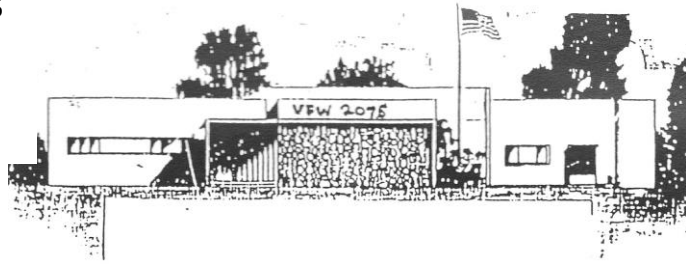


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July/August/September 2020 Newsletter
Issue #20, Published 4 times a Year

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

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COMMANDER'S MESSAGE

During this COVID Pandemic I hope that everyone is found well and safe. Please remember to follow the “safe distancing” guidelines, wash your hands, refrain from touching your face, as well as the other L.A. County Health Department guidelines.

The post has been closed for the past 11 weeks due to the pandemic; but we have not been idle. During this time, we have remodeled the Canteen and the Auxiliary Room along with all the bathrooms and the kitchen. We have put in new flooring and new lighting. Our electrical system has been updated as well as new paint. We will begin remodeling the Tank next week. I want to thank the Auxiliary for all of their assistance, both in personnel as well as financial during this effort.

We opened the canteen on June 12th. The hours are remaining the same; however there are some restrictions based upon the L.A. County Health Department rules. Please see the Post website for details or ask the bartenders when you show up. We will be able to start renting the tank for parties hopefully by August 1st.

This remodel represents a SIGNIFICANT investment. We are initiating a “Call to Action” fund raising program. Since this post is owned by its’ members we need to ensure that it remains financially viable. I am asking all to contribute to our Building Fund. Any amount will be appreciated so those with the means please be as generous as possible. If you cannot make a donation, attending events at the post and working to bring new members is encouraged.

We will be having our annual Fireworks Stand fund raiser beginning June 28th. We need volunteers to man the stand and sell fireworks. This is our biggest fund raiser of the year and it is critical that we are successful. We receive product on Jun 27th and begin selling on Jun 28th. Contact Barry Colston to schedule your time at the stand.

PRESIDENT'S MESSAGE

Dear Sisters & Brothers,

I want to thank you for electing me your new President for the 2020-2021 year. A little about me. My name is Chris Blumberg and I joined the Auxiliary under my late husband's service in Vietnam. I have served as Senior Vice President, held many different chairmen positions and serve as Hospital chairman for a number of terms. I live in Hawthorne and believe we have the best Post. I believe in "Service to Veterans" and will continue to serve our Veterans. I also want to congratulate all the new officers for this coming year. We will continue to support the Post in all its activities for the new year.

A new program for the Auxiliary is going to be for Community Service. This program will allow members to get credit for all the activities that we do in our communities.

The Post has been recently remodeled and you need to come and see the wonderful job that has been done and support your Post.

During this Covid 19 situation, we have continued to support our VA Hospitals, with donations and service remotely. We still collect clothing, food and items for Veterans that are being housed in new apartments. We still support Fisher Houses by contributing food and other items they may need. This virus HAS NOT stopped our service to Veterans.

Stay safe and continue to 'support our veterans'.

Chris Blumberg; President Post 2075 Auxiliary

CHAPLAIN MESSAGE

CHRISTIAN SOLDIER SPIRITUAL MANEUVERS/AMMUNITION

No Christian soldier in active service entangles himself within the affairs of everyday life because, his desire is to please his recruiting officer, Jesus Christ. 2 Timothy 2:4 The Christian soldier with prayed Armor of God is ready for battle, yet he needs necessary ammunition against the schemes of the Devil. The ammo is the sword of the spirit, which is the word of God.

Anger:

Proverbs 16:32 - He who is slow to anger is better than the mighty and he who rules his spirit is he who captures a city.

James 1:20 - For man's anger does not bring about the righteousness life that God desires.

Deceit/Lying:

Leviticus 19:11,12 - Do not steal. Do not lie. Do not deceive one another. Do not swear false by my name and so profane the name of your God. I am the Lord.

Disobedience to God:

John 14:21 - Whoever has My commands and obeys them, he is the one who loves Me, and he loves Me will be loved by My Father and I too will love him and show Myself to him.

1 Samuel 15:22b - To obey is better than sacrifice, and to heed is better than the fat of rams.

Disrespect for Authority:

Ephesians 5:21 - Submit to one another our of reverence for Christ. 1 Peter 2:13 - Submit yourselves for the Lord's sake to every authority instituted among men: whether to the king, as the supreme authority or to governors, who are sent by him to punish those who do wrong and to commend those who do right.

Drugs and Alcohol:

Proverbs 20:21 - Wine is a mocker and beer a brawler; whoever is led astray by them is not wise. Ephesians 5:18 - Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.

Envy:

Galatians 5:26 - Let us not become conceited, provoking and envying each other. Proverbs 14:30 - A heart at peace gives life to the body, but envy rots the bones.

Fearlessness:

Isaiah 41:10 - Do not fear, for I am with you; do not be dismayed, for I am your God. I will uphold you with my righteous right hand.

2 Timothy 1:7 - For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

Greed/Coveting:

Exodus 20:17 - You shall not covet.

Matthew 16:26 - What good will be for a man if he gains the whole world, yet forfeits his soul?

Hatred:

Leviticus 19:17 - Do not hate your brother in your heart.

1 John 4:20 - If anyone says, "I love God," yet hates his brother, he is a liar. For anyone who does not love his brother, whom he has seen, cannot love God, whom he has not seen.

Idolatry:

Exodus 20:4 - You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below.

1 John 5:21 - Dear children, keep yourselves from idols.

Jealousy:

Proverbs 27:4 - Anger is cruel and fury overwhelming, but who can stand before jealousy?

Romans 13:13 - Let us behave decently, as in the daytime..not in dissension and jealousy.

Lack of Faith:

Romans 1:17 - ...the righteous will live by faith.

Hebrews 11:16 - And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him.

Laziness:

Proverbs 6:9-11 - How long will you be there, you sluggard? When will you get up from your sleep? A little sleep, a little slumber, a little folding of the hands to rest - and poverty will come on you like a bandit and scarcity like an armed man.

Colossians 3:23 - Whatever you do, work at it with all your heart, as working for the Lord.

Lust:

2 Timothy 2:22 - Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord of a pure heart.

1 Peter 2:11 - Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your mind.

Malice:

1 Peter 2:1 - Therefore, rid yourselves of all malice and all deceit...

1 Peter 2:16 - ...not using your liberty for a cloak of maliciousness, but as the servants of God.

Materialism:

Hebrews 13:5 - Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you.

Luke 12:15 - Then he said to them, Watch out! Be on your guard against all kinds of greed: a man's life does not consist in the abundance of possessions.

Pride:

1 Peter 5:5,6 - Clothe yourselves with humility toward one another, because God opposes the proud but gives grace to the humble. Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time.

Proverbs 29:23 - A man's pride brings him low, but a man of lowly spirit gains honor.

Profanity:

Ephesians 4:29 - Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Ephesians 5:3,4 - But among you there must not be even a hint of obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

Rebellion:

Proverbs 17:11 - An evil man is bent only on rebellion...

Romans 13:2 - He who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves.

Revenge:

Leviticus 19:18 - Do not seek revenge or bear a grudge against one of your people but love your neighbor as yourself. I am the Lord.

Matthew 6:4,15 - For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

Self-Centered:

Proverbs 12:15 - The way of a fool seems right to him, but a wise man listens to advice.

Philippians 2:3,4- Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others.

Slander/Gossiping:

Proverbs 10:18 - He who conceals his hatred has lying lips, and whoever spreads slander is a fool.

Ephesians 4:29 - Do not let any unwholesome talk come out of your mouths but only what is helpful for building others up according to their needs,, that it may benefit those who listen.

Sullenness:

By His Grace, Al Collins Post Chaplain Post 2075

Psalm 118:24 - This is the day the Lord has made; let us rejoice and be glad in it:

Philippians 4:4 - Rejoice in the Lord always. I will say it again: Rejoice!

Theft:

Exodus 20:15 - You shall not steal.

1 Peter 4:15 - If you suffer, it should not be as a murder or thief or any other kind of criminal...

Unforgiving Spirit:

Matthew 18:21,22 - ...Lord, how many times shall I forgive my brother? ..Jesus answered, I tell you, not seven times, but seventy times seven.

Matthew 6:14,15 - F For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

Wrath/Rage:

Psalm 37:8 - Refrain from anger and turn from wrath; do not fret-it leads only to evil.

Proverbs 12:16 - A fool's wrath is quickly and openly known, but a prudent man ignores an insult.

**POST SURGEON MESSAGE**

Which is good cholesterol? LDL or HDL?

What is high cholesterol?

Cholesterol is a fat-like material that provides structure for a body's cells. A person's liver makes most of the cholesterol a body needs, but a person can also get some from foods. Too much can cause a sticky substance (plaque) to build up in blood vessels. This plaque can block blood vessels and cause heart attacks and strokes.

But I feel okay.

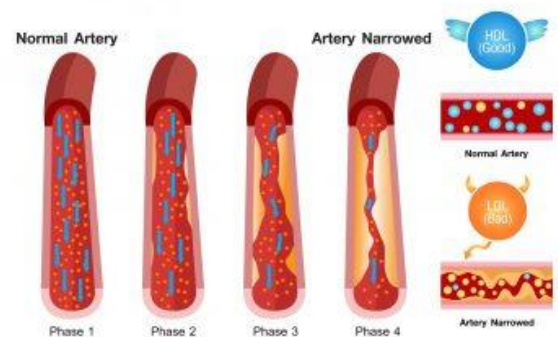
Most people with high cholesterol feel healthy and don't have symptoms. The only way to levels are high is to have cholesterol levels checked.

Cholesterol is checked with a blood test. The test works best if you don't eat or drink anything for at least 8 hours before the test.

What do your numbers mean?

Your total cholesterol is made up of two types of cholesterol:

Cholesterol



- LDL (low-density lipoproteins)
- HDL (high-density lipoproteins)

High levels of LDL increase a person's chances of heart disease. It is the "bad cholesterol." High levels of HDL decrease a person's chances of heart disease. It is the "good cholesterol."

What can you do?

Follow a healthy eating plan.

- Read food labels and limit foods high in saturated fat, trans fat and cholesterol.
- Eat plenty of fruits, vegetables, low-fat dairy foods and whole grains.
- Ask to see a registered dietitian if you need help with a plan.

Be physically active.

- "Physical activity" includes any activity that raises a person's heart rate, such as brisk walking, working in the house or yard, or playing sports.
- Do activity for 10 minutes or more at a time. Aim for at least 2 hours and 30 minutes of activity each week.

Achieve and maintain a healthy weight.

If a person is overweight, ask a provider for help with an eating and physical activity plan to lose weight

A provider may prescribe medicine to help lower cholesterol. People should take the medicine every day, or as directed by a provider. If cholesterol numbers get lower, it's because the medicine is working. Don't stop it or take a lower dose unless a provider says so.

Work with your primary care provider.....

Roy E (Pete) Peters; Post Surgeon Post 2075

CANTEEN CAPERS

The Canteen has reopened. 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. 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

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. Please 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 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.	John Rafferty	(310) 643-8810
Adjutant	Barry M Colston	(310) 720-7906
Quartermaster	Edward Saavedra	(310) 658-3668
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	Doug Whigham	(310) 673-0720
2 nd Year Trustee	Ken Clayton	(424) 245-9347
3 rd Year Trustee	Anabela Moreno	(310) 940-8188

AUXILIARY 2075 OFFICERS

President	Christine Blumberg	(310) 283-9789
Sr. Vice Pres.	Jo-Ann Wright	(310) 704-0878
Jr. Vice Pres.	Carol Sagear	(310) 613-6030
Secretary	Sharon Mills	(310) 675-5451
Treasurer	Maddie C. Colston	(310) 216-9322
Chaplain	Dolores McAllister	(310) 528-8166
Conductress	Julie Sagear	(310) 847-1277
Guard	Carol Steinhauer	(310) 675-7681
1 st Year Trustee	Julie Sagear	(310) 847-1277
2 nd Year Trustee	Judy Ramirez	(310) 978-1593
3 rd Year Trustee	Jo-Ann Wright	(310) 704-0878

Canteen/Bar Manager

Susie Bryant

(310) 679-7472

Website Manager

Stephen Nellman

webmaster@vfw2075.org

***Calendar is subject to change**

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Fireworks Fund Raiser Stand	Fireworks Fund Raiser Stand	Fireworks Fund Raiser Stand	Fireworks Fund Raiser Stand
5	6	7	8	9	10	11
12	13	14	15	16	17	18
	Post House Mtg 6pm Post/Aux Mtg 7pm					
19	20	21	22	23	24	25
Post Breakfast 9:00 - Noon						
26	27	28	29	30	31	

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	Post House Mtg 6pm Post/Aux Mtg 7pm					
16	17	18	19	20	21	22
Post Breakfast 9:00 - Noon						
23	24	25	26	27	28	29
30	31					

September

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