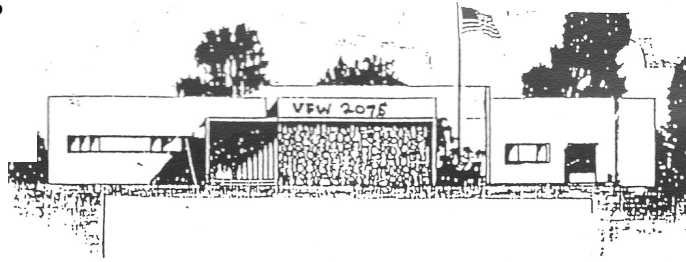


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Web Site: <http://vfw2075.org>

Facebook: Veterans of Foreign Wars Post 2075

DATED MATERIAL, PLEASE EXPEDITE

October/November/December 2019 Newsletter

Issue #17, 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

Comrades,

We are quickly coming to the end of 2019 and the most festive time of the year. It is also some of the busiest times of the year. For the VFW we have an "Oktoberfest" celebration next month; the 4<sup>th</sup> District Halloween Picnic; our annual Thanksgiving Dinner for the VA Hospitals; then Christmas is upon us.

It is important that we don't get so absorbed in our own celebrations and schedules that we forget our mission as a VFW organization. We are here to support and aid veterans, their families, and their widows and orphans. Our community has many opportunities for us to contribute, so we can take care of our own as well as those with needs in our community.

This year our Thanksgiving Dinner for the Hospital Vets will be on November 17<sup>th</sup>. Anyone interested in helping to prepare this meal please let me know. There will be turkeys, hams as well as all the other "fixin's" to cook. Please let me know.

Anyone with a few hours to spare or an idea, please contact me. No idea or contribution is too small.

Yours in Comradeship,

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

## PRESIDENT'S MESSAGE

Dear Auxiliary Sisters & Brothers,

Your Auxiliary has been busy these last three months!

We have served over 300 veterans at the Long Beach VA Health Center Social Connection with pastries, a scrambled egg and sausage breakfast and other goodies. We have been to the West LA VA Health Center and played Bingo with the patients and served them a snack, went on "Bedside visits" and helped with the annual picnic in September.

We have paid our "Obligation Donations to Veterans and Family Support, National Home for Children, Cancer, and Hospital.

Our "annual inspection" of our auxiliary went well and we received a good report. Officers have visited other auxiliaries and attended POW/MIA services and most of all 'Supported our own Post 2075 in their functions'.

In November we will assist the Post in our annual " Thanksgiving Dinner" for hospitalized veterans. Look for more information on our bulletin boards.

None of these things could have been accomplished without the support of you, our members!

On a sad note we lost life member Phyllis Steinhauer, my daughter, on Sept. 11, 2019 after a long and courageous battle with cancer. I want to thank the Auxiliary members and Post for their kindness and support during this trying time for me and my family. Your assistance at her repast was so greatly appreciated and everything looked beautiful.

Yours in Friendship,

**Carol Steinhauer**  
**President Post 2075 Auxiliary**

# CHAPLAIN MESSAGE

Financial stress, family turmoil, multiple sickness; a never-ending barrage of various troubles. So, it is natural to consider trouble to be a vital part of prayer. "God is our refuge and strength, an ever-present help in trouble." Psalm 46:1 NIV Prayer often delivers us out of trouble and more often gives us strength, comforts us, and fills us with patience to bear the burden in the midst of our troubles. Wise is the one who knows the true source of his strength and does not fail to pray.

We were not promised a rose garden, nothing but sunshine, or a constant peaceful life; that is an entirely false view showing extreme ignorance. He is personally responsible for every painful and afflicting thing that comes into the lives of His people. However, no trouble is ever turned loose in this world and comes into the life of saint or sinner, but it comes with divine permission and is allowed to exist and do its painful work with our God's Hand involved to carry out His gracious designs of redemption. "He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him." Psalm 91:15 NIV

Therefore, the explanation so often quoted, has a meaning we must learn, "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." Romans 8:28 NIV We must appreciate the relationship of prayer to trouble. In times of trouble the Psalmist told us, "...and call on me in the day of trouble; I will deliver you, and you will honor me." Psalm 50:15 NIV Prayer is the most appropriate thing for a soul to do in the time of trouble. Prayer recognizes God in the day of trouble. "He is the Lord; let Him do what is good in His eyes." 1 Samuel 3:18 NIV

If trouble is of the Lord, then the most natural thing to do is to carry the trouble to the Lord and seek grace, patience, and submission. It is the time to inquire about the trouble, "... you will be told what you must do." Acts 9:6 NIV Where else could a soul in trouble more likely find peace. Blessed is the man who is driven by trouble to his knees in prayer. Prayer in the time of trouble brings comfort, help, hope, and blessings that, while not removing the trouble, enable the saint the better to bear it and to submit to the will of God. Prayer opens the eyes to see God's hand in trouble.

How useless is all our moaning and groaning, our whining and crying, and our anxiety worrying over trouble as if any actions on our part could alleviate the burden or that we are singled out. "He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous." Matthew 5:45 NIV So let us not drown in the troubles of the world by knowing that trouble has no power to separate us from God. "Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?" Romans 8:35 NIV

Naturally, we must also concede that some troubles are imaginary, having no existence except in the mind, and some anticipated. Others are past troubles, and there is much ignorance worrying about them. Some troubles we create, some involuntarily, some from our ignorance, and some from our carelessness. This is a world where the innocent often suffers the consequences of the acts by others. When we survey the sources from which trouble comes, we are justified in taking them to God in prayer, in praying over them, and in seeking to receive the greatest spiritual benefits. Prayer allows God to freely work with us and in us in the day of trouble because there is a relationship between trouble and prayer. "This poor man called, and the Lord heard him; He saved him out of all his troubles." Psalm 34:6 NIV

All of this Newsletter is prepared so that we all might rightly appreciate, and be justified by faithfulness, and with reverence know the true relationship of prayer to trouble. This relationship drives us away from unbelief, saves us from doubt, and delivers us from all the foolish questioning during our painful experiences. How much wiser, how much better, how much easier to bear life's troubles when we take everything to our God in Prayer!

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."

James 1:2-4 NIV. Amen

By His Grace

Al Collins

Chaplain Post 2075

# POST SURGEON MESSAGE

## Age-Related Macular Degeneration

### What Is Age-Related Macular Degeneration?

Macular degeneration is the leading cause of severe, irreversible vision loss in people over age 60. It occurs when the small central portion of the retina, known as the macula, deteriorates. The retina is the light-sensing nerve tissue at the back of the eye. Because the disease develops as a person ages, it is often referred to as age-related macular degeneration (AMD).

There are two main types of age-related macular degeneration:

- **Dry form.** The "dry" form of macular degeneration is characterized by the presence of yellow deposits, called drusen, in the macula. A few small drusen may not cause changes in vision; however, as they grow in size and increase in number, they may lead to a dimming or distortion of vision that people find most noticeable when they read. In advanced stages of dry macular degeneration, there is also a thinning of the light-sensitive layer of cells in the macula leading to atrophy, or tissue death. Patients may have blind spots in the center of them
- **Wet form.** The "wet" form of macular degeneration is characterized by the growth of abnormal blood vessels from the choroid underneath the macula. This is called choroidal neovascularization. These blood vessels leak blood and fluid into the retina, causing distortion of vision that makes straight lines look wavy, as well as blind spots and loss of central vision. These abnormal blood vessels and their bleeding eventually form a scar, leading to permanent loss of central vision.

Most patients with macular degeneration have the dry form of the disease and can lose some form of central vision. However, the dry form of macular degeneration can lead to the wet form. It is very important for people with macular degeneration to monitor their eyesight carefully and **see their eye doctor on a regular basis.**

### What Raises Your Risk for AMD?

Scientists have identified 20 or so genes which may be linked to more than half of AMD cases. **Age.** This is the No. 1 thing that puts you at risk for AMD. About 2% of people in their 50s have AMD, and almost a third of people over 75 do.

**Race and ethnicity.** Whites have the highest risk of AMD, followed by Chinese and Hispanic/Latino people and, with the least risk, African-Americans. Whites are also more likely to go blind from AMD than African-Americans.

**Gender.** About 2/3 of people with AMD are women and 1/3 men. This may be because women live longer than men.

**Smoking.** If you smoke, your risk for AMD could be up to four times as much as someone who has never smoked.

**High blood pressure.** High blood pressure restricts the amount of oxygen getting to your eyes, which may raise your risk for AMD.

**Heart disease.** If you've had a stroke, angina, or a heart attack, your risk for AMD may be 1 1/2 times as high as someone who has not had any of these problems. High cholesterol levels may also raise your risk.

**Obesity.** Some studies suggest that if you have a body mass index over 30 it can more than double your chances of AMD, although this is not yet proven.

**Spending too much time in the sun.** Long-term damage to your eyes from the sun's ultraviolet rays may raise your odds of AMD, though this is also not certain.

**Medications.** Some drugs may be linked with chances of AMD. Those include aspirin and certain heart drugs including nitroglycerin and some beta-blockers, although this isn't certain.

**Diet and alcohol.** High-fat, high-sugar diets that skimp on green leafy vegetables may also add to your risk for AMD, as does having more than three alcoholic drinks a day.

**Cataract surgery.** Your chances of getting AMD may go up if you've had this eye operation.

**AMD in one eye.** Macular degeneration in one eye means you are more likely to get it in the other eye as well.

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

## NEW WEBSITE

The Post is proud to announce that we have a new website, which can be found at:

<https://vfw2075.org>

VFW National provided a grant to cover the costs associated with the design of the website and hosting for the first year in an effort to encourage posts across the nation to adopt a consistent and coordinated designs. If you have suggestions or want to add something to the website, please reach out to Stephen Nellman at: [webmaster@vfw2075.org](mailto:webmaster@vfw2075.org)

## 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

Also, on November 17th, we will be holding our annual Veterans Thanksgiving Dinner. Last year we fed over 160 veterans from 4 hospitals. I will be contacting the membership, including the Auxiliary, for assistance in obtaining food donations, as well as preparing the meal. It is one of the most remembered activities we hold for the veterans. All help will be appreciated.

## CANTEEN CAPERS

The bartenders and members lift a glass in fond farewell to life member and former bartender of Post 2075 Duane "Dewey" Morris, who has joined the ranks of Post Everlasting.

**It's time for Monday Night Football.** Join us in the Canteen and watch the game on the Big Screen TV's. Food will be available by the First Quarter and picked up during the Third Quarter. The Canteen will stay open until the end of the game.

Join us for an Oktoberfest Party on October 13<sup>th</sup> from 3 p.m. to 6 p.m. We will have Brats, Rotkohl (Red Cabbage) Spaetzle, Roll and Desserts. There will be a charge of \$8.00 for the dinner. Please let the Bartenders know if you're coming.

Join us December 1st from 3 p.m. to 6 p.m. for the canteen Holiday Cocktail Party. Susie, Marie and Julie will supply the Hors-d'oeuvres. This is our Thank You to all who have supported the Canteen during 2019. We are not asking anyone to bring dishes as this is not a "Pot Luck". We just would like everyone to join us for this Holiday Celebration. Once again, please let the Bartenders know if you're coming.

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.

**PLEASE NOTE SPECIAL HOLIDAY HOURS: THE CANTEEN WILL BE CLOSED NOVEMBER 28<sup>ND</sup> FOR THANKSGIVING AND DECEMBER 25<sup>TH</sup> FOR CHRISTMAS. THE CANTEEN WILL OPEN AT 12:00 PM AND CLOSE AT 4:00 PM ON CHRISTMAS EVE.**

**THE CANTEEN WILL OPEN AT 4:00 ON NEW YEARS EVE AND CLOSE AFTER THE BALL DROPS AT 9:00 (12 AM NEW YORK TIME). THERE WILL BE MUNCHIES OUT FOR ALL TO ENJOY.**

**NEW YEAR'S DAY THE CANTEEN WILL OPEN AT 12:00 WITH FOOD GOING OUT AT 2:00 PRIOR TO THE START OF THE ROSE BOWL GAME. ALL FOOD WILL BE PICKED UP DURING THE HALF TIME SHOW. THE CANTEEN WILL CLOSE IMMEDIATELY FOLLOWING THE GAME.**

## **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 October Breakfast will be October 20<sup>TH</sup>. There will not be a Breakfast in November; we will be hosting our annual Veterans Dinner. The December Breakfast will be December 15<sup>th</sup>. Please remember to mark your calendar.

The committee, chaired by Ruben Venegas, who 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, the Auxiliary Facilities are also available, Security included for all events. For more information call Susie after 4 pm Thursday thru Monday at 310 679-7472.

## **EDITOR**

After 3½ of being the editor of the Post Newsletter and trying to get it mailed in a timely manner I have decided to resign as Editor of the Newsletter. I will work with the new Newsletter Editor to turn over all information and explain the mailing procedures. Thank you for giving me this opportunity to be the Post Newsletter Editor.

Marie Whigham

## **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

### **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 Sagar	(310) 847-1277
Guard	Teresa Philbrick	(562) 498-0039
1 <sup>st</sup> Year Trustee	Carol Sagar	(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

Canteen/Bar Manager

Susie Bryant

(310) 679-7472

# October

## 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 LA Dodgers NLDS Playoffs	4 LA Dodgers NLDS Playoffs	5 Rental
6 LA Dodgers NLDS Playoffs	7 Monday Night Football LA Dodgers NLDS Playoffs	8	9 Los Angeles VA Bingo LA Dodgers NLDS Playoffs	10	11 LA Dodgers NLDS Playoffs	12 Rental LA Dodgers NLDS Playoffs
13 Oktoberfest 3pm to 6pm	14 Pst House Mtg 6pm Post/Aux Mtg 7pm Monday Night Football LA Dodgers NLDS Playoffs	15 LA Dodgers NLDS Playoffs	16 LA Dodgers NLDS Playoffs	17	18 LA Dodgers NLDS Playoffs	19 LA Dodgers NLDS Playoffs
20 Post Breakfast 9:00 until Noon	21 Monday Night Football	22 World Series	23 World Series	24	25 Long Beach VA Social  World Series	26 Rental District 4 Hal- loween Cook- out @ Post 3261 Gardena World Series
27 World Series	28 Monday Night Football	29 World Series	30 World Series	31		

# November

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Rental 4 <sup>th</sup> District Meeting Post 2967 Wilmington @ 9:30 a.m.
3	4 Monday Night Football	5	6	7	8	9 Long Beach Veterans Day Parade
10	11 Post House Mtg 6pm Post/Aux Mtg 7pm Monday Night Football	12	13 Los Angeles VA Bingo	14	15	16
17 Veteran's Dinner	18 Monday Night Football	19	20	21	22 Long Beach VA Social	23 Rental
24	25 Monday Night Football	26	27	28 Thanksgiving Day Closed	29	30

# December


2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Canteen Holiday Cocktail Party 3:00 to 6:00	2 Monday Night Football	3	4	5	6	7 Rental
8	9 Post House Mtg 6pm Post/Aux Mtg 7pm Monday Night Football	10	11 Los Angeles VA Bingo	12	13	14
15 Post Breakfast 9:00 until Noon	16 Monday Night Football	17	18	19	20	21
22	23 Monday Night Football	24 Christmas Eve 12 pm to 4pm	25 Christmas Day Closed	26	27 Long Beach VA Social	28
29	30 Monday Night Football	31 New Year's Eve				

The Calendar is subject to change

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Director Survivor Relations



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# OKTOBERFEST

AT

VFW 2075

Brats, Rotkohl (Red Cabbage), Sauer-  
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October 13, 2019 From 3 PM TO 6 PM

\$8.00 per ticket

**Reservations must be made by October 5, 2019**

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

**50/50 drawing is possible**



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# HOLIDAY COCKTAIL PARTY

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Please R.S.V.P. by November 25th to  
Susie or Marie at  
310 679-7472

The Bartenders will have Hors-d'oeuvres for all.