

# THE SCOOP

VETERANS OF FOREIGN WARS POST 9503

POST MEETINGS  
1<sup>ST</sup> AND 3<sup>RD</sup> FRIDAY  
EVERY MONTH AT 7 P.M.

**WINTER 2020 EDITION**  
732-269-2265 • 383 VETERANS' BOULEVARD, BAYVILLE, NJ 08721  
WWW.FACEBOOK.COM/VFW9503

AUXILIARY MEETING  
2<sup>ND</sup> WEDNESDAY  
EVERY MONTH AT 7 P.M.

## COMMANDER'S CORNER

Comrades and Guests of the Post,



I want to express my sincerest wishes to all for a wonderful holiday season and joyous New Year 2020, and, a heartfelt "thank you" to all who have supported the Post during 2019.

May the Post continue to grow and prosper.

The year is not quite over and already the House Committee is working on plans for the 2020 St. Patrick's Day Dinner Dance on March 14th, and a pig roast/remote control car races in our parking lot on May 2nd. The pig roast will be hosted by the Post and the remote control car races will be hosted by the Pine Barren Modelers (PBM) Remote Control Club.

Our Boy Scout Troop 9503 finished up the year with an overnight campout in Annapolis, Maryland followed by a tour of the US Naval Academy and then watching the Midshipmen beat the Mustangs of SMU! Couldn't have asked for a better finish!! Additionally, we have FOUR boys that are working on their required Eagle merit badges and projects. We should be holding an Eagle Court of Honor in early Spring.

Another group of young adults now meeting at the Post are the EAA (Experimental Aircraft Association) sponsored Aviation Explorers comprised of both boys and girls ages 14-22. These individuals desire a future in aviation in designing, building, and flying model aircraft as well as attaining their private pilot's license. We are in the process of having the Explorers work with the PBM to learn more about aviation and flying at the Berkeley Township Veterans Flying Field in Bayville.

I encourage each of you to come out and participate in our monthly VFW events, and see how the Post has evolved since its founding in 1967, and be a part of its future growth! We even now serve an IPA beer in the canteen!

Thank you and may God bless you, our Military, our veterans, and God bless the United States.

Best Regards,

Bill Dondero

*Post Commander*

## AUXILIARY PRESIDENT'S MESSAGE

As the year comes to an end, I would like to thank all of the members who participated in the summer concert series. This is a wonderful fundraiser for us, thank you for selling tickets and working the crowd, awesome job.

District 12 president Kathy Marshall held her official visit of state president Carmen Peterson here at 9503. Our own Laurie Lamereaux was the "Chief of the Day" and several members pitched in to make a memorable day.

Going forward, I see many names on our Auxiliary member list but only see the same 10 members at our meetings. Our meeting is held the second Wednesday of the month. I would love to see more participants, I know some of you may no longer drive at night, if you would like a ride to the

meeting, we may be able to help you, please feel free to call Kathy number 723-244-3550 or mine 848-448-4977.

Looking forward to the spring and our annual Mother's Day flower sale. If you would like to help out this year please let me know.

Have a Merry Christmas and a Happy New Year.

Daniella Lund

*Post 9503 Auxiliary President*



**VFW AUXILIARY**  
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## ELECTED OFFICERS 2019-2020

**383 VETERANS BLVD.  
BAYVILLE, NJ 08721  
POST PHONE: 732-269-2265**

### VFW POST 9503 ELECTED OFFICERS

*Commander* ..... Bill Dondero  
*Sr. Vice Commander* ..... Michael Passeri, PPC, PDC  
*Jr. Vice Commander* ..... Jim Ramnytz  
*Quartermaster* ..... David Ballentine, ASQM  
*Chaplain/Service Officer* ..... Phillip Zimmerman  
*Adjutant* ..... David Rosenak  
*Judge Advocate* ..... Michael Passeri, PPC, PDC  
*Officer of the Day* ..... Brian Murray  
*Surgeon* ..... Vacant  
*1 yr Trustee* ..... Fritz Barger, PPC  
*2 yr Trustee* ..... Fritz Meuller, PPC, PDC  
*3 yr Trustee* ..... Larry Kelly, PPC, PDC  
*Canteen Manager* ..... Rich Kirk

### VFW AUXILIARY ELECTED OFFICERS

*President* ..... Daniella Lund  
*Sr. Vice President* ..... Alycia Nolen  
*Secretary & Treasurer* ..... Kathy Marshall  
*Chaplain* ..... Laurie Lamereaux  
*Conductress* ..... Eugene Wood  
*Guard* ..... Janet Polito

### VFW DISTRICT 12 ELECTED OFFICERS

*Commander* ..... John Elley, Post 6063  
*Sr. Vice Commander* ..... Dennis Sampson, Post 6063  
*Jr. Vice Commander* ..... Patrick MacIntyre, Post 316  
*Quartermaster* ..... Ken Hageman, Post 12173  
*Adjutant* ..... Albert Veltri, Post 8867  
*Chaplain* ..... Laurence Finan, Post 6063

### VFW NJ STATE ELECTED OFFICERS

*State Commander* ..... Barbara Kim-Hagemann  
*State Sr. Vice Commander* ..... Brian Wiener  
*State Jr. Vice Commander* ..... Luddie Austin

### VFW NATIONAL ELECTED OFFICERS

*Commander-in-Chief* ..... William J. "Doc" Schmitz  
*Vice Commander-in-Chief* ..... Hal J. Roesch II  
*Vice Commander-in-Chief* ..... Matthew M. "Fritz" Mihelcic

### NATIONAL COUNCIL OF ADMINISTRATION

The VFW National Council of Administration is comprised of elected national officers, the adjutant general, chief of staff and inspector general. Collectively, the Council is responsible for administering the affairs and transacting the business of the VFW in the intervals between annual VFW National Conventions.

### DISCLAIMER

"THE SCOOP" is a publication of Berkeley Township Post 9503. Any opinions and advertisements may not reflect the opinions or endorsements of The Post, Post Members or The Veterans of Foreign Wars. Concerns, article submissions and advertising information may be addressed to VFW9503@Gmail.com  
Editor-in-Chief Michael Passeri | Editor Advisor Mrs. Kathleen Kelly

## NOTE FROM THE EDITOR

We are always looking for articles of interest for our The Scoop. If you have any stories or suggestions please feel free to pass them to our way via email at VFW9503@gmail.com. If you attend any Post, Auxiliary, or Youth Group functions, please send us your pictures so we can add them to the *The Scoop*.

## ST. PATRICK'S DAY

The Post is currently making plans for our St. Patrick's Day party. Please follow our Facebook page to see final details when firm plans are in place.

## POST SERVICE

Do you have an old worn flag that needs to be destroyed? If so, drop them by the VFW any day, and we will handle it for you. There is a box inside our door to drop them off, day or night. They will be destroyed in accordance with the US Flag Code.

## AMTRAK OFFERS VETERAN, MILITARY MEMBER DISCOUNTS

Veterans can enjoy a 10% savings on rail fares across the entire Amtrak network. Enjoy onboard amenities such as a Café Car, WiFi, power outlets and spacious seating for a comfortable ride on your next trip.

To take advantage of this offer, select "Military Veteran" as your traveler type on the booking widget online. The 10% discount will automatically apply to fares when qualifying travel is selected.

## VOICE OF DEMOCRACY AND PATRIOT'S PEN

Every year, hundreds of thousands of students participate in the Voice of Democracy Scholarship Competition and the Patriot's Pen Essay Contest, garnering more than \$3.4 million in scholarships and incentives. Contact the Post for further information or go to [www.VFW.org](http://www.VFW.org).

## GET THE THE SCOOP VIA E-MAIL

If you would prefer the email version, let us know at VFW9503@gmail.com  
By receiving the e-mail version, you help the Post save money on postage and printing.



## PINE BARREN MODELERS RC CLUB A POST 9503 PARTNER ORGANIZATION



Pine Barren Modelers RC Club (PBM) has been busy for the past couple of months. Besides flying RC planes, the PBM is now involved with RC car racing. Our club has acquired a vacant warehouse in Forked River and we have been busy getting it in shape to house up

to three indoor race tracks.

The facility will be called W. Holm Indoor RC Park hosted by the Pine Barren Modelers RC Club. The facility is located at 510 Route 9 South, Forked River, NJ and is located right off of Old Shore Road and Route 9.

As you can from the picture, we are close to finishing the first of three tracks. This track is in the front room of the warehouse and will be racing Mini Z cars for the most part. We're utilizing what is called RCP track which is 30 cm squares and can be configured for any track layout. Along with the RCP track, we will be using an electronic lap counting system so that we can run actual races.

It will not be necessary to join the Pine Barren Modelers RC Club to participate in the scheduled races however, joining our club will provide the benefit of being able to use the facility at any time at no additional fee. Fee schedule for races will be listed on our website when available. Please visit: [www.pbm1727.org](http://www.pbm1727.org) for further information.

With regards to the flying site at Berkeley Township municipal facility, it has been a slow process to complete. Our club has been working with the township administrator, council members and the mayor to have this completed by the spring of 2020. Although, the runway and the parking lot has been completed, there still needs to be some work needed to fully utilize this flying field.

Additional work needs to be completed to the runway area such as trees removed or cut back, the infield being properly graded and leveled. Once this has been completed, we can then make this our permanent flying field.

The sign which has been graciously donated by the VFW has been completed and is temporarily installed at the entrance of the flying field. We are working with the township on moving out to the main entrance of the municipal facility on Pinewald Keswick Road.



If anyone is interested in learning to fly RC airplanes, drones or race RC cars, please feel free to join us at one of our monthly meetings to learn more. The Pine Barren's Modelers RC club meets every 1st Wednesday of the month at the VFW Post 9503 at 7:00 p.m. or feel free to drop us a note on Facebook or our website.

Thank you,  
Richard Bombardier

*Club President, Pine Barren Modeler's RC Club*



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## FROM THE POST SURGEON

If you need support for a specific mental health problem—or if you're having problems sleeping, controlling your anger, or readjusting to civilian life—the VA can help.

Over 1.7 million Veterans received mental health services at VA last year. Services range from peer support with other Veterans to counseling, therapy, medication, or a combination of these options. The goal is to help you take charge of your treatment and live a full and meaningful life.

### How do I schedule my first appointment?

If you're already using VA medical services, ask your primary care provider to help you make an appointment with a VA mental health provider.

If you're not already using VA medical services, contact your nearest VA medical center or Vet Center to talk about your needs.

### What if I'm not sure what kind of help I need?

You can call 877-222-8387 to find the right resources for your needs. If you have hearing loss, call TTY: 800-877-8339, Monday through Friday, 8:00 a.m. to 8:00 p.m. ET.

The VA telemental health program: You can connect with a VA mental health provider through a computer or mobile device in your home or at your nearest VA health facility. If you're enrolled in VA health care, ask any of your providers to help connect you with our telemental health program.

### Can I speak to a fellow Veteran who's been through this before?

Yes. The BeThere peer assistance program, in partnership with Military OneSource, offers support to service members (including National Guard soldiers and Reservists), their families, and transitioning Veterans up to 365 days after separation or retirement. Through this program, you can talk privately with peer coaches who are Veterans, service members, or military spouses.

To talk with a peer coach, call Military OneSource's free, confidential peer support services at 800-342-9647. This service is available 24 hours a day, 365 days a year.

### What other options do I have?

If you're a combat Veteran, you can visit one of our Vet Centers to get free individual and group counseling for you and your family. You can access these services even if you're not enrolled in VA health care and aren't receiving disability compensation.

### Vet Centers offer services such as:

Military sexual trauma (MST) counseling  
Readjustment counseling  
Bereavement (grief) counseling  
Employment counseling  
Substance abuse assessment and referral

You can also call 877-927-8387 to talk with a fellow combat Veteran about your experiences, 24 hours a day, 7 days a week, 365 days a year.

If you'd like to connect with other Veterans, families, and local services, you can visit the Make the Connection website. This site connects millions of Veterans, and their family members and friends, to local VA and community mental health resources. Visit the site to access these referral resources and hear Veteran testimonials of strength and recovery.

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## CHAPLAIN

Having a hard or difficult time pleasing your family, your friends, your boss or just yourself? Read the problems Paul had while he was doing his good works as related in Romans 7:14 (18-25) NSRV.

“For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord! So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin”.  
God blesses everyone.

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## NEW BREWS!

VFW Post 9503 is proud to announce that we will now



feature locally made craft beer from the (USCG Veteran Owned) **ManaFirkin Brewing Company**. Located at 450 E Bay Ave. in Manahawkin, ManaFirkin began providing their brews to the Post

in November. The first beer at the Post was an American IPA called “Ju Sea Shore”. The second was a citrusy New England style IPA called “Bang a Wicked Uey.” In December we featured their “Done in a Jiffy” porter with flavors of chocolate and peanut butter. Next up is a wheat IPA “Hot Tub Session”, followed by “Name That Lager”, an American style lager.

Come by with a friend and try out these wonderful brews. Only \$3/pint. (Happy hour pricing does not apply.)  
[www.manafirkin.com](http://www.manafirkin.com)

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## SILVER STAR

16 Dec 2019 Military.com | By Oriana Pawlyk

Two Air Force parascuersmen have received the nation's third highest award for valor for separate missions in Afghanistan nearly one year apart that saved the lives of their fellow troops. Tech. Sgt. Gavin Fisher, 350th Special Warfare Training Squadron, Joint Base San Antonio-Lackland, Texas, and Staff Sgt. Daniel Swensen, 58th Rescue Squadron of Nellis Air Force Base, Nevada, each received a Silver Star during a ceremony at Nellis on Friday. Fisher was also awarded a Purple Heart in recognition of combat wounds.

Fisher was a part of the Ghazni province offensive that began against Taliban fighters in eastern Afghanistan on Aug. 11, 2018, according to the Air Force. Swensen distinguished himself on Sept. 13, 2019 in Farah province, on the opposite side of the country, prosecuting a ground offensive against the Taliban.

While their missions were distinct, Fisher and Swensen faced similar peril: The two men engaged in heavy fire for two days and sustained battle wounds, but managed to fend off the enemy while treating other casualties on the battlefield.

Together, they saved over 40 lives and took out more than 100 enemy fighters, the Air Force said in a release.

"For some of you, you may ask yourself how these two individuals in the face of such adversity performed so admirably," Lt. Col. Douglas Holliday, commander of the 58th Rescue Squadron, said in a statement. "Airmen like Dan and Gavin are part of a profession that dedicates their lives to a motto 'That Others May Live.'"

"A foundation of that motto is a pledge they made going through selection and years of arduous training. In the face of adversity, when Americans and our allies' lives are on the line, under no circumstance will you quit on them. Never quit," Holliday added.

Fisher was part of a team working to thwart Taliban efforts to gain territory following a surprise attack on the city of Ghazni. He was assigned to the 83rd Expeditionary Rescue Squadron at the time.

He was operating as the rear gunner for the lead convoy vehicle when the Taliban hit the convoy's position repeatedly with rocket-propelled grenades and machine-gun fire.

During the chaos of the fight, Fisher was hit by shrapnel, but continued to fight and save others despite his own wounds, the Air Force said. He ran back and forth to render medical aid -- including blood transfusions for two critically wounded soldiers -- and oversee multiple helicopter evacuations before returning to the convoy to fire on the enemy.

"Wounded and refusing to leave with the patients, Fisher was involved in a second ambush," the release said. "Placing others' lives before his, he treated five additional critically injured partner force casualties and requested a second medical evacuation."

Again running through a barrage of gunfire, Fisher then treated another five casualties.

As the clearing operation went on, an RPG struck Fisher's vehicle, immobilizing him. After first returning fire and directing his team to safety, Fisher finally had to seek medical care for himself.

"Getting this medal is important, because it lets people know the war is still going on, and valiant efforts by men and women are still going forth," Fisher said. "People are still out there dying and fighting for each other, and it needs to be recognized."

Swensen was attached to an Army Special Forces unit working to expel Taliban fighters from the Anar Darah District Center and police headquarters, the Air Force said. The operation included a helicopter assault from above, while Swensen, part of Operational Detachment-Alpha 1215, led his teammates through a compound.

While the team took steady bombardment, a grenade hit a wall near their position, wounding Swensen and five troops, the release said.

The blast separated the troops from the remaining support team. Cordoned off and physically backed into a corner, Swensen "fired back at the Taliban and directed his partner forces to safety," the release said. Swensen then ran through "intense enemy fire to rescue a fallen soldier incapacitated by his injuries" and treated him despite the gunfire spraying around him, it said.

Swensen rounded up troops in need of medical transport, and even carried one soldier on his shoulders to vacate the gunfire zone; they covered about a about a half-mile of ground so the wounded could be safely evacuated.

After moving the hurt as quickly as he could, Swensen returned to the city compound "to retrieve four additional casualties," the Air Force said. Swensen waited until those forces were accounted for before he was treated for his own injuries.

"It's weird to receive so much attention for something that I feel anyone else would've done on the battlefield that night," Swensen said. "I'm honored my peers think I deserve this medal."

Pacific Air Forces commander Gen Charles 'CQ' Brown lauded Swensen and Fisher during the ceremony, noting the two airmen have joined an elite group of exemplary warfighters.

"We can become so absorbed by the tales and the characters and their abilities that we can lose sight of our real-life heroes -- heroes like Tech. Sgt. Gavin Fisher and Staff Sgt. Daniel Swensen," Brown said.

"Only 1 percent of our service men and women, representing 1 percent of the population have received this Silver Star. So, these gentlemen are in a very exclusive club."

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## CELEBRITY VETERAN: TECHNICAL SERGEANT JOE LOUIS, USA

**Joseph Louis Barrow** was an American professional boxer who competed from 1934 to 1951. He reigned as the world heavyweight champion from 1937 to 1949, and is considered to be one of the greatest heavyweight boxers of all time. Nicknamed the “Brown Bomber”, Louis’ championship reign lasted 140 consecutive months, during which he participated in 26 championship fights.

Born in rural Chambers County, Alabama on May 13, 1914, Louis was the seventh of eight children of Munroe Barrow and Lillie Barrow. Louis spent the first dozen years growing up in rural Alabama. He suffered from a speech impediment and spoke very little until about the age of six.

Louis fought a charity bout for the Navy Relief Society on January 9, 1942, which raised \$47,000 for the fund. The next day, he volunteered to enlist as a private in the United States Army at Camp Upton, Long Island. For basic training, Louis was assigned to a segregated cavalry unit based in Fort Riley, Kansas.

Realizing Louis’s potential for raising esprit de corps among the troops, the Army placed him in its Special Services Division rather than sending him into combat. Louis went on a celebrity tour with other notables, including fellow boxer Sugar Ray Robinson. He staged 96 boxing exhibitions before two million soldiers.

In addition to his travels, Louis was the focus of a media recruitment campaign encouraging African-American men to enlist in the Armed Services, despite the military’s racial segregation. When he was asked about his decision to enter the racially segregated U.S. Army, he said: “Lots of things wrong with America, but Hitler ain’t going to fix them.”

Louis was eventually promoted to the rank of technical sergeant on April 9, 1945. On September 23 of the same year, he was awarded the Legion of Merit (a military decoration rarely awarded to enlisted soldiers) for “incalculable contribution to the general morale.” Receipt of the honor qualified him for immediate release from military service on October 1, 1945.

Louis died of cardiac arrest in Desert Springs Hospital near Las Vegas on April 12, 1981. Ronald Reagan waived the eligibility rules for burial at Arlington National Cemetery and Louis was buried there with full military honors on April 21, 1981.

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## VETERANS DAY 2019



At our Veterans Day ceremony on November 11, 2019, Post Commander welcomed members and guests to the Post to honor our Veterans. Also in attendance was Maura Weaver, Field Representative to Congressman Andy Kim. Following the VFW program for Veterans Day, a lunch and refreshments were served, followed by a wreath presentation at the Post flag pole.

## HONORING OUR VETERANS

At our Veterans Day 2019 ceremony, the Post unveiled 10 statues to honor our Veterans. Five men and five women, representing each service. These are proudly displayed in front of the Post for all to admire. The idea for this display came from PPC Harold Gallaway at a post meeting. The construction and display set up was provided from PPC Gallaway, QM Dave Ballentine, and Jim Barrow.



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## HELP NEEDED

The Post has need for several individuals that can spare some personal time to assist with the upkeep/maintenance of the Post and grounds. Please contact Dave Ballentine, 732 300-1100.

In addition, the Post is considering re-establishing its former Color/Honor guard for veteran services and marching in the annual Wildwood convention parade. If any Post member is interested, please contact Bill Dondero at 908 403-2788.

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## COLOR GUARD

The Post is planning on reestablishing our color guard. While doing an inventory, we noticed that some of our color guard items are missing, especially uniform items. If you have any color guard equipment, please return them to the Post so we can get an accurate accounting of equipment.

If you are interested in joining the color guard, please contact the Post.

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## VFW POST 9503 MEMBER SCHOLARSHIP

VFW Post 9503 Member Scholarship Program is a youth scholarship program for children, grandchildren of current or deceased members of VFW Post 9503.

Applicant must be related (son, daughter, grandson, granddaughter) to a Post 9503 member (in good standing) and a high school senior accepted to a college or trade school. The \$500 scholarship is paid directly to the school to offset tuition costs. Up to 4 scholarships are awarded each year. Contact the Post for details.

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# FEDS CRACK DOWN ON BOGUS VETERAN CHARITIES

Military.com | By Jim Absher

You may have seen them standing outside convenience stores, those guys dressed in camo that vaguely resembles a uniform. They have signs saying claiming they are charities that help veterans. Are they legit? Well, not all of them are.

The Federal Trade Commission, along with law enforcement officials and regulators from offices in every state announced more than 100 actions and a consumer education initiative in “Operation Donate with Honor”. The action was a crackdown on fraudulent charities that con consumers by falsely promising their donations will help veterans and service members.

## Two Charities Face Federal Charges

### Help the Vets

Neil G. “Paul” Paulson, Sr. and Help the Vets, Inc., (HTV) will be banned from soliciting charitable contributions under settlements with the FTC and the states of Florida, California, Maryland, Minnesota, Ohio and Oregon, for falsely promising donors their contributions would help wounded and disabled veterans.

The defendants were charged with violating federal and state laws related to their actions. According to the FTC’s complaint, HTV did not help disabled veterans, and 95 percent of every donation was spent on fundraising, administrative expenses, and Paulson’s salary and benefits.

Operating under names such as American Disabled Veterans Foundation, Military Families of America, Veterans Emergency Blood Bank, Vets Fighting Breast Cancer, and Veterans Fighting Breast Cancer, HTV falsely claimed to fund medical care, a suicide prevention program, retreats for veterans recuperating from stress, and veterans fighting breast cancer.

In addition to the ban on soliciting charitable contributions, the proposed settlement order bans Paulson from charity management and oversight of charitable assets. To ensure that donors to HTV are not victimized again, HTV and Paulson must destroy all donor lists and notify their fundraisers to do so.

The order imposes a judgment of \$20.4 million, which represents consumers’ donations from 2014 through 2017, when HTV stopped operating. The judgment will be partially suspended when the defendants have paid a charitable contribution to one or more legitimate veterans charities recommended by the states and approved by the court. Paulson must pay \$1.75 million – more than double what he was paid by HTV – and HTV must pay all of its remaining funds, \$72,000.

### Veterans of America

The FTC charged Travis Deloy Peterson with using fake veterans’ charities and illegal robocalls to get people to donate cars, boats and other things of value, which he then sold for his own benefit.

The scheme used various names, including Veterans of America, Vehicles for Veterans LLC, Saving Our Soldiers, Donate Your Car, Donate That Car LLC, Act of Valor, and Medal of Honor. Peterson allegedly made millions of robocalls asking people to donate automobiles, watercraft, real estate, and timeshares, falsely claiming that donations would go to veterans charities and were tax deductible.

In fact, none of the names used in the robocalls is a real charity with tax exempt status. Peterson is charged with violating the FTC Act and the FTC’s Telemarketing Sales Rule.

At the FTC’s request, a federal court issued a temporary restraining order prohibiting Peterson from making unlawful robocalls or engaging in misrepresentations about charitable donations while the FTC’s enforcement action is proceeding.

## State Enforcement Actions

States also identified and charged several charities and fundraisers who sought donations online and via telemarketing, direct mail, door-to-door contacts, and at retail stores. These groups falsely promised to help homeless and disabled veterans, to provide veterans with employment counseling, mental health counseling or other assistance, and to send care packages to deployed service members.



Veterans of Foreign Wars, Department of New Jersey

## 2019-2020 State Commanders Project

This year's Commanders Project will focus on 3 issues that will improve the lives and wellbeing of New Jersey's veterans along with honoring our own forgotten brothers and sisters. Your donations will be used for the following programs:

**MENTAL HEALTH / SUICIDE AWARENESS 40%:** It is inconceivable that 22 veterans a day feel so alone and desperate that they believe committing suicide is the answer to their problems. This is not a generational or gender issue, 58.1% of veteran suicide victims are over the age of 55 and women veterans are 1.8 times more likely to commit suicide than non-veterans. I believe it is a priority for us to reduce a veteran's risk for suicide before they reach a crisis point and support those in crisis. We can't combat this alone and we must build networks of support, communication, and care across the communities where veterans live and work. To accomplish this goal, 40% of the funds raised will be used to support:

- Department wide participation of the 4<sup>th</sup> annual VFW Campaign to Change Direction on September 14, 2019, a national day of service and action to change the dialogue on mental health for veterans and their communities.
- Grants to Districts, Posts, and partnering organizations to implement support groups, awareness campaigns, mentor programs, etc., on the local level.

**CONTINUED FUNDING OF THE DEPARTMENT VETERANS ASSISTANCE PROGRAM 50%:** Started by Commander Sarmiento, this important program lends a hand up to veterans and troops in need who do not reside in the vicinity of a VFW Post. I believe this program furthers our goal of assisting veterans before they reach a crisis point by keeping a roof over their head and food on the table.

**MISSING IN AMERICA PROJECT 5%:** Their mission is to locate, identify and inter the unclaimed remains of American veterans. Locally the project is coordinated by Vietnam Veterans of America Chapter 12 in Oakhurst.

**GUIDING LIGHTHOUSE 5%:** A transitional homeless veteran facility open to female veterans. The 24 month program includes mental health counseling, financial coaching and job skills training under the supervision of a case manager. The facility is located in Jackson N.J.

I hope you can generously support these projects and I look forward to working together to advance the VFW mission of service, representation and advocacy.

*Thank you,*

Barbara Kim-Hagemann

Department Commander

***Mail all donations to:***

***VFW POST 9503***

***Attn: Commander's Project***

***383 Veterans Blvd***

***Bayville, NJ 08721***

***Please put "Commander's Project" on the NOTE section of the check.***

# YOU ARE NOT ALONE...

**FOR FAMILIES IN NEED, NATIONAL HOME HELPLINE IS JUST A TOLL-FREE CALL AWAY**

The National Home Helpline is the gateway to help for military and veterans' families, providing connections with supportive services and resources in communities all across the nation as well as referrals to our on-campus programs.

And our war heroes can take comfort in knowing that their call will be answered by a caring professional who understands the unique challenges faced by today's military and veterans' families.

The toll-free Helpline is answered Monday through Friday between 8:00 a.m. and 4:30 p.m. Eastern Time.

**1-800-313-4200, [help@vfwnationalhome.org](mailto:help@vfwnationalhome.org)**



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# COMING EVENTS

New events may be added or there may be a change in the schedule.  
Check the Facebook page on [www.facebook.com/vfw9503](http://www.facebook.com/vfw9503) OR call the Post 732-269-2265

## JANUARY 2020

Wednesday, Jan 1 ..... Holiday - Happy New Year  
Friday, Jan 3 ..... VFW Post 9503 Meeting @ 7:00 p.m.  
Monday, Jan 6 ..... MOCA95 Bring you own lunch 12 p.m. - Meeting @ 1 p.m.  
Monday, Jan 6 ..... COOTIE Meeting @ 1:00 p.m.  
Monday, Jan 6 ..... Scouts Meeting @ 7:00 p.m.  
Tuesday, Jan 7 ..... Pipes & Drums Meeting @ 7:00 p.m.  
Wednesday, Jan 8 ..... VFW Auxiliary Meeting @ 7:00 p.m.  
Friday, Jan 10 ..... VFW Post 9503 Meeting @ 7:00 p.m.  
Monday, Jan 13 ..... Scouts Meeting @ 7:00 p.m.

Tuesday, Jan 14 ..... Marine Corps League Meeting @ 7:00 p.m.  
Friday, Jan 17 ..... VFW Post 9503 Meeting @ 7:00 pm  
Monday, Jan 20 ..... Holiday - Martin Luther King Jr. Day  
Monday, Jan 20 ..... Crystal Lake BINGO Starts @ 2:00 p.m.  
Monday, Jan 20 ..... Scouts Meeting @ 7:00 p.m.  
Tuesday, Jan 21 ..... Pipes & Drums Meeting @ 7:00 p.m.  
Sunday, Jan 26 ..... Sunday Monthly Breakfast 8:30 a.m. to 11:00 a.m.  
Monday, Jan 27 ..... Scouts Meeting @ 7:00 p.m.  
Tuesday, Jan 28 ..... Marine Corps League Meeting @ 7:00 p.m.

## FEBRUARY 2020

Monday, Feb 3 ..... MOCA95 Bring you own lunch 12 p.m. - Meeting @ 1 p.m.  
Monday, Feb 3 ..... COOTIES Meeting @ 1:00 p.m.  
Monday, Feb 3 ..... Scouts Meeting @ 7:00 p.m.  
Tuesday, Feb 4 ..... Pipes & Drums Meeting @ 7:00 p.m.  
Friday, Feb 7 ..... VFW Post 9503 Meeting @ 7:00 p.m.  
Monday, Feb 10 ..... Scouts Meeting @ 7:00 p.m.  
Tuesday, Feb 11 ..... Marine Corps League Meeting @ 7:00 p.m.  
Wednesday, Feb 12 ..... VFW Auxiliary 9503 Meeting @ 7:00 p.m.  
Monday, Feb 17 ..... Holiday - Presidents Day Observed

Monday, Feb 17 ..... Crystal Lake BINGO Starts @ 2:00 p.m.  
Monday, Feb 17 ..... Scouts Meeting @ 7:00 p.m.  
Tuesday, Feb 18 ..... Pipes & Drums Meeting @ 7:00 p.m.  
Wednesday, Feb 19 ..... Coast Guard Reserved Birthday - Observed  
Friday, Feb 21 ..... VFW Post 9503 Meeting @ 7:00 p.m.  
Sunday, Feb 23 ..... Monthly Breakfast 8:30 a.m. -11:00 a.m.  
Monday, Feb 24 ..... Scouts Meeting @ 7:00 p.m.  
Tuesday, Feb 25 ..... Marine Corps League Meeting @ 7:00 p.m.

## MARCH 2020

Monday, March 2 ..... COOTIES Meeting @ 1:00 p.m.  
Monday, March 2 ..... MOCA95 Bring you own lunch 12 p.m. - Meeting 1 p.m.  
Monday, March 2 ..... Scouts Meeting @ 7:00 p.m.  
Tuesday, March 3 ..... Pipes & Drums Meeting @ 7:00 p.m.  
Tuesday, March 3 ..... Navy Reserve Birthday - Happy Birthday  
Thursday, March 5 ..... Seabees Birthday - Happy Birthday  
Friday, March 6 ..... VFW Post 9503 Meeting @ 7:00 p.m.  
Sunday, March 8 ..... Daylight Savings Time Begins - Clocks Move Forward  
Monday, March 9 ..... Scouts Meeting @ 7:00 p.m.  
Tuesday, March 10 ..... Marine Corps League Meeting @ 7:00 p.m.  
Wednesday, March 11 ..... VFW Auxiliary Meeting @ 7:00 p.m.

Saturday, March 14 ..... St. Patrick's Dinner Dance - Info TBA  
Monday, March 16 ..... Crystal Lake BINGO Starts @ 2:00 p.m.  
Monday, March 16 ..... Scouts Meeting @ 7:00 p.m.  
Tuesday, March 17 ..... Pipes & Drums Meeting @ 7:00 p.m.  
Friday, March 20 ..... VFW Post 9503 Meeting @ 7:00 p.m.  
Monday, March 23 ..... Scouts Meeting @ 7:00 p.m.  
Tuesday, March 24 ..... Marine Corps League Meeting @ 7:00 p.m.  
Sunday, March 29 ..... Vietnam Veterans Day - Thank You for Your Service  
Sunday, March 29 ..... Monthly Breakfast 8:30 a.m. -11:00 a.m.  
Monday, March 30 ..... Scouts Meeting @ 7:00 p.m.

**Details Not Available – check back at Post for: Event: 3/14/20 - St. Patrick's Dinner Dance – TBA St. Patrick's Day in canteen – TBA**

Please check with the Post Canteen Manager, Rich Kirk, if you have any questions regarding a calendar item. Post Phone is 732-269-2225.

### Attention Comrades:

YOUR post needs  
YOUR help.

Volunteering just a few hours per month can make a big difference in the operations of the post. Some people are doing multiple jobs and need a break. Contact a post officer or come to a meeting and find out what you can do to help. (732) 269-2265 or [VFW9503@gmail.com](mailto:VFW9503@gmail.com)



### Are you active in your community?

Are you a Fireman, First Aider, Coach? Are you involved with Boy Scouts or Girl Scouts? Volunteer at your school or church? Let us know! Send an email to [VFW9503@gmail.com](mailto:VFW9503@gmail.com) and tell us what you do so we can include it in our monthly community activities report.

If all of our members could recruit just one new member, we can easily meet our annual membership goals. New members can go to [www.vfw.org](http://www.vfw.org) and sign up. There is a membership application in this edition of The Scoop. Chances are you know an eligible person. **SIGN THEM UP!**



We thank our sponsors for advertising in the *Scoop*. If you need any of these services, please consider using their services and mention you are a post member!



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