



Medina VFW 5137



VFW Post 5137
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Visit us at

<http://medinavfw.com>

Apr – Jun 2016

COMMANDER'S CORNER

Well as I write this, spring is right around the corner and as you all know we had a very mild winter. As I write this just to let a lot of you know that don't make it into the post, this is my last letter as the post commander. It has been quite an experience but I enjoyed very much the two years I served as post commander. Over the last few years our post has come a long way and accomplished many things, I hope that everyone supports our incoming commander and help him out whenever possible. We have a lot of new young veterans joining our post and somewhere down the line they will step forward and take over as all of our viet nam vets are getting much older.

Now back to all the good things that happened over the last 3 months, our super bowl party was a huge success and everyone had a great time. Anjies soup-er-bowl cookoff was also a great success and thanks for all the entries. Our steak and lobster valentine dinner was great as usual, thanks to Rudy Kerr for helping me, and a great big hug to Cindy McDaniels for cooking great lobsters once again. Our bowling league went great again this year and our banquet dinner was great, we had prime rib and everyone loved it. You might want to join up for this years bowling league as it is a lot of fun. The ladies will be serving corn beef sandwiches again this year for saint pattys day and there great tasting sandwiches so I hope you all had a change to taste them.

Our past commander Jack Forster has spent many hours getting ready for our 50 year anniversary of the vietnam war. I hope all of you were able to get to the piston auto rama show this year to see the pictures and video that was put together and on display. We have many many events again this summer so mark your calander and come on out and enjoy the food and music.

As I get ready to close, once again I would like to thank everyone who has supported our post and all of you that have helped me along the way, especially Marla. For those of you that don't know, Marla is also retiring as Canteen Manager as of June 30th and Jerry Clapper will be our new Canteen Manager; please give him all the support you can. The post elections are in April for both the auxilary and the post and the new officers will be posted on the tv screen in the post. I want to thank very much the Men's Auxiliary for our new popcorn machine, they donated the money in order to purchase the machine.

Sincerely:

Scott A. Kopfstein,

Service Officers Report

Help with choice program billing issues:
VA has established a phone number,

(877) 881-7618

for veterans to call if their credit has been adversely impacted by private health care providers improperly billing them for care VA is required to pay. The VFW urges any veteran being pursued by collection agencies to seek VA's assistance. However, veterans who were sent a bill from a choice program provider should contact the choice program call center,

(866) 606-8198

to determine if VA is liable for the cost of the care.

Dave Jacobs
Service Officer
VFW 5137

Volunteers Needed

On June 23rd the Viet-Nam traveling wall arrives at the Medina High School and will be on display for 4 days, 24 hours a day. We need volunteers to help set up all the lumber that holds the wall. We need help on June 20th and 21st. Please contact Ed Zachery at the Medina County Service if you can help.

(330) 722-9368

Ladies Auxiliary

The time has come to vote for next years officers. Nominations and voting will be on April 4. Meeting starts at 7. Now is the time to volunteer for an office or as a trustee. We are in need of a sunshine person, that sends get well cards to our members. A patriotic instructor, that looks for interesting articles on patriotism.

Junior Vice, Senior Vice, President, Chaplin, AND some one to learn the treasure job.

This is a great opportunity to make life long friendships while helping the post AND our veterans.

Watch the calendar for upcoming events.

Installation of officers will be May 14.

Golf outing will be June 11. We will be taking donations for hole sponsors, and raffle baskets.

Let's join together and make this a great year.

-Kris Beliles



April - June 2016

Event	Description	Date	Time
Weekly Drawing	Make sure you sign	Every Saturday	9:00 PM
Progressive Drawing	Weekly Progressive Drawing - Make sure you sign	Every Sunday	8:00 PM
Monthly Drawing	First Monday of every month	1st Monday	9:00 PM
Queen of Hearts	The pot continues to grow. If your ticket is drawn then you have a shot at picking the Queen of Hearts and winning the pot.	Every Friday	7:00 PM
Friday Night Dinner	Dinner served every Friday	Every Friday	5 – 7 PM
Regular Member's Meeting	Monthly VFW Regular Member's Meeting	First Tuesday of the Month	7:00 PM
VFW Auxiliary Meeting	Monthly Meeting for Member's of the VFW Auxiliary	First Monday of Every Month	7:00 PM
April			
Dinner	Stuffed Cabbage	April 1 st	5 – 7 PM
Dinner	Hamburgers and Fried	April 8 th	5 – 7 PM
Dinner	Sloppy Joes and Onion Rings	April 15 th	5 – 7 PM
NASCAR	Outside Tail-Gate, Raffles, Door Prize. \$1 Beer & \$1 Dogs	April 17 th	Noon
Dinner	Dominos Pizza and Wings	April 22 nd	5 – 7 PM
Dinner	Post Fish Fry	April 29 th	5 – 7 PM
May			
Dinner	Fried Chicken	May 6 th	5 – 7 PM
Spring Cleanup	Outside	May 7 th	9:00 AM
Paper Shredding	American Legion	May 7 th	9:00 AM
Brunch	Mother's Day	May 8 th	10 AM – 1 PM
Dinner	Hamburgers and Fries	May 13 th	5 – 7 PM
New Officers Installation / Dinner	Installation Of All New Officers. Both Auxiliary and Post. Dinner to follow.	May 14 th	6:00 PM
Dinner	Dominos Pizza and Wings	May 20 th	5 – 7 PM
Poppy Sales	Volunteers Sign Up At Post For May 21 or 22. Approximately 10 AM-5 PM	May 21 st & 22 nd	10 AM – 5 PM
Dinner	Post Fish Fry	May 27 th	5 – 7 PM
Memorial Day Decorations	Cemetery Decorations. Leave Post By Noon!	May 28 th	Noon
Decorate Float	Decorate The VFW Post Parade Float	May 29 th	Noon
Memorial Day Ceremony	VFW memorial Day Ceremony Out Front. All Are Invited, Leave For Medina Parade Right After Ceremony. Lunch Served At Noon, Open To The Public.	May 30 th	8:00 AM
June			
Dinner	Potato Pancake Reuben	June 3 rd	5 – 7 PM
Dinner	Outdoor BBQ Ribs / Live Music By The Adjustments	June 4 th	5 – ? PM
Meeting	Planning Meeting For July-September	June 9 th	4:30 PM
Dinner	Meet Loaf	June 10 th	5 – 7 PM
Post Golf Outing	Pheasant Run, 2 Man Scramble. Sign Up At Post.	June 11 th	8:00 AM
Flag Day	Flag Day Ceremony In Pavilion. Food To Follow.	June 14 th	6:00 PM
Dinner	Dominos Pizza and Wings	June 17 th	5 – 7 PM
Kids Fishing Derby	Annual Kids Fishing Derby. Sign Up At Post. Food, Drinks and Prizes!!	June 18 th	8 AM – Noon
Dinner	Post Fish Fry	June 24 th	5 – 7 PM

Surgeon General **Phill Grassa;**

This past post meeting on March 1st I held a mini health fair to provide some information about seniors and their health, sort of a guide line of what are the typical maladies that they incur. This was given by one of the paramedics at Carlson Ambulance Service and Funeral Homes.

Unfortunately not many showed up for what I thought would be an enlightening source of information that I know I learned some new things. So since I thought that it was worth while I will pass on a few tips that were presented. So here are some of the notes I made.

FALLS:

Leading cause of fatal & non-fatal injuries among older Americans:

Every 20 minutes older adult dies of fall.

Fall Prevention:

Keep moving!! Physical activity goes a long way. They reduce falls by improving strength, balance, coordination & flexibility.

Wear sensible footwear---appropriate sizes

Heart Disease:

Signs & symptoms: Chest discomfort, discomfort in arms, back, neck, jaw & stomach, nausea, cold sweat, lightheadedness.

Prevention includes physical activity, annual checkups with doctor, take prescribed medications on time! EAT HEALTHY.

Stroke:

Signs & symptoms: Facial drooping, are weakness, speech difficulty.

Prevention: Eat healthy, keep moving, quit smoking, manage medical conditions you have.

When calling 911:

DO NOT PANIC

Know your location, nature of emergency all pertinent information like where you are located in the house, any one with you, is the door unlocked, do you have a dog, did you take any medications.

When the paramedics arrive this would be very helpful for them and you. In fact this information should be somewhere it is easily accessible, like hanging on the refrigerator.

Know your name, DOB, address, medical history, allergies, medications taken regularly, have a list ready, your doctors name and number, emergency contacts, their names and contact numbers.

So with this all said, I say to you stay healthy, eat healthy and enjoy life.

By: Phill Grassa, Post Surgeon

CHAPLAIN'S CORNER Patrick Pinkerton;

Commander "Scottie is soon to take his well-deserved leave of duties, and enjoy the fruits of his labors. He has served all of us more than was expected of one man, who is quite now, along in his years! I say that with all respect, for most of our officers are in the same position in life, and in want of a leave of many of our personal labors as well. As King Solomon once so wisely stated "To everything there is a season, a time for every purpose under heaven." He also said this, "A time to keep silence, and a time to speak." Perhaps now is the time for your chaplain to speak with much passion, and sincere honest wisdom and knowledge thereof.

For most of our leadership, the color of our hair, or lack of it, says much in regards to our labors. Serving our country, from beginning to end, is a matter of all of us to rejoice, and to do good in our lives, for that is our heritage! Indeed, we have seen our days of "A time to mourn, and a time to dance!!"

However, today, our VFW 5137 is much in need of a R&R in my own opinion. At our age of Vietnam era service, we most surely need new blood, and much younger blood for sure. Who knows whether they will be wise or foolish and merely grasping for the wind. The gears that make any machine function, our caregivers and volunteers, who provide their work in life, with the highest expression of love- which is the giving away of oneself, and ask for so little in return. Hope in the future for all of us, as with "Scottie" today, is a time when we all can remember when there, "was a time to plant, and a time to pluck what is planted;" "A time of war, and a time of peace!!!" Amen

And now for the hospital report, which has been a much heavy season indeed.

Dan Herrmann, Andy Becker and Diane Thorne have passed away. Jerry Klembarsky and Earl Byerly are also battling severe health issues. Marvin Radfords son also passed away.

Your Chaplain,
Patrick Pinkerton

POW / MIA Report - Eugene Galandiuk

10 sets of remains found and identified

1 Army AF from Guadal Cana

6 Army from North Korea

2 Army from South Korea

1 Marine from Solomon Isle

DPAA (Defence Pow/ Mia Accounting Agency) is sending a specialist recovery Team to Dien Bien Province.

DPAA reached full operational capability on January 8th, 2016.

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3916 Pearl Road
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