



# Medina VFW 5137

VFW Post 5137  
3916 Pearl Road  
Medina , Ohio  
44256  
330-725-0884



Visit us at

<http://medinavfw.com>

Oct-Dec. 2016

## COMMANDER'S CORNER

## AUXILIARY

Happy Fall!

Our VFW has had a busy summer.

The local National Guard was honored with a big picnic on 9-11. Around 300 soldiers and family members were represented. The Medina County Veterans` Fund was a huge financial backer of this event and as usual plenty of Post 5137 volunteers helped out as well.

Troop 5137 Boy Scout Troop also did a great job cooking dessert...Dutch Oven Style. They performed a U.S. Flag retirement ceremony, too.

The Fall Clambake was sold out and Chef Scotty did a great job. Again the Boy Scouts Troop 5137 saved the day with excellent service working the food counter.

We have enjoyed many other events such as a "Sock Hop" and an "80's" night this summer. Thanks to all those who have worked hard to make the Post a good place to spend some time.

Everyone should check out the improvements to the pavilion. Final painting, and electrical work is scheduled for 9-30-16 by Team Depot ( Home Depot`s volunteer group ). There will be a lot of activity and once more many "VOLS" are needed to feed the workers and cleanup.

A new storage area, work on the smoking room, painting and cleaning of the Honor Guard room, painting and cleaning of the back bar storage area to name a few projects which were led by Jack Forster.

A new projector and and big screen should be installed the last week of September in the Hall and that is another Phill Grassa job.

Again thanks to all who contribute to the Post making sure Post 5137 can serve Vets for a long time.

Jim Hoessle  
Commander

Hello Auxiliary members...hope everyone had an enjoyable summer. We have some great activities coming up this fall.

October 3 is our meeting. We will be inspected by the district President. Please dress appropriately.

October 7 is a auxiliary Mexican night dinner. Please volunteer to help out.

October 9 is the kids Halloween party. We need helpers, and treat makers.

November 11 - Veterans Day, auxiliary will be providing dinner for post members.

December 7-Pearl Harbor Day, auxiliary dinner for post members.

December 11 is the kids Christmas party, and hospital treat at Wade Park. Please volunteer to help make cookies for these two events.

**\*\*Also, annual membership dues are due now. Drop off checks at the post for Gail.**



## October - December 2016

Event	Description	Date	Time
Auxiliary Meeting	Monthly Auxiliary meeting. First Monday of every month.	First Mondays	7:00 PM
Post Meeting	Monthly post meeting. First Tuesday of every month.	First Tuesdays	7:00 PM
Weekly Drawings	Weekly Drawings on each Saturday.	Every Saturday	9:00 PM
Monthly Drawing	First Monday of the month.	First Mondays	9:00 PM
Progressive Drawing	Every Sunday	Every Sunday	9:00 PM
<b>October</b>			
Dinner	Mexican	Oct. 7 <sup>th</sup>	5:00 PM
Kids Halloween	Children Under 10	Oct. 9 <sup>th</sup>	11 AM – 1 PM
Dinner	Pork Chops	Oct. 14 <sup>th</sup>	5:00 PM
Dinner	Cabbage Rolls	Oct. 21 <sup>st</sup>	5:00 PM
Dinner	Stuffed Chicken Breast	Oct. 28 <sup>th</sup>	5:00 PM
<b>November</b>			
Dinner	Meatloaf	Nov. 4 <sup>th</sup>	5:00 PM
Dinner	Veteran's Day. Post veterans eat free!!	Nov. 11 <sup>th</sup>	5:00 PM
Dinner	Chicken Papirkash	Nov. 18 <sup>th</sup>	5:00 PM
Dinner	Thanksgiving Day Dinner	Nov. 24 <sup>th</sup>	12 – 3 PM
Dinner	Turkey Left-Overs	Nov. 25 <sup>th</sup>	5:00 PM
<b>December</b>			
Dinner	Beef tips with noodles	Dec. 2 <sup>nd</sup>	5:00 PM
Reverse Raffle	Reverse Raffle \$25 with 2 drink tickets	Dec. 4 <sup>th</sup>	4:00 PM
Dinner	Pearl Harbor. Post veterans eat free!!	Dec. 7 <sup>th</sup>	5:00 PM
Dinner	Salisbury Steak	Dec. 9 <sup>th</sup>	5:00 PM
Children's Christmas Party	Sign up at post	Dec. 11 <sup>th</sup>	
Wade Park	Cookies needed by Saturday December 10 <sup>th</sup> !	Dec. 11 <sup>th</sup>	11:00 AM
Dinner	Spaghetti (Grassa Style)	Dec. 16 <sup>th</sup>	5:00 PM
Dinner	Sub Sandwiches	Dec. 23 <sup>rd</sup>	5:00 PM
Post Christmas Party	\$5 cover charge. Bring a dish to share!	Dec. 24 <sup>th</sup>	12 – 4 PM
Christmas Day	CLOSED	Dec. 25 <sup>th</sup>	ALL DAY
Dinner	TBA	Dec. 30 <sup>th</sup>	5:00 PM
New Years Eve	Bring snack to share. Champagne toast with pork loin	Dec. 31 <sup>st</sup>	8:00 PM

**What are the components of good health and evaluating a person's future risk of disease?**

1) Personal history and prior illness

2) Life style habits, including:

- Diet
- Exercise
- Tobacco use
- Alcohol use
- Safety belt use
- Safe sex practices

3) Family history of inheritable diseases such as breast cancer, colon cancer, diabetes, and hypertension

4) Physical examinations to evaluate blood pressure, body mass index, breast exam, and so forth

5) Regular screening tests, including blood sugar test, cholesterol, pap smears, and mammography for women, and endoscopic exam of the colon

**What are the specific screening recommendations for all adults?**

- Blood pressure check with every periodic health examination.
- Obesity screening with every periodic health examination. Obesity is determined by a person's body mass index (BMI). BMI equals a person's weight in kilograms divided by height in meters squared ( $BMI = \text{kg}/\text{m}^2$ ). People with a BMI over 30 are considered obese.
- Fasting blood sugar test every 3 years beginning at age 45. Testing should be done earlier or more frequently if the person is obese, African American, Hispanic, Native American or Asian American. People also should be tested earlier or more often if they have hypertension, abnormal cholesterol levels, a history of gestational diabetes, a family history of diabetes in a first-degree relative, or polycystic ovarian syndrome.
- Fasting lipid profile once every 5 years after age 20.
- After age 50, an annual fecal occult blood test and/or sigmoidoscopy every 5 years or double contrast barium enema every 5 years or (preferably) colonoscopy every 10 years.

**What are the specific screening recommendations for women?**

- Mammogram every one or two years for women between 40 and 49 years of age; every year for women over 50 years of age.
- Pap smear for cervical cancer at age 21, annually with gonococcus chlamydia screening until age 25.
- Clinical breast exam every year.

**What are the recommendations for vaccinations for adults?**

- Tetanus booster every 10 years, single booster dose of tetanus-diphtheria-pertussis vaccine between the ages of 19-64 years.
- Pneumonia vaccine at 65 years of age, or earlier in people with chronic illness.
- Influenza vaccine annually for people over 65 years of age, health care workers, and people with chronic illness, pregnant women, and contacts and out-of-home caregivers of children under 6 months of age.
- Hepatitis B vaccine is recommended for all health care workers, homosexual men, people with more than one sexual partner, intravenous drug users, hemodialysis patients and patients with weakened immune systems.
- Measles-mumps-rubella vaccine is recommended for reproductive age-group women, college students, health care workers or international travelers.
- Varicella vaccine is recommended for day care employees or teachers of young children, reproductive age-group women, college students, health care workers, international travelers, and close contacts of immunocompromised patients.

**What are the recommendations for a healthy lifestyle?**

- 
- Eat a diet rich in fruits, vegetables and whole grains--at least 5 servings per day.
- Cook with oils that contain polyunsaturated or monounsaturated fat like olive oil or canola oil.
- Choose chicken, fish, or beans instead of red meat.
- Consume white rice, white bread, potatoes, white pasta, soda, and sweets sparingly.
- Include dairy or calcium supplements in your diet.
- Limit your alcohol intake to no more than two drinks per day maximum. One serving of alcohol is equivalent to 1 ounce of liquor, 5 ounces of wine, or 12 ounces of beer.
- Refrain from using tobacco products, including chewing tobacco.
- Strive to get a minimum of 30- 45 minutes of moderate exercise most if not all days of the week.
- Always wear your seat belt.

**VFW ACTION CORPS:  
SUBCOMMITTEE HEARING ON VA PROCUREMENT:**

*The House Veterans' Affairs Subcommittee on Oversight and Investigations held a hearing to identify some of the issues plaguing VA and its ability to obtain resources for its health care providers. Currently, VA has multiple suppliers from which it obtains medical resources and medications, witnesses testified that a single source provider of resources would improve the care and efficiency VA offers its patients, subcommittee chairman Mike Coffman (R-Co.), tasked VA with providing a plan moving forward that will allow for a single provider of supplies and a more efficient way of tracking them by 2017. To view the hearing go to:*

<https://www.youtube.com/watch?v=61Q19c8gFlg>

*Jeramie Hach  
Service Officer*

## CHAPLAIN'S CORNER Patrick Pinkerton;

Many of you know, I am a Christian and very active in my local church. The church is not a building, but a group of Believers in God's glory and God's work. It is important for me to ask him simple questions as your chaplain at this time.

1. Do you thirst for God?
2. Are you governed by God's word, the Bible?
3. Are you more loving now then you have been in the past?
4. Are you more sensitive to God's presence than in the past?
5. Do you have a concern for the needs of others?
6. Do you delight in those who serve God daily?
7. Are Spiritual disciplines important to you?
8. Do you grieve over your weakness and sins ?
9. Are you a faithful quick forgiver of others who hurt you?
10. Do you yearn for heaven after death and to live with God forever?

Let me know, then I will know what all we have in common commitment.

And now the hospital report...

Bud Haumesser is back at home; Jr. Keaton is in Hospice of Seville; Les Hutchkiss fell, he is at Metro Hospital in serious condition. Our condolences to the Karpinski, Yuschak and McDonald families in the passing of Mikolay, Wasilla and Lucas.

Your Chaplain,  
Patrick Pinkerton

## POW / MIA - Eugene Galandiuk

September 17th was National POW/MIA recognition day. In the last quarter the Defense Department POW/MIA Accounting Agency reports that 38 sets of remains were recovered and identified. Both recovered and returned include...

- 16 Army, 13 from Korea, 2 World War II and 1 Vietnam
- 2 Marines from World War II
- 7 Navy from USS Oklahoma, Pearl Harbor.
- 1 Air Force from Vietnam
- 3 Army Air Force from World War II

Eugene Galandiuk  
POW/MIA Chair  
Post 5137

VFW Post 5137  
3916 Pearl Road  
Medina, OH 44256

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