



February 2023



VETERANS OF FOREIGN WARS POST 4809
5728 BARTEE ST NORFOLK, VA 23502 est. 1944
757-461-1343

VFWPost4809@gmail.com

www.tidewaterpost4809.org

CDR — Christine Hague-Renwick 757-537-5928

Sr. Vice CDR – Curtis Bobbitt 757-300-9111

Jr. Vice CDR – Lewis Bush 757-609-1417

Quartermaster- Eric Mallett 757-461-5646

Chaplain- Tim Dawley 757-813-8054

Seam Squirrel-Craig Dudley 757-618-5624

AUX Pres – Gloria Klinefelter 757-620-3180

AUX Sr. Vice – Georgette Bannon 757-715-0202

AUX Jr. Vice – Josie Riffle 757-309-0342

AUX Treasurer- Carol Watson 757-761-6455

AUX Chaplain– Suzie Melva-Edwards 860-884-5243

Post Service Officer – Bill Cusson 304-712-2828

From the Commander:

Team 4809,
VFW Post 4809 Helping Veterans! On 16-19 January, myself, Curtis Bobbitt, Dickie Ewell and Bill O'Neil along with Rick Hunley (George Baker's son) installed a handicap ramp for George and his wife, Sandra. On Friday, January 20th I learned, in a conversation with George's son that George had passed away. I will touch bases with Sandra to see how and what we can do as a Post.

VFW Post 3160 Comrade Doug Hoffman reached out to me asking if the Post was going to participate in the St. Paddy's Day parade on March 18th. We Will be participating, more information to follow the closer we get to the parade.

The Gold-Star Families of Hampton Roads will be providing our Post dinner prior to the Post meeting on the 13th. They will be setting up and serving approximately 1730ish. Rear Admiral Gray will help the Gold Star group in serving dinner.

I will be scheduling a day this month when we will be getting together to repair or retire the cemetery flags.

February 1st – National Freedom Day - *National Freedom Day is an observance in the United States that honors the signing of a resolution that proposed the 13th amendment of the nation's constitution on February 1, 1865. Abraham Lincoln, who was the president at the time, signed the resolution to outlaw slavery. This anniversary is annually observed on February 1.*

February 1st – First day of Black History Month. I would like to have a celebration to honor the month. Anybody wanting to help or provide ideas, feel free to reach out.

February 12th – Abraham Lincoln's Birthday - *Lincoln's Birthday celebrates the birthday of Abraham Lincoln, one of the most popular presidents in United States history. It is a state holiday in some states on or around February 12. It's also known as Abraham Lincoln's Birthday, Abraham Lincoln Day or Lincoln Day.*

February 20th – President's Day - *Washington's Birthday, also known as Presidents' Day, is a federal holiday held on the third Monday of February. The day honors presidents of the United States, including George Washington, the USA's first president.*

Continue to sell calendars. State has directed we continue to sell calendars to try to sell all of them.

If anybody is interested in helping or taking charge of any of these events, feel free to reach out.

Continuing to serve.

Christine Hague-Renwick – 2022-2023 Post Commander,
VFW Post 4809



February 2023

Auxiliary President:

Hello Everyone ,

I hope this finds everyone well. I was unable to attend the winter council meeting in Portsmouth as I was not feeling well. I am better and hope I don't get this mess again; it was like the flu but not as bad.

Auxiliary voted to have Stuffed Shells. For dinner this month , this will be a good dinner for \$10.00. Stuffed Shells, Salad rolls, Dessert ,Hope to see you there.

The Auxiliary is participating in Department Presidents Special Project "PAWS 4 OUR VETS . You will see a ben in the hall for you to drop off special toys for Pets to be given to shelters in need of Items for homeless Pets with Love. These cold damp nights they suffer so let us do something for them.

As we go and come to the Post lets thank all the Volunteers who are fixing the place up ,giving it a new face lift which it needed. Looks Great, thank you all that have giving your time and efforts to help make our Home looking so good. The Kitchen is awesome thank you to those who got it all done. It is all a work in progress with all the Members pulling together in their spare time.

I would like to bring to your attention Kathy G. Information as our VAVS Volunteer at the VA Hospital, be careful consideration to keep all safe from getting sick. Please read the guidelines that Kathy has included in newsletter. Thanks Be sure to check the monthly Calendar and see us .

Sincerely,
Gloria Klinefelter
Post 4809 Auxiliary President
757-620-3180

From the Post Chaplain:

Brothers and Sisters,

I hope this finds everyone well.

Keep our post family members who are having health issues in your thoughts and prayers. I know a few have had surgeries and who are in the hospital now. Check on each other. If you need anything, and/or need assistance getting help, please ask!!!

Also remember if you or a family member should become ill, confined at home, admitted to the hospital, or experience the loss of a loved one, be sure to contact me, Tim Dawley at (757-813-8054 or the Post Home at (757) 463-4343). One of our most important responsibilities as VFW members is to provide emotional support whenever possible to our fellow Comrades, Sisters and family members. Never forget to pray for each other as well as all our active-duty service personnel, DOD civilians, first responders, medical personnel both stateside and overseas.

Watch out for each other. We are all family. Sometimes just an ear to listen can help someone tremendously.

My favorite quote from General Patton: "It is foolish and wrong to mourn the men who died. We should thank God that such men lived." That still holds true today!!

Thank you and God Bless.

Very respectfully,

Tim Dawley

(757)813-8054

Timothy.dawley@gmail.com

From the Auxiliary Chaplain:

Dear Brothers and Sisters,

Blessings to "you and yours!" We always appreciate you coming out and supporting your VFW! Fun times and memories are made when you share stories and have great conversation! Come on in and enjoy the Good Times! There are dinners, DJ's, pool tournaments, and other celebrations planned.

Look forward to seeing you there!

Remember just one phone call or a quick visit can bring a smile and lift spirits more than we know.

Let us remember all of those who may be healing and pray for their quick recovery:

And Jesus saith unto him, "I will come and heal him."

Matthew 8:7

""And Jesus said unto the centurion "Go thy way; and as thou hast believed, so be it done unto thee. And his servant was healed in the selfsame hour."" Matthew 8:13

Father, God, we ask that you send healing to our brothers and sisters in need. We

believe in your precious son, Jesus, and know in him is the power to heal. We give.

you all the praise and glory. We ask this in Jesus' name, Amen.

If you need anything, please contact me at edwardsmelva73@yahoo.com. If you are sick, in the hospital or know of anyone who is, please call me at (860)-884-5243.

Look forward to seeing all of you, as we come out to support our Veterans!!

God Bless You and keep you!

Susie Melva-Edwards

Post 4809 Auxiliary Chaplain

860-884-5243

February 2023

Post VAVS (Veterans Affairs Voluntary Service) Meeting at Hampton VA Hospital – Past 2X CDR Kathy Goodall Attended:

Comrades and Sisters, I sat in on the Quarterly VAVS meeting yesterday. For those that play Bingo at the VA or host them at your Post, you can resume those activities under close guidelines. You will have to contact Atalaya or Dee at the CDCE Office at the hospital and request permission. Your request will be submitted to Mr. Harper for approval. At this time, we can only have face-to-face visits in the Dom. We are not yet able to see our friends in the CLC/SCI. Contact Atalaya at atalaya.Horton-Keyes.gov or Dee at Djuanna.Lacott@va.gov or call 757-722-9961 ext. 3124.

Limitations include the wearing of a mask, having a Covid vaccine and ability to show proof. For Bingo, you cannot give cash prizes. It must be Canteen Books, gift cards or gifts. There is a limit of 50 people including volunteers at one time.

If a breakout happens, you will be notified that a scheduled event would be canceled. Keep in mind that it could be canceled with very short notice. A breakout is only 2 patients testing positive. It will last for 14 days.

They are hoping to go ahead with the Country Fair for those that participate but again, it will depend on outbreaks.

Here is some additional information from the VAVS meeting on Wednesday:

There is a new VA Clinic opening the end of 2023. It will be called "Western Branch."

Additionally, the new VA Hospital located across from the Chesapeake Hospital on Battlefield Road will be opening the end of 2024. Fall is fin

PACT ACT clinic will be held in the Spring of 2023. The last PACT ACT was successful in filing VA claims for veterans exposed to burn pits and other toxic substances.

The new Veteran claim eligibility for all claims was announced called the CUP ACT. More information to follow.

The Hampton VA finalized the plans for National Salute to Veteran Patients to be held February 12-18, 2023.

The purpose of the National Salute to Veteran Patients Program is to:

- Pay tribute and express appreciation to Veterans
- Increase community awareness of the role of the VA medical center
- Encourage citizens to visit hospitalized Veterans and to become involved as volunteers.

The week of February 14 each year is your opportunity to say thank you to a special group of men and women, the more than 9 million Veterans of the U.S. armed services who are cared for in Department of Veterans Affairs (VA) medical centers, outpatient clinics, domiciliary, and nursing homes. During the National Salute, VA invites individuals, Veterans groups, military personnel, civic organizations, businesses, schools, local media, celebrities and sports stars to participate in a variety of activities at the VA medical centers. The activities and events include special ward visits and valentine distributions; photo opportunities; school essay contests; special recreation activities and Veteran recognition programs.

The week also provides an opportunity for the community to become acquainted with the volunteer opportunities within the medical center.

Atalaya Horton-Keyes, CAVS
Voluntary Service Specialist
Center for Development & Civic Engagement (CDCE)
Recreation Therapy Services (590/135)
(757) 728-3124



February 2023

From The Seam Squirrel:

Listen up Cooties,

January was an extremely lousy month. We completed a Scratch, our first Cootie Burger Night and Cootie Breakfast of the New Year. Thank you again to all who came out to enjoy and support the New Year's Eve Party. I hope a lousy time was had by all. For the first time in over two years, we were able to get over to the VA to host bingo for the veterans in the Dom. A lousy time was had by all.

We are always looking for new WORTHY post members that are ready to be invited to our crummy fraternity. As the working members of the post, we need members that will support our activities. The meals we prepare are how we raise money to assist veterans and post members with any appropriate necessary / unmet needs they may have.

So, it is important that we support these functions. The shopping, the prep work, the cooking, the serving, and the cleanup all need to be done to make our customers happy and keep them coming back. Remember to keep your food handlers' card current and on file at the post. These expire every three years. Please ensure the Canteen Manger has your Food Handler Card on file.

As the working members of the post, please continue to support Post and Auxiliary activities. For these events keep a close eye on the post newsletter. When supporting these activities wear your Cootie Gear to show off our organization and be on the lookout for new recruits.

We are always looking for new ways to increase the Crummy Duffel Bag. Please bring those lousy ideas to the next Scratch.

Up Coming Events:

- 07 February – Scratch
- 11 February – District Meeting
- 13 February – Post Meeting (remember the spaghetti dinner before)
- 15 February – Post Hospital BINGO (Possible)
- 19 February – Cootie Hospital BINGO
- 21 February – House Committee Meeting

24 February – Cootie Burger Night

26 February – Cootie Breakfast

I hope to see you all soon. Please safe and look out for each other. Please let me know if you need anything!!!

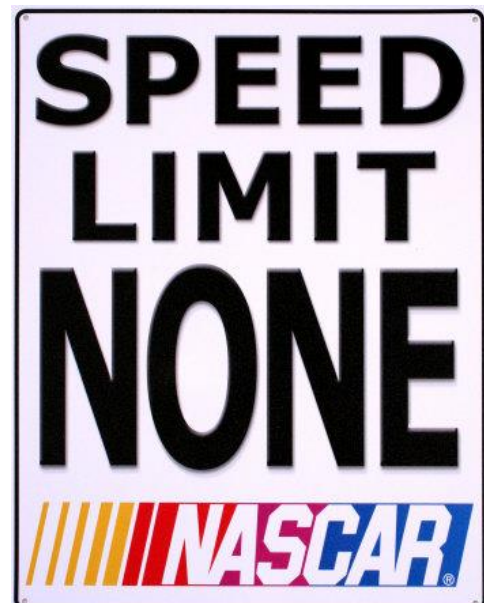
Yours in L.O.T.C.S.,

Craig Dudley

Seam Squirrel (Round 2)

757-618-5624

Craig.VFW4809@gmail.com



February 2023

From the Canteen:

We offer Pizza, Cheeseburgers, Hot Dogs, Lumpia, Mozzarella Sticks, French Fries, Tater Tots, Jalapeno Poppers, and Loaded Potato Skins daily in the Canteen. Come on out and enjoy some snacks!

Upcoming Dinners FEB 2023:

03 FEB -Aux Dinner – Stuffed Shells.
10 FEB – Post Dinner – Asian Pilipino Night.
17 FEB – Corp Dinner – Pancake Dinner.
24 FEB – **MOC Burgers & Fries.**

Canteen Entertainment for FEB 2023:

10 FEB – DJ Mike in the Canteen.
24 FEB – DJ Mike in the Canteen.

*****WE HAVE A NEW GAME ON THE ETAB MACHINES, AND NEW BET AMOUNTS, CAN WIN UP TO \$1,000.00!! COME ON OUT AND PLAY!!!!****

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Food Handlers Card reminder: If you are working in the kitchen, you need an up-to-date card. eFoodhandlers.com

COME IN AND SUPPORT YOUR POST AND ENJOY THE COMRADERY!

If you have any questions, please contact the Canteen Manager.

CANTEEN HOURS:

09:00 AM to 02:00 AM MONDAY thru SUNDAY

*****NOTE: Canteen can close at the discretion of the on-duty Bar tender. *****

Pool Tournaments!!!!

Pool Tournaments will be every Saturday of each month starting at 3:30 PM.



BACK BY POPULAR DEMAND – WING AND SHRIMP TEAMS!!!!

TEAM “BLUE JACKET NAVY” – Bill Cusson and James Reid

TEAM “RUN SILENT; RUN DEEP” – Curtis Bobbitt and Zach Nettles

TEAM “GATOR NAVY” – Dave Alexander and Martie Braunshausen

TEAM “FLAT TOP NAVY” – TIM Dawley and Kathy Goodall



Respectfully,
Ruth and Theresa

February 2023

General Information:

1. **Happy Hour Pricing:** Canteen happy hour price time runs from 5pm to 7pm Monday thru Friday **ONLY**. The Canteen Bar Tender will not accept any happy hour drink vouchers **AFTER 7pm**. If you have happy hour drink vouchers, please utilize them only during happy hour timeframes.
2. **Locker Dues:** Commencing 01 JAN 2023 all locker fees are due for the year, to be paid yearly each calendar year. Also, commencing 01 JAN 2023 all locker dues will increase to \$20.00 a year. Pay your locker dues to the Canteen Manager or put your dues in an envelope and give them to the on-duty Bar Tender.
3. **Food Handler Cards:** Anyone making, cooking, or serving food in the Post Home is required to have a valid Virginia Food Handler Card. Get yours now at www.efoodhandlers.com
4. **Thank You Volunteers!** Thank you to all the volunteers for working on the Post Home upgrades. We continue to need more help, so please come down and lend a Comrade a hand!
5. **Front Door Access:** The Post Home main entrance is locked during normal operation. Please use the keypad to gain entrance. Please call the Canteen if you need the keypad combo at 747-461-1343.
6. **Newsletter Inputs:** All newsletter inputs are due to Dave Alexander by the 20th of each month. Please send me your newsletter inputs at: cwo1967@yahoo.com
7. **Shrimp and Wing Teams:** Anyone interested in joining or starting a Wednesday shrimp and wing team, please see Dave Alexander to be included in the watch rotation.

February 2023

VFW 4809 SuperBowl LVII Party

- February 12th @6:30
- Watch the game on the big screen!
- Wings and sandwiches will be provided.
- Bring a dish to share and enjoy with others.








February 2023

SATURDAY, FEBRUARY 25 AT 7 PM

IT'S
MARDI
GRAS!

FEATURING A ORIGINAL MASK
CONTEST, LOUISIANA COOKING,
KING CAKE, A 50/50 DRAWING
AND ENTERTAINMENT

February 2023

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<p>***WEEKLY DINNER MENUS SUBJECT TO CHANGE***</p>			<p>1 Post Inventory Fried/ Steamed Shrimp – Team Blue Jacket Navy 5:30 pm to 7:30 pm</p>	2	<p>3 Aux Dinner: Stuffed Shells 6:30 pm</p>	<p>4 Pool Tournament 3:30 pm</p> 
5	<p>6 Aux Meeting 7:00 pm</p>	<p>7 MOC Scratch 7:00 pm</p>	<p>8 Wings – Team Run Silent Run Deep 5:30 pm to 7:30 pm</p>	<p>9 Trivia Night in the Canteen 6:30 pm</p>	<p>10 Post Dinner: Asian Pilipino Night</p> <p>DJ MIKE</p>	<p>11 DIST II MTG – Smithfield -1200 pm</p> <p>Pool Tournament 3:30 pm</p> 
<p>12 SUPER BOWL PARTY!</p>  <p>Food Dishes Welcome! Food served at 5:30pm</p>	<p>13 Post Dinner – Gold Star Mothers – Spaghetti 5:30 pm</p> <p>Post Meeting 7:00 pm</p>	<p>14 Valentine's Day</p>	<p>15 Post VA Hospital Visit</p> <p>Fried/ Steamed Shrimp – Team Flat Top Navy 5:30 pm to 7:30 pm</p>	16	<p>17 Corp Dinner: Pancake Dinner 6:30 pm</p>	<p>18 Pool Tournament 3:30 pm</p> 
<p>19 NASCAR IN THE CANTEEN! DAYTONA 500 2:30 PM LASAGNA COOK-OFF – 3:00 PM MOC VA Hospital</p>	<p>20 President's Day</p>	<p>21 HC Meeting 7:00 pm</p>	<p>22 Ash Wednesday</p> <p>Wings – Team Gator Navy 5:30 pm to 7:30 pm</p>	<p>23 Trivia Night in the Canteen 6:30 pm</p>	<p>24 MOC Burgers and Fries 6:30 pm</p> <p>DJ MIKE</p>	<p>25 Pool Tournament 3:30 pm</p>  <p>MARDI-GRAS PARTY! 7:00 PM</p>
<p>26 MOC Breakfast 0930 – 1100</p> <p>NASCAR IN THE CANTEEN! 3:30 pm</p>	27	28				<p>***WEEKLY DINNER MENUS SUBJECT TO CHANGE***</p>