



NEWS FROM LT FRED L. KENT • VFW POST 7907 POWAY, CA



VETERANS OF FOREIGN WARS.

Post 7907



Never Forget

## POST MONTHLY MEETING SCHEDULE

*Please Join Us*

**Auxiliary General Meeting**  
6:00 PM | Tuesday - June 11

**VFW Post Officer Meeting**  
6:00 PM | Monday - June 17

**House Committee Chair Meeting**  
No Meeting This Month

**VFW 7907 Post Meeting**  
7:00 PM | Thursday - June 20

**Event Planning Meeting**  
6:00 PM | Wednesday - June 26

**House Chairman Clean Up/Working Party**  
8:00 AM | Saturday Mornings

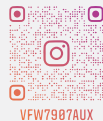
 **Veterans Crisis Line**  
DIAL 988 then PRESS 1



VFWPost7907



VFWPost7907Aux



VFW7907AUX

**Have an article for *The Patriot*?** Please submit your articles no later than the 21<sup>st</sup> of each month. Send your submission to [VFW7907@gmail.com](mailto:VFW7907@gmail.com) with *Newsletter Submission* in the subject line.

### COMMANDER'S CALL:

Greetings Comrades and Friends and Family,

As we welcome June, I am filled with a deep sense of gratitude and pride as I pen my final newsletter as your Commander. It has been an honor and privilege to serve our incredible Veterans of Foreign Wars (VFW) community, and I thank each and every one of you for your unwavering support and dedication.

### Historical Reflections: June in Military History

June holds a significant place in our nation's military history. It is a month marked by bravery, sacrifice, and pivotal moments that have shaped the course of freedom and democracy.

- **June 6, 1944 - D-Day:** On this day, we commemorate the Allied invasion of Normandy, a monumental operation that marked the turning point in World War II. The bravery displayed by our soldiers on the beaches of Normandy continues to inspire us.
- **June 14, 1775 - U.S. Army Birthday:** This year, we celebrate the 249th birthday of the United States Army. Since its inception, the Army has been the backbone of our nation's defense, demonstrating valor and commitment in every conflict.
- **June 25, 1950 - Start of the Korean War:** The Korean War began on this day, a conflict where American troops once again answered the call to defend freedom on foreign soil. We honor the veterans who served with distinction and remember those who made the ultimate sacrifice.

### Volunteer Appreciation

Our post thrives because of the selfless efforts of our volunteers. Your dedication to serving our veterans, their families, and our community does not go unnoticed. Whether organizing events, assisting with outreach, or providing support to those in need, each of you embodies the true spirit of the VFW.

I extend my heartfelt thanks to:

- **The Event Committee:** Your hard work in planning and executing events has brought our community closer together.
- **Our Auxiliary Members:** Your unwavering support and tireless efforts are invaluable.
- **The Outreach Team:** Your commitment to reaching out to veterans in need and ensuring they receive the support they deserve is commendable.
- **All Volunteers:** Every task you undertake, no matter how small, contributes to the strength and success of our post.

### Looking Ahead

As I step down as Commander, I am confident that our post is in good hands. The incoming leadership has the vision and dedication

to continue our mission of supporting veterans and advocating for their needs. I urge you all to give them the same support and encouragement you have given me.

**Upcoming Events**

- **Volunteer Appreciation:** Our annual Potluck will be held on June 1<sup>st</sup>. It's a great opportunity to enjoy camaraderie and delicious food.
- **Flag Day Ceremony:** Join us on June 9<sup>th</sup> to honor our nation's flag at Hilltop Park Rancho peñasquitos.
- **Korean War Veterans Remembrance:** On June 25<sup>th</sup>, we will remember those who served in the Korean War.

In closing, I want to express my profound gratitude for the opportunity to serve as your Commander. The past year has been incredibly rewarding, and I will cherish the memories and friendships formed. Let us continue to support each other and uphold the values of the VFW.

Yours in Comradeship,

*John Carson*

Commander, VFW Post 7907

FROM THE AUXILIARY PRESIDENT:

Hello everyone. It's hard to believe a year has gone by already. I have enjoyed being your Auxiliary President. Thanks to all of you for your support and willingness to volunteer and participate in our Auxiliary. Only together can we fulfill our mission to support veterans and their families. I am looking forward to seeing you at the Post and all the upcoming events.

Sincerely

*Deborah Sellers*

# 2023-2024 Officers



Post 7907

- Post Commander – John Carson
- Sr. Vice Commander – Paul Swanson
- Jr. Vice Commander – Jason Widmer
- Quartermaster – Clint Dawson
- Chaplain – Don Biadog, Jr.
- Surgeon – Fred DiCarlo
- Service Officer – Ed Ozmun
- Adjutant – Deanna Smith
- Judge Advocate – Bill Morrison
- Guard – Adison Fernandez
- 1<sup>st</sup> Year Trustee – Vern DuMolt
- 2<sup>nd</sup> Year Trustee – Mark Burdette
- 3<sup>rd</sup> Year Trustee – Oscar Rocha
- Officer of the Day – Pat Anamosa
- House Committee Chairman – Tim Ragnar
- Canteen Manager – Dawn Ragnar
- Maintenance Manager – Jason Widmer
- Membership Chair – Aaron Spaulding

## Auxiliary Officers



- President – Deborah Sellers
- Sr. Vice President – Suzanne Kohlbrecher
- Jr. Vice President – Evelyn Hummel
- Secretary – Christina Swanson
- Treasurer – Dawn Ragnar
- Chaplain – Christy Schiltz
- Conductress – Karen Kimble
- Guard – Linda Miller
- 1<sup>st</sup> Year Trustee – Patti Caniglia
- 2<sup>nd</sup> Year Trustee – Shari Dunbar
- 3<sup>rd</sup> Year Trustee – Connie Houk



3RD TUESDAY OF THE MONTH

# BUNCO NIGHT

EVERY MONTH  
3RD TUESDAY OF THE MONTH

**JUNE 18**

**GAME (\$5) STARTS 6:30PM SHARP!**

BRING A FRIEND (OR 3)  
AND JOIN US ON  
**JUNE 18**



FROM THE CANTEEN MANAGER:

Thank you to everyone that contributed and "Flagged A Yard" for our Post & Auxiliary relief fund fundraiser. We planted flags & poppies at 22 addresses and raised a total of \$540 (with \$270 going to each fund). A special thank you to Ashley Cobb who is a Friend of the Post for taking the time to help plant them!

First up for June, we have our Volunteer Appreciation Day on JUNE 1<sup>st</sup>. Unfortunately, due to poor planning, it is a Potluck this year. BUT we will have some amazing door raffles and giveaways so hopefully, that will make up for it. ALL VOLUNTEERS are welcome to bring their significant others and please bring 1 dish to pass. Please see the bartenders for the sign-up sheet and so you can see what others are bringing. Again, canteen has special hours for this event, 11:30AM – 4PM.

Our next big events will be our 4<sup>th</sup> Annual Joe Crutcher Classic Car Show on July 4<sup>th</sup> and our Family Freedom Festival on Sunday, July 14<sup>th</sup>. There will be vendors to shop with, North County Stand Down and other Veteran related booths to stop by. We are also planning on resurrecting the amazing Dunk Tank! Please keep an eye out for a wish list from North County Stand Down as well as who will be in the "wet seat".

Looking ahead, we are excited to have a NEW event in August, where the Auxiliary will be hosting a Murder Mystery dinner which is a fundraiser for Shelter to Soldier. Stay tuned for details!

*Mark Your Calendar With These Events*

- June 1 – Volunteer Appreciation Day (see page 7 with details) \*SPECIAL CANTEEN HOURS 11:30AM – 4PM\*
- June 18 – BUNCO starts 6:30PM only \$5 per person to play
- June 22 – CANTEEN CLOSED due to hall rental
- July 4 – 4<sup>th</sup> Annual Joe Crutcher Classic Car contest & July 4<sup>th</sup> Celebration (see page 3 with details) \*SPECIAL CANTEEN HOURS 11:30AM – 4PM\*
- July 14 – Family Freedom Festival (see page 8 with details)

**VFW POST 7907 PRESENTS**  
**4TH ANNUAL JOE CRUTCHER**  
*Vintage Car Show*



**July 4th | 12pm - 3pm**  
Attendees will vote on their favorite car  
**1st place winner will receive a prize & trophy**  
**FREE LUNCH \* DRINK SPECIALS \* GAMES \* PRIZES**  
**12342 OLD POMERADO RD, POWAY**

**Flag-A-Yard - May 27, 2024**



Everyone loved they're yards displaying flags and poppy's for Memorial Day.



***Own A Classic Car?***  
**Enter it in our 4<sup>th</sup> of July car show**  
Email [vfw7907events@gmail.com](mailto:vfw7907events@gmail.com) to enter your car or for more information.

# Struggle to be Free!

Each person living today on earth struggles. Every human being strives to be free. Free from the bondage of sin, Satan, and old sinful nature. Sin has plagued human beings throughout the ages...from the first generation of parents (Adam and Eve) all the way to the 21<sup>st</sup> generation. Satan has been working hard before and after the fall of man. His aim is to destroy God's crowning creation. Today, believers in Christ continue to struggle because of the OSN (Old Sinful Nature). Sadly, history recorded instances where some sinful people enslaved fellow human beings.

In nearly five decades of ministry and travel in the Philippines, the United States, and more than 30 countries around the world, I have had opportunities to read, observe, experience, and capture images and scenes that depicted important lessons. Here are five examples of invaluable experiences:

1. **Share a message of hope in a hopeless situation.**
2. **A feeling of disappointment is temporary because triumph will reign.**
3. **An imminent defeat is passing, but the overwhelming victory is eternal.**
4. **Always set an inspiring example of teamwork in all you do.**
5. **Most of all love, help and support one another.**

Nearly seven years ago (July 27, 2017) I posted via Facebook a special message for those who struggle in life's journey. I titled it ***Sockeye Salmon-Smelling Flowers-Seafood Lunch in Seattle, Starbucks, & More.*** I included photos of sockeye salmon swimming upstream as they make their final journey home after a few months at sea. Most survived as they swam downstream toward the salty waters of the Pacific Ocean via the Puget Sound. Some will not survive swimming toward the Puget Sound and Pacific Ocean. Ultimately, many will trek back to small streams. The blessed ones survive. Others will not and die due to hostile environment, hungry predators, or actions of people such as fishermen, bears, **bald eagles, ospreys**, and other sea birds and marauders.

Sockeye Salmon symbolizes struggles...like the life that Sockeye lives, life is full of struggles. The entire world has been affected by the COVID-19 pandemic. Everyone struggles. Many, many faced unforgettable and unprecedented challenges. Some still struggle today. Hundreds of thousands of people lost their lives worldwide including my Brother Ricarte Biadog in the Philippines.

**Five Inspiring Principles we can think about as we continue to face challenging time in our generation:**

(1) **Enjoy the beauty of God's creation!** Amid our difficulties let's take time, to walk, run, bike or hike, **smell the flowers**, and enjoy the beauty of God's creations (for instance, ***Sequoia and Kings Canyon National Parks***) and the company of loved ones in San Diego (or wherever your loved ones live on this planet earth).



Sockeye salmon swimming up stream on July 27, 2017, Ballard Locks, Seattle, WA.



Bald eagle hunting for fish on May 25, 2013, Seabeck, WA.



Osprey caught her fish on May 9, 2024, in Diego Bay, Shelter Island, San Diego, CA.



Pollyanna Gore, my granddaughter smells the roses on July 27, 2017, Ballard Locks, Seattle, WA.



Early part of the year on Feb 3, 2023, at Borrego Spring State Park, you may enjoy the desert floras in Borrego Spring, CA.



You can enjoy the flowers all year round or for two months once a year, such as a visit on May 18, 2024, The Flower Fields, Carlsbad, CA, will brighten your day.

(2) **Take a break** and enjoy a sip of hot or cold tea or coffee (or an equivalent of your favorite drink).

(3) **Stay Spiritually fit!** Sunday (Or any **Day of Worship** for you) comes every week. Worship God, Read His Word, Pray Hard, and Share the Good News!

(4) **Fruits Grow in the valley!** In California fruits, vegetables, and nuts grow in the valley (for example, *the grapevines and walnuts in Visalia, CA*).

(5) **Let us truly love and help one another!** Together, we can overcome the most difficult problems. Let us continue to **raise the flag** and remind our fellow Americans that together we will overcome the threats to our freedom, way of life, and health. By God's grace, we will be victorious! Remember, through Him everything is **HIMPOSSIBLE** (Phil 4:13).

May God Bless You Always!

*Chaplain Don Biadog, Jr.* (Mark 10:45)



Sequoia Trees on July 20, 2021, Kings Canyon National Park.



SonLight Church on May 9, 2024, San Diego, CA.



General Sherman Sequoia Tree on July 20, 2021, Sequoia National Park.



Grapevines on July 22, 2021, Visalia, CA.



Walnuts plantation on July 22, 2021, Visalia, CA.



Chaplain Don Biadog (L) and Chief Rick Joya, USN Ret, (R) display the flag on July 20, 2021, in front of General Grant sequoia tree at Sequoia National Park.



US and Philippine Marines carrying the flags during the annual Memorial Day service, May 28, 2023, honoring the war dead heroes buried at Manila American Cemetery, Taguig, Philippines



General Grant Sequoia Tree on July 22, 2021, Kings Canyon National Park.



# BURGER MENU



it's burger o'clock

FRIDAY NIGHTS

**CLASSIC BURGER \$10**

(INCLUDES VEGGIE BURGER)

EVERY FRIDAY



**BACON CHEESEBURGER \$12**

EVERY FRIDAY

**BBQ WESTERN BURGER \$12**

SUB BURGER FOR GRILLED CHICKEN

JUNE 7



**HAWAIIAN BURGER \$12**

SUB BURGER FOR GRILLED CHICKEN

JUNE 21

**BACON MAC & CHEESE BURGER \$12**

SUB BURGER FOR GRILLED CHICKEN

JUNE 14



**CAPRESE BURGER \$12**

SUB BURGER FOR GRILLED CHICKEN

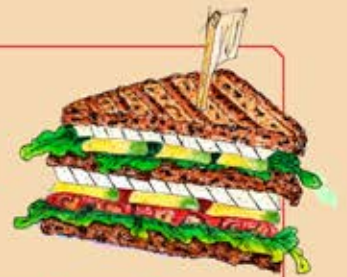
JUNE 28



INCLUDES 2 SIDES  
& DESSERT



**JUNE 1ST \* 12PM - 4PM**



# **VOLUNTEER APPRECIATION POTLUCK**

**BRING YOUR FAVOURITE DISH  
TO SHARE WITH EVERYONE**

**SATURDAY, AT 12 PM**  
UNTIL THE FOODS ARE ALL GONE!!

**1  
JUNE**



**ALL VOLUNTEERS**  
AND THEIR SIGNIFICANT OTHERS WELCOME



**SIGN UP TODAY**  
WITH BARTENDER



**JULY 14, 2024**



**JOIN US FOR OUR  
FAMILY  
FREEDOM  
FESTIVAL**

**FUN FOR ALL AGES**

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**SHOP WITH VENDORS  
KIDS & ADULTS CAN PLAY GAMES & WIN PRIZES!  
DROP OFF ITEMS FOR HOMELESS VETERANS  
GET THE KIDS FINGERPRINT CARDS DONE  
FOOD \* BEVERAGES & MORE!**

**Located at VFW Post 7907  
12342 Old Pomerado Rd, Poway**

**11AM - 2PM**



# Around the Post

Memorial Day - May 27, 2024



CDR John Carson at Dearborn Cemetery.



Pat Anamosa standing watch during the ceremony.



The Heritage Girls presented the colors.



Post Member Aurthur Blain presented on behalf of the American Legion.

★ *All Gave Some. Some Gave All.* ★

## BINGO - May 5, 2024



AND THE WINNERS ARE: (L to R) Bryan Gust, CJ Barber, Ashley Cobb & Madi Cobb.

## AFJROTC Awards Banquet



Fred Whiteman, Master Sergeant, Ferdinand Toledo & Past Post CDR Bill Kimble.

## Chaps Around the Globe



May 24, 2024 - Mission accomplished - Placing of 34,000 Flags on the hallowed grounds of Manila American Cemetery.

# Thank You to Our Sponsors and Volunteers

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1031 S. Santa Fe Avenue, Vista, CA 92084



# JUNE 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

## Get Your Birthday Drink!

Are you a Post or Auxiliary Life Member and is your birthday this month, then have a drink on us!



<p>1 11:30AM - 4:00PM</p> <p><b>8:00AM</b> Saturday Work Party</p> <p><b>12:00PM - 4:00PM</b> Volunteer Appreciation Day Potluck</p>						
2 Canteen Closed	3 3:00 PM - 6:00 PM	4 3:00 PM - 8:00 PM	5 11:00AM - 6:00PM <b>11:30AM</b> Teriyaki Chicken, rice & veggies Donation: 10.00 <b>6:00PM</b> Bicycle Club Meeting	6 3:00 PM - 6:00 PM	7 3:00 PM - 9:00 PM <b>6:00PM</b> Burger or Bacon Western Burger with choice of 2 sides	8 3:00AM - 6:00 PM <b>8:00AM</b> Saturday Work Party
9 Canteen Closed	10 3:00 PM - 6:00 PM	11 3:00 PM - 8:00 PM <b>6:00PM</b> Auxiliary General Meeting	12 11:00AM - 6:00PM <b>11:30AM</b> Beef Stroganoff Donation: 10.00 <b>6:00PM</b> Bicycle Club Meeting	13 3:00 PM - 6:00 PM	14 3:00 PM - 9:00 PM <b>6:00PM</b> Burger or Bacon Mac & Cheese Burger with choice of 2 sides	15 3:00 PM - 6:00 PM <b>8:00AM</b> Saturday Work Party <b>10:00AM - 1:00PM</b> Vietnam Veterans Association Meeting
16 Canteen Closed	17 3:00 PM - 6:00 PM <b>6:00PM</b> VFW Post Officers Meeting	18 3:00 PM - 8:00 PM <b>6:30PM</b> BUNCO!	19 11:00AM - 6:00PM <b>11:30AM</b> Spaghetti with/ marina, meatballs & bread Donation: 10.00 <b>6:00PM</b> Bicycle Club Meeting	20 3:00 PM - 6:00 PM <b>7:00PM</b> VFW 7907 Post Meeting	21 3:00 PM - 9:00 PM <b>6:00 PM</b> Burger or Hawaiian Burger with choice of 2 sides <b>7:00-9:00 PM</b> Live Music with Windjammers	22 Canteen Closed <b>8:00AM</b> Saturday Work Party <b>4:00 - 9:00PM</b> Hall Rented
23 Canteen Closed	24 3:00 PM - 6:00 PM	25 3:00 PM - 8:00 PM	26 11:00AM - 6:00PM <b>11:30AM</b> Pork roast, mashed potatoes & veggies Donation: 10.00 <b>6:00PM</b> Bicycle Club Meeting <b>6:00PM</b> Event Planning Meeting	27 3:00 PM - 6:00 PM	28 3:00 PM - 9:00 PM <b>6:00 PM</b> Burger or Caprese Burger with choice of 2 sides <b>7:00PM-9:00PM</b> Live Music with Country Crossovers	29 3:00 PM - 6:00 PM <b>8:00AM</b> Saturday Work Party
30 Canteen Closed						

**Please Note:** We make an effort to list the meals accurately. However, menu items may change. Please check the Post menu board or call the Post to verify.