



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

VFW

VETERANS OF FOREIGN WARS.

Post 7907



Never Forget

POST MONTHLY MEETING SCHEDULE

Please Join Us

Event Planning Meeting
No meeting this month

Auxiliary General Meeting
6:30 PM | Tuesday - Mar. 10

**VFW Post Officers/House Committee
Chair Meeting**
6:00 PM | Monday - Mar. 16

VFW 7907 Post Meeting
7:00 PM | Thursday - Mar. 19

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 21st of each month. Send your submission to VFW7907@gmail.com with *Newsletter Submission* in the subject line.

COMMANDER'S CALL:

Greetings All,

The Post enjoyed a short but busy month. The Super Bowl party was outstanding, although I have watched more exciting Pop Warner football games than this one. That did not stop everyone from having an awesome time. For the second year in a row, the Chile Cook-Off champ is Oscar Rocha; 2nd place went to Vern, and Greg took 3rd again. It seems Greg is the bridesmaid again; I think this is the fourth time in a row for him. Congrats to all three; see you all next year.

As my year is coming to its end very quickly, I am asking you, my Comrades, to get out there and recruit new members. We need young Warfighters to join our VFW so we will remain strong into the future.

As always, thank you to all our wonderful volunteers for the many hours they give to help support our Post. Please take a minute and check out the new improvements Jason and the Saturday Crew have made in the canteen. Great job, gang!

I am still on my soapbox: Please, please come and support your canteen and enjoy all the meals we offer weekly. Our meals are awesome and at a great price. I can't believe that I am the only one on a fixed income.

I am happy to report that our relief fund was able to help two of our members for a total sum of \$2000.00. If there is anyone who knows of a comrade, veteran, or their family member in need, please contact me, Chaps, or the Post.

Looking forward to seeing y'all around the Post.

Commander Bill Kimble

858 722 2207

2025-2026 Officers



Post Commander – Bill Kimble
Sr. Vice Commander – Butch Beltrain
Jr. Vice Commander – Deanna Kimble
Quartermaster – Tim Ragnar
Chaplain – Don Biadog, Jr.
Surgeon – Chuck Grady
Service Officer – Ed Ozmun
Adjutant – Paula Jansen
Judge Advocate – Paula Jansen
Guard – Henry Flores
1st Year Trustee – John Schiltz
2nd Year Trustee – Bryan Gust
3rd Year Trustee – Paul Swanson
House Committee Chairman – Jason Widmer
Membership Chairman – Bill Kimble
Officer of the Day – Jim Cook
Canteen Manager – Vern DuMolt

Auxiliary Officers

President – Dawn Ragnar
Sr. Vice President – Leanna Brown
Jr. Vice President – Noel Gilchrist
Secretary – Kacyenne Barber
Treasurer – Kacyenne Barber
Chaplain – Christy Schiltz
Guard – Rachel Rocha
Conductor – Karen Kimble
1st Year Trustee – Connie Houk
2nd Year Trustee – Patty Wolinski
3rd Year Trustee – Erin Gilchrist



FROM THE AUXILIARY PRESIDENT:

While February was a short month, we still managed to squeeze in our chili cook-off (where Oscar was crowned the 2 time winner), watching the Olympics at the canteen, enjoying the Country Crossovers play, Bunco and the Auxiliary donating socks & underwear to the VA Hospital (thank you Mary Gust for taking care of that). If you missed out on any of that, you need to pay attention to the rest of this article!!

Continuing my personal bad habit of being a glutton for punishment, March is PACKED with over-the-top fun–March Madness if you will!! First, on March 13th, TRIVIA will be taking place at the Post. The cost is \$8 per person to play (see page 5 for details). Then, the very next day, we have our Auxiliary Department President's homecoming on March 14th at the San Diego Air & Space Museum. Since she is a member of 7907, all members of our Auxiliary and Post are encouraged to attend. Reservations are required so please be sure to go to vfvauxca.org/news/homecoming to register (see page 6 for details). Then we will close out the month with our SPEAKEASY CASINO NIGHT on Saturday, March 28th. Tickets are available from the bartenders (see page 3 for details).

As for Auxiliary "business", we have elections coming up on April 14th, there is an Honor Flight reception at the airport on May 1st, our May meeting is moved up to the first Tuesday in May which is May 5th and we will be having a Cinco De Mayo party so all Auxiliary members and their spouses are invited. Then to close out the fiscal year, installation of officers will take place at our June 9th meeting.

Be sure to **SAVE THESE DATES** on your calendar with these events:

- March 13 – TRIVIA & Dinner
- March 14 – Auxiliary Department President Homecoming at San Diego Air & Space Museum
- March 28–April 5 – Easter Brunch
- May 16 – Auxiliary District 1 President's Homecoming at our Post
- May 30 – Volunteer Appreciation Day

I hope to see all our Auxiliary members at our next meeting on March 10th.

Dawn Ragnar

Lic# 984653

KIC

Restoration Inc.

Jason Widmer
President

Main (858) 859-1998 Ext. 103 | Mobile (858) 956-4545 | jason@kicrestoration.com



Apparently some meetings require frog legs.

FROM THE CANTEN MANAGER

I was asked why we (the bartenders) change the tipping screen on the POS handheld from the percentages to the screen that says "custom tip." It's simple: tipping by percentage makes tip amounts in dollars and cents (for example, 20% of \$25 is \$2.50, and 30% of \$25 is \$7.50), whereas the "custom tip" generally creates tips in whole dollars that you enter.

Why does this matter?

When reconciling daily receipts with the daily sales reports, we'll see an overage or shortage in the dollar amount to be deposited due to rounding up or down because we don't have coins. Additionally, when audited, additional funds from overages may be nice, but shortages cause questions that need to be answered. I hope this explanation helps.

Also,

Thank you to all who participate in our events and visit the Canteen regularly. Although the Canteen is not the VFW, without it, we may not have a place of our own to gather for comradeship or celebration.

Your participation pays the bills and helps our Post be the best in District One.

Vern DuMolt



I WANT YOU FOR THE SATURDAY MORNING WORK PARTY

Each Saturday at 8:00AM at the Post
For more info contact Tim Ragnar
timragnar@gmail.com

SPEAKEASY NIGHT

ROARING 20'S CASINO PARTY

FUNDRAISING EVENT

MARCH 28, 2026

COME AS A FLAPPER OR COME AS YOU ARE,
DRESS AS A GANGSTER OR A SILENT SCREEN ACTOR,
IT'S GOING TO BE FUN, NO MATTER THE DRESS,
JUST JOIN US AND WE'LL HANDLE THE REST!

VIP SPEAKEASY (INCLUDES HORS D'OEUVRES) 5:30PM
CASINO NIGHT 6:30PM
\$40 PER PERSON

PLATINUM
OG SPONSOR

A Story of Unselfish Giving

*Inspired by the Jerusalem Gold Hybrid Sunflower
Story and Photos by Don Biadog, Jr.*

From spring into the warmth of summer, our backyard became a small sanctuary of life and color. It began when I planted Jerusalem Gold Hybrid Sunflower seeds in a simple square garden plot. The seed packet promised that these flowers would attract birds, though it never said which ones. I soon found out.

Within two weeks, the seeds sprouted. Before long, the plants stretched upward—four feet tall and some even higher—bursting into brilliant yellow-orange petals wrapped around a deep, dark center. They stood proudly in the sunlight, bright and strong, like sentinels keeping watch.

But beauty often invites visitors. As the leaves grew, I noticed holes appearing. At first, I blamed worms. Then one morning, I discovered the real culprits: Pine Warblers. Small flocks arrived at dawn, nibbling on the tender green leaves. They returned throughout the day, doing what hungry creatures do—taking what they needed to survive.

During the hot “Santa Ana” winds of summer, I added a solar-powered water fountain to help the birds. They loved it. Hummingbirds—Anna’s, Costa’s, Allen’s, and Black-chinned—hovered and played around the fountain, drinking from the fresh water as if it were a gift made just for them.

When the sunflowers finally bloomed, the backyard came alive. Bees, butterflies—including monarchs—and more birds joined the feast. The Jerusalem Gold Sunflower became a gathering place, a source of nourishment for all who visited.

Then came the fading. The once-vibrant petals slowly turned from golden yellow to grayish brown. The flowers lost their beauty, at least to the human eye. But even in decline, they continued to give. As the seeds matured, the warblers returned—not for leaves this time, but for the seeds themselves. They perched on the

drooping heads of the sunflowers, picking out each seed one by one. The plant gave until it had nothing left to offer.

And that is the heart of this story.

The Jerusalem Gold Hybrid Sunflower is a picture of unselfish giving—beautiful in its prime, and still giving generously even as it fades. In fact, some of the most meaningful photos I captured were not of the sunflower in full bloom, but of the faded flower offering its final gifts to the birds. Those images were even featured several times as “Photo of the Day” by CBS News 8 San Diego.

To me, that fading sunflower is a reminder of the men and women who have served our nation—our veterans. Many gave the best years of their lives in service. Many continue to give long after their uniforms are retired. Their families, too, have sacrificed quietly and faithfully. Like the sunflower, they have poured out strength, courage, and love so others could live in freedom.

To all veterans, families, and friends:

Thank you for your unselfish giving.

Thank you for serving, supporting, sacrificing, and standing strong through every season—storm or sunshine.

And to each of us:

Let us keep giving, helping, and loving those around us. Let us forgive freely, serve humbly, and share the wonderful grace of God with those He places in our path. Life is short, but the impact of a giving heart lasts far beyond our years.

With gratitude and love,

Don Biadog, Jr.
(Mark 10:45)



Jerusalem Gold Sunflower, 3 Aug. 2025, Carmel Mountain Ranch, San Diego, CA

GET READY FOR TRIVIA

THE BATTLE FOR YOUR BRAIN



Friday, March 13th | Time 6:45 PM - 8:45 PM
 Dinner: Stuffed pork chops, mashed potatoes & corn
 Cost (per person): Dinner \$12 (kids \$8) Trivia \$8
 Location: VFW Post 7907, 12342 Old Pomerado Rd, Poway



Curling - the new favorite sport for the patrons (and volunteers).



House Committee Chair, Jason Widmer doesn't miss a spot during Saturday work parties!

Oh How Time Flies...

After thousands of miles traveled,
Auxiliary Department President, Kathie Okolski,
is having her Homecoming.
Please join her on

March 14, 2026

SAN DIEGO AIR & SPACE MUSEUM

located in historic Balboa Park in the heart of San Diego, this venue is an event unto itself.
Your travel will begin with a self-guided tour of the museum starting at 4pm.
Cocktails and hors d'oeuvres will be served 5pm with dinner starting at 6pm.
The fun continues after dinner with more drinks and dancing 7pm - 9pm
(attire is cocktail/semi-formal)

Boarding Pass to attend - \$40
Includes admission
to museum & dinner

To RSVP, go to vfwauxca.org/news/homecoming

Please RSVP no later than March 1, 2026

(payment instructions provided upon registration)

Traveling from out of town?

Discounted hotel stay is available at
The Dextro, Little Italy.
Please use the HOTEL link below
to reserve a room.

OPTIONAL -
upgrade your ticket to a
VIP PASSPORT - \$60
includes Boarding pass and
transportation to & from hotel

Make a full weekend out of your trip
with these nearby things to do

- USS Midway Museum
- San Diego Zoo
- Hotel Del Coronado
- Cabrillo National Monument
- Fleet Science Museum
- Maritime Museum
and much more!



questions? email - secretary@vfwauxca.org

EASTER

APRIL 5, 2026

BRUNCH BUFFET MENU (SERVED 10AM - 1PM)

Baked ham

Barbecue turkey

Barbecue tri-tip

Pulled pork

Bacon

Sausage

Mini quiche

Three different salads

Scrambled eggs

Eggs to order

Breakfast burritos

Biscuits, gravy, pancakes

French toast, sticks for the kids

All types of pastries and bread

(menu subject to change)

PRICES

All you can eat

\$30 Adult / \$10 Kids

VIEW POST 7907, 12342 OLD-POMERADO RD

Around the Post

Super Bowl Party and Chili Cook-off - Feb. 8, 2026



Paula & friend sampling the chili and making their choices.



Greg with his chili samples.



Friday Dinners - Feb. 2026



Our Friday dinners are enjoy by all!



Sunday Breakfast - Feb. 22, 2026



Thank you to our awesome Sunday Breakfast Crew!

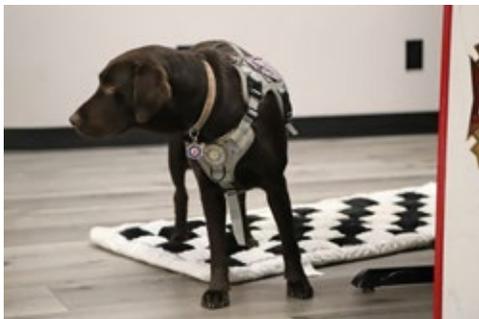


The Cobb family enjoying a hearty breakfast.



Patty, Karen, Deanna & Melissa

Post General Meeting - Feb. 19, 2026



Some who serve have four paws.



Paula presenting at the meeting.



There was a good turn out but we would love to see more members attend.

Around the Post

District 1 Meeting - Feb. 2, 2026



CDR Bill (front row, third from right) at District One Meeting receiving a Membership medal for the Post.

Sweethearts Dinner - Feb. 13, 2026



Jason excited about the Sweethearts Dinner

Wednesday Lunch - Feb. 4, 2026



Thank you Ray & Fred for the tasty lasagna lunch (not to mention all the others)!

MARCH 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Canteen Closed	2 3:00 PM - 6:00 PM	3 3:00 PM - 6:00 PM	4 11:00 AM - 6:00 PM 11:30 AM Beef Stroganoff 12.00	5 3:00 PM - 6:00 PM	6 3:00 PM - 9:00 PM 6:00 PM Fish OR Beef taco plate with rice & beans 12.00	7 3:00 PM - 6:00 PM 8:00 AM Saturday Work Party
8 Canteen Closed	9 3:00 PM - 6:00 PM	10 3:00 PM - 6:00 PM 6:00 PM Auxiliary General Meeting	11 11:00 AM - 6:00 PM 11:30 AM Corned beef, potatoes & veggies 12.00	12 3:00 PM - 6:00 PM	13 3:00 PM - 9:00 PM 6:00 PM - 7:00 PM Stuff pork chop, mashed potatoes & veggies 12.00 6:45 PM - 8:45 PM TRIVIA!!	14 3:00 PM - 6:00 PM 8:00 AM Saturday Work Party
15 Canteen Closed	16 3:00 PM - 6:00 PM 6:00 PM VFW Post Officers / House Committee Chair Meeting	17 3:00 PM - 6:00 PM Happy St. Patrick's Day Join us for drink specials 	18 11:00 AM - 6:00 PM 11:30 AM Enchilada casserole, rice & beans 12.00	19 3:00 PM - 6:00 PM 6:00 PM VFW 7907 Post Members Only Happy Hour 7:00 PM VFW 7907 Post Meeting	20 3:00 PM - 9:00 PM 6:00 PM Veggie OR Meat Lasagna, salad & garlic bread 12.00	21 3:00 PM - 6:00 PM 8:00 AM Saturday Work Party 10:00 AM - 1:00 PM Vietnam Veterans Meeting
22 8:30 AM - 1:00 PM 10:00 AM - 12:00 PM Eggs to order, biscuits & gravy, sausage, bacon, potatoes, pastries & fruit; French toast sticks & pancakes for the kids 12.00	23 3:00 PM - 6:00 PM	24 3:00 PM - 6:00 PM	25 11:00 AM - 6:00 PM 11:30 AM Baked Chicken, roasted potatoes, veggies 12.00	26 3:00 PM - 6:00 PM	27 3:00 PM - 9:00 PM 6:00 PM Fried cod, fries & coleslaw 12.00	28 4:30 PM - 9:30 PM 8:00 AM Saturday Work Party 5:30 PM - 9:30 PM Speakeasy Casino Night!
29 Canteen Closed	30 3:00 PM - 6:00 PM	31 3:00 PM - 6:00 PM	<p>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> 			

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.