



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

Event Planning Meeting
5:00 PM | Tuesday - May 6

Auxiliary General Meeting
6:00 PM | Tuesday - May 6

**VFW Post Officers/House Committee
Chair Meeting**
6:00 PM | Tuesday - May 13

VFW 7907 Post Meeting
7:00 PM | Thursday - May 15

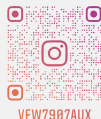
House Chairman Clean Up/Working Party
8:00 AM | Saturday Mornings



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:

Greeting All,

A big thank you to all of our volunteers for the month of April. The Easter Brunch was huge, we sold over 120 adults meals and 38 kids meals. I am so proud of everyone who helped out to make the day a big success. The Post needed a win. Our Friday night dinners are still slow, maybe the warmer weather will bring more support.

We are kicking off May with a food drive. The US Postal Service is sponsoring Stamp Out Hunger in May. There is a donation bin located in the Post canteen, please drop off all nonperishable food items May 1st - May 9th.

We also will have Poppy donation wall in the hall. Please see your Canteen Manger, Vern, or any of his bartenders to get your donation card placed on the wall. No donation is to small, all donations go to Post Relief Fund.

The canteen will be open on Fridays at 3PM once again and we will open on Saturdays from 12PM to 6PM. Please come down and show support for your Post.

VFW Post 7907 will participate in the Memorial Day Ceremony at Dearborn Memorial Park in Poway. The Fleet will be in charge of ceremony which starts at 11AM May 26th. Bring your lawn chairs and get comfortable.

If there is anyone who knows of a Veteran or their family in distress or in need please let myself, Ed the service officer or Chaps know.

Commander Bill Kimble



2024-2025 Officers



Post Commander – Bill Kimble
Sr. Vice Commander – Vern DuMolt
Jr. Vice Commander – Deanna Smith
Quartermaster – Clint Dawson
Chaplain – Don Biadog, Jr.
Surgeon – Fred DiCarlo
Service Officer – Ed Ozmun
Adjutant – Paula Jansen
Judge Advocate – Butch Beltrain
Guard – Daniel Samayoa
1st Year Trustee – Paul Swanson
2nd Year Trustee – Oscar Rocha
3rd Year Trustee – Bryan Gust
House Committee Chairman – Tim Ragnar
Membership Chair – Jay Santa Maria
Officer of the Day – Jim Cook
Maintenance Manager – Jason Widmer
Canteen Manager – Vern DuMolt

Auxiliary Officers

President – Dawn Ragnar
Sr. Vice President – Jericho Nevitt
Jr. Vice President – Christina Swanson
Secretary – Kacyenne Barber
Treasurer – Deborah Sellers
Chaplain – Christy Schiltz
Conductor – Karen Kimble
Guard – Rachel Rocha
1st Year Trustee – Shari Dunbar
2nd Year Trustee – Connie Houk
3rd Year Trustee – Patty Wolinski



FROM THE AUXILIARY PRESIDENT:

Did you know, each month, on the 1st and 3rd Friday, the Auxiliary is in charge of dinners and the 2nd, 4th and 5th Friday is the Post. The volunteer cooks are 1st Friday, Jim Gordon; 2nd Friday, Commander Kimble; 3rd Friday, Jericho Nevitt; 4th Friday, Joe Lynch & Commander Kimble; 5th Friday, Commander Kimble. Each week, there is also a server or two that assist in set up and serving. Please be sure to thank each of them when you see them!

If you missed Easter brunch – you REALLY missed out! Thank you to everyone that helped make the day possible. It was our best yet.

Now down to “business”. On April 8th, our Auxiliary elected our 25/26 officers. They are:

Senior Vice – Leanna Brown
Junior Vice – Noel Gilchrist
Treasurer – Kacyenne Barber
Guard – Rachel Rocha
Conductor – Karen Kimble
Trustee 3 yr – Deborah Sellers
Chaplain – Christy Schiltz (the amazing Christina Swanson did fill in as a surrogate for Christy as she was not present – Thank you Christina for always stepping up!)

President – will again be, yours truly

The Auxiliary will be installing these Officers at our May 6th meeting. Officers, please be sure to wear your auxiliary attire or something patriotic, we will be having photos taken that night!

A few other items to put on your May calendar are Breakfast on the 18th and Memorial Day on the 26th. Of course, there's also our annual Casino Night on June 7th and I hope everyone reading this will support that night in one way or another.

Thank you,

Dawn Ragnar



VOLUNTEER APPRECIATION DAY
JUNE 28, 2025
FREE DINNER & DRINKS
4PM - 7PM



Sunday BREAKFAST

May 18 | 9am - 11am

ADULT MEAL
2 EGGS (made to order)
HASHBROWNS
FRENCH TOAST STICKS
SAUSAGE OR BACON

**ADULTS \$12
KIDS UNDER 10 \$8**

KIDS MEAL
2 EGGS (made to order)
Mini Pancakes or French Toast sticks

VFW Post 7907, 12342 Old Pomerado Rd., Poway



BBQ

**PORK SANDWICH
BILL'S BAKED BEANS
COLE SLAW
CORN ON THE COBB
COMMANDER'S HOMEMADE PEACH COBBLER**

5TH FRIDAY, MAY 30TH

STARTING 6PM WHILE SUPPLIES LAST

Adults \$15 / Kids under 10 \$8

VFW Post 7907, 12342 Old Pomerado Rd., Poway




**I WANT YOU FOR THE
SATURDAY MORNING
WORK PARTY**

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

FROM THE CANTEN MANAGER

Did you feel the earthquake Monday, April 14? That's the question that invoked many stories after a 5.2 magnitude shaker hit the county, so I thought I'd share one here. I was at the Post taking care of some business when the quake happened. I was surprised by how much our old building shook and rattled, but surprisingly, there was no visible damage. Much of the canteen inventory had to be repositioned on the shelves as the shaker brought products to the edge of the shelf, but fortunately nothing fell. While I was straightening out the bottles behind the bar, I was contacted by the Commander for a status report. He mentioned he had noticed an interesting sight while reviewing our security cameras. In the liquor closet was a bottle of Kalua that went to the edge of the shelf and tipped over, but was stopped by a sleeping bag and backpack hanging on the wall (see photo below). The backpacks we keep are given to homeless veterans in need, and this one proved useful in a different way.

Easter brunch was well attended. There was a great variety of food to be enjoyed. A big Thank You goes out to the Commander, and the Kitchen volunteers including members of the Auxiliary who kept the serving line stocked and assisted in clean-up. The warm temperatures drew many folks out to the patio, and families with children filled the park's playground which is testimony to our Post having a great location. Additionally, people who visit us often comment on how welcoming and inviting our Post is.

Beginning in May we will open Saturday at 12PM for those who want to spend the day here visiting with friends and family. Please feel free to bring the kids and grandkids to enjoy the playground. While you're at it, consider bringing your favorite board game, or playing cards to share with others.

We look forward to seeing you here and supporting upcoming events. Be sure to check the rest of the newsletter and calendar to learn what's coming next.

Vern DuMolt



Red Poppy Flower: Symbol of Sacrifice and Freedom

The red poppy is one of the most beautiful flowers that adorn the European and the Holy Land landscapes during springtime season. During my tour of duty on board Naval Support Activity Naples, Italy, in summer of 2013 to summer of 2016, I saw many red poppies decorated the southern Italy landscape. For me the red poppy has a patriotic meaning and spiritual symbol. Red symbolizes the blood of warriors who fought for freedom from the ancient era to modern times.

Every time you and I see each red poppy; it represents a precious soul of warrior/veteran who sheds his or her blood for the flag. We must never forget their sacrifices for freedom's sake.

The Veterans of Foreign Wars (VFW) Buddy Poppies program is a long-standing tradition that honors fallen service members and supports veterans in need. The poppy became the official memorial flower of the VFW in 1922, inspired by the famous poem *In Flanders Fields*.

Each year, VFW members distribute Buddy Poppies, often around Memorial Day and Veterans Day, to raise funds for veterans' rehabilitation programs, financial assistance, and the VFW National Home for Children. The poppies are assembled by disabled and needy veterans, providing them with financial support.

When you see a veteran on Veteran's Day or any day of the year, please tell him or her, "Thank You So much for your Service!" On the other hand, on Memorial Day, never forget to remember and honor those who died while serving in our Armed Forces. We must always acknowledge that Freedom is Not Free! For those who gave up everything in service to this Country. Our Lord said, "Greater love has no one than this, that someone lay down his life for his friends." John 15:13 ESV. Jesus Christ gave His life for you and me. He shed His blood and died on the line of duty! He gave us eternal spiritual freedom from our enemies (Satan, sin and old sinful nature). Our brave warriors gave their lives for you and for me so that we can remain free from tyranny and oppression and continue to enjoy our freedom today. Let's pause a moment of silence and say a prayer of thanks for the service of our veterans, all our heroes, and their families.

Our VFW Post 7907 Poway is celebrating the "Buddy Poppies" the entire month of May 2025. Post members volunteer to hand out the red poppies on Memorial Day or any Patriotic event for a small donation. When you see them be sure to pick up a few, as stated earlier, 100% of the funds are for veterans' rehabilitation programs, financial assistance, and the VFW National Home for Children.

When you see a red poppy flower (natural or created by a physically challenged veteran), it is imperative to think that it is a Symbol of Sacrifice and Freedom! May God Bless you and your family, the good LORD bless all our veterans, and may God Bless the United States of America!

Chaplain Don Biadog, Jr.

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



Red poppy, 12 May 2014,
Sicily-Rome Cemetery &
Memorial, Nettuno, Italy



Red poppies, 9 May 2014, the ruins at Herculaneum, Italy

VFW Post 7907 presents



FOOD DRIVE

The Post is supporting this years
National Stamp Out Hunger
Food Drive

May 1 - May 9th
Please bring non-perishable food items
to VFW Post 7907
12342 Old Pomerado Rd, Poway

ITEMS NEEDED

CANNED/BOXED FOOD
(PLEASE CHECK EXPIRATION DATES
WE CANNOT USE EXPIRED FOOD)

- Pasta sauce (canned)
- Peanut butter and jam
- Cereal and oatmeal
- Boxed macaroni and cheese
- Chicken or tuna (canned)
- Ready-to-eat meals
(chili/stew/"SpaghettiOs")
- Soup (ready-to-serve, canned)
- Beans (canned)
- Shelf stable juice or milk
- Healthy snack foods
- Rice
- Gift cards (grocery and gas)

ARE YOU FEELING LUCKY?

Join us June 7th for Casino Night!

This fundraising event is one you will not want to miss!
We will have roulette, a craps table, several black jack
tables, multiple raffles, silent auction items and of
course, food & drinks!

DONATION \$40 PRE-PAID \$45 AT THE DOOR	ENTRY DONATION INCLUDES: HEAVY HORS D'OEUVRES, 1 DRINK COUPON & \$200 IN PLAYING CHIPS (ADDITIONAL BUY IN CHIPS WILL BE AVAILABLE)	COCKTAILS 6 PM CASINO FUN 7 PM
---	--	---

VFW POST 7907, 12342 OLD POMERADO RD, POWAY

TICKETS AVAILABLE AT THE POST STARTING MAY 1, 2025

WAYS EVERYONE CAN SUPPORT

OUR JUNE 7 CASINO NIGHT!

SPONSORSHIP

Event Sponsor - \$2000 (includes 4 admission tickets)
Table Sponsor - \$1000 (includes 2 admission tickets)
Food Sponsor - \$500 (includes 1 admission ticket)
Drink Sponsor - \$500 (includes 1 admission ticket)

PRIZE DONATIONS

Help us out by purchasing some of the
grand prizes. The QR code will bring you
to an Amazon wish list. You just click &
shop!

BASKET DONATIONS

One of the biggest part of our fundraiser is our silent auction!
We need both already made baskets as well as items to put into
baskets that our volunteers create.

HELP SPREAD THE WORD!!!

EVEN IF YOU'RE UNABLE TO SPONSOR OR DONATE, PLEASE
ATTEND AND BRING SOME FRIENDS!!!

ATTENDEE COST IS \$45 PER PERSON AND THAT INCLUDES
FOOD AND GAMBLING CHIPS.

EMAIL US TODAY
vfw7907events@gmail.com

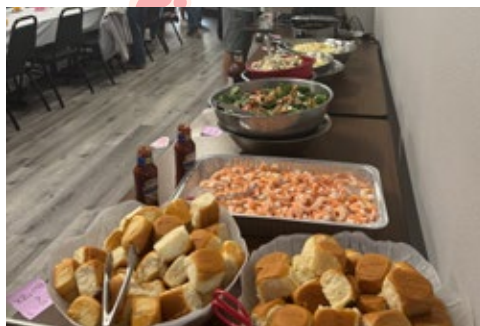
VFW POST 7907
12342 Old Pomerado Rd, Poway

Around the Post

Easter Brunch - April 20



Dawn supervising the food crew putting out the food for the amazing breakfast.



We had a great spread. Thank you to everyone who donated & prepared food for this wonderful feast.



Thanks to Paul Swanson, CDR Kimble & Christina Swanson for cooking a fabulous breakfast.



Fred Whiteman & Noel Gilchrist



Aux President, Dawn Ragnar, showing off her beautiful new grandbaby. The rest of the family looks great too!



We had a full house inside and out.



The kids had a fun time hunting for Easter eggs.



CDR Kimble, Easter Bunny & Karen

Around the Post

Vietnam Veterans Association Luncheon - April 19



Thank you to all of our Vietnam Veterans.

Post Around Town - April 2025



Friday dinner in the canteen.
(L to R) Vern, CDR Bill, Karen, Patti & Fred

We have a good time at the Post.
Join us in supporting veterans and their families.



Monday morning donut gang,
Lavon, Richard, Ed, Henry, Greg & John.
Representing the 7907 at Sesame donuts PQ.

General Meeting - April 17



Three new comrades.



Paula Jansen, Department, Junior Vice Commander
representing the Post at the Lakeside Rodeo.



Department, Junior Vice, Commander Paula Jansen, swearing in the new officers.



Thank You to Our Sponsors and Volunteers

JG PLUMBING
LIC. # 1068703

James L. Gordon
Owner/Operator



(858) 776-7480 Call For A Free Estimate!

VFW Life Member

James Riley
(619) 569-9655
james@watkinsrealttygroup.com
DRE Lic. #02225409

WATKINS REALTOR
RESIDENTIAL & INVESTMENT PROPERTIES
5703 Oberlin Drive, San Diego, CA 92121



KIC
Restoration Inc.

Jason Widmer
President

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

BLOCK ISLAND DECK & PATIO
ALL Exterior Wood Repair, Restoration & Replacement
A Division of Block Island Remodeling
CA Lic. #823273

Rick Di Lella
General Contractor

13001 Treecrest Street
Poway CA, 92064
blockisland7@cox.net
blockislanddecks.com

Mobile (619) 248-2870
Office (858) 668-3356
Fax (858) 842-1720



**Your business card
could be here**

*Contact the Quartermaster
for more information.*

**Your business card
could be here**

*Contact the Quartermaster
for more information.*

Anthony DeGasperis
BROKER/OWNER - DRE #01229090

619-379-7730
anthony@sdhometeam.com
www.sdhometeam.com

RECOGNITION OF EXCELLENCE
2020 OFFICIAL AWARD WINNER
GOLD

degasperis
and associates
REAL ESTATE

www.SDHomeTeam.com

Ask About My
\$500
Referral Fee...

Refer me to a friend or family member and when we Close Escrow I will give you \$500 AND donate \$500 to the VFW-Poway Post.

Call Me Today!
619-379-7730

**& My Donation of
\$500
to VFW-Poway**

Call for Details!

POWAY SIGN COMPANY
Mike Appling
Owner
858-437-3093
getsigns@powaysigncompany.com
CA LIC #988631
www.powaysigncompany.com
12320 Oak Knoll Road, Suite B
Poway, CA 92064



**Your business card
could be here**

*Contact the Quartermaster
for more information.*

We Understand Commitment

You can rely on Edward Jones for one-on-one attention, our quality-focused investment philosophy and straight talk about your financial needs. To learn more, call today.


Bill Bauerle
Financial Advisor
13426 Community Rd Ste C
Poway, CA 92064-4712
858-746-6493

edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING



Dr. Mark Burdette
Chiropractor



Community Chiropractic Center

13029 Pomerado Rd., Ste. A
Poway, CA 92064
(858) 486-1222
www.CCCpoway.com

DQ


Franchisee: Craig Engler
Veteran Owned

Locations

5950 Santo Road, San Diego, CA 92124
70 Town Center Parkway, Santee, CA 92071
1031 S. Santa Fe Avenue, Vista, CA 92084

MAY 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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> <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.</p> 				1 3:00 PM-6:00 PM	2 3:00 PM-9:00 PM 5:30 PM Fried chicken (1 breast OR 1 thigh & leg), coleslaw, mashed potatoes & gravy & dessert Donation: 12.00	3 12:00 PM-6:00 PM 8:00 AM Saturday Work Party
4 Canteen Closed 8:00 AM-12:00 PM Auxiliary District Meeting	5 3:00 PM-6:00 PM	6 3:00 PM-8:00 PM 5:00 PM-5:45 PM Event Planning Meeting 6:00 PM Auxiliary General Meeting	7 11:00 AM-6:00 PM 11:30 AM Pork roast, mashed potatoes & veggies Donation: 12.00	8 3:00 PM-6:00 PM	9 3:00 PM-9:00 PM 5:30 PM Burger, fries, coleslaw & dessert Donation: 12.00	10 12:00 PM-6:00 PM 8:00 AM Saturday Work Party
11 Canteen Closed	12 3:00 PM-6:00 PM	13 3:00 PM-6:00 PM 6:00 PM VFW Post Officers / House Committee Chair Meeting	14 11:00 AM-6:00 PM 11:30 AM Beef stroganoff, noodles & corn Donation: 12.00	15 3:00 PM-6:00 PM 6:00 PM VFW 7907 Post Meeting Happy Hour 7:00 PM VFW 7907 Post Meeting	16 3:00 PM-9:00 PM 5:30 PM Spaghetti, salad, garlic bread & dessert Donation: 12.00	17 12:00 PM-6:00 PM 8:00 AM Saturday Work Party
18 8:30 AM-12:00 PM 9:00 AM – 11:00 AM 2 eggs (made to order), hash browns, French toast sticks, bacon or sausage Donation: Adult meal - 12.00; Kids meal - 8.00	19 3:00 PM-6:00 PM	20 3:00 PM-6:00 PM	21 11:00 AM-6:00 PM 11:30 AM Goulash, green beans & rolls Donation: 12.00	22 3:00 PM-6:00 PM	23 3:00 PM-9:00 PM 5:30 PM Deep fried cod, fries, coleslaw & dessert Donation: 15.00	24 12:00 PM-6:00 PM 8:00 AM Saturday Work Party
25 Canteen Closed	26 12:00 PM-6:00 PM Memorial Day	27 3:00 PM-6:00 PM	28 11:00 AM-6:00 PM 11:30 AM Teriyaki chicken, rice & broccoli Donation: 12.00	29 3:00 PM-6:00 PM	30 3:00 PM-9:00 PM 5:30 PM BBQ pork sandwich, Bill's baked beans, cole slaw, corn on the cob & homemade peach cobbler Donation: 15.00	31 12:00 PM-6:00 PM 8:00 AM Saturday Work Party