

March 2020



VETERANS OF FOREIGN WARS POST 4809  
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Chaplain- Jim Wold 757-532-2993

**Seam Squirrel-Richard Helm 757-376-2973**

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AUX Sr. Vice – Janice Ricci 757-416-8483

AUX Jr. Vice – Liz Wilson 757-473-3456

AUX Treasurer- Carol Watson 757-761-6455

AUX Chaplain– Pam Snedecor 757-508-6268

**MOCA President– Patsy Holland 757-424-4115**

**From the Commander:**

Comrades and Auxiliary,

I hope this finds everyone well.

With the current situation, and guidance from the CDC and local Health Departments, the **POST HOME WILL REMAIN CLOSED TO ALL MEMBERS UNTIL FURTHER NOTICE**. All activities, dinners, meetings, etc., are cancelled. We are monitoring the situation closely and as we get information, we will utilize social media (i.e. Facebook and the Post Tablet) to send out updates. The Canteen Manager and a few others have done an outstanding job with securing and cleaning/disinfecting the Post. Thank you!!!

We did receive guidance from VFW National as far as Post elections go. We can try calling all Post members or try social media to conduct the election, but with over 1200 members that will be next to impossible. VFW National has informed all Posts that if Posts are unable to conduct an election thru email or other electronic means, the current Post Chain of Command will remain in office until elections can be scheduled and completed at the next scheduled Post meeting. So for now that is the way we will go.

If anyone has any questions or concerns, please feel free to contact me. I do still work so leave a voicemail if I do not answer.

In addition, I ask all of you to look out for and pray for one another. Call friends, relatives, Comrades and Sisters, to ensure they are safe and do not need anything. We are all family and we are all in this fight together.

That is all for now. I will send out more information as I receive it. Have a great month, please stay safe, **and please stay home!** Do your part! Do not help the spread of this aggressive virus.

Yours in Comradeship,  
Tim Dawley  
Commander VFW Post 4809



## March 2020

### **From the Auxiliary President:**

Sisters, Brothers and Comrades,

I hope this newsletter finds you all well (as can be expected). I am very happy to report our Auxiliary has met and exceeded 100% membership for the calendar year 2019 – 2020. We achieved 101.35% membership! I cannot take the credit myself, as it has been the hard work of you all in order for us to obtain this goal. Thank you all very much for your hard work!

To echo on the Post CDR's newsletter input, it is unfortunate we must remain closed for the near future, or until our VFW National, VFW State, and our State Government leadership dictates we can resume normal operations. I am confident we will remain strong during our "self-distancing" hiatus.

In difficult times, we sometimes forget we have fellow Sisters, Brothers, and Comrades who can render support! Our Auxiliary is here to support you through good times, through the rough times. We are a strong organization and we will win the day when this virus runs its course.

My Officers and I are here for you. If you need assistance, please contact one of us, or me directly. I do not want to learn of a Post Auxiliary member who is suffering in silence. Stay strong and see you soon!

Respectfully,  
Theresa Alexander  
Auxiliary President 4809

### **From the Post Chaplain:**

Comrades and Sisters -

Hope this newsletter finds everyone healthy and looking forward to the future. We have been very fortunate in that we did not have any news of anyone passing away since our last newsletter. Please keep Hoppy Dellert and any other Comrades, Sisters and family members that might be undergoing health problems in your daily thoughts and prayers. Hoppy just recently underwent heart surgery and is at home recovering. They continue to require our love and any support we can provide.

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 Jim Wold at (757) 532-2993 or the Post Home at (757) 461-1343. One our most important responsibilities as VFW members is to provide support and assistance whenever possible for our fellow Comrades, Sisters and family members in their time of adversity.

Never forget to pray for all our active duty service members, DOD civilians, first responders, medical personnel aiding in the Corona Virus epidemic, both stateside and overseas especially those serving in combat theaters of operation, and all the Doctors and Nurses working sometimes 24 hours a day to those afflicted with Corona Virus (COVID-19).

Please continue to heed our President and adhere to the social distance (6-foot rule), washing of hands properly and regularly, and keeping away from large groups of people. I hope that we can get over the restrictions quickly and get back to our normal daily routines. God Bless.

With My Utmost Respect,  
Jim Wold  
(757) 532-2993  
[jimwold@cox.net](mailto:jimwold@cox.net)

### **From the Auxiliary Chaplain:**

Dear Brothers and Sisters,

April showers bring Mayflowers, and Easter, a time of rebirth and renewal. We are sending prayers and condolences to Denise Valette and family in the loss of her brother Dino Fama. This has been hard and a trying time for all with this virus keeping us apart, I'm praying you all stay well and believe as Americans we will get thru this. Stay well informed with wisdom, and do not believe everything the media says, we know the news can be distorted. Sending each of you prayers and love, if anyone is sick please call me at 508-6268.

Respectfully,  
Pam Snedecor  
VFW Post 4809  
Auxiliary Chaplain  
757-508-6268

March 2020

**From the Seam Squirrel:**

**SEAM SQUIRREL (2.0), MOC Pup Tent 2**

Listen up, Cooties:

The Supreme By-Laws require election and installation of shavetails between 15 JAN and 31 MAR each year. Elected at the March scratch: Seam Squirrel – Tim Dawley; Blanket Bum – Scott Bannon, Hide Gimlet – John Cleary; Custodian of the Crummy Duffel Bag – Dave Alexander; Tightwads – Brad Debow (1), Ashley Cleary (2) Dick Helm (3).

Appointed positions: Hungry Cootie – Kathy Goodall; Sky Pilot – Jim Wold; Hospital Chairman – Kathy Goodall.

Because of the COVID-19 pandemic and closing of the post, Burgers and Breakfast are canceled and Installation postponed. Because there is no end to the shutdown in sight, it is not possible to put forth a schedule of events for April.

The Supreme has issued an Executive Order, which addresses the situation:

“... For such Pup Tents and Grands that are not able, to elect (or install) officers because of COVID-19, all current officers shall continue to function within their capabilities until new officers are elected and installed. It is further stipulated that no Cootie, Pup Tent or Grand be sanctioned as a result of the inability to properly execute duties or function, as mandated by state or local government declarations, as a direct cause of COVID-19.”

Stay healthy, everyone.

Yours in LOTCS,

Richard Helm

757-467-3695 (H) - Leave a message. I do not answer blocked Caller ID's or unfamiliar phone numbers.

[subvet66-pt2va@yahoo.com](mailto:subvet66-pt2va@yahoo.com) – E-mail



**From the MOCA President:**

If you have any questions concerning MOC Auxiliary call or text me at 757-409-2988.

Patsy Holland

Acting President

**"We keep 'em smilin' in beds of white"**



**From the House Committee President:**

The annual corporation meeting will be following the **next scheduled Post meeting**. All members are encouraged to attend.

V/r,

Robert Clinebell

VFW 4809

House Committee President

## March 2020

### **COVID-19 Updates:**

While our everyday lives are being overrun with news about the coronavirus (COVID-19), it is normal to feel anxious and/or overwhelmed. Here are some tips to help you:

1. Seek health information from trusted resources like the U.S. Centers for Disease Control & Prevention (CDC), The World Health Organization and your State Departments of Health.
2. Plan ahead to feel more in control. Go food shopping and make contingency plans for work, childcare or travel if they become necessary.
3. Take good care of yourself. Wash your hands often, get plenty of rest and eat well. People infected by novel coronavirus tend to develop symptoms about five days after exposure, and usually within two weeks.
4. Put things into perspective. Most people who contract COVID-19 recover. Of the 80,000 confirmed cases reported in China, “more than 70% have recovered and been discharged,” according to the World Health Organization. Those at the greatest risk are seniors and people with existing health conditions. The virus is highly contagious and there is no known treatment yet, but public health officials are working to contain the spread of it.
5. Stay informed, but do not overdo it. The industry sometimes uses panic-inducing headlines. If you do consume media, do so thoughtfully and with a critical eye.