

# May 2020



VETERANS OF FOREIGN WARS POST 4809  
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757-461-1343

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[www.vfw4809norfolk.org](http://www.vfw4809norfolk.org)



CDR — Tim Dawley 757-813-8054

Sr. Vice CDR – Dave Alexander 757-574-3564

Jr. Vice CDR – Leo Butler 757-816-8375

Quartermaster- Eric Mallett 757-461-5646

Chaplain- Jim Wold 757-532-2993

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

AUX Pres – Theresa Alexander 757-576-5499

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,

Another month down. First off, I would like to congratulate our new service officers!! We held our elections on a conference call set up by Eric (thanks again) during our meeting. Commander Dave Alexander, Senior Vice Commander Christine Hague-Renwick, Junior Vice Commander Ron Riffle, Quartermaster Eric Mallett, Chaplain Jim Wold, 3 year Trustee Clint Hartman, 2 year Trustee Scott Bannon and 1 year Trustee Brad Debow. Again, congratulations!!

Not a lot to put out this month. The Post remains closed until further notice. Once we get the word we will open, we will certainly get the word out to everyone through social media and the tablet from the Post. There will be a 24-hour delay once we get the word we may open. That is due to having to get everything turned back on like the utilities, games, and coolers. While all that is going on we will also be asking as many people as we can get to come out and help clean up the Post. Paying particular attention to the grounds and the kitchen. That will all be put out as well.

The Community Awards Ceremony has been postponed until September 7 to coincide with the Post Labor Day picnic starting at noon.

Congratulations to Eric Mallett for being awarded his 10 member pin!! Please, everyone keep up the push to recruit. We can all be making calls and get people

to sign up on line.

Please keep Bill Goodall in your thoughts and prayers. I hope I am not stepping on the Chaplains feet but he requires open-heart surgery. Kathy will be keeping us updated.

Upcoming events that I know of and are scheduled as of right now:

20 June: The next District meeting will be held at our Post (4809) starting at noon for lunch, then the meetings begin at 1:00pm.

27 June: The next State Convention will be held at Post 2808 in Mechanicsville Va. Starting at 7:00am and will be a quick meeting scheduled to be over at approximately 4:00pm.

I know these are all in June but it looks like we will be closed all of May. More to follow.

Please stay safe and stay well. Call Comrades, friends and relatives to ensure they do not need any assistance and are doing well too. Moreover, please, if anyone needs anything, please feel free to contact me.

Yours in Comradeship,

Tim Dawley

Commander VFW Post 4809

## May 2020

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

Sisters, Brothers and Comrades,

As I write this, we are in the second month of social distancing and the mandatory stay at home order, which has caused us to limit our socializing, and has kept our Post home closed. Since we have not had the opportunity to meet and nominate our 2020 – 2021 Post Auxiliary Officers, we have received direction from our National President to keep our current Officers in place until we can meet and hold a nomination and election. As such, we will schedule to have our 2020 - 2021 Officer nominations, election, and installation on June 15<sup>th</sup>. The District II convention will be held on June 20<sup>th</sup> at our Post home. The Department Convention will be held on June 27<sup>th</sup> in Mechanicsville VFW Post 9808. The Department Auxiliary Convention will now be a Council of Administration (COA) meeting only. To re-emphasize our current situation, our Auxiliary is here to support you through the good times and 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 -

Should you or a family member 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,

Here it is May and at this writing, we are still in quarantine. We have not had a meeting at the Post and haven't been socializing and bugging our bartenders to death, some of us are high maintenance, will not say who, we are missing each other and routines we took for granted. Skip and I are retired and used to being by ourselves except in different rooms, thank God for the Man Cave, for some of you this is a glimpse into the future of retirees.

May is a month filled with Mother's Day, and Memorial Day. I hope that we will all be together soon. I will close with a prayer: Heavenly Father, I may not understand how everything will work out, but I trust you. I may not see a way, but I know you will make a way! I believe that you will continue touching and healing lives and bring breakthroughs. Things may look dark and uncertain now but I have faith that my dawn is coming. In Jesus' name. Amen  
This was taken from god.tv.com.

If any are sick or in hospital please call me at 757-508-6268.

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

May 2020



**From the Seam Squirrel:**

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

Listen up, Cooties:

Because of the COVID-19 pandemic and closing of the Post, Burgers and Breakfast for May is 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 May.

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."

To refresh your memory, the following were 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. As to when Installation will happen, your guess is as good as mine.

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:**

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

2. The Canteen **remains closed** until further notice. We will update all Post and Auxiliary members when we can resume Canteen operations. Look for updates on our Post FB page, our Post website, and thru our VIP text messages.

V/r,

Robert Clinebell

VFW 4809

House Committee President

# May 2020

## **COVID-19 Updates:**

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

### **A. Symptoms of COVID-19:**

**IN THE PAST 24 HOURS**, have you any of the following symptoms? **YES or NO**

- Fever
- Cough (Not due to Allergies)
- Sore Throat
- Shortness of Breath
- Loss of Smell or Taste

### **B. HOW CAN YOU HELP?**

- Proper use of Face Coverings in public.
- Self-Screen each morning (take your temperature – Know the symptoms listed above)
- Regular hand washing (for 20 seconds, soap/water)
- Cover your cough & avoid touching eyes/nose/mouth
- Practice personal social distancing, avoid large groups
- Avoid close contact with affected people (>6' distance)
- Contact and visit healthcare provider if sick and stay home
- Clean/disinfect surfaces with spray/wipes (>60% alcohol)
- STAY INFORMED! Credible websites (CDC,WHO,DOD,OPM)

### **C. COVID-19 HIGH RISK GUIDANCE:**

- Chronic Lung Disease (COPD, asthma, pulmonary fibrosis, asbestosis)
- Chronic Heart Condition (Cardiomyopathy, congestive heart failure, myocardial infraction) ~Does not include well-controlled hypertension
- Chronic Kidney Disease
- Chronic Arthritis or Rheumatologic conditions requiring immunosuppressive therapy
- Neuromuscular disorders (MS, history of Guillain-Barre, prior stroke)
- Current diagnosis of Type 1 or 2 Diabetes Mellitus
- Severe Obesity (BMI =>40)
- Any operative procedure in last 60 days
- History of HIV, hepatitis or other immune deficient disease states
- Recent diagnosis of Solid Organ Cancer (within past 5 years)
- Chemotherapy or radiation for any diagnosis within the past 6 months
- Will turn 65 years old by 31 May 2020
- Primary caregiver or live with someone with an above condition