

September 2020



VETERANS OF FOREIGN WARS POST 4809
5728 BARTEE ST NORFOLK, VA 23502 est. 1944

757-461-1343

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CDR — Dave Alexander Sr 757-574-3564

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Jr. Vice CDR – Ron Riffle 757-309-0409

Quartermaster- Eric Mallett 757-461-5646

Chaplain- Jim Wold 757-532-2993

Seam Squirrel-Tim Dawley 757-813-8054

AUX Pres – Liz Wilson 757-473-3456

AUX Sr. Vice – Ashley Johnson 757-572-2687

AUX Jr. Vice – Josie Riffle 757-309-0342

AUX Treasurer- Carol Watson 757-761-6455

AUX Chaplain– Ronnie Riffle 757-449-5406

Post Service Officer – Tim Dawley 757-813-8054

From the Commander:

Dear Comrades and Auxiliary,

This month starts with the second installment of Saturday Mental Health presentations for Veterans and their families. These presentations are scheduled for the first Saturday of each month at 2pm at the Post Home. This month's presentation will be on Self-Care. We will commence Wednesday wings in the Post Canteen every other Wednesdays each month (We may adjust the schedule depending on participation). Due to COVID-19 restrictions in place from our Governor, we have no choice other than to cancel the Labor Day Picnic. Hopefully we can plan for one in 2021. We will have the 2019-2020 CDR Year Voice of Democracy and Patriot's Pen (VOD/PP) awards ceremony on Monday 07 SEP at Noon. Participation is limited to the 2019 – 2020 line Officers and award recipients only. We will have our Post meeting on Monday the 14th in the Small Hall. I encourage Post members to come out and support. The only way to improve your Post is to participate!

We will have a Patriot's Day/9-11 ceremony in the Post Canteen on Friday 11 SEP at 6:00pm. Please come out and join us all in remembrance of that fateful day which has affected our great country and all of us.

We will have our Friday evening Post dinner on SEP 11 at 6:00pm. This month's dinner will be open face roast beef sandwich, mashed potatoes and gravy.

I reported last month that we were not going to have

our Post 75th Anniversary this year. I made that report in error. I am glad to now report to all we will have a 75th Anniversary cake cutting ceremony with VFW VIP presentation on Friday 18 SEP. Please plan to come out and enjoy the evening with Friday night dinner from the Corporation, cake cutting and VFW VIP visits!

We will have a POW/MIA Ceremony on Friday 18 SEP in the Post Home at 6:00pm. Both the Post and Auxiliary members are working hard on a special display for this event. Please make time to stop at the Post Home to check it out! Here are the upcoming events for September:

01 SEP – Post Inventory.

05 SEP – Mental Health Saturday – Self-Care.

11 SEP – Post 9/11 Ceremony.

11 SEP – Post Dinner.

12 and 19 SEP – Pool Tournaments at Post 4809.

15 SEP – House Committee Meeting.

26 SEP – Auxiliary Game Night in the Canteen.

28 SEP – Joint Meeting.

29 SEP – VFW Birthday Cake Ceremony.

Please come out on 28 SEP for the Joint Meeting at 7:00pm. On 29 SEP at 6:00pm to celebrate our VFW Birthday! We will have some birthday cake and enjoy comradery of our membership! That is I have to report for now. I look forward to seeing you all at OUR Post.

Your Commander,
Dave Alexander Sr
757-574-3564

September 2020

From the Auxiliary President:

Sisters, Brothers and Comrades,
I hope this finds you and your family happy and well during this time of pandemic. Please don't let that keep you away. There are exciting things happening in our Post and Auxiliary! If you are like me and need social interaction what better way to get it than by visiting our Post and seeing our Post family!

Thank you to everyone who came out and helped make our Chicken Dinner successful! Our next dinner will be on September 4th. We will be serving spaghetti with salad and bread. Volunteers are always needed to help in the kitchen with serving and clean up. So come out and give us a hand.

September is starting up with a bang so check your calendar for dates and times of all upcoming events. Due to Labor Day being on the first Monday, our next meeting will be Monday, September 21st at 7:00 pm. Our District President, Fred Jennings, will inspect us. If you have not yet met Fred this is the perfect setting to do so. Please keep in contact. If you have a need, we can't be of assistance if you don't let us know. We are just a phone call away.

Hope to see or hear from everyone soon!

Respectfully submitted,

Liz Wilson

Auxiliary President

Respectfully submitted,

Liz Wilson

Auxiliary President

From the Post Chaplain:

Comrades and Sisters -

We had one individual that passed away since our last newsletter. His name is Frank W. Snyder. Please keep Bill Goodall, John Cleary, Justin Fulp, Luke Sanford and any other Comrades, Sisters and family members that might be undergoing health problems in your daily thoughts and prayers. They continue to need our love and any support we are able to render.

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, (757) 461-1343. One of 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 and their families both stateside and overseas especially those serving in combat theaters of operation. Don't forget the many Doctors and Nurses sometimes working 24 hours caring and assisting those afflicted with Corona Virus (COVID-19).

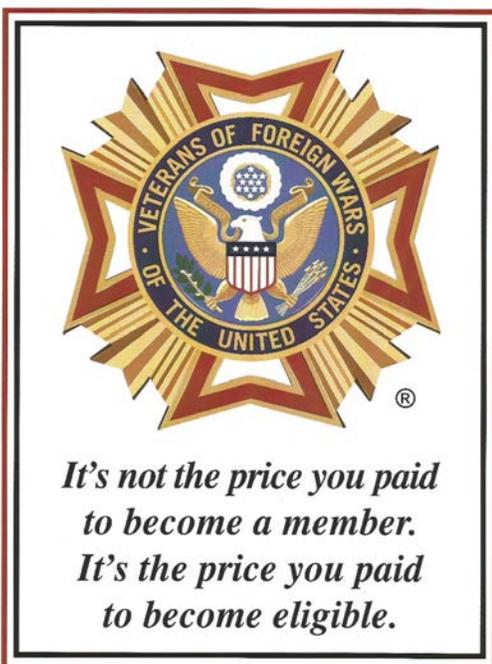
Keep in mind that volunteerism is good for your overall health and mental well-being. During the hours when we are helping others, we are not thinking about our challenges and ourselves. Stepping outside ourselves can help us feel more grateful and loving, which help us feel more happy and content with our own lives. May God bless all of you.

With My Utmost Respect,

Jim Wold

(757) 532-2993

jimwold@cox.net



September 2020

From the Auxiliary Chaplain:

Dear Brothers and Sisters,
I hope this letter finds you in good health and wellness for you and your family. Summer is coming to a close, and that means school is beginning for some of our family members, please keep them in your thoughts and prayers during this time as the unknown is upon them all. It has been a pleasure and a joy to see different members at the Post for the pool tournaments and our new Auxiliary sponsored game night! My thoughts and prayers go out to the homebound due to COVID-19, and are not able to leave their house for health and wellness reasons. We love and miss you all and hope to see you soon.
Proverbs has grown to be one of my favorite books, and it's such a great read. In the first chapter, we learn about knowledge and where it comes from, which rests itself in wisdom. Proverbs 1:5-7 says, "Let the wise hear and increase in learning, and the one who understands obtain guidance, to understand a proverb and a saying, the words of the wise and their riddles. The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction." Grow in wisdom, as you are an elder in your family, and support those growing their knowledge to learn from you.
If you need anything, please contact me at ronald.riffle97@gmail.com . If any are sick or in the hospital, please call me at (757) 449-5406, and I will get in touch with you as soon as I can.

In your service, Ronnie Riffle - VFW Post 4809 Auxiliary Chaplain

From the Seam Squirrel:

Listen up cooties,
We had a lousy month in August. Thanks to all who helped with the burgers and breakfast.
The Cootie Safari has been postponed. I will put out the new date when I get it.
The third degree password was put out at the August Scratch/round table.
We need to recruit new members who will participate in all our activities. We did lousy with the burger night and breakfast but would have went better with more Cooties. These meals are supposed to be fundraisers for the Pup Tent, so it's important that we support these functions. The shopping preps, cooking, serving and clean up all need to be done so we can keep out customers' happy and coming back. Continue to support the post and auxiliary activities. And when doing so, wear your Cootie gear to show off out organization and try to recruit.
I did get a communication from the model car club. They would like us to serve breakfast and lunch like last year on 24 October 2020. I will bring it up at the Scratch.

Upcoming events:

1 September is our Scratch.
7 September at 1200 noon is the Post Community Service award presentations.
25 September is Burgers
27 September is breakfast.

Yours in LOTCS,

Tim Dawley

SS1.0

757-813-8054

Timothy.dawley@gmail.com



September 2020

From the Canteen:

We offer Pizza, Cheeseburgers, Lumpia, Mozzarella Sticks, and Loaded Potato Skins daily in the Canteen. Come on out and enjoy some snacks!

Upcoming Dinners September 2020:

September 4th: Auxiliary Dinner – Spaghetti
September 11th: Post Dinner – Open Face Roast Beef Sandwich, Mashed Potatoes, Gravy
September 18th: Corp. Dinner - Chicken
September 25th: Cootie – Burgers and Fries
September 27th: Cootie Breakfast

Canteen Entertainment for September 2020:

September 14th: Karaoke with DJ Mike

WE HAVE A NEW GAME ON THE ETAB MACHINES, AND NEW BET AMOUNTS, CAN WIN UP TO \$1000.00!! COME ON OUT AND PLAY!!!!

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Food Handlers Card reminder: If you are working in the kitchen you need an up to date card. eFoodhandlers.com

COME IN AND SUPPORT YOUR POST AND ENJOY THE COMRADERY!

**NASCAR on the Big Screen in the Canteen!!!!!!
See the calendar for dates and times!**

CANTEEN HOURS

MONDAY thru THURSDAY - 2PM TO 10PM
FRIDAY – 12PM TO 12AM (MIDNIGHT)
SATURDAY – 12PM TO 12AM (MIDNIGHT)
SUNDAY - 12PM TO 8PM

Pool Tournaments will be on Saturdays (when scheduled) starting at 4:00pm. We will be having beer specials on draft beer. Look at the Calendar for the dates the Pool tournaments events are being held.

We are suspending our WED night dinners for the months of JUNE, JULY, and SEP due to Summer vacations and travel plans. We shall be back with them in Sept 2020!

Respectfully,
Martie and Ruth

General Information:

1. All newsletter inputs are due to Dave Alexander by the 20th of each month. Please send me your newsletter inputs at:

cwo1967@yahoo.com



September 2020

The Post Home is Open!

During Phase 3, this Phase calls for continued Social Distancing.

The Canteen will have the following procedures in place to accommodate this:

*****Most importantly if you feel sick please stay at home*****

IF YOU HAVE COME IN CONTACT WITH ANY ONE THAT HAS TESTED POSITIVE THEN YOU CANNOT COME IN THE POST FOR 14 DAYS!!!!

MUST WEAR A MASK IN TH POST UNLESS YOU ARE DRINKING OR EATING

MUST SHOW MEMBERSHIIP CARD TO THE BARTENDER UPON ENTERING THE CANTEEN.

****Enhanced cleaning and sanitizing has been done and will continue to be done.**

****All Barstools have been taken away from the Bar, tables **ONLY** in use.**

****The small hall will be open to help with social distancing requirements.**

September 2020

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
		1 Post Inventory MOC Scratch 7:00 pm	2 Wings in the Canteen! 5:30 pm	3	4 Aux Dinner – Spaghetti 6:30 pm	5 Mental Health Saturday – Self Care. 2:00 pm
6 NASCAR in the Canteen! Darlington – 6:00 pm	7 2019 -2020 VFW VOD/PP Awards Ceremony 12:00 pm	8	9	10	11 9/11 Ceremony 6:00pm Post Dinner – Open Face RB Sandwich 6:30 pm DJ Mike	12 Pool Tournament 4:00 pm NASCAR in the Canteen! Richmond – 7:30 pm
13	14 Post Meeting 7:00 pm	15 HC Meeting Sm Hall 7:00 pm	16 Wings in the Canteen! 5:30 pm	17	18 Canteen Dinner – Chicken 6:30 pm POW/MIA Ceremony 75th Post Anniversary Ceremony	19 Pool Tournament 4:00 pm NASCAR in the Canteen! Bristol – 7:30 pm
20 NASCAR in the Canteen! Daytona – 3:00 pm	21 Aux Meeting 7:00 pm	22	23	24	25 MOC Burgers/Fries 6:30 pm DJ Mike In the Canteen 7:00 pm	26 Auxiliary Game Night 6:00 pm
27 MOC Breakfast 9:30am NASCAR in the Canteen! Las Vegas – 7:00 pm	28	29 VFW Birthday!!!! Cake Ceremony 6:00 pm	30 Wings in the Canteen! 5:30 pm			