



VETERANS OF FOREIGN WARS MASON DIXON POST 7234

JANUARY 2018

COMMANDERS COMMENTS

The month of December has come and gone, leaving behind a very busy list of activities and parties. I had the privilege this past month of laying the wreath on the POW-MIA Chair at the V.A. Cemetery for Wreaths Across America. It was a very moving ceremony. Thank you to Sally and Lou for your involvement these past years. The post had their children's Christmas party on December 10th which was well attended and all the kids seem to have a



great time. Thank you volunteers, especially for Mr. & Mrs Claus for stepping up and attending. We had a National Guard Party on Dec. 3rd, Coast Guard Party Dec. 12th and A Deaf Association Party on the 14th. It was great to see them in their ugly sweaters. Not sure who won,

but they certainly had some creative entries and seem to have a great time. Our Post party was on Dec. 15th. Our Staff Party on December 18th was a great tribute to our very hard working staff. Of course the New Years Eve party on December 31st. WHEW, that's a lot of partying. We also had our Operation Cookie Drop Off. Thank you all for your contributions of cookies, money and other goodies. Our troops always appreciate the fact that they are not forgotten.

Coming in January our post meeting will be January 15th. The board of Directors meeting will be held on January 30th. Remember upstairs will be closed for a time between Valentines Day and St Paddy's Day for cleaning and repairs. Check with the post calendar for the exact dates.

I hope everyone had as good a Christmas as I did. A Happy, Healthy New Year to everyone.

Remember the sick from our post.

**God bless all veterans.
Those who served
Those who are now serving
& Those who didn't return.
God bless America**

Dean Levering
Commander
443-553-1167

AUXILIARY PRESIDENT

VFW Post and Auxiliary Members,



HAPPY NEW YEAR to you and yours! Hopefully you had an enjoyable holiday with family and friends and are looking forward to a very

Happy New Year. This is the time of year when we need to look back and reflect on our previous year's accomplishments so that we may plan for 2018. Our Operation Cookie drive was a success again this year. We collected & packed 1,375 dozen cookies (16,500) for shipment to our Military. A special



THANKS is in order for the neighboring community of BAY FOREST; their residents baked 500 dozen cookies for this project! The project's organizer, Judy Mangini, reported that a new record had been set this year: 4400 dozen cookies were collected! I personally thank you for sponsoring this project again this year. Have you made any resolutions for the New Year? If so, I hope that one of them was to reach out and try to make a difference in a veteran's

life. There are many ways in which you could accomplish this; join us at our Auxiliary meetings to become more informed of their needs. Thanks to your recruitment efforts, our Auxiliary membership is now at 110% (as of press time). Our organization loves to accept new members, but how many actually become involved in our VFW and Auxiliary? When encouraging someone to consider joining, please also encourage them to attend a meeting and see "first hand" what we are all about!

In looking back at 2017, I must mention that we lost several very dedicated members who were the "back bone" of this Auxiliary for many years and whose hours of volunteering were almost unbelievable. They left us with big shoes to fill and the challenge to make a difference in some veteran's life. Are you ready to accept this challenge with me?

Just a quick reminder that our January Auxiliary meeting will be held on JANUARY 15th, 2018 at 7:00 pm. Come join us and Good Luck on those New Year's resolutions! Hope to see you soon.

Loyally yours,
Roberta Walter
Auxiliary President

CHAPLAINS' CORNER

Our deepest sympathy goes out to the families who have lost loved ones. Eternal rest grant unto them O' Lord, may the perpetual light shine upon them, and may they rest in peace. Amen.



Please call John Mitchell at 302-381-9934 for the VFW or Theo Loppatto at 302-537-5661 for the Auxiliary, if a member is sick or has passed away.

SERVICE OFFICER OUTREACH

All VFW members & AUX

Let me start off with a Happy New Year with many more to come. As a Veteran of Vietnam I want to



extent my hand to all veterans who are in need of help or not. I have learned that we must have an open line of communications for the things we do to help and champion our cause. I want to name some examples of why we continue to accelerate and succeed in helping our veteran

members and their families. Start with the Color Guard and next the chicken shack . The professional running of the Post by our elected Officers and those appointed by our Commander.

In closing I want to say thank you for what you do and how it gets done. Notice I have not said a word about the VA . Let's see what 2018 brings . I am praying it can only get better .

Please if I can assist in any way let me know
302 933 0119

Respectfully, Robert P. Corsa, Service Officer

CANTEEN CORNER

Here we go again, beginning another year. 2017 was a very successful year as the post were able to help many of our Veterans and Members of our community. Your continued attendance at our functions was a great reason for that, and I Thank You. As we begin 2018 we will be having many of the same events that we had in 2017 and adding some new and exciting activities. We will start on New Years Day by having the Traditional Good Luck Dinner of Roast Pork , Black Eyed Peas and Greens. Dinner will be served from 5-7, so join us and start 2018 the right way. On Sunday 1/28 we will be hosting our Annual Chili Cook-off at 3pm. Now since last years contest I have heard a lot of people bragging about their Chili , so step up to the plate and enter your Chili. For those of you who want to taste all the entries, it will cost \$3 to taste them all and the winner will receive the total purse. Let us see who will become the Chili Champion of Post 7234 this year. Some upcoming events you will want to put on your calendars are Sunday 2/4, which is Superbowl Sunday. We will begin at 3pm with Super Flip Five. There will be more winner take all games

and the fee is \$30 to play all the games. We will follow Flip 5 with our Covered dish meal before the game. So practice your best recipe, so you can perfect it and share with the group. If cooking is not your thing, a store bought dessert will do just fine. Maybe one of the Post's favorite Teams will be in the game this year.

Then on February 10th we will be having our Valentines Dinner Dance. We will rock to the music of Overtime. Tickets will be sold at the door for \$15 and will include a spectacular buffet Dinner.

If there are any events you would like to try in 2018 please let me know as I am always looking for new ideas.

See you at the Post,
Mark

VFW GOLF ASSOCIATION

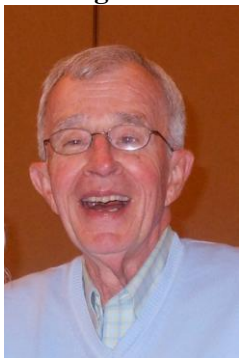


VFW Golf Association members continue enjoying golf each Tuesday at the Salt Pond Golf Course. Weather permitting, VFW Golf Association members will golf each Tuesday throughout the Winter at the Salt Pond Golf Course. You do not need to sign up in advance. Show-up at 8:30 a.m. for the 9:00 tee time. Remember all are welcome!!!

Ed (Albert) Pike

IN MEMORIAM

Looking at the active duty roster of volunteers at the end



of 2017, you can see some gaps—friends and volunteer co-workers who passed away during the year. They left us with a lot of pleasant memories and examples of unselfish service to follow. This may not be complete, but here's a list of those we can take a moment to remember and maybe share a few stories.

John "Brownie" Absalom will be remembered by his many friends as a volunteer at Post activities, especially the annual Bull and Oyster Roast, an event he organized and led for years. The Roast is now a tradition and part of Brownie's legacy.

Howard Schofield, a Navy veteran, will be remembered especially for his long-time service as Captain of the

Honor Guard leading so many military ceremonies at the Post and for deceased veterans, and as a regular volunteer on Bar Bingo nights and other Post events.

Albert Steele, an Army veteran, will be remembered by many for his years of service as a volunteer at the Chicken Shack. Those who worked with him know that he took an almost proprietary interest in the success of the operation, right down to searching far and wide for the best sale price for soda to stock the refrigerator.

Edna Steele, who served as President of the Auxiliary for about seven years, passed away shortly after Albert. One close friend in the Auxiliary who worked with her as a volunteer at the Post over many years remembered her as a compassionate, caring friend who was dedicated to veterans' causes. In a tribute, the friend wrote: "Edna and Albert are now both Heaven volunteers."

Ray Thibeault, an Air Force veteran, was one of the first you'd call if you were looking for volunteers. Rosemary and I enjoyed working with him on a Sunday Breakfast Crew during the summer and we saw him as a volunteer at St. Ann's Church. He also volunteered at Mariner's Bethel United Methodist Church's Feed My Sheep ministry. Others will remember him as a volunteer working at Post dinners, Bar Bingo, and as Santa Claus at the Post Christmas party for kids.

Nick Tosques, an Army veteran, who had been held as a prisoner of war for about 28 months during the Korean War, was often at the Post helping out at different events. I enjoyed talking to him about his time growing up in New York and Washington, DC and his career with the Bureau of Engraving and Printing after his military service.

Jim Vardoulakis, an Army veteran, was a good friend to many at the Post and the larger community. As a barber and owner of the Millville Barber Shop, he did his best to keep many of us looking presentable. Friends and other customers went to him as much for the easy conversation as for a professional haircut.

All of those listed contributed in many ways to the Post, veterans' causes and the communities they lived in. They won't be forgotten at the Post. Let's remember the good times together and their example of service to others.

Jerry Hardiman



STAFF PARTY DEC18

THANKS to Mark, our Chefs, our Bar Staff, and our Cleaning Staff for all their hard work and high standards to make our Post a Friendly and Welcoming place where our veterans and their families can enjoy great food and events.



Thank you everyone who helped in all the many ways with the Children's Holiday Party. It was once again a great success. We had 36 children and 33 adults attend. I had 20 volunteers plus many cupcake bakers. Special thanks to Chuck Bologna and his wife, Mary. They were our special visitors this year and did a superior job. Again thanks. Connie Weber

NEW YEAR'S RESOLUTIONS FOR FITNESS

It's that time again. Time for resolutions for the New Year. The Washington Times reported that about 44 percent of Americans are likely to make a New Year's resolution for self improvement in 2018. About 12 percent (I thought it would be higher) plan to lose weight; another 7 percent say they'll improve their health with more exercise. This tracks the results of informal surveys during New Year's Eve parties at the Post the past few years. Late in the festivities most celebrants felt they were already close to perfect, saying: "This is as good as it's going to get." But for those planning for more exercise, I've always thought that the Army had an excellent fitness program—successfully getting millions of civilians in shape or whatever was required. I don't know what the Marine Corps, Navy or Air Force required, but I

assume there were some similarities. For decades, the Army fitness program involved daily calisthenics



with push-ups, pull-ups, jumping jacks, squat thrusts, squat jumps and various distance runs. Then there were the obstacle courses and marches with full infantry packs or rucksacks and weapons. And don't forget the grenade throw. There were semi-annual Army-wide fitness tests with three timed exercises (push-ups, sit-ups and a one or two

mile run with minimum requirements for each, plus pull-ups). There were higher standards and tougher tests for some schools and airborne units. Now I understand that the Army is considering a major change in its fitness training and doing away with the current fitness test, except for the 2-mile timed run requirement. The proposed new test involves a reverse throw over your head of a 10-pound medicine ball; a 3-repetition dead weight lift of heavy (125 to 425 pound) bar bells (hello, hernia and back muscle spasms); a "leg-tuck" hanging from a pull-up bar like a monkey; a new push-up where you lie flat on the ground with your arms extended out in a "T" between repetitions; and a 250-meter alternating sprint exercise where you carry two 40-pound kettle balls for 50 meters, drag a 90-pound sled for 50 meters, and sprint in between and at both ends of the course. The experts who developed this new program claim it's more practical. What do you think? If you want to get in shape safely, I'd recommend some of the old exercises. (But not the obstacle course or grenade throw.) You can do most of them at home without an expensive personal trainer, when you have nothing better to do with your time. Looking around the Post, I think most veterans can still meet the PT test requirements, with some adjustments for age and the number of replacement parts. Or just let laughter do the work for you. A recent study showed that people who laugh burn 20 percent more calories than people who don't. Ten to fifteen minutes of laughter burns approximately 50 calories, or about three calories a minute. A good laugh can burn a lot of extra calories depending upon the intensity of the laughter. So goodbye push-ups and sit-ups. Let's share a laugh or two every day. Here's wishing everyone a happy and healthy New Year, with lots of laughs.

Jerry Hardiman

**VFW FRIDAY
FAMILY BUFFET**

**JANUARY 5th, 2018
5:00 pm 'til 7:00 pm**

**SALISBURY STEAK
MASHED POTATOES &
GRAVY
BUTTERED CORN
FRIED FISH
TOSSED SALAD
ROLLS & BUTTER**

Donation: \$10 AYCE

MUSIC 6:00 pm 'til 10:00 pm

**Sponsored by: Mason Dixon
VFW #7234
Ocean View, De**

**COMMUNITY
WELCOME**



**VFW
FRIDAY FAMILY
BUFFET**

**JANUARY 19th, 2018
5:00 pm 'til 7:00 pm**

**BAKED CHICKEN
MASHED POTATOES
BROCCOLI
FRIED FISH
TOSSED SALAD
ROLLS & BUTTER**

DONATION: \$10 AYCE

MUSIC 6:00 pm - 10:00 pm

**MASON DIXON VFW POST #7234
OCEAN VIEW, DELAWARE**

COMMUNITY WELCOME

**VFW
FRIDAY FAMILY
BUFFET**

**JANUARY 12th, 2018
5:00 pm 'til 7:00 pm**

**SHRIMP SCAMPI
SAUSAGE CACCIATORE
SAUTEED VEGETABLES
FRIED FISH
CAESAR SALAD
GARLIC BREAD**

Donation: \$10 AYCE

MUSIC 6:00 pm - 10:00 pm

**MASON DIXON VFW POST #7234
OCEAN VIEW, DELAWARE**

COMMUNITY WELCOME



**VFW
FRIDAY FAMILY
BUFFET**

**JANUARY 26th, 2018
5:00 pm 'til 7:00 pm**

**HAM & CABBAGE
BOILED POTATOES
BUTTERED CARROTS
FRIED FISH
TOSSED SALAD
ROLLS & BUTTER**

Donation: \$10 AYCE

**MUSIC by THE JONES BOYS
6:00 -10:00 pm**

**MASON DIXON VFW POST #7234
OCEAN VIEW, DELAWARE**

COMMUNITY WELCOME

VFW LEADERSHIP TEAM

Commander	Dean Levering
Sr. Vice Cmdr	Robert Criswell Jr.
Jr. Vice Cmdr	John Hickman
Quartermaster	Bill Hensley
Adjutant	Fulton Loppatto
Chaplain	John Mitchell
Judge Advocate	John Mitchell
Surgeon	George Hickman
Officer of the Day	Rick Delaney
Guard	Rick Smith
Service Officer	Bob Corsa
Honor Guard Capt	Paul Burbank
Trustee	Danny Steele
Trustee	George Smith
Trustee	Ed Wolfe

BOARD OF DIRECTORS

President	Dean Levering
Vice President	Hal Barber
Treasurer	Bill Hensley
Secretary	Ken Weber
Chairman	Robert Criswell Jr
Board Member	Rick Smith
Board Member	John Hickman
Board Member	Fulton Loppatto
Board Member	John Mitchell
Board Member	Rick Delaney
Board Member	Mike Grabowski

AUXILIARY TEAM

President	Roberta Walter
Sr Vice Pres	Carol Weber
Jr Vice Pres	Connie Weber
Secretary	Susan Wallace
Treasurer	Laurie Corsa
Chaplain	Theo Loppatto
Guard	Shirley Stong
Conductress	Ellen Reilly
Patriotic Ins	Jackie Umstetter
Trustee	Connie Weber
Trustee	Debbie Vischer-Jensen
Trustee	Larry Hamby

Our Quartermaster, Bill Hensley is a notary. He will provide notary services to members at no cost. Donations to the VFW will be accepted. Please call the post at 302-539-9981 to schedule.

FOOD BANK

Please continue to drop off food items at the entry way. We continue to support our local families in need. Thank you for your donations.

VFW POST 7234 HONOR GUARD
TO BECOME A MEMBER, PLEASE
CONTACT PAUL BURBANK
757-288-6248

**Member in Need of Assistance
Please call:
John Hickman 302-448-0723**

**Member Sick or Deceased
Please call:
For VFW – John Mitchell 302-381-9934
For Aux – Theo Loppatto 302-537-5661**

**Assistance with VA claims or benefits
Please call:
Bob Corsa 302-745-1668**

**For the Latest Updates and News
Please send your email to
vfwpost7234@vfw7234.com**