

Place
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VFW POST 3349

3201 REID ST., PALATKA, FL 32177

Phone: 386-328-2863

ADDRESS CORRECTION REQUESTED

VFW Post 3349
PO Box 218
Palatka FL 32178-0218



USS Mahan (DDG 72)

March - April 2018
Newsletter

VFW POST 3349
P.O. BOX 218, PALATKA, FL 32178
PHONE: 386-328-2863

Publisher: Douglas French Mar - April 2018

FROM THE COMMANDER

COMMANDER REPORT

The post won the fireman of the year for the state. The post has now has winner the last 2 years. On

March 12 Monday the post is going to honor David Burch at the Bostwick community center at 7:00PM.

Working with the state VFW on this program. The post is going to due the ceremony with or without the

State. Come joint us in uniform for this ceremony. David has cancer and is fighting this and is still working has chief.

The post has enough point for all state but I do not have the membership to make it. Bill Jones is working on this matter.

The post needs people to work the festival on March 3 & 4 at the Ravine Gardens. Sign up sheet on the table to sign up. If we got enough people we will try to work 2 hour session.

Amorzan paper and Grumpy Old Man Syndrome.

The special project I am working on it. This is a lot more work then I expected. I think it will be the 1st report did in the state in a long time. Hopefully something comes out of it.

Commander
Gerald Donnelly

From the Publisher:

If anyone would like to receive this news letter contact me by e-mail at dfrench5785@gmail.com and let me know and I will add you to my distribution listing.

Douglas French

“Grumpy Old Man Syndrome”

Recent research states that more men suffer from ‘Grumpy Old Man’ syndrome when they hit 70. There are good reasons to believe this to be the case. Seventy is an age when men may become more aware of their own mortality as they see friends and loved ones pass on. They might be struggling with wearisome health problems, and/or feel depressed because they have no aspirations or goals left to attain. ‘Grumpy Old Man’ syndrome is also and most likely due to the fact that testosterone levels in a 70-year-old are quite probably half the normal levels of a younger man.

Whereas women’s estrogen levels drop relatively suddenly when they go through menopause, causing a variety of noticeable symptoms, men’s testosterone levels drop gradually over a period of time so the symptoms are not as obvious.

Men who suffer from this syndrome may experience a sense of feeling burned out, increased depression, increased irritability, increased anxiety, more nervousness, more joint complaints, reduced mental effectiveness, increased sweating, (and hot sweats in thirty per cent of those affected). They may have a need for more sleep or suffer sleep disturbances. They may notice muscular weakness, physical exhaustion, impaired sexual potency, a disturbed libido, and decreased beard growth.

Stress, toxicity, a poor diet with too many bad fats, autoimmune diseases and some drugs can also lead to a drop in testosterone levels. Also, abdominal fat, which makes estrogen, will neutralize the testosterone and cause levels to drop further.

The question we need to ask ourselves is; AM I A GRUMPY OLD MAN?

If the answer is yes, the most important step is complete – recognizing it. With that recognition in place, we can fight the “Grumpy Old Man” syndrome and take appropriate steps – such as:

1. Understand what is happening.
2. Ensure you and your partner exercise,
3. Eat well,
4. Occupy yourselves with hobbies and interests.
5. And most important of all, make sure you both laugh. Maintaining a healthy approach to life will help hugely. Invest in comedy DVDs to watch at home. Go to comedy shows, films and read light-hearted books. Play cheerful music on your stereos.
6. Make an effort to smile, joke and be pleasant even if you are not in the mood.

**AUXILIARY PRESIDENT –
VALERIE FRENCH**

WE ARE ALMOST DONE WITH OUR PROGRAMS FOR THE 2017 – 2018 YEAR. JUST NEED TO GET AQLL THE REPORTS FILE WITH DEPARTMENT OF FLORID CHIRMEN.

BINGO

Can use some more volunteers to work the floor and call. If we can get enough workers, you would only need to work one Tuesday a month. Bingo is one of the main supports of the Post, so please help if you can. Jerry & Sandy will be going back to Michigan this next month and will be greatly missed.

YARD SALE -

We are doing the yard sale quarterly. Next on is scheduled for April 14th 9am – 2pm. If you have anything to donate, please bring it in now. Just drop it off at the Post next time your in town.

AUXILIARY LUNCHES –

Are March 10th at Chili's and April 7th at Bradley's at 11:30 am

ELECTION OF NEW OFFICERS WILL BE AT THE APRIL MEETING. IF YOU WOULD LIKE TO HOLD AN OFFICE, PLEASE COME TO THE MEETING

BE SURE TO CHECK THE CALENDAR FOR ALL THE ACTIVITIES GOING ON AT THE POST SUCH AS LADIES NIGHT, QUEEN OF HEARTS, BOWLING TOURNAMENTS, DARTS, SATURDAY NIGHT PIZZA & MOVIE THESE ARE OPEN FOR EVERYONE AND THE MORE WHO PLAY THE MORE FUN WE HAVE.

**AUXILIARY TREASURER –
MARY LOU BERRY – 325-6190**

LIFE MEMBERS - Your \$5.00 yearly Cancer Insurance is due now. Please send check made out to VFW Aux Post 3349 to Mary Lou Berry, 2609 Golf Dr., Palatka FL 32177 or drop off at the Post next time your in town.

We are at 97.37% on membership – need 4 more to be 100% and 7 more to be quota busters. Your 2017 card was good only until 12/31/17. Now you will have to fill out a new application and be voted by the Auxiliary. You also loose the Cancer Grant for one year.

CANTEEN CHATTER

The next couple of months are going to be busy for all of us. Please check the calendar and come join us.










Reminder to check the calendar for the events that are going on.

Charlene

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1  Queen of Hearts 7 PM  Darts 7 PM	2 Chili Dinner 6pm \$5.00	3 Texas Hold'em 6PM
4	5 Ladies Night Drinks 1/2 Price 5:30-8 PM Pizza & Bowling	6  Bingo 6-10 PM	7 Men's Night 5:30-8 pm \$1.00 Draft	8 House Committee Meeting 7 PM Queen of Hearts 7 PM  Darts 7 PM	9 Steak Dinner 6 PM \$8.00	10 Auxiliary Lunch at Chili's 11:30 Am Bowling 1 PM
11	12 Ladies Night Drinks 1/2 Price 5:30-8 PM Pizza & Bowling	13  Bingo 6-10 PM	14 Post & Auxiliary Joint Meetings 7 PM Awards	15  Queen of Hearts 7 PM  Darts 7 PM	16 Corned Beef & Cabbage 6 PM \$8.00	17
18	19 Ladies Night Drinks 1/2 Price 5:30-8 PM Pizza & Bowling	20  Bingo 6-10 PM	21 Men's Night 5:30-8 pm \$1.00 Draft	22  Queen of Hearts 7 PM  Darts 7 PM	23 Spaghetti Dinner 6 PM \$8.00	24 Bowling Tournament 1pm VS Interlachen
25	26 Ladies Night Drinks 1/2 Price 5:30-8 PM Pizza & Bowling	27  Bingo 6-10 PM	28 Men's Night 5:30-8 pm \$1.00 Draft	29  Queen of Hearts 7 PM  Darts 7 PM	30 Baked Fish Dinner 6 PM \$8.00	31  Easter Egg Hunt 1PM

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Ladies Night Drinks 1/2 Price 5:30-8 PM Pizza & Bowling	3  Bingo 6-10 PM	4 Men's Night 5:30-8 pm \$1.00 Draft	5 House Committee Meeting 7 PM Queen of Hearts 7 PM  Darts 7 PM	6 Meatball Subs 6pm \$5.00	7 Texas Hold'em 6PM Auxiliary Lunch at Bradley's 11:30 AM
8	9 Ladies Night Drinks 1/2 Price 5:30-8 PM Pizza & Bowling	10  Bingo 6-10 PM	11 Post & Auxiliary Meetings 7 PM Elections	12  Queen of Hearts 7 PM  Darts 7 PM	13 Steak Dinner 6 PM \$8.00	14 Private Party 1-5 Yard Sale/ Swap-meet 9-2 Bowling 1 PM
15	16 Ladies Night Drinks 1/2 Price 5:30-8 PM Pizza & Bowling	17  Bingo 6-10 PM	18 Men's Night 5:30-8 pm \$1.00 Draft	19  Queen of Hearts 7 PM  Darts 7 PM	20 Spaghetti Dinner 6 PM \$8.00	21 District 14 Meeting Palatka 10 AM
22	23 Ladies Night Drinks 1/2 Price 5:30-8 PM Pizza & Bowling	24  Bingo 6-10 PM	25 Men's Night 5:30-8 pm \$1.00 Draft	26  Queen of Hearts 7 PM  Darts 7 PM	27 Ham Dinner 6 PM \$8.00	28
29	30 Ladies Night Drinks 1/2 Price 5:30-8 PM Pizza & Bowling					

POST OFFICERS

Commander	Gerald Donnelly
Sr Vice Commander	Robert Thropp
Jr Vice Commander	Carl "Bill" Jones
Judge Advocate	Raymond Dixon
Adjutant	Charles Wellborn
Quartermaster	Gerald Shuler
Asst. Quartermaster	Charles Wellborn
Chaplin	Bruce Howell
Surgeon	Philip Haeseker
Service Officer	Charles Burkley
Trustees 1st yr	William Thompson
2nd yr	Mark Retzlaff
3rd yr	Weldon Taylor
Membership Chairman	Charles Wellborn
Employment Officer	Weldon Taylor
Legislative Officer	John Dillingham
Disaster Preparedness/Relief	Phil Haeseker
Historian	John Dillingham
House Committee Chairman	Gene Neiman
National Home for Children	Quartermaster
Communications/Media Relations	Commander

MEMBERSHIP COMMITTEE

Chairman	Charles Wellborn
Members	Commander and ALL Members

COMMUNICATIONS/MEDIA RELATIONS

Chairman	Commander
Members	Adjutant and Quartermaster

HOUSE COMMITTEE

Chairman	Gene Neiman
Members	Gerald Donnelly Phil Haeseker Gerald Shuler Charlie Wellborn
Canteen Manager	Charlene Dillingham

AUXILIARY OFFICERS

President	Valarie French
Sr Vice	Marian Chialastri
Jr Vice	Joyce Donnelly
Secretary	Marian Chialastri
Treasurer	Mary Lou Berry
Chaplin	Charlene Dillingham
Conductress	Linda Sliter
Guard	Jon Berry
Trustees 1st yr	Jon Berry
2nd yr	Kathie Thompson
3rd yr	Neva Lyons
Patriotic Instructor	Charlene Dillingham

DISTRICT 14 MEETING SCHEDULE

Qtr	Date	Post	Location	Time
3RD	4/21/2018	3349	Palatka	10 AM

Useful Web Sites

Get copy of DD Form 214 or other discharge documents: <http://www.archives.gov/veterans/military-service-records/>

Request Lost and Replacement Medals: <http://www.archives.gov/st-louis/military-personnel/public/awards-and-decorations.html>

VFW National Headquarters Web Site: www.vfw.org

VFW National Web Site for Members: www.jointhelite.org

VFW eMembership: <http://emem.vfw.org>

VFW Store Online: www.vfwstore.org

VFW Department of Florida Web Site: <http://www.myfloridavfw.org>

National Do Not Call Registry: www.donotcall.gov

VFW Post Website: <http://vfw3349.org>

Join the VFW in Opposing GI Bill Tax on Troops: The VFW adamantly opposes a proposed tax on military service members to pay for the GI Bill. "We are still a nation at war. We have troops actively engaged in Iraq, in Afghanistan, and now in Syria," said VFW National Commander Brian Duffy. "The war on terrorism is not over! Congress' focus should be on defeating our enemies and ending the war, not cutting the benefits of those who are fighting it." With impending changes to TRICARE and retirement benefits, this proposed tax on troops would force the brave men and women who join the military to choose between health care, retirement and education benefits. As Congress looks to tax junior military service members to pay for their post-military educational benefits, the VFW needs every member and supporter to get involved and help protect the GI Bill. Join the discussion by using the hashtag #NoTaxOnTroops on your Facebook, Twitter, and other social media sites. Use the [talking points for the proposed tax on troops](#) and contact your members of Congress. If you have questions on how to get involved, please