



# The One Forty Niner

For God and Country, We Help America Work — Service to Community, State, and Nation

Monthly Newsletter of The American Legion, J.B. Clark Post 149, Escondido, California

## Commander – Mike Frank



I would like to thank everyone for their patience during our construction project. The floor in the Hall is finally done. A big thanks to Manny Gonzalez Jim Botts, Isaac Gonzalez, Mark Hamm, and Ken Boyd for all hard work. Front doors are next, then on to the heating and air conditioning.

Next month will be first nominations for Post Officers. We will have two vacancies for sure with the departure of our 3rd Vice Commander and our 2nd Vice Commander heading East real soon. Now is your chance to get involved in the operation of our Post. Any Post member can run for an office just be prepared to perform those duties to the best of your abilities, if elected. We will also be electing two members of the Board of Directors.

I want to thank Karen Turpin for taking on the responsibility managing our Post website and Facebook page. She is doing an Outstanding job.

## Adjutant – Jeff Dodds



I am still receiving membership checks from folks that are current. Again, I apologize for all the confusion with the erroneous past due membership letters. Please, if you currently have a 2018 membership card you are good. Disregard the notices. If you have any concerns give me a call or stop by my office. My office hours are still 0900 to 1200 Monday through Thursday.

### Actions from the E-Board:

Approval to spend up to \$250.00 to purchase a banner/table skirt with the American Legion logo. To be used for recruiting purposes.

## Chaplin – Chuck Faupal



*How are you?* It's a question you hear a dozen times a day. Mostly you mumble a "fine" or "okay" and don't give it much thought. But maybe you should.

*How are you?* Are you excited about life? Are you eager to see what God has in store for you each day? Or are you lethargic and downcast? In Malachi 4:2, God promises that to those who honor and revere him, "the sun of righteousness will

rise with healing its rays. And you will go out and frolic like well-fed calves." Picture it—frolicking with the pure joy of being alive!

When you are sick physically, you take medicine to make you better. And how do you take that medicine? Ordinarily you take it by mouth in the form of a liquid or a pill, or you take it by injection into the bloodstream. When your sickness is that of your heart and your mind, how can you take a dose of faith, the medicine you need?

You can take it either through the eye or through the ear. For example, suppose you read the Bible. The printed words are reflected as an image on the retina of the eye. This is transmitted to the mind where it conveys an idea and the idea affects the diseased area of the mind with its healing potency. That is why you should read the Bible.

The other way you can take faith is through the ear. Suppose you come to church. You hear the reading of the Bible, you hear the great music, you hear the sermon, and you hear the prayers. All these make impacts on the eardrum. And these travel to the mind by a process that I do not pretend to understand and reach the diseased area where the fears are. And if you do this sufficiently and earnestly, you can be healed of your fears, your apprehensions, and your anxieties by the strong message of faith.

The Gospels tell us that Jesus went about "proclaiming the good news of the kingdom and healing every disease and sickness among the people" (Matthew 4:23). Every disease—physical, emotional, spiritual. Jesus has promised that, "Whoever follows me will...have the light of life" (John 8:12). Can you think of a healthier, happier condition than being filled with God-given light?

God wants to make you whole. *How are you?*

## Special Events

See calendar page and flyers for more information

- April 20-22 Riders Convention in Oceanside
- April 27 John Nemeth Blues Band in the Clubroom
- May 5 Cinco de Mayo Party
- May 28 Memorial Day

## Judge Advocate – Brian Turpin



Greetings to my fellow Legion Family members from your Post Judge Advocate, Brian Turpin. There are a set of standing rules for the Post that are designed to outline, in general terms, how a Post carries out day to day operations and give the membership a means to understand those operations. As a member of the American Legion you should be familiar with these standing rules and how your Post is operated on your behalf. Knowing this information will help you to choose how best to support the organization.

For example, if you witness an offense in the clubroom, the rules provide a means by which you can submit a complaint. According to the standing rules Section C, paragraph 6, subparagraph a; “The complaint must be submitted in writing and signed by the complainant within ten days of the alleged offense.” The complaint is then filed with the Post and presented to the E-Board to decide what to do about the alleged offense. Subparagraph b of that section also states; “The complainant must be present at the E-Board meeting that hears the complaint and be willing to answer questions.” It further outlines what happens if the person filing the complaint fails to attend the meeting to answer questions. In addition to automatic rejection of the complaint it further states; “The written complaint will be destroyed and not recorded in any manner.” There are exceptions that can be made for not attending the meeting if the excuse is legitimate. The issue would be tabled until the next scheduled meeting. If you file a complaint you must be willing to answer questions regarding the issue. This subparagraph also states; “Refusal to respond to any of the questions will be cause for an E-Board vote to reject the complaint.” The intent of these rules is not to discourage reporting of incidents but rather to encourage factual accounting of those incidents.

There are other rules in the current Post 149 standing rules that are available for review in the hallway outside the post kitchen or on the Post 149 website <https://www.escondidolegion.org/> then click By Laws.

Knowing the standing rules, like other rules and guidelines will help you understand how the Post continues to work for you. Never make assumptions about how things are run at Post 149 If you have any

questions or need clarification about these rules contact the Post Sergeant At Arms, Adjutant, Commander or the Judge Advocate. If you are not sure who any of these people are, ask the bartenders in the clubroom. Thank you and have a great month!

## American Legion Auxiliary Cathy Watt – President



With April here I hope everyone is enjoying the showers. My Mom always reminded me of the old saying “April showers bring May flowers.”

Well the hall floor is finished and paint is being selected for the walls. It is already looking amazing!! We will be getting new chairs to complete the makeover. Thank you Mike Frank for working so hard to get all this done and motivating everyone to get it accomplished.

I want to thank everyone who helped with the celebration of life for Phyllis Bradford. All who attended praised Phyllis for the giving, sharing person she was. You will be missed by the Auxiliary and all the people whose lives you touched.

Mom’s food challenge is in full swing. Last year we collected a whopping 1200 pounds of food, this year we set the goal for 1500. We need your support to make this happen. Mom’s is an ongoing collection for young military families who don’t make enough money to feed their families. Put all donations in the gray bin in the conference room; remember to put your name and group on the bag so we can credit your organization. No expired items or glass jars can be accepted.

We are always collecting donations for the Aspire Center and Interfaith. Please contact Linda Milford at 619-578-8862 for information on items needed.

Easter Sunday is April 1st and the Auxiliary will be serving breakfast from 8am to 11am. On the menu this month is Smoked Pork Chops and a Toast Bar. Of course we will be serving our usual for everyone who likes ham/sausage and eggs cooked to order. Enjoy our cook to order breakfast for only \$8.00.

Friday April 20th we will be serving homemade chicken and dumplings for dinner at 6pm. Karaoke will start at 7:00 in the clubroom; enjoy a great dinner and fun singing along with Doug.

Ladies interested in scrapbooking can spend an evening at the Legion creating memories and sharing ideas. We are planning on the 2nd and 4th Wednesday at 6 PM in the conference room. Call me for more details.

To another great month,

760-717-1425 [Cathywathenwatt@gmail.com](mailto:Cathywathenwatt@gmail.com)

## Clubroom Manager – Stef Holden



I’m happy to report the Club Room is coming off a very successful March! I wish to extend a very big thank you to the Club Room Committee for the excellent job they did making the Club Room look great for

## ***The One Forty Niner***

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**The American Legion J. B. Clark Post 149**

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our St. Patrick's Day celebration. Well done gentleman! Local band "Carl's Bad Habits" were instrumental in ensuring St. Patrick's was a great success. We look forward to having them back at Legion in the future. As always, Doug will be hosting karaoke on the 1st and 3rd Friday of the month and blues musician John Nemeth will be playing on Friday, April 27. DJ. Will is spinning tunes for our fast approaching Cinco de Mayo fiesta! On behalf of myself and the entire Club Room Staff, we thank you for your continued support!

**FEELING FREAKY TOUR 2018**  
 One Night Only in North County SD  
**JOHN NEMETH**  
 In Concert with his Great Band  
 with the **BACKWATER BLUES BAND**  
 and Special Guest

April 27th 7:30-11:00  
 April 27th 7:30-11:00

American Legion Members & Disabled Vets 1/2 OFF Tickets Proof of I.D.

\$20.00 in Advance  
 \$25.00 @ the Door

In support of the **Baja Blues Fest 2018**  
 and the **Disabled American Legion Veterans**  
 @ The American Legion Post 149 in Escondido

Baja Blues Fest  
 HTS Entertainment  
 Contact Tom for Tix @ 760-390-2246  
 BackwaterBluesBand@gmail.com

**No charge for Post 149 members and 1 guest.**

**AMERICAN LEGION FUNDRAISER**  
 Hosted by:  
**THE GOLDEN EGG OMELET HOUSE**

When you go to The Golden Egg Omelet House and enjoy a meal, the American Legion Post 149 can earn 10% of all food and beverages purchased.

All you have to do when you get the bill is mention that you are there to support the "American Legion Post 149", have them write it on the bill.

It is located at  
 316 W. Mission Ave. #101  
 Escondido, CA.  
 located behind McDonalds and Arby's  
 on Mission at Escondido  
 They are open 7am-2:30pm, Daily.

**J.B. Clark Post 149  
 Clubroom Committee Meeting**

1st Saturday of each month 9 am  
 Chair: Rene Cortez

All members of the Legion family are welcome to join!

**The American Legion Family**

**Remember  
 Post Members  
 Free Birthday Month Breakfast  
 At the Post Officers Breakfast  
 In your birthday month  
 3rd Sunday of the month  
 All you can eat buffet**

**Commanders Challenge  
 HOOPS FOR A CAUSE  
 11 February – 7 April 2018**

**What is Hoops for a Cause?**

Commanders from 28 American Legion Posts and the Executive Committee of American Legion District 22 in San Diego County will each take 100 basketball shots in exchange for pledges to raise funds for the following program:

- \* To restore the legacy of American Legion Baseball in San Diego County
- \* To connect veterans suffering from PTSD & TBI with Personalized Repetitive Transcranial Magnetic Stimulation (PrTMS) which is a non-invasive treatment that restores and maximizes brain function efficiency without the use of drugs.
- \* San Diego Homeless Veterans Stand Down

Our Goal is to raise \$25,000.00 by 7 April 2018. 93.50% of your generous contribution goes directly to our cause. The American Legion is a non-profit organization pursuant to section 501 (c) (19) of the IRS Code.



# *Party!*



**WHERE:** American Legion Post 149  
230 E. Park Ave.  
Escondido, CA 92025

**DATE:** Saturday, May 5, 2018

**TIME:** 6 PM

The Clubroom Committee will be serving carne asada or chicken tacos and all the fixins for \$8.  
First come, first served!



**"DJ Will" Spinning Tunes  
in the Clubroom**

**DRINK  
SPECIALS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>EASTER</b> 8-11 AM Auxiliary Breakfast \$8.00	<b>2</b> 6 PM Allied Vets	<b>3</b> 6 PM VFW	<b>4</b> Game Night	<b>5</b>	<b>6</b> 6 PM Boy Scouts Ham Dinner  7 PM Doug Johnson Karaoke	<b>7</b> 9 AM Clubroom Comm.
<b>8</b> 8-11 AM Sons Breakfast All you can eat Buffet \$10.00 District meeting at Post 731 3 PM - 8 PM Polish Club	<b>9</b>	<b>10</b> 5 PM DAV 5PM Finance Comm. 6 PM E-board	<b>11</b>	<b>12</b>	<b>13</b> 6 PM Sea Cadets Tri-tip Steak  7 PM Open Juke Box	<b>14</b> 8 AM - Noon Blue Star Mothers 10 AM 173rd Airborne 1 - 11 PM Private Party On Patio
<b>15</b> 8-11 AM Post Officers Breakfast All you can eat Buffet \$10.00 1 - 5 PM Boy Scouts In the Hall	<b>16</b>	<b>17</b> Meeting night 5 PM SAL 6 PM Post 6 PM Auxiliary	<b>18</b> 6 PM VFW Auxiliary	<b>19</b>	<b>20</b> 6:00 PM Auxiliary Chicken and Dumplings 7 PM Doug Johnson Karaoke 6 - 8 PM Private Patio Rental	<b>21</b> 6 - 10 PM WCADA In the Hall  All day Riders Convention in Oceanside
<b>22</b> 40-8 Breakfast  Riders Convention	<b>23</b> 6 PM House Comm. 6:30 PM Operations Comm.	<b>24</b>	<b>25</b> 5:30 PM Riders' BBQ 6:30 PM Riders Meeting	<b>26</b>	<b>27</b> 6 PM SAL Pork Chops 7 PM John Nemeth Blues Band	<b>28</b>
<b>29</b> Riders Breakfast	<b>30</b>	<b>May 1</b>	<b>May 2</b> Game Night	<b>May 3</b>	<b>May 4</b> 6 PM Boy Scouts Meatloaf 7 PM Doug Johnson Karaoke	<b>May 5</b> 9 AM Clubroom Comm. 6 PM Cinco de Mayo Party
<b>May 6</b> 8-11 AM Auxiliary Breakfast \$8.00	<b>May 7</b> 6 PM Allied Vets	<b>May 8</b> 6 PM VFW	<b>May 9</b>	<b>May 10</b>	<b>May 11</b> 6 PM Dinner TBD  7 PM Open Juke Box	<b>May 12</b> 8 AM - Noon Blue Star Mothers 10 AM 173rd Airborne

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**J. B. Clark Post 149**  
230 E. Park Avenue  
Escondido, CA 92025-1811

Non-Profit Organization  
U.S. Postage PAID  
Escondido, CA  
Permit # 92

Return Service Requested

# April 2018

AMERICAN LEGION POST 149  
**2018 FOOD DONATIONS CHALLENGE**  
FOR MOM'S - CAMP PENDELTON  
GOAL OF 1,500 LBS OF FOOD



**Food  
Collection**

**Take A Bag, Fill A Bag**

The need for food for military families at Camp Pendleton is ongoing throughout the year with food distribution on the 3<sup>rd</sup> Saturday of each month at the MOM's warehouse at Camp Pendleton. Please join our food drive for 2018! Take a bag, fill a bag and once filled, simply drop off donations in container in main hall of Post 149. Bags are available on top of food donation container. Last year, 1,226 pounds of food was donated by Post 149 members.

Reminder, no glass and no expired food items!

**THANKS FOR YOUR GENEROSITY!**

See [www.escondidolegion.org](http://www.escondidolegion.org) for the latest updates

Find us on Facebook: [www.facebook.com/pages/American-Legion-Post-149-Escondido-CA](http://www.facebook.com/pages/American-Legion-Post-149-Escondido-CA)