



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 hope everyone had a wonderful Thanksgiving. The folks who came out to the Post for our annual Thanksgiving dinner certainly did. Cathy, along with the Auxiliary and the Riders planned, cooked, and served a fabulous feast. I can't wait until next year. Our Post, along with the VFW and DAV held a very special Veterans Day event at Grape Day Park. Matt Foster, VFW Post 1513 Commander, was the MC. Another excellent lunch was served by the Auxiliary following the ceremony at the Post. Eight new Memorial Wall Tiles were unveiled after lunch was served.

I would like to congratulate a Post 149 member and VFW Chapter 1513 Commander Matt Foster for being selected as the San Diego Veteran of the Year. This is a great honor having his achievements being recognized in this fashion by the San Diego community.

Due to the resignation of our Sgt at Arms, we held first nominations for the position at the November Post meeting. Second nominations and the election will be held at the December Post meeting.

I would like to remind everyone that smoking is prohibited inside of our building. If anyone is smoking out on the patio, all doors into the Post must remain closed and the smoke exhaust fan must be turned on. Also, at least one of the roll up doors must be fully open at all times. There are many post members and guests who are quite sensitive to cigarette smoke and we must make every effort to provide a healthy environment for everyone inside our building.

2nd Vice – Daleen Moore



Hello, all! Hoping you had a wonderful Thanksgiving. Just a quick reminder to check the calendar closely, as some of our standard monthly events will not be held in December as we prepare for the holidays.

Thank you to everyone that joined us for our Marine Corps birthday ceremony held November 10th. We were blessed to have an amazing guest speaker, Sgt. Robert Caudill, USMC, Medically Retired. Robert served in Iraq performing Casualty Evacuation and completed missions

in Afghanistan before being diagnosed with Post Traumatic Stress (PTS). He subsequently spent a year and a half in the Wounded Warrior Battalion-West aboard Camp Pendleton before being medically retired. He discussed his personal journey from being an alcoholic, addicted to prescription drugs prescribed by the VA, to a healthier, more mentally sound man after he turned to meditation and yoga, which in-turn inspired him to start a the non-profit, I Journey, with his girlfriend, Erin. I Journey has been providing free yoga, meditation, nutrition, and sound healing at the VA Mental Health Clinic in Oceanside for over four years. Approximately 120 graduates have completed the I Journey 8-week wellness course to date. I Journey's motto is Free your Mind, Heal your Body, Ignite your Soul. Robert is also a proud VFW Life Member. Thank you for sharing your story, Robert. You are a true inspiration to all.



Please SAVE THE DATE for the Comedy Show on Saturday, February 9, 2019. This event is a great date night, so get the babysitter lined up! We will have tickets for sale at the bar in January, so please make sure to get your tickets early, as we always sell out of this event.

Did anyone else watch "Modern Warriors" featured by Fox News on Veteran's Day? As I watched this riveting program with some of America's most revered veterans, (Navy SEAL Rob O'Neill, former Navy SEAL Marcus Luttrell, Medal of Honor Recipient Dakota Meyer and retired U.S. Army Ranger Sean Parnell), they sent a clear

Special Events

See calendar page and flyers for more information

December 2	Auxiliary Christmas Bazaar
December 8	Escondido Christmas Parade
December 8	Children's Christmas Party
December 31	New Year's Eve Party
January 3	National Commander's Dinner
February 3	Four Chaplains Ceremony
February 9	Comedy Show

message; our men and women returning home need something positive to focus their attention to make a successful transition to civilian life. They need more than just taking kids to school and soccer practice. They were on a mission in the military and they need another mission in their civilian lives, including the camaraderie they experienced in the service. Several are now involved in non-profits that assist other military members. Although I was never in combat when I was on active duty, I can relate. I still need to be around other veterans. I can tell you the most gratifying part of my life is being able to assist other military members and veterans through my works at Post 149. I encourage you all to stay connected to your brothers and sisters. If you need help, call us. If you have time to get involved with the Post, please join us.

Semper Fi!

Adjutant – Jeff Dodds



It is now December, the last month of 2018. Still time to renew your membership and join with your fellow veterans in supporting our Post and veteran causes. Don't be "That Guy" that gets embarrassed when the bartender asks to see your membership card and it has the wrong year on it.

My office hours are still 0900 to 1200 Monday – Thursday. Please stop by to say hello and join me for a cup of coffee.

Actions of Post 149 November 2018

1. To restore Art Lubben's status as a Post 149's Honorary American Legion Lifetime Member.
2. Approve the expenditure of not to exceed \$250.00 to purchase a new set of application and brochure holders and a 4' x 8' board for the hallway information center.
3. To replace the large shade tarp with a wooden structure not to exceed \$750.00.
4. Jim Botts was ratified as Interim Sgt at Arms pending a special election.

Chaplain: Chuck Faupel



Reminder: I will be conducting the Four Chaplains Memorial Service at Post 149 on February 3rd 2019 at 11:30. This is the first Sunday of the month. If you have never been to one, come out and support. If you would like to take part as one of the

Chaplains let me know.

A Christmas poem courtesy of Lance Corporal James M. Schmidt: Dan Lloyd Post member wanted me to read this poem, so after reading it, I decided to put it the newsletter.

*'Twas the night before Christmas, he lived all alone,
In a one-bedroom house made of plaster and stone.
I had come down his chimney with presents to give,
And to see just who in this home did live.
I looked all about, a strange sight I did see,
No tinsel, no presents, not even a tree.
No stocking by mantle, just boots filled with sand,*

And on the wall pictures of far distant lands.

With medals and badges, awards of all kinds,

A sobering thought came to my mind.

For this house was different, so dark and so dreary,

The home of a soldier, now I could see clearly.

The soldier lay sleeping, silent, alone,

Curled up on the floor in this one-bedroom home.

The face was so gentle, the room in such disorder,

Not how I pictured a United States soldier.

Was this the hero of whom I'd just read?

Curled up on a poncho, the floor for a bed?

I realized the families that I saw this night,

Owed their lives to these soldiers who were willing to fight.

Soon around the world, the children would play,

And grownups would celebrate a bright Christmas day.

They all enjoyed freedom each month of the year,

Because of the soldiers, like the one lying here.

I couldn't help wonder how many lay alone,

On a cold Christmas eve in a land far from home.

The very thought brought a tear to my eye,

I dropped to my knees and started to cry.

The soldier awakened and I heard a rough voice,

"Santa don't cry, this life is my choice;

I fight for freedom, I don't ask for more,

My life is my God, my country, my corps."

The soldier rolled over and soon drifted to sleep,

I couldn't control it, I continued to weep.

I kept watch for hours, so silent and still,

And we both shivered from the cold evening's chill.

I didn't want to leave on that cold, dark night,

This guardian of honor so willing to fight.

Then the soldier rolled over, with a voice soft and pure,

Whispered, "Carry on Santa, it's Christmas day, all is secure."

One look at my watch, and I knew he was right,

"Merry Christmas my friend, and to all a good night."

House Committee – Manny Gonzalez



Comrades and family of J. B. Clark Post 149, I hope everyone had a great Thanksgiving filled with joy and surrounded by family. This year is almost over and a lot has been accomplished by your House Committee. The new signs in the front corner of the building were donated by the House Committee with the funds raised by events held at our Post. Please look at the calendar and join us for monthly events. If you have not heard, our National Commander will be visiting our Post in early January so we have decided to make it look as

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best as possible. Please join us on December 1st as we, volunteers, clean up the Post and beautify the building. All are welcomed, you do not have to be a member of the House Committee to come on out. It is a great opportunity to find out what we do and we are always willing to answer any questions.

American Legion Auxiliary

Cathy Wathen - President



First of all, I want to thank all the wonderful ladies who have worked so hard this year to make Unit 149 one of the most active Units in the Auxiliary. As usual, Thanksgiving was a huge success with everyone walking away with full bellies.

We would like to thank our District President, Suzie Tozier, for her visit to our monthly meeting. Suzie stressed to us how important membership was so get that renewal in the mail as soon as possible. There is a need for new ladies to step up and take a chair in District. If anyone is interested in serving our veterans we need you.

The Children's Christmas Party is on the schedule for Saturday December 8th from 1pm to 3pm. A sign-up sheet is in the hall and clubroom; the deadline for sign up is December 3rd. All Legion Family members' children, grandchildren and family members' ages infant to 10 years old are invited. Please remember to include their gender and age on the sheet. Lunch will be served before the arrival of Santa. **YOU MUST SIGN UP TO GET A GIFT FROM SANTA!!**

All of the ladies have been working hard making crafts for our yearly Christmas Craft Bazaar/Bake Sale on December 2nd. We will be serving breakfast at the same time with Smoked Pork Chops and Pumpkin Pancakes as our special.

Work is moving forward on the North County Stand Down February 7th thru the 10th. Matt and Carrie Foster had our first meeting at Green Oaks Ranch in Vista. Matt gave us a great tour and explained how everything is run. Wow, what a great facility. They are in need of bath towels, wash cloths and twin blankets. Anyone who would like to donate any of these items please leave them in the Conference Room labeled Stand Down.

Dinner for December 21st is Scalloped potatoes and ham with one of our special desserts. Come enjoy a great home cooked dinner and sing along with Doug at 7:00.

Everyone have a happy and safe Christmas and New Year.

760-717-1425 cathywathenwatt@gmail.com

American Legion Auxiliary

Irene Clingman, PR Chair



Toy Drive and Food Challenge – On Sunday, December 9th, the SONS will be hosting their monthly buffet breakfast along with a toy drive to benefit military children ages infants to teenagers. The breakfast is

\$10 per person, however, if you bring an unwrapped toy valued at \$10 or more you get to eat free. The Food Challenge continues and the last donation of food for our annual food drive will end on December 9th in order to have a final pickup of food and toys so they can be distributed through the Helping Hand Worldwide Organization prior to Christmas. We're still a little short on food for our goal of 1,500 pounds so please donate.

Helping Hand Worldwide – The Military Outreach Ministry (MOM's) warehouse suddenly shut down after 18 years of distribution of donations to the military at Camp Pendleton. I contacted Camp Pendleton Public Affairs and the Chaplain's offices seeking information on other agencies that were serving families at Camp Pendleton. I was provided information on several agencies but we have decided to join a partnership with Helping Hands Worldwide who has been in service since 1997. Along with 250 dedicated volunteers, they were able to serve 46,000 recipients in 2016! Sita Helms, Executive Director, and her volunteer staff distribute donations at Camp Pendleton South on the 1st, 3rd, and 5th Tuesday's of each month and North Camp Pendleton on the 2nd and 4th Tuesday's of each month.

Encinitas Turkey Trot – The Escondido American Legion Unit 149 was recently invited to participate in an event called the Encinitas Turkey Trot in which 100 food baskets along with a \$30 prepaid VISA card would be distributed to military families. The Encinitas American Legion Auxiliary Unit 416 contacted our Auxiliary Unit 149 and Ann Marie Brown, Diana Young, and Irene Clingman helped to assemble the food baskets and then distributed them to veterans and military families.

Clubroom Manager – Stef Holden



You better watch out, you better not cry, but sign your children up by December 3rd. I'm telling you why, Santa Claus is coming to The American Legion on December 8th. We will be serving burgers and dogs from 1 to 3pm.

For those signed up, Santa will provide gifts for children ages infant to 10 years old.

Newly elected Mayor Paul "Mac" McNamara will be having a celebration party on the patio December 6th from 5 to 8pm. Come on out and meet the Mayor!

The VFW Christmas party will be held in the hall from 3 to 9pm on December 15th.

We would like to remind everyone that the Clubroom will open at noon on December 25th. We wish you all a very Merry Christmas!

The Rick Trotter band will be playing 60s and 70s rock and roll on December 31st! More details to follow so please check our website and Facebook page often.

As always, Doug will keep us entertained with karaoke every 1st and 3rd Friday of the month!

Again, we wish you all a merry Christmas and a very happy new year!



Spend an Evening Honoring

**THE AMERICAN LEGION'S
NATIONAL COMMANDER
BRETT P. REISTAD**

Thursday, January 3, 2019

1800—1830 No Host Cocktails
1830—1930 Dinner
1930—2030 Program

\$25 Per Person / Cocktail Attire

Menu

*Shrimp Cocktail
Cesar Salad*

*Choice of Marinated Tri-Tip or Talapia
Russian Cream with Seasonal Berries for Dessert*

Reservations can be made on Eventbrite at <https://escondidolegion.org/buytickets> or by mailing a check, payable to American Legion Post 149, at address below. If paying by check, please indicate choice of entrée (tri-tip or fish) and note "National Commander's Dinner" on the memo line. Seating is limited.

American Legion Post 149
230 E. Park Ave. ▪ Escondido ▪ CA ▪ 92025
(760) 745-1159

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov 25 40-8 Breakfast	Nov 26 6 PM House Comm.	Nov 27 6 PM Nat'l Cdr. dinner committee Operations committee	Nov 28 5:30 PM Riders' BBQ 6:30 PM Riders Meeting	Nov 29	Nov 30 6 PM Riders Spaghetti & Meatballs 7 PM Doug Johnson Karaoke	1 8 AM House Comm. Post Clean up
2 8-11 AM Auxiliary Breakfast \$8.00 Auxiliary Bazaar	3 4 - 6 PM Teamsters in the Hall	4 6 PM VFW	5 6 PM Game Night LRC 1-5 PM Baker Electric	6 5-8 PM Mayor's reception On patio	7 6 PM Boy Scouts Meatloaf 7 PM Doug Johnson Karaoke	8 10 AM 173rd 12 - 3 PM Children's Christmas Party
9 8-11 AM Sons Breakfast All you can eat Buffet \$10.00 Toy Drive	10	11 1-5 PM Baker Electric 6 PM DAV 5:30 PM Finance Comm. 6 PM E-Board	12 6 PM Operations Committee	13	14 No Dinner 7 PM Open Juke Box	15 8 AM We Clean Escondido 9 AM - Noon USMC Poolees On Patio 3 - 9 PM VFW Party
16 8-11 AM Post Officers Breakfast All you can eat Buffet \$10.00 3-8 PM Polish Club	17	18 Meeting night 5 PM SAL 6 PM Post 6 PM Auxiliary	19 6 PM VFW Auxiliary	20	21 6 PM Auxiliary Ham 7 PM Doug Johnson Karaoke Poker night	22
23 40-8 Breakfast	24	25 Christmas Day Clubroom opens at noon	26	27	28 6 PM Sons Dinner Ham 7 PM Open Juke Box	29
30 8-11 AM Riders Breakfast All you can eat Buffet \$10.00	31 New Year's Eve With the Rick Trotter Band	Jan 1 New Years Day Clubroom opens at noon	Jan 2	Jan 3 6 PM National Commander's Dinner	Jan 4 6 PM Boy Scouts TBD 7 PM Doug Johnson Karaoke	Jan 5 3-9 PM Private Party in the Hall

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. Mention that you are there to support the American Legion Post 149 and have them write it on the bill.

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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

December 2018

SAVE *the* DATE *Featuring.....*

BACK BY POPULAR DEMAND!

 **COMEDY NIGHT**

February 9, 2019

& DINNER SHOW



Santa is Coming to Post 149

Saturday December 8th, 1pm to 3pm

Legion Family Children, Grandchildren and Family Members are invited to Unit 149's Annual Children's Christmas Party Ages Infant to 10 years

Santa will be giving out presents to all good little Boy's and Girl's

A free lunch of hot dogs, hamburgers, mac & cheese, Jell-O and juice to all the kiddies!!

Signup sheets are available in the clubroom and all bulletin boards. Sign up by December 3rd.

Remember you must be signed up to receive a gift from Santa. (Name, Sponsor, Gender and Age Required)

Christmas Craft Bazaar

Sunday December 2nd, 8am to 11am

Join the American Legion Auxiliary for their Christmas Craft Bazaar and Breakfast

Enjoy the Auxiliary's Cook to Order Breakfast

Lots of homemade Christmas Crafts for sale and yummy baked goods too!!

See www.escondidolegion.org for the latest updates

Find us on Facebook: www.facebook.com/Escondidolegion.org