

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



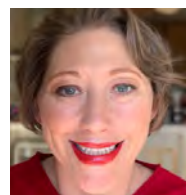
I want to thank all those who have been supporting our Post by attending our meetings, meals, events, ceremonies, etc. This is how we are able, to keep our

doors open and help to provide our local Veterans a wonderful venue to conduct business, socialize, and support Veterans causes.

Our House Committee been hard at it again by working on the back yard sprinklers. Hopefully the brown spots will begin to turn green again.

We are still in need of some volunteers. If you have an interest in helping maintain the Post, please consider joining the House Committee. We are also looking for someone to chair the Clubroom Committee. If interested in either committee, please see Jim Botts.

FIRST VICE | JEN HOLDEN



I believe the hardest thing I have ever done is to write these submissions. I want so much to find something significant to talk about with my fellow

Legionnaires that I am missing the point of the newsletter. As your 1st Vice

Commander, I want to talk about participation this month.

I have been observing our post for the last few years and even more closely in the last few months. I see so few members participating in our post meetings. It makes me sad that the governance of our post doesn't seem important. I am guilty of this, but something changed for me last year that made me care more. COVID-19 devastated so many people's lives and I truly understood what the American Legion means to so many people.

I know all the excuses:

"I've been in meetings all day"

"I'm too tired"

"Post meetings are boring or pointless"

"I forgot about it"

"I only joined for the (fill in the blank)"

and on and on

I understand being busy, tired, stressed, or uninterested. I can 100% say that I feel all those emotions when it comes to doing extra things that take up my time. I am asking you all to please try to spend 1-2 hours a month at the post. Whether it is for the post meeting, preparing a breakfast, eating a breakfast, having a drink or cup of coffee in the club room, or just coming in to say hello; it will truly make a difference to the morale of all.

Sincerely,
Jennifer

SPECIAL EVENTS

See calendar page and flyers for more information.

AUGUST 13

VFW Dinner

AUGUST 20

AUXILIARY Dinner

Left-Right-Center 6:30 PM

AUGUST 27

KIWANIS Dinner

GAME NIGHT 7-9 PM

BUNKO

Every Thursday 6 PM

KARAOKE

Every Friday 7 PM



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J. B. Clark Post 149

230 E. Park Avenue,
Escondido, California

760-745-1159

Fax 760-745-1676

Web Address

www.escondidolegion.org

Address correspondence
regarding mailing
to the Adjutant at
adjutant149@gmail.com

Send content to the editor at
barefootdesign@yahoo.com

SECOND VICE | CLUBROOM MANAGER | STEF HOLDEN



As we continue to inch back towards normalcy in our everyday lives, I'm happy to report that both club traffic and rentals are on the upswing! In order to support this increase in business, Post 149 is in serious need of additional "Post Reps" for the numerous rentals that will be taking place in the coming months. Volunteering to be a post rep pays anywhere from \$50 to \$100 depending on the duration of the event. If interested, please see Ms. Shannon White, Post 149 Rental Agent. She will gladly add your name to the Post Rep contact list. We appreciate your continued support!

Once again, I'm happy to share that Doug Johnson is hosting karaoke every night inside Club 149! Leave your bashful at the door, climb that stage and get your sing on!

Club 149 is looking forward to many exciting events as we head into the close of Summer and welcome an activity-filled Fall. Notable upcoming events will include a Labor Day celebration and a September 11th Remembrance Barbeque.

Club 149 can't wait to see you

POST 149 ADJUTANT | JEFF DODDS



The July General Meeting saw some new faces.

Good comradeship was enjoyed.

Early membership renewal is on. Get that "Early Bird" stamp. Last year the Sons put on a great pulled pork BBQ for the Early Bird meal. And don't make the bartenders ask. Show your current membership card when you walk in.

For those groups I sent contracts out to. Please return them signed as soon as possible.

Ongoing fundraiser at The Golden Egg Omelet House. Just mention Post 149.

My office hours are 1000 to 1400 Monday through Thursday. Friday by appointment. Please stop by to say hello and join me for a cup of coffee.

Actions of Post 149 E-Board

07/13/2021

- ◆ To authorize the payment of \$3640.00 to Fader Electric Inc. to purchase and install a new security camera system around the perimeter of the building. And to include the patio and clubroom interior.
- ◆ To have the Post pay for the Boy's State Delegates and their parents at the Auxiliary July 16, 2021 dinner. It is an award dinner for the delegates.
- ◆ Move that the House Committee take on the maintenance of the Post 149 trailer.

CHAPLAIN | CHUCK FAUPEL



As we age, we gradually lose the ability to perspire and regulate our body temperature. Older skin also thins and offers less protection from the sun.

Poor circulation, heart, lung and kidney diseases, and high blood pressure increase the risk for heat-related illness.

These medications include antipsychotic drugs commonly given to Alzheimer's patients to control agitation, anticholinergic drugs, tranquilizers, sedatives (including over-the-counter sleeping pills), amphetamines, diuretics and drugs to

control blood pressure, antihistamines, and some antidepressants.

TIPS FOR STAYING COOL

Wear cool clothing: light-weight, light-colored, loose-fitting clothing. Use hats and umbrellas outside.

Cover windows: During the day, pull the curtains on all windows that are in direct sunlight. Open windows at night and use fans or cross-ventilation to circulate cooler air.)

Avoid direct sun: Stay indoors during the hottest hours, 11 a.m. to 4 p.m.

Eliminate or limit physical activity: If the person's physician approves light exercise such as walking and movement exercises.

Drink plenty of fluids: Give the person plenty of water and fruit or vegetable juice even if they say they're not thirsty. No alcohol, coffee or tea.

Light meals: Avoid hot, heavy meals and don't use the oven.

Take cool showers: Lay a cool, moistened towel over the forehead or back of the neck and replace often.

SIGNS OF HEAT-RELATED PROBLEMS

Headache, nausea and fatigue are signs of at least some heat stress.

Heat Fatigue: cool, moist skin, a weakened pulse, feeling faint.

Heat Syncope: sudden dizziness, pale, sweaty looking skin that is moist and cool to the touch, weakened pulse and rapid heart rate but normal body temperature (that is, 98.6 degrees, taken with a thermometer).

Heat Cramps: muscle spasms in the abdomen, arms or legs after exercise. (Note that these may be caused by lack of salt but do not give salt or salt tablets without consulting a physician.)

Heat Exhaustion: this is warning that the body is getting too hot. Pupils may contract. Urination decreases and the person may vomit.

Heat Stroke: this is life-threatening. Immediate medical attention is required. Death can occur quickly when heat stroke occurs. Body temperature rises above 100 degrees F (some sources say 104 degrees F),

To alleviate symptoms for any heat-related problem and while waiting for medical help:

1. Have the person lie down in a cool place.
2. Elevate the feet.
3. Apply cool, wet clothes or water to the skin, especially the head, groin and armpits which cool quickly.
4. If possible, give small sips of cool water (no salt without a doctor's approval).

And remember — if you suspect heat stroke, call 911 or summon medical personnel immediately.

AUXILIARY PRESIDENT | CATHY WATHEN



Once again I want to say thank you to the nine ladies who attended our meeting on July 20th. There was no Zoom due to poor participation. Our next meeting is scheduled for 17th, please put the date on your calendar and attend, we will be discussing the Trunk or Treat for Halloween and the Children's Christmas party.

The Auxiliary membership is at 96 members with only 6 active ladies. I have been the President for 11 years now along with the Secretary, Treasures and 2nd Vice. Ladies we are getting tired of being the only ones who are making Unit 149 a successfully ladies group. These 6 ladies cook meals and organize actives. We are only asking for a few hours a month to help. Our Thanksgiving in July served 90 people, we couldn't have done it without the help of 3 of our Legion members who stepped up to serve and wash dishes. Oh and thank you Dave Geary who came to get dinner and stayed to help serve. In the last year our Community Service, Poppy and Girl's State Chairman have moved out of state and no one will step up to fill these positions. Writing this is very difficult but we just can't do this alone anymore, we need you!!!!!! You can always reach me at Cathywathenwatt@gmail.com or by phone at 760-717-1425.

On the schedule for August 1st is our monthly breakfast served from 8 to 11:00. Gloria will be making her famous blueberry pancakes, ham/sausage and eggs cooked any way you like with home fries, biscuits and gravy, coffee and juice. What a deal for \$10.00. Come and enjoy a home cooked breakfast and a cup of coffee with us.

Friday August 20 is our monthly dinner with Ham, Scalloped Potatoes, Honey Carrots, Cole Slaw and dessert on the menu. Glad to say Doug is back doing Karaoke is the hall from 7pm to 11pm. Enjoy dinner and music along with your friends. All the money collected from our meals is used for Veterans and their families, without your support we couldn't make it happen!!

Keep the donations coming for Camp Pendleton. Thanks to everyone who has donated to this worthy cause. They are in need of canned Tuna, Chicken, Pastas, Rice, box Mac & Cheese, healthy Cereals PB&J these are just a few of items needed. Put all donations in the gray bin in the clubroom, please no expired items or glass jars can be accepted.

Once again thank you for your support. Unit next month!!

Cathy Wathen, President Unit 149 | 760-717-1425
cathywathenwatt@gmail.com

AMERICAN LEGION AUXILIARY | IRENE CLINGMAN | PR CHAIR



– Food Challenge for Military Families. On Tuesday, June 29, I attended the military food distribution drive-through event with our food donations. The event was held at the Melba Bishop Recreation Center on River Road in Oceanside. My car was

packed to the brim with food donations from May 19 through June 29 and a total of 640.56 pounds of food. The total food donations for the 2021 year now totals 1,188.48 pounds.

WOW!! In addition to the food, non-food items such as towels, small kitchen appliances, etc. were distributed to the families who were selected to receive the items. For the last several years prior to Covid19, I had set a goal of 1,500 pounds for the year. With this year being half over, I'm hoping to reach our goal. I would like to thank the Auxiliary for generously donating a check in the amount of \$200, a \$50 cash donation from Arlene Cox, a \$20 cash donation from Jacinto Camacho, all to purchase food for hungry military families. A special thanks to everyone donating to the cause. In addition, I continue to receive generous food donations from Mr. & Mrs. Tony Aguilar's family, including daughter Misty and husband Mike Nesbit. Their combined food donation totaled 305 pounds of food. Their generosity



overwhelms me and a big special thanks to their families as well!!

I arrived early at the food distribution and had help setting up our donations on the table as shown in the picture. You can see the variety and the amount of food donated. In addition, Worldwide Helping Hand has received a generous donation which enables the organization to add an additional

refrigerated truck to pick up food from various vendors to provide fresh vegetables, meat, fruit, potatoes, onions, and dairy products.

Again, a special thank you to all who donate. We welcome large and small donations of food and/or cash donations. Reminder, no glass or outdated items. Donations can be dropped in food bin which is located at the Legion's Hall.

GAME NIGHT IS BACK!

Please check the calendar for our next evening of fun and comradeship.



Tony Azares, Hugh Pettigrew, and Gary Fader of the House Committee cooking for the 4th Of July BBQ.

Escondido American Legion Auxiliary Unit 149 honors Boys/Girls State Delegates 2020 & 2021

On Friday, July 16, 2021, the Escondido American Legion Auxiliary Unit 149 hosted a special Thanksgiving Dinner in July to honor Boys & Girls State Delegates for 2020 and 2021. Due to Covid -19, we were unable to honor the delegates last year. After a dinner of turkey and all the usual Thanksgiving food, each delegate was presented with a certificate. The girls were also presented with a Girls State medallion necklace.



Pictured left to right: Irene Clingman, Girls State Chair; Harold Olson, Boys State Chair; Marcello Favela, Boys State Delegate 2021; Emily Parviz, 2021 Escondido High; Isabella Moreno, 2021 Escondido Charter High; Marianne Sadik, 2021 San Pasqual High; Jasmine Bogarin, 2021 Orange Glen High; Liz Castaneda, 2020 Orange Glen High; Emily Elliott, 2020 Escondido Charter High; Malaya Pojas, 2021 Valley Center High; Cathy Wathen, Auxiliary President Unit 149.

Delegates not attending: Zoe Simmons, 2020 Escondido High; Taylor Shields, 2020 San Pasqual High; and Gabi Olivera 2020 Valley Center High. Gabi was unable to attend as she is currently attending the Air Force Academy.



BUNKO AT POST 149

EVERY THURSDAY NIGHT AT 6 PM

*Come and enjoy playing Bunko at 6PM every Thursday night.
We play 4 rounds, with dessert served at half time for \$2.00
Roll some dice and have some fun with the ladies at 149.
\$10.00 to play with money used for Bunko winners.*

EVERYBODY IS WELCOME!

Menu

Dinner brought to you by VFW Post 1513
Friday, August 13th, 5:30 P.M. (1730)

* Chicken Cordon Blue *

*A tender chicken breast roll stuffed with black forest ham
And Swiss Cheese, seasoned and coated, then cook and
Served with a creamy roasted chicken gravy.*

* Garlic Mashed Potatoes *

* Seasoned Mixed Vegetables *

*A mix of Broccoli, Cauliflower, Carrots, and Green Beans.
Lightly blanched, then seasoned and baked.*

* New York Style Cheesecake *

With Raspberry Sauce for Dessert

\$9



POST MEMBERS FREE BIRTHDAY MONTH BREAKFAST

At the Post Officers Breakfast in your birthday month - All you can eat buffet

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8-11 AM Auxiliary Breakfast Eggs to Order \$10 3 PM Pub Grub by Cheryl (Clubroom)	2 6-7 PM EVC Meeting (Conf. Rm.) 7-8 PM VetFest Meeting (Conf. Rm.)	3 1-5 PM Baker Electric Mtg. (Hall) 6-8 PM VFW Post 1513 Mtg. (Hall) 9 AM-1 PM Porcelain Club (Conf. Rm.)	4	5 6-8:30 PM BUNKO (Hall)	6 No Scheduled Dinner Call the Post for any changes 7-10 PM KARAOKE (Club Rm.)	7
8 8-11 AM Sons Breakfast All You Can Eat Buffet \$10 2-9 PM WEDDING Reception (Hall) 3 PM Pub Grub by Cheryl (Clubroom)	9	10 5:30-6 PM Finance Mtg. (Conf. Rm.) 6-7:30 PM Post E-Board Mtg. (Conf. Rm.) 6-7:30 PM DAV Chapter 70 Mtg. (Hall)	11 6-7:30 PM AL Sons Meeting (Hall)	12 12-4 PM Escondido Arts Association (Hall) 6-8:30 PM BUNKO (Hall)	13 6-7 PM VFW Riders Dinner (Chicken Cordon Blue, Garlic Mashed Potatoes Mixed Vegetables) \$9 (Patio) 7-10 PM KARAOKE (Club Rm.)	14 9 AM-4 PM Blue Star Moms (Hall) 7-10 PM Whirlaway Dance Club (Hall) 5-7:30 PM Dinner on the Patio \$12 (Kabob Sandwiches, Side and Dessert)
15 8-11 AM Post Breakfast Buffet with Eggs to Order \$10 3 PM Pub Grub by Cheryl (Clubroom)	16 6-7 PM House Committee Mtg. (Patio)	17 6-7:30 PM Post General Mtg. (Hall) 6-7:30 PM Auxiliary Mtg. (Conf. Rm.) 9 AM-1 PM Porcelain Club (Conf. Rm.)	18 6:30-8 PM VFW Auxiliary Mtg. (Conf. Rm.)	19 6-8:30 PM BUNKO (Hall)	20 6-7 PM AUXILIARY Dinner Ham and Scalloped Potatoes (Hall) 6:30-8 PM LRC (Patio) 7-10 PM KARAOKE (Club Rm.)	21
22 8-11 AM Smartt and Co. Omelet Station \$10 3 PM Pub Grub by Cheryl (Clubroom)	23	24 9 AM-1 PM Porcelain Club (Conf. Rm.)	25 5:30 PM Dinner on the Patio 6:30 PM Post 149 AL Riders Mtg. (Patio)	26 6-8 PM Coast Guard Reserve (Conf. Rm.) 6-8:30 PM BUNKO (Hall)	27 6-7:30 PM KIWANIS Dinner (Meatloaf, Mashed Potatoes and Green Beans) (Hall) 7-9 PM GAME NIGHT (Patio) 7-10 PM KARAOKE (Club Rm.)	28 5-11 PM Baby Shower (Patio)
29 8-11 AM Riders Breakfast \$10 3 PM Pub Grub by Cheryl (Clubroom)	30	31 9 AM-1 PM Porcelain Club (Conf. Rm.)	9/1	9/2 6-8:30 PM BUNKO (Hall)	9/3 7-10 PM KARAOKE (Club Rm.)	9/4

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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ISSUE 2108

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*PLEASE CONTACT THE POST ADJUTANT
AT ADJUTANT149@GMAIL.COM FOR MORE
INFORMATION OR TO PLACE AN AD.

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