



# THE SACRAMENTO VETERAN

July/Aug 2016



## Commander's Message

Dear Comrades and Auxiliary Members,

At this time I would like to thank you comrades for electing me to the position of Commander of Lt. Lansdale Post 67. I've been in many key positions in my life but this is by far the most important. I'm glad the outgoing Commander Chris Anderson has been right there for my transition and the greatest help.

There are a few people who have been instrumental in the upswing in our bank account, Gilbert Gamino for all the Hall Rentals and kitchen sales. They have been breaking all our existing records. With his amazing crew of mostly volunteers and a super cook, they really work as a team. The canteen sales are also the best ever. Two others have helped to control our finances they are Commander Chris Anderson and Kevin Hedahl by not giving our hard earned money away. Bill Campos our incoming Quartermaster has been working with Kevin on the transition. Real Teamwork again.

One of my key Comrades is our Surgeon Robert Ortiz. He has spent many hours researching food and safety practices and had attended classes to come back and give suggestions to the respected departments i.e. canteen, building safety and kitchen operations. By listening to Roberts information we will be much safer and our inspections will be the best.

Our Building and House Committees

are the best ever. We have members that really care about our Post.

I will always have an open door policy and any Comrades that have suggestions can talk to me. We have a hit list of items that need to be repaired or improved and our teams will attack them by priority first methods.

Our 100th Anniversary is coming up and we need some improvement in the looks of our Great building, together we will make it happen.

I will work with our Auxiliary on ways to improve our relationship. I have a history of doing what I say and have always supported the Auxiliary. Our Auxiliary has made 100% membership and guess what our Post just made 100%, so we have a lot of reasons to celebrate, together we will take Post 67 into the future.

One of my goals is not to treat our Afghanistan and Iraq veterans like a lot of the Vietnam veterans were treated. Its so nice to get their input and ideas on the new ways of this generation. In closing I really want to thank Mrs. Karen Anderson for all the countless hours she has spent on her time checking our Canteen and Kitchen receipts.

Yours in Comradeship,

*Michael Andrade*

---

---

## VFW Auxiliary President's Message

Greetings Auxiliary Members,

A new year is beginning for our Auxiliary 2016/2017. Last year was a great success for our Auxiliary, we were very excited to reach 100 % in membership. I was so proud to walk up to the stage at the VFW State Convention in June and get the All-State Auxiliary President badge. This would not have been possible without the hard work of all our Auxiliary members. So we are going to roll up our sleeves and continue our membership drive to sign up more members. We would like to have more males join our Auxiliary. Let's work on this, our veterans need our support,

I look forward to working with all of you in this coming year. We have a new Commander Michael Andrade who has a lot of energy and lots of ideas. So we will be here to give him our support and his officers.

Our new Department Auxiliary President is Erma "Tootsie" Dougherty. Her love of music will have the Department of California in motion with her theme of "LET FREEDOM RING, SING & SWING". Her official District 17 visit will be August 12 – 14, 2016. You can attend a dinner to meet her on Friday, August 12, 2016 at VFW Post 4647, 3300 U Street at 5:00 pm. Or dinner at Post 1267 on Saturday, August 13, 2016 at 5:30 pm. RSVP Rebecca Pellechi by August 5, 2016 at 916.270.9587.

Our first District 17 meeting will be on August 13, 2016 at 9:30 at the VFW Post 2680, (130 Placerville, CA). Department President Dougherty will be in attendance so please wear VFW Auxiliary attire. I hope to see many of our members there. Let me know if you need a ride. Our Auxiliary will be celebrating our 100th year on March 2, 2017. We will start planning our celebration soon. Please join us at the meetings. It will be a fun party.

Our Auxiliary meeting will be on Thursday, August 11, 2016 at 6 pm. Look forward to seeing you all at our meeting.

Loyally yours,

*Gloria Tarin-Gamino*

---

## Peace Meal Kitchen

Gilbert Gamino  
Kitchen Manager

Carola Ritchie, one of our VFW Auxiliary members and kitchen volunteer breakfast server, has been picking up loaves of bread from Mary Watts TLC Soup Kitchen in Del Paso Heights. Mary "Mother Watts" has been running her Soup Kitchen in Del Paso Heights for more than 30 years and donates 2,500 loaves of bread a week to hungry people, churches and now to our VFW Post 67 veterans.

Carola goes every week and picks up about 50 loaves of bread of different varieties. We take what we need to serve our Sunday breakfast and the rest is put out for our Veterans and families. Carola runs the serving side of our breakfasts with several volunteers including Michelle, Abby, Melina, and Courtney. Besides her regular duties Carola steps up to help where ever needed. Thank you Carola for all you do.

Thank you Jan Givas for making biscuits from scratch and honeybutter. Good job at prepping steaks and other specials.

Our Sunday breakfast has grown by quite a bit in the last few months. The word is getting out via Facebook (like us at PeaceMealkitchenPost67), and other media that we are serving a delicious variety of food including Mexican dishes, fresh homemade Salsa by Gloria Gamino. Plus prices are pretty reasonable and people like to come to enjoy a good meal and good company. We have large tables for family breakfast celebrations. Breakfast is served from 8:30 to 12:30 pm every Sunday.

With the help of my wife Gloria, we buy all the food needed and I prep the food every Saturday and Sunday. My hard work is paying off with the great increase of customers. This success makes me very proud.

Our Kitchen is run by volunteers and only the cook is paid by the Post. Richard Lucero is our cook and he does a great job. He has been handling well the increasing number of customers. Thank you, Richard.

Thank you to our smiling Cashier Ruth Torres and her husband Hank who is always willing to help with making toast and a variety of duties.

Getting volunteers has been slow in coming especially for the dishwashing. We do thank Jessie for coming in volunteering most Sundays to wash dishes. Come and join us and you will be happy you volunteered to support our Veterans. Volunteers get a free meal, and two drinks from the Canteen. Please call Gilbert at 916-524-9816 if you would like to volunteer.

*Gilbert Gamino*

**VFW POST #67  
JULY 2016**

SUN	MON	TUES	WED	THU	FRI	SAT
<b>Sunday Breakfast Specials</b> Jul 3 - Corned Beef Hash, Eggs, Potatoes, Toast Hot Links, Eggs, Potatoes, Toast Jul 10 - Eggs Benedict, Potatoes Jul 17 - Menudo, Condiments, Tortillas Jul 24 - Chili Verde & Eggs, Beans, Tortillas Jul 31 - Sirloin Steak, Eggs, Potatoes, Toast					1	2
3 Sunday Breakfast 8:30 am- 12:30 pm	4	5	6	7 VAC Meeting 7:00 pm	8	9
10 Sunday Breakfast 8:30 am- 12:30 pm	11	12	13	14 Auxiliary Meeting 6:00 pm American Legion #391 Mtg - 7:00 pm	15	16
17 Sunday Breakfast 8:30 am - 12:30 pm	18	19	20	21 Jt. Officers Mtg 5:00 pm House Com Mtg 6:00 pm	22	23
24 Sunday Breakfast 8:30 am - 12:30 pm	25	26	27	28 VFW Post 67 Mtg 7:00 pm	29	30

VFW POST #67  
**AUGUST 2016**

SUN	MON	TUES	WED	THU	FRI	SAT
	1	2	3	4 VAC Meeting 7:00 pm	5	6
7 Sunday Breakfast 8:30 am-12:30 pm	8	9	10	11 Auxiliary Meeting 6:00 pm American Legion #391 Mtg - 7:00 pm	12	13
14 Sunday Breakfast 8:30 am-12:30 pm	15	16	17	18 Jt. Officers Mtg 5:00 pm House Com Mtg 6:00 pm	19	20
21 Sunday Breakfast 8:30 am-12:30 pm	22	23	24	25 VFW Post 67 Mtg 7:00 pm	26	27
28 Sunday Breakfast 8:30 am-12:30 pm	29	30	31	<b>Sunday Breakfast Specials</b> Aug 7 - Corned Beef Hash, Eggs, Potatoes, Toast Hot Links, Eggs, Potatoes, Toast Aug 14 - Menudo, Condiments, Tortillas Aug 21 - Eggs Benedict, Potatoes Aug 28 - Sirloin Steak, Eggs, Potatoes, Toast		

---

## From the Housing & Building Committees

Gilbert Gamino  
gaminogilbert@yahoo.com

This coming year we're hoping to paint our kitchen and do some soft remodeling, cabinet, shelves, and racks. We will be posting a volunteers needed list in the Canteen, so come in and sign up. We also need to clean our tables and chairs and fix the broken ones.

All aspects of our Post are in badly needed repairs, starting with the roof. Constant roof leaks have caused our ceiling tiles to start falling. The paint on all the walls are in bad need of stripping, sealing, and repainting. Before all this is done, the roof needs to be repaired **urgently**. Yearly maintenance on all our major systems are also in need: air conditioning, major appliances, electrical systems all need to be addressed ASAP.

The Canteen is one of our top goals this coming year for remodeling but let's not forget that our priorities for funds have to be addressed very wisely, to insure for the best value for our bucks. The House Committee has a tremendous job ahead in deciding which will be the best way to spend our limited monetary resources, without having to refinance once again. We just finish paying off our last building loan this past year, let's try to work with our current assets, leaving a reserved fund for a rainy day.

Yours truly,

*Gilbert Gamino*

## From the VFW Auxiliary Treasurer

Ruth Torres  
ruthcuca@aol.com  
916.716.6886

Greetings Brothers and Sisters,

We embark on a new year. VFW Auxiliary 67 had a very successful year. Of course there is always room for improvement. The success all depends on the members. We lost a few members but gained many more. Gloria got a pin for us having over 100 percent. Hope to have further growth in 2017. We are so pleased to have the brothers join us. I think to date we have four. Very helpful.

We just had the state convention for the VFW & Auxiliary here in Sacramento. It was sad that more from our Post didn't attend. It really is exciting and you learn so much. Right now it is only women in command. However, I see some of the men that have come into the Auxiliary as future leaders. Those ladies put a lot of energy and commitment. Renews your faith in what this is all about. The Veterans.

It is that time for the Annual Renewals to be going out. I know some of you annuals have just joined. Our year runs from July 1st to June 30th. We like to have them in by

---

December 15th of the year they are due. Those of you that might be thinking of becoming life members please contact me. I understand the dues will be going up in January and it is substantial. You can start paying now but they need to be paid by December 15<sup>th</sup>.

Gloria Gamino is our President again. On the Post side we have a new Commander and he is Mike Andrade. We want to thank Chris Anderson for all the support he has given the Auxiliary during his time in office. He started the bus trips to a casino. One trip is for post then the Auxiliary. That has increased our general fund greatly. Thanks Chris. Mike is another one that is kind to the Auxiliary. I know we'll be supporting each other.

Look for good things for both the Post and Auxiliary. This coming year our Auxiliary will be 100 years old. Contact me if you have any questions. Stay cool.

God Bless America,  
*Ruth Torres*

## **Surgeon Editorial**

Robert Ortiz

For anyone that works in the kitchen, food handlers and potential kitchen workers, the County of Sacramento offers an excellent course for food handlers, It is called "Food Safety Education." It's free. This course offers training in food safety practices to reduce the potential for food-borne illness. This three-hour class covers the basic principals of food safety, including time/temperature control, personal hygiene, food contamination, and facility contamination. A certificate is given upon completion of the class. Mike Andrade and I attended this class and found it worth the time. If you're interested you can research the County website [www.emd.saccounty.net](http://www.emd.saccounty.net).

---

VFW Lt. Lansdale Post #67, Inc.  
2784 Stockton Blvd. Sacramento  
CA 95817 916.453.9209

NON PROFIT  
ORGANIZATION U.S.  
POSTAGE PAID Permit No.  
328 Sacramento CA

**RETURN SERVICE REQUESTED**  
**THE SACRAMENTO VETERAN**

July/August 2016



<b>Post Commander</b>	-	<b>Michael Andrade</b>	<b>VFW Aux Pres</b>	-	<b>Gloria Tarin-Gamino</b>
Sr Vice Commander	-	Daniel Johnson	Senior Vice	-	Kathy Sublett
Jr Vice Commander	-	Norma Christensen	Junior Vice	-	Christal Spooner
Quartermaster	-	Bill Campos	Treasurer	-	Ruth Torres
Chaplain	-	Jacob Bumb	Chaplain	-	Kim Elias
Judge Advocate	-	Kenneth Lazzarini	Conductress	-	Judy Moore
Surgeon	-	Robert Ortiz	Guard	-	Stanley Elias
1st Year Trustee	-	Kuan Y Tseng	Trustees #1	-	Novella Lopez
2nd Year Trustee	-	Zenzi Moore	Trustees #2	-	Christal Spooner
3rd Year Trustee	-	Kevin Hedahl	Trustees #3	-	Stanley Elias
Adjutant	-	Michael Castillo	Secretary	-	Alyssa Hernandez
Service Officer	-	Daniel Johnson			

---

<b>HALL RENTAL</b>	<b>916.370.2254</b>	<b>CANTEEN</b>	<b>916.453.9209</b>
--------------------	---------------------	----------------	---------------------

---