



The Eagle

*Veterans of Foreign Wars News Letter, Karl H Kreh, Post 1123
420 Adm. Callaghan Lane, Vallejo, CA 94591
June – August 2025*

**VFW POST 1123 COMMANDER
CHARLES SPEIR**

Commander's Corner

This is my final opportunity to speak to our members as the Commander of our VFW Post 1123. First, I would like to thank everyone for their help and support over the last two years. We have accomplished a lot and have much to be proud of on a state and a national level. We have supported veterans and their families in many ways. For example, we have provided food and other supplies worth hundreds of dollars to the Fisher House located by the David Grant Medical Center at Travis AFB. Fisher House supports families of patients at David Grant. We have also participated in many community events where we distribute "Buddy Poppies" to increase awareness of the sacrifices of veterans and their families. This is also another opportunity to increase membership and collect funds for disabled veterans. Nevertheless, I am most proud of our efforts to work with youth in NJROTC and Scouting, helping to develop leadership, citizenship, and Americanism.

Your next Commander, Dwight Richardson, as well as his team of newly elected officers are ready to hit the ground running. They will bring new ideas to our post and I am sure you will all show them the same level of support you have shown me. Thanks again for your help and support the last two years. I could not have done it without you.

New Post Commander Dwight Richardson.

Dear Comrades and Friends of the Post,

It is with deep honor and humility that I step into the role of Commander of our Veterans of Foreign Wars Carl H. Kreh Post 1123. I follow in the footsteps of dedicated leaders who have built a legacy of service, camaraderie and commitment to our Veterans and community. As a Veteran myself, I understand the sacrifices made in service to our nation. My goal is to ensure that our Post 1123 remains a place of belonging, purpose, and impact. Whether it's supporting fellow veterans, mentoring youth, honoring our fallen, or strengthening ties with our local community, I believe we can achieve greater things together. In the coming months, I look forward to meeting each of you, hearing your ideas, and working side by side to continue the mission of the VFW: to foster patriotism, advocate for veterans' rights, and serve our community with pride. Let us move forward with unity, purpose, and the spirit of service that defines us.

Yours in Comradeship

Dwight Richardson

Commander, VFW Post 1123

Scouting

New youth are joining Troop 12 in Vallejo so you may see some new faces on Thursday night. Ananya Sriram Troop 62 American Canyon was awarded the scout of the year Post 1123. The Troop is trying very hard to



increase its membership. Troop 62 in American Canyon Is moving along. They are going to summer camp on Catalina Island. It sounds like fun. Venturing Crew 222 that we sponsor is going camping this summer. However, I am not sure where they are going yet.

The 1st Vice's Corner

Dear fellow veterans,

On behalf of VFW Post 1123, we extend our sincere appreciation for your dedicated service to our nation. As we commemorate the Fourth of July and reflect on the founding of our country, we wish to express our personal gratitude for your service and the sacrifices you have made. As members of the VFW, you exemplify the core principles of patriotism, camaraderie, and honor. Your commitment to upholding our cherished values is deeply valued, and your contributions continue to fortify the foundation of our nation. The impact of your dedication is felt daily, and your actions serve as a profound testament to the true meaning of selfless service.

The unique bond shared by those who have served in uniform is forged through shared experiences, tested through adversity, and strengthened by the values that endure beyond the battlefield. This bond, known as camaraderie, is at the heart of the VFW.

Your fellowship underscores the importance of mutual support, ensuring that no one faces challenges alone. Whether in time of celebration or difficulty, you uplift one another, provide unwavering support, and sustain the spirit of service. This unity transcends mere friendship, embodying a brotherhood and sisterhood built upon respect, loyalty, and a shared purpose. Thank you for exemplifying what it means to have each other's six—always. Wishing you and yours a safe and meaningful Fourth of July.

Semper Fi,
Willy Escobedo

Dinner Committee, Buddy Poppies comments

The July, August, and September socials will be held 7/21/25, 8/18/25 and 9/15/25. The July dinner will be German night, August dinner will be Italian night and September will be New York steak..Please make your reservations. If you attended our June dinner, you probably made your reservation for the July dinner. You can also call Ray Hart at (720) 548-7148 make the or Email us at vallejovfwpost1123@gmail.com.

Buddy Poppies

We need to receive as many members as possible to participate in distribution of Buddy Poppies on November 8th and 9th. We would like to participate at 2 Safeway's at Glen Cove and Lincoln Road in Vallejo and Walgreens and Walmart in American Canyon. We'll need 12 volunteers for Vallejo and 6 for American Canyon. During the past Memorial Day drive we gained around \$1,300 from the public.

We really need as many members that can participate to turn out.

Fisher House

Kevin Milton advises that the current list of items that The Fisher House needs have been reduced to PaperTowels, AA Batteries and snacks, plus energy bars.

April 21 100th birthday for Call Hagler and Luther Hendrix



Chaplains Corner

By Celina Perez, Chaplain, VFW Post 1123

Vallejo Late Night Basketball

A heartfelt thank you to **VFW Post 1123** for proudly sponsoring *Vallejo Late Night Basketball*, which officially kicked off on June 20th! The program will run every **Friday night throughout the summer**, from **6:00 p.m. to midnight**, at **Elite Public Schools (100 Whitney Ave, Vallejo, CA 94589)**.

Opening night drew over **300 attendees**, including 150–200 local youth. What a powerful turnout! If you have free time, we warmly invite you to come be a spectator—or better yet, a volunteer. Let's keep showing up for our young people and strengthening community ties.

Food Bank Support

If you or someone you know is in need of food assistance, the **Boys & Girls Empowerment Group** hosts a **food bank every Thursday and Saturday** from **10:00 a.m. to 12:00 p.m.**, including holidays.

📍 1638 Fairgrounds Drive, Suite C, Vallejo, CA 94589

Housing Assistance for Veterans

Insight Housing provides vital support through its *Roads Home* program, aimed at ending homelessness among veterans and their families in Solano County. Call 1-855-862-1804 for support.

Their comprehensive services include:

- Supportive Services for Veteran Families (SSVF)
- Homeless Veteran Reintegration Program (HVRP)

Grant and Per Diem Transitional Housing (GPD)

There was an art contest held for the program logo and the youth who won the contest unfortunately recently passed away. A memorial was held for him during opening night and his parents are pictured below.



NAACP to Honor Local Veterans

The **NAACP Vallejo Branch #1081** will be honoring our local Veterans and Armed Services community members on **Thursday, June 26, 2025, at 6:30 p.m.**

Vallejo Naval and Historical Museum, 734 Marin St., Vallejo, CA 94590

We hope to see you there as we celebrate service, sacrifice, and strength.

Chaplain's Prayer

Let us bow our heads and reflect together.

Heavenly Father,

We thank You for the strength and courage of our veterans and their families. Bless our community with unity, peace, and purpose. Guide our leaders, protect our youth, and grant comfort to those in need. May we continue to serve with honor and show up for one another with compassion.

Help us to be lights in the darkness and bridges of hope. May Your grace cover every veteran struggling with unseen wounds, and may no one in our community feel forgotten or alone.

In Your holy name we pray,

Amen.

If you or someone you know is in need of support or resources, please don't hesitate to reach out. We're here for you—mind, body, and spirit.

In service, Celina Perez, Chaplain

Deceased members since January.

Names	Member Number	Member Type	Date Reported
Juan, George S	988663	Life Member	1/14/2025
Mc Coy, Jim W	6152087	Continuous	2/11/2025
Meyers Jr., Alfred	781311	Life Member	2/5/2025
Pakingan, Zosimo B	1302390	Life Member	5/1/2025
Yep, Wallen L	10101151	Life Member	4/8/2025

Fourth Of July Parade

The 4th of July parade will be lead of by the VFW again. We should be at the starting line (Tennessee and Broadway) at 0900AM. The parade will start at 1000 AM. Kari Lacey, Willy Escobedo and Ray Hart will be carrying our Flags and Will Escobedo will provide cadence.

Surgeon's Corner: Notes from Sick Bay

FW Post 1123 Surgeon's Note - Summer 2025

Post members,

Summer's finally here! Let's hope that we experience warmer weather now than we did in the spring. After all, now's the time we want to spend lots of time outdoors!

This leads me to your post surgeon's **first** summer recommendation: don't forget to use sunscreen when you're outdoors during the day (at least until 6 pm). You all know that repeated exposure to sunlight prompts the development of skin cancer. Sunscreens protect you from the cancer- and ageing-inducing effects of the sun's ultraviolet rays. A convenient time to apply sunscreens is around 10 in the morning. The protection lasts for several hours, but you should reapply the skin protection by about 2 pm.

Your Post surgeon's **second** recommendation: hydration. When I was in practice as a urologist, I saw a rapid rise in the number of people passing kidney stones (the most painful experience of men and women) during summer months. This is mostly due to dehydration - not drinking enough water during hot summer days. One way to know you are taking in enough fluids: your urine is very pale-yellow color to colorless.

Third on my list, exercise: I just learned from a new biography of Fleet Admiral Nimitz* that because his father died of a heart attack at age 47, he decided to get brisk physical exercise every day. We can learn from that experience: a thirty minute walk every day reduces the risk of heart attack and stroke. This need not be a vigorous walk - just the act of moving is most important - but whatever you do, start slow and gradually increase the speed and distance. Nimitz died at age 80. And if you smoke tobacco products or vape, do everything you can do to quit. I was once a three-pack-a-day smoker. I quit when my second son was born that was 50 years ago; I tell him that he saved my life.

Fourth, don't forget to reduce your risk of heart attack and stroke by working toward attaining "ideal body weight", which is, for most people, what you weighed in your senior year of high school. If you're very overweight, consult your health care provider about using one of the new weight loss medications. These are approved to help diabetics lose weight by suppressing appetite. If you're diabetic, for sure ask your doctor about starting the shots. Finally (and you may be tired of my harping on this topic), be sure you're up to day with your immunizations!

—**Influenza**: get this every year. Autumn is the recommended time for this. Gina and I just got ours at Kaiser because we plan to do quite a bit of travel between now and winter.

—**COVID**: some authorities are recommending twice-a-year shots for older people. Ask your provider about this, but for sure get one between now and the onset of autumn contagion.

—**RSV** (Respiratory Syncytial Virus): this is a fairly new shot to reduce severity of a lung infection that's particularly dangerous to those of us age 65 or greater. At present, only one shot is recommended.

— **Pneumococcus**: this is a bacterium that causes pneumonia in older people. Current recommendations call for people over age 50 to receive the pneumococcal vaccine.

—Tdap or Td booster: to prevent tetanus ("lockjaw") and diphtheria (and whooping cough - the "p"-pertussis).

Oh, yes, and watch your alcohol intake. The "ideal" amount of daily alcohol intake is subject to a lot of current debate. But history shows, I think, that up to two one-ounce (30 ml) drinks, or equivalent amounts of wine (6 ounces) or beer (12 ounces) a day are OK (at least I hope so...)

Respectfully submitted

2025/2026 Change of Command Ceremony

April 29, 2025

Ray Hart and Bob Farnell were honored to attend the change command ceremony for the NJROTC at Jessey Bethal High School on April 29



of

SNSI Capt USN (Ret) Ralph Ortolano
 NSI: CPO USNR-TAR (Ret) Ivery Hood
 Commanding Officer: Kyle Ortiz
 Executive Officer: PO3 Sargent, Willis
 Operations Officer: Jemima Tshibas
 Administration Officer: PO3 Civil, Leeya
 Supply Officer: SA Orozco Calderon, Darian
 Development Officer: SN Bradley, Shiloh
 Physical Fitness: SR Figueroa, Jacob
 Leading Petty Officer: PO3 Mendoza, Rockwell

NJROTC AWARDS NIGHT MAY 19, 2025

c/PO3 Kira Whitwell	American Legion General Military Excellence Medal (Post 603)
c/PO3 Kyle Ortiz	American Legion Scholastic Medal (Post 603)
c/SA Darien Orozco-Calderon	American Veterans (AMVETS) JROTC Award Post 1776
c/PO3 Alexis Hernandez	Noncommissioned Officers Association (NCOA) Award
c/LT Fernando Borrayo-Garcia	American Legion Auxiliary Scholastic Excellence Award 5th District
c/PO3 Marcos Ruiz-Lopez	Veterans of Foreign Wars Leadership (Post 1123)
c/PO3 Bo Kingshill	Veterans of Foreign Wars Service (Post 1123)
c/PO2 Dylan Julian Nguyen	FRA Branch-8 Military Recognition
c/SA Selena Martinez	FRA Branch-8 Professional Recognition



c/PO3 Bo Kingshill and c/PO3 Marcos Ruiz-Lopez with Ralph Ortolano ,Capt. (Ret)
 The VFW awards were presented by Tom Snyder

Judge Advocate Corner:

Life Membership Program

There are at least 4 members that are eligible for entry into years program. If you are not a life member and would like a chance to have the Post pay for your life membership, visit the Post's web site or contact Bob Schwerin. Of note if you are paying your life membership through a payment program you are eligible as well.

Scholarship Program



The Post presented 3 Don Dunn Scholarship awards at its May social. Xiana Winn was presented a check for \$1,000 and is headed to La Salle University. Kaelynn Tatum was presented a check for \$500 and is attending Napa Valley College. Bo James Smith was presented a check for \$500 and is attending Sacramento Junior College. Congratulations to all the winners. If anyone is interested in being on next year's scholarship Vietnam Moving Wall is heading for our area.

Adjutant's Corner: *How to Use the Website* Open your browser (Google, Edge, Firefox, etc.) Enter <https://www.vfw1123.org> in the address bar. Look at the upper right corner & click Login Look at the menu that pops up & click Members Only Enter your Member ID & Password (your last name) **Member ID example: 9876543 & **Password example: Feller Welcome to the MEMBERS ONLY section of our Website! You will see a **Directory, POST INFO, MEETING MINUTES**, & other incomplete links. **Department Directory** is new & not implemented by myself. It looks like something our Department had plugged into each Posts website.

POST INFO is a compilation of documents related to our Post. This includes our *Post Bylaws, Articles of Incorporation, Life Membership Program Application, Fisher House Program & Longevity Pin Program*. Additionally, there is a full electronic copy of the new *2025 National Bylaws & Rituals (Podium Edition)*.

MEETING MINUTES is a comprehensive list of our previous Meeting Minutes. The list is current & goes back to January 2022. You will notice at the top I have extracted the *Motions from the current year* & they can be accessed quickly. **Everything else** is under construction & will be updated over time. If you look at the **top menu** (the same menu with the Login button), you will notice **Home, About, Programs, Resources, News, Contact & Login**. I have looked around but haven't done very much yet. If you click **Home** & scroll down you will see committee, please contact me.



<i>Post officers for 2025-2026</i>		Phone
Commander	Dwight Richardson	510-377-5165
SRVCMR	Willy Escobedo	707-567-8760
JRVCMR	Kari Lacy	707-656-5537
Quartermaster	Ray Hart	720-548-7148
Adjutant	Steven Feller	707-373-9046
CHAPLAIN	Celina Perez	707-652-9925
1 year Trustee	James Hawkins	707-603-5670
2 year Trustee	Juan Servera	707-640-9849
3 year Trustee	Robert Farnell	707-319-7685

Calendar

7-Jul-25	Post 1123 mtg	19:00
1-Jul-25	Tuesday Coffee Morning	9:00
4-Jul-25	Parade	9:00
8-Jul-25	Tuesday Coffee Morning	9:00
15-Jul-25	Tuesday Coffee Morning	9:00
21-Jul-25	July Social	19:00
22-Jul-25	Tuesday Coffee Morning	9:00
27-Jul-25	WWI began	
29-Jul-25	Tuesday Coffee Morning	9:00
3-Aug-25	Veterans Council mtg	19:00
8/4/1790	U.S. Coast Guard Birthday	
5-Aug-25	Tuesday Coffee Morning	18:00
9-Aug-25	National Convention 8/9 - 8/14/2025	
12-Aug-25	Tuesday Coffee Morning	9:00
18-Aug-25	Post Social	18:00
19-Aug-25	Tuesday Coffee Morning	9:00
26-Aug-25	Tuesday Coffee Morning	9:00
2-Sep-25	1123 Post Meeting	19:00
2-Sep-45	Japan Surrenders WWII	
15-Sep-25	Labor Day - Post Social	18:00
2-Sep-25	Tuesday Coffee Morning	9:00
4-Sep-25	Veterans Council mtg	19:00
9-Sep-25	Tuesday Coffee Morning	9:00
11-Sep-25	Patriot Svc & Remembrance Day	
18-Sep-47	US Air Force Birthday	
16-Sep-25	Tuesday Coffee Morning	9:00
23-Sep-25	POW/MIA Day	
24-Sep-25	Tuesday Coffee Morning	9:00
9/29/1899	VFW Organizations Established	



**FRIED CHICKEN
FESTIVAL**

For Vendor Info contact:
Dwight Richardson
@
(510) 377-5165

**August 30, 2025
12pm-8pm**

Vallejo Veterans Memorial Building 420 Admiral Callaghan Ln
Vallejo, Ca 94591

Vietnam Wall coming to American Canyon



Dates: Thursday, October 16 – Sunday, October 19, 2025

Location: Community Park II

20 Benton Way, American Canyon, CA 94503

*****Open to the public and all ages welcomed*****

The Wall That Heals is coming to American Canyon from October 16-19, 2025 at Community Park II. This exhibit, hosted by the City of American Canyon, brings the official three-quarter scale replica of the Vietnam Veterans Memorial located in Washington, D.C. and mobile education center to Napa County for everyone in Northern California. The exhibit offers a somber and reflective environment and includes a Mobile Education Center for visitors.

Visit here for volunteer opportunities: <https://www.americancanyon.gov/The-Wall-That-Heals>

RESOLUTION

WHEREAS, Hospitals and health systems, including the Veterans Health Administration (VHA), are increasingly working to identify patients' social risks and address social needs as part of clinical care; and

WHEREAS, Assessing Circumstances and Offering Resources for Needs (ACORN) is a VHA social risk screening and referral program that aims to identify and address unmet social needs among all Veterans to improve health outcomes and advance health equity; and

WHEREAS, ACORN aims to: 1) systematically screen Veterans for health-related social needs in nine domains (food, housing, utilities, transportation, education, employment, legal, social isolation/loneliness, and digital needs); 2) provide clinical care teams real-time information about Veterans' unmet needs; and 3) address identified needs through the provision of resources and referrals, including offering resource guides, support navigating resources, and/or referrals to Social Work or other relevant VHA and non-VHA services; and

WHEREAS, Positive identification of need(s) through ACORN will prompt follow-up care to assist Veterans, and ACORN resource guides can serve as an effective tool to support Veterans in identifying, connecting with, and receiving assistance from VA and community services.; now, therefore, be it

RESOLVED, By the Veterans of Foreign Wars Department of California at the Department Convention in Orange, California, on June 18 - June 22, 2025, that the Veterans Affairs must fully implement "Assessing Circumstances and Offering Resources for Needs" nationwide by Federal Fiscal Year 2027.

This is to certify by the signatures below that the above Resolution was passed as described:

Adjutant, Post (Required)	Date
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Adjutant, District (Optional)	Date
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