



# Eagles News

Issue: 230 - September 2022

## A Message from the Worthy President

The Summer is flying by, and the Eagle teams are putting together some great funds raisers and bringing friends and family together. I wanted to thank Tracy Turner for taking care of the Pool League and all the pool players, also for putting together a great luncheon for the teams. With her help we raised \$1,375.00 for the Vineyard Church Food Pantry. Great job. Also, a great success was the Dart Tournament for our State Madam President's Charity. Great turn out and lots of fun had by all.

Our Eagle Riders put on this year's Poker Run, and what a turn out! They had a beautiful day to ride, all went well, great food, fun and prizes. A good time was had by all. They raised \$1,500.00 for the Alzheimer's Association of Southeastern VA. A very special thanks to our Eagle Riders and all their volunteers Great Job.

Like I said the summer is flying by and we still have much to do. We have our Annual Labor Day picnic coming up on the 5<sup>th</sup> of September and a Visit from the Grand Worthy President and his wife on the 7<sup>th</sup> of September, not yet sure of the time. We will get that out to you as soon as we get it. His plan is to spend some time here with us and depart for other Virginia Aerie's on the Morning of the 8<sup>th</sup>. Come out and meet and visit with your Grand Worthy President.

The Eagle riders are also hosting their Annual Ride to the 911 monument in Chesapeake on Sunday, September 11<sup>th</sup>. They will be laying a wreath at the monument and then returning to the Aerie for lunch. For more information, please check with one of our Eagle Riders. Lots of things going on in the month of September. I want to encourage all personal to come out and attend the JOM meetings on the 1<sup>st</sup> Tuesday of each month. So much information on upcoming events and news from our members.

Like I have said repeatedly: lots of activities, dinners, and funds raisers coming up this month and, in the months, to come. Get out and enjoy yourself, bring the families, and friends.

On a more note: Be safe. We have had some of our Aerie family come down with this horrible Coronavirus Its not over, it's still out here, so be safe. Protect yourself and your family, and most of all, if you don't feel good get checked. Be safe. We need each other.

Thanks, Perry



## A Message from the Madam President



Fellow FOE #3204 Members, this month is the beginning of my favorite time of the year; the fall equinox arrives near the end of September. There is nothing like camping at Montebello Campground and their small lake near the Blue Ridge Parkway and waking up in the morning with a cup of coffee in my hand just enjoying the cool crisp air; did you just hear my sigh? Back at home we have been very busy, though, and look forward to this month!

In August, eight FOE #3204 members, both man and women, represented Virginia Beach at the VA State Conference held at Augusta County. There are four State Conferences each Fraternal Year: August, November, February, and May. The VA State Convention is annually in June. Did you know Virginia Beach is hosting the May conference and June convention this Fraternal Year? This is a big honor for our Aerie. Also, with the State Madam President (SMP) being our very own, Mary Burch, we are especially invested in helping her raise funds for her chosen charity, Lung Cancer Research through the Eastern Virginia Medical School in Norfolk, VA. We have another Auxiliary Officer who is serving our state and representing #3204 well; Regina Ruark is a State Madam Trustee, as mentioned in last month's message. The Joint Building Committee met for the second time; there is a lot to the planning and approval process, for sure. The Worthy President, I'm sure, will keep you posted.

August was also the month the auxiliary officially named an act of sisterhood that has been happening for years; the "Eagle Eats on Wheels" committee organizes temporary meal deliveries to our sisters in need. Just in August alone, there have been three recipients who were so grateful of this gesture of kindness. There are other auxiliary committees and charity teams that need help as well. The Auxiliary Committees and Charities List has been posted on the FOE #3204 Auxiliary Facebook Page "3204 Auxiliary Information Page". If you haven't had an opportunity to join this page, please do! We announce daily activities, collaborate on projects, and share photos among other things. It is a great way to communicate informally with our over 150 Auxiliary Members! Did I mention it is a private group? Joining a committee takes commitment; whether you want to lead, participate, or mentor, your support and energy are needed now! You can make the difference!

Several events and activities raised funds for charities in August. With your help through your hard work and contributions, the following charities received donations: Backpacks (for our two adopted elementary schools), Vineyard Church Food Pantry (this month's goal was met once again – keep it up!), Seton Youth Shelter (school bags for close to 30 students were stuffed with school supplies), Alzheimer's (beautiful day for the Poker Run!), Nursing Home Charity Team (ongoing commitment to our adopted seniors – lap blankets, robes, slippers, and Christmas stockings will be given). Thank you to the Aerie, Auxiliary, Eagle Riders, and Pool League – what a team!



"Unity is strength. . . when there is teamwork and collaboration, wonderful things can be achieved." Mattie Stepanek

September looks promising, filled with all kinds of fun! As most of you know, every Monday night is usually Line Dancing; if you are looking for a night of socializing, enjoyment, and to get your steps in, then this is your place to be! The first and third Tuesday of each month is the Ladies Auxiliary (LA) meeting; the first Tuesday right before the LA Meeting is the Joint Officers Meeting (JOM). Don't forget your gift of a dinner on the first Thursday, you September birthdays! There is a clothing drive on September 3<sup>rd</sup> (open to the public) and 5<sup>th</sup> (for members

only during the Labor Day Picnic); the Auxiliary has partnered with Union Mission to collect professional clothing for women looking to get back into the workforce. Remember, these days organizations typically have business casual day each week, so we welcome "Dress for Success" apparel! Our Ladies Auxiliary monthly dinner with karaoke is always the first Saturday of the month; September's charity is Golden Age Fund and Alzheimer's/Neurological Fund. Hope to see you on September 3<sup>rd</sup> starting at 5pm! September 7<sup>th</sup> is a special day with a visit from our Grand Worthy President, Rick Powell, and his wife; please come join this casual meet and greet (Aerie provides meats and individual Auxiliary members provide a side dish. Let's not forget 9/11 now known as "Patriot Day" ...the Eagle Riders are participating in a wreath laying ceremony; I will be with you in spirit! The Aerie is having a breakfast at the club that morning as well. The Ladies Auxiliary is hosting a horse race/trivia night on September 16<sup>th</sup> for the SMP Charity. There is a Joint Kidney Fund Dinner on September 17<sup>th</sup> that should be fun as well as for a good cause.

Everyone loves a gaming tournament; hurry and sign up for the September 24<sup>th</sup> event that supports the Kempsville High School Marching Band. On September 24<sup>th</sup>, the last couple of events I want to mention are the meatloaf dinner (at FOE #3204) and the VA State Golf Tournament (Staunton). Lots happening in the Eagles Community!

The auxiliary is getting geared up for two major events in October that you may want to know about, Joint Membership Drive (October 8<sup>th</sup> which is the same day as the SPCA Poker Run Fundraiser) and the Bra-ha-ha (which is about artistry and breast cancer survivorship and held on October 14<sup>th</sup>). We are looking for volunteers to participate in both these events. Lastly, Ladies, have you entered your submission for the name of the Auxiliary Newsletter? Deadline is October 1<sup>st</sup>.

Thank you to all who volunteer and attend our events! Without you, we could never achieve so much in such a short amount of time!

Fraternally yours,  
Maria Hunger  
Madam President  
FOE #3204 Ladies Auxiliary



## IMPORTANT ANNOUNCEMENT

*Starting in July of 2021 and continuing for several months we informed the membership of the plan to discontinue using the postal service and to take the newsletter to a 100% digital version. Back then we asked, "If you or someone you know are unable to view the newsletter via e-mail or the website, please contact the following number: 757-748-9995." There was no interest; no one reached out to the telephone number at all, and the newsletter remains 100% digital to this day. Now we hear there are members that would like to have the newsletter mailed to their home. Please, if you or someone you know wants both newsletters mailed to their home, call the number above and ask to be placed on the mailing list. The telephone number belongs to PWP Bill Singleton, and he asks that you please leave a message if he cannot take your call personally. Thank you. -ed*

# September 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				<p><b>1</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Spaghetti with Salad and Garlic Bread</p> <p>7:00 pm - 8:30 pm ☺ Aerie Meeting</p>	<p><b>2</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Steak</p>	<p><b>3</b></p> <p>Dress for Success ☺</p> <p>5:00 pm - 8:00 pm Taco Saturday</p>
<p><b>4</b></p> <p>Dress for Success Clothing Drive ☺</p>	<p><b>5</b></p> <p>1:00 pm - 4:00 pm ☺ Dress for Success Clothing Drive</p> <p>1:00 pm - 4:00 pm Labor Day Picnic</p>	<p><b>6</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Stuffed Peppers</p> <p>6:30 pm - 7:00 pm ☺ JOM</p> <p>7:30 pm - 9:00 pm ☺ Auxiliary Meeting</p>	<p><b>7</b></p> <p>Grand Worthy Pres.</p> <p>5:00 pm - 8:00 pm Dinner Special – Tuna Cold Plate</p>	<p><b>8</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Pork stir Fry</p>	<p><b>9</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Steak</p>	<p><b>10</b></p>
<p><b>11</b></p> <p>9:00 am - 10:30 am Grandparents Day Brunch</p> <p>11:00 am - 5:00 pm 9/11 Memorial Run</p> <p>1:00 pm - 5:00 pm NFL Season Kick-Off</p>	<p><b>12</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Chef's Salad</p>	<p><b>13</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Stuffed Pork Chop</p> <p>7:00 pm - 8:30 pm ☺ Eagle Riders Meeting</p>	<p><b>14</b></p> <p>5:00 pm - 8:00 pm Dinner Special – General Tso Wing Night</p> <p>6:30 pm - 7:00 pm ☺ Ritual Team Practice</p>	<p><b>15</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Meatloaf Dinner</p> <p>7:00 pm - 8:30 pm ☺ Aerie Meeting</p>	<p><b>16</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Steak</p> <p>5:00 pm - 9:00 pm Horse Racing and Trivia</p>	<p><b>17</b></p>
<p><b>18</b></p>	<p><b>19</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Gumbo</p>	<p><b>20</b></p> <p>5:00 pm - 8:00 pm Dinner Special – 1/2 Chicken Dinner</p> <p>7:30 pm - 9:00 pm ☺ Auxiliary Meeting</p>	<p><b>21</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Salisbury Steak</p>	<p><b>22</b></p> <p>5:00 pm - 8:00 pm Dinner Special – BBQ Sampler</p>	<p><b>23</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Steak</p>	<p><b>24</b></p> <p>5:00 pm - 8:00 pm Pat's Meatloaf Dinner (Aerie Delegates Club)</p>
<p><b>25</b></p>	<p><b>26</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Chicken Enchilada and Rica</p>	<p><b>27</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Beef Pot Roast</p>	<p><b>28</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Pork Schnitzel</p>	<p><b>29</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Pizza Night</p>	<p><b>30</b></p> <p>5:00 pm - 8:00 pm Dinner Special – Steak OR Lobster (\$25 RSVP Required)</p>	



## Fun and Games

All the words listed are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

O K L A H O M A M O N T A N A  
 T H E N L A W I S C O N S I N  
 V A M E A A M E C R G O A I C  
 I A L K D I B O S G E M R P N  
 R R M A R Y L A N D R R I O E  
 G B V N S O A I M A O E Z B W  
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 I H D S Y G R S R O I A A V R  
 A O E W I O I D C F I R O M S  
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 C I C I I E E U A M E A K H R  
 M S L C M H O O A N W T A A N  
 A L D W S L A I R A L W N O R  
 I A E W H O W A L G A S S B O  
 N N K R O Y W E N I I R A N I  
 E D N F L O D R I E N A S C E

- ALABAMA
- ALASKA
- ARIZONA
- ARKANSAS
- COLORADO
- DELAWARE
- FLORIDA
- GEORGIA
- HAWAII
- ILLINOIS
- INDIANA
- KANSAS
- LOUISIANA
- MAINE
- MARYLAND
- MICHIGAN
- MONTANA
- NEVADA
- NEW JERSEY
- NEW MEXICO
- NEW YORK
- OKLAHOMA
- OREGON
- RHODE ISLAND
- VERMONT
- VIRGINIA
- WISCONSIN
- WYOMING



Remember that the new Suicide and Crisis Lifeline phone number is 988. It has been referred to as the 911 emergency system for mental health help. Toxic Exposure bill signed by the President. This bill requires the Department of Veterans Affairs (VA) to expand health care, benefits, and resources for veterans with conditions related to exposure to toxic substances. Go to [www.va.gov](http://www.va.gov) for more information.

Effective 10 August forty free Veterans Day Luncheon tickets are available to Aerie 3204 members on a first come basis. See or call Bob Freitag.

**2022 Veterans Day proclamation signing by the Mayors:**

Virginia Beach, Wednesday, 7 September at 10 AM.

Chesapeake, Tuesday, 13 September at 3:30 PM.

Portsmouth, Thursday, 8 September at 1 PM.

Suffolk, Hand pick-up on 9/14 & return delivery by 9/19.

Norfolk, Wednesday, 8 September at 2:30 PM.

If you plan to attend any of the signings, contact Bob Freitag ASAP and bring a mask.

In this year's Veterans Day parade, (Friday, November 11th starting at 9 AM) you will see your Aerie's Iwo Jima float, Eagle Motorcycle Riders and several Eagle volunteers doing various duty assignments.

HRCVO is proud to report that Auxiliary 3204 Madam President Maria Hunger has volunteered to fill its officer position of Secretary. HRCVO meetings: 4th Monday of each month except December 7 PM, at VFW Post 392, 2408 Bowland Parkway, Virginia Beach. Va. 23454, 757 486-5875. You can even bring guest to the meetings.

**September important dates that may affect Veterans and others in Aerie:**

09/01: Aerie meeting 7 PM

09/15: Aerie meeting 7 PM

09/02: VJ Day: Japan signed formal surrender (1945)

09/16: POW/MIA Recognition Day

09/05: Labor Day, Aerie Picnic

09/17: U.S. Constitution approved (1787), Constitution Day, Citizenship Day

09/06: JOM 6:30 PM, Auxiliary meeting 7:30 PM

09/18: U.S. Air Force established (1947)

09/10: U.S. Naval Sea Cadets Corps Incorporated (1962)

09/23: Autumn begins

09/11: Patriot Day, National Day of Service, Remembrance Day, and Grandparents Day

09/25: Gold Star Mother's Day

09/13: Eagle Riders meeting 7 PM

09/26: HRCVO meeting 7 PM VFW Post 392

09/14: Star-Spangled Banner written (1824)

09/29: VFW Day established (1899)

Be sure to check the Aerie calendar for more important days in September.

Questions concerning above articles call Bob Freitag (757-497-3337), Aerie 3204 Veterans Day Chairperson.

SEPTEMBER 1

5:30 pm



Free Birthday Dinner!

For Members with  
a September Birthday

(Must show ID)

An advertisement for a taco event. On the left, there is a photograph of a plate of tacos with various toppings, a lit candle in a decorative holder, and a bowl of salad. The text is on the right side of the image.

**LADIES AUXILIARY**  
**Taco**  
Saturday!  
All You Can Eat

**\$12**

**SEPTEMBER 3  
FROM 5 TO 8 PM**

**MUSIC BY DJ  
SHANNON FROM 6 TO  
10 PM**

**BEEF, CHICKEN, OR PORK CARNITAS  
WITH BEANS, RICE AND TOPPINGS  
PLUS DESSERT TOO!**

**50/50 and WREATH RAFFLES  
TO BENEFIT ALZHEIMER'S**

Women's Shelter

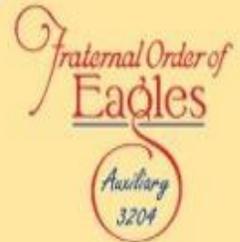


*Dress For Success Clothing Drive*  
*Hosted by the FOE 3204 Auxiliary*

Please drop off clean, gently used clothing for women at the shelter in need of professional attire

Casual attire will also be accepted

**THANK YOU FOR YOUR  
GENEROSITY!**



**Saturday, September 3**

**5-8 PM**

**AND**

**Monday, September 5**

**1-4 PM**

# Labor Day Picnic



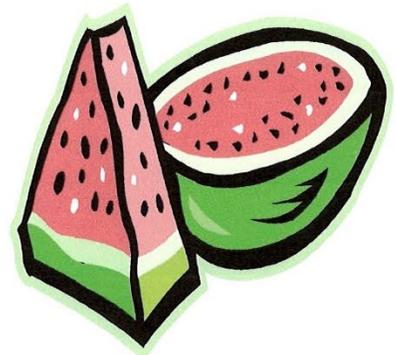
Sept. 5  
1-4pm



**Hamburgers, Hot Dogs &  
Baked Beans will be furnished.**

**Bring a dish to share.**

**Members free.  
Guests \$5.**



**ARE YOU READY?  
FOOTBALL**

**1 PM Game Fun!**

**NFL SUNDAY  
STARTING  
SEPTEMBER 11**

**FEATURING**  
**Happy Hour Prices and Complimentary Hot Dogs**  
 Bring a dish to share and enjoy the game!

**MEMORIAL RUN**

Proceeds and Donations to benefit the local Down Syndrome Association

**NEVER FORGET 9/11**

*Sunday, September 11 at 10 AM*

Participants are to meet at the  
 Fraternal Order of the Eagle Aerie  
 1061 Newtown Road  
 Virginia Beach 23462

Wreath Laying and Prayer  
 Vehicles will depart from the  
 Aerie at 11 AM and head to the  
 9/11 Memorial in Chesapeake  
 1224 Progressive Drive

The run is \$5 per person  
 Upon returning to the Aerie,  
 lunch will be available for \$5 and a  
 50/50 raffle drawing will be held

**Fraternal Order of Eagles**  
 Aerie 3204

**Down Syndrome Association of Hampton Roads.**

# It's Grandparents' Day



Take Your Grandparents  
To Brunch



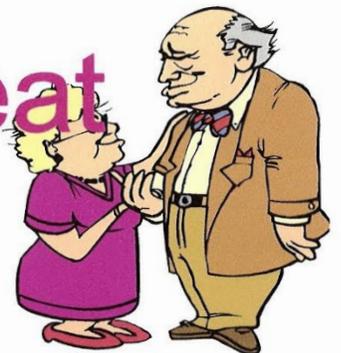
Sunday

Sept. 11

9am - 10:30am

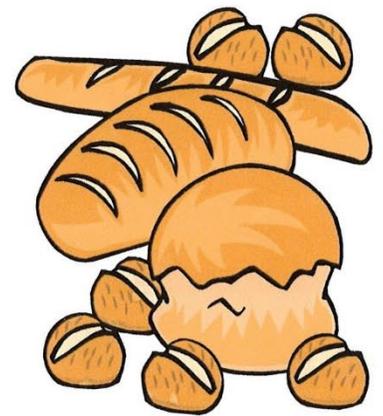
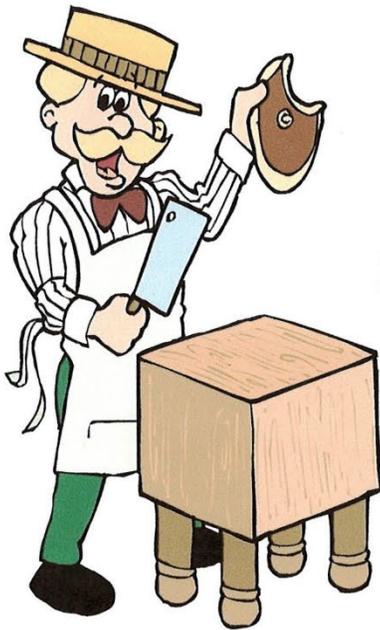


\$9. All you can eat



# Meatloaf Dinner

Pat's Meatloaf  
Mashed Potatoes w/ gravy  
Green Beans  
Dinner Roll  
Dessert



Sept. 24 5 pm.

\$12.00



Put on by the Aerie  
Delegates Club