

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 | JEN HOLDEN



I'm excited to share some great news that directly impacts our Post and its ability to serve the veteran community. On October 22, 2024, the San Diego County Board of Supervisors approved an ordinance that exempts veterans' organizations, like our own, from the requirement to obtain entertainment and public dance licenses. This exemption is a huge win for us and for similar organizations throughout the county.

This change will allow us to focus more of our energy and resources on planning and hosting events without the burden of additional licensing fees and administrative requirements. As you know, one of the highlights of the year for our Post is VetFest, where we celebrate and honor all who have served our country. This new ordinance will streamline the process for planning future activities during VetFest, including entertainment, music, and social gatherings. We can now host these types of activities with greater ease, ensuring that our focus remains on celebrating veterans, promoting camaraderie, and engaging the community.

Beyond VetFest, this ordinance also affects many other events we hold throughout the year. Whether it's our karaoke Fridays, holiday parties, memorial services, or fundraising events, this exemption allows us to host these gatherings more freely, creating even more opportunities to connect with one another and with the community. It will also allow us to grow our programs which are often supported through events featuring entertainment.

This exemption underscores the county's recognition of the crucial role organizations like the American Legion play in supporting veterans and their families. By reducing these regulatory barriers, we are better equipped to focus on our mission: helping our veterans thrive, strengthening our community, and honoring those who have sacrificed so much.

As we move forward with these exciting developments, I encourage everyone to get involved in our upcoming events, particularly VetFest. The Parade will begin at 9:30am on the corner of Broadway and Woodward. We are looking for Veterans to participate in the parade or in the ceremony at the Post following the parade at 12pm. Please get in touch with me, Stef Holden, Paul McNamara, or Mike Frank if you want to participate.

Let's take advantage of this newfound freedom to make our gatherings more impactful and enjoyable for all. Thank you for your continued support, and I look forward to seeing you at our next event! For God and Country



SECOND VICE | CLUBROOM MANAGER | STEF HOLDEN



Please join us on Saturday, November 11th as we honor and pay tribute to our home-town heroes. The Veterans Day Parade (VetFest) will stage on Woodward Ave. and travel southbound on Broadway, west on Valley Pkwy and north on Escondido Blvd. The parade runs from 9:30am to 11am. Some features include Sponsor Displays, Military History Displays, and patriotic Storefront decoration competition.

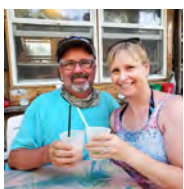
Due to construction on Grand Ave., we were almost unable to host a parade this year but the mayor intervened on our behalf at the last minute in order to make the event. Both the American Legion and the Brothers of 6 owe the mayor a debt of gratitude. We thank him very much for his support!

The Post-Parade VetFest celebration will begin at 12:30pm at the American Legion. The celebration will include Dignitary speeches, multiple food vendors as well as live entertainment.

We anticipate this will be a big day so please come out and support this huge day!

See you at Club 149!

POST 149 ADJUTANT | CODY YORK



It's hard to believe we are already winding down another year! Now is the perfect time to start planning for next year and to make it even better than the last. To achieve that, we need the general membership to step up and take a more active role in our post. It's not just the E-board or the officers' post—it's your post. The post doesn't run itself. With that in mind, please consider where you can volunteer, whether it's helping out at breakfast or dinner once a month. These events, among others, bring in the funds that keep our doors open.

We don't want to raise alarm, but if we continue down the path of limited volunteerism, there could come a day when the doors close. Let's take pride in our post and step up to support it!

Thank You:

A big thank you to everyone who participated in the recent post clean-up. Your efforts are truly appreciated!

VetFest Volunteers Needed:

The post is in need of volunteers for **VetFest**, whether at the parade, back at the post, or both! Post 149 and the Brothers of 6 are the driving force behind keeping VetFest running for now and for many years to come.

As I've expressed before, **we need volunteers**. If we want to continue hosting our great breakfast every third Sunday, we need members to help. The same individuals have been stepping up, but they're nearing burnout. We're asking for members to come out and assist—just one Sunday a month makes a big difference.

Fall Celebration Dinner:

Mark your calendars for **November 16, 2024** from 5-7 PM for our **Fall Celebration Dinner!** The menu includes Spiral Ham, Scalloped Potatoes, Mixed Vegetables, and a Dinner Salad for \$17. **RSVP** is required to prevent over-buying due to the cost of ham. Please RSVP at:

adjutant149@gmail.com

Beginning during dinner, **The Jesse Cox Band** will be playing in the clubroom from 6 PM until closing, and there will be a **nacho bar** for snacks.

Congratulations to Damian:

A big congrats to Damian, the winner of the Fishing Rod Raffle! Now we're moving on to the TV Raffle. The TV, a 75" 4K Smart TV, is on display in the clubroom. Tickets are \$5 each or 5 for \$20. See the bartender to purchase tickets.

Stay Connected:

As we continue into the digital age, the American Legion has created an app for your devices. It's called **Legion+**, and it allows you to access information and keep a digital copy of your membership.

KEY DATES

See calendar page and flyers for more information.

NOV 1

Red Cross Blood Drive

NOV 11

Veterans Day/VetFest

NOV 13

SAL Meeting

NOV 16

Fall Festival Party and Post Dinner

NOV 19

Post Meeting

NOV 27

ALR Meeting

NOV 28

Thanksgiving

Check Calendar for SUNDAY Breakfast Schedules

BUNCO

Every Thursday 6-8:30 PM

KARAOKE

Every Friday 7-11 PM

PUB GRUB

Every Sunday 3PM

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The Official Publication of The American Legion

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EscondidoLegion.org

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adjutant149@gmail.com

Send content to the

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Give Blood.



American Red Cross

American Red Cross Blood Drive American Legion Post 149

230 E Park Ave, Escondido, CA 92025

Friday November 1, 2024
7:00 a.m. to 3:00 p.m.

Please visit RedCrossBlood.org and enter **post149** to schedule an appointment

Streamline your donation and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation and health history questions on the day of your appointment.



Be part of something big. Make an appointment.

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

J.B. CLARK/POST 149

Karaoke
NIGHT

FRIDAYS
8PM - 11PM

KJ Alex 1st/3rd/5th Friday
KJ Christine 2nd/4th Friday

We Want To Hear You SING!

J.B. CLARK/POST 149

BUNCO

Thursday's, 6pm
We play 4 rounds, with dinner served at half-time.

Let The Good Times Roll!

POST MEMBERS FREE BIRTHDAY MONTH BREAKFAST
 At the the Post Breakfast in your birthday month - All you can eat buffet!

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 7AM - 3PM (Hall) Red Cross Blood Drive 7 - 11PM (Club Room) KARAOKE	2
3 8 - 11AM (Hall) DAV Breakfast - \$14 4 - 7PM (Hall) Escondido Little League 3PM (Clubroom) Pub Grub	4 6 - 7:30PM (Conf Room) Gamblers Anonymous	5 9AM - 1PM (Conf Room) Porcelain Club 3:30 - 4:30PM (Hall) Lifeline 4 - 5:30PM (Hall) Teamsters Local 911	6 Noon - 3PM (Hall) Memorial - Unicare Hospice	7 6 - 8:30PM (Hall) BUNCO	8 7 - 11PM (Hall) KARAOKE	9 8AM - 1:30PM (Hall) Blue Star Moms 10AM-Noon (Conf Room) 173 Airborne Assn. 2 - 3PM (Patio) Guide Dog Training 2 - 8PM (Hall) Grape Day Appreciation Dinner
10 8 - 11AM (Patio) SAL Breakfast - \$14 3PM (Clubroom) Pub Grub	11 Veterans Day All Day (All) Vet Fest 6 - 7:30PM (Conf Room) Gamblers Anonymous	12 9AM - 1PM (Conf Room) Porcelain Club 5:30 - 6PM (Conf Room) Finance Mtg 6 - 7:30PM (Conf Room) E-Board Mtg 6 - 7:30PM (Hall) DAV Chapter 70 Mtg.	13 6 - 7:30PM (Hall) SAL Meeting	14 5 - 8PM (Conf Room) Kiwanis of Escondido 5:30 - 8:30PM (Hall) North County CREIA 6 - 8:30PM (Clubroom) BUNCO 6 - 9PM (Patio) Ghost Riders MC Blanket Drive	15 7 - 11PM (Hall) KARAOKE	16 9 - 11AM (Hall) Sons of American Revolution 5 - 7PM (Hall) Fall Festival Post Dinner 6 - 10PM (All) Fall Festival Party
17 9 - 11AM (Hall) Post Breakfast - \$14 1 - 3PM (Hall) MHF 3 - 7PM (Hall) Polish American Club 3PM (Clubroom) Pub Grub	18 6 - 7:30PM (Conf Room) Gamblers Anonymous	19 9AM - 1PM (Conf Room) Porcelain Club 5 - 5:30PM (Hall) House Committee Mtg 6 - 7:30PM (Hall) Post 149 General Mtg	20 4 - 6PM (Hall) Vietnam Vets of America	21 6 - 8:30PM (Hall) BUNCO	22 7 - 11PM (Hall) KARAOKE	23 11AM - 3PM (Conf Room) SCRABBLE Club
24 8 - 11AM (Hall) Brothers of 6 Breakfast \$14 3PM (Clubroom) Pub Grub	25 6 - 7:30PM (Conf Room) Gamblers Anonymous	26 9AM - 1PM (Conf Room) Porcelain Club	27 5:30 - 6PM (Patio) ALR Dinner 6:30 - 8PM (Patio) ALR 149 Mtg.	28 Thanksgiving 6 - 8:30PM (Clubroom) BUNCO	29 7 - 11PM (Hall) KARAOKE	30

Holidays & Observances

- 11 Veterans Day
- 28 Thanksgiving

5th Annual Veterans Day Parade and VetFest



NOVEMBER 11, 2024

Veterans Day Parade Kicks off at 9:30AM

VetFest at American Legion Post 149 at Noon

MARKET MALL

The Golden Egg Omelet House

10% of Food & Beverage order contributed to

American LEGION Post 149



316 West Mission Ave. #101
Escondido, CA 92025
(760) 489-6420

BUSINESS AD SPECIFICATIONS

Business Card Ad (3-1/2" wide x 2" high) - \$15 per mo.
(minimum 3 mos. advertisement cycle required)

Business Ad 4" high x 3-1/2" wide - \$25 per mo.
(minimum 3 mos. advertisement cycle required)

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

alldaysigns@gmail.com
instantsignsandprints.com

Instant
Signs
and
Prints

760.442.1366

520 N. Quince St. Suite #4
Escondido, CA. 92025



\$6 SELECT PINTS
DISCOUNTED
APPETIZERS

MON-THURS 2-4PM

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 !0% 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.



10/23/2024

Hello Post Commander and Post officers, my name is Jeffrey Freeman from Ripon Post 190 in the eleventh district, and I am running for Department Commander for 2025/26. Many of you probably know me or have heard my name over the years, mostly last year when I was the Department membership chair putting out emails every other Friday and running all over the State working membership. I am running on the battle call of **Back to Our Roots/Every Veteran Matters.**

My back story is as follows. I am an Air Force Security Police/ Law Enforcement Veteran who also attended Ranger school and was on a rapid response team while in the Air Force. I have been married for 41 years and have a 29-year-old son living in LA. After the Air Force I opened my own residential roofing company, generating 1.2 million in sales annually. I also owned a custom furniture company making custom sewing room furniture selling from Phoenix Arizona to Puyallup Washington in trade shows. I was also the CFO of my wife's computer technologies corporation till she sold it in 2016.

In 2011 I attempted Suicide due to health and other medical conditions. During the treatment I received an invitation to join the American Legion, and I have been running to do all I can for the organization since. I put my story on paper giving the American Legion credit for saving for life--a story you may have read in the Legion magazine. In 2022 I collaborated with Past Department Commander James in the creation of [the Mental Health/Suicide Intervention Committee](#) now working in the Department. I brought the first Be the One campaign into the Department with help from District twelve and the Media and Communications division and the Membership Division at National Organization and attend speaking events telling my story to help veterans in the state.

What am I going to do for the Department and for your Post you are asking yourself. I wish to work with the **Ways and Means Committee** and the newly formed **Ad Hoc Committee for Grants** that I collaborated with Commander Rosa to start. We need to fund the Department the same way my **Helmets for Heroes Sub-Committee** did when we changed to the public sector increasing the program from making \$40,000 to \$120,000 per year in only 24 months making the program the most profitable program in the Department for two years.

Only we need to use Corporate American and the State of California to fund the Department by submitting for grants. With grant funding we can fund the Department for as long as we are here.

I also wish to work with our Commissions and Committees. We have over forty in the Department, and I can say we do not know what most of them do. I request that they meet every quarter either in person or virtual and submit a report to the Department to be posted on the Calegion web site for all to see. I want to work with the **Housing Committee** and find funding for them to help our brethren on the streets. We need to find ways to help them get off the street and in housing or treatment centers for their addictions. For those who will not leave the streets, we need to find ways to help make their lives more comfortable and help feed them. I want to work with our **Employment Committee** and start the Department of California job fairs and collaborate with companies like **Wells Fargo, Amazon, Google, and others**. They all have veteran quotas for employment. I also would like to get corporate HR to offer classes giving our transitioning brothers and sisters the tools to write the proper resume and how to conduct the best interview to lock in that job. And of course, I want to work with the **Mental Health/Suicide Intervention Committee**. They are ready to roll out training classes to help Legion members become State certified Peer Support Specialists; training I just finished recently.

These are the plans I wish to implement as your Commander. Help me get the Department of California back to the business of serving our veterans. I ask for your Vote in June and thank you for reading my letter. Please send this to all your Post members and get their feedback on what I have to offer.

Thank You

Jeffrey Freeman

Your Candidate for Department Commander 2025/26

Follow me on Facebook at **Jeff Freeman for Commander**.





The American Legion Post 149

Post Meeting Minutes

17 SEP 2024



Called to Order:	6:09 PM														
	<p>Minutes by: Cody York</p> <p>Officers Present:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Commander: Jennifer Holden</td> <td style="width: 50%;">Judge Advocate: Penu Pauu</td> </tr> <tr> <td>1st Vice: Excused</td> <td></td> </tr> <tr> <td>2nd Vice: Stef Holden</td> <td>Sgt-at-Arms: John Putman</td> </tr> <tr> <td>Adjutant: Cody York</td> <td>Service Officer: Harold Olson</td> </tr> <tr> <td>Finance Officer: Art Lubben</td> <td>2 Yr. E-Board: Jim Botts</td> </tr> <tr> <td>Chaplain: Chuck Faupel</td> <td>1 Yr. E-Board: Excused</td> </tr> <tr> <td>Jr Past Commander: Mike Frank</td> <td>1 Yr. E-Board: Dennis Dalbey</td> </tr> </table> <p>Quorum Present</p>	Commander: Jennifer Holden	Judge Advocate: Penu Pauu	1st Vice: Excused		2nd Vice: Stef Holden	Sgt-at-Arms: John Putman	Adjutant: Cody York	Service Officer: Harold Olson	Finance Officer: Art Lubben	2 Yr. E-Board: Jim Botts	Chaplain: Chuck Faupel	1 Yr. E-Board: Excused	Jr Past Commander: Mike Frank	1 Yr. E-Board: Dennis Dalbey
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Award Presentation															
Minutes of Previous Meeting															
20 Aug 2024	- Previous meeting minutes were distributed. MOTION to accept the minutes subject to correction. APPROVED														
Actions of the E-Board:															
13 Sep 2024	<ul style="list-style-type: none"> • See attached 														
Finance Report:															
	- Finance report was presented. - A MOTION to approve the finance report as read, subject to audit. APPROVED.														
Correspondence:															
	- None														
Jr. Past Commander Report:															
	- Parade route approved. Permit and fees sent in. Meeting with city to finalize route.														
1 st Vice Report:															
	- two new members.														
2 nd Vice Report:															
	- New Chef Rental, VetFest: Mayor called to say the city will wave additional fees for the parade. Great turn out for Grape Day Fest.														
Chaplains Report:															
	- Sadly last report: Thanked Commander for allowing him to be Chaplain. Drew Riley doing good and on the mend.														
Service Officer Report:															
	- Emails sent out to school councilors for oratorical.														
Committee Reports:															

- Riders	- Riders attended Ride of Heart, Grape Day Fest, 9/21 ride to Josie's, annual riders dinner Pan Asia
- House Committee	- Rescheduled cleanup. October 12 th 9am-12pm
- SAL	- Grape Day Fest: 1,000 kids came through the train ride
Unfinished Business:	
	- None
New Business:	
	- A Motion to close on Mondays was made and discussed. In discussion decided to close starting October 1 st 2024. The motion was APPROVED . - Need persons for annual audit committee. George Christensen, Harold Olson, Jeff Sheggrud, Jennifer Holden. Audit date 9/28/2024
Good of the Legion:	
	- ALR Breakfast last Sunday - Presented Chuck Faupel with plaque and Honorary Life Membership to Post 149 - 58 th anniversary Harold Olson was ordained. - Comedy show and post dinner.
Meeting Adjourned:	6:49 PM

Actions of Post 149 E-Board

10/8/2024

NEW BUSINESS

1. **A MOTION to add funds to the Clubroom Committee Impress account not to exceed \$500 to be used for clubroom events. APPROVED.**

2. **A MOTION to have all motions or suggestions to change financial operations will be brought to the finance committee for review before going to the E-board or Post general meeting. APPROVED.**

3. **A MOTION To That rental agent money should not go to the clubroom committee. It should go to the post. This reverses the motion made in September. APPROVED.**

4. A MOTION to not allow bartenders to free pour liquor in the Clubroom. Use measured shots only. REJECTED.

5. A MOTION to allocate \$80 from the Building Equipment Maintenance restricted fund to update and re-wrap the Post sign on the corner of the building. APPROVED.