

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



Happy Holidays my fellow Legionnaires! Our first half of the year is almost over, and I want to say thank you for the efforts you all have made to be a part of the Post's happenings. We will be holding a Post Clean-up Day on Dec. 3, 2023 in the morning.

VetFest was a great success! Thank you for all who participated in the parade or the ceremony at the Post. Much gratitude Mike Frank, Junior Past Commander; Paul McNamara, 1st Vice Commander; Stef Holden, 2nd Vice Commander, these men were instrumental in the planning and execution of the 4th Annual VetFest and Parade.

Have you heard of the Be the One Campaign?

Here is an excerpt from the National American Legion website: Today, the No. 1 issue facing the veteran community is suicide, according to the **National Veteran Suicide Prevention Annual Report**. It is estimated that between 17 and 22 veterans or servicemembers take their lives each day. That's more than 6,000 annually. The rate of suicide for veterans is more than 50% higher than that of non-veteran adults.

Be mindful of our brothers and sisters that are struggling with demons that we cannot see. Reach out and make a phone call or send a text to a fellow Legionnaire. We are a community and we rely on each other.

Merry Christmas and Happy New Year!

FIRST VICE | PAUL MCNAMARA



Fellow Legionnaires, this is one of the best times of the year for me. It is a season full of holidays and celebrations that make me glad that I am an American. And as importantly had a chance to serve this country.

Do you ever think about what your life would have been like if you didn't sign on the dotted line all those years ago. I sometimes do, and I think how lucky I was to sign. I think of the friends that I made, the places of seen, the people we helped and probably most important the satisfaction we received in doing something that General Colin Powell called noble.

The service showed and exposed me in a very tangible way, the values of our country. Even in my youth, the coaches, teachers, scout leaders all were veterans and they imbued in me at an early age what those values were. But it is not until you serve that you really understand what they were talking about.

We often hear this phrase to the point of almost insincerity. But I still want to say thank you for your service, your sacrifice and the devotion of your family to our nation and our Legion. Good bless you all!! See you at the Post.



SECOND VICE | CLUBROOM MANAGER | STEF HOLDEN



As we close the books on another outstanding VetFest, I would like to take a moment to thank the Club 149 bartenders who handled the monumental task of taking care of the hundreds of guests in attendance at the Post on Veteran's Day! Gillian, Cheryl, Maggie and Clarese more than stepped up to the plate and ensured our very busy day went off with no complications. Ladies, JOB WELL DONE!

While we are on the subject of VetFest, I want to thank Past Commander Mike Frank, 1st Vice Commander Paul Macnamara and Brothers of 6 Charities Inc. President Bill McNaughton for their amazing efforts of planning and organizing of this colossal event. A special nod of thanks goes out to all Legion post officers, Sons and Auxiliary officers as well who had a hand in being involved in the event. Last but certainly not least, a big thank you to all of our participants and sponsors. To you all, without your contributions to VetFest, this very special happening would not have been possible! THANK YOU to each and every one of you!

Please take note the Club 149 will be closed on Sunday, December 25th as we observe Christmas Day. A New Years Eve party is in the works. Stay tuned for more details. Have a Merry Christmas!

POST 149 ADJUTANT | BILL STINTSMAN



My, how time flies. Do you remember the 1980's when we all thought that the year 2000 was a long way off, NASA ruled the cosmos, you had to load film in a camera and get that roll developed in order to see your blurry photos, and computers were huge and bulky?

In the 1990's, we were told the world would end because those same computers couldn't understand time in the new millennium and Apple introduced the iPhone (whatever that is). Here we are, nearly two and a half decades removed from the great Y2K debacle, M*A*S*H has been off the airwaves for more than 40 years, space travel is monopolized by private companies, and single lens reflex cameras are practically a novelty thanks to that iPhone thingy; but, like the Energizer Bunny, we're still going.

This year is all but over, and 2024 is only a few days away. It's time to start thinking about how 2035 will look when the electric vehicle mandate takes effect in California, if SpaceX will inhabit Mars, and how many petabytes of storage you need for all those photos. (A petabyte is bigger than a terabyte.) Nonetheless, the Energizer Bunny will still beat the drum of The American Legion 'Paid Up For Life' Membership. It's cheaper to do it now, before the costs go up, than in 2035. Happy Holidays to all. Enjoy the time with your family and friends, because, before you know it, it will be next year.

SAL COMMANDER | KEITH BELL



Well, we are at the end of 2023. The 4th Annual Vet Fest Parade and Ceremony was an enormous success. The Sons December 10th breakfast we will be giving a free breakfast for a donated toy for toy drive. We are planning for the Early Bird Dinner in January; Date will be in next newsletter.

Letters have been sent to all squadron members; 2024 membership is due. At the end of January, you will be suspended. Also, in letter Special Order of Business. The meeting is on December 13th at the Post, in the Meeting Hall @ 6:00 PM. Approval of S.A.L. New Constitution and Bylaws.

The February 11/2024 Breakfast will be to support Children and Youth Program Child Welfare. Pre-sale tickets will be \$12.00 and \$14.00 the morning of the event. 50/50 tickets are \$2.00 each and \$5.00 for six tickets. The pot will start at \$200.00.

Merry Christmas and Happy new Year to ALL.

KEY DATES

See calendar page and flyers
for more information.

DEC 3

Post Cleanup

DEC 7

Hanukkah Begins

DEC 10

District 22 Meeting

DEC 19

House Committee Meeting
Post Meeting

DEC 22

Winter Solstice

DEC 25

Christmas

DEC 31

New Year's Eve

Check Calendar for
FRIDAY Dinner and
SUNDAY Breakfast
Schedules

BUNCO

Every Thursday 6-8:30 PM

KARAOKE

Every Friday 8-10 PM

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Your American Legion wishes you



A wonderful holiday season filled with

Family, Friends And Joy.



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

DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 7 - 11PM (Club Room) KARAOKE	2
3 8 - 11AM (Legion) Post Cleanup	4 6 - 7:30PM (Conf Room) Gamblers Anonymous	5 9AM - 1PM (Conf Room) Porcelain Club 4 - 5:30PM (Hall) Teamsters Local 911 6 - 8PM (Hall) Post 1513 VFW Meeting	6	7 Hanukkah Begins 6 - 8:30PM (Hall) BUNCO	8 9AM - 2PM (Hall) Navy Training Event 7 - 11PM (Club Room) KARAOKE	9 8AM-12:30PM (Hall) Blue Star Moms 10AM-12 PM (Conf Room) 173 Airborne Assn. 2 - 3:30PM (Hall) Guide Dog Training 6 - 10PM (Hall) Biggs Harley Davidson
10 8 - 11AM (Patio) SAL Breakfast - \$14 9 - 11AM (Hall) District 22 Meeting 3PM (Clubroom) Pub Grub by Cheryl	11 6 - 7:30PM (Conf Room) Gamblers Anonymous	12 9AM - 1PM (Conf Room) Porcelain Club 6 - 7:30PM (Conf Room) E-Board Mtg 6 - 7:30PM (Hall) DAV Chapter 70 Mtg.	13 6 - 7:30PM (Hall) SAL Meeting	14 Hanukkah Begins 5-8PM (Conf Room) Kiwanis of Escondido 5:30 - 8:30PM (Hall) North County CREIA 6 - 8:30PM (Clubroom) BUNCO	15 7 - 11PM (Club Room) KARAOKE	16
17 9 - 11AM (Hall) Post Breakfast \$13 3-7PM (Hall) Polish-American Club 3PM (Clubroom) Pub Grub by Cheryl	18 6 - 7:30PM (Conf Room) Gamblers Anonymous	19 9AM - 1PM (Conf Room) Porcelain Club 5 - 5:30PM (Conf Room) House Comm. Mtg 6 - 7:30PM (Hall) Post 149 General Mtg.	20 4-6PM (Hall) Vietnam Vets of America	21 8AM - 5PM (Hall) Lifeline Screening 6 - 8:30PM (Hall) BUNCO	22 7 - 11PM (Club Room) KARAOKE	23 11AM - 3PM (Conf Room) SCRABBLE Club
24 Christmas Eve 3PM (Clubroom) Pub Grub by Cheryl	25 Christmas Legion Closed	26 9AM - 1PM (Conf Room) Porcelain Club	27	28 6 - 8:30PM (Hall) BUNCO	29 7 - 11PM (Club Room) KARAOKE	30
31 New Years Eve 3PM (Clubroom) Pub Grub by Cheryl						

Holidays & Observances

07 Hanukkah begins 22 Winter Solstice
25 Christmas Day 31 New Years Eve

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ISSUE 2303
J.B. Clark Post 149
230 E. Park Avenue
Escondido, CA 92025

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J.B. CLARK/POST 149



Let The Good Times Roll!



J.B. CLARK/POST 149



Karaoke
NIGHT

FRIDAYS

8PM - 10PM

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

We Want To Hear You
SING!

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.

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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.