

# 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 | GEORGE CHRISTENSEN



Greetings Legionnaires! What a great start to June for Post 149! We kicked off the month with our installation of officers! I want to thank Art Lubben for stepping up to be our Post Judge advocate, Art has already started keeping me honest on our standing rules and bylaws. I also want to thank Jen Holden, our past commander, for accepting the post as Finance Officer. This is a hard job, and Jen is already hard at it. Next, I want to welcome Tim Frazier as our 1st Vice Commander. Tim has already demonstrated his commitment to the Post by attending the Department of California convention. We also filled our last Executive Committee seat, Rafael Del Vecchio was elected as a one-year member of the committee.

Thanks to the Sons we are fielding two teams for this year's Legion Baseball Season! I hope to have the schedule up on the website soon. This is the 100th year of Legion Baseball and our teams need all our support. We also sent our candidates off to boys/girls state, part of our youth activities program. The youth activities committee needs members. This pillar is near and dear to me please join in .

We have started a new breakfast theme. The Post breakfast is now the Commander's breakfast! Jen Holden as the Past Commander, and I as the Present Commander will be on hand preparing and serving breakfast. If you want a chance to voice your concerns about the post come see us at breakfast on the 20th of July.

We had a very nice Flag Day ceremony, my thanks to the Adjutant Cody York for all the preparation that went into putting that together. Cody and I then went on to attend the Kiwanis Club Flag retirement ceremony, we met a lot of community leaders who want to work with us.

That brings me to my closing for this month. At the General meeting I spoke of my agenda for the upcoming year. We need a succession plan so next April we are not scrambling to fill our officer positions, to do that we need membership participation in our Post programs so we can mentor our replacements. Second is to bring back the Auxiliary unit. The legion family consists of the Post members, the SAL, the Riders, and the Auxiliary. We are missing an important part of the 149 Family. If you are a past member of the Auxiliary, or a prospective new member reach out to me I am here to help. Lastly, Veteran's Day will be here before we know it. 2nd Vice Commander Steph Holden will be holding committee meetings soon. Please lend a hand where you can.

Help me to help you bring the Post together as the voice of Veteran's in North County.

Yours in Service, George Christensen



## SECOND VICE | CLUBROOM MANAGER | STEF HOLDEN



Greetings from Club 149! I would like to start off by reporting that the 4th annual “619” benefit dinner was a resounding success! Thank you to each and everyone of you that made this great cause such an amazing event!

As we move into July, the 4th is approaching us fast. The club would like to put on a barbeque but are critically short of volunteers. If you would like to help in making a barbeque possible, please do not hesitate to contact myself or one of the 149 bartenders. Thank you in advance for your participation.

Additionally, the American legion will be manning a booth on the 4th of July in Grape Day Park as part of Escondido’s 4th of July celebration. Please let me or Past Commander Jennifer Holden know if you are able to volunteer for the event.

Sales have been continuing to increase but we need your continued support in order to ensure we can keep the doors open for many years to come. Please continue to frequent your post! See you all soon and, please, stay cool in these coming hot summer days.

## POST 149 ADJUTANT | CODY YORK



As we step into a new month—and the beginning of a new fiscal year—I’d like to take a moment to thank our newly elected officers. Your commitment, time, and dedication are what make our post the very best it can be. We appreciate each and every one of you for stepping up to serve.

### Membership Update

With June behind us, we have officially wrapped up Fiscal Year 2025—and we’re ending on a high note! Our post achieved an impressive 97% membership renewal rate, exceeding the district goal of 90%. A big thank you goes out to all our members for helping us surpass this milestone.

### 2026 Membership Cards & Renewals

The Department of California Convention took place in June, and we have now received the 2026 membership cards.

- Early Bird renewals have officially begun!
- Stop by the post or mail in your dues to receive your 2026 card.
- Interested in the three-year renewal option? This must be completed online at [www.mylegion.org](http://www.mylegion.org).

### 4th of July at Grape Day Park

We’ve been invited by the Escondido Center for the Arts to participate in the 4th of July Festivities at Grape Day Park. It’s a great opportunity to show our community spirit and bring in potential new members. If you can volunteer, please contact me or 1st Vice Commander Tim Frazier. Let’s make this a fun and successful event!

### Clubroom Rule Amendment

At the June Executive Board meeting, a motion was passed to

amend the clubroom standing rules regarding pets and service animals. This amendment was approved by the general membership on June 17, 2025, and is now in effect.

Key Highlights of the Amendment:

- Pets are not allowed inside the clubroom at any time, except for service animals recognized under Federal ADA regulations (CFR 365.5).
- This change is in compliance with San Diego County Health Department regulations for indoor bars and restaurants.
- Pets are allowed in the patio area, but must:
  - Remain on a leash
  - Be under control at all times
  - Be cleaned up after if they relieve themselves
  - Aggressive pets will be removed immediately and not allowed to return.

Copies of the amended rules have been posted on the front and patio doors and have been emailed to all general members, the Sons, and other Legion family groups. If you have any questions or need further clarification, please don’t hesitate to contact me directly.

Thank you for your continued support and dedication to our post.

## CHAPLAIN | GEORGE CHRISTENSEN

### A Reflection on Faith, Freedom, and Duty

The American Legion is pledged to service: For God and Country, emphasizing the spiritual foundation of our freedom. To preserve this freedom, we must continue to remind the American people of the spiritual roots upon which our country was built. We must reaffirm our faith in Almighty God and rekindle the spirit of humble reliance on divine guidance that inspired the founders of our nation.

As a people, it is our duty to surround ourselves and each other with the ageless moral and spiritual heritage of America, especially in times of peril. The providence of God was ever in the hearts and minds of those who laid the foundation of our country. Our nation’s security was not entrusted to any single individual, class, or moral plan, but to a collective trust in God and individual responsibility—responsibility not only to God but also to each other as citizens of this great nation.

The founders of the American Legion understood that God and Country must go hand in hand if our country was to remain great and enduring. This belief continues to guide the destiny of our organization and remains central to our mission today.

*Taken from the American Legion Chaplains Handbook.*

## KEY DATES

See calendar page and flyers for more information.

JULY 4

Independence Day

JULY 8

Finance & E-Board Meeting

JULY 9

SAL Meeting

JULY 15

Post Meeting

JULY 23

ALR Meeting

Check Calendar for  
FRIDAY Dinner and  
SUNDAY Breakfast  
Schedules

BUNKO

Every Thursday 6-8:30 PM

KARAOKE

Every Friday 7-11 PM

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adjutant149@gmail.com

[www.escondidolegion.org/event-rentals](http://www.escondidolegion.org/event-rentals)



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

## JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 9AM - 1PM (Conf Room) Porcelain Club 4 - 5:30PM (Hall) Teamsters Local 911	2 6 - 7:30PM (Conf Room) Gamblers Anonymous	3 6 - 8:30PM (Hall) BUNKO	4 <b>Independence Day</b> 7 - 11PM (Hall) KARAOKE	5 10 - 11AM (Hall) PAL Toy Drive 3 - 7PM (Patio) Memorial
6 9 - 11AM (Hall) DAV Breakfast - \$14 4 - 7PM (Hall) Escondido Little League Board	7 4:30 - 6:30PM America's Youth After School Program	8 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	9 6 - 7:30PM (Conf Room) Gamblers Anonymous 6 - 7:30PM (Hall) SAL Meeting	10 5 - 8PM (Conf Room) Kiwanis of Escondido 5:30 - 8:30PM (Hall) North County CREIA 6 - 8:30PM (Clubroom) BUNKO	11 Noon - 1PM (Hall) Senior Anglers 7 - 11PM (Hall) KARAOKE	12 8AM - 1:30PM (Hall) Blue Star Moms 10AM - Noon (CR) 173 Airborne Assn. 2 - 3:30PM (Patio) Guide Dog Training
13 9 - 11AM (Hall) Sons Breakfast - \$14 1 - 3PM (Patio) MHF BBQ 3 - 5PM (Hall) MHF Bingo	14 4:30 - 6:30PM America's Youth After School Program	15 9AM - 1PM (Conf Room) Porcelain Club 5 - 5:30PM (Hall) House Committee Mtg 6 - 7:30PM (Hall) <b>Post 149 General Mtg</b>	16 4 - 6PM (Hall) Vietnam Vets of America 6 - 7:30PM (Conf Room) Gamblers Anonymous	17 6 - 8:30PM (Hall) BUNKO	18 7 - 11PM (Hall) KARAOKE	19
20 9 - 11AM (Hall) Clubroom Breakfast - \$14 1 - 3PM (Hall) MHF	21 4:30 - 6:30PM America's Youth After School Program	22 9AM - 1PM (Conf Room) Porcelain Club	23 6 - 7:30PM (Conf Room) Gamblers Anonymous 6:30 - 8PM (Patio) ALR 149 Meeting	24 6 - 8:30PM (Hall) BUNKO	25 7 - 11PM (Hall) KARAOKE	26 11AM - 3PM (Conf Room) SCRABBLE Club
27 9 - 11AM (Hall) Brothers of 6 Breakfast - \$14	28 4:30 - 6:30PM America's Youth After School Program	29 9AM - 1PM (Conf Room) Porcelain Club	30 6 - 7:30PM (Conf Room) Gamblers Anonymous	31 6 - 8:30PM (Hall) BUNKO	1	2

### Holidays & Observances

04 Independence Day



J.B. CLARK/POST 149



*Karaoke*  
NIGHT

FRIDAYS

8PM - 11PM

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

We Want To Hear You  
**SING!**



J.B. CLARK/POST 149



**Thursday's, 6pm**

We play 4 rounds, with dinner  
served at half-time.

*Let The Good Times Roll!*

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.  
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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.