

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, It's time to renew memberships!

So far we are doing well with membership renewals, and we can do better. Our first Vice Tim Frazier and Adjutant Cody York are working hard to contact members and help where necessary with renewals. If you haven't renewed yet now is the time to do so. You can renew at the Post or online at <https://www.legion.org> please support the Veteran's voice

in Washington.

We will be holding a Post Spaghetti dinner October 24th to raise awareness and funds to support the Boys/Girls state and Oratorical program. The cost will be \$10.00, and I will be putting this up on eventbrite to make reservations easy. We will be inviting District Superintendents and Principals from the High Schools we partner with, as well as members of local government, Post members and other interested supporters. We need help with this event, everything from help in the kitchen preparing the dinner, servers, and supporters getting the word out. If you want to be a part of this Americanism committee function, please contact myself, or the Adjutant Cody York. Harold Olson our Americanism Committee Chairman needs our participation to make this a success.

Bravo Zulu to our Adjutant Cody York, who with help from the Brothers of Six installed new cabinets in the kitchen. Cody has worked tirelessly to update the kitchen and secured the grant that paid for the cabinets. Once we finish one more improvement we can rent out the kitchen to caterers as well as renting out the hall. Thank you, Cody, for all you do.

The Commander's Breakfast is now the third Sunday of the month. Past Commander Jen Holden and I are present along with the Rider Chapter Director and Executive Committee member Rafael Del Vecchio. Come on in and share some camaraderie with your post officers.

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

Yours in Service, George Christensen

FIRST VICE COMMANDER | TIM FRAZIER



Hello Fellow Legionnaires, I am honored to introduce myself as your First Vice Commander. My name is Tim Frazier, and I proudly served in the U.S. Navy from 1986 to 1996 as part of the Aviation Department (a "brown shoe" sailor).

I am still fairly new to the American Legion, having joined just over two years ago, but I am truly excited to be part of such an important and meaningful organization.

We are entering an important time of the year. Our main upcoming event is the 9/11 Remembrance Dinner on Sept. 6. Please RSVP to info@brothersof6.com if you are planning to attend. This event is our chance to say thank you to those who protect, rescue, and show up during the worst times of our lives. God bless them all.

Let's also remember to keep in touch with our fellow Legionnaires. A simple phone call or kind word can mean so much. For example, Hugh Pettigrew often calls us his family—and I am proud to say the same.

In closing, I ask for your help with recruitment. Please invite friends, family, and fellow veterans to visit the Post. As my predecessor often said, "Every member brings in a member." Getting involved in our upcoming events is a great way to connect and share the mission of the American Legion.

Yours in service, Tim Frazier

SECOND VICE | CLUBROOM MANAGER | STEF HOLDEN



As I enter into what is always my busiest time of year where I'm helping to plan and organize two city-wide events, I wanted to take a moment to thank my dedicated staff as they continue to make my job serving as your clubroom manager ever so easy. Ladies (and Tom), I cannot begin to tell you how much you are appreciated as I do not say it often enough.

The before mentioned events are the Escondido Grape Day Festival / 5K run taking place in Grape Day Park on Saturday, September 13th. 5K registration is at 6am and the race begins at 8am and will run from Grape Day through Historic Old Escondido and finish back at Grape Day Park. The festival will take place from 12am-6pm. Come by and say hello to your fellow legionnaires as they will be manning a booth during the festivities!

The sixth annual Escondido North County VetFest parade is scheduled to take place on Tuesday, November 11th. Moving forward, the parade route we chose last year will be our new route for the years to come as planning and logistics along this route are much less complicated than the original Grand Ave. route. See you all at the club 149!

POST 149 ADJUTANT | CODY YORK



Kitchen Update: We're starting September off with some great news—the new kitchen cabinets are now installed! A big thank you to everyone who came out to help with this beautification project. Special recognition goes to Chris Dunham with the Brothers of 6—without his help, we couldn't have torn out the old cabinets and installed the new ones in just a week.

Next, we'll be moving into the kitchen organization phase. This includes reorganizing the 2nd Vice Closet, now renamed the "Community Closet." We'll need volunteers to help pull everything out and rebuild the organization system from scratch. Stay tuned for details on work days.

Upcoming Events & Opportunities

Grape Day Fest – September 6

Please mark your calendars! I'll send out an update if we will be hosting a booth.

Veterans Day Event – September 8, 11 AM–1 PM

Post 149 will host a table at the Escondido North County Fair Mall. No setup or teardown is required—just come out, join us, and represent the Post. If you're available, please let me know.

American Legion Riders Poker Run – September 13

Hosted here at Post 149. More details will be shared soon.

Post Historian Needed: We are still in need of a Post Historian. This role includes taking photos at Post events, uploading them to the Historian computer, and assembling a year-end photo book of events. If you enjoy capturing memories, this is a great way to serve the Post.

Membership Renewals: A big thank you to all who have already renewed! Last year's District goal was 90% renewals. We are currently at 44%—a strong start only two months into the new

fiscal year. Let's keep the momentum going and aim even higher this year.

House Committee & Maintenance: There is still a list of small repair projects that need attention around the Post. If you have maintenance experience—or just want to lend a hand—please email me. Many of these jobs are minor, but your help will go a long way.

Thank you all for your continued support of Post 149. Together, we're building a stronger home for our Veterans and our community. For God and Country

CHAPLAIN | HAROLD OLSON

In order for the "Service to God and Country" program to truly thrive within The American Legion, it must be carried out at the Post level. Like all other programs projected on a National or Department scale, it holds little value unless it results in real activity among individual Posts—where it can reach Legionnaires and the communities we serve.

Without the active cooperation of local Posts, the program cannot accomplish its greater purpose: to help bring the American people to a deeper realization of our Creator and the vital place of God in the life of our Nation.

(Adapted from The Chaplain's Handbook, page 5)

Chaplain's Reflection

As Legionnaires, we are called not only to serve our fellow Veterans but also to strengthen the moral and spiritual fabric of our community. "Service to God and Country" is more than a phrase—it is a commitment to live out the values of faith, duty, and patriotism in our daily lives. I encourage each of you to reflect on how you can bring these values into your family, your work, and your service here at Post 149. Together, we can set an example that inspires others and reminds our community of the importance of God in the life of our Nation.

KEY DATES

See calendar page and flyers for more information.

AUGUST 2

Freedom Ghost Riders Lunch

AUGUST 3

District 22 Meeting

AUGUST 6

Blood Drive

AUGUST 17

Clubroom Breakfast

AUGUST 19

Post 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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mailing, send to the
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Have A Fantastic Labor Day with your Family and Friends

American Legion Riders Chapter 149

Presents our Annual



MEMORIAL POKER RUN

September 13, 2025



- ♦ Registration 8:30-9:30am
- ♦ Cook Your Own Steak Lunch
- ♦ Vendors
- ♦ Baskets and more
- ♦ Cash Bar



*American Legion Post 149
230 E. Park Ave.
Escondido, CA 92026*

Registration \$35 per Rider / \$30 per Passenger includes:*

1 Basket Ticket and 149's famous "Cook Your Own Steak"

** All proceeds benefit local veterans*

This is a rain or shine event!

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

SEPTEMBER 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|--|---|
| 31 | 1 LABOR DAY 4:30-6:30PM America's Youth After School Program | 2 9AM - 1PM (Conf Room) Porcelain Club 4 - 5:30PM (Hall) Teamsters Local 911 6 - 7:30PM (Hall) DAV Chapter 70 Mtg | 3 6 - 7:30PM (Conf Room) Gamblers Anonymous | 4 6 - 8:30PM (Hall) BUNKO | 5 7 - 11PM (Hall) KARAOKE | 6 1 - 3PM (Conf Room) Area 5 Membership Training 2 - 8PM (Hall) B of 6 911 Dinner |
| 7 9 - 11AM (Hall) DAV Breakfast - \$14 10AM - Noon (Hall) Area 5 Meeting 4 - 7PM (Hall) Escondido Little League Board | 8 4:30 - 6:30PM America's Youth After School Program 6:30 - 8PM (Hall) Boy Scout Court of Honor | 9 9AM - 1PM (Conf Room) Porcelain Club 5:30 - 6PM (Conf Room) Finance Mtg 6 - 7:30PM (Conf Room) E-Board Mtg | 10 6 - 7:30PM (Conf Room) Gamblers Anonymous 6 - 7:30PM (Hall) SAL Meeting | 11 5 - 8PM (Conf Room) Kiwanis of Escondido 5:30 - 8:30PM (Hall) North County CREIA 6 - 8:30PM (Clubroom) BUNKO | 12 Noon - 1PM (Hall) Senior Anglers 7 - 11PM (Hall) KARAOKE | 13 7AM - 3PM (Patio) ALR 149 Poker Run & Steak Burn 10AM - 12PM (Conf Room) 173 Airborne Assn. 2 - 3:30PM (Patio) Guide Dog Training |
| 14 9 - 11AM (Hall) Sons Breakfast - \$14 | 15 4:30 - 6:30PM America's Youth After School Program | 16 9AM - 1PM (Conf Room) Porcelain Club 5 - 5:30PM (Hall) House Committee Mtg 6 - 7:30PM (Hall) Post 149 General Mtg | 17 4 - 6PM (Hall) Vietnam Vets of America 6 - 7:30PM (Conf Room) Gamblers Anonymous | 18 6 - 8:30PM (Hall) BUNKO | 19 7 - 11PM (Hall) KARAOKE | 20 All Day 310 Visit 9AM - 9PM (Patio) Canning Group 4 - 11PM (Hall) Jesus Diego Quince |
| 21 9 - 11AM (Hall) Commanders Breakfast - \$14 5 - 3PM (Hall) MHF | 22 4:30 - 6:30PM America's Youth After School Program | 23 9AM - 1PM (Conf Room) Porcelain Club | 24 6 - 7:30PM (Conf Room) Gamblers Anonymous 6:30 - 8PM (Hall) AL Riders Meeting | 25 6 - 8:30PM (Hall) BUNKO | 26 7 - 11PM (Hall) KARAOKE | 27 11AM - 3PM (Conf Room) SCRABBLE Club |
| 28 9 - 11AM (Hall) Brothers of 6 Breakfast - \$14 | 29 4:30 - 6:30PM America's Youth After School Program | 30 9AM - 1PM (Conf Room) Porcelain Club | 1 | 2 | 3 | 4 |

Holidays & Observances

1 Labor Day



J.B. CLARK/POST 149



Karaoke
NIGHT

FRIDAYS

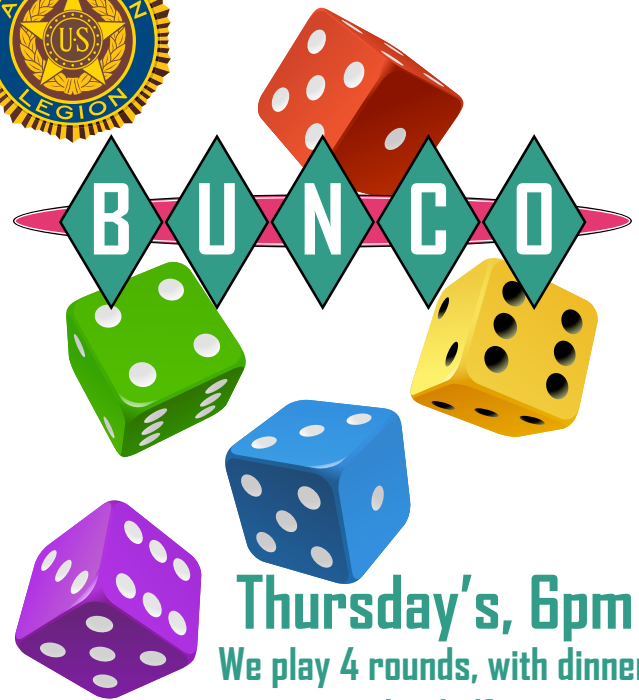
8PM - 11PM

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

We Want To Hear You
SING!



J.B. CLARK/POST 149



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
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(760) 489-6420



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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.**

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.