



## VFW Post 4719 March 2020 News

### Canteen Hours

Sun: 9AM-8PM+  
Mon: Closed (see below!!)  
Tues: 4PM-10PM+  
Wed: 4PM-10PM+  
Thurs: 12n-10PM+  
Fri: 12n-10PM+  
Sat: 12n-10PM+

### Meeting Times

- VFW 4719: 3rd Tuesday @ 7PM
- VFW Auxiliary: 1st Thursday @ 6:30PM
- American Legion 797: 3rd Thursday @ 7PM
- Marine Corps League: 3rd Wednesday @ 7PM
- 40&8: 1st Tuesday @ 7PM

**QUEEN OF HEARTS: Drawing Thursdays @ 8PM!!**

**BAR BINGO ON TUESDAYS STARTING @ 7PM!!!**

**Movie Nights: 2nd & 4th Wednesday @ 7PM**

### Weekly Meals (Yum!):

1st Friday: Steak, baked potato, salad, dessert, roll, dessert \$13 (chopped steak \$9); **Salmon Steak as seafood option.**

2nd Friday: Meatloaf/**Tilapia**, mashed potato, green beans, roll, dessert \$8.

3rd Friday: Tacos or **Fish Tacos**, Mexican Rice, black beans, dessert \$8.

4th Friday: Open faced roast beef/**Tilapia**, mashed potatoes, corn, dessert. \$8.

Everyday: hotdogs; brats, corndogs, egg rolls, hot links, taquitos, pizza, chicken parm sandwiches, mozzarella sticks, White Castle sliders & more! (prices vary).

**SEAFOOD OPTIONS DURING LENT!!**

### THIS IS GAHANNA CALLING

*As stated earlier we are in the planning stages of the patio once again. Please keep a look at for news.*

*As a reminder, we need Honor Guard members! We do dozens of funerals, plus the Memorial Day, Veterans Day ceremonies and much more. Please see Jack Steinhausser or ask one of the members for information.*

*We also need volunteers for Friday meals and Sunday breakfasts. See the Canteen Manager for details.*

*All VFW, American Legion, 40&8, respective Auxiliaries, and Social/Guest Members, ensure you have paid your dues for the year!!!!!! Social Member dues are now \$40/annually.*

*If any member is interested in being an officer in the upcoming year, please ask. First round of nominations is in March. Elections are coming soon!!!*

*During the Lenten Season, we will be offering a fish option during our Friday dinners.*

*St. Patrick's Day is the same day as the monthly VFW meeting. Better see all hands on deck that day in your green VFW caps!!!*

*Anyone who did any type of maintenance in the military and had to use preventative maintenance cards, look at the end of this newsletter. Particularly Navy vets.*

Comrade,

Our great organization has had many accomplishments at the national, state and local levels. Nationally, the adoption of the "Forever GI Bill" for our more recent veterans and recognition of Blue Water Agent Orange for our Vietnam veterans have been a major accomplishment as well as fighting for your VA rights. At the state level, we have recognition of your military training for civilian licenses (electricians, etc.). Locally, we have assisted needy veterans with our food pantry and other assistance (rent, bill payments, etc.) and have visited and provided donations to the Chillicothe VA Medical Center. We provided scholarships through our Voice of Democracy and Patriot Pen programs as well as for Gahanna-Lincoln High School Band. This past fiscal year, we have donated about \$16,000 to various worthy causes. Hopefully, we can do more this year with your help.

We need you to maintain your membership to continue these and other worthy endeavors. We need you to continue your membership in the VFW so you can be counted when our National Commander and his staff go before Congress in requesting the rights and benefits you have earned and deserve. The VFW Voice is only as strong as the number of members in the organization. You have earned the eligibility to be a member of this special veteran's organization. Please take a few minutes to send in your VFW dues payment today. If you need assistance in paying your dues, please contact me. This will be kept confidential. The Post wants to help you maintain your membership. We need you to continue your membership in the VFW and visit us on Facebook, or better yet, in person!!! Our meetings are the third Tuesday of every month.

There are several ways to make your dues payment of \$37.00:

**Mail** a check or credit card info to:

VFW Post 4719

75 W. Johnstown Rd

Gahanna, OH 43230

Come into the Post and drop it off and get your updated Key card. Or go online at [www.vfw.org](http://www.vfw.org) and make your payment.

If you do not intend to pay and continue your membership in the VFW, please contact me via one of the means above to inform the Post of your intentions. Update any contact information either with me or online at [www.vfw.org](http://www.vfw.org).

It is important to maintain your membership in the VFW, so ALL our voices and numbers can be counted on when the VFW fights for the rights and benefits we have and hopefully, continue to keep. Many of our brothers/sisters have received needed help from the Veterans Administration and more of us will make use of these in the future. Let's keep our Veteran's organization alive and strong. Membership counts!!!

**I'D RATHER GO TO THE  
VFW FOR MY BREAKFAST!  
COME ENJOY A BREAKFAST  
THIS SUNDAY FOR JUST \$6!**



**BREAKFAST SERVED FROM  
9:00AM-11:00AM**

**EGGS TO ORDER/OMELETTES;  
PANCAKES; FRENCH TOAST;  
WAFFLES; SAUSAGE (PATTIES OR  
LINKS); BACON, HOME FRIES;  
TOAST; BISCUITS AND GRAVY;  
GRITS.**

**ALL MEALS ARE OPEN TO THE PUBLIC**

# Bar Bingo Rules

Each game card has 5 playing cards on it

You can buy more than 1 game card

First person to have all cards called on the same game card wins

If more than 1 winner pot to be divided

At the end of each game cards to be turned back in so cards can be repurchased for another game

Game cards are the property of VFW Post 4719 and must be returned after each game and at the end of the night

**BAR BINGO: \$2/CARD; PLAYED ON TUESDAYS AND  
WHENEVER THE MOOD STRIKES,**

**MOVIE NIGHTS EVERY 2ND AND 4TH  
WEDNESDAY OF THE MONTH. COME GRAB  
SOME POPCORN AND A DRINK OR TWO**



**We start at 7PM.**

**IN ORDER TO WIN THE  
QUEENS HEART, YOU HAVE  
TO PLAY THE QUEEN OF  
HEARTS.**

**QUEEN OF HEARTS  
DRAWING THIS THURSDAY  
(DRAWING AT 8:00PM)**



**MUST BE A VFW, AL, AUXILIARY OR  
GUEST MEMBER TO PLAY**

**DO NOT GET BETWEEN ME AND MY STEAK!!!  
STRIP STEAK \$13; CHOPPED \$9 BAKED POTATO,  
SALAD AND DESSERT THE FIRST FRIDAY  
OF EVERY MONTH!!**

**(tiger not included)**



**Or steal it with the Force, I will.**

***DON'T WORRY, THERE IS  
PLENTY. MEATLOAF,  
MASHED POTATOES, GREEN  
BEANS AND DESSERT ALL  
FOR \$8***



***DINNER SERVED FROM  
5:30PM-7:30PM***

***ALL MEALS ARE OPEN TO THE  
PUBLIC***

***Bye-Bye Belt?***

***Tacos, Mexican Rice and Black  
Beans ON THE THIRD FRIDAY  
MEALS! \$8***



**HOT, BROWN, AND PLENTY OF IT. HOT ROAST BEAST  
SAMIDGE, WITH STUFF!  
EVERY FOURTH FRIDAY \$8**



**VETERANS of FOREIGN WARS** *of the United States*

*Post Community Post No. 4719*

**VFW POST 4719 WOULD LIKE TO OFFER YOU ADVERTISING  
SPACE FOR YOUR BUSINESS OR EVENTS IN OUR MONTHLY  
NEWSLETTER!**

We are offering advertising in our monthly VFW newsletter that reaches several hundred members of VFW Post 4719, American Legion Post 797 and members of our local Gahanna area community for your business or organizational event's needs. The newsletter is both posted on our FaceBook page, as emailed out to our members and is available at our Post and at some local establishments. Pricing is shown below:

Size	One-Month	3-Months	6-Months	Year
Full Page	\$100	\$275	\$525	\$960
Half Page	\$ 50	\$135	\$260	\$480
Quarter Page	\$ 25	\$ 70	\$130	\$240

All you need to do is either provide a PDF via email ([vfwpost4719@gmail.com](mailto:vfwpost4719@gmail.com)) of what you want or give us the information that you would want on the ad (name of business/event, contact info, what you do, hours and the like) and we can come up with an ad for your approval.

If you have any interest in the ad, please contact newsletter writer Ernest Massie at [vfwpost4719@gmail.com](mailto:vfwpost4719@gmail.com), at (614) 746-0931, use our FaceBook page or stop by the Post.

Currently, we receive numerous requests from various local relief agencies (County Veterans Services, etc.) as well as direct requests from veterans or their families and current members of the Reserves and National Guard for assistance with housing issues, food, bill payments, wheelchairs, and similar items. We also assist our nation's veterans make connections to the VA and other services. We also grant awards to Gahanna-Lincoln High School Marching Band seniors and to winners of our Voice of Democracy (VFW High School oratory program) and Patriot Pen (VFW Middle School oratory program) contests. We donate to many worthy causes, such as GRIN, MASH Pantry. We make trips to the VA hospital in Chillicothe bring items such as toiletries, clothes, books/games and monetary donations.



U.S. Department of Veterans Affairs • Readjustment Counseling Service

### Services Offered

- Individual Counseling
- Group Counseling
- Family Counseling
- Bereavement Counseling
- Sexual Trauma Counseling
- Substance Abuse Counseling
- Community Education
- VA Information and Referrals



### Confidentiality

No information will be communicated to any person or agency, without written consent from the Veteran, except in circumstances to avert a crisis. (HIPAA, 1996)

### Ohio Vet Centers:

**Cincinnati Vet Center**  
4545 Montgomery Road  
Cincinnati, Ohio 45212 • (513) 783-3500

**Columbus Vet Center**  
30 Spruce Street  
Columbus, Ohio 43215 • (614) 257-5550

**Dayton Vet Center**  
3085 Woodman Drive, Suite 180  
Dayton, Ohio 45420 • (937) 298-0489

**Parma Vet Center**  
5700 Pearl Road  
Parma, Ohio 44129 • (440) 845-6026

**Maple Heights Vet Center**  
5310 1/2 Warrensville Center Road  
Maple Heights, Ohio 44137 • (216) 707-7901

**Stark County Vet Center**  
801 Cleveland Avenue, N.  
Canton, Ohio 44702 • (330) 454-3120

**Toledo Vet Center**  
1565 S. Byrnes Road  
Toledo, Ohio 43614 • (419) 313-7533

Services are **FREE** to all eligible Veterans and their families.

**(877) WAR-VETS**

24/7 Hotline

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

### Eligibility

World War II  
Korean War  
Vietnam War  
JCS Nimitz  
Johnson  
Gronoda  
Parma  
Gulf War  
Somalia  
USS Cole  
Bosnia/Kosovo  
Afghanistan  
Iraq  
GWOT Expeditionary

### Sexual Trauma/ Harassment

Counseling for all Veterans, of all eras.

### Bereavement Counseling

for immediate family members who have lost a loved one on active duty.

## **MASH Pantry Annual Foxfire Golf Outing!**

REGISTRATION: <http://www.dixongives.com/mashmilitary>

See the attached flyers in the email

*Amber Hudson, U.S. NAVY Veteran  
Founder & President*

M.A.S.H. Pantry & Resource Center

[www.mashpantry.org](http://www.mashpantry.org)

Operation Deployed, A Division of M.A.S.H. Pantry

[www.operationdeployed.org](http://www.operationdeployed.org)

2020 VFW DEPT. OF OHIO VISIT TO THE  
VFW NATIONAL HOME FOR CHILDREN. IF  
YOU HAVE NEVER GONE, THIS IS AN EXPE-  
RIENCE YOU WILL NEVER FORGET.

Veterans of Foreign Wars  
District #5  
Pam Tracey & Bob Sees  
National Home Chairman 2020-2021

The dates for the Ohio Caravan to VFW National Home have been set as follows: Friday July 31, 2020 will be leaving Marietta Post at 7:00am then to Cambridge Post at 8:00am then to Zanesville Post at 9:00am Flying J at 10:00am to Pick up District #11 please be on time. The district will provide Non-Alcoholic beverages. Please bring your own snacks. We will be staying at the Ramada Hotel 7501 W. Saginaw Highway, Lansing, Michigan. All rooms will be **(\$95.20** this includes tax). This will include 4 breakfast coupons per room for Saturday morning. Anyone wanting to ride on the BUS MUST fill out this form & send to Pam Tracey **DON'T BOOK YOUR OWN ROOM** if you book your own room you can't ride on the bus. Persons going to National Home need to be school age. Payment must be paid when form is sent in **no LATER THEN JULY 05, 2020**. This to make sure bus size is correct & Hotel rooms will be booked. Once at the Hotel there will be a Hospitality Room for your enjoyment on Friday evening. All posts in District 5 & 11 & 12 can use the Charities money to send families or Auxiliary members from your post.

The Ohio Caravan to the VFW National Home will depart from the Hotel on Saturday August 1, 2020 at 9:00 am sharp please be at bus by 8:15am. Please bring your Post/Auxiliary and District Colors with you and upon arriving, register them with the State Color Guard. There will also be a place to turn in your school supplies and a receipt will be given to you for them. Attractions at the VFW National Home include the Ohio Home, Memorial Park, fire station, museum, Chapel, preschool building, Visitors Headquarters gift shop. You are also invited to participate in the fun and games with the kids their families, along with other activities taking place. Lunch will be available in the Community Room, for a small cost. After lunch a small program will take place along with the parade of checks for your donations to the VFW National Home. Then back to Bus for the trip home.

If you are from District #11 or 12 there is a per person charge of \$40.00 this will help pay for the bus. Therefore if you have four people going from your VFW Auxiliary it will be \$40.00 per person & room charge if staying in same room.

Persons Name and address needed for each person riding the bus:

Double \_\_\_\_\_

Post # \_\_\_\_\_

District# \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

How many rooms \_\_\_\_\_ @ \$95.20  
If you are from District #11 or 12 need to add \$40.00 per person  
\$ \_\_\_\_\_  
Total of Check \$ \_\_\_\_\_

How many in room \_\_\_\_\_  
(Max 4 to room)

Need number for accurate count on bus \_\_\_\_\_

Emergency Contact in case of Emergency Name Phone Number **THIS IS A MUST**

**Send checks & Form to: Make checks out to: VFW District #5  
Quartermaster (Memo line National Home Trip)**

**Pam Tracey  
1115 Schlaegel Drive  
Zanesville, OH 43701-1169  
740-319-4027**

**Non-Refundable**

**What kind of soda would you like:** \_\_\_\_\_

July 31 2020 leaving OHIO will stop in OH for lunch. Staying in MI on July 31 coming back home on Aug 1, 2020 after visiting National Home.

Times may change by one hour will know closer to Aug.

1. Marietta #5108 7 AM  
319 Pike Street  
Marietta, OH
2. Cambridge #2901 8AM  
1427 E. Wheeling Ave  
Cambridge, OH
3. Zanesville # 1058 9AM  
1318 Putnam Ave  
Zanesville, OH 43701
4. Flying J 10AM to pick up District #11 & 12  
10480 Baltimore Rd  
Baltimore, OH  
740-964-9601  
**Lunch in Upper Sandusky**

**HOTEL:**

Ramada Lansing Hotel and Conference Center  
7501 W. Saginaw Hwy.  
Lansing, MI 48917  
517-627-5240

VFW National Home  
3573 Waverly Road  
Eaton Rapids, MI 48827

**Maintenance Effectiveness Review (MER) Analyzed 11/13/2003****DISPOSITION STATEMENT B**

Distribution authorized to OOD components and OOD contractors only; Critical Technology Form 2042. Other requests for this document shall be referred to Naval Sea Systems Command (NSA/CSS), Destroyer by any method that will prevent disclosure of contents or reconstruction of the document.

Date: June 2003      MER Series: 1811      Periodicity: 3-12

**Location:**

Ship System: Plumbing  
System: Plumbing  
Subsystem: Enlarged Head  
Equipment: FCM Head

Notes	Man-Hours	Notes	Man-Hours	Notes	Man-Hours
S-1 through S-10	0.75				
<b>Total Man-Hours:</b>	<b>0.75</b>	<b>Elapsed Time:</b>	<b>0.75</b>		

**MAINTENANCE EQUIPMENT DESCRIPTION**

1. Uniform Bowl Movement.

**SAFETY PRECAUTIONS**

1. Persons should comply with NAVY'S Exposure Limits for Persons Afloat, (OPNAVOP 5100.19 series).
2. Ensure all safety procedures are in accordance with current shipboard instructions.

**TOOLS, PARTS, MATERIALS, TEST EQUIPMENT****MATERIALS**

1. (58120) Paper, toilet
2. (28126) Mirror, inspection
3. (10000) Sanding material, emerypaper - 36 GRM, WC Synthetic
4. (80192) Bag plastic
5. (31144) Tag, safety

**TOOLS**

1. (30886) Squeegee
2. (22274) Flashlight, Type I, type I, explosive proof

**MISCELLANEOUS**

1. (11001) Dropper
2. (11000) Empocanister
3. (11432) Hazarous Material Test Scope (HMTS) (NSAOP 2-45-110-1)
4. (10433) Gloves, chemical protective
5. (30000) Stick, wooden - 3/8 DIA, 1/2 FT/long
6. (40165) Goggles, non-vented

**NOTE:** Numbers in brackets can be referenced to Standard NSC Materials Identification Code (SMIC) for identification.

**HAZAROUS MATERIALS CONTROL STATEMENT (H)**

The Hazardous Material User Guide (HMG), OPNAV 2-45-110-1, provides additional control measures, precautions, personal protective equipment (PPE), and spill control for the hazardous materials identified in the Tools, Parts, Materials, Test Equipment block. Maintenance personnel shall determine if additional PPE is necessary to accomplish the MRC and take appropriate action to obtain and wear such PPE to ensure the safety of maintenance personnel. Report any deficiencies via SMS feedback report.

**PRELIMINARY**

**NOTE 1:** Accomplish this maintenance requirement when any of the following conditions or situations occur:

- a. (Call)
- b. When 'Fall' Sinking is started upon the lower structural region.
- c. Before periods of when head is secured (mounting vessel, field days, drills, handling decontamination action).

**1. Preliminary**

- a. Inform Work Center Supervisor of personnel's desire to remove himself from an offe report. Inmate permission is granted.

- b. Ensure person performing 3-19 is not on wheel, unrecovering wheel is not set, and decontamination station or top belt is located by cognate amount of yellow material.
- c. Verify that Sanitizers are also pressurized as noted by light being staining, "WARNING! BLOWING SANITIZERS." If pressure exerted on lower abdominal region is too great, consider performing 3-5 (Emergency Wheel Movement Using Elastic Bag)

**WARNING:** Entering stall before verifying stall is empty may be hazardous to continuation of life.

## 2. Verify stall empty

- a. Check three places on stall door and ask potential occupants of their presence.
- b. If stall is occupied, move to next stall, and repeat step 2.1.a.
- c. If all three stalls are occupied, wait until an occupant has removed himself from the stall, and then continue on Step 3. Remove reading material and review while waiting.

**NOTE:** Stall #1 has shown signs of becoming clogged during performance of OLR. If emergency procedure B1 avoids stall #1. Otherwise, continue to wait until either stall #1 or #3 are clear.

- d. If greater than 5 minutes have passed and all three stalls remain to be occupied, repetition Step 1 in its entirety to verify occupants are awake. Use colorfast language such as "Hey, You, please sit off. I need to sleep a minute."

## 3. Exiting stall

- a. Open door to stall by moving handle either clockwise or counterclockwise from non-ventilation position.
- b. Inspect stall door presence of toilet paper. If none, on way continue with maintenance action, insofar WCF.

**WARNING:** Do not substitute any other material such as tissues, socks, and magazine pages for toilet paper. Your lines will thank you.

- c. Open door 90 degrees until door rests flush with wall.

**NOTE:** Maintain positive control of head door. Following door will potentially cause a "noise chamber" created by a loud tapping noise. If "noise chamber" is heard, back out of stall and face the head of the Hatch (309), and proceed to Step 4.

- d. Position yourself between toilet and door.
- e. Move door 90 degrees back to original position and secure Secondary Locking Device (SLD) using WCF Primary Locking Mechanism (PLM).
- f. Slide Secondary Locking Device (SLD) until it mates with the PLM. The stall is now secure from unauthorized entry.

**WARNING:** Opening Bowl Flush valve while sanitizers are pressurized will cause loss of cleanliness. Wipe, and report.

- g. Open toilet drain valve. Verify that water exits the bowl prior to "surging." If surging exists, or water does not drain at all, inform 3-11/3120 and proceed to Step 4.

**WARNING:** Performing bowl movement while holding a waterless bowl will lead to "back-siphoning" the occupants of the ECE Head. And will cause your reputation to diminish.

- h. Open toilet fill valve until proper level in the bowl is seen. Experience has shown this 3-4 inches above the bowl bottom is required.

## 4. Disrobe

- a. Using Emergency Shear (Table 1), take inventory of all items in pouch and overhead, forward and aft pockets (including pressy pockets), belt, and all items attached to belt.
- b. While maintaining positive control of belt buckle, unlatch belt buckle. If WCF does not maintain belt's position while unlatched, remove all pouch, articles, and TLD from belt. Remove belt, discard all items removed back over belt, place belt buckle and long belt from a convenient location.

**NOTE:** Visually check the TLD by passing throughout this step. If TLD is not present, exit stall and inform 3-11/3120/3120/3120.

- c. Unlatched top button on overalls.

- g. Pull down on upper hipper until all teeth block with bottom hipper

**WARNING:** Deck may be contaminated. Verify cleanliness prior to allowing coveralls to touch deck.

- Remove right arm and then left arm from coveralls. Allow coveralls to raise down to ankles.
- Check that the zipper tear is in the fully horizontal position. If not, gently glide in the fully horizontal position.
- Roll undergarments from the waistband and tug them towards the feet allowing them to rest on top of coveralls.
- Bending knees at a 70-degree angle, sit down on toilet seat.
- Inspect aft end of undergarments for foreign materials, microorganisms, and holes. Fill out Table 1 Supplemental Report Form, and forward results to Foreman.
- Inspect front area for signs of disintegration and tears. Immediately inform Foreman of such indications. Do not pick up or inspect front area for excessive growth of hair. If it is a greater length than tolerated, perform USC 4-03 (Trim The Beard Regress).

JOB CONTROL NUMBER			WSP CASE # 2411		
Ball No.	Work Center	JOB REQ NO.	FOI/QUALIF. CD	IMP/ID/PT	CA
250004	103	12000/011			
5300001		111111111			C/C
101	UNDERGARMENT INSPECTION				
102	HOLES FOUND IN UNDERGARMENT: NONE (Y/N) LARGE (Y/N) SMALL (Y/N) NONE (Y/N)				
103	DISINTEGRATION OF UNDERGARMENT: NONE (Y/N) SHOWN (Y/N) YES (Y/N) OTHER: _____				

TABLE 1 SUPPLEMENTAL REPORT FORM

1.	E.	11.
2.	F.	12.
3.	G.	13.
4.	H.	14.
5.	I.	15.

TABLE 2 IDENTIFY SHEET

5. Perform Bowel Movement

- a. Defecate lower abdominal region.

**NOTE:** Expectorate, pee, and locate magazines found in the FOI Deck are gifts or be shared equally amongs the crew. Do not remove the undergarments reading materials within five days of a magazine of your use.

- While sitting allow feet above the knees, combine twisting leading lateral.
- If hand, waist or fecal matter touches any region of the lower body or sides the crew cabin, open strain valve and perform "courtesy flush." Show cabin mate how fill water bucket to contain Level 100 Step 4, through 3.5.
- Take care not to fall asleep while in the current position. Falling asleep will relax the jaw and cause stool to accumulate on undergarments.

**WARNING:** Depending on the rate speed or size position, personnel's legs may become affected with the sensation known as Dead Leg. Use caution while operating heavy machinery while affected with Dead Leg.

- Take full set of undergarments with crew. Notify OIC and prepare to Emergency Ventilate the forward compartment with the Low Pressure Effect of any atmosphere are known to be safer of human living.
- If unacceptable smell levels emanate from the toilet, take undergarments samples with the Equipment and inform personnel within a 25-foot radius to the EMB 1.

**NOTE:** If unacceptable smell levels are reported by management, your breathing apparatus may have already been suited to the largest known volume your knowledge.

- g. Bowl contents is complete when an "empty" feeling is felt, or when residual material becomes sloughing.

#### **6. Wipe**

- a. Using flashlight, inspect the bowl region. If any substance other than fecal matter is observed, fecal matter has passed. Use Chemical Protective Gloves and Obtain samples in resealable plastic container. Submit to WGS and Docymen for sample analysis.
- b. Using flashlight and inspection mirror, conduct a full 360-degree inspection of the rectal area, paying particular attention to the sphincter for residual feces remaining.
- c. If applicable, wiggle around while remaining in the sitting position to reveal free any large lumps of feces that have failed to separate from the anal.
- d. If large lumps still remain, use Chemical Protective Gloves and knock free remaining feces using a wooden stick. Wash with wooden stick as shown. Refer to MGC for proper disposal method.

**WARNING:** Wiping top end will cause chafing, and may potentially get toilet paper with will cause wiping hard to become contaminated.

- a. Using toilet paper, wipe rectal area.
- b. Inspect toilet paper for "strands."
- c. Check toilet paper into bowl basin.
- d. Inspect bowl for the same indications of "strands." If any are present, use Chemical Protective Gloves to prevent spread of contamination.

**WARNING:** Failure to fully clean the rectal area will cause an itchy/irritated feeling which may be confused for various viruses and bacteria.

- a. Perform steps 6 a through 6 d as many times as necessary until indications of "strands" are no longer present.
- b. If at any time bowel discharge is revealed or toilet paper rolls, perform MGC 66 (Remove Empty Toilet Paper Roll/Remove New Toilet Paper/Insert New Toilet Paper).

#### **7. Stand and Dress**

**WARNING:** Attempting to stand or a head leg will cause personnel to collapse. Thrift legs are not used prior to standing.

- a. Stand up in the fully upright position.
- b. Hold undergarments by the waistband and pull upward until properly resting on the hips.
- c. Inspect underalls for dampness/wetting, dry completely before attempting to remove underalls.
- d. Fully dry underalls by inserting arms into underall arm slots. Verify that sleeves are either rolled down, or rolled up to acceptable position. Refer to Navy Uniform Regulations (NUR) for further guidance.

**WARNING:** Verify that all equipment is clear of zipper prior to zipper operation. If an equipment gets caught once zipped, perform MGC 61 (Cleaning & Logged Zipper).

- a. While holding upper zipper and leaning forward on the hips approximately 15 degrees, pull zipper upward towards the overhead metal motion stops.
- b. Clamp the button immediately above the upper zipper.

**WARNING:** Visually and physically verify that TID is firmly attached on belt prior to bowl stand operation. If TID is not present perform MGC 62 (Loss of TID) and 6-1 (Clipping the Soap Tank).

- g. Holding belt buckle, or completely remove belt if removed in step 4.a.
- d. Inspect collar device to be on the proper position. Refer to Navy Uniform Regulations (NUR) for further guidance.

**WARNING:** Do not flush toilet without first verifying that no foreign material is present inside the bowl basin.

1. Verify all contents of Table C are fully present and accounted for. Conduct full search of the FDC. Read for any items not.

## 8. Flushing

- a) Open the toilet flush valve until water level is approximately 2-4 inches from top of bowl.
- b) If using stall kit, cover your fingers.

**NOTE:** Toilet personnel may strike their forehead against toilet paper holders if not paying attention. Initially make note of high pressure, and toilet paper holder loosens as opening toilet flush valve.

- c) Don set of non-vented goggles
  - d) In a rapid motion, open the toilet flush valve. Verify that all personnel under the stall and enter the flushing system. If water flashes in a vertical direction, valve is clogged or cartridges are protruding. Immediately close the toilet flush valve and consider Auxiliary Flushing.
  - e) For a Secondary Flush, wait 5 seconds. For a small bowl movement, wait 10 seconds. For large bowl movement, wait 15 seconds.
  - f) Show the toilet flush valve, allow water level to rise to the toilet approximately 2-4 inches.
  - g) Show the toilet fill valve.
- ## 9. Flushing
- a) Unlock the Secondary Locking Device
  - b) Turn doorlock either clockwise or counterclockwise from centerline and open door. Showerhead spray head is approximately parallel with stall wall.
  - c) For stalls with Locking Devices, latch door open. For stalls without Locking Devices, close the door and ensure that the Primary Locking Device fully latches with the Frame Locking Device.
  - d) Light a match
  - e) Inform PCS and report all observed errors.

**VFW Post #4719****March 2020***Dinners 5:30 - 7:30 PM*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (Good Friday) Good Friday 7:11 AM	2 Canteen Closed	3 (Good Friday) 46 & 8 Meeting @ 7PM New Bingo @ 7:00!!	4 (Good Friday)	5 (Good Friday) VFW Auxiliary Meeting - 6:30 PM Queen of Hearts Dinner - 7PM	6 (Good Friday) Steak Fry 5:00!! Canned Steak @ Salmon Steaks	7 (Good Friday)
8 (Good Friday) Good Friday @ 7:11 AM	9 Canteen Closed	10 (Good Friday) New Bingo @ 7:00!!	11 (Good Friday) Movie Night (7pm)	12 (Good Friday) Queen of Hearts Dinner - 7PM	13 (Good Friday) MEATLESS DINNER \$8 @ Tilapia	14 (Good Friday)
15 (Good Friday) Good Friday @ 7:11 AM	16 Canteen Closed	17 (Good Friday) VFW Auxiliary Meeting - 7 PM New Bingo @ 7:00!! St. Patrick's Day Dinner Tertium Lodovico 11:00	18 (Good Friday) Movie Night 7:00 PM	19 (Good Friday) Queen of Hearts Dinner - 7PM American Legion Post 797 - 7 PM	20 (Good Friday) Tacos. Mexican Rice/Beans Beans 10.00 Fish Tacos	21 (Good Friday)
22 (Good Friday) Good Friday @ 7:11 AM	23 Canteen Closed	24 (Good Friday) New Bingo	25 (Good Friday) Movie Night (7pm)	26 (Good Friday) American Legion Post 797 - 7 PM Queen of Hearts Dinner - 7PM	27 (Good Friday) Open Faced Roast Beef \$8 Tilapia	28 (Good Friday)
29 (Good Friday) Good Friday @ 7:11 AM	30 Canteen Closed	31 (Good Friday) New Bingo @ 7:00!!				

**NOTE:**

During Lent, each Friday we will have a seafood or meatless option along w/ the regularly scheduled meals.

March 17 is St. Patrick's Day.

VFW first round of officers for the 2019-2020 year at the March 19 meeting.