

El Dorado American Legion Family

El Dorado Post 119



MONTHLY NEWSLETTER FOR GOD, COUNTRY AND COMMUNITY April 2019



Visit our Website at <http://www.legionpost119.org/>

Commander's Corner

Big thanks to all who came to support our support of Law Enforcement. Dinner was a success! There was no meeting that night so I don't have much to share this month.

Thanks, Roger

Post 119 Family we have another opportunity to reach out a third time to the youth of our county in properly instructing them on the proper use and safety when handling firearms. Both times in the past the entire Post 119 Family stepped up in a BIG way in volunteering their time to make this program such a success and we're asking again for that same level of support. SAL 119 members we need to begin focusing on recruiting NRA instructors and putting our Youth Firearms Safety Training being held on Saturday, April 27 on all of our calendars. Our 10 new air rifles still need the scopes put on them and sighted and I have included our other areas of need.

Certified Instructors: Shon Bright has committed, but we need 6-7 more instructors so please either contact someone you know or give me their contact information.

Volunteers for:

Set up/tear down

Mentoring children inside during the safety program and/or outside as the target practice

Cooking crew for donuts, coffee and milk in the morning the hot dogs and burgers for lunch.

Vendors: please ask or let me know of any young children related activity vendors who would like to come set up and freely promote their activity.

Thank you all for your help in making this important community event a BIG success for Post 119.

Post 119 SAL Commander

Robert "Papa" Flowers

email rflwrs59@gmail.com

ph# 530-417-5802

Discover the best breakfast deal in El Dorado County:

Adults \$6.00, Children \$3.00

1st Sunday, 0700-1100, Fleet Reserve Association 275;

AND

2nd Sunday, 0700-1100, Veterans of Foreign Wars Post 10165.

The Adjutant's Round File

Looking forward to a good Spring. See you at the first Wednesday social, dinner and meeting April 3rd. At the Post membership meeting we will have the first nominations for the 2019-2020 Post Officers and Executive Committee.

In May we will have the 2nd nominations and election of Officers and Executive Committee. This last year sure went by fast. The next Post Adjutant will need to be appointed in early June so the person is on the next certification of Post Officers which is sent to Department before Convention.

See you around the Post. *Mike Muetz, Adjutant.*
El Dorado Post 119, American Legion

American Legion Auxillary News & Notes

Hi Everyone,
No report this month.
Thank you!
Janie Bandera, President
(530) 677-4423

Cake List for April: UNKN

Founded in 1919, the American Legion Auxiliary is the world's largest women's patriotic service organization. The American Legion Auxiliary's mission is to support The American Legion and to honor the sacrifice of those who serve by enhancing the lives of our veterans, military, and their families, both at home and abroad.

Service Officer's Spotlight

Exposure
First encounter:
I was wondering about the open wounds.
Turned out it was MRSA.
Bleach wipes work.
Second encounter:
I was wondering about the missing teeth. Skin and bones. Like a meth addict, but just not the right profile.
Might be alcohol, but doubt it.
Turns out there is C. Difficile in the household.
Bleach wipes work.
Medics have always been my heroes. They have to run TO the big booms and the screams.
And in their quieter moments, deal with...
Exposure.

David Zelinsky
Service Officer
American Legion Post 119
530-919-8488

There was no report from the women's aux



Post History

El Dorado Post 119 was initially chartered on November 8, 1919.

Affiliated Organizations

Auxiliary Unit 119 of American Legion Post 119 was formed on January 20, 1921. The Legion has every reason to be proud of it's Auxiliary. Auxiliary members are always anxious and willing to co-operate in every Legion activity.

Sons of the American Legion Squadron 119 was first formed in 1934. The Squadron went inactive during the Second World War. Squadron 119 was rechartered in 2008.

Patriotic Days

MEMORIAL DAY has always been an outstanding occasion in this community. In addition to memorial events throughout the El Dorado County community, the goal of every Veteran to it's last man is to keep ***MEMORIAL DAY*** sacred to the memory of our war dead of all of the wars of the country; and all graves are decorated on this National Holiday.

ARMISTICE DAY, now called ***VETERANS' DAY***, originally marked the end of fighting in World War I. It is an important holiday on the calendar of Legionnaires everywhere and in the hearts of all Veterans.

From your Editor: Hope you enjoyed this issue! As always, feedback is welcome as this is YOUR newsletter.

I you have suggestions, you can reach me at Steph2472@yahoo.com Steph
Oh, and we have an official [FaceBook](#) page now too

April Legion History from their [website](#):

April 1, 1975

The Legion-sponsored Freedom Bell goes aboard the Freedom Train during its tour of the country in celebration of the U.S. Bicentennial. Six years later, the bell is dedicated at its permanent home in Columbus Plaza, opposite Union Station in Washington.

Facts:

- 16.1 million living veterans served during at least one war.
 - 5.2 million veterans served in peacetime.
 - 2 million veterans are women.
- 7 million veterans served during the [Vietnam War](#).
5.5 million veterans served during the [Persian Gulf War](#).
- Of the 16 million Americans who served during World War II, about 558,000 are still alive.
- 2 million veterans served during the [Korean War](#).
- 6 million veterans served in peacetime.
 - As of 2014, 2.9 million veterans received compensation for service-connected disabilities.
 - As of 2014, 3 states have more than 1 million veterans among their population: California (1.8 million), Florida (1.6 million) and Texas (1.7 million).
- The VA health care system had 54 hospitals in 1930, since then it has expanded to include 171 medical centers; more than 350 outpatient, community, and outreach clinics; 126 nursing home care units; and 35 live-in care facilities for injured or disabled vets.

Friday = Happy Hour at the Post

Don't forget Friday happy hour. Food by Leo and a nice adult beverage and the best part is spending some time with your Legion comrades. Pool table is available along with new pool cues. If the balls are not lost we have a net and paddles for the ping pong table. On occasions we are doing different things during happy hour. Since we have a nice projector we occasionally will watch a movie. Come on out and have some fun and chat with other members.

Post Traumatic Stress Disorder Overview

Posttraumatic Stress Disorder can occur following a life-threatening event like military combat, natural disasters, terrorist incidents, serious accidents, or violent personal assaults like rape. Most survivors of trauma return to normal given a little time. However, some people have stress reactions that don't go away on their own, or may even get worse over time. These individuals may develop PTSD.

People who suffer from PTSD often suffer from nightmares, flashbacks, difficulty sleeping, and feeling emotionally numb. These symptoms can significantly impair a person's daily life.

PTSD is marked by clear physical and psychological symptoms. It often has symptoms like depression, substance abuse, problems of memory and cognition, and other physical and mental health problems. The disorder is also associated with difficulties in social or family life, including occupational instability, marital problems, family discord, and difficulties in parenting. If you are suffering from PTSD, or know someone who is, the following list of resources and information will help you find help in dealing with PTSD and related conditions.

Featured PTSD News

[Center for Psychological Health and TBI Opens](#)

The Department of Defense today announced the opening of a 24-hour outreach center to provide information and referrals to military service members, veterans, their families and others with questions about psychological health and traumatic brain injury. [More](#)

[PTSD News](#) [National Center for PTSD](#) [PTSD FAQs](#) [PTSD Discussion Forum](#)
[PTSD Resources.org](#) [What You Need to Know About PTSD](#) [Readjustment Counseling Resources](#)
[PTSD Facts for Veterans](#) [PTSD Information for Guard and Reserve Members](#)
[Military Severely Injured Center Articles](#) [Military OneSource](#) [Army Behavioral Health Website](#)

NURSING HOMES UPDATE

All states have a Nursing Facility Medicaid program that provides general health coverage plus coverage for nursing home services. ~~These services include room and board, nursing care, personal care and therapy services.~~

Nursing Facility Medicaid may pay for a stay in a nursing home if you need a "nursing-home level of care" or meet nursing home "functional eligibility criteria; and have income and assets below certain guidelines.

Below are web-sites that provide information on Veterans benefits and how to file/ask for them.

Board of Veteran's Appeals <http://www.va.gov/vbs/bva/>
Center for Minority Veterans <http://www1.va.gov/centerforminorityveterans/>
Center for Women Veterans <http://www1.va.gov/womenvet/>
Compensation Rate Tables, 12-1-03 <http://www.vba.va.gov/bln/21/Rates/comp01.htm>
Directory of Veterans Service Organizations <http://www1.va.gov/vso/index.cfm?template=view>
Disability Examination Worksheets Index, Comp <http://www.vba.va.gov/bln/21/Benefits/exams/index.htm>
Geriatrics and Extended Care <http://www1.va.gov/geriatricsshg/>
Hearings http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch04.doc
Veterans Legal and Benefits Information <http://valaw.org/>
Online version http://www1.va.gov/OPA/vadocs/current_benefits.asp
PDF Download in English <http://www1.va.gov/opa/vadocs/fedben.pdf>
VA War-Related Illness and Injury Center <http://www.vagov/WRIICSC-DC>
Homeless Veterans <http://www.va.gov/homeless>
VA National HIV/AIDS Program <http://www.hiv.va.gov>
VA Public Health Smoking Cessation Program <http://www.publichealth.va.gov/smoking>
VA Mental Health <http://www.mentalhealth.va.gov>
National Cemetery Administration (Burial and Memorials) <http://www.cem.va.gov>

April 2019

Su	M	T	W	Th	F	Sat
	1 Voiture 1119 40 & 8 5:30 PM	2 Placerville Senior Softball 9:00 AM Capital Sierra Catering 4:00 PM Jr. Shooters 5:00 PM	3 Post 119 & Auxiliary Unit Social, Dinner & Mtgs 6:00 PM	4	5 Post 119 Happy Hour 5:00 PM	6
7	8	9 State of Jefferson 4:00 PM	10 Capital Sierra Catering 4:00 PM Sons of the American Legion Meeting 5:30 PM Chapter 119 Legion Riders Meeting 6:00 PM	11 Quiet Birdmen Hanger 6:00 AM	12 Post 119 Happy Hour 5:00 PM	13
14 El Dorado Chapter NSDAR 1:00 PM	15	16 Jr. Shooters 5:00 PM	17 Bar Committee & Executive Committee 5:00 PM	18 El Dorado Mineral and Gem Society 6:00 PM	19 Post 119 Happy Hour 5:00 PM	20
21	22	23 Jr. Shooters 5:00 PM	24	25	26 Post 119 Happy Hour 5:00 PM	27 Junior Rifle Safety Program 10:00 AM
28	29	30 Jr. Shooters 5:00 PM				

FYI....American Legion Riders...Just a heads up in case you don't know...Jim Maxey fell 2/22 at his house. He basically broke off about 8 ribs. He also fractured his back at T7 and T12 and possibly more in between.

He is at UCD at 2315 Stockton Blvd Sacramento, CA 95817(916)703-8603 Room 11785 Bed 1 Please send your prayers and let him know you are thinking of him – he will be in there awhile----Barb



Leadership Team 2017-2018 Post 119 American Legion

Executive Team

Commander Roger Reynolds (530) 350-7740
1st Vice Joseph Rendon (530) 672-1161
2nd Vice Stephanie Carlson (530) 409-9716
Adjutant Mike Muetz (530) 626-3956
Finance Mike Schiavone (530) 409-2710
Sgt At Arms Milt Bandera (530) 677-4423
Past Commander Sam Bradley
(530) 626-3956
Chaplain Robert Flowers (530) 417-5802
Judge Advocate Ken Vogeles (530) 642-9523
Bar Manager Barbara Riley (530) xxx-xxxx
Building Manager Mike Muetz (530) 919-7866
Veterans Service David Zelinsky
(530) 919-8488
Membership Joseph Rendon
(530) 672-1161
Historian Mike Raffety (530) 626-8020
Executive Bd. Jim Ayers (916) 739-9421
Diane Beasstrom (530) 622-1524
Chuck Brasiel (530) 409-8400
Seth Reeb (530) 559-1621
Bob Russell (530) 626-5533

Unit 119 American Legion Auxiliary

President Janie Bandera (530) 677-4423
1st Vice Rebecca Marty (530) 677-4423
2nd Vice Carol McLaughlin (530) 642-2153
Secretary Suzy Bergin (530) 644-7806
Treasurer Joyce Reynolds (530) 350-7740
Chaplain Dolores Wadsworth (530) 677-1255
Sgt At Arms Joy Krahn (530) 677-6356
Marshall Joyce Reynolds (530) 350-7740
Exe Committee Judy Muetz (530) 622-9133

The Auxiliary Meets on the First Wednesday of each month.



Happy Birthday!!! Enjoy your special day!

Unit 119 Sons of the American Legion

Commander Robert Flowers
(530) 417-5802
First Vice CURRENTLY OPEN
Adjutant Bill Bryant
(530) 409-8414
Treasurer Bill Bryant
(530) 409-8414
Membership Bill Bryant
(530) 409-8414
Sgt at Arms Mike Ross
(916) 747-7637
Historian OPEN
Chaplain Robert Flowers
(530) 417-5802

**The Squadron meets on the SECOND
Wednesday of each month,
MEETING STARTS AT 5:30 PM.**

Calendar of Meetings

April 3 : Dinner 7:00 PM
April 1: 40&8 5:30 pm
April 10: Sons 5:30 pm
April 10: ALR 5:30
April 17: Bar Meeting 5:00 pm & Exec. at 6:00 pm
All Legion Members welcome.

Chapter 119 American Legion Riders

President Joe Rendon (530) 672-1161
Vice President Carlos Navarette
(916) 204-6038
Secretary Gary Coverdale
Treasurer Jane Ferguson
(530) 409-7487
Sgt at Arms Jim Maxey
(530) 622-1961
Membership Ellen Maxey
(530) 622-1961
Chaplain Robert Flowers
(530) 417-5802

THE AMERICAN LEGION
EL DORADO POST 119
P. O. BOX 421
PLACERVILLE, CALIFORNIA
95667

April 2019

PRSRT STD
Non-Profit
Organization
U. S. POSTAGE
PAID
Placerville, CA
Permit No. 257



Welcome to
The American Legion
The World's Largest Veterans Organization

El Dorado Post 119
www.legionpost119.org

All Meetings At:
American Legion El Dorado Post 119
4561 Greenstone Rd, Placerville CA 95667
(530) 626-3956
MEMBERS' SPOUSES ARE ALWAYS WELCOME AT
OUR DINNERS ON MEETING NIGHT.

The office at the Post will have someone present between 9am and 11am, Monday, Wednesday and Fridays. (Closed on Monday Holidays).

Membership Dues New and Renewing Members

When you receive your renewal statement from National for American Legion Dues, please pay it through Post 119. If you make your payment this way, 15% of it will go to support our post. Your direct payment to our post benefits in two ways: first, you are making a 15% contribution; and second, you will not make the mistake of double payment. If you receive a second notice from National, check with our post first. The 1st Vice has information on when your membership expires,

Dues for 2018 is \$45.00. The increase put in place last year was due to a per capita expense increase to the State American Legion. Joe Rendon 1st Vice