



## El Dorado American Legion Family

El Dorado Post 119

MONTHLY NEWSLETTER  
FOR GOD, COUNTRY AND COMMUNITY

January 2021

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



### Happy Holidays to ALL Post 119 Sons of the American Legion and your families, too!

If you're like me you cannot wait until a new year begins and brings with it a sense of normalcy to our lives, but I sincerely hope we do take time during this holiday season to appreciate the many blessings we do have in our lives. We still have many freedoms that can be exercised. We do have an opportunity to be an encouragement to another's life. We can pick up the phone and call, text, or send someone an email to see how they're doing. I'm going to be with all of my immediate family at Christmas this year and I so appreciate that because my youngest has been deployed to various parts of the world for the last 3 Christmases.

As I look towards 2021 I'm looking forward to when Post 119 is open, we resume our monthly dinners and meetings. I can personally tell you there are many parents who are looking forward to and appreciate the fact we are going to put on our Youth Rifle Safety Program next Spring. Not a week goes by that I don't get an email from a parent asking me if it is really going to happen. May we keep our eyes and ears open to who could use help now and/or in 2021. Let's not be in lockdown from helping out a fellow Son, veteran, or whomever comes across our path in need. May the spirit of Christmas bring you peace and I wish you and your family a joyful new year.

Robert Flowers

Post 119 Commander and Chaplain- Sons of the American Legion

### Post 119 ALR Food drive

The ALR held a food drive for two weeks and had a great response.

Along with cans and packages of food donated by our members, we also received \$200 in Safeway Gift Cards from a realtor Larry Berge and four cases of food from Aaron Bate both are Sons.

The food went to the Veterans and Families food locker on Placerville Drive.

Jim Ayers

**"Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man." – Benjamin Franklin**

## Adjutant Corner

To my fellow Legionnaires,

The only real news is that the Post will be holding a **SPECIAL Membership Meeting** to keep post business going. Sorry for the late notice, but on **January 6, 2021 at 6:00pm** a special membership meeting will be held to nominate/vote and appoint persons to hold the **OPEN Officers Positions Commander, 1<sup>st</sup> Vice Commander, and Judge Advocate, and others they will hold the office until the next regular election in April and May.** If interested please attend, if not well you are welcome, but we are limited in space due to social distancing.

I am also making a plea to our younger members, (since most of us are not getting any younger) to get involved with the running of the post. I do understand what the younger members say when you hear they have a family, work, school, other outside interest, I understand that, because I was once in their shoes. As members of our post we have to pass the baton on to the youth and show them "...what's in it for them and their families."

I hate to say this but if our younger comrades in arms don't take an interest our Post 119 may not be as it once was. I will let membership give you the numbers and it may SHOCK you to see where we stand in ages.

There is not much news this month since the mandate to the **COVID-19**, shelter in place, social distancing, and self-masking is a must. As a REMINDER we are putting news out using modern technology, using emails and information through the post website

## Membership Corner

Congratulations to all who have paid to maintain your membership during this time of post closure. At this time we have had 455 renewals. This includes PUFL's, HLM's, and Annual mail in and ONL Memberships. Out of 665 assigned that means that 210 of our members are late either by 1 or 2 years as of December 31, 2020.

On January 1, 2021 annual dues will be going up to \$50.00 from \$45.00, a \$5.00 increase due to National's increase of \$5.00 per post per person.

To those who have not paid and think you have, **PLEASE LOOK AT YOUR MEMBERSHIP CARD** to see the current year is 2021 not 2020.

On the brighter side we do have 31 new and transferred in members from Post 1000 who are current in their dues.

I will give you the numbers by age groups as the Adjutant spoke of.

Group 1	Under 25	8
Group 2	25-35	3
Group 3	35-45	11
Group 4	45-55	19
Group 5	55-65	46
Group 6	65-75	186
Group 7	75-85	165
Group 8	85-95	95
Group 0	Over 95 15	

There are 117 members who do not remember when they were born or don't want anyone to know their birth date (DOB)

## American Legion Riders (ALR) Corner

Rider Jim Ayers suggested at our Executive Board Committee Meeting that we need to put the word out that the post is excepting Donation in Can and Non-Perishable food items that will be collected at the post or a Rider will come to their home to pick-up the donations just have to call Jim at (916) 248-1594 leave a msg he'll call you back for address and directions. The donations will be given to the "Military Family Support Group" "food bank at the Veteran's Hall. I'm very proud of Jim for stepping up with the idea and following through with his Idea. GO JIM GO!!

**FYI - As a reminder: First:** You cannot be a rider if you have not paid your annual dues to the parent organization first.

**Second:** Pay the riders dues in that order. Then you'll be in compliance with the rider's bylaws.

As President of ALR119 I also want to remind you that elections for officers and appointees will be coming up soon, think of who you want to be in that positions to lead in 2021. **Then come to the ALR Meeting and Vote.**

**"Tomorrow is the first blank page of a 365 page book. Write a good one." – Brad Paisley**

## Service Officer Corner

### A day in the life of your Service Officer

In these COVID times, I do not do the up close and personal stuff I used to do.

So, what do I do?

The last 24 hours have been a busy example.

Field a request from a club to facilitate two \$500 gifts to deserving military families. Send it out to Military Family Support Group and Only Kindness to start collaborating. I will help liaison and facilitate.

Talked to inmate services about an inmate. Confirm the discharge plan. Release in Placerville. Get to Veterans Memorial Building where El Dorado Veterans Resource Center has a package of supplies with his name on it, to help him survive about a month of homelessness. By then, he should be good to go to a program in Nevada. Only Kindness has been coordinating with his Parole Agent, and the Reno VA Criminal Justice outreach specialist.

Homeless couple. Told them a phone number to call back east to enroll in VA healthcare. Our county VA has had trouble verifying his military service. That number might help. Night before our new county VSO and I were discussing his case. She is willing to work late.

A new volunteer for EDVR drove out to Grizzly Flat. Took the one hundred per cent service connected Veteran to Holiday market, where the Veteran bought groceries. Volunteer had to hustle to get back by 10 a.m. to El Dorado Veterans Resource Center. Staff the office, and help unload food from Legion Riders.

Keep him busy. Gave him driving duty taking a Veteran, missing a leg, to his prosthetic appointment.

Another new volunteer. Yep, you are cleared to have the EDVR van, haul your Veteran to Mather, then dialysis.

Brainstormed with someone from Only Kindness on some cases. One of our mutual favorites screwed up his motel stay. Then we both saw it at the same time. Latest arrest in El Dorado county. Our hero. I let the Veterans Court team know that he is available. Again.

While I was at it, let the South Lake Tahoe team know about a potential Vet Court participant. Don't know the guy, but the county jail inmate services staff gave me the heads up.

There was more, but you get the drift.

#### Blue Christmas

I turned off my phone for Christmas. Everyone needs a break.

Turning it back on meant picking up messages.

From the great to the rotten:

1. Merry Christmas text. Short and sweet. This one is a total win, and why we exist.

Dear, sweet man. Homeless. Veteran. Everyone likes him. Safeway kept an eye out for him. So did a coffee shop. He earned his living by dumpster diving for the empties.

Heart of gold. Remember vaguely, one time he rescued someone from the side of the road, who was dumped off during a domestic row.

Working with Only Kindness, he is now housed and stable. This one made the paper. A win.

2. He wants to donate to the Post, to help out. Very loyal to the Legion. Service connected, and pretty much stuck at home. Playing phone tag. Hopefully, we will connect soon.

3. Another Merry Christmas text. Sweet, but sad. One of three texts. Honorably discharged. Terrible civilian. Literally, cursed from conception. Makes me wonder. He may have no one else to say Merry Christmas to.

4. No one can prove this guy served in the military. Lots of long, crazy texts. Have tried to connect him to services, including Tahoe Coalition for the Homeless. He is on the Tahoe side.

Once called 911 on him, since that text looked like a potential suicide note.

My Christmas gift? A text saying "You're ducked!"

Should not have opened it. Freezes up the phone, and can only restart after removing battery, then putting it back in. Cannot delete the message.

Phone seems to work otherwise. Will deal with it Post COVID.

Alerted allies like Only Kindness and Tahoe Coalition for the Homeless, in case they get the text too.

It seems like one bad thing can easily wipe out a dozen good things.

To be resilient, I have to remember the wins.



## Service Officer Corner Cont..

### Snowline Hospice:

A Vietnam era Veteran has recently entered into Hospice care. I have connected with a number of staff members who will be working to deliver as much extra care to this hero as possible.

Apparently, Snowline has an internal process wherein a case worker can request a Veterans Commission, charitable, additional amount for extra assistance. The extra assistance worker does an evaluation including eligibility checks to see if the Veteran qualifies. Once that is done, a decent amount of extra help can be authorized, which will help keep the household caregiver from being overwhelmed.

So, apparently, Snowline has an internal process to track how they are handling the TOT funds, which sounds very appropriate, although I am not sure if the Commission has ever received the accounting that Snowline has internally.

I also spoke to the Veteran intern, who will try to go see the Veteran. She will also see if there is anyway she can help facilitate an application for Aid and Attendance with the county.

By the way, a couple shout outs to:

Pioneer Bible Church, which is always the premier social agency in south county. They arranged a 12 party work crew to clean up the home and property to help out the Veteran's son, who might otherwise be overwhelmed by his responsibilities.

Only Kindness, which saw a diamond in the rough, and took a challenging Veteran, gave him an opportunity, and now that Marine is Johnny on the spot, helping, very professionally, in this situation.

Get out of hell card:

I am always trying to hand Veterans get out of hell cards. The Veteran often says thanks, but no thanks.

The thing about get out of hell cards is that they are very sticky. Once you have one handed to you, you are stuck. Shake your hand as hard as you want, it is stuck to your hand.

So, one of my long time buddies had refused to consider applying to Victory Village because he figured there would be a bunch of druggies there.

Not so. So, I finally connected with him.

Laid out the plan. Ask the county, or Only Kindness, or Tahoe Coalition for the Homeless, to help you fill out an application. Fax it over. Call for an interview.

If they ask you to come over for an in person interview, you are almost home free. Bring your bag with you.

But above all else, never lie! They can handle almost anything but lying.

Have a clean pee test, but if you know it's going to be dirty, fess up at the get go, and explain how you are done with that stuff now.

That can be good for a couple years, but in the meanwhile, start on your State of California Veterans Home application now.

Apply to Fresno. Easiest to get in right now. Good food. I have eaten there a couple times. Great, fully furnished, private bedroom and bathroom. Built in 2013. VA hospital in town. You will never run out of money. All levels of care are taken care of. You will never worry again. Not a lock down. You want a trip to the Giant Forest? They can help arrange it.

Ask the county to help with the form. Ask EDVR for bus passes and transport help. Go to HPACT at Mather, the walk in homeless clinic. They can fill in the medical exam section, and do the chest x-ray, now.

"Sounds like a plan!," he says.

Let's see if he follows through. COVID will screw it up a bit, but you don't catch a fish unless you bait the hook, and get it into the water. Get that application in.

Looking forward to meeting the new VSO.

David Zelinsky

Service Officer American Legion Post 119 530-919-8488

# Post 119 Leadership

<p><b><u>Post 119 Officers</u></b>  <i>Acting Commander, Sam Bradley</i>  Adjutant, Joe Rendon 530/672-1161  1st Vice - OPEN  2nd Vice -James Leadbetter 916/ 254-7529  Finance - Mike Schiacone 530/409-2710  Sgt. At Arms, Milt Bandera 530/677-4423  Chaplain, Edgar “Bud” Brown 530/677-4135  Judge Advocate — OPEN  Veterans Services, David Zelinsky 530/919-8488  Membership, Joe Rendon 530-672-1161  Historian, Mike Raffety 530/626-8020</p> <p>Bar Manager, Barbara Riley 530/409-7746  Building Manager, James Leadbetter  916/ 254-7529</p>	<p><b><u>Chapter 119 American Legion Riders</u></b>  <i>President, Joe Rendon 530-672-1161</i>  Vice President, Carlos Navarette 916/204-6038  Secretary, Gary Coverdale 707/339-2362  Treasurer, Jane Ferguson 530/409-7487  Acting Sgt. At Arms, James Leadbetter  Membership, Critter Springer-Maxey 530/622-1961  Chaplain, Robert Flowers 530/417-5802  Run Coordinator, Sam Ferguson 530/409-7489  Safety Officer - Jim Ayers  Historian — Bob Russell</p> <p><b>Legion Riders meet the second Wednesday of each month at 6:00 p.m.</b></p>
<p><b><u>Executive Committee</u></b>  (1) Jim Ayers 916/739-9421  (2) Bud Brown 530/677-4135  (3) Sam Bradley 530/626-3956  (4) John Krahn 530/677-6356  (5) Bob Russell 530/626-5533  (6) Lauralee Flannery 530/903-1965</p> <p><b><u>Unit 119 American Legion Auxiliary</u></b>  <i>President, Janie Bandera 530/677-4423</i>  1st Vice, Rebecca Marty 530/677-4423  2nd Vice, Carol McLaughlin 530/642-2153  Secretary, Carol Mueller 530/622-0674  Treasurer — OPEN  Chaplain, Dolores Wadsworth 530/677-1255  Sgt. At Arms, Joy Krahn 530/677-6356  Marshall, Joyce Reynolds 530/350-7740</p> <p><b>Auxiliary meets the first Wednesday of each month at 8:00 p.m.</b></p> <div style="border: 2px solid green; padding: 10px; text-align: center; margin: 10px auto; width: fit-content;"> <p>Irish Proverb  Say But Little  &amp;  Say it Well</p> </div>	<p><b><u>Unit 119 Sons of the American Legion</u></b>  <i>Commander, Robert Flowers 530/417-5802</i>  1st Vice, Bill Bryant 530/409-8414  Adjutant, Bill Bryant  Treasurer, Bill Bryant  Membership, Bill Bryant  Sgt. At Arms — OPEN  Historian — OPEN  Chaplain, Robert Flowers 530/417-5802</p> <p><b>Squadron meets the second Wednesday of each month at 5:30 p.m.</b></p> <p><b><u>40 &amp; 8</u></b>  Chef de Gare, John Krahn 530/677-6356  Commissaire Intendant, Al Rawlin 530/903-6768  Correspondent, Bud Brown 530/677-4135  Conducteur, Bob Russell 530/676-5533  Garde de LaPorte, Leo Cooper 530/306-3969  Chef de Train, Milt Banders 530/677-4423  Lampiste - Open</p> <p><b>40 &amp; 8 meets the first Monday of each month at 5:30 p.m.</b></p>
<p><b>American Legion Post 119 meets the first Wednesday of each month.</b></p> <p><b>Social Hour: 6:00 p.m.</b>  <b>Dinner: 7:00 p.m.</b>  <b>Meetings: 8:00 p.m.</b></p>	<p><b>Website: <a href="http://www.legionpost119.org/">http://www.legionpost119.org/</a></b>  <b>Email: <a href="mailto:eldoradopost119@att.net">eldoradopost119@att.net</a></b>  <b>Telephone: 530/626-3956</b></p> <p><b>Newsletter Editor: Dick Bergin</b>  <b>Email: <a href="mailto:rjb@rjb1.com">rjb@rjb1.com</a></b>  <b>Tel: 530/409-8794</b></p>



# January Birthdays



<u>Name</u>	<u>Service</u>	<u>Era</u>	<u>Name</u>	<u>Service</u>	<u>Era</u>
Robert Gillespie	USA	Vietnam	P. Vincent Murdock	USA	Panama
Steve Cutright	USMC	Vietnam	Kenneth Fayal	USAF	Vietnam
Llarry Johnson	USMC	Vietnam	Mark Munoz	USA	Lebanon/Granada
Ronald Price	USA	Vietnam	Salvatore Gigante	USA	WWII
Harold Petrie	USAF	Vietnam	Manuel Herrera	USA	WWII
Sheryl Palsrok	USAF	Vietnam	Edward Gordon	USA	Korea
William Lebeck	USN	Korea	Robert Bigelow	USAF	Vietnam
Daniel Mathis	USA	Vietnam	David Boutcher	USN	Vietnam
Gene Savage	USA	Vietnam	Michael Denton	USA	Vietnam
Manuel Cerqueira	USA	Korea	Donald Weick	USAF	WWII
James Smith	USAF	Vietnam	Eugene Brunner	USAF	Vietnam
Christopher Angi	USMC	Vietnam	James Holzer	USA	Vietnam
Joseph Henderson	USA	Lebanon/Granada	John Henrich	USAF	Vietnam
Leo Huls	USAF	Vietnam	Alex Robey	USA	Vietnam
Christopher Globis	USN	Lebanon/Granada	Kent Dunn	USMC	Vietnam
Jane Ferguson	USN	Lebanon/Granada	Alferd Egger	USA	Korea
Gary LePire	USMC	Panama	Dean Sands	USN	Vietnam
Christina Yaldua	USAF	Lebanon/Granada	James Francisco	USA	Vietnam
Karl Weiland	USAF	Vietnam	Darla Edwards	USA	Persian Gulf
Richard Schelling	USA	Vietnam	Richard White	USA	Vietnam
Gary Rose	USN	Vietnam	Denise Lamberton	USN	Panama
Merlo Beckendorf	USN	Vietnam			

**How strange it seems, that old age follows youth! when all the world seemed one's own, at that time, with time enough to seek a higher truth - who'd guess the stairs so steep, so slow to climb? Worn carpets and worn kneecaps are old age - and yet, a blessed time for life of mind: for those who wish, a different sense of wage; free-chosen universal work to find; and yet more blessed still: that earth-bound soul to meet and greet, and work its soil and flowers; to live with gratitude; and scan the whole to find that One which proves the whole world ours. As iron age yields to the gold of truth, so our old age may find within, true youth. A Birthday Celebration - Michael Shepherd**

## VA to begin COVID-19 vaccinations at 128 additional sites

VA will begin Moderna and Pfizer COVID-19 vaccinations this week at 128 additional sites.

On Dec. 18, the U.S. Food and Drug Administration (FDA) issued an Emergency Use Authorization of the Moderna COVID-19 vaccine, which is the second COVID-19 vaccine to be authorized.

“Having a second COVID-19 vaccine will enable us to reach more facilities and vaccinate more health care personnel and Veterans in additional parts of the country,” said VA Secretary Robert L. Wilkie. “We continue to implement our COVID-19 Vaccine Distribution Plan and are grateful to be one step closer to seeing the end of this pandemic.”

Per Centers for Disease Control and Prevention (CDC) recommendations, VA will continue to vaccinate health care personnel, as well as community living center and spinal cord unit residents. As vaccine supplies increase, VA’s ultimate goal is to offer COVID-19 vaccinations to all Veterans and employees who want to be vaccinated.

113 VA Medical Centers (VAMCs) and outpatient clinics will receive limited Moderna COVID-19 vaccine supplies this week. They include in **California**

Central California (Fresno) VA Health Care System

Northern California (Mather) VA Health Care System

San Francisco VA Medical Center

San Diego VA Health Care System

Long Beach VA Health Care System

Loma Linda VA Health Care System

<https://www.blogs.va.gov/VAntage/82728/va-begin-covid-19-vaccinations-128-additional-sites/>

## COVID COACH mobile app

Download the COVID Coach mobile app and guidebook for self-care tips and tools. Everyone can benefit from these 30 exercises to help reduce stress.

During times of stress, it’s especially important to set time aside for self-care. Join the National Center for PTSD’s 30 Days of Self Care with the the COVID Coach mobile app. We will walk you through 30 different ideas for self-care practices – one for each day of the month.

To get started, download the COVID Coach app on iOS or Android, and follow the National Center for PTSD on Facebook or Twitter for daily prompts. You can also download the 30 Days of Self-Care with COVID Coach guidebook that has all of the different suggestions for self-care practices.

### How does it work?

Our COVID Coach mobile app offers a number of practices and tools to help you practice self-care. Many exercises can be completed in just a few minutes. Even if you aren’t feeling particularly stressed, it’s important to get into a good self-care routine to prevent stress. All it takes is 30 days to establish a new habit, so visit Day 1 to get started on the path to self-care.

### Who is it for?

This self-care guide is for everyone. The COVID Coach app was created by the Mobile Apps Team at the National Center for PTSD. As with most of our resources, this app includes some content and resources specifically for Veterans, but the majority of the information can be used by anyone. Please feel free to share this guidebook with Veterans, family members, friends, and anyone else you think may benefit from making time for daily self-care.

Things people are saying about COVID Coach:

“It’s great for the help you need when you’re by yourself and need a break from things. It has helped me greatly.”

“Excellent resource. I’m the Mental Health Flight Commander at Fairchild Air Force Base and I endorse this application.”

“Very excited to use this app more! It’s easy to use and seems to pull you right out of a hard place.”

### When to start?

This guide contains a list of 30 self-care practices – one for each day of the month. However, there is no need to wait for the beginning of the month to get started. Feel free to try as many or as few of these exercises as you’d like, on a schedule that works for you. This guide could be used Monday-Friday, or Sunday-Saturday. It is up to you when and how to work the activities into your routine. This isn’t about putting pressure on yourself to do the things you “should be” doing – it’s about making time to do things to relax and recharge.

Challenge accepted? Let’s get started.

Download the COVID Coach app on iOS or Android.

<https://www.blogs.va.gov/VAntage/82733/join-us-30-days-self-care-using-vas-covid-coach-mobile-app/>

## Who will get a COVID-19 vaccine first?

The U.S. Food and Drug Administration has authorized the first COVID-19 vaccine. We have a limited amount of this vaccine to start.

We've worked with the Centers for Disease Control and Prevention (CDC) and other federal partners to develop a phased plan that will help us do the most good for the most people during this time. Under this phased plan, we'll first offer vaccines to Veterans in our long-term care facilities and frontline VA health care workers. Vaccinating our health care workers first helps us continue providing care for Veterans.

After 2 groups, we'll begin to offer vaccines to more Veterans who are at high risk of severe illness and death from COVID-19. Your VA health care team will contact you if you're eligible to get a vaccine during this time.

We will follow CDC guidelines for determining who is considered to be at high risk of severe illness and death from COVID-19. Factors that may influence the risk of severe disease include the following:

- **Age.** The risk of severe illness or death from COVID-19 increases with age.
- **Existing health problems.** People with certain health problems (like diabetes, heart disease, or obesity) have a higher risk of severe illness or death from COVID-19.

**Other factors** that raise a person's risk of severe illness or death from COVID-19, such as living in a nursing home or other group living facility.

More questions answered at: [www.va.gov/covid-19-vaccine/](http://www.va.gov/covid-19-vaccine/)

### American Legion Baseball



Registration for the 2021 American Legion Baseball season will open Jan. 1. Register online at [baseball.legion.org](http://baseball.legion.org).

The early deadline for registration is May 15. Teams registered after May 15 will be subject to a \$200 late fee through the final deadline of June 1. Please note that each American Legion department may set an earlier deadline for registration.

Registration fees for senior teams are \$50 for national registration, \$35 for administrative fees and either \$130 for season personal accident insurance or \$200 for year-round insurance coverage. General liability insurance costs are \$120.

Fees for junior teams are \$25 for national registration, \$35 for administrative fees and either \$110 for season personal accident insurance or \$160 for year-round insurance coverage. General liability insurance costs are \$82.

State fees, if applicable, will vary by state.

To learn more about your specific department's state fees and deadlines, contact your department chairmen.

Insurance purchases will be available Feb. 15.

As part of the education and training requirements of Public Law 115-126, the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017, all coaches, managers and volunteer staff members must complete the Abuse Awareness course either through Protect Youth Sports or USA Baseball. All coaches, managers and volunteer staff members must also have a completed and passed background check.

“An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.” BV  
“Every time you tear a leaf off a calendar, you present a new place for new ideas and progress.” – Charles Kettering  
“I’ve had some lovely extraordinary experiences on New Year’s Eve.” – Debbie Harry



## VETERANS STRENGTHENING AMERICA

North Dakota Post 1's Open Your Heart campaign will assist more than 1,500 area residents during the holiday season.

Legion post doesn't let COVID-19 halt 91-year tradition of assisting others

Since 1930, Loyd Spetz American Legion Post 1 in Bismarck, N.D., has led a community effort to provide food and clothing to area families in need during the holiday season.

In a year in which a worldwide pandemic has brought a halt to many annual events, it would have been understandable if Post 1 cancelled the annual Open Your Heart campaign.

Post 1 Legionnaire and campaign chairman Rick Kramlich didn't see it that way. "I didn't want it to die on my watch, by any means," he said. "If we could figure out ... how do we carry this on with what we have in front of us, how we accomplish a goal and not do the easy wrong instead of the hard right. The hard right just took a little bit of an adjustment."

Kramlich took over as the campaign's chairman five years ago, succeeding Post 2 Finance Officer and 12-year chairman Bob Wefald. Kramlich reached out to Wefald to share his vision for adjusting this year's Open Your Heart campaign for the pandemic.

In a normal year, Post 1 sets up collection sites for non-perishable food at area schools and local business, as well during a campaign kickoff event, and then assembles baskets for families of all sizes that are distributed during a large event at the Bismarck Event Center. Each food basket – which also included fresh food – provided enough food to last each family a week. The post also arranges for families to shop for clothing at Target for their school-age children.

COVID-19 has altered those plans. The post is instead mailing out gift cards to Dan's Supermarket for food and gift cards to Target for clothing.

"We said, 'How can we carry on the legacy, continue our tradition of assisting clothing and feeding families, but try to keep the risk down to a minimum?'" Kramlich said. "We had our game plan starting in July. We've slowly been massaging it and adjusting it to (assist) everyone we could."

Area families can apply for assistance through Open Your Heart; the post has created a vetting committee comprised of representatives from social services entities, charitable groups and schools who review the applications.

"Our one paid (administrator), Elizabeth Landis, gets so deeply involved with (the application process)," Kramlich said. "She's been helping me out the last five years. She's probably the biggest heart and most amazing lady out there."

The event annually assists more than 1,000 people, including 1,100 in 2019. But with many families struggling financially because of the pandemic, Kramlich said the post has received more than 400 applications from families totaling more than 1,550 people.

The first Open Your Heart campaign was, according to then-Post 1 Commander, A.D. McKinnon, "merely a part of the organization's plan of service to the community" when it was announced in the Bismarck Tribune. The post created the program "to solicit the help of those persons who might not care to assume a large responsibility but who can help a little ... we feel we can supply leadership for the general public in a work which enlists the sympathy of everyone."

Kramlich said from that idea has come an annual event that brings the community together for a common good. "We have generations of people who come down to help sort out the food items and pack the food baskets – people who have been doing it for decades," he said. "We have a lot of people down who are like, 'Hey, this is our family tradition.'

"It's beautiful. You can walk away from there feeling like you've done your part to help bring a little Christmas cheer."

**Here's to a long life and a merry one.  
A quick death and an easy one.  
A pretty girl and an honest one.  
A cold beer - and another one!**

**May your neighbors respect  
you,  
Trouble neglect you,  
The angels protect you,  
And heaven accept you.**

**May your troubles be less,  
And your blessings be more.  
And nothing but happiness come through  
your door.**

## THE 2020 AMERICAN LEGION LEGACY RUN FUNDRAISER

With the coronavirus forcing social distancing and stay-at-home orders, all American Legion national events have been canceled throughout the summer. This includes what was going to be the 15th annual American Legion Legacy Run – the primary fundraiser for The American Legion Legacy Scholarship Fund. Through the efforts of the American Legion Family, spearheaded by the Legion Riders – five of the previous six Legacy Runs have raised more than \$1 million for a fund that since 2004 has awarded \$3.6 million in aid to 401 military children of the fallen and disabled.

By the numbers: The American Legion Legacy Scholarship

In order to continue raising money for the Legacy Scholarship Fund during these times, The American Legion has created a tiered donation program to provide an alternative way for individual American Legion Family members to contribute to the fund. Donations start at \$15, signifying the 15th year of the Legacy Run, and will entitle the donor to various souvenirs from this year's altered Legacy Run, as has been the case for participants in and donors to previous rides.

### **The tiered individual donation program is:**

Tier 1 - \$15: Donors receive a thank-you card signed by the national commander and American Legion Riders chairman.

Tier 2 - \$25: Donors receive a 15th Annual challenge coin.

Tier 3 - \$50: Donors receive a 15th Annual Ride t-shirt.

Tier 4 - \$75: Donors receive a Legacy Run 15 years in review booklet, the ride's main patch and a "Quarantined 2020 Riding in Spirit" rocker.

Tier 5 - \$250: Donors receive all the above items.

Additionally, The American Legion maintains a reward program that recognizes \$500 and above donations made by individuals, posts or departments. These donations are either sent in to national, presented at the national convention or donated at stop points on the Legacy Run. The reward structure for those donations are:

The first \$500 donor receives a plaque with a Legacy Run coin affixed within. The plaque has five coin slots for consecutive years.

Each year after every \$500 or more donated, another coin is awarded (minimum donation amount received for all 5 years is \$2,500).

When the plaque is filled with five coins, another plaque is awarded and the reward program starts over.

To donate to the Legacy Fund through this program now through Dec. 31, use the link below.

Donate to the Legacy Fund

Thank you for your continued support, and we look forward to riding with all of you next year.

Mail-in Donations to:

The American Legion Legacy Run

PO Box 1055

Indianapolis, IN 46206

Attention: Internal Affairs & Membership Division (Please include your shirt size)

### **The American Legion: Wilkie must be held accountable**

In February, American Legion National Commander James W. "Bill" Oxford called on Congress to investigate allegations that senior leadership at the Department of Veterans Affairs attempted to retaliate against a veteran for reporting a sexual assault at the VA Medical Center in Washington, D.C. On Dec. 10, the VA's Inspector General reported that VA leadership did not follow up or ensure the medical center had been implementing VA's anti-harassment and anti-sexual assault efforts.

Oxford issued the following statement concerning the findings of the IG:

"The American Legion has long supported legislation that brings accountability to the Department of Veterans Affairs," Oxford said. "We have also called for the equal and respectful treatment of women veterans. It is unfair to expect accountability from the nearly 400,000 VA employees and not demand the same from its top executive. It is clear that Secretary Robert Wilkie failed to meet the standard that the veteran who came forward with the complaint deserved.

"VA's own website includes a pledge to Stand Up to Stop Harassment Now! The document states that VA is 'committed to a harassment-free health care environment for everyone and will not tolerate harassment of any kind.' Clearly, that did not occur in this case. During one of my visits to a VA hospital, I was asked to sign the same pledge and gladly did so.

"By the promises set forth by his own department, The American Legion believes Secretary Wilkie should resign.

Wilkie's top lieutenants Pam Powers, James Hutton and Curt Cashour should also step down because of their roles in this violation of trust."

**Merry met and merry part, I drink to thee with all my heart.**

## VA Welcome Kit adds 10 new guides for Veterans and their families

Updated VA Welcome Kit Now Available

Getting the most out of your VA experience begins with understanding what VA can do for you.

Veterans, their families, caregivers and survivors can use the newly updated VA Welcome Kit to learn about VA benefits and services. The VA Welcome Kit is organized around major life milestones, such as separating from military service, retirement, or seeking care while aging. The 14 'quick-start guides' included in the VA Welcome Kit provide additional information, such as:

Applying for VA health care.

Getting started with mental health services.

Getting started with health services for women Veterans.

Understanding community care.

Accessing urgent care.

Applying for disability compensation.

Understanding the modernized decision review process.

Applying for education benefits.

Applying for burial in a VA national cemetery and for memorial products.

Getting started with services for Veterans aged 65+.

Getting started with Veteran state benefits and services.

Getting started with Vet Center services.

Getting started with caregiver benefits.

Applying for survivor benefits.

Whether you are just separating from service or have been a civilian for years, the VA Welcome Kit is your guide to helping you get started at VA – and sustaining you throughout your VA journey. It offers information on how VA can help you at major life milestones, including planning for retirement and care into your golden years.

The VA Welcome Kit also has information on accessing resources for taking care of yourself, such as accessing mental health care, women Veterans services, caregiver support and getting care at community providers.

Navigate VA Benefits

Keep the VA Welcome Kit handy for reference and share it with anyone who may also need help navigating their VA benefits. Over 800,000 VA Welcome Kits have been downloaded and over 260,000 printed and distributed to more than 250 organizations and individuals so far. The VA Welcome Kit is regularly updated online when new information is available, so we encourage you to bookmark the link.

If you have suggestions for additional information to include in the VA Welcome Kit, please submit them to [vawelcomekit@va.g](mailto:vawelcomekit@va.g)



### Health Care

- Basic and Specialty Care
- Mental Health Care
- Long-Term Care
- Crisis Support



### Finances

- Monthly Disability Payments
- Life Insurance
- Burial Allowances



### Housing

- Short-Term Housing
- Home Loans
- Refinancing Options



### Employment

- Skills Training & Counseling
- Online Career Tools



### Education

- GI Bill
- Training Programs



### Memorialization

- Burial and Committal Services
- Headstones and Markers
- Burial Flags

## Six tips to stay healthy during the Christmas season

By Jennifer Campbell DEC 17, 2020

The holiday season rings in Christmas movie binging and holiday treats. It's easy to overindulge during the holidays and this year's pandemic ushered in more comfort eating for many people. While Christmas may not be kind to your waistline, it's important to be kind to yourself.

Holiday weight gain may be an inevitable part for many people. But there are ways to combat it while still enjoying yourself without feeling deprived or guilty! Due to COVID-19, gatherings may look and feel different this year and it can be especially hard to resist the temptation of some homemade cookies, an extra helping of mashed potatoes and gravy, or an eggnog nightcap.

Please remember before starting strenuous physical activities that you should be in good shape or be cleared by your primary care physician. The purpose of this article is to provide general guidance and should not be considered a substitute for medical advice.

Here are some tips to help you be your best self while still enjoying the holiday season!

1. Manage expectations. Ask yourself what is most important to you (and your family). Is maintaining your weight and healthy blood levels (blood sugar, lipids, sodium, etc.) the most important to you, or is it enjoying all that the season has to offer with loved ones, weight be damned? There's no right or wrong answer, but if you come up with a realistic plan in advance, it becomes much easier to aim for a target and also allow for those cheat treats without feeling guilty.

2. Let's make a deal. Consider compromising with yourself, that you're comfortable putting on five pounds with the expectation to work towards losing it in the new year, for example. It's a great opportunity to set some SMART goals for yourself (specific, measurable, attainable, realistic, time bound), for yourself so you have something to work towards. Here's a great example: Set a goal of only two holiday treats per day between now and Christmas, but allow for extra on Christmas Day. It's a specific, measurable goal that still allows for some indulgence, but keeps you accountable!

3. Get creative in the kitchen: Another great way to combat the holiday bulge is to use substitutions while cooking. There are no shortage of recipes that use healthy ingredients and it's entirely possible to make yummy treats and meals that are better for you. Replacing sugar with monk fruit extract (it's granulated just like sugar, so it's perfect for baking and available at most grocery stores), can really cut down on calories and also keep blood sugar levels in check. Plain Greek yogurt is a great swap for butter in many recipes. Two tablespoons of butter have a whopping 22 grams of fat vs. just 2.5 grams of fat in a half cup of 2 percent fat Greek yogurt. Here's another example: I'm a sucker for eggnog and I just can't pass it up over the holidays, but it's so glutenous. There is an almond milk version you can substitute for the real thing, that is pretty darn close to the original. Forgo the booze, sprinkle on a little nutmeg and you've got a sweet treat for only 70 calories — now that's something to feel good about!

4. Keep moving: Getting in more movement is absolutely crucial to staying healthy over the holidays (and every day). I encourage my clients to get in an extra hour of walking daily. If time constraints or physical limitations keep you from getting a whole hour in, consider breaking it up into two 30-minute chunks or even four 15-minute sessions. You can easily burn a few hundred extra calories or more by moving at a brisk pace. Extra activity is an amazing bargaining chip with yourself or family members to justify some overindulgence. You could make a deal with yourself that for every cookie you eat, you walk an extra 15 minutes or take a family walk and spend some quality time with loved ones while doing something good for your health! It may not keep you from adding a little extra holiday pounds, but it's definitely damage control. Remember to be kind to yourself. Allow for those simple holiday joys while compensating with extra physical activity, something that's good for the body and spirit!

5. Engage others: Most importantly, do it together! Everything is easier with support, so enlist the help of family and friends (near and far) to keep you accountable. The more people that participate, the less it feels like you're missing out. The holidays are a special time of year with the opportunity to re-create special traditions and even make a few new healthy ones!

6. Move your feet and support The American Legion: If you had the opportunity to participate in American Legion National Commander Bill Oxford's 100 Miles for Hope, I have an exciting opportunity for you! The American Legion has joined forces with TRUCONNECT fitness app for a global virtual 5k run/walk. Globe Trot 2020 is a virtual, worldwide 5k for charity taking place on Monday, Dec. 21. Join me on Team Jennifer to support The American Legion. You can walk or run, and invite your friends and family. The proceeds raised will be split among six charities, including The American Legion. It is \$2 to enter or \$20 to also receive a team medal. Go to <https://truconnect.fit/> or download the TRUCONNECT app your mobile App Store.

Army veteran Jennifer Campbell, MS, is a certified personal trainer and holds a master's degree in Nutrition Education. She works with veterans and civilians, from elite athletes to those just starting their fitness journey. She is the commander of Post American Legion 43 in Hollywood, Calif.



# January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4		6	7	8	9 Ham Radio Test 9am
10	11	12	13	14	15	16
<b><u>ALL EVENTS ARE TENTATIVE DUE TO COVID-10 RESTRICTIONS</u></b>						
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Happy New Year Wishes & Greetings

If you're wondering how to wish someone a Happy New Year, a great way to say it is with warm greetings and memorable sayings. Pick your favorite Happy New Year wishes to say to coworkers, neighbors or anyone you'd like to show you care.

1. Happy New Year! Let's toast to yesterday's achievements and tomorrow's bright future.
2. Wishing you health, wealth, and happiness in the New Year ahead.
3. Wishing a very Happy New Year to the one who adds sunshine to our family.
4. May 2021 be an extraordinary one!
5. May every day of the new year inspire you to grow!
6. Wave goodbye to the old and embrace the new with hope, dreams, and ambition. Wishing you a Happy New Year full of happiness!
7. Happy New Year! I hope all your dreams come true in 2021 — onwards and upwards!
8. May the new year bring all the good things in life you truly deserve. You had an amazing year already and you're going to have another more amazing one!
9. May the coming year be the most fruitful year of our lives. Happy New Year to all!
10. May the New Year start with fresh joys and a life filled with peace. May you experience warmth and togetherness and prosperity too. Happy New Year!
11. Warmest thoughts and best wishes for a Happy New Year. May peace, love, and prosperity follow you always.
12. May the 12 months of the New Year be full of new achievements for you. May the days be filled with eternal happiness for you and your family!

### 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).

## Plaque to commemorate the 284th Engineer Combat Battalion



A memorial plaque, along with an informational board, can be found at the Roer River Bridge between Winden and Kreuzau, Germany. This is the location where C Company, of the 284th Engineer Combat Battalion, installed the longest fixed Bailey Bridge of the ETO. This bridge was used to move the 9th Armored Division across the Roer River heading down to the Rhine Plain where the 9th Armored Division then captured the famous Ludendorff Bridge. The capture of the "Bridge at Remagen" happened just 15 minutes before German demolitions were scheduled to destroy it. If

the 284th Engineer Combat Battalion had been delayed or failed in their bridge building mission the 9th Armored Division very well could have been delayed getting to the Rhine and consequently there would not have been a bridge left for them to capture. While this is a C Company "location" the plaque is to honor the whole battalion as everyone had a part to play in the success of this and all 284th missions.





## 2021 scholarship application for children of the fallen, disabled opens Jan. 1

Children whose parents lost their lives while honorably serving on active duty on or after 9/11, as well as children of post-9/11 veterans with a combined VA disability rating of 50 percent or higher, are eligible to apply for The American Legion Legacy Scholarship. Since the Legacy Scholarship's first grant in 2004, 401 military children of the fallen and disabled have received over \$3.6 million in aid.

The Legacy Scholarship provides financial aid for graduate or post-graduate tuition, books, room and board, meal plans and other supplies needed to achieve a higher education. It is a needs-based scholarship – the grant amount each scholarship recipient will receive will be based on his or her financial need after all federal and state aid is exhausted.

Recipients will have a year to use the grant and may reapply to The American Legion Legacy Scholarship up to six times.

The number of scholarships awarded and the amount of financial aid granted to each awardee (this includes returning applicants) will be determined on donations to the scholarship fund and one's financial needs.

Legacy Scholarship awards are made possible from donations to The American Legion Legacy Scholarship Fund. American Legion Family members and others have until Dec. 31 to donate to this year's Virtual Legacy Run.

The American Legion Legacy Scholarship application for 2021 will be available Jan. 1 at [legion.org/scholarships/legacy](http://legion.org/scholarships/legacy) for eligible applicants to apply. The application deadline is April 15.

For additional information about the scholarship and eligibility requirements, please learn more here.



The 2021 American Legion Legacy Scholarship recipients will be selected by The American Legion's Committee on Youth Education during the organization's annual Spring Meetings in May. All applicants, whether recipients of the Legacy Scholarship or not, will be notified immediately thereafter.

*American Legion Legacy Scholarship recipient Tianna Negron is a student at the University of Rochester in Rochester, N.Y., on Tuesday, September 29, 2020. Photo by Zachary Krahmer/The American Legion*

## 9 things about the Space Force

On Dec. 20, 2019, the U.S. Space Force – the newest branch of the U.S. Armed Forces – was officially instituted with the signing of legislation by President Donald Trump. On the occasion of the Space Force's birthday, here are some facts the intervening year may have buried.

1. The Space Force previously existed within the Air Force since 1982, as the Air Force Space Command. (mentalfloss.com)
2. The first official member of the Space Force to be sworn in is its most senior officer: Chief of Space Operations Gen. John W. Raymond. (mentalfloss.com)
3. The branch's motto is Semper Supra – "always above." (mentalfloss.com)
4. The initial uniforms are "utilizing current Army/Air Force uniforms, saving costs of designing/producing a new one," according to a Space Force source. "Members will look like their joint counterparts they'll be working with, on the ground." (cnet.com)
5. The Air Force Academy's class of 2020 included 86 graduates set to become the Space Force's first company-grade officers. (cnet.com)
6. On Sept. 15, 2020, a virtual mass swearing-in was held for about 2,400 troops transferring into the Space Force from locations around the world. (militarybenefits.info)
7. On Dec. 10, 2020, the first seven people to enlist directly in the Space Force graduated from basic training at Joint Base San Antonio-Lackland in Texas. (af.mil)
8. It took no special action for Space Force members to become eligible to join The American Legion, as the organization's charter only indicates active duty in the U.S. Armed Forces.
9. The Space Force flag was unveiled at the White House in May 2020; by October, Alpharetta American Legion Post 201 in Georgia had obtained one and was flying it above their post home.



U.S. Space Force Tech. Sgt. Eric Mistrot, 324th Training Squadron military training instructor, stands in front of his flight during a graduation ceremony on Dec. 10, 2020, at Joint Base San Antonio-Lackland. Seven members of the graduating class are the first Space Force trainees to graduate. (U.S. Air Force photo by Sarayuth Pinthong)

## Success with American Legion resolutions



Past National Commander Denise Rohan. Photo by Lucas Carter/  
The American Legion

When I was traveling as national commander of The American Legion, Legionnaires would often say to me, “The American Legion should ...” No matter what the ideas were, my response was always to explain how we are a grassroots organization and encourage them to follow the resolution process.

The idea for every program of The American Legion, from American Legion Baseball to the American Legion Riders, began at the post level and moved forward through adoption of a resolution. Legionnaires seeking to resolve a particular problem or change a process can write a resolution stating very specifically what action is to take place.

The three main purposes of a resolution is to state a position on veteran issues, to create and support the

organization’s programs, or to authorize change within the organization.

When a post decides to put forth a resolution, it is important to determine if the subject falls within The American Legion purpose. There are so many good and just causes in the world which may attempt to lead us away from our specific mission. The Preamble of The American Legion is an excellent guide to ensure the subject matter is germane to the principles of our organization.

If you find a subject needing a resolution, there are many things you can do to help it succeed.

The following are a few ways to make sure your resolution is well written and follows the proper formatting.

1. It should cover only one subject.
2. Double check it for proper spelling and grammar.
3. Write the “Resolved” clause first. It sounds counterintuitive but stating the result you wish to achieve will help you compose the reasons needed for the action.
4. Research and construct a set of facts to support your position. These facts will make up your “Whereas” clauses and explain in detail why the resolution is needed. If you have supporting documentation, it may be submitted along with the resolution.
5. Outline a cost analysis or return on investment report up front may help make your case. Resolutions requiring financial support or impact can often start with an uphill battle.
6. Pay close attention to the timing of such resolutions.

If you need help with writing a resolution, download the resolution booklet at [legion.org/resolutions](http://legion.org/resolutions). The booklet explains how to format a resolution and the steps involved to submit it up the chain for consideration. Part of that chain involves following your department’s procedures. Also, use the Resolutions collection in the Digital Archive to search for and view adopted resolutions.

Submitting resolutions is an important function to keep The American Legion alive and relevant. If an issue arises that affects veterans, children and families, and you feel it needs action, start by putting pen to paper to achieve your goals.

