



**El Dorado Post 119**  
**THE AMERICAN LEGION**  
**MONTHLY NEWSLETTER**  
**FOR GOD, COUNTRY AND COMMUNITY**  
**May 2017**



*American Legion Auxiliary*

At the April meeting we nominated new officers for the election in May. You will still be able to nominate officers before the election. Come to the meeting in May to vote for your new officers.

The membership also elected delegates for the Convention in June.

If you are interested in being a chairman for any of our programs please come to the meeting and let me know. We could use your help.

Every year we create a basket for District 7 to raffle off at their May Meeting. Our theme this year is barbeque. We are taking donations if you wish to help.

We will be assembling our poppy letters to go out on May 5<sup>th</sup>. Meet us at 9:00 at the hall if you would like to help.

Please remember to bring your donations for our monthly raffle. Everyone is welcome to donate members or not. Remember the raffle helps keep the Auxiliary afloat.

Thank you!  
 Janie Bandera, President

**Cake List for May:** Jackie Schmidt, Rebecca Marty, RoseMary Lewis, Karen Dale, Dolores Wadsworth, Betty Butcher, Joyce Reynolds

**Cake List for June:** Janie Bandera, Sue Coffey, Pat Nerwinski, Joy Krahn, Suzy Bergin, Carol Muller

<i>American Legion Auxiliary:</i>			<i>Sons of the American Legion</i>		
Janie Bandera	President	(530) 677-4423	Squadron		
Rebecca Marty	1 <sup>st</sup> Vice	(530) 677-4423	Commander:	Bill Bryant	(530) 409-8414
Judy Muetz	2 <sup>nd</sup> Vice	(530) 622-9133	First Vice:	Robert Flowers	(530) 417-5802
Suzy Bergin	Secretary	(530) 644-7806	Adjutant:	Gary Coverdale	(707) 339-2362
Marybea Varvel	Treasurer	(530) 903-7319	Treasurer:	Patrick Hodgson	
Dolores Wadsworth	Chaplain	(530) 677-1255	Sgt at Arms:	Mike Edlunds	
Joy Krahn	Sgt At Arms	(530) 677-6356	Historian:	Don Leddy	(530) 644-3581
Joyce Trumbly	Marshall	(530) 621-3953	Chaplain:	Robert Flowers	(530) 417-5802

**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.

## 1st Vice / Membership Corner

Membership is our sustaining interest or the back-bone here at Post 119. I have been sending out mailings to 2015 and 2016 members who have not renewed their membership. Along with the mailings I have attached a "Member Data Review" sheet for our members to fill in the missing information that is vital to our post database. There will also be enclosed a "Self-Addressed Return Envelope" for convenience. Please complete and return the member data review sheets.

We also gained 5 new members from Post 1000 and various other posts as they reside closer to our post. So if we see or hear of a new person at our 1st Wednesday member dinners, we want to welcome those new faces to our post to make them feel a part of our American Legion Post 119. The camaraderie still lives on.

### New Members and Transferees

Braithwaite, Lester	USA	McCoy, Ford	USN
Brickley, Robert	USMC	Navarete, Carlos	USA
Bundy, James	USN	Rodriguez, Jose	USAF
Channell, Guy	USAF	Mercer, Roger	USA
Cherney, Charles	USN	Turner, Bruce	USAF
Chilton, Andrew	USAF	Ussery, Joshua	USA
Douglas, Charles	USN	Waller, Matt	USA
Edmon, Ronald	USAF	Weiland, Karl	USAF
Eiler, Gary	USAF	Williams, Herman	USA
Gautschi, Thomas	USN	Williams, Perry	USN
Johnston, Samuel	USA	Young, James	USN
Krueger, Calvin	USA		

Recently we have lost several members from our post, and sadly I have transferred their names to  
***"Post Everlasting."***

### Last Roll Call

Allen, Gene	03/21/17	Kirk, Wallace D.	01/31/17
Apps, Edwin F.	12/31/16	Long, Michael	07/29/15
Ball, Melvin	02/10/17	Martin, Gerald E.	11/01/15
Blossom, Herbert H.	04/3/17	McKay, Raymond	12/31/16
DelFino, Edio P.	01/19/17	Wagner, George I	12/31/16
Farrell, James F.	12/31/16	Waldron, Rex L.	12/31/16
Finnegan, Patrick	03/16/17	Webster, George L.	12/17/16
Genna, Matteo	12/31/16	Wynant, William H.	01/10/17
Harris, Reece G.	03/03/17		

## May Birthday's

Steven	Ahern	Walter	Graves	Clyde	Phillips	Jerry	Snyder
Robert	Applebee	Reece	Harris	Charles	Pratt	John	Staley
Michael	Babcock	Bruce	Loving	Robert	Primicerio	Brian	Sweet
Bette	Copp	Robert	Martinelli	Earl	Purington	Ruth	Tausta
David	Delrio	Ruth	Miller	Vernon	Smith	Matt	Waller
William	Weatherly	Donald	Wythe	Terrell	Zarneke		

### 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 2016 have been raised to \$45.00. The increase is due to a per capita expense increase to the State American Legion. Joe Rendon 1st Vice

### Benefits of Online Membership Renewal

Online Membership Renewal provides a number of important benefits to both the member who renews online and the post. Many Legionnaires are not aware they can pay their dues online and online bill payment is becoming more and more common.

#### Automatic Online Renewal

Many consider **Automatic Online Membership Renewal** to be a "Best Practice" in the dues payment process. This is simply an online payment that is automatically processed each year during the month of July after the new Legion year begins. It eliminates the need to send dues renewal notices to members and eliminates the need for members to remember to pay their annual dues, the payment takes place automatically. We encourage local posts to make all their members aware of the benefits of Online Membership Renewal and believe it would be a good topic for your post newsletter, web site and other communications with your post members.

#### Member Benefits

- Dues payment can be made online any time of the day using a bank debit card or credit card.
  - Online dues payments are recorded immediately. No more notices from the national office asking members to pay the dues they have already paid.
  - Members no longer need to wait for their local post to process their dues payment. Once the local post is notified by national office a member's dues have been paid, a membership card for the current year can be sent to the member.
- Online Membership Renewal gives members the option to automatically pay their annual dues using their bank debit card or credit card.**

Below is a link to a video explaining how the on-line renewals are accomplished.

<http://www.members.legion.org/legion/OnlineRenewals/Members/index.html>. This slideshow was created in 2012, all relevant information is current.

Online Membership Renewal takes about 30 days for the national office to send the local post their portion of the member's dues. Most believe this is acceptable, in light of all the benefits Online Membership Renewal provides both the member and the post.

### THOUGHT FOR May

**"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in".**

~Author Unknown



On March 28th the Board of Supervisors issued a Proclamation for Vietnam Veterans Day.

“What is the essence of life? To serve others and to do good.” — Aristotle

“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.” — Audrey Hepburn

We received a call from a local person who would like to find a home for: a 1896 Bell upright piano. It stands about 48" tall. It is a vintage piano. It is currently in storage in the Cold Springs Road area. If you are interested call Roberta at 530 492 6857. All that is being asked is a \$50 donation to a specific charity.

## **ARTS COUNCIL OFFERS VETERANS' VOICES FREE WRITING WORKSHOPS**

Art and literature are uniquely human endeavors and it is through the arts that we know our own humanity. Arts engagement for veterans is advantageous to any individual finding their bearings after service and can be seen as a tool for readjustment, reintegration, and overall well-being.

“Exposure to the arts can lead to stress relief, improved communication and positive effects on physical measures such as blood pressure and heart rate.” Stuart Sidell, MS, CAS, CTRS VAMC, recreation therapist at the Bay Pines VA.

The Eldorado Arts Council offers Veterans' Voices, a writing workshop that that gives the participant an opportunity to engage, communicate, and create. Open to all levels of experience and expectation, a participant can just sit and listen, or engage fully in discussion, projects, and assignments. Veterans' Voices is an open forum that offers a supportive environment in which to learn the tools that are helpful to writing stories, memoir, poetry, drama, fiction or nonfiction.

Open and free to all veterans, the Veterans' Voices workshop meets on Mondays from 6:30 – 8:30 pm at the Veteran's Memorial Building at 130 Placerville Drive. Drop-ins are always welcome and participation level is up to the individual.

**"When you write, you preserve a memory and stand as a witness to your time."**

Know any Veterans looking to purchase a home in the near future? Have them come to The Homebuyer Seminar on May 27th at the Post. Contact Amber Jaurequi for more details. Office: (530) 278-8073, Cell: (916) 945-8480

“There were many, many times thereafter that Don regretted having enlisted - but so has every man who ever volunteered for military service.”

“My old man says when it's time to be counted, the important thing is to be man enough to stand up.”  
— [Robert A. Heinlein](#), [Between Planets](#)

# Service Officer Corner

Redemption:

The young Veteran was the picture of joy, happiness and health.

His little girl was the ideal pink and purple princess.

As we walked past the courthouse, he said, "I am so grateful for Veterans Court."

Thank you to all of those who worked so hard to bring Veterans Court to El Dorado County.

## **Sometimes it Works**

Part 1

"The VA came through! I can pay off my bills! I can get a place to stay! Now I can pay it forward! Let me know if you ever need my help."

No more suicide threats and thoughts.

Sometimes all you need to do is keep their chin above the water so that they don't drown. Buy them time.

Sometimes it works.

Part 2

Dropped the Veteran off at Victory Village in Jackson. Saw MAG, another El Dorado County, formerly homeless, Veteran. She is doing great, and has a forever plan in place. Asked how RAA was doing. "He's now in the State of California Veterans Home in Redding!"

Another homeless El Dorado County Veteran. Not just housed. Homed. Forever.

**Sometimes it works.**

## **Standing Tall:**

The Veteran had stood tall for her. All the bad things that could happen to a young woman had happened to her. He stood by her when she was close to breaking.

In essence, he saved her life.

Now, he had a chance to escape homelessness, and go into a Veterans only shelter.

She had to let him go. She stood tall, and let him go. She put together a plan for herself, so that he could leave in a clear conscience.

In essence, she saved his life.

Standing Small:

Sometimes the plan just won't work unless you hold on to the Veteran. Tight. Maybe you need his money. Maybe you can sneak into the motel room on his coattails. Maybe you're too young for the Senior Mobile home Park, and you need someone who is age qualified.

The plan just won't work without the Veteran.

Hold on tight.

Even if he drowns.

## WEED 4 WARRIORS PROJECT

Veterans represent 7% of the American population, yet account for 20% of national suicide rate. An estimated 22 veterans commit suicide per day. Yet every day, Veterans are being prescribed harsh pharmaceutical drugs that are extremely addictive and have been linked to Veteran suicides.

Weed for Warriors Project (WFW) finds these numbers unacceptable.

What is the Weed for Warriors Project? You ask?

Weed for Warriors Project was started in the San Francisco Bay Area by an OEF United States Marine Corps Veteran who found relief from his service connected disabilities through medical marijuana and the fellowship of other like minded Veterans within the cannabis community. With the help of organizations like SANTA CRUZ VETERANS ALLIANCE, Weed for Warriors Project is able to provide Veterans with medical marijuana information, a safe place to fellowship with other Veterans and safe access to free medicine with proof of service! current medical recommendation.

Some goals for the WFW Project include but are not limited to-

- We aim to reduce the veteran suicide rate through events, protests, advocacy and expansion.
- We work with the community and aim to build a structure for veterans to gain help, comradery, and safe access to better, natural cannabis based medicine.

Weed for Warriors Project - SOlc3 nationally recognized non-profit

### A few medical marijuana truths-

- Your body already makes marijuana-like chemicals that affect pain, inflammation, and many other processes. Marijuana can sometimes help those natural chemicals work better, says Laura Borgelt, PharmD, of the University of Colorado. \*
- Marijuana has been proven to help with PTSD, cancer, chronic pain, sleep disorders, crohn's disease, migraines, addiction withdrawal and has statistically lowered the suicide rate in states where it is legal. Plus many more uses that are still in studies.
- The FDA has also approved THC, a key ingredient in marijuana, to treat nausea and improve appetite. It's available by prescription Marinol (dronabinol) and Cesamet (nabilone). \*\*

## American Legion Riders Department of California 11th Annual Convention.



American Legion Riders Department of California held their 11<sup>th</sup> Annual Convention on April 21<sup>st</sup>-23<sup>rd</sup>. Eight Riders attended the convention this year. High lights of the Convention were a talk by a Vietnam refugee who grew in the bay area and a speech by the Adjunct about the history, purpose and meaning of the back patch on the vest. Seven of our members took on additional volunteer actives for the Department. Committees; Milt and Suzy Resolutions , Jane and Judy Finance, Mike M. Constitution/bylaws , Sam Rules. Rich Alt VP for District 1. The Convention was very enlightening and educational on the mission of the Riders. We will have more to share in Junes Newsletter. The guy in the white hat is Mick the DOC President.



# May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 40&8 Voiture 5:30pm	2 Jr Shooters 6:00PM	3 <b>Social 6pm</b> Dinner 7pm Meeting 8pm	4	5 <b>Happy Hour</b> 5pm-9pm Chow by Leo	6
7	8	9 Jr Shooters 6:00PM	10 <b>Legion Riders</b> <b>Meeting 6:30PM</b>	11	12 <b>Happy Hour</b> 5pm-9pm Chow by Leo	13
14	15	16 Jr Shooters 6:00PM	17 <b>Taco Night</b> Bar Mtg: 5pm E-Board: 6pm	18	19 <b>Happy Hour</b> 5pm-9pm Chow by Leo	20
21	22	23 Jr Shooters 6:00PM	34	35	26 <b>Happy Hour</b> 5pm-9pm Chow by Leo	27
28	29	30	31			

## Calendar of Meetings

**May 3:** Social 6:00 pm, Dinner 7:00 pm,  
**May 10:** **Post 119 Riders** 6:30 pm  
**May 17:** **Executive Board**  
**Sons Squadron 119** 6:00 pm  
 Bar Tenders Meeting 5:00 pm  
 Executive Meeting at 6:00 pm  
 All Legion Members welcome.  
 Taco's for dinner

## Happy Hour dinners by Leo

**May 05** Brisket  
**May 12** Pull Pork  
**May 29** Ribs  
**May 26** Tri Tip  
 All meals served with Chef's choice salad and dessert. All Meals are \$5.00

## Sons of the American Legion

### Links for the Sons.

October issue of the Adventure Magazine, highlight of the sons. <http://www.sonsadventure.com>

Sons website: <http://salcalifornia.com>

Facebook: <https://www.facebook.com/saldetachmentca>



**MEMBERS' SPOUSES ARE ALWAYS WELCOME AT OUR DINNERS ON MEETING NIGHT.**

### Post 119 Riders

President:	Rich Bergin	(530) 409-8794
Vice President:	Joe Rendon	(530) 672-1161
Secretary:	Open	(530) 622-1961
Treasurer:	Jane Fergason	(530) 409-7487
Sgt at Arms:	Jim Maxey	(530) 622-1961
Membership:	Janie Bandera	(530) 677-4423
Chaplain:	Robert Flowers	(530) 417-5802
Run Coordinator:	Sam Fergason	(530) 409-7489
Safety Officer:	Curt Tate	(530)
Web Master:	Rich Bergin	(530) 409-8794

All meeting's at American Legion Post 119, 4561 Greenstone Road, Placerville, CA 95667

\* Happy hour subject to prior rental.

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

May 2017

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](http://www.legionpost119.org)**

**2016—2017**

**POST OFFICERS**

**EXECUTIVE COMMITTEE**

Sam Bradley	Commander	(530) 306-1070
Joseph Rendon	1st Vice Commander	(530) 672-1161
Roger Reynolds	2nd Vice Commander	(530) 350-7740
Mike Muetz	Adjutant	(530) 626-3956
Mike Schiavone	Finance Officer	(530) 409-2710
Milt Bandera	Sgt At Arms	(530) 677-4423
Edgar "Bud" Brown	Past Commander	(530) 677-4135
Robert Flowers	Chaplain	(530) 417-5802
James Campini	Judge Advocate	(530) 622-0751
Lee Sanders	Bar Manager	(916) 363-5100
Mike Muetz	Building Manager	(530) 919-7866
Bill Bryant	Asst. Building Manager	(530) 409-8414
David Zelinsky	Veterans Service	(530) 919-8488
Joseph Rendon	Membership	(530) 672-1161
Mike Raffety	Historian	(530) 626-8020

Tim Smith	(530) 622-0990
Danny Mainwaring	(530) 622-0486
John Shetler	(530) 672-6805
Jim Campini	(530) 622-0751
Rich Bergin	(530) 409-8794
Chuck Impey	(530) 672-1338

**All Meetings At:**  
**American Legion El Dorado Post 119**  
**4561 Greenstone Rd, Placerville CA 95667**  
**(530) 626-3956**

POST DUES : \$45.00