



THE AMERICAN LEGION POST 257 & AUXILIARY LAGUNA WOODS



APRIL 2015

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COMMANDER'S MESSAGE

Service -- We all know what it means to serve. Whether you were drafted or volunteered, our time in the military was time we spent serving our nation, our branch of service, our command, and our shipmates, or comrades at arms. Sometimes we served the populations of places and countries where we were stationed or visited.

And for a good many of us, service didn't end when we separated from our military branch.

Many of the volunteer organizations in our communities are staffed with veterans of the military, whether we served in time of war, or in time of preparation for war. It's what we do.

The American Legion has many charities, and volunteer services that we provide to our communities and the comrades at arms that the rest of society overlooks or doesn't understand.

Which brings us to your service in our Post.

We are not just a club that holds a monthly dinner and entertainment meeting, there are many activities and events that we support or initiate here in Laguna Woods.

Our participation in these events, and our monthly meetings would not happen without the service provided by your comrades who volunteer to make up your board and participate in the various committees we have. June marks the beginning of a new year for the board that controls our fund raisers, our dinner meetings and the outstanding entertainment we enjoy at them.

The current board's nominating committee has submitted an outstanding slate of officers for your consideration for the new year:

1. Commander: Warren Marr
2. 1st Vice Commander: Michael Layton
3. 2nd Vice Commander: Hugh Seamster
4. 3d Vice Commander: Jerry Anderson

We - you - will be voting on these officers during an upcoming meeting, but if you would like to run for one of these positions, or are able to volunteer to for any of the other offices in our post and become part of the team that makes Post 257 The Friendliest Post In California - please let me or any of the officers know. We can always use another hand...

Cheers!

Mike Thayer

In God We Trust

Your Post needs you comrades, please volunteer!*

Finance Report 4/1/2015

Poppy Fund Balance	\$2,895
General Fund Balance	\$4,238
Post Balance	\$7,133

UPCOMING EVENTS

April 23 — Legion Dinner
May 6 -- Veterans Outreach
May 7 -- Legion Board Meeting
May 10 –VA Hospital
May 14–Auxiliary Meeting
 -- Polly's
May 28 —Legion Dinner
June 3 -- Veterans Outreach
June 4 – Legion Board Meeting
June 11 – Auxiliary Meeting
 ■ Polly's
June 25 – Legion Dinner
July & August -- DARK

AUXILIARY POW/MIA CEREMONY



Nancy Alpino & Bivian Marr
AUXILIARY PRESIDENT

We have selected our Girls State Delegate from Laguna Hills High School. We are at 93% of our membership goal established by District. A recent District meeting revealed the latest change that the Auxiliary should be fully digital for the 2016 membership year.

Vanda Bresnan 581-6287 vanda@cox.net



1ST VICE COMMANDER

A special thanks to the Orange County Cribbage Club for their generous donation of cards and boards to be delivered to the Veterans at Long Beach Veterans' Hospital and to Operation Interdependence for our troops overseas.

God bless you all. *Joe Rainey*

2nd VICE COMMANDER – John Draper



Saddleback Doowoppers are back by popular demand as our entertainment for April. They have been together for four years specializing in DooWop, Oldies and Classics.



WHO ARE THESE LEGIONNAIRES???

3rd Vice Commander

Laguna Woods Post 257 of the American Legion will host 4 events during the month. The first is the support dinner at Polly's on Thursday April 9 from 4:30 to 6:00, in which vets and friends eat in a private room, talk, exchange war stories, and gossip. Call Jerry Anderson at 949-837-0102 for information. The Memorial Day Poppy Platoon is gearing up.. Also call Jerry Anderson for info.

The second is Wednesday April 15, all day at The Laguna Café in the Von's Mall . The Café is decorated with pictures of service men, many being members of our Post. Chris Schaefer, owner of the Café, is a Post member and Gulf War vet. Call Chris at 949-949-380-0465.

The third is the monthly Post dinner and meeting on Thursday the 23rd at Clubhouse 1. Doors open at 4:45, dinner is served at 5:45, followed by a brief meeting and entertainment. Commander Mike Thayer will preside. The Nominating Committee will announce the proposed officers for the coming year. The Do-Whoppers will sing the memorable songs of the big band, rock and roll, twist again, years, The dinner will feature baked ham and apple pie, all for only \$13, plus the best bar prices in California. Everyone is invited. Please call Ken Sigmund at 949-455-0608 for reservations which gives a head count for caterer Martinez.

The Legion has its annual free program coming up for Memorial Day, Monday May 25 at 10:00 at Clubhouse 3, chaired by 1st Vice Joe Rainey and Commander Mike Thayer. Memorial Day honors all who have served their country and are now in “Post Everlasting”.

Sam Higa has created an informative web site at AL257.org/. Punch it up. To join the Legion for only \$40 a year call Hugh Seamster at 949-472-9690 or hmonline@cox.net. He can help if you cannot find your discharge certificate.



SERVICE OFFICER QUOTES

By Mike Evans

Another reason you should belong to VA Medical plan even if you already belong to another HMO. In the last few years, VA has improved 500%. Many more benefits have been added, including less costs and a humanitarian treatment in their hospital stay is promised. Here, in their words are their promises.—
 “We are committed to improving your health in our hospital. You will be treated as an individual. You will receive care in a safe environment. We will honor your personal and religious values, and your privacy will be protected. You and any person you choose will be involved in any decisions about your care. You will be able to refuse treatment, and consider options. You may allow a family member, friend, or other individual to be present with you for emotional support during your hospital stay. You will be given the name of all providers involved in your case.” The list goes on and on. You will be permitted to keep your HMO that supports some of your needs. Between the two health plans you should be well protected. As a veteran, you served, but this health plan also takes care of your non-service aches, pains, real or perceived. My latest acquisition of Veterans’ Health Benefits

Handbook lists hundreds of unknown VA benefits to help YOU.

All you have to do is ask. *Mike Evans, 949-770-0708.*



March’s entertainer

THE STATE OF THE AMERICAN VETERAN: ORANGE COUNTY VETERANS STUDY

Executive Summary: The Orange County Veterans Study, conducted by the USC School of Social Work Center for Innovation and Research on Veterans & Military Families (CIR), is an effort to provide data-driven recommendations for serving the population of veterans residing in Orange County, California. Service members encounter a series of needs as they transition out of the military into civilian communities. These include securing employment and housing, addressing physical or mental health issues and adjusting their self-identity to the civilian culture. The ease through which this transition is made has a profound impact on post-service well-being. In an effort to examine how Orange County veterans have managed this transition as well as the current state of their overall needs, the Orange County Veterans Study surveyed over 1,200 veterans living in Orange County. Focused groups were also conducted in an effort to supplement the themes represented in the survey. The sampling approach and methodology used in this effort mirrored those used in the Los Angeles County Veterans Study, allowing for comparisons to be made between the two samples. Many service members leaving the military and relocating to Orange County are not prepared for the transition. Many leave the service without a job, without permanent housing being identified, and with significant unmet physical and psychological health issues. Further a significant minority of service members leave the military with legal and financial issues. Presently, there is not a single veteran support agency that can adequately meet such a wide range of veteran needs. In both Los Angeles County and Orange County, veteran support organizations are not organized to provide holistic support to current or returning veterans. Instead,

veteran support organizations, both governmental and non-governmental, tend to focus on one or two veteran needs, with other veteran needs either left unaddressed or addressed by some other veteran support agency. Finally, most veteran support organizations tend to focus entirely on meeting acute and chronic needs of veterans, such as homelessness, immediate or severe health care issues, or acute or chronic unemployment. Very little attention is given to preventing these conditions or proactively intervening early to prevent them from becoming chronic.

If the government and communities want to get ahead of many of these military transition issues, much more attention will need to be placed on better preparing the separating service member for success. A holistic approach focused on prevention and early intervention, with both governmental and nongovernmental agencies working together will be required. Separating service members need enhanced preparation for their military transition that goes beyond the current military transition programs operated by the U.S. Department of Labor, including enhanced roles for the U.S. Departments of Defense, Veterans Affairs, Education, and Housing and Urban Development. To better serve new veterans, community non-governmental veteran support agencies need to continue to press for access to and awareness of separating service members who will be joining their communities. Bringing awareness of separating service members joining local communities, effective outreach efforts targeting family members, friends and employers of separating service members and veterans needs to be undertaken.

While many of the findings found among Orange County veterans are consistent with those seen among Los Angeles County veterans, there were some notable exceptions. First, the primary issues facing veterans, both pre- and post-9/11 veterans, in Orange County are psychological health issues. . Second, the psychological health issues of pre-9/11 veterans are also associated with homelessness, which continues to be a major issue for this cohort of veterans, requiring significant attention. Third, the psychological health issues seen in post-9/11 veterans are accompanied by relatively high rates of the unique and most pressing needs of their veteran populations.

(The complete report may be found on line by entering THE STATE OF THE AMERICAN VETERAN: ORANGE COUNTY VETERANS STUDY)

NEW MEMBER WHO CROSSED PATHS WITH ED BROCKETT IN W WII



APRIL'S DINNER AT POLLY'S



**** ATTENTION ****
Veterans, Spouses & Surviving Spouses

The Florence Sylvester Memorial Senior Center is now offering free Veterans Service Counseling. Do you have questions or problems pertaining to...

- Benefit Entitlements / Claims
 - VA Health Care
 - Burial Information



**FLORENCE SYLVESTER
 MEMORIAL SENIOR CENTER**
 23721 Moulton Parkway
 Laguna Hills, CA 92653
949-380-0155

**ORANGE COUNTY
 VETERANS SERVICE OFFICE**
 1300 S. Grand Avenue, Building B
 Santa Ana, CA 92705
(714) 480-6555
 Email: ocvso@occr.ocgov.com

**First Wednesday of each month
 8:30 a.m. to 4:00 p.m.**
To schedule an appointment — call 949-380-0155
Walk-ins are welcome
If available, please bring your DD214 or Discharge

LET'S SUPPORT OUR ADVERTISERS



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For more information please call
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 WOODS
 PROPERTIES**

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Call Emil Welden (458-3916) to have your personal service(Army, Navy, Marines, Air Force or Coast Guard) wood carving made or in loving memory carving (shown below).



Wally Gramberg has scheduled a one-week Mexican Riviera cruise in October 2015. Space is still available.

Call Wally at (949) 380-9626 for information

The popular Luau trip to Laughlin in July has started a waiting list!

APRIL DINNER

Thursday, APRIL 23RD Doors open at 4:45 pm Ceremony begins 5:30 pm

Meal (Ham, Scalloped Potatoes, Green Beans and Apple Pie) served at immediately after ceremony

Location: Clubhouse #1 Main Dining Room

Cost \$13.00 per person

RESERVATIONS ARE REQUIRED

For reservations, call Ken Sigmund (949) 455-0608

The program features "The Saddleback Doowoppers"

Post web site at AL257.org/

Gate Entrance for Non Laguna Woods Village Residents

Fill Out BEFORE Arrival!!!!

Monthly Dinner Meeting	American Legion Post 257
April 23, 2015	4:30-7:30 Clubhouse 1
Name	Driver's License #
Auto Make & Color	Auto License No.