



THE AMERICAN LEGION POST 257 & AUXILIARY LAGUNA WOODS



MARCH 2015

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COMMANDER'S MESSAGE

Do you attend the monthly dinner meetings? If you do then you know our Programs Chairman, 2nd Vice Commander John Draper has done an outstanding job of providing us with some quality entertainers who accept a much lower payment than they would normally charge just because we are a veterans' organization. Some even perform at no charge to us.

You might also note that your officers give you a run down on the things they have done during the month. If you attended our last meeting, you might have noted our post donated \$5,000 to Operation Comfort Warriors. Never heard of Operation Comfort Warriors? It is an American Legion sponsored charity, and these days, with so many organizations asking for donations to support veterans, we wanted to make sure your dollars went to a charity that would use them for their stated purpose. After considering several well known charities, we decided that a charity sponsored by the national commander would be the safest and surest one.

If you would like to know more about Operation Comfort Warriors, or any of the other things we as members of The American Legion do for our fellow veterans, active, retired, or just having served in military during a time of conflict, please visit <http://www.legion.org>.

And if you are not attending the monthly meetings please give us a try. If you need transportation, we can help, but you are missing out on camaraderie, great food, and some of the best entertainment available in the village.

Mike Thayer 540-9784 libertycard@gmail.com

PS It is time to nominate the coming year's slate of officers. If you read the newsletter, you have (maybe) seen my contributions the past couple of issues about the value of service that we all have given from our time in uniform to the time we have given to our communities is so many different ways. I would like to point out that your post, American Legion Post 257, Laguna Woods, is your community too.

And we need you to contribute something of yourself - not money, but your time and your energy. Every position in your Post is up for renewal, each needs the spark you can provide to keep our post vital and thriving.

So what I am asking is that you contact me, or one of the other officers listed in your Post Directory, and volunteer to be an officer in the Friendliest Post in California.

Your Post needs you comrades, please volunteer!!

UPCOMING EVENTS

Mar 26—Legion Dinner
Apr 1-- Veterans Outreach
Apr 2-- Legion Board Meeting
Apr 9—Auxiliary Meeting
 -- Polly's
Apr 12 —VA Hospital
Apr 23—Legion Dinner

POW/MIA CEREMONY



AUXILIARY PRESIDENT

We are in our final stages of selecting our Girls State Delegate. We are at 91% of our membership goal established by District. The most recent District meeting revealed the latest changes. 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

Rob Verdi – Saxophones: a returning entertainer with many of his saxophones!!

Rob received his Music Education Degree in 1984 from Arizona State University in Tempe. While in Arizona, Mr. Verdi was a featuring soloist with the Phoenix Symphony, performed in a variety of musical ensembles, and enjoyed the excitement of teaching junior high music. In

1983 he helped form the Side Street Strutters Jazz Band, which went on to become the house jazz band of the Disneyland Resort for 22 years. Rob continues to be a regular performer at Disneyland, conducts jazz workshops for the Disney Magic Music Days Guest Talent program, and participates in a variety of musical ensembles and projects in the Los Angeles area. His passion for collecting saxophones has resulted in a collection of over 100 saxes and an additional 150 rare wind, brass, and percussion instruments. In 2008, Rob was featured playing his 6 1/2 foot tall contrabass sax on the soundtrack of "Horton Hears A Who." He hopes to someday establish a musical instrument museum where visitors of all ages can see, hear, and even play some of his rare instruments.



John Draper

SERVICE OFFICER QUOTES

By Mike Evans

AN ARTICLE THAT BEARS REPEATING! Many of you Veterans are not yet registered in the VA's Health Plan. This Plan is basically the same as other HMO Plans such as Kaiser Permanente, Hoag and etc. It has nothing to do with Obamacare plan. Most other HMO Plans that you may now have will welcome you to take on an additional health plan, since it is to their benefit. The VA Health Plan will provide you with more benefits. The following is a partial list of benefits that you may not now have and or come with lower priced co-pays--
Chiropractic services, Quality, latest model Hearing aids, with life-time free Batteries. Now

they provide on a trial basis, Dental care. Medicine is provided and mailed to your home on a continuous basis. Immunizations, Emergency out-patient care in VA facility. Surgery, including reconstructive/plastic as a result of disease or trauma, and ambulatory services are normal benefits. Also, mental health and many other Medical services that you've never heard of are offered if needed such as clothes If your condition is rated Service Connected and you would be getting pay for it, even your transportation costs on a per mile basis. all of this is free. Otherwise there might be a token co-pay involved. Remember that in WWII, Mrs. Roosevelt was sent overseas to find out what the "boys" needed. She came back and said "Socks". So naturally you can get the very best quality socks on your VA health Plan. Please, if you want better health or more attention to your health problems, just call your local health provider on McIntyre Road; Phone 949-587-3700.

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,

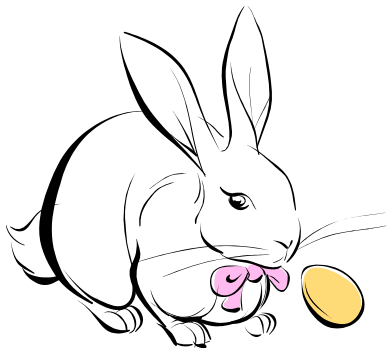
allowing for comparisons to be made between the two samples. Many service members leaving the military and relocating to Orange County are not prepared for the transition. Many leave the service without a job, without permanent housing being identified, and with significant unmet physical and psychological 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

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).



**** 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**

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MARCH DINNER

Thursday, March 26th Doors open at 4:45 pm Ceremony begins 5:30 pm

**Meal (Corned Beef and Cabbage, Parsley Potatoes, Baby Carrots and Lemon Meringue 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 Rob Verdi – Saxophones.

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
March 26, 2015	4:30-7:30 Clubhouse 1
Name	Driver's License #
Auto Make & Color	Auto License No.