



THE AMERICAN LEGION POST 257 & AUXILIARY LAGUNA WOODS



JANUARY 2014

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COMMANDER'S MESSAGE

Happy new year all – some say it's a time of renewal and fresh starts, but no matter how hard we try, or how much we wish for it, our past is with us... forever.

But the past needn't dictate our future, and our post will be undergoing some changes in the coming year.

Most immediately, we – your executive board - will be updating the Post's membership directory. This is an annual event, but this year it will be based on an in depth audit of the information we have, and the information the National directory has. This is very important because the IRS is targeting the American Legion over our tax exempt status and our records must be accurate and in concurrence with the national records. We will be calling you to verify or provide any of the missing/contradictory information we may have. If we have no phone number for you, or the number we have is incorrect, we will be sending you a letter, or maybe, stopping by for a quick interview.

We ask for your understanding and cooperation with our efforts, it will make our post better and better.

As we propose and enact changes, we will keep you informed. And, of course, your input, critiques, and attaboys are always welcome.

Mike Thayer 540-9784 libertycard@gmail.com

AUXILIARY PRESIDENT

Our meeting on January 9th was in our **old** meeting place CLUBHOUSE 2 DINING ROOM 3. We had a good attendance and as usual we prepared personal care bags for the VA hospital. Next month we will be preparing items to be delivered to spinal cord ward on March 11th.

The Legion and Auxiliary VA HOSPITAL BINGO is back to the **old** schedule which is the second Sunday of each month, departing Clubhouse 3 at 5:15 pm and returning by 8:45 pm – a most rewarding experience!

Vanda Bresnan 581-6287 vanda@cox.net

UPCOMING EVENTS

Jan 23 – Legion Dinner
Feb 5 -- Veterans Outreach
Feb 6 -- Legion Board Meeting
Feb 9 -- VA Hospital
Feb 13 –Auxiliary Meeting
Polly's
Feb 27—Legion Dinner
Mar 5 -- Veterans Outreach
Mar 6 -- Legion Board Meeting
Mar 9 -- VA Hospital
Mar 13 –Auxiliary Meeting
Polly's
Mar 27—Legion Dinner

JANUARY DINNER

January 23rd Thursday Doors open at 4:45 pm Ceremony begins 5:30 pm

Meal served at immediately after ceremony Fruit Salad, Garden Salad, Chicken Marsala, Rice Pilaf, Green Beans w/Red Bell Peppers, Rolls and Butter, Key Lime Pie.

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 Gil Alcantar, musician.

Post web site at AL257.org/

1ST VICE COMMANDER

I am so proud of our Post membership for their contributions during 2013 to "Operation Interdependence". The items you brought to our meetings were sent to our troops overseas to remind them that we still remember their sacrifices for our freedoms. This program is still ongoing in 2014 so keep bringing items for our troops to our monthly meetings. If you drop off hand-made items such as knitted caps, please remember to include your name so we can properly recognize your contribution. Even a nice card would be appreciated. Lastly, if you know of any veteran that needs help, please let me know so we can get him or her the help needed.

God bless you all. *Joe Rainey*

2ND VICE COMMANDER



Gil Alcantar as a Solo performer incorporates today's technology to create the essence and sound of a much larger musical group. Gil plays keyboards and sings all styles of music to create a variety of mood and to incite the retirement

audience to sing and dance.

While performing the saxophone and woodwinds, Gil creates a mood of blues, jazz and 50's-60's Rock N Roll, classical and the Big Bands.

With the flute the Latin runes come alive. Gil executes an intimate atmosphere, which transports the audience away from the mundane. Requests are encouraged with the intent to make the performances personal and varied.

Gil Alcantar: "It is a joy for me to be able to share my gift of music that God has blessed me with."

Gil Alcantar: Saxophone, flute, Latin Percussion, clarinet, and vocals, and Keyboards.

BA in music education CSUF, and has earned a Master Degree Music & Humanities from CSUDH.

John Draper

SERVICE OFFICER QUOTES

By Mike Evans

Veterans, are you afraid of the Veteran Affairs Health Plan? Well, don't be! Do not compare this plan with the Obama Care plan. The VA Health Plan is basically the same as other HMO plans such as Kaiser or Hoag. This plan is administered by VA doctors, and is available only for Veterans regardless of one's income. In some cases, a small co-pay is involved. The VA doctors and their support group truly want veterans to join the plan. They have the latest technology and the most up to date techniques to employ in the management of every ailment or condition, and it is all there just for you! Remember too, that you may belong to another or your present HMO at the same time. Under the plan, each member will have a thorough physical examination annually. From the first exam on, you will be under the care of a doctor who will give you the medical treatment you need. For example, most of us have hearing problems. The VA will provide the latest technology in hearing aids to you (and according to my audiologist - they have the best anywhere! - CDR Thayer), and your doctor or technician will provide you with instruction and assistance on the proper care and use of your device. Replacement batteries are free for life and sent directly to your home. All medications are sent to your door as well. The VA is truly on your side in this plan, so sign up now. If you need more information, or have questions or concerns, call me - this is a very good thing for veterans....

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).



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Email: thebesthome4u@yahoo.com

Katie (Im Sook Lee) is a big supporter of our Post and is very thankful for what the Americans did during the Korean War.

**** 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