



THE AMERICAN LEGION POST 257 & AUXILIARY LAGUNA WOODS



MAY 2015

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COMMANDER'S MESSAGE

The Slate of Officers for the Post:

Commander	Warren Marr
1st Vice Commander	Mike Layton
2nd Vice Commander	Hugh Seamster
3rd Vice Commander	Jerry Anderson
Finance Officer	Nick Alpino

Mike Thayer

540-9784 libertycard@gmail.com

AUXILIARY PRESIDENT

We installed our Officers for the 2015 – 2016 year

President	JoAnn Kilian
Vice President	Pat Burr
Treasurer	Delores Evans

Our next meeting will be June 11th at Clubhouse 2 Dining Room 3 at 2 pm. We plan to have lunch at the Laguna Café at 12:30 pm.

Since Clubhouse 2 will start renovations in July/August, the Auxiliary has been moved to Clubhouse 5, MultiPurpose room 2 for the duration.

We will continue our visitations to the VA Hospital during our summer break on the second Sunday of the month departing from Clubhouse 3 at 5:15 pm.

Vanda Bresnan

581-6287 vanda@cox.net

Old Fashioned 4TH of July Concert and Cookout!

sponsored by your American Legion Post, From 11 am to 1 pm on the 4th at Clubhouse 1, Featuring patriotic songs by 2-3 groups.

Bring family and friends to celebrate our country's Freedom

Opening ceremonies to be presented by Camp Pendleton Marines!

UPCOMING EVENTS

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 –Legion Board & Dinner Meetings are DARK
July 1 - Veterans Outreach
July 4 – 4th of July Celebration
July 9 -- Polly's
July 12- VA Hospital
Aug 5 - Veterans Outreach
Aug 9 - VA Hospital
Aug 12 -- Polly's

DINNER

Thursday, May 28th Doors open at 4:45 pm Ceremony begins 5:30 pm

Meal served at immediately after ceremony Location: Clubhouse #1 Main Dining Room, Meat Lasagna, green beans and Spumoni ice cream

Cost \$13.00 per person RESERVATIONS ARE REQUIRED For reservations, call

Ken Sigmund (949) 455-0608

The program features Richard Rush Robinson, Pianist and Conductor .
Post web site at AL257.org/

1ST VICE COMMANDER

God bless you all. *Joe Rainey*

2ND VICE COMMANDER

John Draper

Entertainer -- **Richard Rush Robinson**
Bachelor of Music at U of Texas at Arlington,
Conducted for Ed Ames, Mary Wilson, Gieselle
McKenzie, and Dean Martin's Gold Diggers.
Played fo Mel Torme, Chuck Berry, Mills
Brothers, Debbie Reynolds and Florence
Henderson. Performed in sixteen foreign
countries and 42 of the 50 states.

3RD VICE COMMANDER

James Shaffer

American Legion Post 257 will celebrate
our 147th Memorial Day. This National holiday
is when we remember those who have passed and
served in the Army, Navy, Air Force, Marines,
Coast Guard, or Merchant Marines (WWII).
The day is Monday May 25th.

Our celebration begins at 10:00 AM in
Clubhouse 3. The speaker is WWII Veteran and
glider pilot Bob Meyer. Marines from Camp
Pendleton will provide a Color Guard. Several
songs, including audience sing-alongs, will be
featured.

Post 257 members who passed this past
year will be honored during the ritual ceremony
designated "Post Everlasting."

SERVICE OFFICER QUOTES

By Mike Evans 770-0708

Would You Like To Live Longer?

Walk & exercise. As we get older we need more
of planned exercise. Your body needs action.
Watching sports on TV will not give you any.
One needs at least 15 minutes a day and 4 to 5
days a week. Your joints and muscles cry for
that much.

Using exercise commercial equipment is OK. But
not enough. An inexpensive pedal exerciser is a
great start instead of walking.

But walking is better. For every hour you walk
could possibly net you two hours to your life.
Walk tall, pull your tummy in, your chest out,
land on your heels instead of your center or toe
area. Make sure you wear comfortable, proper
fit shoes. Start slowly at first then increase your
speed. Swing your arms. Before finishing slow
down to your original speed.

The best bargain you can get in LWV are the
swimming pools. Swimming will give your body
more overall exercise. And that is free!

Sorry, this is a "Service Officer Quotes" article,
not a health official's suggestions.

However, from personal experience plus my
doctor's advice all of above breeds of common
sense. And it won't hurt you. Please "Ask Your
Doctor" as your medical pill ads read. If you
need referrals to above information, please call
me.

Finance Report 5/9/2015

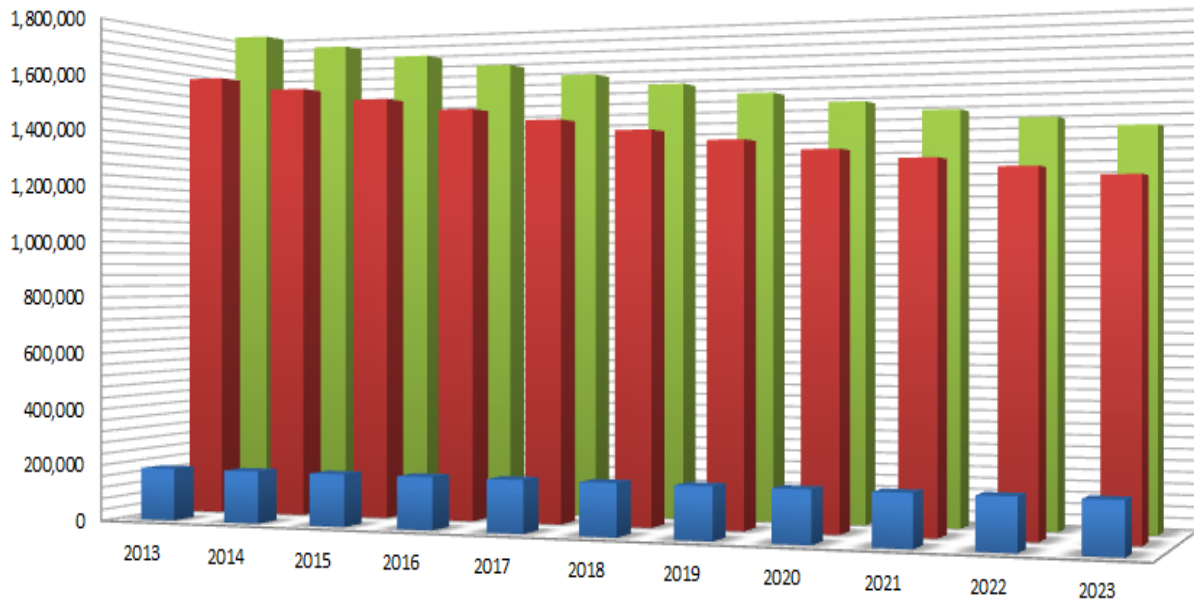
Poppy Fund Balance	\$3,015
General Fund Balance	\$4,624
Post Balance	\$7,639

DO YOU KNOW THESE LEGIONNAIRES?



**LAST MONTH'S LEGIONNAIRES
WERE MIKE EVANS AND
MARA HODGKINS**

10-Year Veteran Population Projection by Gender



	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Female	184,774	184,257	184,082	184,102	183,699	183,318	182,803	182,234	181,453	180,732	179,851
Male	1,610,681	1,562,865	1,517,834	1,474,194	1,430,183	1,388,224	1,348,135	1,310,107	1,275,636	1,242,882	1,211,477
Male/Female	1,795,455	1,747,123	1,701,916	1,658,296	1,613,883	1,571,542	1,530,938	1,492,342	1,457,089	1,423,615	1,391,328

Women veterans will constitute 15% of the California veteran population in 20 years. Currently, they are the fastest growing demographic and their specific needs and challenges must be addressed as program, services, and benefits are updated.

WOMEN IN SERVICE Women have served in the armed forces in some capacity since the American Revolution. Women have been awarded the silver and bronze stars, wounded or killed in combat, and taken as Prisoners of War. » In 1948, Congress made women a permanent part of the military services. In 1988, the Department of Defense adopted a “risk rule” that excluded women from noncombat units or missions if the risks of exposure to direct combat, hostile fire, or capture were equal to or greater than the risks in the combat units they supported. Women currently serve in only 19% of Air Force, 13% of Army, 7% of Marine Corps, and 16% of Navy occupations. In 2013, Secretary of Defense Leon Panetta lifted the ban on women in combat, allowing them to officially serve on the front lines for the first time in the history of the U.S. Armed Forces. In 2013, the first four females in history graduated from the 59-day infantry evaluation course at the Marine Corps School of Infantry in Camp Geiger, but are still not currently allowed to join infantry units and sent to non-combat jobs as part of continued research. There is a higher rate of minority females in the military compared to their male counterparts and the female

civilian population. In the U.S. Armed Forces, a slightly greater proportion of women than men are commissioned officers (17% vs. 15% respectively).

**** 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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LAGUNA WOODS PROPERTIES

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For more information please call
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www.oconnormortuary.com



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