



The Post Journal


Quarterly Newsletter of The American Legion NV Post 76, "The Spirit of Freedom"

ISSUE 48 — April — June 2024

UPCOMING POST 76 ELECTIONS YOUR POST NEEDS YOU TO VOLUNTEER TO FILL POST OFFICER POSITIONS FOR THE NEXT FISCAL YEAR



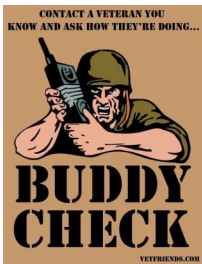
[FROM MAY TO THE FOLLOWING APRIL]

There are 7 elected officers and 6 appointed officers. If any member in good standing seeks a position within the post, notify **Director Jack Ford**  at the email address provided at the side.

Regardless if any officer wishes to stay on, anyone can seek the position. Any member in good standing can be considered for offices of **Commander, 1st Vice Commander, 2nd Vice Commander, Sergeant-At-Arms, and, one of the expired 3 year term as Executive Committee Director.** The election and swearing in will be held at the **21 April 2024** General Membership meeting.

Each elected officer may be reconsidered for office by the Nomination Committee, should they continue to express and interest in continuing in that position. All existing Officers and Directors, as well as those wishing to be considered for an office, need to **present their intentions in writing. or email,** to the Nomination Committee or Adjutant **before 12 April 2024.**

Our Post welcomes new ideas and new directions. Won't you consider continuing to serve and volunteer to fill one of our Post offices for the upcoming year that begins in May 2024 and concludes in April 2025.



Our **Chaplain, Richard Hoffer** has made more **BUDDY CHECK** phone calls that we can count! If you see the following phone number come up on your caller ID, **(702) 768-9022**, answer it, it is **Richard, our Chaplain making a buddy check!**

If you were someone who did get a call from him, how did it make you feel? You are important to us and we strongly respect the service you provided to our Country. A **BUDDY CHECK** is one way we can continue to stay in touch with each other and ensure that no one slips through the cracks. Anyone who has experienced or witnessed a situation that involves the possibility of death or serious injury, or who learns that a close family member or friend has experienced a traumatic event, can develop post-traumatic stress disorder, although most people don't. It's still not completely understood why some people who are exposed to traumatic situations develop PTSD while others don't. **Take some time right now and make it part of your regular schedule to reach out to a fellow vet and do a BUDDY CHECK.**

If you think this is something that **you would volunteer to do, contact Richard Hoffer, Chaplain.** He would love to have some help reaching out to our membership and also to those Veterans who are American Legion members but not a member of a specific Post.

You can make a difference for a fellow vet.

POST CONTACTS:

[elected offices in BOLD]

COMMANDER, Joel Forman, PDC ,
Phone (702) 274-1434,
akan00001@gmail.com

1ST VICE CDR, Michael Percival ,
Phone (702) 901-9413,
mgpercival7@gmail.com

2nd VICE CDR, Walter Cheatham ,
Phone (702) 741-4415,
buzzcheatham@gmail.com

SERGEANT AT ARMS, John Purcell
Phone: (631) 379-4955
msfd33@icloud.com

ADJUTANT, Stephen Daugherty ,
Phone (253) 691-0617,
stevedaugh@aol.com

FINANCE OFFICER, Frank Timbers ,Phone (702) 277-9160,
frankt2755@gmail.com

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Phone (702) 768-9022,
richardh360@cox.net

JUDGE ADVOCATE, Willie Barron ,
Phone (702) 848-8312,
americanlegionwillie@aol.com

COLOR GUARD, Walter Cheatham ,
Phone (702) 741-4415,
buzzcheatham@gmail.com

HISTORIAN, Gary Parriott ,
Phone (702) 269-7823,
garyparriott@gmail.com

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acchief@aol.com

Larry Eisenberg ,Phone (503) 351-0502,
lseinlas@gmail.com

Tony Mascari ,Phone (702) 218-0689,
nvpost76ppc@gmail.com

IMMEDIATE PAST COMMANDER,
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Phone (240) 838-6131,
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COMMUNICATIONS OFFICER,
Roger Henning
Phone (702) 595-1795,
NVPost76@gmail.com

WEBMASTER, Dennis Christiansen
Phone (702) 429-3724,
ampexace@gmail.com

COMMANDERS MESSAGE

As many of you know, several Post members gather for breakfast every Wednesday morning at the Harvest Cafe. This past week, one of our members had a medical episode towards the end of the meal. I will not mention any names as most veterans shun the limelight and just go about their own business, still serving. Several of the members stayed on to assist our fallen brother until Las Vegas Fire & Rescue arrived. Two of our members, in particular, offered aid and comfort during event, followed the ambulance to the hospital and stayed until our member was in a room and was stabilized. I am pleased to report that our member is home and doing just fine at this time. To those members who stayed and, in particular, those two members who followed to the hospital, I and the Post thank you. Your efforts helped this story have a happy ending.



Our next meeting in April is our **annual elections for officers for the 2024-2025 year**. Next year will be a challenging one for our Post. Settling in to our new home at CenterWell, the increase in dues, and for many of us approaching middle age will be a challenge.. We have been fortunate in recruiting several "younger" veterans into our Post, and that is what we need to continue to do. Our Color Guard, and our information tables is are always looking for "younger legs" and members who are willing to talk to veterans about joining us.

If you are up to and willing to meet this challenge, please let PDC Jack Ford or me know.

Our two major events coming up are Memorial Day and the July 4th Parade in Summerlin. I am currently working with our partner in the Nevada National Guard to obtain a couple of military vehicles so those of us who can no longer march, still be in the Parade and let our community know we are here, still serving.

ADJUTANTS PEN

Be aware that you may receive a membership dues invoice in the mail, even though you know you have already paid. American Legion National Headquarters mails

invoices periodically to remind unpaid members about their payment status. But

there is an inevitable time delay from when you renew your membership online or by mail and when you actually get your renewal logged at Headquarters. Once you have received your new ID card, you may simply ignore any subsequent dues invoices. If you have any questions about your membership status, you can call the Adjutant, Stephen Daugherty, at 253-691-0617 any time 24/7.



Important reminder! Your membership dues for next year -- 2025 will be \$45, up from \$40, beginning with invoices mailed after 1 July 2024. This is because our National Headquarters raised their per capita dues by \$5, and your Post 76 had to follow suit.

Fun, fun at our monthly General Meetings. Come to our regular monthly meetings to enjoy the camaraderie of your fellow Legionnaires and our informative Guest Speaker Program. Speakers at every meeting are sure to capture your interest with the varied Veteran-related topics they present. As always, we meet **every 3rd Sunday of the month at 1:30 PM at the CenterWell Senior Primary Care 4919 W. Craig Rd. Las Vegas 89130.**

CenterWell Senior Primary Care graciously volunteered to come in and open their facility to us for our regular 3rd Sunday of the month 1330 hrs. meeting while they are closed. We are meeting at the 4919 West Craig Road. Las Vegas, NV 89130



Get to know CenterWell Senior Primary Care™

Here, we focus on physical, emotional and social wellness—with care that's completely centered on you. You'll get a dedicated care team to create your personalized care plan and advocate for the way you want to live. It's all part of how we define senior primary care.

It's a complete team

Our professionals partner together—and with you—creating a comprehensive primary care team that provides you with an individualized care plan. Our care team focuses on all aspects of health, and they're dedicated to helping you reach your health goals by delivering safe, quality senior primary care.

As a patient, you can enjoy all the support the members of our care team—care coaches, behavioral health specialists, social workers and clinical pharmacists—provide without additional cost or need to leave our center.



Our senior primary care is individualized and easily accessible

Caring

- Doctors who listen with compassion
- A dedicated care team
- Personalized care plans
- Coordinated referrals

Accessible

- Same-day appointments
- Family-friendly exam rooms
- 24/7 phone access to care team
- Online medical records
- Live video visits (TeleVisits)

Focused

- Shorter wait times
- Unrushed appointments
- Proactive care and follow-up
- Medicare Advantage plans accepted

Convenient

- Conveniently located centers
- On-site lab
- On-staff clinical pharmacist
- Coordination with Health Plan transportation (when needed)
- Convenient specialty network

Blue Diamond

4517 Blue Diamond Rd.
Las Vegas, NV 89139
Phone: 725-228-2982

Boulder Highway

6360 Boulder Highway
Las Vegas, NV 89122
Phone: 725-228-4520

Fremont Street

1766 E. Charleston Blvd.
Las Vegas, NV 89104
Phone: 702-843-2440

Green Valley

2381 E. Windmill Ln., Ste. 14
Las Vegas, NV 89123
Phone: 702-344-2936

Henderson

390 W. Lake Mead Pkwy., Ste. 120
Henderson, NV 89015
Phone: 725-220-8477

North Rainbow

3129 N. Rainbow Blvd.
Las Vegas, NV 89108
Phone: 725-231-9260

South Eastern

4813 S. Eastern Ave.
Las Vegas, NV 89119
Phone: 725-231-9260

South MLK

80 S. Martin Luther King Blvd., Ste. 100
Las Vegas, NV 89106
Phone: 725-228-4500

South Nellis

2875 S. Nellis Blvd., Ste. 3
Las Vegas, NV 89121
Phone: 702-843-2420

South Rainbow

915 S. Rainbow Blvd.
Las Vegas, NV 89145
Phone: 725-220-8667

South Summerlin

10180 W. Tropicana Ave., Ste. 136
Las Vegas, NV 89147
Phone: 702-848-3554

Spring Valley

4001 S. Decatur Blvd., Ste. 25
Las Vegas, NV 89103
Phone: 702-224-6967

Tenaya

2601 N. Tenaya Way
Las Vegas, NV 89128
Phone: 702-240-8155

West Craig

4919 W. Craig Rd.
Las Vegas, NV 89130
Phone: 725-220-8706

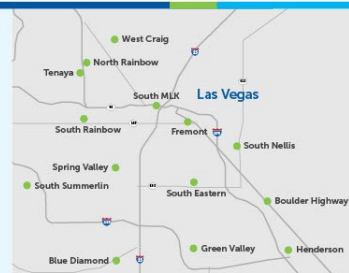
To become a patient, or get more information, call 702-963-5880

* Includes locations that are open or opening soon.

Providing access to the entire community is important to us. We accept Aetna (including HMO Prime), Alignment Healthcare, Humana and Wellcare Medicare Advantage and are finalizing participation with many other plans.

CenterWellPrimaryCare.com

CenterWell does not discriminate on the basis of race, color, national origin, age, disability or sex.



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News & Education | Advocacy | Local Fellowship

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AUSA
LAS VEGAS – JOHN C.
FREMONT CHAPTER

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SCAN ME

Contact Susan Plucker <susanplucker@gmail.com>, Joseph "Jay" Sweeney [jsweeney@ause6.org] or Tim Smith [tangoe7@aol.com] for more information. The Fremont meets monthly 4th Thursday of every month at 1730 hrs. at the Arroyo Parkway Army Recruiting Station (Near the CC-215 S. Rainbow exit). 7305 Arroyo Crossing Pkwy Suite 105, Las Vegas, NV 89118

2024 POST 76 MEMORIAL DAY CEREMONY



**Please Attend the
21th Annual Lakes Memorial Day Ceremony
Monday 27 May, 2024**

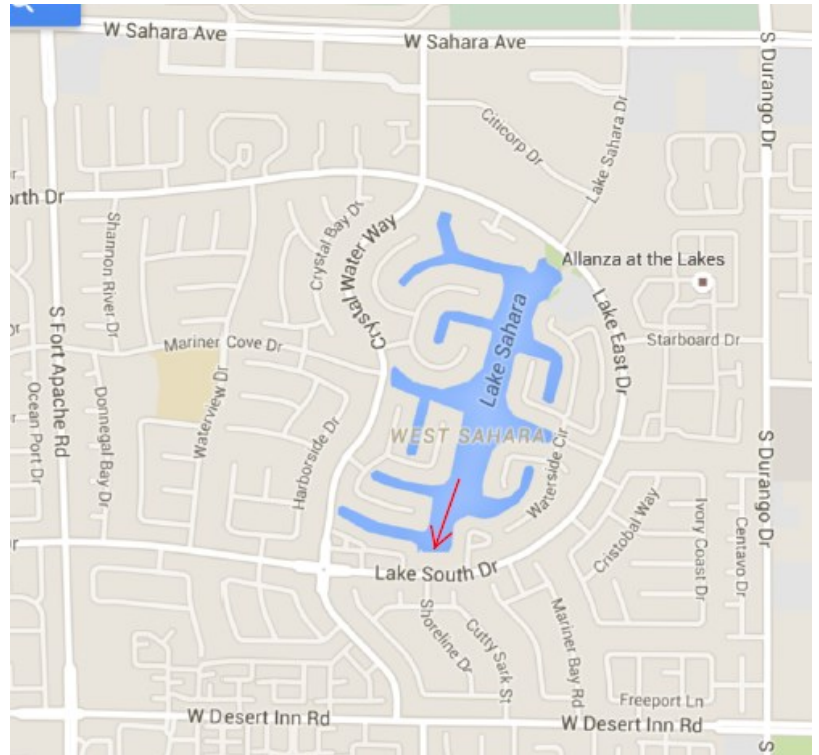
Solemnly and Promptly at 9:30 AM

Held at The Lake Sahara South Park
[APPROXIMATELY 3300 Lake South Drive]
[between Sahara / Desert Inn North-South
and Durango / Ft. Apache East -West]

Facilities and support is provided by Sahara West Association, The Lakes Association and the City of Las Vegas.

Because of the generosity of Victoria Seaman, Councilwoman Ward 2, City of Las Vegas, we will have chairs, additional on-street reserved parking, our memorial wreath, a large stage with a professional audio setup, and refreshments.

On Memorial Day, we remember and honor our fallen heroes.



Join Nevada Post 76 Spirit of Freedom Legionnaires, JROTC Students from Centennial and Palo Verde High Schools, our neighbors from Sahara West, The Lakes, The City of Las Vegas, representatives of those who have lost those that paid the ultimate price, and our distinguished speakers on this remembrance ceremony just prior to the important National Holiday to honor those who gave all to defend the way of life for us.



CENTENNIAL
HIGH SCHOOL

PALO VERDE
HIGH SCHOOL



Sahara West

The Lakes Association

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702.573.5356
WWW.CENTENNIALHILLSINSURANCESOLUTIONS.COM

BE THE ONE

TO **ASK** VETERANS
IN YOUR LIFE
HOW THEY ARE DOING

TO **LISTEN** WHEN
A VETERAN
NEEDS TO TALK

TO **REACH OUT**
WHEN A VETERAN
IS STRUGGLING

 **AMERICAN
LEGION**

BETHEONE.ORG

The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.



NEWS FROM THE AMERICAN LEGION AUXILIARY UNIT 76

Unit 76 is pleased to offer its **'American Legion Auxiliary Unit 76 and Friends' Cookbook**. A most unique endeavor it offers the tried and true recipes from friends and supporters around the country for breads, casseroles, cookies, soups, desserts and more. In addition, our cookbook also features two unique sections. **'Mess Hall Favorites'** which includes recipes from WWII cooks and many MRE recipes from the McIlhenny Tabasco Company. What a trip down memory lane! **'Dog Food and Treats'** is a nod to the many dogs who worked the front lines as well as those back home who serve our veterans as emotional and physical support animals. Back stories, history and dedications to relatives who served our country dating back to the war of 1812 are included.

The cookbook is \$20.00 with all proceeds supporting our continued programs for local veterans and military families. Payments are accepted via cash or check (made out to ALA Unit 76).

Save the Date: Saturday April 13, 2024 Unit 76 will be holding its **High Tea**. Tickets are \$25.00. Bring along your unit, friends, family and neighbors and buy a table of 8 for \$200.00 or come by yourself and meet new friends! Doors open at 11:00am for visiting, coffee, tea, charcuterie boards, shopping at our vendor tables and perusing raffle items. Lunch will be served at 12 noon and raffle tickets will be available for purchase throughout the luncheon. Raffle tickets are \$1.00 each or 6 for \$5.00. There are also several large, themed baskets being raffled for \$2.00 per ticket. Las Vegas Meadows Senior Living, 3900 So. Valley View 89102. Tickets available at the March 17 meeting as well as payment and reservations to **Cynthia Ferris. ala76president@gmail.com**

Southern Nevada Veterans Creative Arts The 2024 SNVCAC will be held on Saturday, September 14 at the VA on No. Pecos. Flyers are available at every monthly meeting. Any veteran who is enrolled at the VA is eligible to enter.

Women Veterans Conference. Four of our Auxiliary members manned a table at the March 9 conference at the Aliante Casino & Hotel. Vicki Bains, Cynthia Ferris, Alison McNeill and Patricia St. Clair spoke with many of these heroic women about the SNVCAC, our cookbook, membership in our auxiliary and the upcoming High Tea.

As reported by Cynthia Ferris, Auxiliary Unit 76 President



Left to Right — Standing: Patricia St. Claire, Cynthia Ferris
Sitting:- Vicki Bains, Alison McNeill

BSA ACTIVITIES



The Boy Scouts of America's Las Vegas Area Council in association with sponsor Safari Club International put on a "**Shooting Sports Day**" event on February 24, 2024. The event was held at the **Desert Sportsman's Rifle Pistol Club**, located west on Charleston Boulevard Road towards Red Rock Canyon.

Over 100 Cub Scouts, Scouts, and family members showed up for the event.

The event featured shooting activities for both Cub Scouts and Scouts. Cub Scout activities included Archery, BB-Gun, and Slingshot/Wrist Rockets; while the Scouts focused on Shotgun, Archery, and Rifle Merit Badges.

Steve Bickford, a member of Post 76, helped fourteen Scouts earn their Rifle Shooting Merit Badges.

Instruction included safety, always paramount when handling a rifle, as well as learning different rifle types, aiming/shooting, and cleaning.

Once instruction is over then it is out to the range for final qualification for earning their Rifle Shooting Merit Badge. Several Scouts from our Post's Chartered Troop 312 were in attendance too.

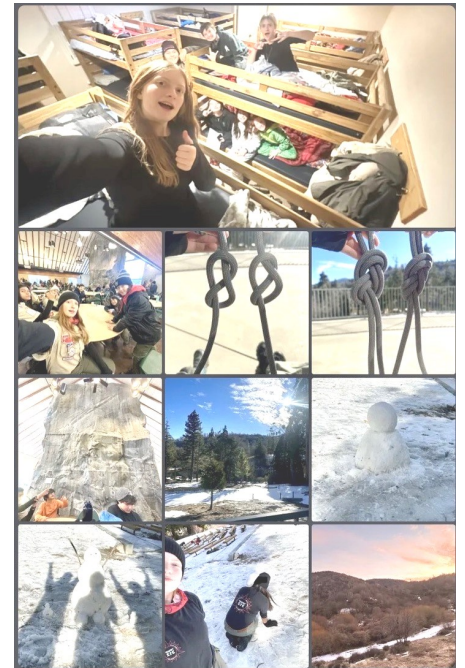
Steve Bickford is a BSA Rifle Shooting Merit Badge Counselor as well as a NRA Certified Rifle Instructor.

WINTER QUEST: TROOP 312 SCOUTS BSA ADVENTURE AT CAMP POLLOCK

by: John Denman, Life Scout- T312 LVAC

In the brisk January air, Troop 312, consisting of 16 scouts and 6 adult leaders, set out on a winter expedition at Camp Pollock in Cedar Glen, California. The Scouts BSA Winter Camp Adventure Weekend unfolded beneath the serene canopy of Hubert Eaton Scout Reservation, offering a unique blend of nature immersion and camaraderie. Although snow sports were canceled due to facility constraints, scouts delved into diverse activities. From art and fingerprinting to climbing, communication, public speaking, crime prevention, fire safety, first aid, graphic arts, and leatherwork, they explored merit badges that enriched their skills.

Adding a touch of service, some scouts dedicated hours assisting around the kitchen. Beyond Troop 312, other troops from different councils joined in the winter camping escapade, creating a community of scouts bound by the shared spirit of adventure amid the tranquil California landscape.



AMERICAN LEGION NEVADA POST 76 IS FORMING AN AMERICAN LEGION RIDERS GROUP (ALR).

The point of contact is John Purcell, our Post 76 Sergeant at Arms. If you are interested in joining the charter formation of the NV Post 76 American Legion Riders, you should contact him at:

John Purcell

Email: msfd33@icloud.com

Phone: (631) 379-4955

ALR is a program supported by a post or department of The American Legion and upholds the declared principles of The American Legion and conform to and abide by the regulations and decisions of the department, post, or other duly constituted department governing body.

Our riders join with Post 149 for Breakfast rides at 800 hrs. Additional information can be obtained from John Purcell.



MS. SENIOR UNIVERSE PAGEANT

Never-Ending Beauty Abounds! Your Post 76 Color Guard recently had the unmitigated pleasure of participating in the Ms. Senior Universe Pageant, held at the Horse Shoe Casino, 6 January 2024. The Color Guard anchored the opening ceremony with a presentation of the US flag and an uplifting rendition of the US national anthem.

The pageant was organized to honor and celebrate the lives and accomplishments of senior women as they approach the later years of their lives. The pageant contestants in the Ms. Universe event competed in age groups 60+, 75+, and 90+. The Color Guard troupe escorted each contestant as they took to the stage to prove that beauty and wisdom know no age limits. It was an evening to remember for all involved.



Left to Right: Joel Forman, Stephen Daugherty, Larry Eisenberg, Tim Smith

VA EXPANSION OF HEALTH CARE

The VA has announced one of the largest ever expansions of Veterans health care. All Veterans exposed to toxins and other hazards during military service - at home or abroad - will be eligible for VA health care beginning 5 March, 2024

This means that all veterans who served in the Vietnam War, Gulf War, Iraq, Afghanistan, Global War on Terror, or any other combat zone after 9/11 will be eligible to enroll directly in VA health care without first being ill or applying for VA benefits.

Additionally, veterans who never deployed but were exposed to toxins or hazards while training or on active duty in the United States will also be eligible to enroll.

You may want to see one of our **Veterans Service Officers (VSO)** or visit VA.gov/PACT or call **1-800-MYVA411** to learn more.

NEWS FROM SAL SQUADRON 76

Our **Sons of the American Legion (SAL) Squadron 76**, is associated with American Legion Nevada Post 76 of which you are a member. We need new members to bolster our Squadron and allow us to begin to fulfill our mission to support Post 76 activities and to organize fundraisers. We will be holding the first meeting SOON via ZOOM so everyone can participate.



SAL members include males of all ages whose parents or grandparents served in the U.S. military and were eligible for American Legion membership. Although SAL has its own membership, the organization is not a separate entity. Rather, the SAL is a program of The American Legion. **Many Legionnaires hold dual membership in SAL.** If you are the Son of a person that qualifies you for membership, I would ask you to please join us a dual membership Legionnaire and SAL

KWVA TIBOR RUBIN CHAPTER 329.

The Chapter is named for Tibor Rubin, a Medal of Honor recipient. His family members are also members of this Chapter.

The meetings are held on the third Saturday of every month at American Legion Nevada Post 8 - 733 Veterans Memorial Drive, Las Vegas, NV 89101. Post 8 was chosen because it has food service available.

The membership is open to all that served in Korea at any time from 1950 to present day. If you served in Korea, come join us and meet other veterans that may have had similar experiences as you. This is your chance to connect with locals in Las Vegas.

Members receive the organization's official magazine, **The Graybeards**, published six times a year and is occasionally supplemented with newsletters between issues. **(Non-Korea veterans are also welcome to join the KWVA as Associate members.)**

The Mission of the KWVA is to: **DEFEND** our Nation; **CARE** for our Veterans; **PERPETUATE** our Legacy; **REMEMBER** our Missing and Fallen; **MAINTAIN** our Memorial; and **SUPPORT** a free Korea.

KOREAN WAR VETERANS ASSOCIATION

CALLING ALL KOREAN WAR AND KOREAN DEFENSE VETERANS

We invite you to join the KWVA Brotherhood.
There are KWVA Chapters throughout America.
Go to our KWVA Facebook Page, our KWVA Website at kwva.us or call the KWVA National Office to join the KWVA at **217-345-4414**
Local Chapter: **(978)758-0532** or tangoe7@aol.com



American Legion Post 76
P.O. Box 34012
Las Vegas, Nevada 89133-4012

UPCOMING MEETING DATES :

E Board Meeting — 11 April 2024, 4:30 pm Summerlin Trails Community Center

GENERAL MEETING — 21 April 2024, 1:30 pm at CenterWell 4919 W. Craig Rd. 89130

E Board Meeting — 9 May 2024, 4:30 pm Summerlin Trails Community Center

GENERAL MEETING — 19 May 2024, 1:30 pm at CenterWell 4919 W. Craig Rd. 89130

E Board Meeting — 13 June 2024, 4:30 pm Summerlin Trails Community Center

GENERAL MEETING — 16 June 2024, 1:30 pm at CenterWell 4919 W. Craig Rd. 89130

NV POST 76 ANNUAL ELECTIONS OCCUR AT THE APRIL MEETING EVERY YEAR



Post Officers will be elected during the 21 April 2024 General Meeting. If you are interested in volunteering for a Post office, submit your request present you intentions in writing. or email, to the Adjutant would will pass it on to the Nomination Committee. Please be there and cast your vote.

Membership in The American Legion is based on a calendar-year from 1 January to 31 December
IF You have not yet paid 2024 dues, you are now expired. By paying your dues, you help our Post have the resources to support programs that benefit both veterans and families in our area.