



# The Post Journal

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

ISSUE 42 — October — December 2022

## How you can help 'Be The One'?

The American Legion recently launched its [Be The One campaign](#) to encourage American Legion Family members, veterans, servicemembers and others to take action when they believe a veteran is at risk of suicide.

Here are some answers to common questions about this new initiative:

**Question:** How did the "Be The One" initiative develop?

**Answer:** The American Legion, the nation's largest veterans service organization with more than 1.8 million members, is guided by its Four Pillars. Among those is the Veterans Affairs & Rehabilitation pillar. At its core, the Legion's mission is to enhance the well-being of America's veterans, their families, our military and our communities by their devotion to mutual helpfulness.

**Question:** Why is this a priority right now?

**Answer:** Today, the No. 1 issue facing those who served is veteran suicide, according to the [National Veteran Suicide Prevention Annual Report](#). Each day, no fewer than 17 veterans die by suicide. That's more than 6,000 each year. The rate of suicide for veterans is more than 50% higher than that of non-veteran adults. As the Global War on Terrorism continues, there will be more veterans facing mental-health issues such as post-traumatic stress disorder.

**Question:** What will the Be The One campaign achieve?

**Answer:** At its core, The American Legion is activating a national platform to end veteran suicide. The Be the One campaign will:

- Destigmatize asking for mental health support, creating opportunity for those with mental health issues to speak freely and get the support they need.
- Provide peer-to-peer support and resources in local communities.
- Deploy FDA-approved therapeutics for veterans to identify issues and find resources for support.

**Question:** I'm not a veteran. How can I support this program?

**Answer:** The stigma associated with mental health issues is a barrier to veterans seeking assistance. They fear loss of their job, think they can handle their situation themselves, or don't think others can understand their situation. Family members may be the first to recognize the signs that their loved one needs help, but they may lack the knowledge of how to approach the situation. If you have a family member who is a veteran, The American Legion encourages you to Be the One to:

- Ask veterans in your life how they are doing.
- Listen when a veteran needs to talk.
- Reach out when a veteran is struggling.
- Pledge to Be the One at [betheone.org](http://betheone.org) by signing up for email updates.

**Question:** I'm a veteran. What should I do to help this program succeed?

**Answer:** While this program is designed to help all veterans, we know that everyone responds differently to stresses, have different life experiences and have varying results in types of treatment. However, the following are guidelines intended to provide help before a crisis situation develops. The American Legion encourages you to Be the One to:

- Talk with others about how you are feeling.
- Ask for help when you know you need it.
- Know there are millions of people ready to help you.
- Remember your family and friend's care.

### POST CONTACTS:

**COMMANDER.:** Pranava Moody  
Phone: (240) 838-6131  
pranavamood@gmail.com

**1<sup>ST</sup> VICE CDR.:** Tim Smith  
Phone: (978)758-0532  
tangoe7@aol.com

**2<sup>ND</sup> VICE CDR.:** Walter Cheatham  
Phone: (702) 741-4415  
buzzcheatham@gmail.com

**SERGEANT AT ARMS:**  
Scott Moody  
Phone: (240)838-6132  
spmfour@gmail.com

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

**FINANCE OFFICER:**  
Bradley Rocco  
Phone: (702) 904-0176  
bradley.rocco11@gmail.com

**CHAPLAIN:**  
Richard Hoffer  
Phone: (702) 768-9022  
richardh360@cox.net

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

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

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

**DIRECTORS:**  
Jack Ford, PDC  
Phone: (702) 228-4810  
acchief@aol.com

Joel Forman, PDC  
Phone: (702) 360-5833  
akan00001@gmail.com

*Open Director position*

**IMMEDIATE PAST COMMANDER**  
Tony Mascari  
Phone: (702) 218-068five  
bm1mascari@yahoo.com

**NEWSLETTER EDITOR:**  
Roger Henning  
Phone: (702) 595-1795  
NVPost76@gmail.com

### POST MAILING ADDRESS:

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

## ***Sock-it-2UM Time***

With temperatures in the hundred plus range and weeklong high heat warnings it's almost impossible to believe that in three more months we will have bone chilling winds flowing through the cement canyons of Las Vegas. But that is reality and so it's time to begin our annual Sock-it-2UM fund drive to provide warm socks for our less fortunate homeless brothers and sisters. Winter in Las Vegas can be just as cold as our summers can be stifling hot and the biggest demand at shelters is for dry warm socks. We need your help and support to make this program successful each year.

Please mail your donation, however small or large to:

Thanks for your support,  
Jack Ford, PDC  
Program Chairman

**Sock-it-2UM Program**  
**Spirit of Freedom Post 76**  
**P.O. Box 34012**  
**Las Vegas, NV 89133-4012**

## ***Palo Verde High School and the Air Force JROTC fondly remembers Foreign Language teacher Barbara Edwards at 9-11 event.***

Friday September 9<sup>th</sup>, the Palo Verde High School along with members of the community that included students, the Palo Verde Air Force JROTC, as well as community supporters; Radio Personality Cathy Navin, Association of the US Army's Vice President for JROTC and ROTC Operations and American Legions "Spirit of Freedom" Post 76 1<sup>st</sup> Vice Commander Tim Smith of North Las Vegas, and many others took the solemn obligation of remembering Teacher Barbara Edwards who was among those killed on flight 77 which struck the Pentagon on September 9<sup>th</sup>. 2001.

Among the tributes besides the Memorial Plaque on the school's property at the soccer field is a large memorial tribute which is in the school library which spans several bookcases and many other artifacts from that very painful day.

## ***Post 76 supports 240th Engineer Company Family Day at Craig Ranch.***

On September 11, 2022 at Craig Ranch, the soldiers of the 240th Engineer Company of the Nevada National Guard and their family members and friends were treated to a visit by the "Spirit of Freedom" Post 76 during their first family day since the ending of community restrictions of COVID.

The Legion Post members and their spouses assisted with handing out meals and refreshments as well as provided them information of various Veterans activities and information of benefits of American Legion membership.

The day was capped off with games and assorted activities which culminated with a "pie in the face" fundraiser which will assist with Family Support Group activities later this Fall and during the Holiday season.

## ***Legionnaire Bickford provides Community Support***

Fellow Post 76 Legionnaire Steve Bickford was an Assistant Tournament Director for the Las Vegas Chess Open tournament at the Flamingo Hotel over the August 26 - 28, 2022 weekend. More than 150 chess players signed up to play in five sections. Steve was in the "Backroom" with one of the computers running software that recorded the players results, generated pairings, and all the other computer related tournament activities. Each day started around 8:30 a.m. and ended around mid-night, luckily he was able to go home early Saturday night, 9:30 p.m., but not so on Sunday when the tournament was coming to an end and couple of pawns were needed to keep his eyelids open.

Legionnaire Bickford was a co-instructor for a NRA Basic Firearm Safety Course held at the local BSA Las Vegas Area Council HQ on August 13, 2022. The four-hour class covered safe handling and storage for pistols, rifles, and shotguns.

While no live ammunition was present a variety of firearms were available to go over functionality with respect to safely and operation. These and other firearm related classes are offered by the Silver State Shooting Sports Association organization in conjunction with the LVAC BSA Shooting Sports Committee, which Steve is a member.

## ***MEMBERSHIP REPORT***

With over 50% of our members having renewed their membership for 2023 there are some issues with the renewal notices that are sent by The Nation Organization in Indianapolis. The first issue is where it says "MEMBER SINCE" 2022. This, in most cases is a typo. We are aware of the error and when you receive your 2023 membership card, the continuous years will be correct. It is not necessary to send us photocopies of your previous membership cards, renewal notices or handwritten notes. The second issue is the elimination of the area to fill in your preferred phone number and email address. This is very important confidential information for the Post Adjutant. If a question arises from a member, and there is no way to contact him or her with the answer, someone will be unhappy. Also, we take "Buddy Calls" very seriously at the Post, and if we cannot reach you, well, we are not able to do our job in checking up with our members to see if we can be of any service to them. Please help us to help you by providing your preferred contact information on your renewal slip.

We are continuously looking for members to step up and be leaders in our Post. Whether your interest is in becoming a member of the Executive Board, the Post Color Guard, membership team, scouting or anything else that we operate under the FOUR PILLARS of the American Legion. Where else can one be so fortunate to have had the honor of meeting and talking to a member who parachuted behind enemy lines on D-Day and then again in Operation Market Garden. A member who was there when Pearl Harbor was attacked on 7 December 1941. The opportunity to talk to a DOTA (Documented Original Member of the Tuskegee Airmen) at their last convention here, in Las Vegas. And the opportunity to meet a member of the 442nd "Go for Broke" Regimental Team. Consider stepping up, share your knowledge and experience. You will enjoy it! Contact any one of our officers for further information.

Joel M. Forman Past Post 76 Commander and Director

## ***UPCOMING EVENTS OF INTEREST***

Saturday, 1 October, Participation, Senior Veterans Recognition BBQ, South Lake Park, TBD.

Saturday, TBD, Participation, Memorial Dedication, South Lake Park, TBD.

Sat, Sun, 5-6 November, Information Table, Aviation Nation, Nellis AFB, 09:00-16:00.

Monday, 11 November, Veterans Day Parade with Scouts, TBD.

Monday, 11 November, Post Participation, John Hilgar II Veterans Day Memorial Putting Tournament & Birthday Celebration, Angel Park G.C., 07:00-18:00.

Fri, Sat, Sun, 11-13 November, Post Participation, Hero's Open Pickle Ball Tournament, Sunset Park, TBD.

Saturday, 12 November, Information Table, Galleria Mall on Sunset, 11:00-15:00.

Monday, 21 November, Color Guard, VLS 3rd Annual Golf Tournament, Rhodes Ranch Golf Course, 08:00.

## ***POST 76 AND OUR SPONSORED SCOUT PACK AND TROOPS WINS SUMMERLIN RESIDENT CHOICE AWARD AT THE SUMMERLIN PATRIOTIC PARADE 2022***



## ***POST COMMUNITY ACTIVITIES***

This is just a small sampling of some of the activities that Post 76 Color Guard is able to accomplish.

### ***POST 76 COLOR GUARD AT THE OAKMONT VETERAN PINNING CEREMONY***

At the Oakmont of The Lakes Assisted Care Facility, 3250 South Ft. Apache Rd., the Color Guard presented the Colors and assisted in recognizing and pinning Veterans.



### ***VIETNAM PINNING CEREMONY***

At the Cora Coleman Sr. Ctr, 2100 Bonnie Ln 89156, Congressman Horsford & Commissioner Kirkpatrick sponsored a Vietnam Veteran Pinning & PACT Act Awareness. This was a non-political event.

The Post provided the Color Guard for presentation of Colors and had an information/recruiting table for the event. Thanks to Larry Hamm for inviting us. It was interesting to note that there were several members of other Posts in attendance.

## ***ALL VETERANS TO BENEFIT FROM NEW ACT SIGNED INTO LAW, WILL GET FREE LIFETIME ACCESS TO NATIONAL PARKS***

An act signed into law gives all veterans and Gold Star families free lifetime access to National Parks.

The act was part of the defense authorization bill which was signed into law.

“When you take your oath, if you go into the service, to protect and defend the Constitution of the United States against all enemies, foreign and domestic, you really are protecting the homeland,” stated the National Park Service’s new director Chuck Sams. “I think this is a great recognition of that responsibility you took on to serve your nation.”

Back in 2020, the Department of Interior announced that veterans and Gold Star families would get free access to national parks and other public lands, but this law makes it permanent.

Many popular destinations, such as the Grand Canyon National Park and Yellowstone National Park, can now be visited by veterans for no cost.

In order to use the benefit veterans will need to present a form of valid identification, which may include:

- DoD ID card
- Veteran Health Identification card
- Veteran ID card
- State-issued card displaying veteran status

## ***ZOOM MEETING UPDATE***

Attempts to broadcast our General Meeting via Zoom have been temporarily suspended.

## ***POST 76 WEBPAGE UPDATE***

The Post 76 webpage has been transitioned to a new place and we now have a new website.

***<https://www.nvpost76.com/>***

Our previous \*.org is associated with a different company, so please only use the new designation <https://www.nvpost76.com/>

## ***DIRECTOR MAHON LEAVING FOR GREENER HILLS***

I'd like to announce to all members my resignation as a Post 76 Director, due to my family and I moving soon from Las Vegas to Northeast Tennessee.

I'm not sure when exactly we'll be leaving as we must sell all 3 houses we live in, but we have already begun that process. How long that will take in the current market is uncertain.

We've enjoyed living in Las Vegas these past 12 years, but family matters sometimes disrupt life plans. My association with Post 76 and the wonderful folks I've met through that association have been the absolute best part of living here for me and I will miss all that very much.

Warmest Regards, Tom Mahon, Director

## ***NVARNG FAMILY DAY***

At the Craig Ranch Park, North Las Vegas, Post 76 Officers and Auxiliary attended the Nevada Army National Guard (NVARNG) FAMILY DAY SUPPORT, 240th EN Co. Those pictured include, from left to right: Willie Cheatham, Walter Cheatham Steve Daughtery, Joel Forman, Dennis Christiansen. Tim Smith and Maureen Smith.

This was a good event. Only our Post and a VFW Post from North Las Vegas were invited. Our recruiting committee was in fine form signing up 3 new members for the Post and one new member for the Auxiliary



If you would like to correct our distribution list, email your contact information to:

**[nvpost76@gmail.com](mailto:nvpost76@gmail.com)**

**In addition to email from MailChimp, we have three electronic outlets:**

1. Our **NEW WEBPAGE**: <https://NVPost76.com>
2. FACEBOOK: [www.facebook.com/ALPost76LV](http://www.facebook.com/ALPost76LV)
3. TWITTER: [www.twitter.com/ALPost76LV](http://www.twitter.com/ALPost76LV)

## ***THE AMERICAN LEGION HAILS SENATE, 117<sup>TH</sup> CONGRESS FOR 'HISTORIC BIPARTISAN ACHIEVEMENT' ON PACT ACT***

WASHINGTON (June 16, 2022) – The head of the nation’s largest veterans organization praised the Senate for its passage of legislation that will provide comprehensive benefits to veterans suffering from conditions linked to toxic exposure during their time in the U.S. Armed Forces.

“Today, the U.S. Senate has saved lives and truly delivered for veterans,” American Legion National Commander Paul E. Dillard said. “By passing the Sergeant First Class Heath Robinson Honoring Our PACT Act, the 117<sup>th</sup> Congress has put substance behind the phrase, ‘Thank you for your service.’ The American Legion is grateful for the service of millions of veterans who were exposed to burn pits, atomic radiation, Agent Orange and other environmental poisons. Thanks to the U.S. Congress, these men and women will be able to receive the care and benefits they have earned. The PACT Act is an historic bipartisan achievement. The American Legion thanks not only those who voted for this legislation but the thousands of Legionnaires and advocates who worked to make this happen. We look forward to President Biden signing the Honoring Our PACT Act into law.”

The Honoring Our PACT Act, which had already passed in the House of Representatives, will provide health care for millions of veterans who were exposed to contaminants emanating from open-air burn pits. It establishes presumptions of service connection for 23 respiratory illnesses and cancers linked to burn pits and other hazards. It will also provide additional resources and staff to the Department of Veterans Affairs.

## ***POST 76 HISTORIAN HONORED BY DAR AND DAUGHTERS OF 1812***

Our own historian Gary Parriott received quite an honor, to receive 2 awards from DAR at the same time, The *OUTSTANDING ACHIEVEMENT IN HISTORIC PRESERVATION*, and *EXCELLENCE IN HISTORIC PRESERVATION*. These were two of their highest awards to a non member. He was also recognized by a sister organization to the DAR, The National Society United States Daughters of 1812 (U.S.D. 1812) with the *AMERICAN HEROS AWARD*.



### ***EVERYONE IS INVITED TO THE ANNUAL JOHN H HILGAR II VETERANS DAY MEMORIAL PUTTING TOURNAMENT & BIRTHDAY CELEBRATION***

Nov 11th, 2022 open registration from 7 a.m. till 6 p.m.

Angel Park G.C. 100 S Rampart Blvd, Las Vegas Nv. 89145

Come out and bring the family for a fun time and to help support the American Legion’s Operation Comfort Warriors. Everyone is invited to a unique putting contest with both 9 & 18-hole competitions. There is also be a hole-in one contest on the 1st hole.

Suggested donation of \$20 for adults 17 and older, \$5 for children 11 thru 16 and free to everyone under 10 yrs. 100% of donations are used to purchase rehabilitation and recreational items for wounded/injured military personnel. Winners will be congratulated with names added to our tournament plaques. All equipment is provided or you can bring your own favorite putter.

Any questions call/text John @ +1 702-376-5885

## ***SCOUTING UPDATE***

Mark and Martin Moody, the youngest two sons of Post 76 Commander, Pranava, and Post 76 Sgt-at-Arms, Scott, received their Eagle Scout Awards on August 27. Thank you to everyone who came to celebrate this special day with them. Pictured here are (back row) Martin Moody, Mark Moody, Matthew Moody, Michael Moody, (middle row) Scott Moody, Forrest Bradley (Pranava's father), (bottom row) Christine Moody (Scott's mother), and Pranava Moody.



Earning the Eagle Scout rank requires youth to earn a minimum number of Merit Badges, hold positions of leadership, receive Scoutmaster recommendation for consideration, and also to plan-out and lead a service project that benefits the community. These service projects must be approved by both the unit's adult leadership and by the local BSA Council Office. Mark's Eagle Scout service project was the coordination, fundraising, construction, and installment of two "Friendship" benches for Dondero Elementary School. Martin's Eagle Scout service project was the coordination, fundraising, and completion of a major painting project of the RTC Sunset Maintenance Facility's visitor and employee's parking lots. Both boys exhibited outstanding leadership in their projects and throughout their scouting journey and are honored to join the growing number of Eagle Scouts that claim Troop 312 as their home.

## ***POST SOCIAL ACTIVITY — BOWLING NIGHT***

The Post held a social event for all members, family and friends. It was at the Red Rock Bowling Center. A good time was had by all and FUTURE SOCIAL EVENTS will be scheduled in the future. Watch your email and announcements at the General meeting for our upcoming events. Pictured are Pranava Moody, Scott Moody, Tim Smith, Steve Daugherty, Lou Gross, and Brad Rocco.



Not pictured is Steve Bickford and his Wife, and Tim's wife. The two scouts are Brad Rocco's daughters. Brad is our new Finance Officer.

## ***50+ FESTIVAL AT SANTA FE HOTEL & CASINO***

This is one of several events held at various such venues around Southern Nevada. It is a draw for veterans as well as the general public. The Post membership team looks forward in participate in community events such as these. Not only is information about the American Legion available, but direction is given to those veterans and family members who might have questions about benefits entitled to them. A bonus in having an information table is the opportunity to recruit new members as well as transferring members into our Post.



American Legion NV Post 76

P.O. Box 34012

Las Vegas, Nevada 89133-4012

## UPCOMING MEETINGS:

*E Board Meeting —13 October 2022, 4:30 pm Summerlin Trails Community Center*

**GENERAL MEETING** — 16 October 2022, 1:30 pm at Humana 4830 W. Craig Rd. Suite 130

*E Board Meeting —10 November 2022, 4:30 pm Summerlin Trails Community Center*

**GENERAL MEETING** — 20 November 2022, 1:30 pm at Humana 4830 W. Craig Rd. Suite 130

*E Board Meeting —8 December 2022, 4:30 pm Summerlin Trails Community Center*

**GENERAL MEETING** — 18 December 2022, 1:30 pm at Humana 4830 W. Craig Rd. Suite 130



Join all veterans at Humana on the 2nd & 4th Wednesdays of each month from 0930 -1030 at the Veterans Coffee Club at HUMANA Community Center 4830 W. Craig Rd. Suite 130, 89130. If interested, contact Director Forman because often we meet at the Harvest Cafe across the street.

**Membership in The American Legion is based on a calendar-year from 1 January to 31 December**  
**IF You have not yet paid 2022 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.  
**Our Fiscal Year is July—June of each year. If you have not renewed, You will continue to receive notices to renew for the 2023 calendar year. Please renew for Fiscal Year 2023.**