



The Post Journal

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

ISSUE 40 — April — June 2022

The 10 Anniversary of The Post Journal

Issue 40 is the **10th year of continuous quarterly newsletters** from the Spirit of Freedom Post 76.



The newsletter for Post 76 had been sporadically published other times in the earlier history of the Post but not continuously. **The Post Journal** was started by Lance and Bonnie Parrino way back in 2012. It was taken over by the current newsletter editor when they moved to Ohio to further their careers.

The newsletter was occasionally a 4 page version, and normally an 8 page version. It was also sent out as a 12 page version but reduced back to its normal 8 page version after that to reduce the expense to what the Post could afford.

For a while in 2019 and 2020 a full color expanded email only version was produced, but so few members opted in to that version, it was discontinued in lieu of this black and white printed version. Maybe sometime in the future, enough members will opt in to a full color expanded email version to make it worthwhile to produce it.

Upcoming Post 76 Events

2nd Vice Walter Cheatham needs help from fellow legionnaires to cover these upcoming events. If you can help out, please contact him at the number above. —>

Fri, Sat, Sun, 8-10 April, Information Table, Fantastic Indoor Swap Meet, 1717 S Decatur Blvd, 09:00-16:30.

Friday, 29 April, Information Table, Senior Expo, Orleans Hotel, 09:00-15:00.

Saturday, 28 May, Information Table, Galleria Mall on Sunset, 11:00-15:00, setup time TBD.

Monday, 30 May, Memorial Day Service, Lake Sahara South Park, 09:00-11:00.

Monday, 30 May, Color Guard, Oakmont of the Lakes, 14:00.

Saturday, 11 June, Information Table, Pahrump Nugget Casino, 11:00-15:00.

Monday 4 July, Color Guard, Post 76 Legionnaires, and our sponsored Scouts march in the Summerlin Patriotic Parade. Gather at approximately 0730 for a parade step off at 0900.

Saturday, 3 September, Information Table, Silverton Casino, 11:00-15:00.

Fri, Sat, Sun, 4-6 November, Information Table, Aviation Nation, Nellis AFB, 09:00-16:00.

Monday, 11 November, TBD, Veterans Day.

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

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ANNUAL ELECTION AT APRIL 2022 MEETING

Post 76 will be holding its annual elections during our regularly scheduled general meeting on 24 April 2022 at the Humana Community Center. Complete position descriptions can be requested from the Adjutant. The nominating committee is still looking for additional qualified candidates to consider for all of the following elected positions:

COMMANDER - will preside over all meetings of the post and have general supervision over post affairs.

1st VICE COMMANDER - will assume and discharge the duties of the Commander in the absence or disability of, or when called upon by the Commander and will be Chairman of the Membership.

2nd VICE COMMANDER - will assume and discharge the duties of the 1st Vice Commander in the absence or disability of the 1st Vice Commander and plan, schedule, and prepare for Post and patriotic events.

SERGEANT-AT-ARMS - will be responsible for overseeing the set-up and tear-down as well as maintaining order at all meetings.

DIRECTOR - will be elected for a period of three (3) years and represent the interests of the general membership on the Executive Committee and shall have sufficient autonomy to deliberate and act in favor of the greater common good and national interests of the membership. One of the three director is up for election each year.

If you are interested in any of these positions, you must contact the Adjutant at (702) 845-6234 or al76andy@gmail.com or e-mail NVPost76@gmail.com We are **also looking** for individuals who would be appointed by the Commander to fill the following positions:

Adjutant, Finance Officer, Judge Advocate, Historian and Chaplain.

There are openings for Legionnaires willing to volunteer to chair or serve on the following committees:

Membership, Americanism, Children & Youth (which includes Boys State Representative), Finance, Public Relations, Service, and Ways & Means



Sock It 2UM

Post 76 donates to the VA **Sock it 2 'um drive** consisting of socks, wool hats and gloves

For your information, socks are the #1 clothing need of those experiencing homelessness. The Sock It 2UM Campaign aims to put new socks on the feet of men, women and children experiencing homelessness and/or are in need. The motto of the campaign is, "We're making a social impact one pair of socks at a time!"

Photo From Left to Right:

2nd VC Walter Cheatham; Alt. NEC Jack Ford; Robert Johnson, Chief, Voluntary Service; P.P.C. Joel Forman; Finance Officer Dennis Christiansen.

POST 76 MEETS IN OUR PERMANENT HOME AT HUMANA

What Happens During a Meeting?

This is a fairly brief explanation of what is going on at an American Legion meeting, particularly to help our newer members become more comfortable with our rituals, what is considered our uniform, etc.

MEETING FORMAT

The Commander follows the opening ceremony which includes posting the colors, the Chaplain's opening prayer, the Pledge of Allegiance, the Preamble to The American Legion Constitution, and the posting of the POW/MIA flag. Then the Adjutant calls the roll of officers and announces whether there is a Quorum for the meeting to conduct business and then reads the minutes and the Commander asks for corrections and declares the minutes approved "as read" or "as corrected".

The Commander then introduces guests and visiting dignitaries and proceeds to Committee and Officer reports. Next on the agenda is unfinished business, new business, good of the Legion (where anyone can bring up any subject except religion or partisan politics), and the closing ceremony which includes the closing prayer and the retirement of the colors.

CAP COLORS

The all red cap is for National officers, including our Department National Executive Committeeman (NEC) and Alternate NEC. The all white cap is for Department (state) officers; the blue with white top cap is for District officers (we are in the 2nd District); and the all blue cap is for everyone else, including Past National, Department, and District officers.

UNIFORM

Technically, if you are wearing your American Legion cap, you are in uniform. The most commonly used full uniform includes a navy-blue blazer with the American Legion emblem on the left chest, white shirt with a legion tie, and gray slacks (skirt or slacks for women Legionnaires). The Eisenhower jacket (Legion buttons) and navy pants with a gold stripe down the legs is still a full uniform (with white shirt and tie). Sometimes, when parading in hot weather, the uniform specified will be white shirt and gray or navy pants.

STAND UP / SIT DOWN

The presiding officer (usually the Commander) will rap the gavel three times to signal everyone to stand and one time to sit down.

COVER / UNCOVER

It is proper to remain covered (wear the Legion cap) during parading or saluting the U.S. Flag, reciting the Preamble to the Constitution of The American Legion, and during the regular meeting business. It is proper for male Legionnaires to uncover during the prayer and Pledge of Allegiance. When uncovering, place the fingers of the right hand inside the front of the cap with the Legion emblem facing out and hold the hand and cap over the heart.

SALUTING

If wearing the legion cap, the military salute should be executed for the U. S. Flag. If not wearing the cap, place the right hand over the heart. Legionnaires often salute the Commander when standing to make a report or to get permission to speak, but it is not required. Once the meeting has started and the US Flag is posted, always salute the Flag when entering or leaving the meeting hall.

POW / MIA

The POW/MIA flag or chair cover is placed on a chair in front of the Commander's Station during the opening ceremony.

GUEST SPEAKERS

When asking questions of a speaker, make sure the question applies to the general interest of the audience. Do not make it about yourself or your situation. Please keep your questions/comments to 2-3 minutes maximum.

THE FIELD

You will hear mention of "the Field" and about "not breaking" it. The area between where the U. S. Flag and the Legion banner are posted is dedicated to those who lost their lives in service to their country. As such, no one should walk through or reach through the Field - walk around the colors.

APPROACHING THE PODIUM

Always approach the podium around the U. S. Flag and stop to salute it before passing behind it. When leaving the podium, if at all feasible, exit around the legion banner, stopping to again salute the U. S. Flag when clear of the Legion banner. If it is necessary to exit around the US Flag, again salute it before continuing around it.



COLOR GUARD EVENTS

The color guard has begun to be active lately.



As an example:

One of our own, Sergeant at Arms Richard Hoffer's mother -- Lorraine "Lorrie" Nellie Sances Hoffer, age 89, passed away 2/24/2022. Many of you may be familiar with Richard as he was the one that made hundreds of "Buddy Check" calls to our legionnaires over the last few years.

Lorrie was the most loving wife, mother, and grandmother. She dedicated her whole life to nurturing, caring for and supporting her family and friends. She loved to cook and bake and was very social and active. She was very spiritual and involved in church and with AMVETS. She was the neighborhood babysit her entire adult life. She was either mom, aunt, sister or grandma or best friend to everyone. Lorrie was definitely loved by so many people. The world was a much better place because she was in it.

A visitation for Lorraine was held Wednesday, 9 March, 2022 at St. Elizabeth Ann Seton Catholic Church, with a committal service at Palm Northwest Cemetery.

The Post 76 Color Guard attended the services and provided a flag line. Those on the flag line included Joel Forman, Walter Cheatham, Frank Timbers, Earl Stitt, Andy LeDuc, Tom Mahon, and Dennis Christensen.



HOMES FOR TROOPS

Another major event that the Post 76 Color Guard presented Colors for a "Homes for our Troops" ceremony, that was conducted on Saturday, 12 March 2022.

Army SGT Adam Poppenhouse, an Iraq war veteran and double amputee, was welcomed into a custom-built home for his wife and

Ribbon cutting Ceremony photo by Review Journal

young son. Homes for our Troops executive members participated in the ribbon cutting ceremony with Adam and his wife and son. Pictured from the left, Brigadier General (USA, Retired) Tom Landwermyer, President/CEO, Army SGT Adam Poppenhouse and family, and Dan Morgan, President of the Nevada Military Support Alliance

Homes for our Troops Mission: To build and donate specifically adapted custom homes nationwide for severely injured post-9/11 Veterans, to enable them to rebuild their lives.

www.hfotusa.org or (866-787-6677) for more information



PHILIPS RECALLS SOME CPAP AND BIPAP DEVICES

If you have been using a CPAP or BiPAP device when you sleep because you were diagnosed with sleep apnea or have abnormal breathing at night. Philips Respironics recently recalled some CPAP and BiPAP devices due to deterioration of the foam used to reduce sound and vibration. VA encourages you to register through the Philips Respironics patient portal if you have a device that has been recalled:

<https://www.philipssrcupdate.expertinquiry.com>

A NEW VA RULE CHANGE

A new VA rule change is going to have some undesirable repercussions on veterans across the nation. Until recently, the 85/15 Rule said that the VA could not pay for a student's education if they are in a program where more than 85% of the students have their tuition supported by either the college itself or the VA.

The new change is redefining what is considered a "supported student." Previously it was "any student receiving VA benefits." However, it will now be considered "any student who gets a scholarship grant from their school, who is granted a waiver or tuition and fee forgiveness, or any student using a payment plan".

TRENDING: Congress Gives U.S. Veterans a Generous Mortgage Relief Program – Confirm Eligibility in 60 Seconds with Quick Quiz

As you can see, the rule change will make it so a large number of non-veteran students fall under the 85/15 Rule.

This means that veterans who want to use their GI Bill could have a more difficult time enrolling at schools they want to attend.

Many think that the VA's intention for changing the rule was an attempt to decrease predatory schools from trying to get veterans to enroll so they can get more money coming into the school from students using the Post 9/11 GI Bill.

While the VA's motive of trying to prohibit schools from preying on veterans is worthwhile, many think this is not the way to go about it.

TRENDING: Veterans Given Huge Home Warranty Discount in 2021 – Get Your Free Military Discounted Quote in Seconds

Several members of Congress agree, and have sent a letter to VA Secretary Denis McDonough requesting the following.

- To provide a list of schools and/or programs that have been suspended under the new guidance.
- Why the VA changed its guidance on the 85/15 Rule when the statutory language in section 3680 of title 38, United States Code, did not change?
- What training and communication has been provided to schools on how to implement this new guidance?
- If students are activated by the Guard or Reserve during their academic term, will they be unable to return to their educational program if it drops below the 85/15 ratio during their activation?
- What resources is VA providing to school certifying officials to ask questions and gain clarification about the new guidance?

via Clearance Jobs

The letter included a suspense date of a reply back to Congress NLT December 1. The VA's response (if there was one) has yet to be released to the press.

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

nvpost76@gmail.com

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

1. Our WEBPAGE: **<https://NVPost76.org>**
2. FACEBOOK: **www.facebook.com/ALPost76LV**
3. TWITTER: **www.twitter.com/ALPost76LV**

MEMORIAL DAY CEREMONY

Please Attend the Special 20th Annual Lakes Memorial Day Ceremony — Monday 30 May, 2022 Solemnly and Promptly at 9:00 AM

Held at the Lakes South Park [see map] [between Sahara and Desert Inn North-South and Durango and Ft. Apache East -West]



Please consider attending our 16th Annual Memorial Day ceremony. The



media label this day as the official beginning of summer.

Some in the media say that it is a day to CELEBRATE and honor ALL the men and women who serve and have served, as well as those who paid the ultimate price. They are incorrect.

MEMORIAL DAY is that special day where we DO NOT CELEBRATE but HONOR and remember with humility and gratitude those who have paid the ultimate price for our freedoms and our way of life.

AVOID COVID-19 SCAMS

Have you gotten robocalls, text messages, or emails offering COVID-19 tests in exchange for your Medicare

Number? Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits in exchange for your personal or medical information. Do not give out your Medicare Number for COVID-19 test kits!

Make sure to purchase FDA-approved COVID-19 test kits from legitimate providers. Over-the-counter or at-home tests are available for sale around the U.S. at many reputable and trustworthy retailers and pharmacies.

Remember, each household in the U.S. can also have four free COVID-19 at-home tests shipped directly to their home at no cost. Visit [COVIDtests.gov](https://www.covidtests.gov) to order tests or learn more about testing.

If you suspect fraud, call 1-800-MEDICARE to report it.

SCOUTING UPDATE

Pack 312 held its Pinewood Derby for the almost 60 Cub Scouts we sponsor. The Cubs and their parents worked hard on the Pinewood Derby Cars for the weeks leading up to the race and had a great time on the day of. They also had their Blue and Gold celebration where five Webelos crossed into our Troop 312.

Troop 312 has another Eagle Scout! **Addison A.** passed her Eagle Board of Review on January 20, 2022. We are all so proud of her!!



POST 76 AUXILIARY



There was a fundraising event that the Auxiliary held. It was very successful and well attended. Hash House hosted a fundraising dinner in honor of American Legion Post 76 Spirit of Freedom. The date and time was Friday, 4 February 2022, 3pm to 8pm. Hash House donated 20% of all sales to benefit American Legion Post 76 Spirit of Freedom Auxiliary.



American Legion Auxiliary



INFORMATION TABLE

During the months of March and April, the Auxiliary will be at the North Las Vegas VA Medical Building with an Information table outside the west entrance. They plan to be there on Tuesdays and/or Wednesdays from 9:30-11:30am. If you are there, stop by, see the information they are sharing and say Hi!

SOUTHERN NEVADA VETERANS CREATIVE ARTS COMPETITION

The VA Public Affairs office is currently compiling a list of veterans wishing to participate in the competition. Once Covid restrictions are eased in the VA building, entrants will be able to sign up in the office. Until then, it is by email. vhalaspao@va.gov attention: John Archiquette

John needs the following: Name, category(ies) in which you wish to enter (up to 3 different categories), phone number and email address.

For those visual artists not able to attend the competition on June 25, their artwork may be delivered to the Charleston Heights Arts Center the morning of the competition between 7:30-8:30am. Performers may submit a video. Winners do not need to be present to win.

Cynthia (cynthiaferrismusic@gmail.com) is pursuing corporate sponsorships for branding items (\$10,000.00) and for the veterans hospitality room (\$2,000).

The VA is taking care of photography, videography, printing of booklets and arranging for local television and radio spots. The city of Las Vegas is donating Charleston Heights Arts Center as well as its professional staff.

SNVCAC now has a Facebook page! Please 'like' and 'share' it and follow all updates. Southern Nevada Veterans Creative Arts Competition



American Legion NV Post 76

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UPCOMING MEETINGS:

E Board Meeting —14 April 2022, 4:30 pm Summerlin Trails Community Center

NOTICE! The April Meeting date is changed to not interfere with Easter and Passover

GENERAL MEETING — 24 April 2022, 1:30 pm at Humana 4830 W. Craig Rd. Suite 130

E Board Meeting —12 May 2022, 4:30 pm Summerlin Trails Community Center

GENERAL MEETING — 15 May 2022, 1:30 pm at Humana 4830 W. Craig Rd. Suite 130

E Board Meeting —9 June 2022, 4:30 pm Summerlin Trails Community Center

GENERAL MEETING — 19 June 2022, 1:30 pm at Humana 4830 W. Craig Rd. Suite 130



Join us 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

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.