



The Post Journal

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

ISSUE 18

January 2017 — March 2017

COMMANDERS MESSAGE

It has been a very busy quarter for your Post 76. We have volunteered our Color Guard to assist the Nevada Department of Veteran Services in their new Veterans in Care (VIC) program. This is a wonderful opportunity to recognize our brothers & sisters who are living in assisted care facilities in here in Southern Nevada. It also is an opportunity for them to sign up for VA services. Many of these Veterans do not consider themselves to be Veterans and are unaware that they are entitled to these services. The members of the Color Guard present the Colors of our Nation and assist in presenting the certificates from the State of Nevada (Nevada Department of Veteran Services — NDVS) and a lapel pin proclaiming each Veteran a "Nevada's Heroes".



We are always looking for volunteers to join our Post Color Guard. Our Constitution & Bylaw committee has been working diligently on updating those documents and to remove vague and ambiguous language. This weekend we are having the District 2 Oratorical Contest and we are also involved in the 2nd District Revitalization over 3 days at the National Guard Armory on Range Road in an effort to make more Veterans in our area aware of the benefits of joining The American Legion. Some 1,300 post cards have been mailed to eligible Veterans in Southern Nevada. This program is being sponsored by National.

We are involved in so many other programs that space is not available at this time for me to list them all. I appreciate those of you who are being more involved in Post activities and invite everyone, who is able, to join us. Call any one of the Officers for more information.

For your Executive Board and myself, I wish everyone a very Merry Christmas, Happy Chanukah, Happy Kwanzaa, and a Happy & Healthy New Year.

Joel M. Forman — Commander

UPCOMING MEETING DATES :

E Board Meeting — January 12, 2017, 4:30 pm .

GENERAL MEETING — January 15, 2017 1:30 pm at Durango Hills YMCA

E Board Meeting — February 9, 2017, 4:30 pm .

GENERAL MEETING — February 19, 2017 1:30 pm at Durango Hills YMCA

E Board Meeting — March 9, 2017 4:30 pm .

GENERAL MEETING — March 19, 2017 1:30 pm at Durango Hills YMCA

E Board Meeting — April 13, 2017, 4:30 pm

Note: Change in Date of General Meeting due to a Religious Holiday

GENERAL MEETING — April 23, 2017 1:30 pm at Durango Hills YMCA

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ADJUTANT'S PEN

Post 76 members who have not renewed their membership for 2017 by 31 December will be technically expired. We hope everyone will try to pay their membership dues before the end of the year to keep their Continuous Years intact and help Post 76 continue to thrive. It'll also help the Post win a monetary prize from American Legion Department of Nevada for being the 1st to reach 100% of our goal for Paid Members. You can help us win this prestigious prize by renewing as soon as you can, either online (www.mylegion.org) or payment with check or money order to PO Box 34012, Las Vegas, NV 89133. As a reminder again, once you receive your new Post 76 ID card, you should **not** respond to any other dues invoice mailings from National—they're sometimes behind the dues processing delay curve.

If you have questions on your membership status, please contact your Adjutant with email at stevedaugh@aol.com or call to 253-691-0617.

The General Meeting is where all the action is. Held every 3rd Sunday of the month at the Durango Hills YMCA, this is where you'll get a head start on all the detail about upcoming veteran-related events around the Las Vegas Valley, find answers to many of your questions on veterans' benefits, and enjoy the camaraderie of your fellow veterans. Every month our Guest Speaker Program features a different presentation from representatives of veteran-related organization that offer a broad range of assistance for our veterans. Come to a meeting and discover what you may be missing.

Your Post is serious about supporting The American Legion vow to work every day on behalf of all US Service men and women. Post 76 is involved in many community events to further its mission, and volunteers are always needed to keep the ball rolling. If you would like to join in the fun as a committee (Membership, Activities, Boys State, Oratorical Contest, School Awards—to name a few) member, participate in Color Guard events (parades, conventions), community events (Veterans Stand Down, Job Fairs, Information Fairs, PBS donation drives, etc), or give us ideas on your own way of contributing, you can contact the Commander or Adjutant any time—we need your support to keep Post 76 thriving.

Nominations for the new slate of elective officers (Commander, 1st Vice-Commander, 2nd Vice-Commander, Sergeant-at-Arms, Trustee) will be held during the General Meeting in March 2017, and elections will be held in April 2017. Officers appointed by the Post Commander are Adjutant, Finance Officer, Service Officer, Historian, Chaplain, and Judge Advocate. If you want to step up and lobby for one of these positions, or nominate someone else to fill a position, please put your intent in writing (or email) to Commander Forman or Adjutant Daugherty. Post 76 will continue to be successful in helping veterans only if we have concerned officers to help set the pace.

Post 76 Adjutant can get your answers and help make your membership in Post 76 a more rewarding experience. Contact **Steve Daugherty, (253) 691-0617** any time 24/7.

HONORING THOSE WHO SERVED

The rendering of military funeral honors is a way to show the nation's deep gratitude to those who, in times of war and peace, have faithfully defended our country. This ceremonial paying of respect is the final demonstration a grateful nation can provide to the veteran's family.

A Department of Defense website (<https://www.dmdc.osd.mil/mfh>) provides a wealth of information about military funeral honors as well as a resource tool for funeral directors as they assist veterans' families by arranging military funeral honors. Some of the information on the website includes:

Who is eligible for Military Funeral Honors?

- Military members who died while on active duty or in the Selected Reserve
- Former military members who served on active duty or in the Selected Reserve and were discharged under other than dishonorable conditions
- Former military members who completed at least one term of enlistment or period of initial obligated service in the Selected Reserve and were discharged under other than dishonorable conditions

What services can the family of an eligible veteran expect?

By law, military units are required to provide, at a minimum, a two-person uniformed detail to present the core elements of the funeral honors ceremony. The core elements of the funeral honors ceremony are:

- Playing of Taps
- Flag folding
- Flag presentation

LESSONS OF THE GEESE

The American Legion is an Organization founded on the spirit of teamwork and support. You have probably all heard the expression dumb as a Goose. Actually that's an expression not validated by fact. Geese know and practice teamwork and support routinely. Its' instinct for a goose to know what to do

Every fall thousands of geese fly from Canada to the southern part of the United States to escape the bitterly cold Canadian winter. As soon as a flock of geese take flight from Canadian waters they quickly form a v-shape flying pattern, with one Goose in the center lead and all the other geese trailing behind in two close lines.

Wildlife scientists have conducted extensive studies to determine why geese and other migratory birds always fly in a distinctive v-formation. They found some fascinating results:

1. When geese fly together, each goose provides additional lift and reduces air resistance for the goose flying behind it. Consequently, by flying together in a v-formation, scientists estimate that the whole flock can fly about 70% farther with the same amount of energy than if each goose flew alone. Geese have discovered that they can reach their destination more quickly and with less energy expended when they fly together in formation. When people work together harmoniously on teams, sharing common values and a common destination, they all arrive at the destination quicker and easier, because they are lifted up by the energy and enthusiasm of one another.

2. When a goose drops out of the v-formation it quickly discovers that it requires a great deal more effort and energy to fly. Consequently, that goose will quickly return to the formation to take advantage of the lifting power that comes from flying together. Sometimes people playing on teams will drop out of the group and try to accomplish goals on their own. However, like the geese, they usually discover that they miss the synergy and energy that comes when they are an active part of a cohesive team moving toward their destination, and want to return to the group.

3. Geese rotate leadership. Since the goose flying in the front of the formation has to expend the most energy because it is the first to break up the flow of air that provides the additional lift for all of the geese who follow behind the leader. Consequently, when the lead goose gets tired, it drops out of the front position and moves to the rear of the formation, where the resistance is lightest, and another goose moves to the leadership position. This rotation of position happens many times in the course of the long journey to warmer climates. When a team is functioning well, various members of the team may take the leadership role for a while because of a particular expertise or experience. Consequently, on good teams, everyone has the opportunity to serve as a leader as well as a follower.

4. Geese honk at each other. They also frequently make loud honking sounds as they fly together. Scientists speculate that this honking is their way of communicating with each other during their long flight. Similarly, when working on teams, it is exceedingly important for each team member to communicate regularly with all the other team members. Teams frequently fall apart because of the lack of adequate communication among the various members of the team. Perhaps human teams can learn from flying flocks of geese that constant communication among members is exceedingly important in moving effectively towards a common destination.

5. Geese help each other. Scientists also discovered that when one goose becomes ill, is shot or injured, and drops out of the formation, two other geese will fall out of formation and remain with the weakened goose. They will stay with and protect the injured goose from predators until it is able to fly again or dies. Likewise, human teams work best when they do more than just work together, but care for the well being of each other.

This being said we are looking ahead to next year and encourage you to become involved in the continued success of Spirit of Freedom Post 76. It is anticipated that we will need to fill various Officer or activity positions in the 2017-2018 Membership year. If you are interested in becoming more active in your Post **please contact the Nominations Committee Co-Chairman Jack Ford and let your interest be known**



WHAT POST 76 ACCOMPLISHED LAST QUARTER

Post 76 is pleased to report a very busy and successful final quarter of 2016.

Among our Legionnaires' accomplishments were the following events:

1. Volunteered at PBS Channel 10 Ready to Learn Program project on 12 September, labeling 4200 books for Clark County School District consumption.
2. Participated in Retiree Appreciation Day at Nellis AFB 17 September with information table.
3. Participated with information table in Las Vegas Veteran Hiring EXPO and Summit on 21 September at Innevation Center.
4. Visited Vietnam Moving Wall event in Pahrump 22-25 September at Simkins Park.
5. Attended Honor Flight Breakfast 24 September at Applebee's.
6. Participated in Veterans Service Fair 6 October at East Las Vegas Community Center, handing out gloves, socks, shoe laces, and scarves to 110 needy veterans and their families.
7. Met Nevada Honor flight returnees on 16 October at McCarran.
8. Attended the annual Gold Star Family Service on 25 September in Boulder City.
9. Participated with information table in Breast & Ovarian Cancer awareness event at VA Hospital on Wednesday 12 October.
10. Supported Family Day at Creech AFB with an information table at Creech AFB on 14 October.
11. Attended Aviation Nation at Nellis AFB 12 – 13 November.
12. Provided a Color Guard for "Golf Fore Recovery" event for veterans at TPC Summerlin Golf Course.
13. Participated with information table at the semi-annual PBS Job Fair on 26 October.
14. Flag Posting and an information table in the Veterans Job Fair 1 November at Sun Coast Casino.
15. Cooperated with Nevada Department of Veterans Services (NDVS) with Veterans in Care (VIC) program at 5 assisted living facilities, providing Color Guard and Certificate of Appreciation awards.
16. Gave a slide presentation at a meeting of the Sun City Summerlin Veterans Club on Veterans Day.
17. Marched with Color Guard in the Veteran's Day Parade.
18. Represented Post along with NV Department Commander at the NDVS Boulder City Veterans Home for it's 200 residents on Veterans Day where RADM Kathleen Dussault was keynote speaker.
19. Provided Flag Posting on Tuesday, 15 November for the IBEW at Bally's Hotel/Casino.
20. Attended Pass in Review Ceremony at Centennial High School JROTC program 17 November.
21. Attended The American Legion National College in Indianapolis, Indiana at the invitation of Department of Nevada from 22 - 28 October.
22. Attended the Department DEC meeting in Reno from 4-6 November.
23. Attended Grand Opening of new VA Clinic in Pahrump 10 November.
24. Attended the Veteran of the Month ceremony at the Grant Sawyer Building 16 October to honor NEC Ron Michalski, award presented by Governor Sandoval.
25. Presented Boys State Achievement Awards to 17 students at 6 schools in Post 76 area.
26. Continued planning for Nevada Boys State event .
27. Planned for American Legion Oratorical Contest, 17 December.
28. Supported Patriotism vigils outside Creech AFB on many occasions when protesters arrived.
29. District 2 administrative support and quarterly meeting attendance.
30. Attended Post 76 Executive Committee and General Meetings.

POST 76 AND NDVS VETERANS IN CARE PROGRAM

Post 76 is cooperating with the Nevada Department of Veterans Services (NDVS) in implementing its Veterans in Care (VIC) program. Post 76 provides a ceremonial Color Guard and assists NDVS with greeting and awarding Certificates of Appreciation to Veterans residing in assisted living communities.

The VIC mission seeks to reach out to Nevada's veterans residing and receiving care and services in skilled care, residential care, and assisted living facilities; its vision encompasses 1) education on Benefits and Programs, 2) Veteran Culture Education and Training for facility staff, and 3) Quality of Life Recognition and Communication for Veterans residents.



NDVS has more than 400 known facility care providers across Nevada that care for thousands of veterans in residency, and the agency has begun to contact and visit each. Post 76 is proud to have participated recently in ceremonies at 5 senior care facilities (Atria Sun Lake Senior Living, Atria Seville Senior Living, Desert Springs Senior Living, Acacia Springs Senior Living, and Royal Springs Healthcare and Rehab) in Las Vegas to recognize the veterans residents. Post 76 will accompany NDVS with a Color Guard to other care facilities in 2017 as the VIC Program continues to recognize these forgotten heroes.

Present, Arms! (Left to Right) Buzz Cheatham, Andy Agan, Steve Daugherty, Karen Beck, Richard Small, Joel Forman, Mike Shephard)



Salute to a Veteran Hero (Joel Forman)

Salute to a Veteran Hero (Mike Shephard)

Chaplain McDonald's Granddaughter Serving America

Private Arianna McDonald, just completed Basic Training at Fort Jackson S.C. and is now at Fort Leonard Wood in Missouri for AIT as a Transportation Specialist. Private McDonald is the granddaughter of Post 76 Chaplain and District 2 Asst. Chaplain Daniel McDonald



Past Commander Ted Pugh

Past Commander Ted Pugh is currently residing at the Las Ventanas Skilled Nursing Facility with his wife, Mary Jane. He would really like Legionnaires to visit him there so he could keep up with activities and the whereabouts of his friends in Post 76. The facility is on Indigo Dr., Just south of W. Charleston Blvd. and one block east of S. Town Center Dr.



POST 76 COLOR GUARD IN VETERANS DAY PARADE

Post 76 proudly marched in the Las Vegas Veterans Day Parade on November 11, 2016 accompanied by 6 Model T Fords driven by members of the Las Vegas Model T Club. The Las Vegas Veterans Day Parade is the second largest parade in the nation – second only to New York. While Las Vegas is known for many attributes, including the title of the Entertainment Capital of the World, most people don't know that every major veterans organization in southern Nevada participates in the annual Veterans' Day Parade. The parade includes all the schools with JROTC units, congressionally recognized organizations, civic and commercial entities. Veterans' organizations from the surrounding states (California, Arizona and Utah) regularly participate in the Las Vegas Veterans' Day Parade.



Proud Post 76 Color Guard: (left to right) Mike Percival, Karen Beck, Andy Agan, Steve Daugherty, Joel Forman, Marvin Morgenthal, Frank Timbers



Nice ride in Model T Ford: (left to right) Larry Eisenberg, Mike Shephard, Joel Forman, Barry Bashist

Nevada Post 76 Commander Attends American Legion National College



Commander Forman spent a week in Indianapolis attending The American Legion National College. This is a honor for both him and our Post as there have been very few Nevada Legionnaires that have been selected to attend this prestigious training.

The Legion College enhances knowledge and appreciation of The American Legion, and teaches the core values and contributions of the organization, it's Auxiliary, Sons of The American Legion and many subordinate programs.

The National Legion College prepares young Legionnaires for leadership positions in posts, districts, counties, and departments through education, development, and motivation. The curriculum challenges student leaders to think critically and creatively about issues confronting the Legion.

Membership Accolades: At the beginning of each year, Post 76 is proud to recognize those members below who have reached significant milestones in their membership Continuous Years, as of 15 December 2016—Congratulations!.

Check your membership card to see how many stars you have earned to wear proudly!

5 Years

Anthony	F	Arnone	
Marshall	L	Bishop	
Alex	C	Bowie	
Richard		Byington	
Patrick	W	Carlton	
Mark		Chapman	
Stuart	A	Cohen	
George	F	Curcio	
Ben	V	Fitz	
John		Forese	
Steven	D	Goldinger	
Hipolito		Gonzales	
Anthony	A	Hernandez	
Monty	A	Hostetler	
Chris	D	Ideker	
Raymond	H	Jacobson	
Leo	L	Lamer	
Ralph	G	Liberty	
Shane	J	Litanski	
Harold	M	Maesaka	
Thomas	E	McConell	
Robert	E	McKenzie	
Vincent		Oriente	MD
Carlos	S	Pena	
Michael		Percival	
Alan		Peterson	
John	E	Phillips	JR
Ernest	R	Porter	
Clarence	L	Rose	
Charles		Slaughter	
Manuel	G	Sotomayor	
Troy	M	Staley	
William	K	Stephan	
Drew	E	Volz	
Warren		Walker	
Jeffrey	L	White	

10 Years

Peter	M	Cesta	
Paul	H	Cote	
Howard	L	Dotzler	
Rick		Eaton	
Richard	S	Gillogly	
Michael	P	Myatt	
Marvin		Rogge	
Ricardo		Tovar	
James	B	Turpin	



15 years

Dale	O	Conrad	
Clyde	A	Cooper	
Robert	S	Coutchie	
Terry	L	Dixon	
Israel	N	Habif	
Dennis	A	Petersen	
Charles	W	Rhoades	
Anthony		Tricoli	
David	L	Waugh	
Edward		Wiseman	

20 Years

Larry	R	Ballerstein	
Barry		Bashist	
Donald	M	Benshoof	
Richard	G	Good	
John	G	Nobrega	
Robert	A	Stroup	
Francis	J	Timbers	

25 Years

Jeffrey	E	Bidigare	
Russell	L	Davis	
Joe	N	Harris	
Thomas	G	Haselton	
Robert	D	Hulshouser	
William	R	Hummel	
George	R	Meyer	
Victor	E	Vandamme	

30 Years

Larry	S	Eisenberg	
Johnnie		Martin	SR
John	G	Polack	
Robert	D	Schelke	

35 Years

William	P	Dziadon	
Charles	L	Shreves	
Samuel		Thomas	

40 Years

Robert	L	Cedillos	
Duane	D	Jacobson	

55 Years

Robert	G	Serge	
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Everyone is authorized to wear a five year star for each 5 year increment, a numbered star patch or the numbered continuous membership tack.



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

PLEASE LOOK AT YOUR AMERICAN LEGION MEMBERSHIP CARD NOW!

Your card should say 2017. If it does, then you are a member in good standing and we thank you very much for being one of us and allowing us to better serve America's Veterans, Active Duty, and families. If it does not, you are now expired. Please renew as soon as possible to continue allowing Post 76 and the American Legion to Serve America. The easiest way to renew is to get online at: <https://www.legion.org/renew>.



If you have recently received a renewal in the mail, just send in and a check for \$40. to our address on the top of this page. Otherwise, if you can't locate it, contact our Adjutant on pg. 2 and he can help you renew.

POST 76 HAS A STRONG PRESENCE ON THE INTERNET. Take a minute and add these internet addresses to your favorites and when you get online, be sure to join and/or subscribe to these sites so you will be notified when updates with new information are made.

Web — <http://www.nvpost76.webs.com/>

Blog — <http://post76nv.blogspot.com/>