



# The Post Journal

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

ISSUE 35 — January — March 2021

## COMMANDERS MESSAGE



### Greetings NV Post 76 Legionnaires!

I hope this message finds you safe and healthy.

As this year draws to a close, I believe it is safe to say that most of us have been impacted by the pandemic.

Some more than others. As of the writing of this message, we still have no clear timeframe for when we will be able to meet again in person. While the Executive Committee continues to do an outstanding job in keeping the business of the Post moving, I would now like to call on each of you for assistance.

Check on a buddy. It's that simple. Call a fellow veteran just to check in. Maybe someone you haven't seen in a while, or even someone you chat with on a regular basis, but just check in and ask how they are doing. Some of us are going thru a rough time, and some of us don't wish to ask for help, but help is available.

By the same token, if you need help, reach out! There are plenty of resources available and as a community, we can all help each other. The veteran's community is a strong and helpful one, and there will always be someone who can assist.

In other news, two of our EBoard members have resigned due to relocation. We all wish Rick Foulon, and Paul Hestand the very best, and thank them for their service to our Post and The American Legion. We would also like to welcome **Willie Barron**, our new Judge Advocate, and **Steve Bickford** will assume the duties of Boy Scout Chartered Organization Representative. **Roger Henning** will step in to fill the Director's position. Thanks to Willie, Steve, and Roger.

As 2020 draws to a close, I would like to wish you all the happiest, and healthiest of holidays, and a safe and prosperous 2021.

My prayers are with you, and may God bless you all.

*Tony Mascari, Commander, NV Post 76*

## CARDS FOR CARE

We have also started **another NV Post 76 Program**, Cards for Care.

We have access to many new and used decks of playing cards from our friends in the Casinos in our area. We have decided to wrap up a quantity and drop them off at every assisted care facility in our zip code area for Christmas, that is **over 90 facilities!** We hope that our seniors, veterans or not, can use these cards, courtesy of NV Post 76.

*Joel Forman, Director, NV Post 76*

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## PAST COMMANDER/POST DIRECTOR MESSAGE

I, for one, am glad to see the end of 2020. What else can happen before this year ends? I hope nothing!

The American Legion and NV Post 76 have continued to carry out our mission of The Four Pillars. We have participated in the 100 Miles for Hope challenge by our National Commander. Quite a few of our members completed the challenge, by cycling, swimming, or like me, walking the 100 miles.

Our Post is about to begin another new National Program, The Buddy Check. Many of our members will be calling each of our one thousand plus members of our Post to speak to you and see if there is anything we can do for you. They will have contact information for you and will try to answer any questions that you may have. If you miss their call, and they leave a message for you, please call them back, even just to say "Hello".

The Covid-19 has tried to put a damper on so many parts of all our lives. In spite of its efforts, we have improvised, adapted and will overcome. Under Commander Tony's leadership we have been having regular EBoard meetings and General meetings on Zoom. Because of the increase in membership in our Post we have been able to increase our donations to various programs of The American Legion and of NV Post 76.

The American Legion membership year ends on 31 December. If you do not have a new membership card for 2021, your membership has expired. By paying your dues, we can increase helping our Veterans and the programs of The American Legion. Lets all keep our continuous years of membership in this fine organization in tact, and rolling on without missing a year.

Some of our members will remember Ron Michalski, the Department NEC. He was a friend, a mentor and a supporter of our Post. I enjoyed the meetings with him, working with him, and yes, the occasional glass of Scotch or a fine aged Port we shared over a joke or two. Ron transferred to Post Everlasting much too soon on 7 December. I will miss him.



Ron Michalski receiving Nevada Veteran of the Month from Governor Sandoval

*Joel M. Forman — Past Post Commander, PDC & Director, NV Post 76*



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### Attention veterans

Did you know?

If you're eligible for Medicare, you could enroll in a Humana Medicare Advantage plan without prescription drug benefits—and keep your VA health and drug benefits.\*

Humana Honor® plans are available to anyone eligible for Medicare and may be a good fit for veterans who would like to keep their VA health and drug coverage.\* It may help you save money on medical costs while enjoying extras you might not get through your VA health benefits, such as:

- A Part B premium reduction, for \$100 more in Social Security each month
- Emergency coverage at home and when you travel
- \$2,000 dental coverage annually for exams, X-rays, cleanings, fillings and more
- Rides to your doctors—24 routine one-way trips\*
- \$0 copay for testing and treatment services for COVID-19

You have expectations of your health plan. We might just exceed them.

Humana is a major benefactor for our Post. Not only have they provided large contributions, they had provided a dedicated “**Post Home**” location at its West Craig Community Center. It also is the location for our NV Post 76 American Legion Amateur Radio Club station [*once the antenna is installed*], and a place our Auxiliary can meet. While the period is now ended for changing Medicare plans, contact our Post member and contact **Ian McNary** for any questions whatsoever. If you are new to Medicare in 2021, he can help you navigate the system.

## NV POST 76 AT THE VETERANS EXPO

This year, your American Legion NV Post 76 was prominently displayed at the Veterans Expo that was held on 07 Nov 2020 at the Galleria at Sunset, Henderson, NV

The Veteran's Expo was an event celebrating active military and veterans of all ages, men and women, from all branches of service and their families that support them. This event was an opportunity for veterans to learn more about the many resources, benefits, products and services available to them by local organizations.

The Expo exuded the “Spirit of Public Service” according to reporter Chuck N. Baker of the Nevada Department of Veterans Services “Veterans Voice” Electronic Newsletter



NV Post 76 Legionnaires Joel Forman and Dennis Christiansen manning the information table.

“At the Veterans Expo last month with COVID-19 restrictions in place, many government and non-profit organizations talked with attendees to offer free services to veterans and their families. The Veterans Expo event was held at the Galleria Mall in Henderson, Nev. Wearing masks and maintaining a safe distance, all who exhibited were excited to be able to meet with veterans and explain what it was they do and how they can provide help where needed.

Groups like the American Legion Spirit of Freedom Post 76 headed by Commander Joel M. Forman were there. He said that while certain annual activities have had to be suspended due to the pandemic, “Our team of officers has truly been hard at work ensuring that the business of the Post continues. When faced with obstacles presented by social distancing requirements and safety regulations, solutions have been found.” The Legion continues to offer free assistance for veterans and families applying for VA benefits, and gives support and assistance for homeless veterans along with other non profit services.”

[ . . . ]

“It wouldn’t be much of an Expo if the Nevada Department of Veterans Services (NDVS) was not on hand to explain to Nevada veterans such services as In-Home Military Recognition, the Veterans In Care Program and Veteran of the Month and Veteran Supporter of the Month awards. It also offers free claims representation by certified veteran service officers. NDVS Housing and Justice Reintegration Program Manager Tom McCourt was on hand to explain those services to Expo attendees.

Dozens of other organizations were present to offer specialized assistance to those who contributed military service to the nation. It should be pointed out that often those who are employed by such groups did not serve in the military themselves. But in a recent op-ed in the Los Angeles Times, perhaps former Defense Secretary Ash Carter said it best: “You don’t have to don the uniform to adopt the habits and virtues that make military service admirable.” That says it all about non-veterans and veterans alike who work at Expos, and who provide their services on an every day basis. By helping veterans and their families, it allows those employees and volunteers to practice such admirable habits and virtues.”

*SOURCE: Expo Exudes the Spirit of Public Service - Nevada Department of Veterans Services (nv.gov)*



Dixon Keller on the right [Humana sponsor and NV Post 76 Legionnaire]

## POST 76 AT THE FANTASTIC INDOOR SWAP MEET

While Nevada is full of unique shopping experiences, from outdoor marketplaces to decades-old antique shops, the Fantastic Indoor Swap Meet [1717 S. Decatur Ave. Las Vegas, NV] may just be the most epic of them all! Whether you're on the hunt for something specific or you're just looking to browse for a few hours, this is definitely the place to go.



On 5 November 2020, NV Post 76 Legionnaires were given the opportunity to have a booth at the Fantastic Indoor Swap Meet, for an information and recruitment table. On this first day, four Legionnaires provided their time to man the booth. On the weekend [6, 7, 8 November 2020], a total of eleven NV Post 76 members participated.

Thanks to PDC and Director Jack Ford and Dave Cleavinger for arranging our participation at the Fantastic Indoor Swap Meet, and to 2nd VC Walter "Buzz" Cheatham for arranging our participation at the Veterans Expo once again. We were able to sign up five new members and one renewal, and collected nearly \$150.00 in donations.

## SOCK IT 2UM?

With the current Covid-19 health crisis, the homeless and low-income individuals fall into the most vulnerable category. We are doing everything we can to help them now and in the future. To do that, **Director and Past Department Commander Jack Ford** became our Sock It 2UM ambassador and facilitated the recent campaign requesting donations and turning those donations into surplus military socks. We already ordered 544 large and medium socks, and also will take our stock of glove liners and Army "toboggan" tactical neck scarfs to our local VA Southern Nevada Healthcare System for distribution to "in need" Veterans and their families. Jack sends his "Bravo Zulu" [Well Done in Navy lingo] to those that participated in the 2020 campaign.



The program will continue into next year, as the need for socks does not end. If you are interested in contributing to the **2021 campaign**, please send your donation to the Post address on the last page of this newsletter.

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!" Anyone in any location can participate by becoming a Sock Ambassador, just sharing information about The Sock It 2UM Sock Campaign on social media and through your spheres of influence. Won't you join this noble cause and help our local Veterans stay warm and dry?

## OUR SCOUT TROOPS AT GLITTERING LIGHTS



Our Scout Troops 312 dedicated 12 long nights (every fourth night from 2 December to 30 December 2020) to selling hot cocoa, fresh popcorn and other concessions at the Las Vegas Motor Speedway "Glittering Lights". If you missed it, there are still two nights in early January where our Troops will be there. 3 January and 7 January 2021. Come and say Hi to our Scouts while supporting their main fundraiser.



Contact **Pranava Moody**, 1st Vice Commander, NV Post 76 for more information.

Mrs. Moody's info can be found on page 1.



## POST FINANCIAL OFFICER'S REPORT

Our Post is in excellent financial shape. This is due to the fact that our members have renewed their membership in advance of the coming year and having a supporter like Humana (who has donated a sizable amount), which is helping us support those organizations/charities who support our veterans. Also, of note, I would like to thank John H. Hilgar II who organized and ran the Veteran's Day Memorial Charity Putting Tournament & Birthday Celebration who made a wonderful \$1,171.00 which our Post sent to The American Legion Department Of Nevada to support Operation Comfort Warrior. If you have any questions about our Finances, I will be glad to answer them to the best of my abilities.

*Dennis Christiansen – NV Post 76 Finance Officer*

### **NV POST 76 ENCOURAGES BUDDY CHECKS!**

The Buddy Check program encourages Legionnaires to make contact, lend a listening ear, and help fellow veterans locate critical services. NV Post 76 officers are dedicated to making calls to our members just to find out how they are doing, and if there is anything the Post can do for them.

As COVID-19 cases rise and as we enter a new year, The American Legion is encouraging posts and members to shift their Buddy Check programs to assist veterans coping with mental health and well-being challenges.

“The nation’s largest veterans organization is also urging Congress to pass the Buddy Check Week bill which will make wellness checks a national priority for the Department of Veterans Affairs. With military suicides up 20 percent over this time last year, Legionnaires are urged to make check-in calls to at-risk veterans across the nation and offer support and access to wellness programs in the week surrounding Veterans Day and into the winter months ahead.

Veterans can be at particular risk for depression and suicide . . . , and many are disproportionately hard-hit by the pandemic due to age, chronic health issues, post-traumatic stress disorder and isolation. The Buddy Check program is designed to give Legionnaires the tools to make contact, engage in conversation, assess risks and direct veterans in need to the appropriate services.”

For Buddy Check information, visit [legion.org/buddycheck](http://legion.org/buddycheck). For urgent help, contact the Veterans Crisis Line at 1-800-273-8255.

Our Post intends to continue these contacts, at least until we can have our normal “in person” General Meetings. If you have not yet been contact by our Post, we may have an incorrect number. Contact our Adjutant at his phone (702) 619-2873 or email [pilot121@yahoo.com](mailto:pilot121@yahoo.com) to make sure we have your correct phone number. In addition, this is meant to be a two-way conversation. If there is any information you could use or if you have a need for obtaining contact information on organizations that can help you, at any time, feel free to give us a call. We are here to serve our Veteran Community to the best of our ability.

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**When you don't know who to call at the VA — 1-800-MyVA411 (800-698-2411)**  
is the one number to call.

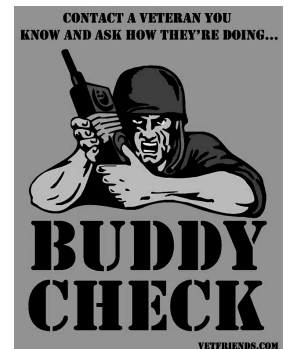


The Post has developed a patch to recognize and celebrate our 25th Anniversary of the Spirit of Freedom NV Post 76.

This patch is now available for a suggested donation of **five (5) dollars** and will be sold at meetings at the back table.



Display set up at the John H Hilgar II Putting Tournament and Birthday Celebration



# AMERICAN LEGION AUXILIARY UNIT 76 IS OFFICIAL!

We have received our Charter. We have attached our roster in case the Post ever needs to reach any of us. You can join us by contacting any of the officers or the General NV Post 76 address or email.

Here is the list of officers:

**President:** Gail Percival  
**Vice President:** Linda Le Duc  
**Treasurer:** Claudia Shephard  
**Sergeant of Arms:** Corinne Forman  
**Chaplain:** Willie Cheatham  
**Secretary:** Jennifer Holmes



## American Legion Auxiliary

We do not currently have any events planned, however we hold our board meetings at the VVA on Cheyenne every second Tuesday of the month at 4:30pm. We are waiting to see when Humana re-opens to hold a general meeting since we have two new members. We appreciate that you have the Unit mentioned in your newsletter, thank you for taking the time to advertise on our behalf.

We are still learning the guide book and have been researching the website. I am currently researching how to get our website set up. I am eager to discover how to find local events that we can be part of or set up donation cans for the Auxiliary.

Thank you for your time,

*Jennifer Holmes, Secretary-ALA Unit 76*

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## A NOTE FROM THE ADJUTANT:

I hope each of you have a better year than we had in 2020., I want to remind all those who haven't yet renewed their Legion Membership, that after 31 December 2020, that membership has expired.

Although we have not held an "in person" general Meeting in the last 10 months, our Post has grown considerably throughout the year, and with the coming vaccines soon to be available, we are poised to have an exciting year of Legion activities in 2021,

IF YOU HAVE NOT YET RENEWED AND HAVE A 2020 Membership card, in your possession, renew now, before your membership expires, so you'll be ready to go when we return to normal life again.

*Tom Mahon, Adjutant NV Post 76*



The **Civilian Marksmanship Program (CMP)** has announced it will begin accepting orders to purchase CMP 1911 Type Pistols at the beginning of the new year - accepting orders from January 4 to March 4, 2021.

Within 50 miles of Las Vegas, there are only 17 affiliated clubs of the CMP. Most are Boy Scout or JROTC programs. **American Legion Nevada Post 76** is one of the only veteran's organization that is an affiliated club. As a member of American Legion Nevada Post 76 you are authorized to purchase or enter your order to purchase the following:

*"The federal law that established the new CMP authorizes the Corporation to sell surplus .30 and .22 caliber military rifles, parts and ammunition to qualified U.S. citizens "for marksmanship". Accordingly, the CMP sells government-surplus M1 Garands, .22 caliber target rifles and small quantities of other rifles to qualified purchasers. As above, they occasionally have M1911s on sale as well."*

[CMP Prepares to Open Second Round of 1911 Pistol Orders in Early 2021 - Civilian Marksmanship Program \(thecmp.org\)](#)

[The following link only to the electronic email version] [Click Here to read the complete article.](#)

# AGENT ORANGE

Hello, to our brother's and Sister's from the Vietnam era and those who served in the years afterwards.

We would like to discuss with you the importance of knowledge, knowing the issues with exposure to Agent Orange, or known by some as the Rainbow effect. As you know these agents were sprayed throughout Vietnam, Cambodia, Laos, and in Thailand during the war as defoliants. The purpose was to remove the vegetation that hid the enemy.



The real issue was Dioxin, and this agent was to be diluted to 50% of the arrived solution, but instead of doing so the military sprayed it full capacity. For numerous years we have been lied to and at the beginning we're told that nothing was wrong with us. As years progressed we received more and more new information regarding "Agent Orange" and the effects on the human body. There are a list of numerous diseases that affected the veterans and their dependents. With studies that are still being done, there are more diseases being considered for the list by the VA.

During the war Admiral E.R. Zumwalt Jr., ordered the spraying, and during that time his son served in the jungles of Vietnam that spraying was conducted. It was some time during the 1980's, he experienced medical issues and later had five different cancers. A few years later he sadly succumbed to these diseases. This brought much light to the issues Agent Orange created and brought the investigation that Admiral Zumwalt conducted, and a report was issued in May 5, 1990. Admiral Zumwalt literally stated that we have been lied to by the government for specific reasons, and to be candid with you, it was because of money. He wrote that every disease known to man would be caused by Agent Orange, and if every veteran filed for a claim, it would bankrupt the United States. So, you guessed it! Our lives and treatment has been based on monetary reasoning. Little by little, the government has been adding more diseases, treatment, and information.

If you were in the theater during this period February 28, 1961 through May 7, 1975, (boots on ground or Blue Water) please contact us, and we'll provide you with information and what process to take. It's especially important for you and your family to have this knowledge.

We leave you with this statement: ***"Never and we mean never give up on your claims"***, we'll stand behind your efforts and support you all the way.

As we stated, more information keeps surfacing and the VA is being more cooperative with the claims.

We'll never forget our Brothers and Sisters who have served!

Please contact the following individuals for assistance and information:

Andy LeDuc  
(702) 845-6234

Willie Barron  
(702) 848-8312

While Agent Orange may be a Vietnam War issue, exposure to Toxic Chemicals did not stop with the end of the Vietnam War. While some initial reports of health problems emerged in the 1980's, it was not until 30+ years later when the full effects of Agent Orange exposure began to catch up with Vietnam veterans.

Twenty-five years after 700,000 US troops fought and won the first Gulf War with remarkably low casualties, research "clearly and consistently" shows that exposure to pesticides and other toxins caused ***Gulf War Illness***, a complex and debilitating disorder that affects as many as 250,000 of those deployed. Similarly, as we near the 20th year of the Global War on Terror, post-9/11 veterans are getting sick in unprecedented numbers. Many of those affected attribute their illnesses to exposures to burn pits and other airborne toxins.

Our next generation of warriors may find that more and more of them are experiencing the same increases in some conditions when compared to their peers that never spent time in an active combat zone. We stand ready, when their time comes to support and provide them assistance with their claims to the VA.



American Legion NV Post 76

P.O. Box 34012

Las Vegas, Nevada 89133-4012

### **UPCOMING MEETING DATES :**

*There is a very slim chance that we will be able to have a in person meeting at Humana during the first quarter of 2021. Due to the **pandemic and uncertainty** in size of groups allowed, we do not when, as well as if, we can report upon scheduled upcoming in person meeting dates and times here as we usually do in newsletters.*

*We will continue to notify Legionnaires of meetings via email. Please check your SPAM or JUNK folders for email from [NVPost76@gmail.com](mailto:NVPost76@gmail.com). If it is there, please add it to your safe senders list depending on how your email system works.*

*If you have not been receiving emails from us, please send an email to [NVPost76@gmail.com](mailto:NVPost76@gmail.com) to be added to our list.*

If you **do not have a 2021 Membership card**, it means you are now **EXPIRED**.

Membership renewal notices for the 2021 year have been sent out numerous times during 2020. If you renewed during 2020, you will not get a renewal reminder in the mail this year 2021. You can help us by paying your 2021 dues. The easiest way to do this, is to go online to [www.Legion.org](http://www.Legion.org) and click on **RENEW**, and pay with a credit card. If it is more convenient for you, checks are always fine after you receive your renewal in the mail. IF you pay and receive your new 2021 membership card, **disregard any renewal notices** that may come afterwards.