



The Post Journal

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

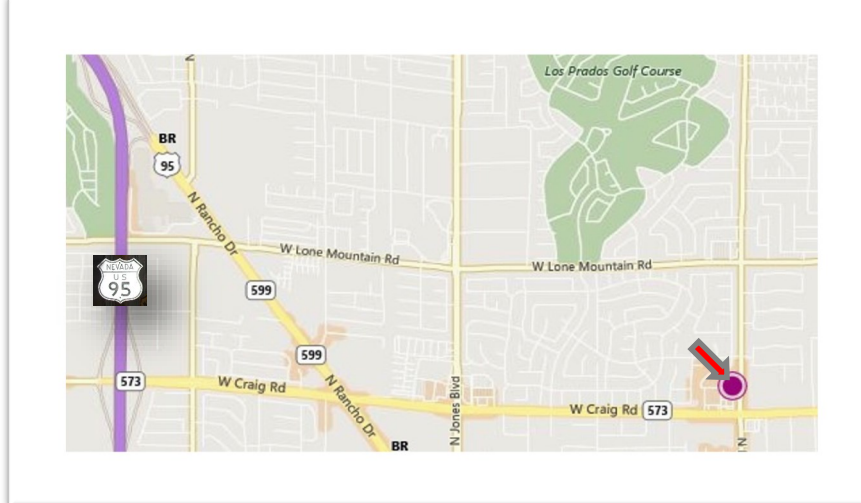
ISSUE 29 — July — September 2019

IMPORTANT NOTICE

POST 76 GENERAL MEETINGS HAVE MOVED

Our Meetings starting in June have moved to our new permanent "POST HOME" location. The **HUMANA** NEIGHBORHOOD CENTER is providing us with a new permanent POST HOME location where we can have General Meetings and other activities and allow us to display our flags and awards on a continuous basis. The location is at the intersection of West Craig and North Decatur in the Albertsons Center.

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CHECK WHERE YOU ARE SENDING YOUR DUES!

You will receive an invoice for **EARLY BIRD Dues**. Some will still have the remittance address as National. When you renew, please make sure to send it to our Post PO Box address instead of National so we get credit for you! If you are renewing online, no problem, if you are mailing, send renewal to: **AMERICAN LEGION POST 76; P.O. BOX 34012; LAS VEGAS, NEVADA 89133-4012**

WELCOME NEW MEMBERS TO POST 76!



For many of you, this will be your first Post 76 Newsletter. We welcome you to your new Post and take pride in being known as a community oriented. We enjoy doing things for our community and for the surrounding areas. We partner with the Nevada Department of Veterans Services and visit, honor and recognize veterans in assisted care facilities, provide a Color Guard for many events, both military related as well as non. We were the Color Guard for the Ms. Senior USA Pageant at Planet Hollywood last month, and at a Golf Tournament this past week at Sun City, Summerlin at 6:00 AM. We stand the flag line at the Nevada State Veterans Memorial Cemetery for services for the "Unattended Veterans" nearly each Thursday mornings for as few as one to as many as seven interments each week. Several of our Post members are there representing other military organizations as well. Post 76 is very well represented. We provide information and recruitment tables at Creech and Nellis Air Force Bases. we even marched in the Norway Day Parade in Boulder City last month.

These are just a few examples of what your American Legion Post 76 is involved with. So stop by before the general meetings on the third Sunday of each month which starts promptly at 1:30 PM for an interesting speaker, some refreshments and a chance to meet some of your "buddies". Come early and take a look around our new Post Home, provided by [Humana](#) Healthcare.

We look forward to meeting you!

Joel M. Forman, Past Post Commander/ Director

YOU NOW HAVE OPTIONS FOR URGENT CARE!

For most common conditions and illnesses, VA registered nurses are available to assess your symptoms from the comfort of your home.

The Veterans Integrated Service Network [VISN] Triage Call Center will evaluate your symptoms, provide a care recommendation and, if appropriate, schedule a virtual or face-to-face same day appointment. Simply dial the main number of your local VA medical center and press option #3 to speak with a nurse. The call center is available Monday-Friday from 8 a.m. to 4:30 p.m.

But sometimes a quick trip to a local walk-in retail health clinic or urgent care facility is a convenient alternative. As part of the VA MISSION Act of 2018, VA now offers an urgent care benefit that provides eligible Veterans with greater choice and access to timely, high-quality care.

With urgent care, Veterans have a new option for care for the treatment of minor injuries and illnesses such as colds, sore throats, and minor skin infections. Eligible Veterans will be able to visit an urgent care provider that is part of VA's contracted network of community providers without prior authorization from VA.



To find an available urgent care provider, go to VA's facility locator on www.va.gov and click on the link for 'VA-approved urgent care locations and pharmacies' near you. You can download a printable step-by-step guide to help you with this process.

Ensuring that your mailing address, phone number, and email address are current and accurate in our system will help you stay up-to-date with your care and prevent any delays in mailing important items such as prescriptions and appointment reminders.



REVIEW AND UPDATE YOUR INFORMATION

Here are three easy ways to review and update your personal information:

Online: Sign in at www.va.gov and select the drop-down menu under your name. Click "profile" to view your current mailing address and other important information.

- **By phone:** Please call 1-877-222-VETS (8387), select option #0.

- **At your next appointment:** View and update your information during check-in using any of the lobby kiosk systems or speak with any of our administrative team members.

By secure messaging: Send a secure message in [My HealthVet](#) with your current information to your facility's "Update Your Contact Information" Team

— Submitted by Daniel McDonald, Service Officer



HUMANA NEIGHBORHOOD CENTER OPENING CEREMONY



The American Legion Post 76 Spirit of Freedom's new permanent Post home opened this morning at the **Humana** Neighborhood Center. **Humana** has graciously donated space to Post 76 to hold general membership meetings, as well as other events. The grand opening ceremony for **Humana** began at 11:00 am as the Southern Nevada Patriot Guard Riders set up a flag line inside the conference

room as the Color Guard Team from Post 76 formally presented the Colors, and the National Anthem was sung. When that was done we stood down. The center hosts social activities and educational classes Mon-



Legionnaires Eisenberg, Stitt, Morgenthal, Forman, Bashist, Shepheard, Percival, Mascari, Egan, and Cheatham

day through Friday from 9 am to 4 pm. Membership in **Humana** plans is not required. Everyone is welcome to attend and participate in most of the activities.

There are 4 locations throughout the Vegas Valley and Pahrump, that are the busiest in the nation, and this new center is the largest in the Nation. **Humana** has numerous activities to support the veteran community, especially those in need and is proud to offer space in the center for our permanent home location. **Humana** had a VFW Post at the Henderson location and this is the first American Legion Post to be welcomed into the center in the Las Vegas area.



Director Joel Forman at the Post 76 information table

In addition to hosting space for our Post 76 activities, they have also provided space for the [American Legion Amateur Radio Club \[ALARC\]](#) to allow veterans to

participate in Ham activities and provide emergency communications during disasters. Any Legion member can join this club, not just Post 76 legionnaires.

Although this was not a formal Patriot Guard Riders mission, 15 Southern Nevada PGR members attended the grand opening ceremony. This was a great opportunity for the PGR members to meet some new people



Patriot Guard Riders of Southern Nevada preparing to stand flag lines during the ceremony

from Post 76 as well as from **Humana**. Thank you all for attending and continuing to give the S.NV. PGR the great reputation it deserves

Rick Foulon, Judge Advocate—Post 76 and PGR Assistant State Captain, Patriot Guard Riders of Southern Nevada

75TH ANNIVERSARY D-DAY CEREMONY HONORS WWII VETS



Post 76 Legionnaires raise their flags during the signing of "God Bless the USA" [photo courtesy of Chase Stevens cstevens@reviewjournal.com.

[Condensed from an article written by Briana Erickson, Las Vegas Review Journal].

<https://www.reviewjournal.com/news/military/wwii-veterans-honored-in-las-vegas-on-75th-anniversary-of-d-day-1681266/>]

Hundreds attended the Elks Lodge ceremony, including a large representation by Post 76, About 20 World War II veterans there were honored by name.

The Nellis Air Force Base Honor Guard did a presentation of the colors, and 94-year-old William Dunsmore, a two-time Purple Heart recipient and Navy veteran who served on D-Day, June 6, 1944, when the Allies invaded Western

Europe in World War II, said the Pledge of Allegiance. Performers sang the national anthem, the French national anthem, "God Bless America" and other patriotic songs.

"D-Day marked the beginning of the end of the Axis powers," said Bob Reed, trustee for the Elks Lodge. "And if you look in these veterans' eyes, you can see they're still the same 18-year-old and 17-year-old boys that entered the war."

Former Nevada Gov. and U.S. Sen. Richard Bryan read the names of the World War II veterans in the room. He recalled being 6, growing up in Las Vegas, when the D-Day invasion began. He said his neighbors had a map of Europe. Each day, his job was to color in the advance of the Allies with a red pen.

MESSAGE FROM THE 1ST VICE COMMANDER

Good Morning All !!!

My name is Tony Mascari, and I have the honor of being YOUR 1st Vice Commander.

My primary responsibility as Post 76's 1st Vice is membership. Too often we associate membership with recruiting and attaining our goal for paid membership. While it is true that new members will help us continue to grow, it is my belief that membership is about service.

Service to our fellow veterans ensures our Post's success. It may be educating a Veteran about benefits, or services that are available. I have heard so many stories from Veterans that they were not aware of what is available, either thru the VA, or even the state of Nevada.

At Post 76, we have a blend of Veterans from every era of service, and while every era has it's own unique circumstances, we have such a wide range of Veterans who have experience and knowledge to share. It is my belief that it is our duty to share that.

When we encounter a Veteran in our daily lives, its uncanny how many times we can strike up a conversation just based on the fact that we're Veterans. That affords us a great opportunity to ask if they are a Legion member, and inform them of all the great benefits we offer.

I look forward to the upcoming year, and I wish to take this time to say THANKS to all the members of Post 76 !! Veterans Still Serving !!



Tony Mascari, 1st Vice Commander, bm1mascari@yahoo.com

POST 76 VOLUNTEERS AT KIMBALL SCOUT RESERVATION

This year's volunteers at the Kimball Scout Reservation supporting both Webelos Cub Scout camp and Pathfinder were Post 76 Director and Past Post Commander Paul Hestand and Legionnaire Roger Henning. At the Webelos camp, Paul, assisted by Roger, manned the BB Gun range. Paul presented the safety and operations of the rifles before the scouts



could come to the line and begin shooting targets.

Senior Scout Assistant, Mason Weber assisted in passing out safety range glasses, and providing new targets to the scouts and a stapler to the adult leader to staple to the targets in place for the next line of shooters. Both Paul and Roger would assist the cub scouts with proper form, cocking the Daisy Red Rider BB guns, and most importantly, trigger finger safety and muzzle direction (that is, always point the rifle downrange and not towards other cubs, no matter how hard it is to cock the rifle between shots!).

After that, the pathfinder scouts were allowed to go to the rifle range,



but this time to learn to shoot 22 caliber rifles. Paul briefed the scouts before they were able to go to the firing line about rifle and range safety. He also demonstrated what they needed to do on the targets should they try for the rifle merit badge. Roger served as range safety officer and helped scouts practice what they had been briefed, while Mason Weber passed out hearing protection, safety glasses and provided 25 rounds of ammo to each scout after Paul, the range master stated the range was hot and scouts could fire at will until they had finished their rounds.



An unexpected, but pleasant surprise was when the scouts turned in their target boards as they left, some of the girls took time to thank us for helping them out and staffing the rifle range so they could learn how to shoot a rifle. On the other hand, the boys were so excited to compare targets to see who shot the best. That matched the attitude as they listened to the safety briefing. The boys were looking around, talking, or otherwise distracted whereas the girls were carefully paying attention to Paul.

POST 76 INAUGURAL GENERAL MEETING AT HUMANA

The American Legion Post 76 Spirit of Freedom's new permanent Post home at the Humana Neighborhood Center in North Las Vegas celebrated its inaugural first general meeting Sunday 23 June 2019. Compared to the last room we had at the Y, this new location is exceptional. Not only does the Humana staff set up the



room for us, and allow us to permanently display the American Flag and our Post Flag with streamers we have earned, the acoustics are so good, that most officers and most of the audience do not need a microphone to amplify the speech so the entire audience can hear. Add to this the ample close in parking, the two HUGE LCD screens where our historian can present slide shows, and the coffee and

treats provided by Humana, we have clearly moved on up.

The historian, Gary Parriott, continues to put together slide shows of events of interest to our members. Come early to watch the show, or stay late and watch the show. In addition, he has put together a group that shows pictures of each officer so that you can know them by sight and thank them for their volunteering to serve our Post. The screens can also show the Preamble to the Constitution so that everyone can read along on either screen as we recite it as a group



Commander Mike Shephard began the meeting by thanking Humana for graciously providing this spot to us for general meetings and other activities on weekends when they are otherwise closed. He singled out Dixon Keller, Post 76 Legionnaire and Director of Sales and Marketing for Humana at its four locations.

The guest speaker was Fred Wagar, Post 76 Legionnaire and Deputy Director of Programs and Services, Nevada Department of Veteran Services. He gave us a briefing on some of the upcoming changes at the Veterans Administration, such as the MISSION Act, and an update on the services provided by the State of Nevada. He also recognized a number of our officers for their attendance and support at presentations at Assisted Living Centers.



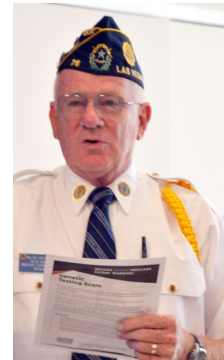
Ample refreshments were provided in the main lobby of the Neighborhood Center



Fred Wagar, NDVS



Svc. Officer and Chaplain McDonald reports on activities



2nd VC Cheatham on upcoming events

WHAT IS THE FASTEST-GROWING GROUP OF AMERICAN VETERANS?

It's probably not who you think, in fact it's Female Veterans.

According to the U.S. Dept of Veterans Affairs as of 9/30/17:

Number of Veterans:	Nevada 218,406	Nationally 19,998,799
	10.3%	6.6%
Number of Women Veterans:	Nevada 21,715	Nationally 1,882,848
	9.94%	9.14%



Bobi Oates photo by Lucky Wenzel

As a member of the Nevada Women Veterans Advisory Committee, it has been one of our goals to find the 21,000 plus Women in the state, but we're not having much luck. A huge problem is that a lot of the Women don't consider themselves Veterans, nor does most of the general public.

This year the Committee asked for and received a Proclamation by the Governor to recognize the third week of March, this year being March 17 -23, 2019 as Women's History Week in Nevada. Our next goal is to have it put in statute.

A Veteran has always been described as someone who served in combat, which for generations have been the guys. However, Women have served in combat, not officially until the beginning of 2013, then- Department of Defense Secretary Leo Panetta lifted the ban on women in combat roles and gave the military 2 years to complete integration.

Women have served in the Military since the Revolutionary War, often masquerading as man so that they could serve. When there was discussion in Congress about eliminating the draft, a gentleman stated that if we do away with the draft and there is a war no one will fight. Well, there has never been a draft for Women, and we have always answered the call to war.

Did you know that there is only one National Memorial dedicated to Women who have Served, not many folks do, of the over 3 million Women who have served only about a quarter million have registered? The Memorial is at the entrance of Arlington cemetery. The Women In Military Service for America Memorial was dedicated October 18, 1997. <https://www.womensmemorial.org/>

This year we celebrated the 2nd Annual Women's History Month High Tea, over 100 Women attended from all branches of services, all eras, Active, Retired and Veterans, it was so successful next year we'll have to find a bigger location.

If you are a Women who has served, or you know a Women who has served tell them about the Women's Memorial, tell them to speak up, there may be benefits that you're eligible for that you didn't know about. If you have any questions, reach out.

*Bobi Oates, 23 yr. retired Air Force, Aircraft Maintenance;
Vice Chair, Nevada Women Veterans Advisory Committee;
VP, Women Veterans of Nevada;
Nevada Ambassador for the Women's Memorial;
American Legion Post 76 Veterans Advocate*

Email: **Boaes4616@aol.com**

2nd Annual Women's History Month
High Tea, 23 March 2019, held at the
Southern Nevada Veterans Hospital





American Legion Post 76
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Las Vegas, Nevada 89133-4012

UPCOMING MEETING DATES :

E Board Meeting — 11 July 2019, 4:30 pm Summerlin Trails Community Center

GENERAL MEETING — 21 July 2019, 1:30 pm at [Humana](#) 4830 W. Craig Rd. Suite 130

E Board Meeting — 8 August 2019, 4:30 pm Summerlin Trails Community Center

GENERAL MEETING — 18 August 2019, 1:30 pm at [Humana](#) 4830 W. Craig Rd. Suite 130

E Board Meeting — 12 September 2019, 4:30 pm Summerlin Trails Community Center

GENERAL MEETING — 15 September 2019, 1:30 pm at [Humana](#) 4830 W. Craig Rd. Suite 130

E Board Meeting — 10 October 2019, 4:30 pm Summerlin Trails Community Center

Important Notice

***Post 76 HAS MOVED to our new
Permanent Post Home location at:
[HUMANA](#) (corner of W. Craig and N. Decatur)***

4830 W. Craig Road
Las Vegas, NV 89130



You will soon be getting a notice from National to pay you dues as an **EARLY BIRD**. By paying your dues **EARLY**, you help our Post have the resources to cover expenses during the last part of the year and allow support programs that benefit both veterans and families in our area.