

GEN. WILLIAM STARK ROSECRANS VFW POST 3261

JUNE 2022 NEWSLETTER

1822 W. 162nd St., Gardena, CA 90247
Phone (310) 324-6161



CANTEEN
Open Mon - Sun
2 – 10 p.m.

Join our Great Bartenders
Sweeney and Nakia!

TACO Tuesday 4-9 PM

Tacos \$1.50
(Asada & Chicken)
Wet Burrito \$7.00
(Asada or Chicken)
Nachos \$5.00
(Asada or Chicken)

BINGO Wednesday

Doors open @ 4:30 p.m. Starts
at 6:30 p.m.
Kitchen Hours: 5 - 9 PM

MENU

Hot Dogs / Hamburgers
Cheese Toast / Patty Melt
Taco Salad / French Fries
Desserts: Brownies & Pineapple
Upside Down Cake

RENT THE HALL FOR YOUR NEXT PARTY OR EVENT!

(Capacity: 250 Persons)

Security Deposit - \$500
(Required to hold the date)

Friday & Saturday - \$2,000
(Bar Closes at Midnight)

**REMINDER: LA County
COVID guidelines
are followed.**

It's not the dues you pay to be a member, but the price you paid to be eligible.

POST CALENDAR

Monthly Post Meetings: Second Tuesday at 7:00 p.m. at Post 3261. Membership meetings are held on Zoom. [Send your email address if you'd like to participate.](#)

Bingo: Every Wednesday- Doors Open at 4:30 p.m. – Starts at 6:30 p.m.

L.A. County COVID guidelines are followed at Post 3261.



Commander's Comments

Post
Commander
James "Jimmy C"
Carradine

Summer is here (June 21st) and we wish everyone a safe and wonderful summer!

Congratulations to our Junior Vice Commander Juan C. Guerrero who recently graduated from El Camino College and has been accepted at Cal State Fullerton to continue his education. Juan is a former marine and our youngest VFW member. We need more young members like Juan to ensure that the VFW continues as a valuable service organization serving veterans throughout the country. We must reach out to our eligible young veterans and explain our mission, which is to **"To foster camaraderie among United States veterans of overseas conflicts. To serve our veterans, the military and our communities. To advocate on behalf of all veterans."**

I would like to take this opportunity to welcome Lawrence Culliver to Post 3261. Lawrence is a Vietnam veteran and a Lifetime Member of the VFW who recently transferred his membership to our Post.

Our website at vfw3261.org is still a work in progress however, we have added the following content: a list of post officers, past and current newsletters, hall rental and bingo information. We will continue to add content to the website and would like to know what type of information our members would like to see added. Eventually, we hope to have paid advertisements from various businesses that will help with the yearly maintenance cost of the website.

Please don't forget to visit our website at vfw3261.org and if you have any questions regarding our website please contact me at jimmyc_90250@yahoo.com and enter "Website Question(s)" on the subject line.



Juneteenth: The History of a New Holiday

1863. In 1863, during the [American Civil War](#), Pres. [Abraham Lincoln](#) issued the [Emancipation Proclamation](#), which declared more than three million slaves living in the Confederate states to be free. More than two years would pass, however, before the news reached [African Americans](#) living in [Texas](#).

1865. It was not until Union soldiers arrived in Galveston, Texas, on June 19, 1865, the state finally acknowledged that slavery had been abolished and the slaves learned of their freedom.

1866. On June 19, 1866, the first official Juneteenth celebrations took place by African Americans in Texas.

The original observances included gathering for prayer, food and singing spirituals in celebration of freedom.

1872. In 1872, a group of African American ministers and businessmen in Houston, Texas purchased 10 acres of land and created [Emancipation Park](#) which was intended to hold the city's annual Juneteenth celebration.

1980. Juneteenth was officially recognized as a state holiday in Texas in 1980, and a number of other states subsequently followed suit.

2021. In 2021 President Biden signed a bill establishing June 19 as [Juneteenth National Independence Day](#), a US federal holiday commemorating the end of slavery in the United States,. The day is also celebrated outside the United States, being used by organizations in a number of countries to recognize the end of slavery and to honor the [culture](#) and achievements of African Americans.

2022. All 50 states and the District of Columbia now recognize Juneteenth in some form. Celebrations typically include prayer and religious services, speeches, educational events, family gatherings and picnics, and festivals. Many states “encourage residents to observe Juneteenth as an opportunity to reflect, rejoice, and plan for a brighter future as we continue to address racial injustices in our society.”

Source: [Britannica](#), Editors of Encyclopaedia. "Juneteenth". *Encyclopedia Britannica*, 19 Apr. 2022, <https://www.britannica.com/topic/Juneteenth>. Accessed 14 June 2022.

PTSD Screening Day: Knowing is the first step

News Sections: [Health](#), [Mental Health](#), [Top Stories](#)

Published On: June 1st, 2022|741 words|2.5 min read

Rebecca Matteo is a medical sociologist and web content manager at VA's National Center for PTSD

On June 27, 2022, the National Center for PTSD is launching National PTSD Screening Day, encouraging Veterans and others who experienced trauma to start the conversation about recovery. Learning whether you have symptoms that might be PTSD is an important step to getting the treatment you deserve.

What is PTSD?

PTSD is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident or sexual assault. While most people experience trauma, not all of them develop PTSD.

After a trauma, it's common to relive the traumatic event, avoid reminders of it, have more negative thoughts and feelings, or feel on edge or on the lookout for danger.

People who experience these symptoms longer than a month may have PTSD. While the only way to know for sure is to talk to a professional, like a primary care doctor or mental health care provider, there are self-screen questionnaires for PTSD.

"The message we want to share about PTSD is one of hope," says Dr. Paula Schnurr, executive director of the National Center for PTSD. "PTSD is treatable and it's a normal response to trauma, not a sign of weakness. If you have PTSD, you can get help. Taking a PTSD self-screen is a step toward recovery."

What is a PTSD screen?

A PTSD screen, or screening questionnaire, is a short set of questions. The screen helps you understand if your feelings and behaviors are related to PTSD. One screening questionnaire is the [Primary Care PTSD Checklist, or PC-PTSD-5](#). The PC-PTSD-5 is only five questions. After confirming you experienced a serious trauma, it asks how that event may have affected the way you've felt or acted in the past month.

After taking the PC-PTSD-5, you add up your "yes" answers. If your score is three or more, you may have PTSD. The next step is to schedule an appointment to speak with a health care provider.

If you answered yes to one or two questions, and are bothered by your symptoms, you can still make an appointment. A health care provider can help you make a plan to manage the things that continue to bother you since the trauma.

"Screening is an important first step, but it's just the beginning," says Schnurr. "Anyone can get PTSD. And everyone can get treatment for PTSD."

Next steps & helpful resources

While June 27th is PTSD Screening Day, the PTSD self-screen is always available, so you don't need to wait. If the results of your screen suggest you may have PTSD, you'll need [to find a mental health care provider](#). There are [Veteran-specific services](#) at every VA Medical Center. And if you're not sure how to start the conversation with a provider, you can tell them you completed a PTSD screen or take a copy with you.

If you're not ready to reach out to a provider, there are resources that can help you learn more. The [Understanding PTSD and PTSD Treatment booklet](#) is a good place to start. You can also hear from Veterans who turned their lives around with PTSD treatment at [AboutFace](#). The Veterans who share their stories on the site have been there.

Maybe you are concerned about a family member or friend. If you've noticed symptoms of PTSD or a change in behavior, you can encourage them to screen for PTSD or support them as they go through treatment for PTSD. The [Understanding PTSD: A Guide for Family and Friends](#) booklet may be helpful.

Family and friends great source of comfort and support

“Oftentimes family and friends will notice a change in a trauma survivor, and they can be a great source of comfort and support,” says Schnurr. “It’s very common for Veterans to enter treatment because of their family.”

No matter what type of trauma you experienced or when you experienced that trauma, treatment can help. If you think you’re experiencing symptoms of PTSD, take the [self-screen](#) and reach out to a provider today.

As Army Veteran Penny Anderson notes, “Regardless of how you may have gotten PTSD, you have the ability to go and get help. And to do that, you’re going to set yourself free. You’re going to have the life that you deserve.”

Visit the National Center for PTSD’s [website](#) to learn more about PTSD treatment, [PTSD Awareness Month](#), and [PTSD Screening Day](#).

SOURCE: <https://blogs.va.gov/VAntage/104090/ptsd-screening-day-knowing-is-the-first-step/>

VA takes bold steps to improve support for caregivers

News Sections: [Caregivers](#), [Health](#), [Top Stories](#)

Published On: June 3rd, 2022|645 words|2.2 min read

Colleen M. Richardson, Psy.D., is the executive director of VA's Caregiver Support Program

As part of the VA MISSION Act of 2018, VA’s [Caregiver Support Program \(CSP\)](#) has undergone bold steps and improvements to enhance the program and increase access to Veterans and their caregivers.

“President Biden has charged us with fighting like hell for Veterans, and that includes their caregivers,” said VA Deputy Secretary Donald Remy. “We’ve come a long way in supporting caregivers, and we have more work to do.”

Expanding support for caregivers

In 2020, the Program of Comprehensive Assistance for Family Caregivers ([PCAFC](#)) expanded to Veterans who served before May 5, 1975. This added over 22,000 caregivers of Veterans to PCAFC, more than doubling the program’s size. PCAFC is set to expand to Veterans of all eras beginning October 1, 2022.

Additionally, the [resources available](#) in VA’s Program of General Caregivers Support Services ([PGCSS](#)) – the core of VA’s caregiver support program – are also undergoing enhancement and expansion.

Reassessing processes, redesigning care

As VA expanded PCAFC to new eras of Veterans under the MISSION Act, VA began reassessing caregivers and Veterans already enrolled in PCAFC. Through this reassessment process, it became apparent the new criteria may not meet the needs of Post-9/11 Veterans and their family caregivers. At that point, VA put a [halt on discharges](#) for all legacy applicants, legacy participants, and their family caregiver based on reassessment; it also undertook an effort to put meaningful solutions in place that will have an immediate and positive impact on the caregivers and Veterans participating in PCAFC.

Taking action to improve support

Over the past several months, VA has taken the following actions:

- Halted discharges for all legacy applicants, legacy participants, and their family caregiver based on reassessment. Legacy participants, legacy applicants and their family caregivers will remain enrolled in PCAFC and continue to receive support and services under PCAFC, unless revoked or discharged for a reason unrelated to the reassessment.
- Engaged with Veteran Service Organizations, Military Service Organizations, caregivers, CSP staff and other strategic stakeholders via listening sessions.
- Redesigned the PCAFC wellness contact process to better capture the caregiver and Veteran's overall needs, and to decrease the length of the contact.
- Expanded PCAFC to the Northern Mariana Islands, allowing access to caregivers supporting Veterans in all US States and Territories.
- Expanded the definition of the Safety, Protection, and Instruction (SPI) standard, focusing on inclusivity.

VA is also actively working to:

- Address the need for better transparency and understanding in PCAFC decisions by updating its notification letter to inform applicants of the granular reasoning behind approval or denial.
- Streamline its approach to the PCAFC assessment process by reducing the number of questions to ease the burden of completing reassessments and continuing to further simplify the assessment process.
- Create a caregiver and Veteran experience survey that will be used to make ongoing improvements.
- Work across CSP, Office of Mental Health and Suicide Prevention, Geriatrics and Extended Care and other VHA offices to provide wrap-around support to caregivers and Veterans in addition to expanding and enhancing the resources available in VA's Program of General Caregivers Support Services (PGCSS).
- Recruit staff needed to fulfill three CSP priorities: timely processing of new applications, appeals of disagreements, and support to caregivers.

There's a lot to do to build on these steps, and we'll continue to provide updates throughout this process. VA will stop at nothing to make sure Veterans and their caregivers get the support they need and deserve.

As VA's Deputy Secretary Remy stated at a recent [National Caregiver Convening](#), "Trust is earned, it's not given. We hope we can earn your trust through these continued efforts as we work to be good caretakers of the caregiver program."

Find more information about the VA Caregiver Support Program here:

- [VA Caregiver Support Program website](#);
- [PCAFC reassessment news](#);
- [Find your local Caregiver Support Program team](#);
- [Sign up to receive email updates and information about VA Caregiver Support Program services](#).

SOURCE: <https://blogs.va.gov/VAntage/104152/va-takes-bold-steps-to-improve-support-for-caregivers/>



1st Lt. James E. Wright's remains were identified in July 2021 by the Defense POW/MIA Accounting Agency (DPAA) after being interred in the Luxembourg American Cemetery in France for almost 70 years. Wright served during World War II.

James E. Wright was born in October 1918 and raised in North Carolina before he joined the North Carolina National Guard in 1940. He then joined the Army in 1943.

In September 1944, Wright was assigned to the Company F, 2nd Battalion, 11th Infantry Regiment, 5th Infantry Division under General Patton's Third Army, which was involved in fighting across France after D-Day. On Sept. 8, Wright's unit, held up by German resistance after crossing the Moselle River, maintained a defensive position. The unit engaged in battle with the Germans from Sept. 8 to Sept. 10. During the night of Sept. 10, Wright's unit was finally able to retreat across the river to safety.

It was during this retreat that Wright was reported missing by his unit. He was 25 years old. Wright was last seen rowing across the river toward the German side to search for injured soldiers. He had already crossed the river multiple times to bring back three wounded men in his unit and was returning in search of more. He was awarded a Silver Star for this act.

In 2012, almost 68 years after he was first reported missing, a researcher for the 7th Armored Division Association proposed that an unidentified body interred at Luxembourg American Cemetery could be from either Wright's unit or the 7th Armored Division. The remains were then sent to a DPAA lab at Offutt Air Force base in Nebraska for further analysis, and the remains were positively identified as Wright's in July 2021.

Wright's name is on the Walls of the Missing at the Lorraine American Cemetery in St. Avold, France. A rosette will now be placed next to his name to signify that he is no longer missing.

After 77 years from when he was first reported missing, Wright was buried back home in Lumber Bridge, North Carolina, near his family on Oct. 12, 2021.

We honor his service.

ELIGIBILITY FOR VETERANS PENSION

The Veterans Pension program provides monthly payments to wartime Veterans who meet certain age or disability requirements, and who have income and net worth within certain limits. Find out if you're eligible for this benefit.

Am I eligible for Veterans Pension benefits?

You may be eligible for the Veterans Pension program if you meet these requirements.

Both of these must be true:

- You didn't receive a dishonorable discharge, **and**
- Your yearly family income and net worth meet certain limits set by Congress. Your net worth includes all personal property you own (except your house, your car, and most home furnishings), minus any debt you owe. Your net worth includes the net worth of your spouse.

[Find out about Veterans Pension rates](#)

And at least one of these must be true about your service:

- You started on active duty before September 8, 1980, and you served at least 90 days on active duty with at least 1 day during wartime, **or**
- You started on active duty as an enlisted person after September 7, 1980, and served at least 24 months or the full period for which you were called or ordered to active duty (with some exceptions) with at least 1 day during wartime, **or**
- You were an officer and started on active duty after October 16, 1981, and you hadn't previously served on active duty for at least 24 months

And at least one of these must be true:

- You're at least 65 years old, **or**
- You have a permanent and total disability, **or**
- You're a patient in a nursing home for long-term care because of a disability, **or**
- You're getting Social Security Disability Insurance or Supplemental Security Income

How do I know if I served under an eligible wartime period?

Under current law, we recognize the following wartime periods to decide eligibility for VA pension benefits:

- Mexican Border period (May 9, 1916, to April 5, 1917, for Veterans who served in Mexico, on its borders, or in adjacent waters)
- World War I (April 6, 1917, to November 11, 1918)
- World War II (December 7, 1941, to December 31, 1946)
- Korean conflict (June 27, 1950, to January 31, 1955)
- Vietnam War era (November 1, 1955, to May 7, 1975, for Veterans who served in the Republic of Vietnam during that period. August 5, 1964, to May 7, 1975, for Veterans who served outside the Republic of Vietnam.)
- Gulf War (August 2, 1990, through a future date to be set by law or presidential proclamation)

What should I do if I received other than honorable, bad conduct, or dishonorable discharge?

If you've received one of these discharge statuses, you may not be eligible for VA pension benefits.

There are 2 ways you can try to qualify: [Find out how to apply for a discharge upgrade](#)
[Learn about the VA Character of Discharge review process](#)

SOURCE: <https://www.va.gov/pension/eligibility/>

HOW TO APPLY FOR A VA PENSION AS A VETERAN

Find out how to apply for tax-free VA pension benefits as a Veteran.

[You can still file a claim and apply for benefits during the coronavirus pandemic](#)

Get the latest information about in-person services, claim exams, extensions, paperwork, decision reviews and appeals, and how best to contact us during this time.

How do I prepare before starting my application?

- [Find out if you're eligible for VA pension benefits](#)
- Gather the information listed that you'll need to fill out your pension application.
 - You'll need this information
 - Social Security number or VA file number (required)
 - Military history (required)
 - Your financial information and the financial information of your dependents (required)
 - Work history
 - Bank account direct deposit information
 - Medical information

Note: In 1973, a fire at the National Personnel Records Center (NPRC) in St. Louis destroyed records held for Veterans who were discharged from the Army and Air Force during certain periods of time. If your records were destroyed in this fire, you can get help reconstructing them.

[Find out how to reconstruct your records](#)

[Learn about the evidence you'll need to support your claim](#)

How do I apply?

You can apply online right now.

[Apply for Veterans Pension benefits](#)

Other Pension Benefits

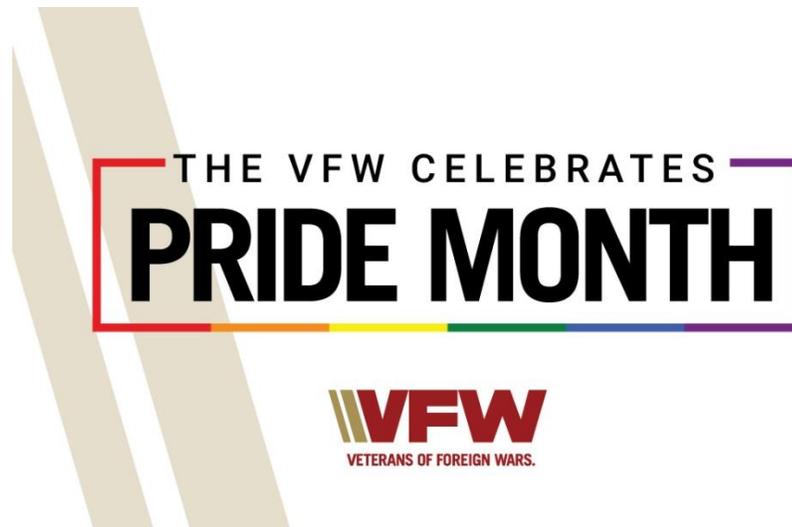
- [VA Survivors Pension](#)

Find out if you're eligible and how to apply for VA pension benefits as a surviving spouse or child of a deceased Veteran with wartime service.

- [Aid and Attendance benefits and Housebound allowance](#)

If you need help with daily activities or you're housebound, find out how to apply for extra VA pension benefits.

SOURCE: <https://www.va.gov/pension/eligibility/>



LGBTQ+ veterans ensured the rights of all Americans would one day be secure

June 01, 2022

WASHINGTON — The Veterans of Foreign Wars (VFW) stands with our fellow Americans in recognizing and honoring lesbian, gay, bisexual, transgender, and queer (LGBTQ+) veterans, service members and military families for Pride Month.

Since 1884, every person who has ever raised their right hand to swear or affirm an oath to support the Constitution of the United States, also said that they will ‘bear true faith and allegiance to the same.’ This deeply personal pledge unites each service member in the founding document’s endeavor towards establishing justice, domestic tranquility, common defense, and general welfare.

These ‘Blessings of Liberty’ are the right for every American, no matter their race, religion, ethnicity, gender, or sexual orientation. ‘We the people’ who have ever worn the uniform of our country, served, sacrificed, fought, bled, and even died to ensure those rights would one day be secured for everyone.

It is estimated that there are a little more than 1 million LGBTQ+ veterans in the United States. Since the *Don’t Ask, Don’t Tell Repeal Act of 2010*, surveys have found that more than 5% of active-duty service members identify as part of the LGBTQ+ community.

They are counted among the less than one percent who serve or have served in the U.S. military. They are among us, counted with us, and are one of us. They have earned and deserve the same dignity, respect, honor, treatment, health care, and benefits that is owed to everyone who has served.

When it comes to LGBTQ+ military men and women – no one can question their love of our country and their identity as patriotic Americans.

The 1.5 million members of the VFW and its Auxiliary salute all LGBTQ+ veterans, past, present, and future, and say “thank you” for your service to our great nation.

SOURCE: <https://www.vfw.org/media-and-events/latest-releases/archives/2022/6/vfw-salutes-lgbtq-military-service-to-the-nation>

Veterans Crisis Line helps identify, support Veterans in crisis

News Sections: [#VetResources](#), [Mental Health](#), [Top Stories](#), [Vets Experience](#)

Published On: May 31st, 2022|743 words|2.5 min read

Evan Albert is director of Data Measurement and Analytics with the Veterans Experience Office

Each year, millions of Americans struggle with mental health issues. Veterans and their families are no different, which is why the Veterans Crisis Line (1-800-273-8255, Press 1) continues to expand and evolve to find the most effective ways to serve.

During Mental Health Awareness Month, VA joins the national movement to fight stigma, provide support and advocate for policies helping Veterans and their families with mental health issues. The VCL team is on the front lines, dedicated to forging lasting resource and support networks for Veterans in need.



People experience emotional and mental health crises in response to a range of situations, from relationship challenges to the uncertainties surrounding the loss of a job. Daily life is filled with disappointments, frustrations and the wear and tear of routine sources of stress. For Veterans, these struggles can manifest uniquely and may even be amplified because of their military service experiences.

Since 2007, VA has operated the Veterans Crisis Line, ensuring Veterans experiencing emotional crises have round-the-clock access to trained professionals. The initiative started small, with only 14 trained responders working out of a call center in Canandaigua, New York. The team, which has grown to more than 750 responders, aims to provide immediate crisis intervention and connect Veterans with local Suicide Prevention Coordinators (SPC).

Care is not confined to initial VCL contact. It continues long after the first conversation, as responders can refer Veterans to a local SPC, who can then connect them to appropriate counseling and support services. To date, the VCL has answered over 6.2 million calls and sent more than 233,000 dispatches of emergency services.

The VCL team continues to evolve, introducing new services, such as [online chat](#) and text ([838255](#)), and giving Veterans more avenues to communicate the way they feel most comfortable. Because many responders are Veterans themselves, they are familiar with Veteran challenges.

In the past few years, the VCL launched additional support initiatives beyond the call. VCL is also planning for the [launch of 988](#), a new 3-digit-number to reach the National Suicide Prevention Lifeline and the VCL, which will be fully implemented by July 16, 2022.

- The Caring Letters program focuses on sending periodic messages with simple expressions of care and concern to Veterans during the year after their initial documented call to the VCL. This initiative, established in 2020, offers a unique opportunity to help save Veteran lives beyond the call, and statistics indicate the program has reduced the rate of suicide death, attempts and ideation.

- Opened in 2021, the Peer Support Outreach Call Center is staffed by trained Veterans who proactively reach out to VCL callers who may benefit from additional intervention. Studies show that Veterans who have peer support are more likely to keep their VA appointments, access additional treatment methods and meet other important health benchmarks. Peer specialists give Veterans a sense of empowerment, help reduce stigma and provide guidance on self-help and goal setting.

The VCL remains an essential component of VA's overall effort to prevent suicide. While the VCL team works tirelessly to establish lasting Veteran support systems, the Veterans Experience Office's (VEO) team continues work to locate signs of crisis before they escalate further, connecting them with intervention and support at times of need.

More rapidly identifying Veterans in crisis

Veterans Signals (VSignals), a Customer Experience (CX) solution, delivers survey and point-of-service Veteran feedback collection and analysis capabilities and helps inform opportunities in immediate- to short-term service recovery as well as long-term program and systems improvements.

The VSignals platform delivers actionable intelligence, detailing the various influences surrounding Veteran trust in VA. Underpinning the data is an ever-growing range of free text comments that capture daily interactions and long-term experiences Veterans have at clinics. VSignals helps identify comments that convey signs of crisis (alerts).

VSignals includes three types of crisis alerts: suicide, homelessness and sexual assault. Crisis alerts are triggered when certain keywords are detected in free text comments. For example, keywords for suicide alerts may include suicide and mental health.

While the VSignals platform gives these moments of crisis the attention they deserve, the VSignals team continues collaborating with the VCL and other VA partners to reach out to Veterans in crisis and, more importantly, explore ways to support these Veterans and their families more effectively.

If you are a Veteran in crisis or concerned about one, the VCL is here for you. Call 1-800-273-8255, then press 1; text to 838255; or [chat online](#). Visit the [VCL website](#) to learn more about the hotline.

SOURCE: <https://blogs.va.gov/VAntage/103960/veterans-crisis/>

GEN. WILLIAM STARK ROSECRANS VFW POST 3261

OFFICERS

Commander – James "Jimmy C" Carradine

Senior Vice Commander – Noe Rubio

Junior Vice Commander - Juan C. Guerrero

Quartermaster – Norman "Norm" Chibana

Chaplain - Michael J. McArdle

1st Year Trustee – Elvin Carter

2nd Year Trustee – Horace Yonamine

3rd Year Trustee – Patrick F. Tubal

Adjutant – Norman "Norm" Chibana

Service Officer – Larry "Skip" Anglin

Judge Advocate – Vincent K. Warren