

**GEN. WILLIAM STARK ROSECRANS
VFW POST 3261**

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



AUGUST 2022 NEWSLETTER



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.

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.

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)

***L.A. County COVID guidelines
are followed.***



**Commander's
Comments**

**Post
Commander
James
"Jimmy C"
Carradine**

Hello Comrades. Well, summer is almost over and I hope you and your families are enjoying a great summer so far.

At our recent VFW District 4 meeting (8/14) our new VFW Department of California State Commander Martin Yinglin addressed the Post Commanders and Quartermasters.

State Commander Martin Yinglin is a retired U.S. Navy Master Chief who served for 30 years. He received numerous awards including the Purple Heart medal, two Meritorious Service medals, and three Navy Commendation medals.

State Commander Yinglin spoke on a variety of subjects. One subject that caught my immediate attention was recruitment of new members.

He stated that the VFW nationwide has lost over 67,000 members due to our aging population. He said that it is imperative to recruit young eligible veterans into our posts.

State Commander Yinglin also emphasized to all posts with auxiliaries, that we must work together as one collective unit with one common goal: **servicing Veterans, their families and active-duty personnel.**



VFW State Commander Martin Yinglin

As previously stated in our newsletters, Post 3261 has welcomed several younger veterans who have served in an eligible combat zone or area. We will continue efforts to increase our active membership.

Our post auxiliary has been in existence for over seventy-five (75) years. In spite of a limited membership it continues to strive in its efforts to assist veterans whenever possible. We will continue to support and assist our auxiliary in their efforts to accomplish their goal.

Happy Birthday US Coast Guard!

*The VFW salutes America's oldest continuous maritime service.
August 04, 2022*

WASHINGTON — The Veterans of Foreign Wars (VFW) joins with our grateful nation in celebrating the birthday of the United States Coast Guard, which has saved countless lives and protected U.S. interests at ports, inland waterways, along coastlines and in international waters for the past 232 years.

On Aug. 4, 1790, President Washington signed the Tariff Act into law, establishing the Revenue Cutter Service. Up until the reestablishment of the U.S. Navy in 1798, Revenue Cutters were the only naval vessels protecting U.S. shores. Throughout the 19th and 20th centuries, the Revenue Cutter Service would continue law enforcement and customs duties, as well as fight alongside the U.S. Navy in conflicts, to include the American Civil War. In 1915, the branch was merged with the U.S. Life-Saving Service and officially renamed the U.S. Coast Guard.

Now under the Department of Homeland Security, today's Coast Guard operates to fulfill three broad roles: maritime security, maritime stewardship and maritime safety.

Along with protecting and defending more than 100,000 miles of U.S. coastline and inland waterways, the Coast Guard ensures the safety of an Exclusive Economic Zone of 4.5 million square miles.

This EEZ is the largest in the world, encompassing nine time zones, reaching from the Arctic Circle to south of the equator, and across from Puerto Rico to Guam.

Of course, who can overlook one of the Coast Guard's oldest missions - search and rescue. Coast Guardsmen are the best in the world at helping seafarers in peril, from rivers to oceans and everybody of water in between. When the risk to life is great, the Coast Guard is at its finest.

Please join the more than 1.5 million members of the VFW and its Auxiliary in saying happy 232nd birthday and “thank you” to Coast Guardsmen both past and present – members of the U.S. Armed Forces with the biggest area of responsibility.

Semper Paratus - Always Ready.

Source: <https://www.vfw.org/media-and-events/latest-releases/archives/2022/8/happy-birthday-us-coast-guard>



VA | #VETERANOFTHEDAY



Marine Corps Veteran Victor “Brute” Harold Krulak served as an adviser to General Douglas MacArthur and became a General in 1955 at the age of 42.

Victor “Brute” Harold Krulak was born in January 1913 in Denver, Colorado. He was appointed to the U.S. Naval Academy in Annapolis, but fearing a negative impact from his [Jewish birthright](#), he became Episcopalian.

Krulak graduated in 1934 and was [commissioned](#) a second lieutenant in the Marine Corps but required an exemption due to his 5’ 4” stature. He wrestled in the academy and earned the nickname “Brute,” in jest because of his size, but he ultimately embodied the name as a preeminent strategist for the Marine Corps. While stationed in Shanghai in 1937, Krulak recognized the value and potential of using [retractable ramps](#) on U.S. boats. When his idea was not considered, he built a model and discussed it with builder Andrew Higgins, who implemented aspects of Krulak’s design into World War II “Higgins boats.”

In 1945, Krulak, a lieutenant colonel, planned the April 1 attack on Okinawa, Japan. He also led a battalion in a separate battle that served as a diversion for the [invasion of Bougainville](#). He refused to be evacuated despite being wounded, earning him a Navy Cross. After World War II, Krulak co-authored the first textbook for helicopter pilots and war planners for the Marine Corps.

In Korea, Krulak advised Gen. Douglas MacArthur on the amphibious landing at Inchon that reclaimed Seoul from North Korea.

In 1955, Krulak became a general at age 42. He was named President Kennedy’s [special assistant](#) for counterinsurgency and special activities in Vietnam and, by 1963, was a three-star general. Overall, he made 54 trips to Vietnam, utilizing what he called the “inkblot strategy” of winning the hearts of the locals to spread counterinsurgency.

Krulak earned numerous decorations in addition to a Navy Cross, including a Distinguished Service Medal, a Legion of Merit, a Bronze Star, a Purple Heart, an Air Medal and a Presidential Unit Citation.

Krulak retired from military service in 1968 and worked as a columnist and executive for Copley newspapers, retiring in 1977. He published [his book](#), “First to Fight: An Inside View of the U.S. Marine Corps,” in 1984. It remains on the official reading list for Marines. Krulak was named “Citizen of the Year” by San Diego Uplifters, a group of professional and business leaders, and he served as president and trustee of the Zoological Society of San Diego.

He died on Dec. 29, 2008, and is [buried](#) at Fort Rosecrans National Cemetery in San Diego.

We honor his service.

SOURCE:

<https://blogs.va.gov/VAntage/105674/veteranoftheday-marine-corps-veteran-victor-brute-harold-krulak/>

VFW Celebrates as the Landmark PACT Act is Signed into Law

WASHINGTON — After years of persistent advocacy, National Commander of the Veterans of Foreign Wars (VFW) Tim Borland, families of loved ones affected by toxic exposures and other veteran service organizations, stood together behind President Joseph Biden at the White House as the *SFC Heath Robinson Honoring Our Promise to Address Comprehensive Toxics Act of 2022*, the landmark bill focused on assisting toxic-exposed veterans, was signed into law, Wednesday morning.

“What an honorable moment in history for veterans!” exclaimed Borland after the event. “The PACT Act becoming law is the largest expansion of veteran benefits since the creation of the VA. My sincerest thanks to the members of Congress, I am so proud of all the hard work VFW staff, our Action Corps and VFW members everywhere did to push Congress to pass this bill and was honored to represent our organization at the White House on this historic day.”



President Joe Biden holds the Honoring Our PACT Act after signing it during a ceremony in the East Room of the White House, Wednesday, Aug. 10, 2022, in Washington. (AP Photo/Evan Vucci) The PACT Act, as it's commonly known, is named after Sergeant First Class Heath Robinson who passed away in 2020 from conditions related to toxic exposure during his service in the military.

The bill enacts VA provisions for 23 presumptive conditions for rare respiratory diseases and cancers and creates a framework for the establishment of future presumptions of service connection related to toxic exposure.

The comprehensive bill expands health care for generations of veterans who up until now had the arduous task of proving their conditions or illness a result of service-connected exposure to toxic substances or environments, such as the burn pits many Post-9/11 veterans were exposed to during deployments to Iraq and Afghanistan.

“Too many of our brothers and sisters have succumbed to illnesses connected to toxic exposure,” said Borland. “That is why this bill has been the VFW’s #1 priority for the past few years, and we weren’t going to give up until it was passed.”

Passed by the Senate on Aug. 2, the bill was in limbo for almost a month as procedural hurdles, amendment considerations, and shaky support among some Senators caused the bill to stall before it was passed overwhelmingly with a vote count of 86 – 11. For almost a week leading up to the final vote, VFW members, PACT Act advocates and other veterans held a fire watch on the grounds of the U.S. Capitol, holding a constant vigil for six straight days until it was announced the bill passed.

“With one voice, we told Congress “every veteran counts,” and they listened,” said Borland. “I encourage every eligible veteran to join the VFW so we can continue to secure and improve the health and benefits for veterans, service members and their families. The veteran’s voice has strength, and it is even stronger when we are all together.”

The PACT Act is the latest achievement on the long list of legislative victories the VFW has fought for since its inception, part of the legacy of the VFW’s veteran advocacy that continues to carry on into the future.

“After 123 years, the VFW continues to show we are alive and well, and that ‘No One Does More For Veterans,’ because for the VFW ‘EVERY VETERAN COUNTS!’” said Borland.

SOURCE: <https://www.vfw.org/media-and-events/latest-releases/archives/2022/8/vfw-celebrates-as-landmark-pact-act-is-signed-into-law>

Pension Poaching: *Learn to spot scammers and who you can trust for support.*

Have you ever heard of the scam called pension poaching? It is a financial hoax used by scammers to defraud Veterans, survivors and their families who are potentially eligible for VA pension benefits. If you currently receive a VA pension or are thinking about applying for one, learn how to spot and avoid poachers!

What are VA pension programs?

VA provides two different pension programs for Veterans and their dependents. [Veterans Pension](#) is a tax-free monthly benefit available for wartime Veterans who meet certain age or disability requirements and have income and net worth within certain limits. [Survivors Pension](#) is available to qualifying surviving spouses and unmarried dependent children of wartime Veterans who meet certain income and net worth limits. Additionally, Veterans and survivors who need help with daily activities (such as bathing, dressing and eating), or are housebound, may be eligible for additional pension adjustments with [VA Aid and Attendance](#) or [Housebound benefits](#).

What to avoid and who to trust?

Pension poachers will often try to earn your trust by claiming to be advocates who can help you gain more VA benefits than you already receive. By doing so, these scammers collect money through fees or by siphoning off your benefit payments. Following the advice of scammers puts your pension in jeopardy. You could also end up disqualified from other VA benefits or owe money back if it's determined you're ineligible for payments.

Veterans, survivors and their advocates should never pay for assistance when applying for VA benefits. [Accredited Veteran Service Organization \(VSO\) representatives](#) provide free advice and help complete and file applications. These certified professionals are well-trained to support you and your family.

In addition to working with only accredited representatives, be sure to avoid cold calls, phishing emails and other poaching pitches, such as:

- Requests to move money into different accounts or reallocate investments to qualify for a VA pension payment,
- Requests for money to file your claim or for application forms,
- Promises of “guaranteed eligibility” for a particular VA benefit or a lump-sum payment upon approval,
- Requests for personal information, including credit card or other billing information, and
- Offers to send benefits to a caregiver’s account.

VA benefits can only go to an eligible Veteran or survivor, not to a caregiver’s account. While some attorneys may charge you a fee for representation in appealing or requesting an additional review of a VA decision, they cannot charge you for services provided on initially applying for benefits.

If a potential scammer approaches you, please report them to the VA Office of Inspector General (OIG) by calling 800-488-8244. You can also file a complaint with the Federal Trade Commission at www.consumercomplaints.fcc.gov.

SOURCE:

<https://blogs.va.gov/VAntage/105618/pension-poaching-learn-to-spot-scammers-and-who-you-can-trust-for-support/>

Tinnitus: What's That Ringing Noise?

Virtually everyone will experience some tinnitus from time to time throughout their life.

Have you ever left a concert or sporting event with a high-pitched ringing in your ears? This is called tinnitus. Virtually everyone will experience some tinnitus from time to time throughout their life. Although it is usually the result of being around loud noises, that's not always the case, and not everyone experiences tinnitus the same way. For example, tinnitus has been described as ringing, roaring, clicking, hissing, or buzzing in the ears that only you can hear.

What Causes Tinnitus?

Exposure to loud sounds, or long-term exposure to moderately loud sounds, can lead to Tinnitus. The loud sounds damage the inner ear's ability to send clear signals to the brain which causes mix-ups that your brain interprets as a ringing sound.



Tinnitus can also be caused by certain medications, like aspirin, [NSAIDS](#), [loop diuretics](#), and some chemotherapy and cardiac medications. However, the tinnitus usually stops when the use of the medication is over. Lastly, sometimes the cause is simply unknown. Although most people will experience temporary tinnitus, there are some people who may develop permanent tinnitus.

How to Treat Tinnitus

Although there is no permanent cure for tinnitus, there are several treatments that can lessen its effects. In mild cases, using a sound generator can help mask tinnitus — especially when you're trying to sleep or in very quiet situations where tinnitus can become more noticeable. If the tinnitus is more severe, hearing aids can also help.

Many hearing aid models today are built specifically to combat the effects of tinnitus by helping you hear better and by counteracting the tinnitus with sounds and tones meant to mask it. (For example, [watch this video](#) about a tinnitus sufferer who found relief with hearing aids.) In some extreme cases, counseling can even reduce the psychological effects of tinnitus and provide strategies for dealing with it.

If you are experiencing tinnitus, the VFW encourages you to talk to a hearing healthcare provider today.

As part of the VFW's hearing care program, you can lower your out-of-pocket cost on hearing aids through TruHearing®.

Call TruHearing at 1.888.888.8888 to get started.

SOURCE: <https://www.vfw.org/media-and-events/latest-releases/archives/2022/8/tinnitus-whats-that-ringing-noise>

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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