

NEWSLETTER
2022
February

WILLIAM STARK ROSECRANS VFW POST 3261
1822 W. 162nd St., Gardena, CA 90247
Phone (310) 324-6161



"It's not the dues you pay to be a member, it's 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.)



James "Jimmy C" Carradine - Commander's Comments

*News From
Quartermaster
"Norm" Chibana*

MEMBERSHIP MATTERS

Annual membership dues are \$45.00



Help us make Post 3261 the best in L.A.

Commit just a few hours to help with events, maintenance and repairs, or tech support!

Contact Norm at (310) 324-6161

February is Black History month. It was first established in 1926 by Carter G. Woodson, an African American historian, to **celebrate the accomplishments of African Americans.** Woodson chose February because it was the birth month of two important men, Frederick Douglass and Abraham Lincoln (*).

President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans throughout our history (**)."

The Black History Month article on page 3 features **The 688th Central Postal Directory Battalion of the Women's Army Corp.** Nicknamed the "Six Triple Eight", this was the only all-Black, all-female battalion overseas during World War II. Major Charity Adams led this Battalion of 855 Black women, both enlisted and officers.

Due to limited space, the article only tells part of their tremendous story. However, a website link is provided so that you can read the complete story of these amazing Black women who served their country honorably under some of the most unbearable circumstances.

One of my goals as Post Commander is to establish a website for Post 3261 that would help to increase our membership and expand our communications. We will apply to the VFW Website Grant Program that helps VFW Posts throughout the U.S. with establishing a website. I will keep you updated on our progress.

We are planning an Easter Egg Hunt for kids in the local community on Saturday, April 17. Volunteers are helping with planning and donors are providing funding. If you would like volunteer or if you would like your kids or grandkids to participate, please email me at: jimmyc_90250@yahoo.com.

Effective March 1, 2022, there will be two modest price increases at our Post. Alcoholic beverages will increase by \$.25 and Hall rental will increase by \$100.

Black History References:

- Wikipedia: *cbc.ca/kidscbc2/the-feed/all-about-black-history-month
- **history.com/topics/black-history/black-history-month

CANTEEN

Open Daily
2 – 10 p.m.

(Open Sundays at 1pm for all
NFL Games)

Join our Great Bartenders
Sweeney and Nakia!

TACO Tuesday 4-9 p.m.
Carne Asada & Chicken \$1.50

BINGO Wednesday

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

Sunday (3-10 pm) - \$950

Monday-Thursday - \$550

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

Patio (10 am-6 pm) - \$650
(No Kitchen)

*As a reminder, the
California Department of
Public Health (CDPH) is
requiring masks to be
worn in all indoor public
settings, irrespective of
vaccine status, until
February 15, 2022.*



Focus on Health and Wellness in 2022



The COVID-19 pandemic has brought an increased emphasis on health and wellness for many Americans.

The Defense Commissary Agency hopes military families focus on the benefits of cooking and eating meals together and will, hopefully, keep home-cooking a tradition long after the threat of the pandemic recedes.

Cooking meals together at home encourages quality family time, creates memories, and will save the family money.

The entire family can be involved in using resources to develop meal plans and manage shopping lists.

Visit one of the Commissaries or go to our website to download easy-to-follow guides to keep you and your family healthy by cooking at home!

The Defense Commissary Agency
<https://www.commissaries.com/healthy-living>



VETERANS PROGRAMS FOR HEALTH AND WELLNESS

The Veterans Administration offers information and resources to help you stay healthy. You can get help quitting tobacco use, preventing disease, managing your weight, and maintaining good mental health.

Nutrition and food services

Connect with a VA-registered dietitian nutritionist or learn how to prepare healthy meals in our Healthy Teaching Kitchens at some VA facilities. Access healthy recipes and nutrition information.

Tobacco and health

Explore VA tobacco use treatment options and find out how to connect with our “quitline” counselors to plan for quitting tobacco use.

Weight management

Learn about our weight management health promotion program and find out how to access exercise and dietary programs that fit your needs.

Women's health

Get information about women's health concerns and find out how to access women's health services.

Mental health

Access self-help resources to get treatment and support for mental health needs (like depression, anxiety, PTSD, and substance use).

Visit the VA website for more information:

<https://www.va.gov/health-care/wellness-programs/>

HONORING BLACK HISTORY MONTH

The 6888th Central Postal Directory Battalion

The only African American, all female unit sent overseas during World War II



The 6888th Central Postal Directory Battalion was a unique U.S. Army unit with the distinction of being the only all-African American, all-female unit sent overseas during World War II. The women kept mail flowing to seven million soldiers in the European Theater of Operations (ETO).

During the trip across the Atlantic Ocean in 1945 German U-boats forced the convoy of troop ships to change course. The event had a chilling effect on the women. "Darn tootin,' I got scared," recalled Mary Ragland. "Especially when you can't see land all around" she added. The women arrived in England on February 14, 1945.

Almost immediately after leaving the United States in early 1945, the women who would eventually make up the 6888th were introduced to the rigors of war. As they disembarked from their ship they had to immediately run for cover as a German V1 rocket, also known as a "Buzz Bomb" for the sound of its engine, dove into the area. No one was killed, but the event served as a harsh reminder that even behind the lines, soldiers were at risk at all times.

The 6888th was organized on 4 March 1945 at Birmingham, England with approximately 850 officers and enlisted personnel. This Women's Army Corps (WAC) unit pitched mail at a facility there until after the end of the war in Europe in May. When they arrived, they discovered warehouses crammed from floor to ceiling with mail and packages that had not been delivered for at least two years. Rats the size of cats had broken into some of the Christmas care packages for front line soldiers and eaten their contents. The women went to work, repacking damaged packages and organizing a system that would break the bottleneck of undelivered mail.

Work conditions were less than ideal in damp, poorly lit warehouses without heat. The windows were all painted over for blackout conditions. To battle the cold, some women resorted to wearing ski pants, field jackets, fatigues, or anything else to keep warm. They worked eight-hour rotating shifts, seven days a week completing a job, which was supposed to take them six months, in only three.



Captain Abbie N. Campbell and Major Charity Adams inspect the first contingent of African American WACs from the 6888th Battalion after their arrival in England on February 15, 1945. (National Archives)



WACs from the 6888th Battalion take part in a parade honoring Joan of Arc in Rouen, France, on May 27, 1945. (National Archives)

Major Charity Adams commanded the 6888th battalion and was the first African American woman to receive an Army commission. She ended the war as a lieutenant colonel, the highest-ranking Black woman in the Army at the time.

The 6888th was self-contained and not attached to any male unit. It managed its own mess hall, motor pools and supply rooms. It had its own military police and a chapel, and a battalion newsletter, *Special Delivery*. It hosted sports teams and even put on dances at Army hospitals around England. In fact, Black women staffed all the positions of this Army battalion.

As with any minority unit in a segregated army, the 6888th experienced its share of sexism and racism. When the Red Cross opened a club for Black women only, Major Adams asked her soldiers to resist the club. In a show of unity, no one from the battalion entered its doors. Several members of the unit's basketball team were invited to play on an Army all-star team, but when the Army realized the players were Black, the invitation was rescinded. Army policy forbade the mixing of races in units, including sports teams. The battalion's team responded by going on to win the ETO Basketball Championship of 1945.

The women easily made friends with the residents of Birmingham. The locals were skeptical at first because of racist misinformation about African Americans. The women of the 6888th soon put those rumors to rest with their dignity and class. In many instances, the local populace treated them better than they were treated back home.

In May 1945, with the war in Europe over, the unit transferred to Rouen, France. On 27 February 1946, the 6888th boarded the *Claymont Victory* for its return to the United States. The battalion was disbanded on 9 March 1946 at Camp Kilmer, New Jersey.

For the women of the 6888th Central Postal Directory Battalion, World War II was truly a war of liberation. They served their country in trying conditions, accomplished their mission, and showed what African American women could do if given the chance.

Source: This article is an edited excerpt from an article written by Kevin M. Hymel. To read the complete exciting story of the amazing women of the 6888th WAC Battalion, go to armyhistory.org/6888th-central-postal-directory-battalion/



During Black History Month, today's #VeteranOfTheDay is Army Veteran Marcella Hayes Ng, who was the first female African American pilot to serve in the military.

Marcella Hayes Ng joined the Army Reserve Officer Training Corps (ROTC) while in college at the University of Wisconsin. She excelled in training, becoming one of the two women accepted for the Tri-Service ROTC Exhibition Drill Team and taking on a leadership role at the ROTC Advanced Camp in the summer of 1977. Later, her achievements during ROTC training allowed for her to attend U.S. Army Airborne training school at Fort Benning, Georgia, after she graduated in 1978 and commissioned as a second lieutenant.

Ng later stated that it was Lt. Col. Robert "Bobby" Pedigo, an Army aviator, who introduced her to the idea of applying for flight school upon her graduation. Though women attending flight school was still new at Fort Benning, Ng worked hard to qualify with the other students.

"Women were no longer separate; we were regular Army officers, and there were enough minorities in my program that it did not make a difference," she told Centralia Fireside Guard in a [2012 article for the magazine MadameNoire](#).

In the fall of 1979, Ng attended the U.S. Army Aviation Center in Fort Rucker, Alabama, to take on helicopter pilot training. In November she earned her aviation wings and she qualified as a helicopter pilot, becoming the first African American female to fly in the military.

While in flight school, Ng met Dennis Ng; they married in January 1980. That summer, Ng was assigned to the 394th Transportation Battalion at Nellington Kaserne base near Stuttgart, Germany. Ng was the first African American and first woman leader to serve in the battalion. But she also faced challenges when she tried to continue flying. According [to a December 2020 article on the McClatchy news site](#), in order to fly the Army's UH-1 "Huey" helicopters overseas, the battalion had to test and clear her for in-country flying. Ng's commanders, however, did not approve flight time. When she did fly, she did not get the necessary feedback.

“At this point, I couldn’t even tell you the story without bursting into tears,” Ng admitted. “I would go for weeks, close to a month, before I would get in the aircraft again. So, you know, you get to the point where you’re getting rusty.”

Later, Ng lost her flight status, but she continued to serve as a leader in the transportation corps. Ng then served at a base in South Korea before returning to the U.S. to become the commander of the 49th Transportation Battalion located at Fort Hood, Texas. She rose to become the corps support command inspector general before she retired as a lieutenant colonel in September 2000.

After retiring, Ng started a pregnancy resource center in Nolanville, Texas, where she works with military families. In 2019, she was inducted into the Organization of Black Aerospace Professionals’ Hall of Fame.

Thank you for your service!

VA Long Beach Nursing Home Rated Top Performer



**Rendering of the VA Long Beach future Community Living Center
January 28, 2022**

Press Ganey surveyed VA nursing homes nationwide and identified the Community Living Center located at VA Long Beach Healthcare System’s Tibor Rubin VA Medical Center as the top performer on key priorities established for 2021.

Press Ganey surveyed VA nursing homes nationwide and identified the

Community Living Center located at VA Long Beach Healthcare System’s Tibor Rubin VA Medical Center as the top performer on key priorities established for 2021. In an assisted living community environment, many residents are disabled, chronically ill and less independent. The 2021 survey focused on important areas such as *Aides Explanation of Care*, *Management Receptive to Ideas* and *Aides Responsive to Ideas*.

The *Aides Explanation of Care* segment evaluated the ability of health aides to deliver important healthcare information to their patients and family members. It is critical that the patient and family understand and are knowledgeable about the plan of care. Crucial care information such as: what will happen, when it will happen, why it will happen, who will make it happen, where it will happen, and how it will happen are needed to ensure a full understanding of the care being delivered. It is also critical that there is a shared understanding of what the desired care goal will be. According to Press Ganey, “Numerous studies have shown that the

simple act of providing information is strongly, positively associated with customer experience." VA Long Beach Community Living Center scored 90% satisfaction on this criterion.

An additional key area VA Long Beach Healthcare System prioritized was *Management Receptive to Ideas*. This criterion evaluated the perception of staff after having made suggestions and recommendations regarding a resident's care. Scoring well on this metric is a strong indication that team members actively listen to ideas and recommendations and then followed-up timely on the suggestions that were made. Community Living Center staff fully welcome new ideas and actively involve the family in the resident's care. VA Long Beach scored an exceptional 91% satisfaction on this metric.

The dedicated VA staff exceeded expectations again in the area of *Aides Responsive to Ideas*. This criterion evaluates the effort made by the staff to incorporate suggestions in the care plan. If the idea is not feasible or safe, team members are expected to explain why the proposed idea isn't possible or safe. As residents lose much of their autonomy upon entering a nursing home setting, the restoration of as much decision-making as feasible to the resident is an important goal. VA Long Beach performed exceptionally well and scored 83% satisfaction in this area.

Medical Center Director, Walt Dannenberg, stated he was "incredibly humbled to receive this national recognition. Our Veterans deserve the absolute best healthcare, and we are steadfast in our efforts to deliver exceptional care to our nation's heroes. We have an amazing team, and I couldn't be prouder of our staff and the care we provide."

Of note, VA Long Beach is in the midst of a construction boom and is actively constructing a new 181,000 square-foot, 3-story state-of-the-art Community Living Center. By combining new state of the art facilities with award winning care, VA Long Beach Healthcare System is well on their way to being one of the best healthcare systems in the country.

Source: <https://www.va.gov/long-beach-health-care/stories/va-long-beach-nursing-home-rated-top-performer/>

VA Education Benefits for Survivors and Dependents

Find out if you're eligible for VA education benefits for dependents and survivors (also called Chapter 35 benefits). If you're a dependent spouse or child—or the surviving **spouse or child—of a Veteran, you may qualify for Chapter 35 benefits or job training** through a GI Bill program.

Am I eligible for education benefits?

You may be eligible for VA education benefits (Chapter 35 benefits) if you're the child or spouse of a service member and one of the descriptions listed below is true of the service member.

One of these must be true:

- The service member died in the line of duty after September 10, 2001, **or**
- The service member is missing in action or was captured in the line of duty by a hostile force, **or**
- The service member was detained (held) by force while in the line of duty by a foreign government or power, **or**

- The service member is in the hospital or getting outpatient treatment for a service-connected permanent and total disability and is likely to be discharged for that disability. A service-connected permanent and total disability is a disability resulting from your service that doesn't go away.

You may be eligible for VA education benefits (Chapter 35 benefits) if you're the child or spouse of a Veteran and one of the descriptions listed below is true of the Veteran.

One of these must be true:

- The Veteran is permanently and totally disabled due to a service-connected disability, **or**
- The Veteran died while on active duty or as a result of a service-connected disability

If you're a dependent who doesn't meet the above criteria, you may still qualify for VA education benefits if the Veteran or service member transferred some or all of their Post-9/11 GI Bill entitlement to you while they were on active duty.

Learn about transferred benefits at: <https://www.va.gov/education/transfer-post-9-11-gi-bill-benefits/>

Learn more about dependent benefits at: <https://www.va.gov/education/survivor-dependent-benefits/dependents-education-assistance>



How Do I Get Help if I'm Homeless or At-Risk of Becoming Homeless?

We may be able to help. We offer many programs and services that may help—including free health care and, in some cases, free limited dental care. We can also help you connect with resources in your community, like homeless shelters or faith-based organizations.

Find the support you need:

- **Call the National Call Center for Homeless Veterans** at [\(877-424-3838\)](tel:877-424-3838) for help 24 hours a day, 7 days a week. You'll talk privately with a trained VA counselor for free.
- **Contact your nearest VA medical center** and ask to talk with the VA social worker. If you're a female Veteran, ask for the Women Veterans Program Manager.
[Find the nearest VA medical center](#)

Talk with someone right now:

If you're a Veteran in crisis or concerned about one, connect with our caring, qualified Veterans Crisis Line responders for confidential help. Many of them are Veterans themselves. This service is private, free, and available 24/7.

[Chat online with a trained VA staff member](#)

VA Education Program Started During the Pandemic to Retrain Unemployed Veterans Goes Mostly Unused

WASHINGTON – A \$400 million program to retrain veterans who were forced into unemployment during the coronavirus pandemic has gone mostly unused, lawmakers said Wednesday.

Congress created the Veteran Rapid Retraining Assistance last year as part of the American Rescue Plan, a \$1.9 trillion relief package that sought to bolster the economy as the country struggled with pandemic-related closures and layoffs. The program, known as VRRAP, offers education and training for veterans who became unemployed during the pandemic and have already used their GI Bill entitlement.

Congress allocated \$386 million to the Department of Veterans Affairs to run the program. It has the capacity to train up to 17, 250 veterans for high-demand jobs, including positions in the technology, engineering, and health care industries.

Since it began accepting students nine months ago, about 4,000 students have enrolled. Fewer than 700 have graduated from the program, and nearly 100 veterans have been employed into the field for which they received training.

Source: This is a portion of the article, which is in the Stars and Strips Newsletters, dated February 3, 2022, and written by Nikki Wentling. (<https://www.stripes.com/theaters/us/2022-02-03/veterans-affairs-education-program-coronavirus-pandemic-awareness-4605137.html>). The VA website has information on this program which I provide for our veterans.

Veteran Rapid Retraining Assistance Program (VRRAP)

The Veteran Rapid Retraining Assistance Program (VRRAP) offers education and training for high demand jobs to Veterans who are unemployed because of the COVID-19 pandemic. Keep reading to find out if you're eligible and how to apply.

Am I eligible for this program?

To be eligible for this program, you must meet all the requirements listed here.

All of these must be true:

- You're at least 22 years old, but not older than 66, **and**
- You're unemployed because of the COVID-19 pandemic, **and**
- You're not rated as totally disabled because you can't work, **and**
- You're not enrolled in a federal or state jobs program

Note: You can't receive VRRAP benefits at the same time as you're receiving unemployment benefits (including CARES Act benefits).

If I'm eligible for other education benefits or VR&E, can I get VRRAP benefits?

No. At the time you apply for VRRAP, you can't be eligible for any of these other benefits:

Post-911 GI Bill (<https://www.va.gov/education/about-gi-bill-benefits/post-9-11>)

Montgomery GI Bill (<https://www.va.gov/education/about-gi-bill-benefits/montgomery-active-duty>)

Veteran Readiness and Employment

(<https://www.va.gov/careers-employment/vocational-rehabilitation/eligibility>).

Survivors' and Dependents' Educational Assistance (DEA)

(<https://www.va.gov/education/survior-dependent-benefits-dependents-education-assistance>).

Veterans' Educational Assistance Program (VEAP)

(<https://www.va.gov/education/other/-va-education-benefits/veap>)

Note: You can get VRRAP benefits if you were at once time eligible for the Post-9/11 GI Bill, but you've transferred all of your benefits to family members.

What types of education and training programs does VRRAP cover?

VRRAP covers education and training programs approved under the GI Bill and Veteran Employment Through Technology Education Courses (VET TEC) that lead to high-demand jobs. These include associate degrees, non-college degrees, and certificate program. The Department of Labor determines what's considered a high-demand job for VRRAP.

Find out which jobs are considered high demand (PDF)

(<https://benefits.va.gov/gibill/docs/vrrap-high-demand-occupation-list.pdf>).

What benefits can I get through this program? If you're eligible for VRRAP, you can get:

- Up to 12 months of tuition and fees, **and**
- A monthly housing allowance based on Post-9/11 GI Bill rates

How do I apply? You can apply online right now.

Participating schools for Veterans: Find participating schools listed in these 2 PDFS. We grouped the schools by the state where they're located and split the states into 2 alphabetical lists. The first PDF has Alabama through Indiana. The second PDF has Kansas through Wyoming. We'll update these lists as schools sign up.

- Find participating schools in states that begin with the letters A-I (Alabama through Indiana) (PDF). (<https://benefits.va.gov/gibill/docs/ApprovedVRRAPSchools Part I AL-IN.pdf>).
- Find participating schools in states that begin with the letters K-W (Kansas through Wyoming) (PDF). (<https://benefits.va.gov/gibill/docs/ApprovedVRRAPSchools Part II KS-WY.pdf>).

More information about VRRAP

How long will this program be available?

VRRAP will be available until December 11, 2022. We'll stop making payments on this date-or when we reach either the 386 million funding limit or the 17,250-participant limit.

What if I have other questions? You can call us at [888-442-4551](tel:888-442-4551) (TTY: 711).

We're here Monday through Friday, 8:00 a.m. to 7:00 p.m. ET.

SOURCE: <https://www.va.gov/education/other-veteran-education-benefits/veteran-rapid-retraining-assistance/>

VA Extends Presumptive Period of Gulf War Veterans

The VA in October announced it has extended the presumptive period for illnesses related to Gulf War burn pit exposure to Dec. 31, 2026. The original deadline was the end of 2021.

In a press release, VA announced that it now presumes some illnesses are related to Gulf War service without regards to cause. This includes:

- Chronic fatigue syndrome
- Fibromyalgia
- Functional gastrointestinal disorders
 - VA stated that it also includes undiagnosed illnesses with symptoms such as:
- Abnormal weight loss
- Cardiovascular disease
- Muscle and joint pain
- Headache
- Menstrual disorders
- Neurological and psychological problems
- Skin conditions
- Respiratory disorders
- Sleep disturbances

Some veterans who have illnesses caused by burn pits exposure, officially known as particulate matter exposure, now can apply for VA disability benefits. VFW urges veterans who served in the Gulf, Iraq, or Afghanistan wars to contact a VFW-accredited service officer to discuss whether they are eligible to file a VA claim. Visit www.vfw.org/nvs to find a nearby officer.

Apply Now for Burn Pit Exposure Conditions

Veterans exposed to burn pits in the Gulf War through recent wars can now apply for their earned benefits.

The VA on Aug. 2 announced that it will start processing claims for veterans who served in the Middle East and were exposed to burn pits. Claims can be made relating to burn pit, or particle matter, exposure for the following:

- Asthma
- Rhinitis
- Sinusitis

To qualify for burn pit exposure related benefits, a veteran must have one or more of the three conditions listed above. Veterans who already have pending claims for one or more of these conditions do not need to do anything, according to the VA.

Visit www.vfw.org/nvs to find a nearby officer for help with a claim.

WILLIAM STARK ROSECRAWS 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 – Arnulfo Ochoa

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