

NEWSLETTER
2022
January

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"

News From Quartermaster "Norm" Chibana

MEMBERSHIP MATTERS

Annual membership dues are \$45.00 and can be paid at Post 3261 or at vfw.org. Consider changing from Annual to Lifetime Membership, which can be paid on an installment plan or as a one-time payment.

LET'S RECRUIT NEW MEMBERS!

Invite friends and family who are qualified veterans to join Post 3261. Share our newsletter with them or invite them to one of our activities to learn about all the benefits of being a member.

VOLUNTEERS ARE NEEDED

Our post will improve with the helping hands of our members. Please consider committing just a few hours to help with events, post maintenance and repair or technology support. Please contact me at (310) 324-6161 to get involved.

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

I hope all of our members and friends had a wonderful Christmas and are looking forward to a prosperous New Year in 2022. I extend a sincere "thank you" to all who helped Post 3261 overcome the challenges of the past year.

Our December 17th Christmas Party, which included a raffle with prizes, was enjoyed by all who attended. My gratitude goes out to all who contributed to the success of this event, especially our Post Quartermaster "Norm" and his team of professionals who provided decorations and catering services.

The team consisted of Julia Alvarado and Tameka Gonzales who operate *Building Memories by Besties*. Their hands-on approach to details, including getting Santa Claus to stop by and take pictures with the grown-ups, increased the fun factor of this event.

Speaking of Santa, thank you Melissa Favela for your time and playful spirit which was a highlight of the Xmas Party. I'd also like to thank our new bartender, Nakia for making fabulous drinks and providing outstanding customer service.

I would like to thank Jenny Martinez who helped to paint the Commander's office and she also donated a desk and chair which are greatly appreciated.

Zeus Rubio volunteered as the Post's photographer this past year. He provided amazing pictures of the Gardena 52nd Annual Veterans Day Service and our Christmas Party, some of which are featured on pages 2. Thank you, Zeus, for your talent and time. He is the son of our Senior Vice Commander Noe Rubio.

Please join me in welcoming new member Barry C. Butterworth who is a disabled Vietnam Veteran. Although he was born in Inglewood, he has lived most of his life in Gardena.

One of my goals as Commander is to involve Post 3261 in more community activities in 2022, which we'll feature in upcoming newsletters.

We appreciated your patronage at Post 3261.

Please feel free to submit your constructive suggestions and ideas to help improve our Post.

POST 3261 CHRISTMAS PARTY!

CANTEEN

Open Mon - Sun
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

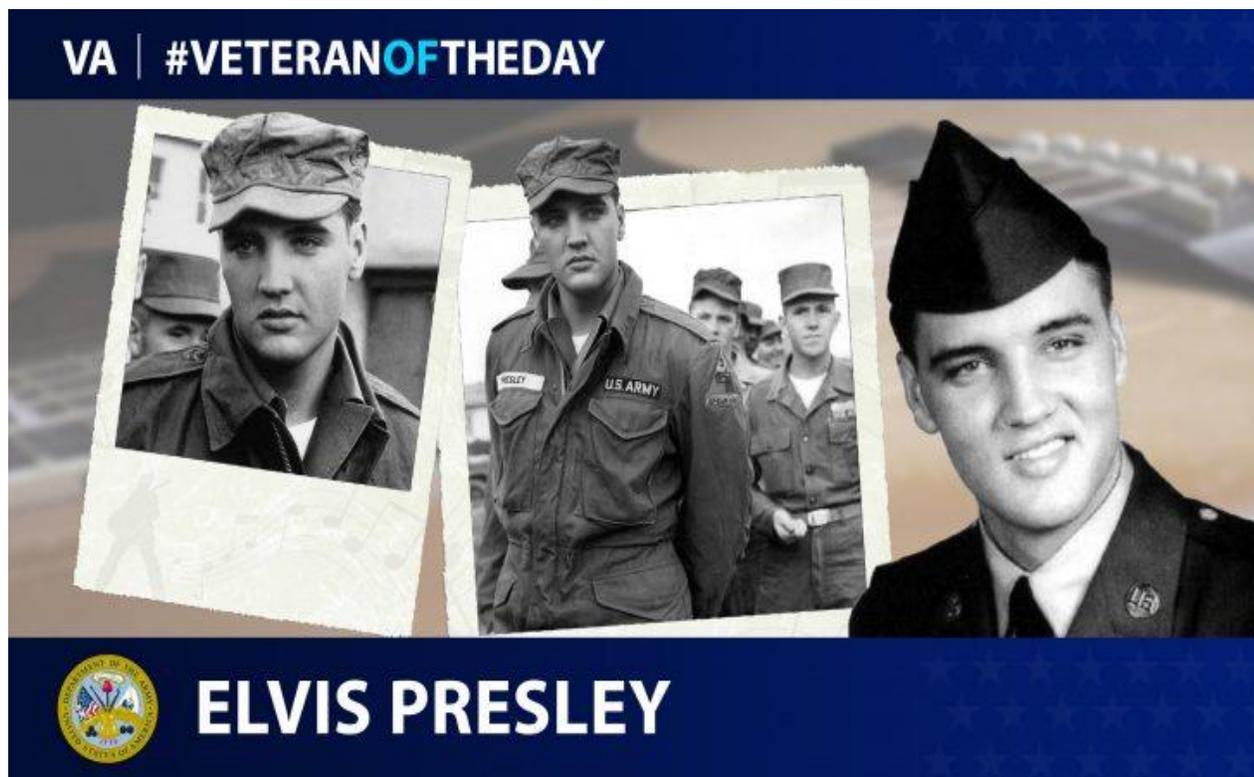
Friday & Saturday - \$1,900
(Bar Closes at Midnight)

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.*



Elvis Presley was born in 1935 in Tupelo, Mississippi, to a working-class family. In 1953, he graduated from Humes High School in Memphis, Tennessee, and began to pursue a music career while working odd jobs. By the age of 21, Presley had attracted a loyal following after achieving early success in the music and film industries.



The Army deemed Presley fit for the draft. The Pentagon was well aware of Presley's celebrity status. The Navy invited him to join the Elvis Presley Company, which comprised of his friends and other men from Memphis. They also offered Presley the opportunity to perform in Las Vegas. The Army asked him to travel to bases around the world to improve morale and promote the Army's mission. However, Presley declined these special offers and joined the military as a traditional soldier. Presley was set to report for duty in January 1958, but he received a deferral to finish his movie, "King Creole." Presley joined the Army in March with international news crews documenting the ceremony. He completed basic training at Fort Hood, Texas, as a member of Company A, 2d Medium Tank Battalion, 37th Armor. He took emergency leave in August after his mother fell ill. She died shortly after Presley arrived, devastating him.

In September 1958, Presley joined the 1st Medium Tank Battalion, 32nd Armor, 3rd Armored Division in West Germany. His first job was to drive reconnaissance platoon Sergeant Ira Jones of Company C. Presley's fellow soldiers described him as generous; he bought extra fatigues for the unit, purchased televisions for the post and donated his Army salary to charity. While stationed in Germany, he learned karate, which he continued to practice throughout his life. Presley promoted to sergeant in January 1960 and honorably discharged two months later. He received an Army Good Conduct Medal during service.

For the duration of Presley's service, he was concerned that he would not return to the level of fame and professional success he experienced before he was drafted. His agent had been arranging album and movie releases for when Presley finished his service. His career picked up where it left off, becoming the "King of Rock 'n' Roll." Presley passed away Aug. 16, 1977. He is buried near his mother, father and grandmother at Graceland in Memphis, Tennessee.

We honor his service.

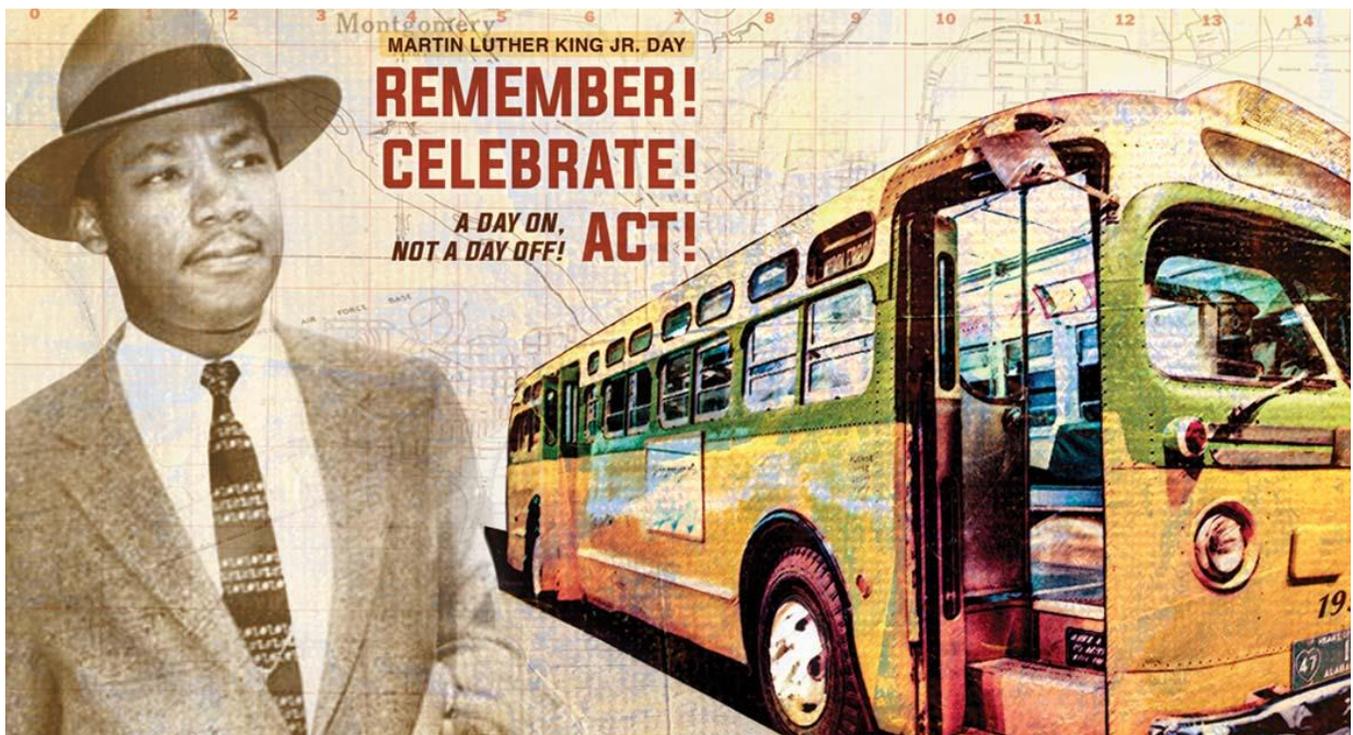
REMEMBERING DR. MARTIN LUTHER KING JR.

On January 17, 2022, the Dr. Martin Luther King, Jr. holiday will mark the 27th anniversary of the national day of service. This day was established to honor the life and legacy of Dr. King, and to encourage all Americans to volunteer to improve their communities.

Americans celebrated the first official Martin Luther King Day, which is the only federal holiday commemorating an African American, on Monday, January 20, 1986. In 1994, Congress designated the holiday as a national day of service and marking the third Monday in January every year as the Martin Luther King, Jr. Day of Service - a "Day On, Not a Day Off."

Dr. King advocated for nonviolent resistance to overcome injustice as a means of lifting racial oppression. He created change with organized sit-ins, marches, and peaceful demonstrations that highlighted issues of inequality. Dr. King received the Nobel Peace Prize in 1964; he was the youngest person to ever receive this high honor. He followed in the footsteps of his grandfather and father by entering the ministry to become a Baptist minister. On April 4, 1968, at the age of 39, he was assassinated in Memphis, Tennessee as he stood on the balcony of his hotel. Dr. King traveled to Memphis, Tennessee to lead a march in support of striking sanitation workers.

We remember Dr. King as a husband, father, friend, and fierce advocate for the betterment of all people. Honor his memory by organizing, volunteering, and spreading the word. Remember to MAKE IT A DAY ON, NOT A DAY OFF, for you and those around you.



POST 3261 VET HONORED WITH QUILT OF VALOR



Post 3261 member Elvin Carter, pictured on the left, was honored for his service with a Quilt of Valor. Elvin is a U.S. Army Vet and served in Viet Nam. The mission of the Quilts of Valor Foundation is to cover service members and veterans touched by war with comforting and healing Quilts of Valor.



#STILLSERVING: THE VFW PODCAST

#StillServing: The VFW Podcast is a new show for veterans, by veterans. The VFW is in the midst of a paradigm shift and it's an exciting time to be a part of this transformational change within our organization.

As our newest communication platform, #Still Serving: The VFW Podcast will highlight critical issues, challenges and legislation affecting veterans, service members and military families worldwide.

Join us as we chat with congressional leadership, Department of Defense and Veterans Affairs senior officials, and everyday veterans as we tackle tough issues affecting our military veteran community.

To listen to the VFW Podcast, visit one of these streaming services, or wherever you get your podcasts.



STUDENT VETERAN SUPPORT

Today's veterans can face any number of obstacles while furthering their education. Taking advantage of all the benefits you've earned and DESERVE shouldn't be one of them! This is why we have teamed up with Student Veterans of America and Sport Clips Haircuts to provide the assistance you need.

Scholarships

The VFW's "**Sport Clips Help A Hero Scholarship**" provides service members and veterans with the financial assistance they need to complete their educational goals without incurring excessive student loan debt. It's just another way for us to say "thank you" to those who fought for our freedoms.

Scholarship Details:

- Scholarships of up to \$5,000 will be awarded to qualified applicants.
- Awarded scholarships are limited to one per family per semester.
- Applications for the fall semester will be accepted Jan. 1 through April 30.
- Applications for the spring semester will be accepted Aug. 1 through Nov. 15.
- Fall semester scholarships will be awarded in August, and spring semester scholarships will be awarded in January.
- Scholarships must be used by the end of the school semester for which the veteran is applying or they will become null and void.
- Scholarships are restricted for tuition and fees only and will be paid directly to accredited schools.

Eligible Applicants Must:

- Be a citizen of the United States.
- Be retired, honorably discharged, active duty, or a member of the National Guard or Reserve.
- Have completed Basic Training and follow-on training (Advanced Individual Training, technical school, etc.).
- Separated with or currently hold a military rank of E-5 or below.
- Demonstrate a need for financial assistance.
- Participate in, be accepted to or currently enrolled in a VA-approved program or school at an accredited post-secondary institution.
- To apply, please contact us at HelpAHero@vfw.org

Apply Today

Student Veteran Support Grant

The VFW recognizes that both funding and support for our student veterans and dependents at institutions of higher learning, can often be difficult to find. The **VFW's Student Veteran Support Grant** offers much needed assistance to support specific student veteran events. The grant, administered by the VFW Washington Office, focuses on supporting the overall student veteran population within the community, which consists of many student veterans at campuses across the country that are not affiliated with an SVA chapter. The grants will be disbursed to a VFW Post or Department that has submitted an application, to support the student veterans at the university or college.

Grant Eligibility:

- Applicants must be VFW members associated with an appropriate entity of the VFW (VFW Post, District, Department, or National).
- Appropriate VFW Post, District, Department, or National leadership serve as the convening authority on the grant request and is responsible for receiving funds.
- Funds must be utilized for events and outreach designed to assist and support veterans currently enrolled in institutions of higher learning.
- Grants may be awarded up to \$500 to support each event, and grants can be awarded to a VFW entity twice each fiscal year, totaling up to \$1,000.

For more information go to the website at <https://www.vfw.org/assistance/student-veterans-support>

A gold-colored button with the text "Apply Today" in white, slanted to the right.

VFW-SVA Legislative Fellowship

We have been advocating on behalf of veterans, service members and their families for more than a century, and we want to share our experience with a new generation of veteran leaders. The **VFW-SVA Legislative Fellowship** grants exemplary student veterans (Fellows) the chance to join the VFW legislative team on Capitol Hill during the VFW Legislative Conference hosted in early spring each year. The Fellows will walk the halls of Congress, educating their legislators on the issues facing today's student veterans and have the opportunity to meet with policymakers from federal agencies responsible for implementing veterans' policy.

If you have questions please contact us at [VFW.org/StudentFellowship](https://www.vfw.org/StudentFellowship).

SOURCE: [vfw.org/assistance/student-veteran-support](https://www.vfw.org/assistance/student-veteran-support)

TOGETHER VFW AND HUMANA PROVIDED MORE THAN 1 MILLION MEALS IN 2021

KANSAS CITY, Mo. –The Veterans of Foreign Wars (VFW) and [Humana Inc.](#) (NYSE: HUM) are proud to announce that for the second year in a row the “Uniting to Combat Hunger” (UTCH) campaign has provided more than 1 million meals for veterans, military families and communities in need, surpassing its goal for 2021.

A collaborative campaign established in 2018, UTCH was created to combat food insecurity, while also working to raise awareness of the issue that may affect 1 in 8 people in America, and as many as 1 in 4 Iraq and Afghanistan War veterans. To date, the campaign has provided more than 2.5 million meals to those facing hunger and food insecurity.

Despite the social-distancing guidelines and challenges the pandemic presented, VFW members and Humana team members worked year-round to support this important initiative, from hosting socially distanced food drives and collecting monetary donations, to hosting ruck marches benefiting local Feeding America food pantries.

“Social factors, like food insecurity and social isolation, have a direct link to the development of chronic diseases and mental health issues for our veteran community,” said Andrew Renda, M.D., MPH, Vice President, Bold Goal and Population Health Strategy for Humana. “We want all veterans to have access to the resources, food or otherwise, that they need to live their healthiest lives. Humana remains committed to honoring and serving our veterans by eliminating barriers to good health.”

“Having easy access to food is something that everyone deserves, but especially those who have put so much on the line in defense of our country,” said Fritz Mihelcic, VFW national commander. “Being able to provide 1 million meals to families who are struggling means a lot to the VFW, and the VFW remains determined to continue to work toward ensuring no more service members, veterans or their families go hungry.”

Despite making strides toward combatting food insecurity this year, the issue does not end with the start of a new year. According to a recent survey from Blue Star Families, 14% of enlisted, active-duty household respondents reported facing difficulty putting food on the table in the strongly into 2022, and both the VFW and Humana remain dedicated to addressing the challenges surrounding food insecurity. To find out what you can do to help in the fight or to help provide meals to families facing hunger, visit vfw.org/UTCH.

About Humana: Humana Inc. is committed to helping our millions of medical and specialty members achieve their best health. Our successful history in care delivery and health plan administration is helping us create a new kind of integrated care with the power to improve health and well-being and lower costs. Our efforts are leading to a better quality of life for people with Medicare, families, individuals, military service personnel, and communities at large.

To accomplish that, we support physicians and other health care professionals as they work to deliver the right care in the right place for their patients, our members. Our range of clinical capabilities, resources and tools – such as in-home care, behavioral health, pharmacy services, data analytics and wellness solutions – combine to produce a simplified experience that makes health care easier to navigate and more effective.

More information regarding Humana is available to investors via the Investor Relations page of the company’s web site at www.humana.com, including copies of:

- Annual reports to stockholders
- Securities and Exchange Commission filings
- Most recent investor conference presentations
- Quarterly earnings news and conference calls
- Calendar of events
- Corporate Governance information

Media Contacts:

VFW: Randi K. Law, communications director, rlaw@vfw.org

Humana: Matt Wheeler, Corporate Communications, mwheeler10@humana.com

MANY AMERICANS BELIEVE PTSD MISCONCEPTIONS

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Many Americans Believe PTSD Misconceptions
A poll of 2,000 U.S. citizens found that many misunderstand PTSD in the military and veterans' community. Most of those who took the survey falsely believe that the majority of veterans have PTSD and are violent.

An organization focused on post 9/11 veterans released results of a study last year that underscored the common misperceptions about post-traumatic stress disorder (PTSD).

For example, the results showed that many Americans believe PTSD is more prevalent among veterans that is actually the case.

Cohen Veterans Network, a nationwide system of mental health clinics based in Stamford, Conn., polled 2,000 people and found that more than two-thirds – 67%—believe that most veterans have PTSD. The number of veterans with PTSD is significantly less than what the majority of those who took the survey believe.

According to the VA, about 11-20 percent of veterans who served in the Afghanistan or Iraq wars have PTSD in a given year. VA estimates that about 12 percent of veterans who served in the Persian Gulf War have PTSD. The VA also estimated that about 30 percent of Vietnam War veterans have had PTSD in their lifetime.

Anthony Hassan, president and CEO of the organization, said that the misconceptions that exist with PTSD “deter” those with symptoms from seeking care.

“As a means to address any misunderstandings that surround PTSD, we wanted to take a look at Americans' perceptions of the disorder,” Hassan said. “What we found is that there are strong misconceptions on everything from symptoms to treatments.”

VFW CAN HELP

VFW offers resources and trained professional to give all veterans the support they need. Go to www.vfw.org/assistance/mental wellness for more information about VFW's efforts to raise awareness and help change the stigma on mental health.

VFW also provides VA-accredited service officers and pre-discharge representatives trained to work with veterans with their earned VA benefits. VFW service officers are trained experts who help veterans submit VA disability claims. This service is provided free of charge to all veterans-regardless of VFW membership-and dependents.

Go to www.vfw.org/nvs to search for a local VFW service officer.

MISCONCEPTIONS ABOUT SUICIDE

A different study by the Cohen Veterans Network found that many Americans do not know how to help someone who is suicidal. Here are some of the study's findings:

- **44 percent** say they are not comfortable asking, “Have you thought about killing yourself”? to someone who may be suicidal.
- **36 percent** assume it is best not to ask someone who might be having suicidal thoughts if they are thinking of committing the act.
- **29 percent** believe that asking someone if they are thinking about committing suicide would make it more likely that they do.

The National Alliance on Mental Illness suggests that those talking to someone who may be suicidal should ask them questions, such as:

- Do you think about hurting yourself?
- Do you think about dying?
- Do you think your friends and family members would be better off without you?

Here are some of the study's findings. All statements are misconceptions of PTSD:

- **78 percent:** Assume "flashbacks" are the most common symptom of PTSD.
- **74 percent:** Think most combat veterans have experienced PTSD.
- **59 percent:** Assume that if someone experiences a traumatic event, that person will develop PTSD.
- **40 percent:** Believe that PTSD occurs immediately after a traumatic event.
- **26 percent:** Believe that most people with PTSD are violent or dangerous.
- **23 percent:** Think PTSD can't be treated.

According to the National Alliance on Mental Health, if any of those answers is "yes" follow up with these questions:

1. Do you have a plan?
2. Do you have the means to carry out that plan?

Those in need can call the suicide prevention hotline at 1-800-273-8255 (and press 1 if you are a veteran) or text 838255.

Visiting www.veteranscrisisline.net will offer someone with whom veterans can talk to online, and the website includes support to deaf or hard-of-hearing veterans.

**Source: VFW Magazine/ ISSUE UP
FRONT/CURRENT VETERANS
CONCERNS/Pg. 8, Dave Spiva.**

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 – 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