



GEN. WILLIAM STARK ROSECRANS
VFW POST 3261

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



Commander's Comments Post Commander James "Jimmy C" Carradine

I hope everyone had a wonderful holiday and enjoyed bringing in the New Year. I recently said to a friend that every year we say this year sure went by fast – well this year sure went by fast.

It's time to start 2023 with continued and new goals for VFW Post 3261.

We will continue efforts to recruit new/young members as well as support our auxiliary recruitment efforts. Recruitment will be ongoing for more volunteers to help with fundraising activities in support of services such as veterans employment. It is also our goal to apply for VFW grants for community service projects that increase our impact to help those most in need in our community. Additionally, we hope to seek other VFW grants for repairs or renovations to our Post. We also plan for community outreach projects through the Post of Auxiliary such as developing resources and assistance to homeless veterans.

As you can see we have a lot of projects for 2023, so stay tuned. We hope that Post 3261 has an outstanding year.

We would like to receive your feedback on the newsletter and suggestions for articles you would like to see. Just contact me at jim-myc_90250@yahoo.com.

POST CALENDAR

Monthly Membership Meeting: Second Tuesday at 7 p.m. at Post 3261. Meetings may also be available 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.

CANTEEN
Open Monday - Sunday
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

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)

Quit Smoking this New Year!



Quitting is hard work. But there are [great resources](#) available to Veterans who are ready to make the commitment. Rest assured that it is one of the best things you can do for your health, no matter what your age.

The [Surgeon General's estimate](#) is that it could add 10 years to your life.

Vaping is also addictive, contains harmful chemicals

In recent years, vaping, or electronic cigarettes, has become much more popular among young people, and was thought at first to be a safer alternative to smoking tobacco products.

Though the research on electronic cigarettes is still emerging, we know

that both smoking and vaping are addictive, contain harmful chemicals and [share some similar health risks](#).

Some of the [health risks](#) of smoking include:

Lung cancer, Chronic bronchitis, Emphysema, Heart disease, Type 2 diabetes, Pneumonia, Leukemia, and Cataracts.

Some are hesitant to quit smoking for fear of gaining weight. Your [VA registered dietitians](#) are here to help!

Call the VA's tobacco quitline (1-855-QUIT-VET), or go to the [SmokefreeVET](#) website.

Winsome Hudson-Bingham: "If there is something you always dreamed of doing, this is the time to do it."



A former soldier and [Veteran Readiness and Employment Service \(VR&E\)](#) participant turned the page, becoming an accomplished children's book author.

Winsome Hudson-Bingham grew up in Florida and joined the Army as a unit supply specialist and armorer. She served at Hunter Army Airfield in Savannah, Georgia, prior to deploying to the Persian Gulf for Operation Desert Storm.

She transitioned out of the service, and embraced VR&E's mission of assisting Veterans prepare for, obtain and maintain suitable employment or live independently.

VR&E counselors provided individualized services that helped her – and other participants – to meet their personal employment and educational goals.

Hudson-Bingham's completed VRE services and training in 1998. She obtained employment as a special education teacher and worked in the field until 2012, when complications relating to her service-connected conditions forced her to resign.



After assistance from VA medical staff, Hudson-Bingham reapplied for VR&E services in 2017. At the VBA Hartford regional office Vocational Rehabilitation Counselor Maria Sanchez helped her develop vocational goals with a plan to become a children's writer. Writing for her students was her favorite part of being a teacher, so she wanted it to be a part of her future goals. Hudson-Bingham was sent for training under VR&E's [Employment Through Long-Term Services](#) Track to learn more about children's writing and hone her craft.

While in the program, Hudson-Bingham completed her Master of Fine Arts in Writing for Children at the Vermont College of Fine Arts in Fall 2021. She quickly got a job as an editor at Reycraft Books during which time her first book, "Soul Food Sunday," was released. The book has received a whirlwind of accolades. It was positively reviewed by the New York Times and Publishers Weekly, and was featured on The Today Show. FirstBook.org, a non-profit organization, purchased thousands of copies for distribution to low income children and she was presented with a Coretta Scott King Book Illustrator Honor Award.

Hudson-Bingham credits VA for helping her to succeed. "The VR&E program helped me find my purpose," she said. "It accessed my abilities, invested in my training, and assisted my transition back into the workplace." She wants her story to encourage fellow Veterans who are struggling to pursue their goals. "If there is something you always dreamed of doing, this is the time to do it," she said. "Dreams can come true. You just need to find the right people who believe in you and can dream along with you."

The program is a partnership between the Veteran and VA. VR&E will provide a skills assessment, career guidance, job market evaluation, education and/or training for a vocational or professional field that is right for you. Apply for VR&E services at www.va.gov/vre.

SOURCE: <https://news.va.gov/105340/vre-participant-becomes-childrens-book-author-2/>



VA Honors, Recalls Martin Luther King, Jr.'s Legacy

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal."

Civil Rights Leader Martin Luther King, Jr. addresses the crowd at the Lincoln Memorial in Washington D.C. on August 28, 1963.

Each January across the nation, we pause to reflect on the life and legacy of Dr. Martin Luther King, Jr., a great humanitarian and visionary leader whose courage was instrumental in bringing freedom and liberty to all Americans.

Although King's life was cut short, his dream continues to represent our country's highest ideal – that all men and women are created equal — an ideal forged in the heat of battle and tempered not only through civil rights struggles, but also in the actions of every American who defends our nation.

Dr. King understood, as every Veteran understands, that freedom is never free. Generations of Servicemembers have stood against injustice, tyranny and oppression...and have broken the bonds of slavery around the world.

VA employees further Dr. King's legacy of helping others by serving our diverse Veteran population. America's Veterans, and those who serve them, know firsthand the sacrifices that thousands of brave men and women make every day to guarantee the security of our nation; to preserve our freedoms; and to preserve the ideals for which Dr. King gave his life.

The celebration on his birthday has become not only a day of remembrance, but also a day of service as he once said that "anyone can be great, because anyone can serve...All that's required is a soul full of grace and a heart full of love."

At the Department of Veterans Affairs, we can say with certainty and pride that we serve as one VA – we serve together. And those who have worn the uniform of the United States Armed Forces have truly served us all, and earned the honored title of Veteran. Our charge is to ensure VA serves all Veterans in the way they want and need to be served—so all Veterans can call it MyVA, and see it as an organization that they own and that treats them as they want to be treated.



Martin Luther King, Jr. Memorial
U.S. National Park, Washington, D.C

Monday, Jan. 18, 2016, marks this year's official national recognition of Martin Luther King Jr. Day. As the nation honors the memory of the famed civil rights leader, we at VA also honor his legacy and reflect on the way his influence has touched our lives.

We rededicate ourselves to the noble mission of serving Veterans – for their service and sacrifice opened the doors for millions of Americans to pursue their individual dreams.

SOURCE: <https://news.va.gov/25299/va-honors-recalls-dr-martin-luther-king-jr-s-legacy/#>

How do I connect with my WVPM?

If you are enrolled in VA health care, you can connect with your local WVPM by calling or texting the [Women Veterans Call Center](#) at 855-829-6636, or call your [local VA](#) and ask for the WVPM.

If you have not yet enrolled in VA health care, call or text the [Women Veterans Call Center](#) at 855-829-6636. Representatives are available Monday through Friday, 8 a.m. to 10 p.m. ET, and Saturday, 8 a.m. to 6:30 p.m. ET. If you call after hours, we will return your call the next day we are open.

Once enrolled, you will have access to the best care anywhere. VA offers:

A full spectrum of [comprehensive health care services](#) with primary care for acute and chronic illnesses, gender-specific care, such as birth control and menopause support, and preventive care, such as [mammograms](#) and cervical cancer screenings.

[Reproductive health care services](#), including [maternity care](#) and [fertility services](#). [Mental health](#) evaluation, counseling and treatment.

Treatment for mental and physical health conditions related to Military Sexual Trauma ([MST](#)) as well as care, support and resources for women Veterans experiencing [intimate partner violence](#).

[Whole health](#) practices like acupuncture and yoga.

For more information, you can download a [handout](#) on eligibility or visit the VA [Women Veterans Health Care website](#). <https://www.womenshealth.va.gov/WOMENSHEALTH/index.asp>

Women Veterans Management Program We (WMV): We're here for you

Women Veterans belong at VA. That's why every VA has a Women Veteran Program Manager (WVPM) who can help you connect with resources and steer you to the services you need.

What is the role of a WVPM?

WVPMs are your advocates within the VA medical system. They help:

Create a welcoming and respectful environment for all women Veterans.
Lead programs and services related to women Veterans' health care. Answer questions about available women's health services and claims. They are in charge of ensuring their VA facility has all of the necessary services and resources to care for women Veterans' health. They advocate on behalf of all women Veterans.

What other professionals are dedicated to women Veterans?

Nearly one third of VA's women employees are also women Veterans, meaning they can understand your experiences and your needs. VA employees strive to provide the best care anywhere in an environment that encourages a feeling of belonging.



VA has designated women's health staff who are specially trained in caring for women Veterans. In addition to WVPMs, these staff are available at every VA and include Women's Health Primary Care Providers, Patient Aligned Care Teams, Materni-

ty Care Coordinators, Women's Mental Health Champions, and LGBTQ+ Veteran Care Coordinators. Their roles include Women's Health Primary Care Providers, who are trained in general primary care as well as gender-specific care, such as breast health and reproductive care. You can ask to be assigned one as your primary care provider at VA.

Patient Aligned Care Team, a team of medical professionals who can help coordinate VA's services and offerings to align with your personal health plans and goals.

Maternity Care Coordinators (MCCs), who help you coordinate every step of your maternity care. MCCs can help you make appointments, manage claims and more.

Women's Mental Health Champions, who are mental health professionals with a special interest in women Veterans' mental health.

LGBTQ+ Veteran Care Coordinators, who are trained in LGBTQ+ Veteran health and can help LGBTQ+ Veterans coordinate their care.

Veterans have choices in their care at VA

When receiving care at VA, you can choose the gender of your provider, including mental health providers, and you can specify your preferences for the gender of provider referrals outside of VA.

SOURCE: <https://news.va.gov/114079/women-veterans-were-here-for-you>

WE ARE NOT PROPERLY HONORING THE SACRIFICES OF OUR VIETNAM VETERANS'



Jason Lessing pauses after a podcast episode for WWPT, 90.3 FM, on Oct. 27, 2022, at Staples High School in Westport, Conn. Lessing is a former VFW Post 399 Voice of Democracy winner and Department of Connecticut runner-up.

Jason Lessing, A high school senior and former *Voice of Democracy* winner in Connecticut, used his podcast platform to better educate his generation on the Vietnam War in hopes of bridging a gap before it's too late.

As soon as the LIVE icon lights up, listeners of WWPT, 90.3 FM, in Westport, Conn., can expect an award-winning broadcast from 17-year-old Jason Lessing, an avid sports podcaster.

A Staples High School senior in Westport, Lessing's sports podcast earned him and his partners The John Drury High School Radio Award for the best sports talk program in the country last year.

But like any young idealist with a hunger to widen his worldview, Lessing, who won the 2021 *Voice of Democracy* contest at VFW Post 399 in Westport, has strived to understand the machine that operates, impacts and influences the country's populace.

"I've often focused on sports talk programming for the show," said Lessing, who finished as the VFW Department of Connecticut VOD contest's runner-up in April 2021. "Over time though, I've been trying to shift the show more toward public affairs topics that might be interesting to our audience, which is largely high school students and their families, as well as some other members of the local community."

While attending the Department of Connecticut's VOD award ceremony in April 2021 in Wallingford, Conn., a speech by Department Quartermaster Ron Rusakiewicz on his experiences during the Vietnam War awoke a thirst for answers in Lessing.

'A CRITICAL LEARNING POINT FOR ME'

Sitting among dozens of veterans, peers and families of varied ages and generations, Lessing began to wonder if his stunted knowledge of the Vietnam War applied to an entire generation held to subjective history curriculum across the country today.

"I learned a lot just from his brief speech, and it struck me that most high school students learn very little about the Vietnam War in school," Lessing said. "I wanted to explore the reasons for that, as well as potentially do my part to help educate other high school students about the war."

Lessing delved into strenuous research on the Vietnam War, assembling a list of experts and veterans to interview for a podcast episode to shed light and bridge the gap between them and his generation. He relied on Matt Seebeck at VFW Post 603 in Norwalk, Conn., about three miles west of Westport, as well as Post 399 Quartermaster Phil Delgado in finding Vietnam War veterans willing to share their stories.

In formulating a perspective on the Vietnam War by comparing experiences shared by those who lived it and that of most high school curriculum, Lessing's first discovery was a sad one.

"What my research made clear is that we are not properly honoring the sacrifices of our Vietnam veterans," Lessing said. "I did not have an awareness that the political debate around the war negatively affected how we as a country treated veterans upon their return. That was a critical learning point for me from the interviews with veterans, and I strongly believe we can never again allow that to happen in the U.S."

'I ONLY SCRATCHED THE SURFACE'

"There are so many lessons from the war, and I know I only scratched the surface," Lessing said. "For me, policy questions were probably less important than what I learned about both the successes and struggles of Vietnam veterans in their lives during and after Vietnam. It was a critical reminder to focus on not just the policy decisions, but also the fact that every policy decision has a massive effect on our service members, who are the people tasked with carrying out that policy."

Lessing plans to continue to work toward hearing more from veterans across a wide variety of topics centered on unifying that population with his generation.

SOURCE: <https://www.vfw.org/VFW Magazine January 2023, pg. 30, 31>



[VA's Resource Locator](#) can connect you to resources and support systems. Whether you're looking for clinical care, counseling, or assistance with benefits, you can use this tool to search for local VA resources in your area.

To find resources nearby, visit the Local Resources page on the Veterans Crisis Line website: <https://www.VeteransCrisisLine.net/find-resources/local-resources/>. Scroll down to see the Search Local VA Resources box. Here, you can enter your ZIP code and distance parameters. You can search from 10-30 miles from your ZIP code.

Results will include the type of resource (Vet centers, VA medical centers, VA benefits offices) and its name, address, and phone number, a link to its website, and the distance from the ZIP code you entered.

Millions of Veterans have contacted the Veterans Crisis Line.

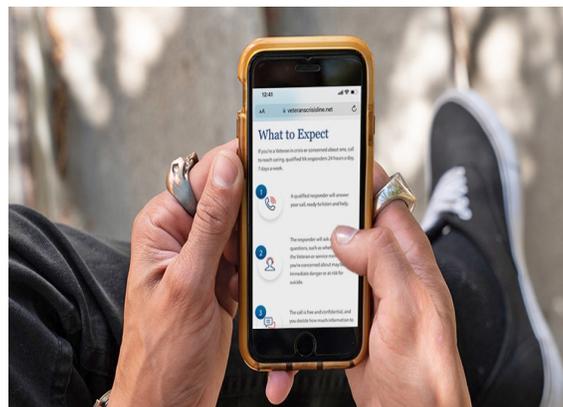
Don't wait. Contact the Veterans Crisis Line today: [Dial 988, then press 1](#), chat online at [VeteransCrisisLine.net/Chat](#), or text [838255](#).

Veterans Crisis Line is Available Day and Night

If you're going through a tough time or having thoughts of suicide, you're not alone there really are people who want to listen and help.

Reaching out for help may be the last thing you want to do, and you may think no one understands.

But the responders at the [Veterans Crisis Line](#) are trained to provide support no matter what you're experiencing. Since many responders are Veterans or have Veteran family members and friends, they are prepared to



listen to and help you address the challenges you're facing.

What to Expect when you call the Veterans Crisis Line

Calling the Veterans Crisis Line

After you Dial 988 then Press 1, you'll hear a brief message that you're being transferred to the next available Veterans Crisis Line responder. Responders are there to provide the support you need on your path to safety, hope and healing.

Once you're connected to a Veterans Crisis Line responder, they'll listen to better understand what you're going through and why you called. They may ask a few questions to make sure they're providing support and resources that you need. You decide how much information you share.

If you or the Veteran you're concerned about is in crisis, the responder will work with you and help you make a plan to stay safe. This could include discussing things that have worked for you in the past, thinking about family or friends you feel comfortable reaching out to or helping you to make your home safe. The responder can also connect you with the support services you need, either from your local VA medical center or elsewhere in your community.

Texting and chatting with the Veterans Crisis Line

In addition to calling the Veterans Crisis Line, Veterans and their supporters have the option to chat ([VeteransCrisisLine.net/Chat](#)) or text ([838255](#)) to reach responders.

With the Veterans Crisis Line chat or text feature, confidential crisis support is a click away. After you start a chat or text, a VA responder will join the conversation. There's no cost for you to chat and text the Veterans Crisis Line, and you decide how much information you share.

After the Call

If you choose, the responder will share your name and some personal information with your local VA suicide prevention coordinator who will contact you the next business day.

You may also be connected to the Peer Support Outreach Call Center. This center is staffed by trained Veterans who proactively reach out to Veterans Crisis Line callers who might benefit from additional support. Veterans who have peer mentors are more likely to keep their VA appointments, access additional treatment methods, and meet other important health benchmarks.



#VeteranOfTheDay Navy Veteran John Coltrane

John Coltrane was born in Hamlet, North Carolina, in September 1926, and lived there until moving with his father and mother to High Point, North Carolina. Many of his family members died when he was young, including his father when the young Coltrane was [just 12 years old](#). This left him with only his mother and a cousin to raise him, and he clung to music for stability.

Coltrane started playing clarinet in 1938, but found new love [for alto sax in September 1943](#) after moving to Philadelphia with his mother. His first recordings took place as a sailor while he served in the Navy during the tail-end of World War II.

Coltrane’s music career was slowed by World War II. Hesitant to be drafted into the Army, Coltrane instead enlisted in the Navy in August 1945. He trained at the Sampson Naval Training Station in New York as an apprentice seaman. After basic training, he was stationed at Manana, Oahu, Hawaii, in November 1945. His talents as a musician were noticed and, along with his work in security details, he served in the Navy Band: The Melody Masters. However, in the height of segregation, Coltrane was not allowed to be a part of the all-white band. To avoid supervisor scrutiny, he played alto saxophone and clarinet as a “guest performer.” Throughout his time serving in Hawaii, Coltrane was promoted to seaman first class until downsizing led to an honorable discharge early in August 1946.

After returning home to Philadelphia, Coltrane thrived in the music industry, using resources from the [GI Bill](#) to further his music education and tour in bands across Philadelphia. His fame and skills grew, leading him to tour with jazz greats such as Miles Davis and Thelonious Monk. Their music became instrumental in the formation of the jazz industry in the 1950s and 1960s. Faith and spirituality heavily influenced Coltrane’s music and life, as it helped him recover from alcoholism and heroin use, which he had been experimenting with since 1948.

Coltrane went on to receive [many awards after his death](#), including a Grammy Award for Best Improvised Jazz Solo in 1981, a Grammy Lifetime Achievement Award, and eight other Grammy Hall of Fame Awards between 1998 and 2012. He also received a Pulitzer Prize Special Citation in 2007 for his musicianship and its influence on jazz history.

Coltrane died in July 1967 at the age of 40 from liver cancer, a shock to not only his family but many in the musical community.

We honor his service.

SOURCE: <https://news.va.gov/114363/veteranoftheday-navy-john-coltrane/>

VALife Extends Access to Life Insurance to Millions of Veterans

On Jan. 1, 2023, the Department of Veterans Affairs will open enrollment for Veterans Affairs Life Insurance — the first new VA life insurance program for Veterans in more than 50 years — extending VALife access to millions of Veterans.

VALife will provide up to \$40,000 of whole life insurance for all Veterans, age 80 or under, with service-connected disabilities rated from 0-100%. Acceptance in the program is guaranteed, and no medical underwriting is required.

“All Veterans deserve to know that their families will have financial support when they pass away,” said **VA Secretary Denis McDonough**. “VALife is a critical step toward making that goal a reality, helping VA provide more life insurance to more Veterans than ever before.”

There is no time limit to apply: Unlike VA’s existing life insurance program, VALife has no time limit to apply for Veterans aged 80 and under.

There is no health requirement to apply: VALife has no medical evaluation tied to it.

Veterans are eligible for more coverage than before: Under VALife Veterans are eligible for up to \$40,000 of coverage. The policy will build cash value after the first two years of coverage when the face value goes into effect. receive all premiums paid plus interest.

To learn more, visit [VALife](#). Information can also be found in the [final rule](#).

SOURCE: <https://news.va.gov/news-releases/va-will-launch-new-life-insurance-program-in-january-making-life-insurance-available-to-more->



Give Your Heart A Healthy Workout.



“Talk to your health care team at My HealthVet to make a plan for a healthy heart.”

An active life means a healthy heart

Exercising on a regular basis is one of the best ways to keep your heart healthy. Your heart is a muscle and thrives on physical fitness. By including 30 minutes of physical activity into your daily routine, you can reduce your risk of [heart disease](#), better manage your weight, and possibly add years to your life.

Four ways exercise helps your heart

Regular exercise can improve your health in many ways, particularly by reducing the main factors of heart disease. While you are working out, you:

- ✦ Burn calories to help you avoid becoming overweight, a major risk factor for heart disease.
- ✦ Lower blood pressure by just getting 30 to 60 minutes of aerobic exercise each day.
- ✦ Reduce stress since exercise produces endorphins and can improve your sleep habits.

Lower bad cholesterol and help raise high-density lipoprotein (HDL) cholesterol, the "good" cholesterol.

Moderate and energetic activities for your heart

To improve your overall heart health, you should do some form of [aerobic exercise](#) for 30 minutes each day. Your chosen activity can be considered "moderate" if you can talk while doing it, but not sing. Moderate aerobic exercises can vary depending on your hobbies but can consist of bicycling, walking, gardening, or even golf.

For more heart benefits, consider adding some vigorous activity to your weekly routine. It's recommended you spend 75 minutes each week doing some form of vigorous aerobic exercise. This could include climbing stairs, jogging, jumping rope, or swimming laps in the pool.

Keep track of your health

For moderate aerobic exercise, your [target heart rate](#) should be 50% to 70% of your maximum heart rate. While with vigorous aerobic exercise, your target heart rate should be 70% to 85% of your maximum heart rate.

Veterans with a [Premium](#) account on My HealthVet can record and track both their [physical activities](#) as well as their [heart rate](#). They can easily view their progress online and share this information with their health care team.

Heart Attack Risks

About every **40 seconds**, someone in America has a heart attack. The most common cause is [coronary artery disease](#). When a blockage or plaque within a coronary artery ruptures or breaks, a blood clot forms around it. This blood clot can block the oxygen-rich blood from getting to the muscle of your heart. That causes the heart muscle to start dying, and you begin to feel the symptoms of a heart attack.

Are you at risk of a heart attack?

Understanding your [risks](#) could protect you from a future heart attack. You can't control some risk factors, like age or family history. But there are others that you can control:

- ◆ [Smoking](#)
- ◆ [High blood pressure](#)
- ◆ High cholesterol
- ◆ Being overweight
- ◆ Lack of [physical activity](#)
- ◆ [Diabetes](#)

To lower your risk, check your factors. Then talk to your health care team about making a plan that will help you lower your chances of having a heart attack. **SIGN-UP TODAY at www.myhealth.va.gov/**

NYC Fort Renames Street for Vietnam War Infantryman



John E. Warren Jr.

A ceremony was held in May at New York City's Fort Hamilton to rename a street for a Vietnam War veteran who earned the Medal of Honor.

Fort Hamilton's main street was renamed John Warren Avenue in honor of Army 1st Lt. John E. Warren Jr. The street was originally named for confederate general Robert E. Lee.

A sign for the newly memorialized John Warren Avenue is displayed on May 20, 2022, at New York City's Fort Hamilton. The base's main avenue was named in honor of Army 1st Lt. John E. Warren Jr., a Vietnam War veteran and Medal of Honor recipient who died in battle on Jan. 14, 1969. U.S. Army photo. Warren, a native of Brooklyn, New York, earned the Medal of Honor during a battle on Jan. 14, 1969.

As a platoon leader serving with C Co., 2nd Bn., 22nd Inf., 25th Inf. Div., Warren was killed when he used his body to shield an enemy grenade. His act of heroism saved three other soldiers in his platoon from wounds or death from the attack, according to his Medal of Honor citation.

Warren, who was 22 years old at the time of his death, also earned the Silver Star, Bronze Star and Purple Heart during his service in the Vietnam War. On Aug. 6, 1970, during a ceremony at the White House, the family accepted the Medal of Honor from President Richard Nixon on Warren's behalf.

Warren's sister, Gloria, later donated the medal to the Smithsonian Institute in Washington, D.C. Warren is buried about 40 miles east of Fort Hamilton at Long Island National Cemetery in Farmingdale, New York.

According to the Army, Warren's name was selected over six other candidates for the street's renaming. A board comprised of representatives of the fort and other military-related installations in the area chose to honor the Vietnam veteran.

During the John Warren Avenue dedication ceremony, Fort Hamilton's garrison commander, Army Col. Craig Martin, said that the Army is an "institution that embraces diversity and inclusion." He added that the Army "rejects hate and prejudice" toward its service members.

"This street links this community together, and it's the backbone of Fort Hamilton," Martin said. "That backbone should be named after someone worthy of all we are as a diverse New York City population."

This article is featured in the 2023 January issue of [VFW magazine](#), and was written by [Dave Spiva](#), associate editor of VFW magazine.

SOURCE: <https://www.vfw.org/media-and-events/latest-releases/archives/2023/1/nyc-fort-renames-street-for-vietnam-war-infantryman>

How to support LGBTQ+ Veterans in crisis

If you're a Veteran who identifies as lesbian, gay, bisexual, transgender, queer or another orientation or identity (LGBTQ+) who is [facing a physical or mental health challenge](#), you're not alone.



A mission of care

LGBTQ+ people have a long history of honorable military service. However, open service for sexual minority people was only possible after 2011, when the Department of Defense's Don't Ask, Don't Tell (DADT) policy was repealed. Open service for transgender and gender diverse people was possible briefly between 2016-2019, but then they were not able to serve openly again until 2021.

While VA has long served LGBTQ+ Veterans, the legacy of these policies continues to impact LGBTQ+ Veterans' impression of inclusivity at VA.

Research shows LGBTQ+ Veterans expect to experience discrimination in VA facilities which may prevent them from seeking care. Research also shows that, due to stigma, stress, and discrimination, LGBTQ+ Veterans as a group experience higher rates of several health conditions compared to non-LGBTQ+ Veterans, including higher risk for suicide.

My colleagues and I work every day to provide high-quality [health care for LGBTQ+ Veterans](#) and help all Veterans manage health challenges in a sensitive, respectful environment. You can learn more about how issues associated with your identity can affect your health and how to talk about them with your doctor. This [resource locator](#) can help you find the care you need.

You don't have to be a mental health expert to support a Veteran.

You just have to show genuine care and concern. It's important to know various groups of Veterans have experienced discrimination that may contribute to their distress. But this information applies to all Veterans, no matter their branch, age, sex assigned at birth, gender, ethnicity or sexual orientation.

Even for Veterans who don't appear to be experiencing suicidal thoughts, it's important to encourage them to find resources to help them face mental health challenges and more. For more information about VA's mental health resources, including [VA S.A.V.E. Training](#), visit mentalhealth.va.gov.

What to do in case of a crisis

If you believe a Veteran is at high risk or has already acted on a suicide plan, call 911.

Remember:

- Never negotiate with someone who has a gun. Get to safety and call 911, noting the Veteran is armed.
- If the Veteran has taken pills or acted on a suicide plan in some way, call 911.
- Veterans who are in emotional distress and showing [warning signs for suicide](#) can be connected to the [Veterans Crisis Line](#): Dial 988 then Press 1, [chat online](#), or text 838255. Caring, qualified responders are available to provide free, confidential support 24 hours a day, seven days a week, 365 days a year.

Though all Veterans are different, our goal remains constant: improving the health and well-being of Veterans to enhance their quality of life.

SOURCE: <https://news.va.gov/114088/how-to-support-lgbtq-veterans-in-crisis/>

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

OFFICERS

Commander – James "Jimmy C" Carradine

Senior Vice Commander – Noe Rubio

Junior Vice Commander - Anthony Dixon

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 – Michael McArdle

Surgeon— Roland "Tony" Zapata