

NEWSLETTER  
May 2022

GEN. WILLIAM STARKE ROSECRANS VFW POST 3261

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



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

## CANTEEN Open Mon - Sun 2 – 10 p.m.

Join our Great Bartenders  
Sweeney and Nakia!

TACO Tuesday 4-9 PM

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

BINGO Wednesday

Doors open @ 4:30 p.m. Starts at  
6:30 p.m.

Kitchen Hours: 5 - 9 PM

### MENU

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

## RENT THE HALL FOR YOUR NEXT PARTY OR EVENT! (Capacity: 250 Persons)

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

Sunday (3-10 pm) - \$950

Monday-Thursday - \$550

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

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

## POST CALENDAR

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

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

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



## Commander's Comments

Post  
Commander  
James "Jimmy  
C" Carradine

VFW Post 3261 is proud to announce that our website [vfw3261.org](http://vfw3261.org) is now operational online. Just enter *Gardena VFW Post 3261* into the web search to connect to our website. In order to improve and expand our website content I am participating in weekly on-line VFW Website Solution training. I welcome any suggestions for content to our new website. Just send me an email at [jimmyc\\_90250@yahoo.com](mailto:jimmyc_90250@yahoo.com) with "**Website Suggestion Content**" in the subject line. Please take a few minutes to visit the website at [vfw3261.org](http://vfw3261.org) to explore the features. This will be the last newsletter to be mailed out except for those who requested to receive it by mail. It will be available to all on the website.

Our April's newsletter failed to recognize Ms. Leticia "Lettie" Granillo who donated a variety of toys and other items for our Easter Egg Hunt. Lettie's dedicated support of our VFW Post is highly commendable!

I recently learned that Lettie holds the position of Guard to the Ladies Auxiliary, of which I was completely unaware. Lettie, I want to extend a special "thank you" and express how much we appreciate all that you do including the laughter and encouragement you provide each day you enter the Post.

There is a lot I'd like to see our Post accomplish in the upcoming 2022-23 operational year, which begins July 1, 2022. That includes **All State Post** and **updating** our **Post By-Laws**, which are outdated. These goals will require hard work and the dedicated support of all of our officers - but I know that we can do it by working together.

My final comment is to express special thanks to our Editor who has requested to remain anonymous, which we will respect. However, without her dedication and communication skills it would be difficult if not impossible to publish this newsletter each month. Thank you from Post 3261 for all the hard work you do each month to get the newsletter out to our membership and putting up with me each month.

## THREE SIGNS IT'S TIME TO GET NEW GLASSES

### Our friends at Eyemart Express offer tips to keep eyes in top shape this *Workplace Eye Wellness Month*

Nearly seven hours each day is spent staring at screens, according to recent global digital findings by DataReportal. In fact, a survey conducted by The Vision Council found that 68% of people reported using two or more devices with screens simultaneously, be it a laptop computer or television and a tablet or smartphone.

People who are closely connected to their electronic devices can now better recognize when their eyes need an adjustment, thanks to tips from [Eyemart Express](#). The company is the exclusive eye care provider of the VFW.



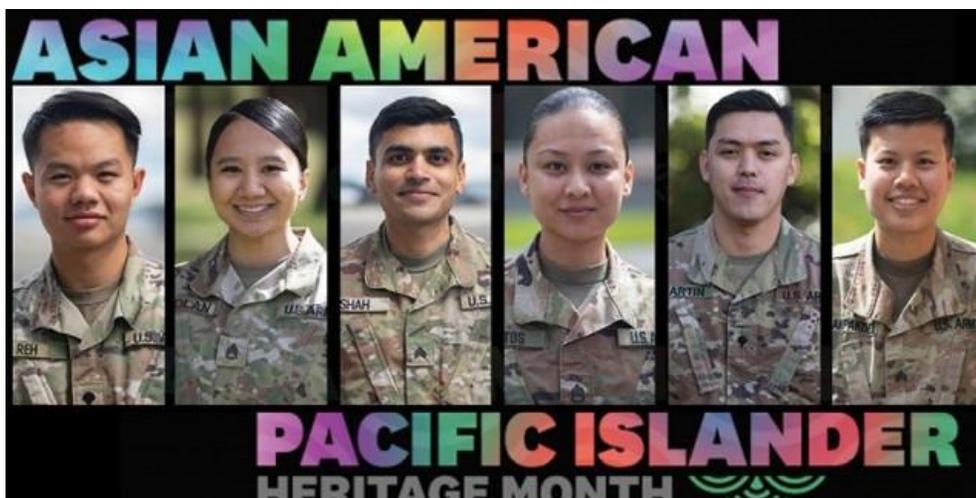
“Don’t let your eyes pay the price for too much screen time,” says Katy Hanson, Eyemart Express CMO. “A visit to the eye doctor and new glasses can enhance your vision and make everyday tasks feel like a whole new experience.”

### 3 Signs You Need New Glasses:

1. **Experiencing extensive eye strain and fatigue:** Neck pain, headaches, and dry eyes all signal eyes are getting tired and may need a correction. After getting a new prescription from an eye doctor, try lens treatments like UltraXBlu to help filter harmful blue light from digital screens for additional protection.
2. **Vision Changes:** Any changes to your sight like blurred vision or squinting to see clearly are key indicators it’s time for an eye exam. Most likely, new glasses with an updated lens prescription will do the trick. See clearly faster at Eyemart Express, the VFW’s exclusive eye care partner, with same-day glasses thanks to the optical retailer’s on-site lens labs.
3. **Time in the Sun:** Prolonged sun exposure from being outside for long periods of time can irritate eyes, according to The Vision Council. Get prescription sunglasses with a gray tint to reduce brightness and keep vision clear while on the road or working outdoors.

Eyemart Express gives all VFW members and their families a 20% discount on all purchases, including frames, lenses, and accessories, with a valid VFW membership card. The optical retailer also offers the flexible payment options for those who want to wear their new same-day glasses home and pay-over-time.

**SOURCE:** [vfw.org/media-and-events/latest-release](http://vfw.org/media-and-events/latest-release)



**JOINT BASE LEWIS-MCCHORD, Wash.** – May is Asian American & Pacific Islander (AAPI) Heritage Month, a celebration of the innumerable contributions, vibrant cultures, and rich heritage of Asian Americans, Native Hawaiians, and Pacific Islanders in the United States. This year’s theme is “Advancing Leaders Through Collaboration.”

The observance originated in 1978, when a joint congressional resolution established Asian/Pacific American Heritage Week. The first 10 days of May were chosen to coincide with two important milestones in Asian/Pacific American history: the arrival in the United States of the first Japanese immigrants on May 7, 1843, and contributions of Chinese workers to the building of the transcontinental railroad completed on May 10, 1869.

In 1990, President George H.W. Bush designated May as Asian Pacific American Heritage Month, also known as Asian American and Pacific Islander Heritage Month.

“The history of Asian and Pacific Americans in the United States is a long and honorable one. Determined to uphold America's promise of freedom and opportunity for all, generations of Asian and Pacific men and women have helped this Nation to grow and prosper,” said Bush in his proclamation.

Time and again throughout our Nation's history, AAPIs have demonstrated their dedication to ideals upon which the United States is founded. In times of war and in times of peace, they have faithfully defended the principles of freedom in uniform.

AAPI is a broad term used to describe a diverse and fast-growing population of over 23 million Americans that includes roughly 50 ethnic groups with roots in more than 40 countries including East Asia, Southeast Asia, the Indian subcontinent, Native Hawaiian, Samoan, Guamanian or Chamorro, Fijian, Tongan, or Marshallese peoples and encompasses the people within the United States jurisdictions of Melanesia, Micronesia, and Polynesia.”

Although 8% of Soldiers in the 16th Combat Aviation Brigade identify as AAPIs, their presence and hard work is critical to the success of the Raptor Brigade and Army team. They bring with them a legacy of courage, service, and sacrifice that helps make our military more lethal than at any point in our shared history.

When we talk about AAPI community, we are referring to two large groups of people who bring a broad and rich diversity to our ranks. Many AAPI cultures form an important part of not only our history as a country, but also our current DNA as a people.

**SOURCE:**

[army.mil/article/256300/asian\\_american\\_pacific./](https://www.army.mil/article/256300/asian_american_pacific/)  
SSgt. ShaTyra Reed



Sgt. Courtney Tremayne Johnson was born in Raleigh, North Carolina, in February 1982 and grew up in neighboring Garner, North Carolina. As a young adult, he had been employed at a local community center in Southgate, North Carolina, that was later renamed [the Sgt. Courtney T. Johnson Community Center](#) in his honor.

Johnson served with the Marine Corps before he was a soldier in the Army. He first enlisted in 2001, completed boot camp and then graduated from Military Occupational Specialty (MOS) school. He was stationed [at Camp Lejeune, North Carolina, with the Engineer Maintenance Company of the 2nd Maintenance Battalion](#). His fellow platoon members called him “CJ.”

When Johnson decided to serve in the Army, he was assigned to the 3rd Brigade Special Troops Battalion, 3rd Brigade Combat Team, 3rd Infantry Division, [based at Fort Benning, Georgia](#). He deployed to Iraq for [Operation Iraqi Freedom](#).

Johnson was killed in action in July 2007 when his unit came under attack by indirect fire [from insurgents in Besmaya, Iraq](#). He sustained fatal injuries from [enemy mortar shrapnel](#). Johnson had attained the rank of sergeant at the time of his death. He was awarded a [Bronze Star medal and a Purple Heart](#). At the time of his death, he was [survived by a fiancée and a one-year-old son](#). Nine days after he passed, his remains were buried in Raleigh National Cemetery in Raleigh, North Carolina, following a memorial service.

We honor his service.

**SOURCE:** [blogs.va.gov/Vantage/?s=Courtney+t+Johnson](https://blogs.va.gov/Vantage/?s=Courtney+t+Johnson)

*To post a tribute this Memorial Day for Courtney Tremayne Johnson, please visit the Veterans Legacy Memorial at <https://www.vlm.cem.va.gov/COURTNEYTREMAYNEJOHNSON/8oCC444>.*

## HOUSE PASSES TOXIC EXPOSURE REFORM BILL

### HOUSE PASSES TOXIC EXPOSURE REFORM BILL

The House in March passed what VFW believes is one of the most significant pieces of veterans' legislation in history.

The *Honoring Our Promise to Address Comprehensive Toxics Act of 2021*, simply known as the *Honoring Our PACT Act*, passed 256-174. The PACT Act aims to address a range of issues dealing with toxic exposure.

If passed by the Senate and signed into law by President Joe Biden, H.R. 3967 will:

- Add 23 respiratory illnesses and cancers related to burn pits and airborne hazards exposure as presumptive conditions.
- Add hypertension and monoclonal gammopathy of undetermined significance to the VA's list of presumptive conditions of Agent Orange exposure.
- Add Thailand, Laos and Cambodia to the list of locations where Vietnam War veterans had a presumptive exposure to Agent Orange.
- Require VA to conduct outreach campaigns and provide resources to veterans exposed to toxins during military service.

VFW Commander-in-Chief Matthew M. "Fritz" Mihelcic said the U.S. needs to take care of veterans beyond the end of its conflicts and added that the PACT Act is VFW's top priority of 2022. The Senate had not passed the bill as of VFW magazine's print deadline.

"It is never too late to do what's right and uphold the promise our nation has made to those who served our country," VFW's Chief said. "The House has done their part in honoring our veterans. The time is now for the Senate to do the same."

Mihelcic claimed that the toxic exposure bill's passage in the House is a "huge win" for all veterans.

"Through VFW's Action Corps network and National Legislative Committee members, we delivered our message to the top of Congress' inbox." Mihelcic said. "The House heard our voice and is finally taking action to recognize, care for and compensate our veterans for all the costs of war."

In March, Mihelcic spent a day on Capitol Hill campaigning for the PACT Act. He offered VFW's support of the bill during a press conference held near the Capitol Building. Mihelcic was one of featured speakers at the event.

Also at the press conference were other VFW and veterans service organization members, Speaker of the House Nancy Pelosi (D-Calif.), VA House Chairman Mark Takano (D-Calif), other congressional members and political activists Jon Stewart and John Feal.

**SOURCE: VFW MAGAZINE/WASHINGTON WIRE/CAPITOL HILL BRIEFS BY DAVE SPIVA**

## NINE NEW CANCERS ADDED TO THE PRESUMED SERVICE CONNECTED LIST RELATED TO PARTICULATE MATTER

On April 26, VA announced the addition of nine rare respiratory [cancers](#) to the list of presumed service-connected disabilities due to exposure to fine particulate matter for Veterans who served any amount of time in

- Afghanistan, Djibouti, Syria or Uzbekistan during the Persian Gulf War, from September 19, 2001, to the present, or
- The Southwest Asia theater of operations from August 2, 1990, to the present.

VA is taking a new approach to making decisions on presumptives, one that takes all available science into account, with one goal in mind – getting today’s Veterans, and Vets in the decades ahead – the benefits they deserve, as fast as possible. VA identified, through a focused review of scientific and medical evidence, a biological plausibility between airborne hazards, specifically particulate matter, and carcinogenesis of the respiratory tract; the unique circumstances of these rare cancers warrant a presumption of service connection.

Veterans and survivors who had claims previously denied for any of the below respiratory cancers are encouraged to file a [supplemental claim](#) for benefits;

- Squamous cell carcinoma of the larynx;
- Squamous cell carcinoma of the trachea;
- Adenocarcinoma of the trachea;
- Salivary gland-type tumors of the trachea;
- Aden squamous carcinoma of the lung;
- Large cell carcinoma of the lung;
- Salivary gland-type tumors of the lung;
- Sarcomatoid carcinoma of the lung and;
- Typical and atypical carcinoid of the lung.

VA will contact impacted Veterans and survivors to inform them about their eligibility and it will provide information on how to apply. To apply for benefits, Veterans and survivors may visit [VA.gov](#) or call toll-free at 800-827-1000.

**SOURCE: News Sections #VetResources, Benefits, Top Stories Published On: April 26, 2022**

**Byran Lett is a USMC Veteran and Public Affairs Specialist for VBA’s Office of Strategic Engagement**

### REMEMBER TO ENROLL IN BURN PIT REGISTRY

VFW encourages all veterans who served in eligible operations to join the *Airborne Hazards and Open Pit Registry*.

To register: [veteran.mobilehealth.va.gov/AHBurnPitRegistry](http://veteran.mobilehealth.va.gov/AHBurnPitRegistry).

VFW asks any veteran who has not filed a claim for these conditions or had their medical records and previous VA disability claims reviewed to contact a VA-ACCREDITED VFW service officer for help.

**To find a nearby VFW service officer visit:**

[www.vfw.org/service-officers](http://www.vfw.org/service-officers).

Veterans of the following operations are eligible to apply:

- Operation Desert Storm
- Operation Desert Shield
- Operation New Dawn
- Operation Iraqi Freedom
- Operation Enduring Freedom

Eligible veterans are encouraged to join the registry even if:

- They don’t believe they were exposed to specific airborne hazards.
- They are not experiencing symptoms or illnesses believed to be related to exposure.
- They have not filed a VA claim for compensation or applied for VA health care.
- They are still on active duty or have returned to military service.

VA presumptive conditions for burn pit, or particulate matter exposure, are:

- Asthma
- Rhinitis
- Sinusitis

Exposure to burn pits may be associated with:

- Asthma
- Emphysema
- Chronic bronchitis
- Chronic obstructive pulmonary disorder, or COPD

**SOURCE: VFW MAGAZINE/WASHINGTON WIRE/CAPITOL HILL BRIEFS BY DAVE SPIVA**

## ADVANCED DIABETES TECHNOLOGY AIDS VETERANS

### DIABETES

Army Veteran Waldence Cohen was diagnosed with diabetes in 2018. To help better track his blood sugar levels, he recently had a continuous glucose monitor (CGM) placed in his left arm.

“I started coming to VA for diabetic care a few years ago,” Cohen said. “The doctors here have been good to me and helped me get my numbers under control.”

CGM automatically tracks blood glucose levels (blood sugar) on a 24/7 basis. Tracking blood sugar levels continuously helps patients with type 1 and type 2 diabetes prevent diabetes complications. According to the [CDC](#), these complications include heart attack, stroke, kidney disease and blindness. “Using advanced diabetes technology, VA faculty members have found fewer low blood sugar levels in Veterans with diabetes,” said Dr. Hans Ghayee, chief of Endocrinology, [North Florida/South Georgia VA](#). “Both cases of high and low blood sugar can be life-threatening for diabetic patients.”

According to the [National Institute of Diabetes and Digestive and Kidney Diseases \(NIDDK\)](#), CGM works through a tiny sensor inserted under the skin, usually on the arm or abdominal area. The sensor measures the interstitial glucose level, the glucose found between cells. The sensor sends information wirelessly to the patients’ smartphone or tablet. If medical staff place the CGM with an insulin pump, the CGM can track data that can help determine how much insulin to administer.

#### Patients benefit from Artificial Pancreas System

“Since 2018, many of our patients have also benefited from the development of an artificial pancreas system,” said Dr. Julio Leey, director of the Diabetes Clinic at [Malcom Randall VA](#). “This is an insulin infusion pump plus a glucose sensor (CGM). It results in the automatic adjustment of insulin to improve glucose control.”

To increase Veteran access to quality diabetic care, the Office of Rural Health has provided the funding necessary to implement these continuous glucose monitoring programs in VA Community Based Outpatient Clinics (CBOCs).

“VA has a unique advantage. Every clinic is staffed with a pharmacist and a dietitian who are both certified diabetes educators,” said Dr. Leey. “We are using advanced technology and educational outreach to improve the quality of care for Veterans both at the specialized clinics and the local level.”

The diabetic clinic at Malcom Randall VA is multifaceted. Its clinicians focus not only on diabetic care but also on patients’ nutritional needs, physical health and mental well-being. In the future, the clinic will be taking a closer look at the effects of depression on diabetic care and management.

“Without VA, I don’t know where I would be medically or financially,” said Cohen, after receiving his CGM sensor. “I’m a living testimony that it works.”

Veterans with type 1 or type 2 diabetes should consult their primary care physician or endocrinologist to determine if CGM sensor technology or the artificial pancreas system is right for them.

**SOURCE:** [blogs.va.gov/Vantage/103075/advanced>diabetes](https://blogs.va.gov/Vantage/103075/advanced>diabetes)

## PREVENTING STROKES: MANY ARE AT RISK AND DON'T KNOW IT

Heart disease and stroke are an epidemic in the U.S. Many don't realize that they are at high risk for heart attack or stroke. The good news is that many of the major risk factors for these problems can be prevented or controlled. Getting your blood pressure and cholesterol checked are important first steps to reduce your risk.

Lifestyle choices can also help protect your health. These include eating healthy, exercising regularly and following your health care provider's advice.



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Try to fit in 2.5 hours of moderate exercise a week.

### **Remember your ABCS:**

- Aspirin therapy may have a [small benefit for some](#).
- Blood pressure control.
- Cholesterol management.
- Smoking cessation.

Keep the ABCS in mind every day. Bring it up when you talk with your health care provider.

### **Talk to your health care provider**

When you talk with your health care provider, share your health history. Get your blood pressure and cholesterol checked. Follow your provider's advice about medicines. Also ask if taking low-dose aspirin is right for you.

### **Control your blood pressure and cholesterol**

High blood pressure is one of the leading causes of heart disease and stroke. One in three adults in the U.S. has high blood pressure. Half of these people don't have their condition under control.

Similarly, high cholesterol affects 1 in 3 American adults. More than half of these people don't have the condition under control. Half of adults with high cholesterol don't get treatment.

If your blood pressure or cholesterol is high, take steps to lower it. This could include eating a healthier diet,



## Eat healthy for your heart

What you eat has a big impact on your heart health. When planning your meals and snacks, try to:

- Eat lots of fresh fruits and vegetables.
- Check food labels and select foods with less sodium. Too much salt can increase your blood pressure.
- Limit foods high in saturated fat, trans fat and cholesterol

because they can make your cholesterol worse. You can find this information on the nutrition facts label.

- Cook at home more often. When possible, choose foods that are low in sodium or have no salt added. Limit sauces, mixes and instant products, including flavored rice and ready-made pasta.

## Get moving



Make physical activity part of your daily life.

Those who experience obesity ([body mass index](#) – BMI)  $\geq 30$  or who are overweight (BMI 25-29.9) can increase the risk for heart disease and stroke. Know your [BMI](#). To keep healthy, make physical activity part of your daily life. This will also help you fight high blood pressure and cholesterol. Try to fit in 2.5 hours of moderate exercise every week. For people who sit a lot, or who are sedentary, walking can be a good start.

## Quit smoking

Smoking greatly increases your risk for heart disease and stroke. If you're a smoker, set a date to quit and ask your healthcare provider if you need help. Also avoid secondhand smoke and support smoke-free policies in your community.

## Get more information

[Use of Aspirin to Prevent Cardiovascular Disease | Cardiology | JAMA | JAMA Network](#)

[Prevent Stroke: What You Can Do | cdc.gov](#)

[May is National Stroke Awareness Month](#)

**SOURCE:** [blog.va.gov/Vantage/103250/preventing-strokes](https://blog.va.gov/Vantage/103250/preventing-strokes)

# WILLIAM STARKE 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**

**1<sup>st</sup> Year Trustee – Elvin Carter**

**2<sup>nd</sup> Year Trustee – Horace Yonamine**

**3<sup>rd</sup> Year Trustee – Patrick F. Tubal**

**Adjutant – Norman "Norm" Chibana**

**Service Officer – Larry "Skip" Anglin**

**Judge Advocate – Vincent K. Warren**