

GEN. WILLIAM STARK ROSECRANS
VFW POST 3261

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



OCTOBER 2022 NEWSLETTER



HAPPY HALLOWEEN!

CANTEEN
Open Mon - Sun
2 – 10 p.m.

Join our Great Bartenders
Sweeney and Nakia!

TACO Tuesday 4-9 PM

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

BINGO Wednesday

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

MENU

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

RENT THE HALL FOR YOUR NEXT PARTY OR EVENT!

(Capacity: 250 Persons)

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

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

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

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

POST CALENDAR

Monthly Membership Meetings: Second Tuesday at 7:00 p.m. at Post 3261.
Meetings may also be 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

The year is passing so quickly that I just realized it was a year ago this month that I was elected as Post Commander of William S. Rosecrans VFW Post 3261. Although there have been some challenges and a few mistakes, it is a pleasure to serve in this position.

Post 3261 will soon be on Facebook and Instagram to increase awareness that the purpose and mission of the VFW is more than a place for social gathering. We will also publish the Duties and Obligations of our Officers in our newsletter and website (vfw3261.org) to inform how Post 3261 is organized.

In ongoing support for our post auxiliary, the following Post members removed trash and broken dishes from the auxiliary trailer located in the back parking lot of the Post. The members were First Trustee Elvin Carter, Judge Advocate Vincent "Kirk" Warren, Service Officer Larry "Skip" Anglin, Post Commander James "Jimmy C" Carradine and Post 3261 supporter Johnny Spencer.

CONGRATULATIONS TO Ms. Leticia "Lettie" Granillo who received her 15 years pin as a member of VFW Post 3261 Auxiliary.

We would like to recognize our first Trustee Elvin Carter who volunteers his services monthly to distribute groceries to 25 to 30 families through his local church food bank. In October, the Post Service Officer Larry "Skip" Anglin volunteered to assist Trustee Carter with distribution. He also assisted the Spanish speaking community with his fluent bilingual skills. Good job Comrades.



It's Time for a New Generation



VFW COMMANDER IN CHIEF:
Timothy Borland

My slogan this year is “Every Veteran Counts.” Every veteran from every war and conflict is important. Let all veterans know that we thank them for their service, honor their bravery and respect them as true heroes. We shall not discriminate on the basis of race, color, religion, gender, age, national origin, disability, marital status, sexual orientation or military branch of service. Discrimination will not be tolerated. All veterans are equal.

A new wave of veterans has returned home from the wars in Iraq and Afghanistan. They're ready, willing and waiting to join our ranks. One of those veterans is standing right here behind this podium. I am an Iraq War veteran and very proud to be the first as your Commander-in-Chief.

Just because many post-9/11 service members still wear the uniform and haven't received a DD-214 doesn't mean that they are not veterans. We must remind them that all veterans are equal and that all eligible veterans are welcome to join our ranks. We've just got to get out there and shake their hands, welcome them home, show our support and guide them in their

needs.

I joined the Army because of Vietnam veterans. I thank them all. Let them know we appreciate them and want them to join because every qualified member who joins the VFW is a vote on Capitol Hill. On the issue of membership recruiting, our work is not done. From last year's numbers, we only had 8,358 members who recruited at least one member. Out of more than 1 million, just 8,358 members recruited at least one. That's under 1 percent comrades of our total membership last year.

One more statistic that needs to improve drastically is our Post recruiting. There were 2,109 Posts that didn't recruit one new member and 2,871 Posts that didn't reinstate one member. That's another 5,000 members we missed out on. As your Commander-in-Chief, I will not let this happen again.

I encourage all current members to recruit and mentor at least one new member this year.

By being visual, conducting more recruiting drives, carrying at least one application with you, or the app, and by displaying passion through respect for all generations, we will rebuild.

Display a good vibe. We all need to lead by example, and that starts from the top. Right here. It's time for a new generation, without forgetting the old.

Membership is my number one priority as your Commander-in-Chief. It will not be ignored, nor will any eligible veteran out there be ignored. “No One Does More For Veterans” than the Veterans of Foreign Wars. So let's live up to that. Every Veteran Counts.

SOURCE: October VFW Magazine Pg.2 This article is an excerpt from VFW Commander in Chief Timothy Borland's acceptance speech at VFW's 123rd National Convention.

#VeteranOfTheDay

Marine Corps Veteran Dominic J. Hall

VA | #VETERANOFTHEDAY



DOMINIC J. HALL



Today's #VeteranOfTheDay is Marine Corps and Army Veteran Dominic J. Hall, who served in Japan and as a sergeant in Afghanistan before becoming a vital SWAT team member.

[Dominic J. Hall](#) was born in August 1989 in Fond du Lac, Wisconsin. His military service interest began at Xavier High School in Appleton, Wisconsin, where he graduated in 2008 and joined the U.S. Marine Corps soon after.

Hall's first assignment was with the 3rd Reconnaissance Battalion in Okinawa, Japan, in April 2009. After spending a year at Camp Schwab, he was stationed on USS Essex, USS Harpers Ferry and USS Germantown until 2011. While he was aboard the USS Ronald Reagan in March 2011, Japan was hit with a magnitude 9.1 earthquake, and he assisted with the recovery after the Fukushima Nuclear Reactor meltdown.

In May 2011, Hall deployed to Afghanistan as a member of Operation Enduring Freedom. After a few short days of being stationed at Patrol Base Alcatraz, his platoon was struck with Joint Direct Attack Munition (JDAM) bombs. Minutes later, they were surrounded by gunfire from 20-30 enemy attackers. Despite internal protest, the commander dropped a lethal GBU-54 laser-guided bomb 36 meters away from the Marines. The Marines believed they only survived because they jumped into a canal inlet, which provided cover.

During his time in Afghanistan, Hall risked his own safety to protect his fellow Marines on multiple occasions. He once provided life-saving medical treatment to two Afghan National Army soldiers after a grenade explosion, and he was awarded the Combat Action Ribbon on June 6, 2011.

Following Afghanistan, Hall returned to Okinawa, Japan, in December 2011, before coming back to the U.S., where he joined the Marine Corps Reserve. He was awarded the Marine Corps Achievement Medal with Valor during this time.

Hall's passion to serve his country never ceased. After spending less than a year in the Reserve, he re-enlisted into the Ohio Army National Guard as a Special Forces candidate. He completed the Special Warfare Qualification Course with honors and was adorned with a green beret by August 2015.

Hall was assigned to 2nd Battalion, 19th Special Forces Group in Ohio, but was soon promoted to staff sergeant. He began his second deployment in Afghanistan, this time with the 19th and 7th Special Forces Group. For his time in the Army, Hall would go on to earn the Combat Infantryman Badge, Bronze Star, Army Commendation and Achievement Medals and Valorous Unit Award.

After his service, in 2017, Hall became a member of Appleton Police Department's SWAT, Sniper and Metropolitan Enforcement Group units. He was awarded the department's Life Saving Award for providing medical aid that saved a man's life in 2019.

Hall was admitted into the emergency room in May 2021 for severe abdominal pain and an upset stomach. He was diagnosed with stage 1B pancreatic cancer and began a clinical trial with neoadjuvant therapy a month later. Doctors attributed his cancer to chemical exposure [from nuclear reactors and burn pits](#) during his service. His cancer quickly developed to stage IV by January 2022 with liver involvement. Hall died on Sept. 4, 2022, about two weeks after his 33rd birthday.

We honor his service.

SOURCE: <https://news.va.gov/109591/veteranoftheday-marine-corps-dominic-j-hall/>

First Woman Takes Command of Coast Guard

Then-Coast Guard Vice Adm. Linda Fagan directs operations while serving as Coast Guard Pacific Area commander during a mission in Auke Bay, Alaska, on Aug. 15, 2018. On June 1, Fagan was confirmed as the new Coast Guard commandant, making her the first woman to lead a U.S. military service.



Coast Guard Adm. Linda Fagan officially took command of the Coast Guard during a June 1 ceremony in Washington, D.C. Fagan is now the first woman to lead not only the Coast Guard but any U.S. military service.

As the 27th commandant of the Coast Guard, Fagan says the Coast Guard has “never been more relevant” in protecting the nation. But, she added during the change-of-command ceremony, that will require a more robust recruiting strategy.

“We are not unique as a military service. All of the services are in a competition for talent, [and] we’re competing with public and private companies,” she said. “If we don’t adequately recruit members into the service,

the state-of-the-art equipment we’re getting will be unable to conduct front-line missions.”

Fagan replaced Adm. Karl Schultz, who had held the role since June 2018. Fagan’s previous position was vice commandant of the Coast Guard, which she had held since last June. The promotion to admiral that month made Fagan the first woman to hold the four-star rank in the Coast Guard.

Fagan also is the longest-serving active-duty marine safety officer in the Coast Guard — she was commissioned in 1985. During her 36-year career, previous jobs included commander of Coast Guard operations in the Pacific and Atlantic areas, as well as serving as the deputy director of operations for the U.S. Northern Command headquarters.

In her role as commandant, Fagan will oversee 42,000 active-duty Coast Guardsmen; 7,800 Reservists; 8,300 civilian personnel; and some 31,000 auxiliary volunteers. She is based in Washington, D.C.

SOURCE: October VFW Magazine Pg. 8

D.C. Post Changes Name to Honor Late Tuskegee Airman



Members of a VFW Post in Washington, D.C., renamed their Post to honor a Tuskegee Airman. The Post's commander said Air Force Brig. Gen. Charles McGee was "instrumental" in paving the way for veterans like him to become leaders in today's military.

The only VFW Post in Washington, D.C., held a dedication ceremony on May 7 to name the Post in honor of the late Air Force Brig. Gen. Charles McGee, an esteemed member of the Tuskegee Airmen.

Members of Brigadier General Charles E. McGee VFW Post 341 renamed and dedicated their Post in honor of the airman, who is well-regarded in the military community. Post 341 Commander Anthony Lowe said that in Post 341's more than 100-year history, naming the Post after McGee was "one of the most monumental events ever" for the entire organization.

"McGee was instrumental in paving the way for African Americans and people of color in the military," Lowe said. "The general was such a remarkable man and leader." McGee, 102, passed away on Jan. 16 at his home in Bethesda, Md. Former President Donald Trump in 2019 gave McGee, a life member of VFW Post 341, an honorary commission from colonel to a one-star general. McGee served in World War II, as well as the Korean and Vietnam wars, and participated in more than 400 combat missions during his time in the military.

A 'UNANIMOUS' APPROVAL

VFW Washington Office Executive Director Bob Wallace, staff members of VFW's Washington Office and McGee's daughter, Yvonne, attended the Post's dedication ceremony. Yvonne is McGee's youngest daughter and was there to represent McGee's family.

SOURCE: October VFW Magazine Pg. 40 BY DAVE SPIVA

October is Cybersecurity Awareness Month: Veterans are high value targets for phishers



October is [Cybersecurity Awareness Month](#) (CSAM), and it's time to remember that cybersecurity is everyone's responsibility. While you may think that you practice proper cyber hygiene, there are [many threats](#) that you may not recognize. Following a few tips will show you that it's easy to stay safe online.

CSAM is an awareness campaign coordinated by the Cybersecurity and Infrastructure Agency and the National Cybersecurity Alliance to "help citizens protect themselves online as our technology, and threats to that technology, become more sophisticated and interwoven in our daily lives."

The Federal Trade Commission estimated that, in 2021 alone, military personnel, Veterans and their families were defrauded of approximately \$267 million (this number only represents the fraud that has been detected).

Here are some tips that make it easy to stay safe online:

1. Beware of suspicious emails. Check the sender's email address to ensure it is legitimate. When in doubt, do not click on any links or share your information—and then delete the suspicious email.
2. Enable multi-factor authentication to your accounts, which is a second step to logging in, which often means entering in a code you receive via text or email, to verify your identity. Adding this additional layer of security makes it much more challenging for a hacker to crack your password and gain access to your account.
3. Create unique, [complex passwords](#) for all your accounts. To keep track of all your passwords, you can research password manager options through your browser or third-party applications.
4. Keep software up to date with the latest security features on all your devices and [set up automatic updates](#) directly from the source. Be careful of any pop-up windows prompting you to update your software or account.

We will continue to share information throughout the month that will help keep Veterans and your loved ones safe online.

SOURCE: <https://news.va.gov/109404/cybersecurity-awareness-month-prey-phishers/>

JENNIFER MORENO, CAPTAIN, U.S. ARMY

An Inspiration to All of Us



On October 6, 2013, U.S. Army Capt. Jennifer M. Moreno together with the other members of the Army's 75th Ranger Regiment were on patrol doing raids on high-value Taliban bomb making compounds in the Zhari district in the province of Kandahar Afghanistan when the raid they were performing went haywire and took turn for the worst.

Without any sign of warning, an explosive vest was detonated by a suicide bomber and triggered a dozen more improvised explosive devices inside the compound they were raiding. U.S. Army Capt. Moreno, never thinking of herself and safety, instinctively went to the aid of the wounded soldiers. While attending to her wounded comrades, U.S. Army Capt. Moreno accidentally stepped on a landmine.

U.S. Army Capt. Moreno was killed while trying to save the lives of others.

In her eulogy, Moreno's commander Capt. Amanda King wrote, *"None of us would have done what you did, running into hell to save your wounded brothers, knowing full well you probably wouldn't make it back."*

In her death, Moreno was posthumously promoted to the rank of captain. The Combat Action Badge, Bronze Star Medal, Meritorious Service Medal, Purple Heart, Afghanistan Campaign Medal and NATO Medal were also awarded to her.



Moreno's fellow soldiers, Sgt. Patrick Hawkins, Sgt. Joseph Peters and Pfc. Cody Patterson were also killed that faithful night, and 30 more soldiers were seriously wounded. However, the deaths of Moreno, Hawkins, Peters, and Patterson did not go in vain. Together with their fellow soldiers that were wounded in the attack, their regiments saved countless of lives because the bombs that exploded on the night of October 6, 2013, was intended to kill not only soldiers but most especially civilians.

Moreno was just 25 years old when she died. She was a member of a special unit attached to the Special Operations Task Force as cultural support team. Their unit was made up mostly of female soldiers whose mission was to engage with the women in Afghanistan.

Just after completing her Army Airborne training in 2009, Moreno volunteered to the U.S. Special Operations Command. She also served as a clinical staff nurse on the medical surgical unit at the Joint Base Lewis McChord before she was deployed in July 2013.

U.S. Army Capt. Jennifer M. Moreno is survived by her mother and two sisters. She also has a brother who serves in the U.S. Army.

Source: [Jennifer Moreno, Captain, U.S. Army - Foundation for Women Warriors](#)

ARTHRITIS IS MORE PREVALENT AMONG VETERANS, IMPACTING ONE IN THREE

Inflammation of the joints limits more than 58 million adults in the U.S. It is an even more prevalent condition among veterans.



Arthritis is a painful condition that often results in physical limitations for the more than 58 million adults diagnosed with inflammation of one or more joints, according to the U.S. Centers for Disease Control and Prevention. For veterans, arthritis is even more prevalent, with approximately one in three receiving an arthritis diagnosis, compared to one in four among adults overall.

The term arthritis covers more than 100 conditions impacting joints, tissues surrounding joints and other connective tissues, with the most common form known as osteoarthritis. Others include rheumatoid arthritis, gout, fibromyalgia and lupus, as well as childhood arthritis.

Determining the source of your arthritis-related symptoms is an important first step in obtaining relief. “Talk to your doctor about your joint pain,” said Joe Tolman, founder of HurtSkurt, a corporate partner of the Arthritis Foundation. “It’s important to get a diagnosis.

There are many forms of arthritis, and they are treated differently.” Pain and anti-inflammatory drugs, including topical pain relievers, are among the common treatments for arthritis, Tolman added. “Inflammatory arthritis is treated with medications that can minimize the autoimmune response, causing inflammation and joint damage,” he said.

“Additional treatment options include physical therapy to strengthen muscles to take stress off joints. Surgery is an option for some with significant joint damage.” In addition to medications, individuals with arthritis are encouraged to get and stay active; manage their weight; eat a healthy balanced diet, including lean protein, whole grains and a variety of vegetables and fruits; make sure they are getting enough sleep; and work on reducing stress, Tolman said. “Movement is medicine,” he added. “Start low and go slow.

The more you incorporate physical activity into your day, the better to help prevent further pain and keep the joints happy.” Tolman also recommends the Arthritis Foundation’s Your Exercise Solution (YES) website, which includes stretches and exercise videos that provide modifications to movements based on specific joint issues.

“You can create your own movement routine, starting from the chair,” he said. “From there, you can progress to doing movements standing and as you progress you can put together your exercise routine.”

Among veterans, arthritis is more common in older individuals, although veterans of all ages can also develop arthritis due to overuse and traumatic injuries that occurred during their military service. “The Arthritis Foundation is investing in research to better understand how to better study and treat post-traumatic osteoarthritis, which results from an injury and can start in people in their 20s and 30s when they are most active,” he said.

In addition to physical symptoms, Tolman shared that arthritis can cause stress, anxiety and depression. Recommendations from the Arthritis Foundation include sharing your feelings with health-care providers or caregivers, finding a support group or working with a mental-health professional, prioritizing self-care, getting adequate sleep each night, spending time outdoors and participating in appropriate physical activities.

The Arthritis Foundation offers a virtual national support group for active-duty and veteran military service members, with more information available at <https://www.arthritis.org/veteran>.

Source: VFW Magazine, August 2022, page 46

Spread the word about PACT Act

Health Care Eligibility



You've likely already heard about [how the PACT Act could impact your care and benefits](#), but did you know it also expands health care eligibility for many Veterans?

When President Biden signed the [PACT Act](#) Aug. 10, 2022, it initiated one of the largest expansions of VA benefits in history. This includes extended VA health care enrollment eligibility to Vietnam-era, Gulf War-era and Post-9/11 Veterans.

You can help spread the word about expanded eligibility to enroll in VA health care for your Veteran friends who have not previously enrolled. Here are all the details you need to know to help them get the care they earned and deserve.

For Vietnam-era Veterans

Vietnam-era Veterans who served in the following locations and time periods are eligible to apply for enrollment beginning now:

- Republic of Vietnam between Jan. 9, 1962, and May 7, 1975
- Thailand at any U.S. or Royal Thai base between Jan. 9, 1962, and June 30, 1976
- Laos between Dec. 1, 1965, and Sept. 30, 1969
- Certain provinces in Cambodia between April 16, 1969, and April 30, 1969
- Guam or American Samoa (or their territorial waters) between Jan. 9, 1962, and July 31, 1980
- Johnston Atoll (or a ship that called there) between Jan. 1, 1972, and Sept. 30, 1977

For Gulf War-era Veterans

Beginning Oct. 1, 2022, Gulf War-era Veterans who served on active duty in a theater of combat operations after the Persian Gulf War may be eligible to enroll in VA health care.

This also includes Veterans who, in connection with service during such period, received the following awards or recognitions:

- Armed Forces Expeditionary Medal
- Service Specific Expeditionary Medal
- Combat Era Specific Expeditionary Medal
- Campaign Specific Expeditionary Medal
- Any other combat theater award established by Federal statute or Executive Order

For Post-9/11 Veterans

Post-9/11 Veterans discharged before Oct. 1, 2013, can enroll in VA health care during a special 1-year enrollment period between Oct. 1, 2022, and Oct. 1, 2023. To be eligible, one of the following must be true:

- They served on active duty in a theater of combat operations during a period of war after the Persian Gulf War, or
- They served in combat against a hostile force during a period of hostilities after Nov. 11, 1998.

How to talk to your friends about VA health care

If you have eligible Veteran friends who aren't currently enrolled, they may be hesitant to apply for any number of reasons. Consider sharing your own experience to help demystify the process. Remind them that they earned the right to this care through their service and point them in the direction of resources to help – like visiting their nearest VA medical center or clinic.

Plus, it's free and easy to apply. Read on for more details about VA health care and the four simple options for applying.

Fast facts about VA health care

- Enrollment is free, and health care may be free as well.
- VA health care for any illness or injury determined to be related to your military service (called “service connected”) is free. The PACT Act added more than 20 presumptive conditions, expanding benefits to Vietnam-era, Gulf War-era, and Post-9/11 Veterans.

Check out the complete list of new presumptive conditions at www.va.gov/PACT.

Tell your friends to apply for VA health care in one of four ways:

1. Online: <https://www.va.gov/health-care/apply/application/introduction>.
2. By calling the toll-free hotline: 877-222-8387.
3. By mailing [VA Form 10-10EZ](#) to:

Health Eligibility Center
2957 Clairmont Rd., Suite 200
Atlanta, GA 30329

4. In person at [their nearest VA medical center or clinic](#)

Learn more about the PACT Act

Visit www.va.gov/PACT to get the latest information and updates. You can also follow the Veterans Health Administration on [Facebook](#) and [Twitter](#) for real-time updates.

SOURCE: <https://news.va.gov/109115/spread-word-pact-act-health-care-eligibility>

GEN. 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 – Elvin Carter

2nd Year Trustee – Horace Yonamine

3rd Year Trustee – Patrick F. Tubal

Adjutant – Norman "Norm" Chibana

Service Officer – Larry "Skip" Anglin

Judge Advocate – Vincent K. Warren