VETERANS OF FOREIGN WARS

July—September 2026

1822 W 162nd Street, Gardena, CA 90247
Phone: (310) 324-6161 www.vfw3261.org

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

GENERAL WILLIAM STARK ROSECRANS | VFW POST 3261

COMMANDER'S COMMENTS
Jimmy "C" Carradine, Post Commander



MALE BREAST CANCER AWARENESS

Choosing an article for our quarterly newsletter can be challenging because I want to provide interesting, informative content for veterans and active-duty military members as well as our local community. Last year, our October–December issue featured an article on breast cancer awareness.

This year, I wanted to approach the topic more broadly because many men are not aware that they can develop breast cancer or recognize its warning signs.

We know breast cancer can be deadly and has affected many women, but it also affects men. To learn more about breast cancer in men, I reviewed articles and asked several men what they knew about the disease. I was surprised by how few were aware that men are also affected.

I encourage everyone to read pages 2–4 and share this information with the men who are important in your life.



Remember Veterans Day on November 11, 2026, as we honor all who served.

PLEASE VOTE ON NOVEMBER 3, 2026
REMEMBER YOUR VOTE COUNTS

CANTEEN
Open Monday—Sunday
2—10 PM

TACO TUESDAY & KARAOKE
4—10 PM

BINGO WEDNESDAY
Open @ 4:30 PM
Starts @ 6:30 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 is $500
(Required to hold the date)

Friday & Saturday $2,200
(Bar closes at midnight)

Veterans Crisis Line
DIAL 988 then PRESS 1

Male Breast Cancer

By NBCF Team

Medically reviewed on Jan 31, 2026 / Last updated on Apr 6, 2026

by: Lillie D. Shockney, RN, BS, MAS, HON-ONN-CG

All people, male or female, are born with breast cells and tissue. While males do not develop milk-producing breasts, a man's breast cells and tissue can still develop cancer.

Male breast cancer is rare, accounting for less than 1% of all breast cancer diagnoses in the United States. The lifetime risk of male breast cancer is about 1 in 755, according to the American Cancer Society. The typical age range for male breast cancer diagnosis is between 60 and 70, with 67 as the average age of a male breast cancer diagnosis.

While breast cancer in men is rare, men do carry a higher breast cancer mortality rate than women, primarily because men are less likely to assume a lump is breast cancer and are overall less aware of breast cancer, which can cause a delay in seeking treatment.

Male Breast Cancer: What Men Need to Know

Men can get breast cancer, too. Learn more about male breast cancer, including signs and symptoms, risk factors, and how men can practice early detection for breast cancer in this free eBook.

Download Male Breast Cancer: What Men Need to Know
https://www.nationalbreastcancer.org/resources/ebook-male-breast-cancer/

Male breast cancer key highlights

- Male breast cancer begins as a growth of malignant or cancerous cells in the breast tissue. All people, male and female, have breast tissue.
- Men with breast cancer often find a lump in their breast tissue, commonly under the nipple.
- Male breast cancer is rare, representing about 1% of total breast cancer cases.
- Breast cancer in men may occur at any age, but is typically identified in men ages 60 to 70.

Invasive ductal carcinoma (IDC) is the most common type of breast cancer in men; this cancer begins in the milk ducts and spreads beyond the cells that line the breast ducts.

Treatment for male breast cancer often involves surgery to remove the cancerous tissue as well as chemotherapy and radiation.

Nearly all breast cancer in men is estrogen receptor positive (ER+), with treatment including hormonal therapy, just as in female breast cancer cases.

Factors that increase a man's risk of breast cancer include family history of breast cancer, age, genetic mutations (such as BRCA1 or BRCA2), and higher estrogen levels.

Men should be familiar with how their breast tissue typically looks and feels so they can detect any changes in the tissue.

Continued on page 3.

Male Breast Cancer

(Continued from page 2.)

Male breast cancer statistics

Knowing the key statistics for male breast cancer is important for increasing awareness of the disease and sharing life-saving information about the importance of early detection of male breast cancer.

Key male breast cancer statistics include:

- Male breast cancer represents about 1% of all breast cancers diagnosed in the United States.
- In 2026, about 2,670 men will be diagnosed with breast cancer in the United States.
- About 530 U.S. men will die from breast cancer in 2026.
- Male breast cancer is typically diagnosed between the ages of 60 to 70. The average age of men diagnosed with breast cancer in the United States is 67.

The average lifetime risk of male breast cancer is about 1 in 755.

Signs and symptoms of male breast cancer

Male breast cancer can exhibit the same signs and symptoms as breast cancer in women, including a lump.

The most common symptoms of male breast cancer include:

- A lump, with or without pain, that feels like a knot or hard pebble; lumps can be located right under or around the nipple or in the armpit area
- Pain in the nipple or breast area.
- Changes to the breast skin, including dimpling, puckering, or redness.
- Change in the breast shape or size.
- Nipple discharge.
- A rash or a sore on the nipple or areola.
- Nipple turning inward (inverted nipple).

Breast cancer in men is usually detected as a hard lump underneath the nipple and areola, which is often found by men while in the shower.

It is common for men to delay reporting the lump to a physician, which can result in the patient being diagnosed at a later stage when the cancer is harder to treat. **It is important to contact a healthcare professional immediately if you detect any of these changes in the breast tissue or surrounding area.**

Early detection of breast cancer increases treatment options and often reduces the risk of dying from breast cancer for men and women alike.

Continued on page 4.

Male Breast Cancer

(Continued from page 3.)

Male breast cancer types

Like breast cancer in women, men can develop different types of breast cancer. The treatment plan for male breast cancer will vary based on the type of cancer he is diagnosed with.

The most common types of male breast cancer include:

Invasive ductal carcinoma (IDC): Also known as infiltrative ductal carcinoma, this invasive type of male breast cancer occurs when cancerous cells spread beyond the milk ducts into other parts of the breast tissue or other parts of the body. It is the most common type of breast cancer for both men and women.
Ductal carcinoma in situ (DCIS): DCIS is a non-invasive type of breast cancer where abnormal cells are found in the lining of the milk duct. The earliest breast cancer stages are known as "carcinoma in situ," which means "cancer in the original place," or breast cancer that has not spread to other areas. This form of breast cancer is highly treatable in its early stages.

Male breast cancer stages

When male breast cancer is diagnosed, it will be given a cancer type and stage. The stage of breast cancer indicates how far the cancer has spread and how much cancer exists in the body. This information also informs male breast cancer treatment plans.

In general, a lower stage number indicates less spread and will require less treatment. The staging for male breast cancer mirrors that for breast cancer in women.

The stages of male breast cancer are:

- **Stage 0**: Male breast cancer that is non-invasive and has not spread beyond the milk ducts. This stage includes ductal carcinoma in situ (DCIS)
- **Stage 1:** These relatively early types of male breast cancer have either not spread to the lymph nodes or there is a very small spread in the sentinel lymph node, which is the first node cancer typically reaches.
- **Stage 2:** This is a more advanced form of breast cancer with spread to additional lymph nodes.
- **Stage 3:** The cancer has spread out of the breast tissue into many nearby lymph nodes and is a more advanced stage.
- **Stage 4:** Also known as metastatic breast cancer, this advanced form of breast cancer involves spread to other parts of the body, often to the bones, brain, liver, or lungs.

These stages are based on factors including the size of the tumor, spread to the lymph nodes and other distant sites, whether it has a protein known as an estrogen receptor or a progesterone receptor, and more. Male breast cancer treatment will be based on factors including stage and type of cancer.

SOURCE: https://www.nationalbreastcancer.org/male-breast-cancer/

NATIONAL BREAST CANCER FOUNDATION, INC.®

VFW Day of Service Sets New Record with Nearly 2,700 Events

KANSAS CITY, Mo. July 7, 2026— The Veterans of Foreign Wars (VFW) announced today that its fifth annual VFW Day of Service reached a new milestone this May, with 2,693 events taking place in 13 countries and territories around the world.

The worldwide effort mobilized VFW and VFW Auxiliary members, veterans, military families and community supporters to address local needs and demonstrate the continued impact of veterans beyond their military service. Projects ranged from construction, landscaping and road cleanups to veteran gravesite and memorial preservation, food and hygiene kit drives, veteran resource fairs, blood drives, habitat restoration and more.

San Antonio VFW Post 1533 partnered with Scouting America Troop 307 to support a local crisis center. Together, volunteers sorted 550 pounds of donated clothing, prepared 763 sandwiches, and assembled 600 snack bags for individuals and families in need. VFW Day of Service Committee Chair Suzzie Thomas said volunteers contributed more than 100 hours of service and found the experience deeply rewarding.



"Supporting organizations that provide food, clothing and other essential services is one of the most meaningful ways we can strengthen our community," Thomas said. "Veterans understand the importance of answering the call to serve. By working alongside our community partners, we can help ensure that individuals and families facing difficult times receive the care, dignity and support they deserve.

VFW Day of Service began in 2022 as an outgrowth of the organization's Still Serving campaign that highlights the ongoing dedication of veterans and service members who continue to uplift and improve their communities after their military service has ended. This year's VFW Day of Service was sponsored by Humana, USAA, **CenterWell and loanDepot.**

"For the fifth year in a row, our members and veterans around the world showed up for their neighbors, strengthened their communities and continued the legacy of service that defines who we are," said VFW National Commander Carol Whitmore. "VFW Day of Service is a powerful reminder that for our members, service does not end when the uniform comes off. The record participation in 2026 reflects not only the momentum of this initiative, but the enduring commitment of veterans to lead by example."

The VFW is inviting all veterans across America and around the world to join in the 2027 VFW Day of Service to show that veterans never stop serving. To register a 2027 event, get resources, find an event to join or see how other veterans around the country are making a difference, visit at VFWDayofService.org.

SOURCE: https://www.vfw.org/media-and-events/latest-releases/archives/2026/7/vfw-day-of-service-sets-new-record-with-nearly-2700-events

VFW Encouraged as TCAVA House Vote Postponed

WASHINGTON July 16, 2026 – We stopped Congress from taking a dangerous step today. No matter how people try to spin it, Congress shouldn't open Pandora's Box on arbitrarily reducing disability ratings. It's never been done before. We're not about to let it start.

I know there are provisions in this bill that everyone wants to get done. Major Richard Star Act needs to pass. But it needs to pass CLEAN. And it certainly cannot be passed by taking away from future veterans!!!

For survivors, who wanted this to be the path to fix your injustices, the fight is not over! But again, fixing these problems cannot come at the expense of those currently in harm's way.



To our troops serving overseas right now. We heard you LOUD AND CLEAR! You told the VFW to keep fighting for YOU. I hope you can see that we are fighting and will continue to stand up for our warfighters. To the members of the VFW: Thank you. You showed up when it mattered most. The VFW was threatened and coerced to try to support a dangerous policy that would harm our community. YOU said NO!

YOU sent more than 60,000 messages to Congress in just a couple weeks; YOU met with your legislators face-to-face; and most importantly: YOU came to Washington, D.C., on a moment's notice – from more than 30 states!!! To tell Congress DO NOT CUT FUTURE BENEFITS! There have been a lot of distractions in our work to protect veterans' benefits. VFW was accused of "inciting violence" over our Honor the Contract imagery. A sitting member of Congress threatened our accredited service officer program for speaking out on behalf of the veterans we serve!!!!

In all my years with the VFW, I had never seen politicians stoop so low – but I said it then and I say it again: The VFW has never apologized for forcefully defending veterans and we are not about to start now." But while benefits are safe today, this will continue to be a fight, like we saw in 1933, in 1956, in the early 1980s, and even today. Someone wants to cut veterans' benefits. Washington Post; Economist – and apparently some in Congress. We will not let that happen, and we know that this bill is going to come back again in a few short weeks.

So let's keep it up. Let's not let off the momentum!!!! Like Smedley Butler said: "Be able to argue intelligently; know what you're talking about … make every public office seeker state where he stands. Don't take any alibi." To veterans who are new to this fight, I hope you will join our ranks. I hope you will help us! To our peer veterans' groups. We know how you really feel about the cuts in this bill. We have read your shared concerns on Section 108 on reducing veterans' ratings as a piggy bank. It's clear now that veterans don't want this. It's clear this isn't the "only" way. So let's harness our power and let's fix it together!!!

Again, thank you to the service members, veterans, and families from across America who made YOUR voices heard. Advocacy works. You have a voice. And we are proud to stand with you.

SOURCE: https://www.vfw.org/media-and-events/latest-releases/archives/2026/7/vfw-encouraged-as-tcava-house-vote-postponed

VFW Action Alert: Keep Pressuring Congress to Protect Veterans' Earned Disability Compensation

We need your help to tell Congress to reject Section 108

July 21, 2026 — Over the past month, veterans and supporters across the country have sent a clear message: expand veterans' benefits without reducing future veterans' earned disability compensation. Through emails, phone calls, trips to Washington, D.C., and meetings with lawmakers, you've made sure veterans' voices are being heard.



Although the House pulled its planned vote on the Take Care of America's Veterans Act (H.R.9237 / S.4744), the bill remains active. Now is not the time to let up. Congress should not correct one injustice by creating a new one for future veterans. As lawmakers determine the path forward, they need to continue to hear that their constituents reject this approach.

The VFW supports correcting past injustices through measures like the Major Richard Star Act, expanding survivor benefits, strengthening mental health protections, and other legislation that honors the sacrifices made by those who served.

Section 108 would create a new injustice. It would take the unprecedented step of reducing future veterans' earned disability compensation to pay for today's benefit expansions. Congress can and should find a better way.

TAKE ACTION

Tell your representative and both senators to oppose Section 108 of the Take Care of America's Veterans Act. Urge them to reject this unprecedented pay-for and protect veterans' earned disability compensation.

Thank you

SOURCE: https://www.vfw.org/media-and-events/latest-releases/archives/2026/7/vfw-action-alert-keep-pressuring-congress-to-protect-veterans-earned-disability-compensation

VFW Celebrates the Coast Guard's 236th Birthday

We salute America's oldest continuous maritime service and their work standing watch

August 03, 2026

KANSAS CITY, Mo. — The Veterans of Foreign Wars (VFW) proudly joins a grateful nation in celebrating the 236th birthday of the United States Coast Guard. Since its founding on Aug. 4, 1790, as the Revenue Cutter Service, the Coast Guard has safeguarded America's shores, protected our maritime interests and answered the call whenever and wherever duty demands.



While they may be the smallest branch of our Armed Forces, their impact is anything but. Coast Guardsmen have earned a reputation for answering every call with professionalism, courage and selfless service, often in the harshest conditions imaginable.

Now serving under the Department of Homeland Security during peacetime and capable of operating as part of the Department of the Navy during times of war, the Coast Guard fulfills a remarkable range of missions. From search and rescue to maritime law enforcement, drug interdiction, environmental protection and national defense, Coast Guardsmen embody their motto, Semper Paratus — Always Ready.

Whether responding to hurricanes, rescuing mariners in distress, interdicting illicit trafficking at sea or deploying alongside fellow service members around the globe, the Coast Guard quietly carries out some of the nation's most demanding missions. Their vigilance protects more than 100,000 miles of U.S. coastline and inland waterways and secures an Exclusive Economic Zone spanning 4.5 million square miles, which is the largest of any nation in the world.

Please join the more than 1.3 million members of the VFW and its Auxiliary in wishing every Coast Guardsman — past and present — a happy 236th birthday. Thank you for always standing the watch.

SOURCE: https://www.vfw.org/media-and-events/latest-releases/archives/2026/8/vfw-celebrates-the-coast-guards-236th-birthday

VFW Commemorates Fifth Anniversary of the Afghanistan War Conclusion

Their sacrifice, loss, perseverance and the bonds forged in service will never be forgotten

August 28, 2026

KANSAS CITY — On Aug. 30, the Veterans of Foreign Wars (VFW) will pause to honor and remember the conclusion of the Afghanistan War, and the service and sacrifice of all who carried out the missions defending our nation. Five years ago, the United States ended its military presence in Afghanistan, officially ending America's longest war. For the generations of veterans who answered the call to serve there, the end of the mission in Afghanistan remains difficult to process as it carries memories of sacrifice, loss, perseverance and the bonds forged in service.



More than 800,000 Americans served in Afghanistan over nearly 20 years, often facing dangerous and uncertain conditions during multiple deployments. More than 2,400 Americans made the ultimate sacrifice in Afghanistan, while countless others returned home bearing the physical and invisible wounds that continue to shape their lives. The circumstances surrounding the final withdrawal from Afghanistan remain difficult for many veterans and their families. The images from those final days, and the loss of 13 American service members at Abbey Gate, will never be forgotten. Questions about the decisions that led to the end of the war deserve thoughtful consideration, and the lessons learned from nearly two decades of conflict must continue to influence how our nation prepares for and conducts future military operations**.**

But today, as we remember the end of the Afghanistan War, we must not allow the way the war ended to overshadow the service of those who fought it. Our veterans did what generations of American service members have always done: They answered their nation's call. They deployed when asked, served alongside their brothers- and sisters-in-arms and accomplished their missions under extraordinarily difficult circumstances**.**

On behalf of the nearly 1.3 million members of the VFW and its Auxiliary, we will continue to stand with every veteran of the Afghanistan War, not only on this anniversary, but every day. You demonstrated courage, professionalism and an unwavering commitment to our country, and we commend your selfless service.

SOURCE: https://www.vfw.org/media-and-events/latest-releases/archives/2026/8/vfw-commemorates-fifth-anniversary-of-the-afghanistan-war-conclusion

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'Why Did Justice Take So Long?'

September 08, 2026. VFW leaders stood in solidarity with Camp Lejeune veterans and their families during a two-day Capitol Hill rally in June, calling for congressional action on *H.R. 4145*, the *Ensuring Justice for Camp Lejeune Victims Act of 2025*.

VFW General Counsel John Muckelbauer speaks during a rally on June 4 on Capitol Hill in Washington, D.C. Muckelbauer joined VFW leaders alongside Camp Lejeune veterans and their families in an attempt to amplify the call for action on H.R. 4145, the Ensuring Justice for Camp Lejeune Victims Act of 2025.VFW General Counsel John Muckelbauer was among the veterans who shared their stories, speaking on behalf of his brother, Matt, a fellow Marine who died from a rare case of non-Hodgkin's lymphoma linked to exposure to toxic water while stationed at Camp Lejeune.



"Like so many families here today," Muckelbauer said, "we were left wondering if his service contributed to his illness. Could this have been prevented? And why did justice take so long?"

Muckelbauer's testimony highlighted the human toll of decades of contamination and the VFW's urgent call for justice. He was joined by VFW Washington Office Executive Director Ryan Gallucci and National Legislative Committee Chairman Jason Johns, who shared their insights and experiences to further amplify the voices of Camp Lejeune veterans and their families.

The passage of the *Honoring Our PACT Act* in 2022 included a provision known as the Camp Lejeune Justice Act (CLJA). The CLJA allows veterans, family members and contractors suffering from the effects of toxic exposure to contaminated water at Camp Lejeune, North Carolina, to file lawsuits for compensation.

Eligible veterans and civilians were those who served at Camp Lejeune in North Carolina between Aug. 1, 1953, and Dec. 31, 1987. There are currently more than 400,000 pending claims with the Department of the Navy. Despite the overwhelming number, not a single case has gone to trial while the Department of Justice litigates against victims.

To correct the record and ensure victims have access to appropriate justice, the *Ensuring Justice for Camp Lejeune Victims Act of 2025* would make technical corrections to the law and give swifter relief to victims by 1) Clearly providing for jury trials, not just bench trials; 2) Expressly stating that victims must show general causation; and 3) Permitting cases to be heard in any federal court in North Carolina or South Carolina. Capping attorney fees at 20 percent for settlements and 25 percent for trials.

SOURCE: https://www.vfw.org/media-and-events/latest-releases/archives/2026/9/why-did-justice-take-so-long

The VFW Remembers and Reflects This Patriot Day

On the 25th anniversary, we honor those we lost and the generations who answered the call

September 10, 2026

KANSAS CITY, Mo. — This Sept. 11, in observance of Patriot Day and National Day of Service and Remembrance, the Veterans of Foreign Wars (VFW) solemnly pauses to remember the lives of the nearly 3,000 Americans who were lost in the terrorist attacks of Sept. 11, 2001. We also commend and honor the countless lives forever changed in the aftermath, including the first responders whose lives were irrevocably impacted, the service members who answered our nation's call and the families who carried the weight of their sacrifice through the war that followed.



In the face of unimaginable tragedy, America responded with extraordinary courage and compassion. Flags waved in windows and on front porches, strangers reached out to strangers and communities rallied around first responders. Americans set aside their differences to stand together and our shared grief reminded us that despite our differences, we are bound by a common love of country and a responsibility to one another.

That spirit of unity remains one of the most enduring legacies of that fateful day.

Now, 25 years later, the VFW recognizes that the story of 9/11 did not end when the smoke cleared. It continued on battlefields around the world, in the lives of those who served and sacrificed, and in the families and communities that continue to carry their loss. We remember those who never came home, those who returned bearing wounds seen and unseen and all who answered the call to defend our nation and its freedoms.

This Patriot Day and National Day of Service and Remembrance, the more than 1.3 million members of the VFW and its Auxiliary encourage all Americans to pause, remember and serve. We honor those we lost not only by keeping their memories alive, but by striving to be the nation that comes together in times of need, looks out for its neighbors and refuses to allow differences to divide us. May we carry forward that enduring spirit of togetherness, service and sacrifice, and always remember those who gave so much for our country.

SOURCE: https://www.vfw.org/media-and-events/latest-releases/archives/2026/9/the-vfw-remembers-and-reflects-this-patriot-day

NOTE: A more detailed article is featured in the 2026 September/October issue of VFW magazine titled, *"VFW Remembers Those Killed 25 Years Ago"*, written by Janie Dyhouse, senior editor for VFW magazine. GO TO : https://www.vfw.org/media-and-events/latest-releases/archives/2026/9/vfw-remembers-those-killed-25-years-ago

VETERANS OF FOREIGN WARS

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Phone: (310) 324-6161

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VFW POST 3261 OFFICERS

Commander – James "Jimmy C" Carradine

Senior Vice Commander – Anthony Dixon

Junior Vice Commander - Elvin Carter

Quartermaster – Norman "Norm" Chibana

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