

General William Stark Rosecrans VFW Post 3261

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

June 2023

Post Commander James "Jimmy C" Carradine COMMANDERS COMMENTS

We are highlighting May activities in the June Newsletter because we are proud of the way **Post 3261 volunteers and partners came together** to support our veterans and the local community.

May 2, 3—Nissin Foods in Gardena donated two pallets of Cup of Noodles to Post 3261 for distribution to the **Veteran Hospital Pantries**, located at Long Beach Healthcare Systems and West LA VA Medical Center.

This was a team effort in partnership with the staff at Gardena Recreation & Human Services who delivered the two pallets and helped with coordination. *Our team players included Rosalind Jenkins (Post 3261 Auxiliary), Anthony Dixon (Post 3261), James "Jimmy C" Carradine (Post 3261), City of Gardena Recreation & Human Services Department –Garrett Lark (LB), Brion Jackson (LB), Shondell Henderson (WLA), Austin Tanaka (WLA) and the hospital volunteers at each hospital.*

A big, beautiful **Mother's Day Basket** was presented to **Mary Luna, who will turn 100 years old on October 27, 2023.** The City of Gardena nominated Ms. Luna to receive the basket, which was provided by Post 3261.



Lions Mobile Screening Unit (MSU)

May 13 – VFW Post 3261 sponsored a Lions Mobile Screening Unit (MSU). A big thanks to the Party on Western (Jen & Michelle), Innovative Inspection Training (Chris), Kirk Warren (Post 3261) and Larry "Skip" Anglin (Post 3261) who provided supplemental funding to make this possible.

The MSU screens for diabetes, hearing, vision, and blood pressure. Forty community members signed up for screening. I signed up for the hearing test and am happy to say that I passed.



Hero's Bridge seeks a better quality of life for veterans 65 years and older.



Hero's Bridge "Paw Patrol" provides furry companions to veterans.

Veterans account for 25% of the senior U.S. population. Plus, of the 16.5 million Veterans in the country, 50% are seniors, a staggering number when you think of it. Among those senior Veterans, the vast majority served in Vietnam and the next-highest number served in Korea. Our World War II Veteran numbers are dwindling but still represented. Those who served in the Gulf War are now part of the silver tsunami as their numbers are growing.

Where are they landing?

Many of our esteemed senior Veterans transitioned into civilian life fully functional and embodying resilience and tenacity. But there are those whose scars ran much deeper and found life as a civilian challenging, most often in maintaining healthy personal and professional relationships. These challenges affected marriages and families, employment and personal wellness.

Initiative features four core programs

[Hero's Bridge](#) is a non-profit organization dedicated to serving Veterans 65 and older. Molly Brooks, the CEO and founder of Hero's Bridge, stood up and said, "Not one more Vet will live out their golden years in lonely hardship." The organization's mission is to bridge our Veterans to a better quality of life through age-specific and innovative programs. These services are available to

our heroes wherever they call home, at no expense to them or their families.

The Hero's Bridge mission is fulfilled through four core programs.

The "**Battle Buddy**" program pairs elderly Veterans with a dedicated younger Veteran trained to use the rapidly growing community health worker philosophy to provide direct in-home services. A thorough quality-of-life assessment is performed and a personalized frequency of visits is established. Referrals will be made to the other programs of Hero's Bridge, VA benefits and community partners to meet needs and "bridge" the elderly Veteran to a healthier, more supported existence.

Many of the homes our heroes live in served their families well decades ago. But those homes are difficult to maintain as Veterans age. Some homes are very old and in extreme disrepair, while others require modifications, such as grab bars and wheelchair ramps, to help the aging stay in place and maintain independence. Yard work may also be too difficult a task for the heroes we serve, especially during the change of seasons.

Faced with fixed incomes, our Veterans often do not have funds to make repairs. Our "**Home Front**" team assists with maintenance issues, cleaning, safety



Hero's Bridge "Honor Guard" helps recover lost medals and records for our heroes.

Hero's Bridge cont.

assessments and yard work so our heroes maintain a safe and comfortable home.

Unfortunately, the nearly 10 million senior Veterans were never given respect and gratitude for their service. Many of our nation's heroes, especially those who served in Vietnam, returned home and experienced animosity and disrespect from those who opposed the war. As Veterans age, Hero's Bridge recognizes that they often need a way to reflect on their time in service and reprocess those experiences in a healthy constructive way.

Our "Honor Guard" team provides many services, such as replacing lost medals, finding lost comrades, recording life stories, holding portrait sessions and hosting Veteran socials. We involve volunteers from the community, especially youth, wherever possible. This program places special emphasis on serving the sometimes-overlooked Veterans in nursing facilities and care homes.

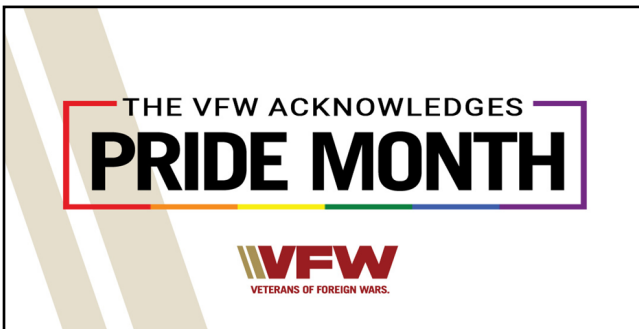
Many of our heroes have lost or had to give up pets that were dear to them. Others are having difficulty caring for pets they have loved for years. Recognizing the positive impact of pets in our Veterans lives, our "Paw Patrol" team arranges home and nursing facility pet visits. They also help the Veteran care for aging pets and help find loving new homes when our Veterans makes that difficult decision.

For additional information on Hero's Bridge, contact CEO and founder Molly Brooks at mbrooks@herosbridge.org. If you know an aging Veteran who needs help, call 540-341-5378 or go to this [page](#).

SOURCE: <https://news.va.gov/120575/heros-bridge-better-quality-life-65-and-older/>



Hero's Bridge "Home Front" assists with home cleaning, maintenance and seasonal chores.



WASHINGTON — June is Pride Month, and the Veterans of Foreign Wars (VFW) joins the nation in recognizing LGBTQI+ veterans and service members.

It is estimated that there are a little more than 1 million LGBTQI+ veterans in the United States. Since the Don't Ask, Don't Tell Repeal Act of 2010, surveys have found that more than 5% of active-duty service members identify as part of the LGBTQI+ community. They are counted among the less than 1% who serve or have served in the U.S. military.

Beginning in 1999, four U.S. presidents officially declared June as Pride Month – President Bill Clinton, President Barack Obama, President Donald Trump and President Joe Biden. The 2023 White House proclamation for Pride Month can be found [here](#).

The 1.5 million members of the VFW and its Auxiliary salute all LGBTQI+ veterans, past, present and future, and say "thank you" for your service to our great nation.

SOURCE: <https://www.vfw.org/media-and-events/latest-releases/archives/2023/6/vfw-acknowledges-pride-month>

History of Juneteenth (June 19)

By [Catherine Boeckmann](#)

Now I've been free, I know what a dreadful condition slavery is. I have seen hundreds of escaped slaves, but I never saw one who was willing to go back and be a slave." –

Harriet Tubman (1820–1913), American abolitionist and political activist.



Juneteenth is Monday, June 19, 2023! Juneteenth is the oldest-known celebration marking the end of slavery in the United States, first recognized by the state of Texas. It is also known as “Freedom Day,” “Juneteenth National Independence Day,” or “Emancipation Day.”

“Every year, we must remind successive generations that this event triggered a series of events that one by one define the challenges and responsibilities of successive generations. That’s why we need this holiday.” –Texas Rep. Albert Ely Edwards (1937–2020), sponsor of Texas House Bill 1016 (1979), which made Emancipation Day (“Juneteenth”) a statewide paid holiday.

What Is Juneteenth?

On January 1, 1863, in the middle of the Civil War, the Emancipation Proclamation was issued by U.S. President Abraham Lincoln. It granted freedom to “all persons held as slaves” in 10 Confederate-controlled states. However, for the most part, the order was not enforced until Union soldiers were able to advance into these areas after the end of the war, the beginning of which came in April 1865 with the surrender of Confederate Gen. Robert E. Lee after the Battle of Appomattox Court House in Virginia.

On June 19, 1865, U.S. Maj. Gen. Gordon Granger delivered to the people of Galveston, Texas, General Order No. 3, which read, in part:

“The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of personal rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and hired labor.”

This day soon became known as “Juneteenth,” a verbal shorthand for June 19.

Slavery in the United States would be formally abolished with the ratification of the 13th Amendment on December 6, 1865.

Celebrating Juneteenth

Early celebrations of Juneteenth included gatherings of former slaves and their descendants in Galveston and throughout Texas. As African-Americans were often barred from using public facilities, some groups and individuals pooled their money to purchase land in order to hold these events. One of the most significant and lasting was 10 acres acquired by a group of African-American ministers and businessmen in Houston.

History of Juneteenth (June 19) Cont.

This land would become Emancipation Park, which today is the oldest park in Houston, Texas.

While Juneteenth celebrations declined during the early 1900s, including during the Great Depression, there was a resurgence of interest during and following the Civil Rights movement of the 1950s/1960s.

Today, several major cities—especially those in states throughout the South—hold public Juneteenth events that include parades and festivals.

Local celebrations of Juneteenth often center on family and traditional foods, such as barbecue, tea cakes, black-eyed peas, and strawberry soda. Rodeos, street fairs, family reunions, picnics, historical reenactments, and art exhibits play a role in many of these festivities, as do public readings of the Emancipation Proclamation and works by prominent African-American authors and scholars.



On June 17, 2021, U.S. President Joseph R. Biden signed into law the Juneteenth National Independence Act, which establishes June 19th as a federal holiday.



Today, several major cities—especially those in states throughout the South—hold public Juneteenth events that include parades and festivals.

SOURCE: <https://www.almanac.com/author/catherine-boeckmann>

#Veteran of the Day FALLON WILLIAMS



Recalling her grandfather's experiences as a Black WWII Veteran under segregation, Williams said it was important for everyone to have the right to live a full life.

Fallon Williams served for nearly 14 years, including two Iraq deployments, prior to her current position as LGBTQ+ Veteran outreach coordinator at the Washington, D.C., Mayor's Office of Veterans Affairs.

Growing up in rural Georgia, Williams learned about the meaning of service from her grandfather, a World War II Veteran and sharecropper. "He didn't have access to the USDA and other resources, and he didn't want me to go into that life," she said.

Williams joined the military at 17, serving in the Army National Guard from 2002 until 2007. She went active duty in 2008 and deployed twice to Iraq, working mostly in construction-related fields.

While on active duty, Williams reclassified from HVAC tech to the medical field. She served as a psychiatric technician supervisor and later as a behavioral health training programs manager at the Walter Reed National Military Medical Center.

At Walter Reed, she assisted with managing the inpatient psychiatric unit and witnessed the effect of military trauma on service members. She recalled working with a Marine Veteran who had tried to harm himself. "You end up being of service to them, in whatever capacity you can at that time, while still managing their safety and others as well," she recalled.

Williams left the service in 2016. She continues to serve Veterans as the owner of various agricultural programs, as a case manager working with housing insecurity and as a district-level specialist serving LGBTQ+ Veterans in the nation's capital.

"When I was in the service, I had to live double lives [under "Don't Ask, Don't Tell"]," Williams said. "I couldn't be a lesbian and a service member. I had to be one person in the uniform and a different person outside." She believes it's important for all Veterans to feel comfortable speaking up so that discrimination "doesn't become the norm."

"She's passionate about the LGBTQ community," said Army Veteran Mojisola Edu, an advocate who helps Veterans and their families navigate life after the military. "She's 'boots on the ground' for their needs."

Veteran of the Day FALLON WILLIAMS cont.

Though the law preventing open LGBTQ+ service ended in 2011, Williams said the trauma remains.

Those discharged under “Don’t Ask, Don’t Tell” (DADT) may be eligible to have their DD214 and their service discharge upgraded to honorable, but Williams pointed out trauma endured prior to separation needs to be addressed as well. Otherwise, LGBTQ+ Veterans could be reluctant to apply, fearing “bringing up the past and being retraumatized,” she explained.

As coordinator, Williams facilitated a DADT panel where LGBTQ+ Veterans and allies could discuss their experiences serving under the policy and the work that still needs to be done. “She’s a powerful leader,” Edu said. “And I look forward to her continued leadership fighting for the rights and the voices of the underrepresented.”

We honor her service.

First Anniversary of Mammography and Medical Options Act (MAMMO Act)



VA marks the first anniversary of the enactment of the [Making Advances in Mammography and Medical Options for Veterans Act](#) (MAMMO Act), which expands access to breast cancer screenings and the provision of state-of-the-art treatment and clinical trials through partnerships with the [National Cancer Institute](#) (NCI). The MAMMO Act expands access to high-quality breast cancer screening and treatment services for Veterans. The past year has yielded significant results in expanding breast care services.

The MAMMO Act builds on VA’s commitment to ensure all Veterans have access to high-quality breast-imaging services at a [VA facility](#) or through VA’s [Community Care Network](#) of providers. VA collaborates with the NCI and the [Department of Defense](#) (DOD) to deliver comprehensive breast care for male and female Veterans, those in rural areas, Veterans with paralysis, spinal cord injuries or disorders, or other disabilities and transitioning service members.

Many requirements have been fulfilled to date by VA and its partners to provide Veterans with high-quality breast imaging services and state-of-the-art care where and when it is needed while bolstering VA’s cancer research.

Requirements VA has fulfilled:

- Launched the first site, of five, at Clarksburg VA in May 2023, in a three-year pilot program for patients to have their screening mammogram at their local VA clinic and interpreted by a breast radiologist at another location.
- Reached the final stages of upgrading all mammography technology to state-of-the-art 3D digital breast imaging.
- Developed a data dashboard to monitor breast cancer screening rates of Veterans with paralysis, spinal cord injury and major limb loss.

VA providers and mammography programs manage screening programs and provide care coordination to help patients navigate the health care system and offer a variety of [breast cancer resources and information](#).

Contact your VA primary care provider to discuss any breast cancer concerns or for more information about mammography and scheduling.

SOURCE: <https://news.va.gov/120476/anniversary-mammography-and-medical-options-act/>

GENERAL WILLIAM STARK ROSECRANS VFW POST 3261

1822 W 122nd St, Gardena, CA 90247
Phone: (310) 324-6161

CANTEEN
Open Monday - Sunday
2 – 10 p.m.

Enjoy Trina's Sunday Dinner
Every Sunday 2 - 9 PM
(menu varies each week)

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)

VFW POST 3261 OFFICERS



Commander – James "Jimmy C" Carradine

Senior Vice Commander – Anthony Dixon

Junior Vice Commander - Larry "Skip" Anglin

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 — Anthony Dixon

[Website changes coming soon: vfw3261.org](http://vfw3261.org)

**Veterans
Crisis Line**



**DIAL 988 then
PRESS 1**