



# UP TO DATE - WITH 308

COMMANDER - JOHN MIKA

JR PAST CDR. - FLOYD STANDKE

1ST VICE CDR. - RALPH ROSAS

ADJUTANT - LARRY BOWMAN

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R e s e d a , C a l i f o r n i a

May 2009



## Commanders Corner

It seems that we have been hit with another "flu" at the end of our normal flu season. This one is named the "swine flu" or "H1N1", and is spreading rapidly around the world, although it appears to have its origins in Mexico.

I searched the web for clues as to "how deadly is the swine flu", and the answer I got was: It CAN be, but it's too early to tell whether the present strain will

prove to be lethal across the world. People living in the developed world seem to have a higher level of immunity to the virus than do those in developing nations, probably because the Western world enjoys a much higher standard of public health care and has enabled its peoples to develop a higher level of immunity to 'flu-like illnesses. Mexico's public health system is inferior to that of the US, Canada and Western Europe, which means that many Mexican people will not have the immunity levels to the disease that most Westerners do. Even if the current strain DOES prove to produce fatal cases in the US or Europe, this will by no means be a danger to everyone- the majority of citizens are known to have some level of immunity to the H1N1 virus, and those at most risk are really those whose immune systems have been weakened or damaged for some reason. It may make people very ill, but actual deaths will be in a minority.

**It's also important not to be swept along by alarmism or media hysteria-** remember that more people die EVERY WEEK in EVERY COUNTRY OF THE WORLD of ordinary flu, than have died around the world of

## Correspondent at Large

### ROBERT A. HALL IS TIRED

By Ralph Matkin

I received a forwarded e-mail from a friend last week sharing a message initially written by Robert A. Hall, a former Marine and Vietnam Veteran, who served five terms in the Massachusetts State Senate. Turns out he and I are the same age -- soon to turn 63. Mr. Hall announced that he's tired -- not from his many years of military and public service or due to age and decades of hard work and countless 50+-hour weeks, but from far more insidious reasons. Some of the causes he identified are reported below. After reading them, I'm tired, too!

We're tired of being told that we have "to spread the wealth around" to people who don't have our work ethic. Tired of being told the government will take the money we earn, by force if necessary, and give it to people too lazy to earn it.

We're tired of being told we have to pay more taxes "to keep people in their homes" because Congress created the financial bubble that essentially forced large institutions to loan huge

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sums to people who couldn't afford a pot to piss in otherwise. Tired of having to pay more taxes because government won't curb its own overspending habits and funding pork barrel projects.

We're tired of being told how bad America is by leftwing millionaires and Hollywood entertainers who never apologize for their own inflated wealth and bad behavior. Tired of "Freedom of Speech" being used to excuse irresponsible accusations, slanderous statements, and treasonous demonstrations. Tired of "Freedom of Speech" reserved solely for leftwing critics, but denied by them for those who express contrary opinions. Tired of foreign flags paraded in our streets celebrating other nations' holidays and protests under the guise of OUR Freedom of Speech. Send them back to the countries they hail from and see what kind of "freedom" their countries provide them for such behavior.

We're tired of still being told, in the post-election blush of President Obama, that "race doesn't matter" when it's all that matters in Affirmative Action jobs, lowered college admission and graduation standards, and government contract set-asides, just to name a few instances of "reverse discrimination." Tired of individual freedom, initiative, and hard work that are increasingly being forced to take a backseat to an ever-expanding, all-knowing government that's on the fast-track of becoming "Big Brother".

We're tired of a news media that

portrays Bush's reelection inaugural expenses as obscene, but celebrates Obama's, at TRIPLE the cost, as spectacular and wonderful. Tired of the media opining that Bush's daily exercising was a waste of presidential time, but Obama's workouts are terrific examples for the public to control weight and stress. Tired of one-sided reporting taunted by the media as being "objective."

We're tired of being told "to exercise tolerance for other cultures" at the expense of our own. We're tired of being told to reduce our "carbon footprint," which is about 5% of Al Gore's, to fight global warming. If we're "greener" than Gore, we're green enough! We're tired of hearing that every addict with a drug problem, every criminal, every social deviant, every malingerer, ad infinitum, are victims of some "disease," and that we MUST help support, treat, and pay for the damage those people do!

We're tired of being instructed to "Press 1 for English." Tired of illegal aliens being called "undocumented workers" – especially the ones who aren't working, but are living on welfare or other crimes. Soon we'll begin calling drug dealers "undocumented pharmacists"!

Mr. Hall and I could rant forever about such topics, I fear. But, we're tired. Maybe you, the readers, are too. Let's be resolved that we're not too tired to kick out all the "REMFs" seeking office in the next election, and replace them with leaders who will lead from the front.

## Post Officers 2008-2009

Commander - John Mika  
1st Vice - Ralph Rosas  
2nd Vice - Ed Simmons  
3rd Vice - Cecil Montes  
Adjutant - Larry Bowman  
Finance Officer - Joe Gattuso  
Service Officer - Louise Towner  
Chaplain - Patrick Jones  
Historian - Larry Bowman  
Sgt. at Arms - Val DeBolt  
Judge Advocate - Ken Schultz  
Asst. Adjutant - Don Urquidez  
Ast. Sgt. at Arms - Felipe Lopez  
Ast. Sgt. at Arms - Ed McCune  
Ast. Sgt. at Arms - Peter Schuster  
Editor - Larry Bowman  
Jr. Past Commander - Floyd Standke

## Executive Committeemen

Floyd Standke  
Peter Schuster  
Don Urquidez

## House Committee

Cecil Montes  
Larry Bowman  
Floyd Standke  
Ed Simmons  
Peter Schuster

## Delegates

Joseph Gattuso  
Larry Bowman  
Floyd Standke  
John Mika  
Ed Simmons  
Ralph Rosas  
Cecil Montes  
Ed McCune

## Alternate Delegates

Open  
Val DeBolt  
Leo Nonn  
Michael Roberts  
Louise Towner  
Felipe Lopez  
Peter Schuster  
Charles Terry

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swine flu.

Adult swine flu symptoms:

- Difficulty breathing or shortness of breath.
- Pain or pressure in the chest or abdomen.
- Sudden dizziness.
- Confusion.
- Severe vomiting.

My personal take on it is that it just another strain of flu virus that has caught people off guard, as it hit at the end of the normal flu season and is getting a lot of press. Normally if you get a flu shot every year and are in reasonably good health, you should not have any more concern than a regular flu season.

Just in case you are overly concerned or the flu worsens from the time I write this article, I have directed our House Manager, Larry Bowman to purchase some masks for those of you who worry about catching the flu at our meetings. In addition, Larry will disinfect the Post before and after the meeting.

**Three cheers for the Navy SEALS!** You may have read about the criminal capture of a civilian U.S. cargo ship, the Maersk Alabama, and the brave actions of the Captain of the ship Richard Phillips, and his crew. He and his crew fended off Somali pirates, armed with AK-47's and RPG's, using fire hoses, 350 miles off the coast of Somalia. Eventually the Captain was taken hostage, but the crew and the cargo ship escaped. The pirates along with the Captain as a hostage retreated to a covered life boat, where they remained for several days. On the second

day of capture, the Captain noticed that two of the pirates were dozing, and his guard put down his rifle and was relieving himself over the side of the boat. In a split second, the Captain pushed the pirate guarding him into the water and jumped into the water himself trying to escape by swimming to the USS Bainbridge, a Guided Missile Frigate that was shadowing them about a half mile away. The pirate in the water shouted an alarm, and the other pirates quickly recovered and before Captain Phillips could get very far, they fired shots from their AK-47's into the water near him and brought him back aboard the life boat.

Unknown to the pirates and under the cloak of darkness, a team of Navy SEALs parachuted into the water near the Guided Missile Frigate and were taken aboard. A couple of days later, three SEAL sharpshooters brought the hostage situation to an abrupt end, by killing all three pirates with one shot each. The fourth pirate at the time was on the American warship being treated for a stabbing injury he got by a civilian crewmember during the original encounter. He was immediately taken prisoner and brought to the U.S. to stand trial.

Remember to check out our new Website; [www.calegion308.org](http://www.calegion308.org) is the Web address. Reseda Post 308 information, history, officers, and current events are presented. Pictures of previous events are also posted. If there is something that you believe is missing, be sure let me know.

Remember to mark your calen-

dar for the Memorial Day Parade on Monday, May 25<sup>th</sup> this year. Make sure to attend, and bring another veteran, your family and friends, so we can have a big turnout, to show respect for our comrades who made the ultimate sacrifice and to show support for our active duty troops.

The schedule of events for the day is as follows:

- 8:00 AM Assemble at the Post.
- 8:15 AM Memorial service followed by a toast to our comrades who made the ultimate sacrifice.
- 8:30 AM Start decorating the truck.
- 9:45 AM Leave for the parade site.
- 10:00 AM Arrive at parade site and get into position.
- 11:00 AM Parade starts.
- 12:00 PM Kitchen crew assembles food and prepares for BBQ.
- 1:00 PM Start of Post BBQ.
- 2:00 PM Presentation of colors by the Reseda High School NJROTC, followed by appearance of dignitaries.
- 3:00 PM Reseda High School NJROTC Drill team exhibition.
- 4:00 PM BBQ is over and clean-up begins.
- 5:00 PM Secure the Post.

May 5<sup>th</sup>, is our next General Meeting date, and it is also a second nominations and final elections. Don't forget to exercise your Post responsibilities to nominate responsible representatives to run the Post, so come to the General Meeting at 8 PM. Ed Simmons promised that refreshments will be served.

Till the next newsletter,

John Mika  
Commander

**OFFICIAL NOTICE**  
**ARTICLE V - Officers and Elections**

**Section 3.** The officers of this Post shall be Commander, a 1st Vice Commander, a 2nd Vice Commander, an Adjutant, a Judge Advocate, a Finance Officer, a Post Chaplain, Post Service Officer, a Sergeant-At-Arms and three Executive Committee members.

**Section 4.** The elected officers of this Post shall be the Commander, the 1st Vice Commander, the 2nd Vice Commander, Historian, Finance Officer, Chaplain, Sergeant-At-Arms and three (3) Executive Committee members.

**Section 7.** Nominations for elected officers shall be held at the first regular meeting in April of each year. All members shall be notified at the regular meeting in March that nominations will be opened at the regular meeting in April and second nominations and elections of officers will be held at the regular meeting in May. Candidates nominated for elective office, must be in attendance at a nomination meeting or give prior written acceptance of his/her willingness to serve to the Commander or Adjutant prior to the start of the May meeting.

**Section 8.** The Adjutant shall notify all members in writing at least fifteen (15) days prior to the April meeting, that first nominations of officers for the coming year will be held at the April meeting. The Adjutant shall notify all members in writing at least fifteen (15) day prior to the May meeting that second nominations, and elections of officers for the coming year will be held at the May meeting. The publication of notification, nominations and

elections shall occur in the Post newsletter.

**Section 9.** All elections shall be written secret ballot and a majority of all votes cast shall be necessary to elect the Commander and Vice-commanders. The other officers and Executive Committeemen shall be elected by a plurality vote.

**Section 11.** Every member of this Post in good standing is eligible to hold office in this Post. There shall be no other conditions of eligibility in this Constitution, By-law's, Articles on Incorporation, Standing Rules or other Post regulations, which imposes or determines any additional qualification for office.

## **VA Aid and Attendance**

A VA benefit that may help a veteran is called "Aid and Attendance," a special pension benefit established in 1952 that provides a tax-free monthly income up to \$1,644 for a veteran; \$1,056 for a surviving spouse; or \$1,949 for a veteran and one dependent. The money can be used to pay for in-home care, assisted living and nursing home care as well medical expenses, prescription drugs and more.

Today, around 150,000 veterans and surviving spouses receive this benefit, but hundreds of thousands more are eligible and either don't know about it, or don't think they can qualify for it.

To qualify, one must have served at least 90 days of active military service with at least one day of service during a period of war (stateside or overseas), and was not dishonorably discharged. (Single surviving spouses of war time vets are also

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## **Reseda NJROTC Goes to Washington DC!**

Ten lucky cadets from Reseda High School's NJROTC participated in a trip to the Nation's Capitol over spring break. Reseda's NJROTC was invited by the generous Santa Ana High School whom was taking approximately thirty- six cadets. Two other schools had been invited as well, Valley and Troy High School. April 05, 2009 a total of sixty- four cadets and seven chaperones boarded the plane at 0900 and our destination was Andrews Air Force base in Virginia. While in the air the navy pilots of the C-9 allowed the cadets to fly the aircraft and communicate on the plane's radios concerning our position. The cadets learned how to turn and dip the wings of the plane getting everyone airsick.

Once we landed we were scooted off the air strip by the secret service because Air Force One was coming in for a landing with the First Lady of the United States, Michelle Obama. After waiting two hours for buses, we arrived at Quantico Marine Corp Base in Virginia and were graciously welcomed at Crossroads Inn, a popular hotel on the base. The Reseda cadets were mixed with the other cadets from the invited schools as roommates.

It was a wonderful opportunity for Reseda cadets to get acquainted with people that we had only known as rivals from our competitions. Every morning the cadets were awoken with the hotel phone ringing at 0530 and

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were expected to be ready to go by 0630 to the mess hall a few blocks away. The galley staff was very respectful and of course we paid the same respect and Marine chow was delicious.

Within the week we had explored all around the Nation's Capitol, including Washington's Monument, Lincolns Memorial, Smithsonian Museum, The Holocaust Museum, and The Iwo Jima Memorial, Vietnam and Korean Memorial and the famous White House. Other special trips included Arlington's National Cemetery and a few cadets were lucky enough to see the Changing of the Guard for the Tomb of the Unknown Soldier. A very special trip for us was a tour of the National Marine Corp Museum which was a magnificent sight and experience. A special arranged tour of the Quantico Base took place in which the cadets were able to visit The Basic School (TBS- where all newly commissioned Marine Officers train).

The cadets partook in a night vision demo (Night Vision Goggles) where the cadets negotiated a totally darkened obstacle course with NVG's. Cadets learned basic defense moves from the instructors of the Marine Corps' Martial Arts School. For the cadets from Reseda our biggest joy came from our trip to the Naval Academy in Annapolis, Maryland. The cadets were given a well informed briefing before our tour around the grounds of the Academy. During the briefing, cadets were informed of the academic requirements as well as the physical training and leadership skills

needed to succeed at the Academy, also many cadets were intrigued to hear about their Summer Seminar sessions conducted yearly at the Academy. A lucky cadet to partake in the Summer Seminar is C/ Barnett, Sasha from Reseda High School's NJROTC whom will be attending their third session from June 13- June 18.

Our last day in beautiful Washington DC was a day filled with mixed feelings. Cadets were happy to be going back home to their families but had made so many friends that it was hard to separate from them once we had landed. The trip was not costly and it was during good weather and a convenient time, the Reseda cadets greatly appreciated the experience to meet new people and see the very roots of our Nation. On behalf of the participating Reseda Cadets, we thank Santa Ana High School and our chaperones for the invitation and for watching over us, thank you.

Editor's Note - I was send some great pictures of the Washington, DC trip, however, I was unable to get them correctly formatted to place in the newsletter. I will try to correct the problem by next month.

**District Meeting**  
**1<sup>st</sup> Nomination of District Officers**  
**Executive Committee meets 12PM, District General meeting at 1PM**  
**Sunday- May 3, 2009**  
**Palmdale Post 348**  
**38030 6th St. East,**  
**Palmdale**

## Department Convention

### Riverside, California

June 17 - June 21, 2009

Note: Our delegates will be there from June 18 to 21.

You must attend the Post May 5, 2009 meeting to get elected as a delegate in order to attend the convention.

### The Medical Profession Speaks out on the Financial Bail-Out Package

The Allergists voted to scratch it, and the Dermatologists advised not to make any rash moves.

The Gastroenterologists had sort of a gut feeling about it, but the Neurologists thought the administration had a lot of nerve, and the Obstetricians felt they were all laboring under a misconception.

The Ophthalmologists considered the idea shortsighted; the Pathologists yelled, "Over my dead body!" while the Pediatricians said, 'Oh, Grow up!'

The Psychiatrists thought the whole idea was madness, the Radiologists could see right through it, and the Surgeons decided to wash their hands of the whole thing.

The Internists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter."

The Podiatrists thought it was a step forward, but the Urologists felt the scheme wouldn't hold water.

The Anesthesiologists thought the whole idea was a gas; and the Cardiologists didn't have the heart to say no.

In the end ... the Proctologists left the decision up to the "you know what" in Washington .

“And you shall know the truth, and the truth shall set you free”

## Adjutant Report

For me, this year has been one of the hardest at Reseda Post 308. (1) Frankly I am getting tired of bugging you guys and girls about dues – we all know that the small amount of money each of us pays does not even amount to squat when it comes to paying the Post bills. But the National Organization, the Department of California, and Post 308 invests an inordinate amount of money and time to collect them. I spend more time on dues than I do on other segments of our organization. We are spinning our wheels and going nowhere. Just pay the darn thing when you get the first notice and you will save me from getting upset. (2) Chuck Bengson transferring to Post Everlasting. It's still hard for me to believe he is gone. He was a fixture, an icon, a leader, a mentor and sharp as a tack. We and I need a replacement – who will step up to the plate? (3) I also lost another buddy during the year. My dog – Col. Oliver North (Ollie) who was my companion for 15 years finally left me. He was a kind and gentle dog with me – and loved to bite others – in fact he bit Chuck, and Bob Patrick, and Bernie, and a number of others here at the Post and at my house. He even bit a police officer. He would not stop barking when somebody was within 25 yards of the house at night. Good Dog! (4) Cleaning up the Post is getting harder and harder because of the increased events – sure would be nice if a couple of you would stop by during or after to help out – many hands make for light work!

I know I harp – but you have to trust me. An earthquake is coming to Reseda! Train now and survive. We are having a CERT class on six (6) Thursdays in a row starting on May 7, 2009. Please come to the first and sign up, and then attend the rest. In addition this month we have a Casino Night on May 2, 2009, our Friday night dance on May 15, 2009, Reseda Neighborhood Council on May 18, 2009, Professional Wrestling on May 22, 2009, and the Memorial Day Parade and BBQ on

May 25, plus Swing on Wednesdays, two other private events, and possibly a TV crew filming a Monk episode. Busy month.

We still need help getting the Amateur Radio station up and running, and there are various little repair jobs uncompleted. Stop by and help out.

Please check out our new website and email or write with suggestions. Your old photos, newspaper clippings, post event photos, copies of post paper-work/old newsletters are welcomed as we would love to include those in our history. We are especially looking for old newsletters and correspondence prior to 1980. Send us copies of anything related to Post 308 or your military history so that we might place it on the site. Leo Nonn? Decesare? Holloway? McMurray? Cruise books, medal citations, newspaper clippings – pictures of tanks/airplanes/ships. Anything!

Our thoughts and prayers go out to Ralph Rosas who lost his wife last month, and to Floyd Standke who is under the weather.

The Memorial Day parade info is in the Commander article, and I just wanted to ask for a head count of all those who plan on riding in the parade. Please call the Post by May 18 to advise if you are. Don't be afraid to wear all or part of your uniforms. I can still wear my cover!

Last month you might have read the article by Peggy Burgess regarding Sepulveda VA and Buildings 4/5. The VA, A Community of Friends, and New Directions are not being up-front about their intentions and goals regarding this land deal. Anytime you have to file a Freedom of Information request to get public information about a non-profit it smells. Don't be hoodwinked. We all need to fight to save Sepulveda. Stay tuned.

Congratulations to Magnolia Science Academy for their collection and donation of eight packed boxes of various items for our troops overseas.

Larry Bowman

*Aid (Continued from page 4)*

eligible if their marriage ended due to death.) One will also have to meet certain physical and financial requirements to be eligible.

To qualify physically, must be at least age 65 and need help with basic everyday living tasks such as eating, dressing and undressing, bathing or going to the bathroom. Being blind or in a nursing home or assisted living facility for mental incapacity also qualifies. Or if under age 65, must be completely disabled. (Single surviving spouses have no age restrictions, but they must require help with basic everyday living tasks to be eligible.)

To qualify financially, veteran must have limited assets (usually under \$80,000) excluding his home and vehicle. And annual income (minus medical and long-term care expenses) cannot exceed the Maximum Allowable Pension Rate (MAPR), which in 2009 is \$19,736 for a single veteran; \$12,681 for a surviving spouse; or \$23,396 for a veteran and their spouse.

To calculate income qualifications, add up income over the past year (including Social Security, pensions, interest income from investments, annuities, etc.), minus any out-of-pocket medical expenses and long-term care costs over that same period of time. If the final tally is under the MAPR, and he meets the other requirements, he/she is eligible for aid.

### How to Apply

To learn more, check to see if eligible, or to apply for Aid and Attendance, contact your state or local veteran's service organization (or call the Post). They can walk you through the process and help you with the paper work.



### Flu Prevention/Control

Stay informed.

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

Take everyday actions to stay healthy.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.

Avoid touching your eyes, nose or mouth. Germs spread that way.

Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, face-masks, alcohol-based hand rubs and other essential supplies.

## RESEDA POST 308 UPCOMING EVENTS

### May 2009

- May 2 Casino Night
- May 3 District meeting Palmdale
- May 5 Post General Meeting
- May 6 Swing Dance
- May 7 CERT Class
- May 13 Swing Dance
- May 14 CERT Class
- May 15 Friday Night Dance
- May 18 Reseda Neighborhood Council Meeting
- May 19 Executive Board
- May 20 Swing Dance
- May 21 CERT Class
- May 22 Professional Wrestling
- May 25 Memorial Day Parade and BBQ
- May 27 Swing Dance
- May 28 CERT Class

**Post 308 Elections!**

**Don't forget to attend, nominate, run, or vote for your officer of choice for the 2009 -2010 Legion Year on May 5, 2009.**

### AMERICAN LEGION POST #308

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