

## ***APRIL 2025 Newsletter***

### **Up-Coming Meetings**

#### **Monthly Membership Meetings (Second Friday of every month)**

6:00 PM – Social

6:30 PM – Dinner

7:15 PM – Program & Meeting

#### **11 April 2025**

The guest speaker is to be determined. There will be presentations on American Legion Emblem meaning and Women Air Force Service Pilots (WASPS). The meal will be roasted chicken, potato salad, and dessert.

#### **9 May 2025**

Presentation by Post Sponsored Oratorical Contestant and Election of Post Officers for the Year 2025-2026

#### **13 June 2025**

Installation of new Post Officers for the Year 2025-2026

### **Up-Coming Events**

#### **Memorial Day Events 2025**

24 May at 9:00 am: Posting of American Flags at Woodlawn and Forest Cemeteries

26 May at 4:00 pm: Memorial Day Tribute at Post 94 Ceremony

26 May at 6:00 pm: Recover American Flags from Woodlawn and Forest Cemeteries

**The Department Conference** will be held at the Mirabeau Hotel in Spokane 10-12 July 2025.

#### **Post Property Sales Update**

The closure of our property sales has been delayed due to change of developer. Studies and permitting process are proceeding.

#### **Membership Update from Our Post Adjutant**

Did you receive a renewal notice recently, but have already renewed your membership?

This may happen when you renew after the data cutoff date. Look at the right side of your renewal notice. You should see “**AS OF:**” and a date. That is the date that the National Headquarters in Indianapolis used to determine if your membership had been received. If you renewed sometime near that date, you notice probably crossed with your renewal.

You can go to Mylegion.org at Membership Application ([legion.org](http://legion.org)) to pay on-line or email our adjutant to pay directly to the Post.

If you have questions, you can call me at (360) 701-5921 or email me at [lgrani@comcast.net](mailto:lgrani@comcast.net).

Larry Granish

Adjutant

### **Social Media**

You can also follow Post activities on Facebook. Check it out and like us to follow events.

Our Facebook page is American Legion Post 94 Lacey Washington.

### **Sign Up for Mylegion.org if you haven't already.**

**As a current registered user of [www.MyLegion.org](http://www.MyLegion.org), do you know all the member benefits available to you?**

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MyLegion is a free and secure website for American Legion and Sons of The American Legion members, as well as administrative officers of American Legion posts, districts and counties. Users can view their MyLegion.org membership account on any device with web access to quickly access member benefits.

### **As a registered user of MyLegion.org, you can:**

- **Manage profile information.** You can see the information that National Headquarters has on file, such as your address, and make updates.
- **Print membership card.** You don't have to wait for a new membership card to arrive in the mail. By having access to your membership record through MyLegion.org, you can easily print a current membership card.
- **Renew membership.** You can renew your membership online or set up automatic membership renewal.
- **View member-only discounts.** American Legion members have access to veteran and military family discounts from retail to travel.

- **Manage American Legion subscriptions** to Dispatch, e-newsletters and The American Legion Magazine.

- **Find an American Legion accredited service officer.** The Service Officer Directory in MyLegion.org provides access to accredited American Legion service officers who provide expert assistance, free of charge, to veterans and their families.

- **Use the Veteran Benefit Calculator** and state benefit information. Determine your eligibility for hundreds of available benefits, including a listing of veterans benefits by state.

- **Get answers to frequently asked questions:**

- How can I update demographics on my membership record?

- How can I print my membership card?

- How do I get my membership card when renewing online?

- How do I transfer my membership?

- When does your membership expire?

- Why did I receive a renewal notice if I have already paid?

## **Safety Tips**

## **USAA Maintenance Tips for the Spring Months**

### **For Your Vehicle**

Here are some things to do to protect your vehicle:



Top off engine oil, coolant, brake fluid, transmission fluid and power-steering fluid to keep your engine running smoothly.



Check refrigerant levels to ensure you keep your car cool as the days start getting warmer.



Check tire pressure and tread; remove snow tires and install all-season tires if applicable.



Inspect wiper blades and change if needed to prepare for spring showers.



If you have a sunroof, check the drain for clogs to prevent leaks and mold.

### **For Your Home**

Here are some ways to prepare:



Remove debris in your gutters and downspouts, look for cracks or damage on roof shingles and foundation. These simple checks can help you avoid a more costly repair down the road.



Get an AC tune up to ensure your system is well maintained for the summer months.



Ensure smoke detectors are working properly and get familiar with your fire extinguisher to be prepared for kitchen or grill fires.



Perform routine maintenance on your water heater and examine for leaks, check interior of house for water leaks. Consider adding simple water leak detection devices to your **household loss prevention strategy**.



Document your property and belongings by taking pictures of your interior and exterior to keep an inventory in case you have a future claim.

Learn about these tips and more by visiting our **guide for vehicle maintenance** and our **guide to maintaining a safe home**.

Thank you,

United Services Automobile Association

### **VA News**

#### **Have your buddy's six: Know your role in preventing Veteran suicide**

#### **Veterans helping Veterans is crucial to saving lives**

April 4, 2025

Matthew Miller, Executive Director, Suicide Prevention

During my service, I was trained to collaborate with my fellow Airmen and have my buddy's six, ensuring each person's unique skills contributed to accomplishing the mission. We learned together and worked together, building a strong, united team.

It's no different now that you're out. Well, you likely don't live with someone you served with and you probably don't work together, either. But you can still count on them, and they can count on you, especially during a tough time, like facing a suicide crisis.

Everyone plays a role in Veteran suicide prevention, and Veterans helping other Veterans is crucial to saving lives.

#### Identify early signs of struggle

You know your Veteran buddies. Even if you haven't seen each other in years, that kind of connection lives forever. This closeness may help you better sense if they're struggling. It might be something as subtle as the tone of their voice or something more obvious, like not texting or calling you back.

And though every Veteran is unique and may show different signs of crisis, there are things you should be aware of and look out for, like these crisis signs (call 911 if there's an active threat of suicide):

- Thinking about hurting or killing themselves.
- Looking for ways to kill themselves.
- Talking about death, dying or suicide.
- Self-destructive behavior, such as drug abuse, risky use of weapons, etc.

#### Warning signs include:

- Appearing sad or depressed most of the time.
- Hopelessness.
- Anxiety, agitation, sleeplessness or mood swings.
- Feeling excessive guilt, shame or sense of failure.
- Rage or anger.
- Engaging in risky activities without thinking.
- Increasing alcohol or drug misuse.
- Losing interest in hobbies, work or school.
- Showing violent behavior, like punching a hole in the wall or getting into fights.
- Giving away prized possessions.

If you or a Veteran you know is experiencing one or more of the warning signs, contact the Veterans Crisis Line to receive 24/7, confidential support. You don't have to be enrolled in VA benefits or health care to connect. To reach responders, Dial 988 then Press 1, chat online at [VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat), or text 838255.

A conversation can help more than you think

Even though you know your buddies well and have been through a lot together, it might still be tough to find the right words when they show warning signs. And you may be afraid you'll put the idea of suicide into their head. Just talking about suicide won't give them the idea or increase their risk. Having a frank, direct conversation could give them the opening they've been waiting for to really talk about what they're going through.

If you're not sure where to start, here are some ideas to get the conversation going:

- “It sounds like you're feeling so incredibly (insert appropriate feeling here—trapped, overwhelmed, betrayed, etc.). Sometimes when people feel this way, they think about suicide. Is this something you're thinking about?”
- “When did you first start feeling like killing yourself?”
- “Did something happen that made you begin to feel like taking your life?”

You can find more tips by reading VA's How to Start the Conversation handout.

Know which resources are available

If you're able to connect with your Veteran buddy and they need support, the next step is finding the right resources to help. VA has a range of resources for Veterans based on sex, age, branch or types of challenges they're facing, including the following:

- Don't wait. Reach out. helps connect Veterans and their loved ones with resources and support for coping with all kinds of life challenges.
- Make the Connection features real stories of Veterans' and their family members' post-service experiences, challenges and recovery, as well as ways to find treatment and support.
- Veterans Service Organizations help Veterans and their families understand and access VA programs and benefits.
- VA's Office of Suicide Prevention provides all sorts of suicide prevention resources, like information about secure firearm and medication storage, treatment options and tools to help Veterans work on problem-solving, managing their anger, developing parenting skills and more.

You're critical to this mission

Your experiences have shaped who you are, and your support can make a lifesaving difference. By listening without judgment and speaking openly about suicide, you help create a stronger, more connected Veteran community. Together, we can make an impact.

### **Humorous Dad Jokes of the Month**

- Who's the fastest pop star? Taylor Swift.
- What's a foot's favorite snack? Dori-toes.
- Dogs can't operate MRI machines. But catscan.
- What do you call an Italian astronaut? A specimen.
- How do you make Budweiser? Send him to school.
- What's Santa's favorite state to visit? Ida Ho Ho Ho.
- I tried to make a joke about retirement, but it didn't work.

### **Building Rental**

Building

Post Members

Non-Members

Post Building

\$200.00

\$400.00

There is a \$200.00 refundable security deposit requirement as well. Please contact Paul Dennis at 360.688.6895 or at [pdennis80@comcast.net](mailto:pdennis80@comcast.net) to reserve either facility.

### **Service Officer Information**

Do you feel that you have a residual health problem that is linked to your time in the service? Have you applied for benefits with the Veterans Administration and been turned down? If so, do not try to deal with the VA on your own. The Legion also has a Temporary Financial Assistance (TFA) program that could help you one time with paying your utilities, rent/mortgage, or other emergency needs. This is an American Legion Children and Youth program and to qualify you must have minor children in your home. If you feel you need

help regarding your VA benefits or the TFA program please call the Post Veteran Service Officer, Rose Hodgeboom.

The Lacey Veterans Service Hub also provides a wide variety of assistance to veterans and now has over 35 providers working out of there. The Hub is open Monday through Friday from 9:00 am to 4:00 pm (except holidays) and is located at 4232 6th Avenue SE, Suite 202, Lacey, WA 98503. The phone number is 360.456.3850.

**Post Officers for 2024-2025**

- Commander Terry Ponton
- Past Commander Bob Nakamura
- 1st Vice Commander Sharonda Amamilo
- 2nd Vice Commander Paul Dennis
- Adjutant Larry Granish
- Finance Officer Gary Walker
- Chaplain Les Christiansen
- Service Officer Rose Hodgeboom
- Sergeant-at-Arms Joe Carey
- Judge Advocate Dave Hodgeboom
- Historian Brenda Carey