

Department of Oregon Award Winning Newsletter , Earle B Stewart American Legion Post 16



PO Box 1124 406 SE Oak Ave Roseburg, Oregon 97470 541-672-4392

November 2016

www.roseburglegionpost16.org/
Post website

**Post Meeting
Begins at NOON
on Saturday
November 12th
Luncheon to
Follow**

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**US Marine Corps
November 10, 1775**



Oregon's Greatest Veterans Day Parade Downtown Roseburg 1100 Annual Veterans Day Breakfast at the Post 7-10am

Veterans Day is right around the corner. World War Two Veterans have been chosen as the Grand marshals in 'Oregon's Greatest Veterans Day Parade' in downtown Roseburg.

WWII Veterans who want to ride in the parade as Grand marshals are encouraged to show up at the staging area in front of the Douglas County Library by 1030 AM on Friday November 11th. Those who would like, can be dropped off in the Quality Auto Repair parking lot on Diamond Lake Hwy, by the corner of Jackson. Parade volunteers will transport the Veteran to the staging site across the street by golf carts. There is no park

ing in the Quality Auto lot. At the end of the parade, Grand Marshals will be dropped off at the Douglas County Annex on the corner of Douglas and Fowler and be treated to coffee and donuts. Veteran's can arrange to meet their ride there, or make other arrangements. Remember the parade route and downtown will be closed off at 7am on Parade day.

The Post will have its annual Veterans Day Breakfast from 7-10am. We will also have our Float in the parade. The float will be in the staging area with all the other veteran organizations on Fowler St. Be at staging by 1030 AM to ride on the Post Float.



Veterans Day Concert

Following the Parade, Tributes, and BBQ's there is going to be a Veterans Day Concert at Umpqua Community College.

The event will be held in Jacoby Auditorium beginning at 7:00 PM. Tickets are \$7.00 each or \$15.00 per family.

-Townhall- Toxic Exposure / Agent Orange

Veterans who have had military service in theaters of operation where defoliants were used to kill vegetation or used in military bases everywhere around the world are invited to this Townhall.

The Townhall is sponsored by Vietnam Veterans Associates, the auxiliary arm of VVA.

The subject of toxic exposure will be discussed along with a special talk about Hepatitis C. It was reported in the American

Legion magazine that 1 in 10 Vietnam Veterans have Hepatitis C according to the Department of Veterans Affairs; and that many don't know they have it.

If you want more information on Toxins and Hepatitis C, attend this informative Townhall Saturday November 5th, 2PM at the Douglas County Fairgrounds, 2110 SW Frear St. Roseburg.



Post Everlasting



This month it is our sad duty to report that the following Legionnaires have been called from our mist to Post Everlasting.

Ralph B. Cavens

May God Bless and keep watch over the families and comfort them during this time of loss.

Affordable Fencing & Decks of Roseburg

- Custom Fencing
- Custom Decks
- Commercial Fencing

BRIAN O'CONNELL
ofc: 440-9206 • cell: 580-0506
www.affordablefencing-n-decks.com



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DANIEL E. DILLMAN Across the street from the Post

DIAMOND DAN'S

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Email: dillmandan@gmail.com
423 S.E. Oak • Roseburg, Oregon 97470

6 "Make new friends, but keep the old. One is silver, and the other is gold."



DOUGLAS COUNTY VETERAN SERVICES

Every Monday, 10am - *New Claim sign-up*
Mondays, 1pm-4pm - *Walk-in*
Tuesday thru Thursday, 8:30am-4pm - *By appointment only*
Friday - *Closed*

(541) 440-4219 1036 SE Douglas Ave, Room 8
(800) 224-1619 x4219 Douglas County Courthouse
Fax: (541) 440-6166 Roseburg, OR 97470-3090
Email: veterans@co.douglas.or.us Blog: www.douglascvso.com
www.co.douglas.or.us/veterans



FLEET RESERVE ASSOCIATION

Branch 328

USN-USMC-USCG
JOIN US TODAY

Meetings Held 2nd Thursday 1300 @ Dianne's Deli
For information call: 541.863.3144

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Building Security Upgrade



update

Pictured above is the back of the Post building showing the new fence across the back parking lot, and the security fence recently installed on top of the building. (Far right) Picture shows the repaired fascia on the building. The next phase of the security update will be installing the outdoor and indoor video surveillance system. As reported in last month's newsletter the outdoor video feed will be available real-time live through our website when completed. We want to thank Affordable Fencing and Deck for a job well done. (Affordable Fencing's business card with contact information is on page 2)

The Flag Code

Title 4, United States Code

By Adjutant Larry Hill



The following information was acquired from the American Legion regarding the Pledge of Allegiance and other flag protocol.

§ 4. Pledge of Allegiance to the flag; manner of delivery. The Pledge of Allegiance to the Flag, "I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.", should be rendered by standing at attention facing the flag with the right hand over the heart. When not in uniform men should remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Persons in uniform should remain silent, face the flag, and render the military salute.

§ 9. Conduct during hoisting, lowering or passing of flag during the ceremony of hoisting or lowering the flag or when the flag is passing in a parade or in review, those present in uniform should render the military salute. Members of the Armed Forces and veterans who are present but not in uniform may render the military salute. All other persons present should face the flag and stand at attention with their right hand over the heart, or if applicable, remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Citizens of other countries should stand at attention. All such conduct toward the flag in a moving column should be rendered at the moment the flag passes.

The National Defense Authorization Act of 2008 contained an amendment to allow un-uniformed service members, military retirees, and veterans to render a hand salute during the hoisting, lowering, or passing of the U.S. flag.

A later amendment further authorized hand-salutes during the national anthem by veterans and out-of-uniform military personnel. This was included in the Defense Authorization Act of 2009, which President Bush signed on Oct. 14, 2008. Public Law 113-66, enacted on 26 December 2013, reaffirmed this authorization.

VA now offers Anger and Irritability Management skills Course

From Military.com

This online course is based on training that was developed specifically for Veterans and has been successfully used by Veterans and Service Members around the world. This course offers a wide range of practical skills and tools to manage your anger and develop self-control over your thoughts and actions. There are eight modules, each containing videos, games and interactive exercises:

1. Getting Started Managing Your Anger
2. Understanding Your Anger
3. Breaking the Aggression Cycle
4. Behavioral Tools to Manage Your Anger
5. Cognitive Tools to Manage Your Anger
6. Conflicts and Communication
7. Your Anger Control Plan
8. Making It Work



ABOUT THE PROJECT

Anger and Irritability Management Skills was built by the Department of Veterans Affairs (VA) Mental Health Services. This free educational and life coaching program is based on a highly effective cognitive behavioral treatment program that has been used successfully with Veterans across the country.

We gratefully acknowledge our Partner Organizations for their generous contributions to the development of this program:

VA Mental Health Services aims to insure that all Veterans have access to needed mental health care and advances the principle that mental health care is an essential component of overall health care.

The National Center for PTSD aims to help U.S. Veterans and others through research, education, and training on trauma and PTSD.

AIMS can be found at: <http://www.veterantraining.va.gov/>



Certificates of provenance authenticity that go with the US Flag hang on the wall near the flag. One certifies that the flag was flown over the Capitol, the other a statement from the Congressional record naming Floyd Martin the recipient of the flag.

Flag Flown Over Capitol donated to the Post

World War II Veteran Floyd Martin was fortunate enough to have been part of the "Honor Flight" to Washington D.C. last year. Part of the experience included the presentation of a US Flag that was flown over our Nation's Capitol.

Floyd stopped into the Post a few weeks ago and said that he would like to see the flag used, or displayed and not sit on a shelf somewhere. We accommodated his request and have made the flag part of the South meeting room. Thank you Floyd for the historical donation!



US Flag that flew over the US Capitol is now posted on the floor of the South meeting room.



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Post 16 Officers

Commander

1st Vice



Rick Sciapiti

Steve Bergadine

2nd Vice

Adjutant

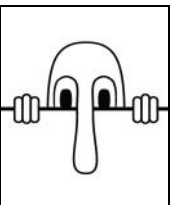


Mike Harper

Larry Hill

Finance Officer

Chaplain



Ted Blann

Sgt. At Arms

Service Officer



Bob Smith

Bud Bessey

Historian

JAG



Kirk Conner

Doug Page

Rifle will be Ruffled at the Veterans Day Breakfast



Some lucky person is going to be the winner of the Henry Rifle before the parade begins on Veterans Day. Around 8:30 or 9:00 AM, the winning ticket is going to be pulled out of the fish bowl.
Remember you need not be present to win. You just might get a call!

Food Drive, Huge Success



The October 1st food drive at Sherm's netted the Post the largest amount of food ever brought in. Pictured working the food drive is L-R Dale Nelson, Carol Hunt, Ted Blann, Mike Harper, Kirk Conner, and Larry Hill.

Pictured on the right and below show the bag after bag of donated food unloaded at the Post, and the food pantry after it was restocked. We want to thank Sherm's Thunderbird Market for allowing us to have a food drive.



AMERICAN LEGION POST 16
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 Permit No. 116





Post Meeting @ Noon Saturday November 12th



November 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 American Legion Post 62 7:30 PM Senior Center Reedsport	3	4 Post Open 1-3	5 Sea Cadets @ the Post
6 Daylight Savings Ends	7 Post Open 1-3	8 Election Day AWVA 5PM @ the Post	9	10 USMC 1775 	11  Veterans Day	12 Post Meeting Noon
13	14 Post Open 1-3 American Legion Post 152 3:30pm Oakland City Hall	15 Douglas County Veterans Forum 5:00PM @ the Post	16	17 MOPH 539 4PM @ Post 16 Roseburg Legion Post 123 6PM Vets Mem. Hall Tri-City	18 Post Open 1-3	19 Sea Cadets @ the Post
20	21 Post Open 1-3	22	23	24 Thanksgiving	25 Post Open 1-3	26
27	28 Post Open 1-3	29	30			