

# EAST PASADENA POST 280

## OLDE LAMANDA PARK POST

PUBLICATION OF  
EAST PASADENA POST 280 AND AUXILIARY UNIT 280



Post Meets 4th Wednesday

JUNE, 2008

Auxiliary Meets 2nd Tuesday

Larry Johnson, Editor (626) 446-5274 - larryjon@pacbell.net

Post 280 Website - www.eastpasadenapost280.org



### Commanders

### Column

*By Doug Monroe*

Greetings 280 Family!

What a busy month! I went and saw my Daughter Natali graduate and get her BS in Elementary Education and brought her back home. Survived a lively election meeting and paused to reflect on our fellow Veterans that have gone on ahead.

I'd like to thank all of you that showed-up and voted, we had over thirty at the meeting! And I'm honored to have been re-elected, I'm looking foreword to working with my new E Board.

Convention is fast approaching and Bakersfield may show signs of life for a few days in June.....but I'll have to see it to believe it!

The installation of Post Officers is set for Sunday July 6th at 3 p.m. with the Auxiliary preceding at 2 p.m. and the SAL following at 4 p.m..

On a sad note, our good friend and Past Commander Buck Crenshaw has been diagnosed with stage two cancer in his throat and will be undergoing 'Image Guided Radiation' . Let's all keep Buck in our hearts and prayers!



### Adjutants Column

*By Larry Johnson*

*Following are highlights from the Executive Board and Membership meetings held in March.*

### Veterans & Troop Support

Ben Martinez reported inspecting our WWII veteran member Chuck Heaton's flagpole which is in dire need of repair/replacement. Unfortunately, repair is not an option. Ben will follow up to determine the

cost of a new flagpole.

Walter Martin reported that the Irwindale Speedway where he works held a special "Day at the Races" for servicemen recently returned from Iraq. He and other food venders provided food for them from red, white and blue decorated stands. Walter personally donated \$1,000 towards the effort.

### Membership

Post 280 welcomes the following new members:

- Phil Altherr            USA            Gulf Conflicts
- John Ramirez        USA            Gulf Conflicts
- Rick Salazar        USMC        Vietnam
- Theodore Dichirico                    WWII

Membership goal is currently at 97.6%.

## 2008 – 2009 Election Results

<b>Commander</b>	Doug Monroe
<b>1st Vice Commander</b>	Russ Kislow
<b>2nd Vice Commander</b>	Ben Martinez
<b>Finance Officer</b>	Larry Johnson
<b>Chaplain</b>	Ed Barlow
<b>Historian</b>	John Ellis
<b>Exec. Board</b>	Peter Douglas
	George Williams
	Walter Martin
	Adolf Torres
<b>Delegates &amp; Alternates</b>	All of above -
	Plus
	Herb Garcia
	Roy VanWestbroek
	Vince Delpidio



# EAST PASADENA POST 280



## Vacations Column *By Roy Van Westbroek*

I woke up from a delightful sleep to a slight wisp of salty ocean air. Seagulls hawked in the morning sun as I gazed across the Astoria



marina at all the boats on a blue green Columbia River.

In the distance a large freighter on the Pacific Ocean was making a small wake as it floated towards the harbor headed for the lumber yards further up the Columbia. Across the river was Washington with its luscious green hills. After breakfast I loaded up the Harley and said my farewells to the desk clerk and promised I would come back for a longer visit.

Highway 1 was deserted; waves broke on the shore line; knurly pine trees swayed in the gentle ocean breezes; what a way to start the day! Riding through the curves past cliffs of shrub brush and weather mangled trees, I settled into the Harley mindset of getting in tune with nature and the ride. Life was good. What I had to look forward to were serene pastures, meadows, and a winding two lane road bordered by the mountains and the Pacific Ocean on my way to Coos Bay, Oregon.

Riding through some very twisty pine covered highway, I had to go slow for fear of running off the road with it's shear cliffs dropping off into the beaches and ocean below. Anyone in their right mind wouldn't want to go too fast anyway! This beautiful landscape was just too wonderful to be blasting through it like a speed racer bent on getting nowhere.

Riding along on Oregon's Coastal Highway 1, I'm treated to marsh lands with their brown grasses and the light houses perched atop the hills and coastal points. Places with names such as: Scenic Point Ecola, Cape Meares, Cape Look Out, and Cape Kiwanda, standing as testaments to the glorious days of light houses, defenders of weather beaten sailing ships and their sailors, whose sole existence was to keep them out of harms way. Whether for good or bad, modern electronic navigation systems have replaced them.

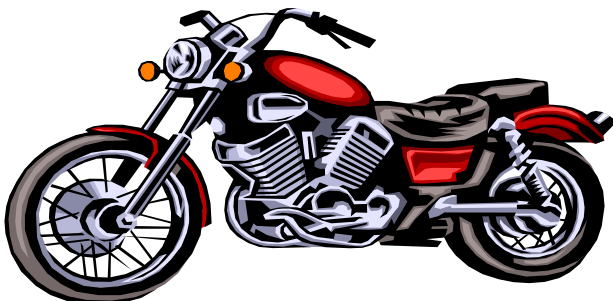
Many of these light houses are manned by volunteers working for the National Park Service. I met Eric and Katie from Mesquite, Nevada, at one of these places. Both were retired, but instead of suffering through the hot Nevada sun during the summer, they volunteer each year to spend their time as good ambassadors for the light house system on the Oregon, and California coast line. Oh, the stories they tell their visitors!

Riding through the towns of Seaside, Tillamook, Lincoln City, Newport, and Florence, Oregon, is like going back into the past through what is considered the finest examples of small fishing towns reminiscent of early eight-teen hundred Oregon. Sea food is what these towns are famous for. I'm treated to clam chowder with big chunks of potatoes and spoonfuls full of clams in a nice creamy white sauce. Lightly battered calamari that isn't rubbery eaten with a Wahoo burger. Fish and chips topped off with an ice cold beer and you're good for the rest of the day, well at least until the next food joint.

From the majestic shore line to the pine forested highway, the Harley takes me past the sand dunes of Oregon's Dunes National Recreation Area. These dunes border the edge of the highway in some areas as I meander on my merry way. Giant redwoods line both sides of Highway 101 as it transitions inland from Highway 1. Smelling the freshness of this forest is exhilarating. Hogs and highways... what more could a two wheel traveler ask for. The weather is becoming gray and drizzly, while the wind is kicking up as the road leads me to Coos Bay, Oregon.

By the time I arrive at the hotel, the wind has become intolerably cold. I unloaded the Harley and covered its shining chrome. She has taken me to my temporary home from a wonderful adventure. After taking a long last look into the surrounding harbor with its gray windy sky, I enter my warm room for a shot and a good night's sleep.

Road Dog





# EAST PASADENA POST 280

# East Pasadena Post 280 Year In Review

## PATRIOTIC HOLIDAY PROGRAMS

- **Memorial Day & Veterans Day** - These two days the post always advertises and encourages members and friends to attend the city ceremonies and a luncheon that is provided by the post afterwards. Recently, we have added a Flag Disposal Ceremony performed after the luncheon with our Color Guard and Venture Crew 561 Drum & Bugle Corps. Transportation is provided for those without. In addition to attending the Veterans Day and Memorial Day programs, visitations are made to the Country Villa Rest Home to spend time with the Veterans who reside there.
- **Display of Flags** – 75 flags are provided by the post and displayed on Colorado Blvd. in Pasadena for *ALL Patriotic Observances* throughout the year. Cost of flags \$375 (based on four year amortization)
- **Flag Retirement** – After many meetings and hours of planning, preparation and practice, the Post 280 officers and Flag Detail performed a 30 minute ceremony to destroy in a dignified way the flags that are in such condition that they are no longer fitting emblems for display. Post 280 organized

*Have you ever wondered how your Post meets the Goals of the American Legion?*



ized this event and invited all the organizations who set up booths and displays for the benefit of all veterans. While Post 280 normally does a Flag Disposal Ceremony on Veteran's and Memorial Day at the post, never before has the post had the opportunity to present this aspect of the American Legion's Americanism Program to an audience of 4,500. Over 20 members participated and/or attended, logged 300 miles and the costs including travel were approximately \$750.

## AMERICAN LEGION YOUTH PROGRAMS

- **Scouting** – In addition to the regular \$200 donated annually to Boy Scouts and Girl Scouts, 150 hours and \$500 in travel and other expenses have been logged in support of our Venture Crew 561 Drum & Bugle Corps who meet weekly at the post along with our Scouting Chairman. Venture Crew 561 sponsored by East Pasadena Post 280 has attained stature and recognition throughout So. California as can be seen at their web site [www.crew561.org](http://www.crew561.org). Post 280 sponsored an Eagle Scout from Crew 561, Nathaniel Yuan who attained 4<sup>th</sup> place in the National contest. Nathaniel, who is an artist, is currently completing three large murals depicting WWII scenes to be displayed in the patio area of our post.



# East Pasadena Post 280 Year In Review

- **American Legion Baseball** - The 18<sup>th</sup> District Legion Baseball Chairman and the League President are both members of Post 280. Together, they have expanded 18<sup>th</sup> District Legion Baseball to include (35) teams in the Summer League and (52) combined teams in the Fall and Winter Leagues. The team rosters average (18) boys for Summer and (24) boys for the Fall and Winter. This translates to approximately (1,800) boys playing ball and off the streets, etc. Hours logged by the District Chairman and District President total 1,360 which include the coaching of four teams. Their travel and other expenses total \$5,480.
- **Kid's Christmas Party** - \$770 spent and 150 hours logged for this annual event for Post 280. The amount spent is primarily gifts for the children which numbered approximately 75 this year. The funds are raised from donations from the membership. A significant effort by individuals in the Legion, Auxiliary and SAL's was expended by our "Legion Family"
- **Youth Environmental Program** – Three students were sponsored for this program.
- **Boy's State** – Three students were sponsored for this program.
- **Oratorical** – One student participated in this program.
- **Cash Contributions to Children & Youth Organizations** – Donations were given to BSA Troop 888 - \$100; De LaSalle Blackfeet HS - \$50; Pasadena LaSalle HS - \$50; ALA Dept. of CA Junior Conference - \$300; March of Dimes - \$25; Special Olympics - \$100; CWF - \$50; CMN - \$747.
- **Individual Members Activities** – Members of Post 280 on a personal basis performed in many areas benefiting the Children & Youth of our Community. Below is a summary of those activities.
  - 252 hours and \$500 travel expense logged providing guidance and performing administrative duties at the **Sierra Madre and San Fernando Elementary Schools, John Muir, La Salle, So. Pasadena, Pasadena, Rosemead and Maranantha High Schools, Pasadena Olympics and the Pasadena Library.**
  - \*100 hours and \$75 travel expense logged coaching "**Pony League Baseball**" affecting 20 children.
  - 395 hours and \$320 travel expense logged giving guidance and help to approximately 80 kids at **Muir High School, Altadena Boys Home, Irwindale Speedway and Five Acres school for abused children.** \$1,500 value in clothing donated to the **Altadena Boys Home.**
  - 150 hours and \$120 travel expense logged coaching soccer for 18 kids (14 weekly games and practice, meetings and scheduling) for **So. Pasadena and San Marino AYSO Region 214 Soccer League.**
  - 50 hours and \$74 travel expense logged coaching 15 kids **Little League at Pasadena Central.**
  - 750 hours and \$1600 travel expense logged collecting bottles and cans DAILY and bread WEEKLY with proceeds and bread given to the **Missionary Brothers of Mother Theresa.** Estimated children affected are 75.
  - 150 hours and \$300 travel expense logged weekly giving speech training to Mexican Americans at **Rowan Elementary School** in Los Angeles affecting 30 children.



## EDUCATION & COMMUNITY SERVICE

- **Donation of Rental Hall** - Post 280 donates our hall four hours weekly each to **two bands from our community** to practice – rental equivalent \$10,000. The hall is also used at reduced rental fees by the **San**

# East Pasadena Post 280 Year In Review

**Gabriel Valley Narcotics Anonymous** organization for their meetings and fund raisers – rental equivalent \$4,800 **Pasadena Arroyo Developmental Group** organization for luncheons and meetings - \$1,600; Greater **Pasadena Aids Benefit** \$700; **Jet Propulsion Lab Retirees** monthly luncheon \$2,400 and **Pasadena Boston Terrier Club** \$275; Pasadena Doo-Dah Parade, two events - \$1,600. Totals of 500 hours logged and \$21,375 rental equivalent donated.

- **Rebuilding Together Pasadena** - Previously known as “**Christmas in April**”, Post 280 has participated in this annual project for the past four years. Typically, a house in the area is designated to be worked on by the American Legion. This year the house belonged to 85 year old Mrs. Bowman located at 1159 N. Summit Ave. in Pasadena. This is a joint effort by Post 280’s Legion Family and other contractors/volunteers in the area. Accomplished at the location this year was almost a total refurbishing of her house: New bathroom fixtures and plumbing, new electrical wiring from the box to the kitchen, removed old kitchen cabinets and installed new, new kitchen floor and carpeting throughout the house, new dry-wall ceilings throughout the house, new paint on all walls throughout the house, rebuilt patio with new stairs, new roof and more. SAL Dan Langil, Legion Team Leader, commented “Mrs., Bowman was so happy when the job was completed. She had no idea her home could be made so beautiful”. 80 hours and 120 miles were logged by the Legion Family.



- **Disaster Preparedness and Response** - Ed Barlow, Post 280 and 18<sup>th</sup> District Disaster Preparedness’ Chairman obtained from American Legion National Headquarters a booklet designed as a guide for Legion Posts to be used for planning, organizing, and executing a preparedness and response support program within the community. The booklet was prepared to support the 88<sup>th</sup> National Convention Resolution No. 97 – “The American Legion Role In Homeland Security” and Resolution No. 98 – “The Citizens Corps”. Copies of the booklet were distributed to post officers throughout the 18<sup>th</sup> District and Dept. of CA. Ed leads a committee to determine recommendations as to what Post 280 can do for the community in this regard. The booklet was also presented to the **American Red Cross of So. California**. The Red Cross officials were extremely interested in the American Legion goals for this program. The local Red Cross organization specifically requested a “partnership” with Post 280 to work together to provide the services necessary in the community in the event of a disaster. Ed has personally given five presentations on Disaster Preparedness around the community; was **Shelter Manager at the recent fires in Newhall, Santa Clarita and Sierra Madre at the Congressional Church**; conducted (16) classes on how to operate emergency equipment at the **Pasadena Emergency Operations Center**. Total time logged was 230 hours and 750 miles traveled.
- Cash Donations - Donations were given to Arthritis Foundation - \$50; Braille Institute - \$50; City of Hope - \$200; Pasadena Firefighters - \$225; Salvation Army - \$100; Sheriffs Support Group of Altadena - \$150; Union Station Foundation - \$200.

## AWARDS/VETERANS ACTIVITIES

- **Troop Support** – Eleven multi-box shipments of **Troop Care Packages** were sent to Iraq based troops at a postage cost of \$941. A busload (50-60) of **returning Iraq deployed troops** from Camp Pendleton was brought to the Irwindale Speedway to spend a day at the races. The troops were introduced and honored

# East Pasadena Post 280 Year In Review

in ceremony with a Color Guard on the track before the start of the races. Another 40-50 Veterans also attended the event and all were treated to lunch by Walter Martin, Post 280 1<sup>st</sup> Vice Commander. Walter's personal contribution including lunch and a donation for the bus was \$1,000. Donation jars are displayed and promoted at the post to provide **Phone Cards for the Troops** in Iraq. To-date we have provided \$321 for purchase of phone cards.

- **Veterans Visitations** - \$200 travel expense and 120 hours logged to regular visits to the VA hospital and the Country Villa Rest Home in Pasadena to spend time with the Veterans residing at the hospital and home. Post 280 also has a member who regularly visits some of our post's members who are in rest homes or bedridden at home. Typically, this amounts to 40 hours and \$50 travel expense.
- **Veteran's Headstone Cleaning** - \$190 travel expense and 90 hours logged by Post member who regularly goes to the Los Angeles Veterans Cemetery and spends 2-4 hours each time cleaning headstones.
- **18<sup>th</sup> District Honor Guard** - \$1,500 travel expense and 500 hours logged by Post 280 members of the team. The District Honor Guard provides the military honors for Veterans at funerals and memorials throughout the San Gabriel Valley. They perform over 100 ceremonies each year.
- **Cash Donations** - Donations were given to Homeless Women Veterans - \$75; National Veterans Foundation - \$100; Navy League - \$250; USO Ontario - \$100.

## SONS OF THE AMERICAN LEGION

- **Sons of The American Legion** - The post has an active SAL squadron. They meet regularly with proper meeting protocol and excellent attendance and have sponsored several significant fund raisers throughout the year. They are always available to help with post projects, repairs, etc. They are definitely part of Post 280's *American Legion Family!*

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## SAL SQUADRON 280 NEWS

Chris Chappel – Commander  
626-318-8972

Next Meeting Wednesday, June 3, 2008 6 p.m.

Kirk Gaebel – Adjutant  
626-359-8584

### COMMANDER'S COLUMN

*By Chris Chappel*

Hello Comrades,

Well, we have had a pretty good year. Several outstanding fund raiser functions and several new members and old becoming very active in our

organization. Our meetings have been well attended and follow the standard protocol.

We had our elections of officers last month and the results are as follows:

**Commander** – Chris Chappel, **1st Vice Commander** – Peter Douglas, **2nd Vice Commander** – Dan Langil, **Adjutant** – Kirk Gaebel, **Finance Officer** – Ken Peralta and **Sgt-At-Arms** – John Allen.

Get ready for our next event which will be a summer dinner/dance on July 26th and will feature the bands Horses on Astroturf and Snotty Scotty and the Hankies. Details will be in next month's bulletin.



# EAST PASADENA POST 280



## CANTEEN HAPPENINGS

*By Susan Johnson*

### SPORTS CORNER

Between the Canteen, Patio and Hall we have six TVs (Three of them – LARGE SCREEN) for you to watch your favorite sports broadcast. Stop in often. You never know when there will be an “Unscheduled Pot Luck”.

### KARAOKE ON WEEKENDS!

#### June Schedule

- Friday, June 6
- Friday, June 13 - Saturday, June 14
- Friday, June 20
- Friday, June 27 - Saturday, June 28

### KARAOKE ON TUESDAYS!

The Sons of the Legion (SALs) are taking the spotlight on Tuesdays for Karaoke. Peter Douglas is the host and Karaoke starts at 7 p.m.

Come in and enjoy the songs and sing some too.

### CANTEEN BOOKSTORE

We have a “bookshelf” with hundreds of books (mostly novels). These are there for your reading pleasure. Also now on shelves are VCR tapes. Take the books and VCRs home and enjoy. Share with your friends. You don’t even need to bring them back.

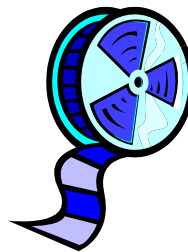
### BIG BAND DANCING

Every Thursday night we are treated to the sounds of Ray Atwan and his group. Ray’s group typically consists of 17-18 musicians and they play mostly swing type music. Everyone is invited to come and listen and dance. These are professionals and well worth hearing!

### MONTHLY BIRTHDAY PARTY

Each month we have a birthday party for those persons who have a birthday that month. It’s the 2nd Friday of the month and includes a free drink or bottle of champagne to the “birthday boy or girl”. Anyone with a birthday call the Canteen ((626-792-9938) and let us know you are coming and bring lots of friends.

### SATURDAY AT THE MOVIES!



For you early birds, we have movies every Saturday. ShowTime is 8:00 am for the first feature. A second feature follows providing no major sports events are scheduled. Popcorn is always served and the balcony is reserved.



### CANTEEN WEEKDAY SPECIAL

**Monday through Friday**  
**12 noon – 3 p.m.**  
**ALL DRINKS \$.25 OFF**



<u>CANTEEN HOURS:</u>		Thursday	7 a.m. 10 p.m. (or later)
Monday	7 a.m. 10 p.m. (or later)	Friday	7 a.m. 12 p.m. (or later)
Tuesday	7 a.m. 10 p.m. (or later)	Saturday	7 a.m. 12 p.m. (or later)
Wednesday	7 a.m. 10 p.m. (or later)	Sunday	7 a.m. 9 p.m. (or later)

# *JUNE ACTIVITY SCHEDULES*

<b><i>OTHER ORGANIZATION'S ACTIVITIES</i></b>	
<b>Friday 13th</b>	<b>18TH DISTRICT MONTHLY MEETING</b> West Covina Post 790 Dinner 6 p.m. Meeting 7:30 p.m.
<b>Saturday 28th</b>	<b>F.O. EAGLES Aerie 719</b> Flea Market & BBQ 8 a.m. – 3 p.m.
<b>Sunday 29th</b>	<b>F.O. EAGLES Aerie 719</b> Sunday Breakfast 9 a.m. – Noon

<b><i>POST 280 ACTIVITIES</i></b>	
<b>Sunday 1st</b>	<b>Sunday Breakfast</b> 9 a.m – Noon
<b>Wednesday 4th</b>	<b>SAL MONTHLY MEETING</b> 6 p.m.
<b>Tuesday 10th</b>	<b>AUXILIARY MEETING</b> Meeting – 7 p.m.
<b>Wednesday 11th</b>	<b>LEGION POST MEETING</b> Executive Board 7 p.m.
<b>Thurs – Sun 19th - 22nd</b>	<b>CONVENTION IN BAKERSFIELD</b>
<b>Wednesday 25th</b>	<b>LEGION POST MEETING</b> Membership Meeting – 7 p.m.

## COMING IN JULY

**Sunday, July 6th – Legion Family Installation of Officers 2 p.m.**

**Saturday, July 26th – SAL Summer Dinner/Dance**

### Monthly Dinner

No Monthly Dinner  
Scheduled for June

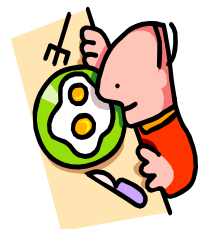


### Monthly Breakfast

**Sunday, June 1st**  
9 a.m. to Noon

**Regular Menu \$6.00**  
**Children's Menu \$4.00**

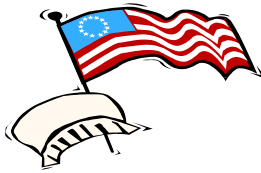
Eggs & Omelets  
Bacon, Ham & Sausage  
Corned Beef Hash  
Pancakes, French Toast  
Biscuits & Gravy  
Toast, Juice & Coffee





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**East Pasadena Post 280**  
**THE AMERICAN LEGION**  
 179 N. Vinedo Ave.  
 Pasadena, CA 91107  
 (626) 792-9938



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**Spacious Hall Available For Rent**  
**Air Conditioned - Reasonable Rates**

**Commercial Kitchen Facility**  
**150 Seated - 300 Standing**  
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*Quinceaneras*  
*Banquets*  
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