

# EAST PASADENA POST 280

OLDE LAMANDA PARK POST



PUBLICATION OF  
EAST PASADENA POST 280 AND AUXILIARY UNIT 280

**FEBRUARY 2009**

Post Meets 4th Wednesday    Auxiliary Meets 2nd Tuesday    SAL Meets 1st Wednesday

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Post 280 Website - www.eastpasadenapost280.org



## Commanders Column

*By Doug Monroe*

Greetings Comrades!

It has been very busy at Post 280 with the After DooDah Parade party, the USO fundraiser and upcoming Valentine's Day events.

Work on the hall floor should be nearing completion when you get this in the mail as it will start on February second and should take 2-3 days.

The Area Six Oratorical Contest will be held at Pasadena Post 13 at 1 p.m. February seventh. Let's all go and show our support. If you've never been to the original Pasadena Post this would be a great time to see a beautiful large old Post.

I have been ill all week so I'll keep this brief, have a great month. For God and Country,

Doug Monroe



## Chaplain's Column

*By Ed Barlow*

returning from combat. One Seattle paper reported "In 2005 alone, there were 6,256 suicides nationally among those who served in the armed forces...about 120 per week."

"More startling, veterans between 20 and 24 years old - the group most likely to have been in Iraq or Afghanistan - killed themselves at twice the rate of civilians of the same age, CBS found."

It's particularly difficult trying to get through to young men that they will need to take advantage of "Mental Health" assistance. Being referred for Mental Health counseling means they can't cope with stuff that the other guys must be able to. When their world is turning to crap they can recognize that there is a "crisis" and they can get a handle on the word "counseling". This isn't as off putting as Mental Health. Just my humble opinion)

It was pointed out that it is far easier for Regular Army personal to get help because they live ON BASE. On the other hand, the Reserves and National Guard live in civilian communities, have regular jobs, more likely to have wives and kids, etc. They are surrounded by people at work and in their communities that the returning service men really can't relate to. I suggested joining service related organizations like the VFW & American Legion.

We need to reach out to these young folks and offer an ear, some understanding, a kind word. It truly can make a real difference in someone's life.



## 1st Vice Commanders

Column 1st Vice Column

*By Russ Kislou*

Comrades,

Our "official" membership figures in Department currently stand at 337 of 375 goal for 89.87%. Simple arithmetic says we only need 38 more members to meet our 100% goal.

You may recall, in my first column this year, I asked for 110% of our goal. This would mean we need 76 more members. While that would be a "stretch", but it's not entirely out of the question! Help me out here... lets get the 100% under our belts first and then give that extra 110% effort to achieve the 110% goal.

### Consider these facts:

- Current 2008 members on roll not renewed is 68.
- Current 2007 members on roll not renewed is 23.

As you see, there is renewal potential there.. ADD to that some more NEW members and we can

**MAKE IT HAPPEN.**

There is a major topic that needs to be addressed and recognized...the very real threat of suicides among the Vets

returning from combat. One Seattle paper reported "In 2005 alone, there were 6,256 suicides nationally among those who served in the armed forces...about 120 per week."

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# EAST PASADENA POST 280



## Vacations Column *By Roy Van Westbroek*

The wind started to pick up as we sat on the porch of our cabin watching the RV's arrive. Looking at their license plates you could tell that they were from all over the US. Most were Europeans in their rented campers, some Americans from the Midwest, and the

Eastern sea board. Hurriedly they set out their camping gear, made up of lawn chairs, ice chests, lanterns, along with covering the picnic table with the red and white squared table cloth. It was like watching the circus put up their circus tents and a treat to behold. Of course the pets had to do their thing after being stuck inside their travelling house.

The night sky changed into its grayish blackness as the orange glow of the setting sun cast the mountains into dark shapes fit for an imaginative imagination. Sleep was welcomed after an adventure filled day of riding. Camping among the stars in a log cabin surrounded by modern RV's was one way to keep the lure of the old American West alive.

Overcast skies greeted us as we headed for the breakfast table. Pancakes and coffee before we headed back on the road. Today we were going to take Highway 12 to Boulder, Utah, visiting Kodachrome State Park, Anazassi Village, and just plain enjoying our Harleys on one of the finest winding road in the US. Cautiously we took off on the gravel road from our cabin and took the small two lane road through scrub desert towards Kodachrome State Park.

Scattered along the edge of the road were herds of cows, and to our dismay we had to stop to let the bovines cross the road. It gets very interesting when you come face to face with a cow on the side of the road trying to figure out when to cross, especially when you're straddling several hundred pounds of American metal. The smell of manure somehow becomes stronger.

Kodachrome State Park lives up to its name, gorgeous reddish peaks of different shapes tower above the surrounding desert. Rabbits scurry about as the smoke rises from the cabins just behind the rise of where we parked. It's a quiet, serenely majestic landscape forged by nature resembling an outer worldly place.

Back on Highway 12 we rode through a valley surrounded by hillsides covered with orange and gold wild flowers, a greenish blue river winding its way through the grass and trees, and farm communities with their cattle and mules grazing alongside the colorful barns and houses. As the sun warmed our bones, the mountainous scenery was cast in a golden glow. Trees became more prevalent- as the road became evermore winding. On one section of the highway the towering cliffs were inches away from the road and automatically focused your attention hundreds of feet upward; dangerously challenging your ability to stay on your Harley. Luckily for us it was a week day and traffic was non existent.

Small towns were scattered along the road, they were small, tourist friendly, and had at least one or two gas stations. We stopped at one of these stations to get gas, but they were closed. Modern convenience is a great friend in the form of a bank debit card. We got the gas.

It's interesting to see some of the clutter that you find at these stops. Here, there was a remnant of an old tractor torn apart and left to rust away, an old gas pump with signage from the late forties, and assorted pieces of furniture, bottles, etc. that would make the heart of the collector of old stuff skip a beat.

Once again on the road the Harleys purred along heading into the deliciously distant deserted horizon. Somewhere along the road I lost track of time and became totally immersed in the ride becoming one with the Harley and nature. Ahead lay the Hog Back section of Highway 12, the Escalante Overlook, and an Indian village that was a thousand years old.

I was alone in Hog Heaven poised to take on the most challenging part of Utah's Highway 12, but I didn't know it yet. The wind and grayness had left, and what remained was a sunny winding road to challenge my imagination.



Road



Dog





Cindy Hathaway -  
President  
562-695-2988

# AUXILIARY UNIT 280 NEWS



Joy Mardikian-Sweeney  
Secretary  
909-357-4406

Next Meeting Tuesday, Feb 10, 2009 7 p.m.



## *Valentine's Day Dinner / Dance*

**Saturday, February 14th**

**6:00 PM to 11:00 PM**

**Ray Atwan Big Band for your dancing pleasure**

**\$15.00 per person**

**Dinner Served - 5 TO 7 p.m.:**

**Crabcake or BBQ Chicken, Potato Salad, Green Salad, Hushpuppys,  
rolls and Peach Cobbler with Vanilla Ice Cream for dessert.**

**Help Support Our Own Norma DuVall,  
Candidate for PRESIDENT for the American  
Legion Auxiliary, Department of California**

**CAN'T COME?? DONATIONS ACCEPTED**

### **Submitted by Dona Enright..**

Whatever your cross, whatever your pain, there will  
always be sunshine, after the rain.....

Perhaps you may stumble, perhaps even fall; But  
God's always ready, to answer your call....

He knows every heartache, sees every tear, a word  
from His lips, can calm every fear...

Your sorrows may linger, throughout the night,  
But suddenly vanish, by dawn's early light...

The Savior is waiting, somewhere above,  
to give you His grace, and send you His love.

May God fill your day with blessings!!

### **New Year's Eve Party**

To all those who attended our annual New Year's Eve  
party at the post,

Thank you, it was a great success thanks to  
each and every one of you.

Thank you to those who helped with the mu-  
sic: Amy Connor, Peter Douglas III, Vince Delpidio,  
Joe Munoz and Natie Roldan. Dona Enright our raffle  
lady and Jerrie Ellis for all her help.

We already have a few tricks up our sleeves  
for next year, so start making your plans now.

Anita Martin – Chairman

# EAST PASADENA POST 280



## CANTEEN HAPPENINGS

*By Susan Johnson*

### FOOTBALL'S OVER

### WHAT CAN WE WATCH NOW?

Well, I guess there ARE other sports... golf, basketball, baseball, soccer, etc., etc.

Oh yeah... don't forget the Soap Operas start at 11:30 a.m. right after "Price Is Right" at 10 a.m.

And with our 120+ dish channels & "Premium HD Package" on patio TV, I guess we can survive until next year's NFL!

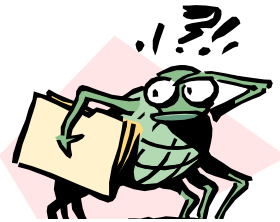
Special Attraction: Most mornings with Ray will feature MOVIES (all we have to do is get him to break out the POPCORN).

### KARAOKE ON WEEKENDS!

#### February Schedule

Friday, Feb. 6 - Friday, Feb 13

Friday, Feb. 20 - Friday, Feb. 27



### 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!

### 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)

# FEBRUARY ACTIVITY SCHEDULES

<b>OTHER ORGANIZATION'S ACTIVITIES</b>	
<b>Friday 20th</b>	<b>18TH DISTRICT COUNCIL MEETING</b> Alhambra Post 139 Dinner – 6 p.m. Meeting – 7:30 p.m. <b>Four Chaplain's Services</b> Past Commanders/Presidents Night
<b>Sunday 22nd</b>	<b>F.O. EAGLES Aerie 719</b> Sunday Breakfast 9 a.m. – Noon
<b>Saturday 28th</b>	<b>F.O. EAGLES Aerie 719</b> Flea Market & BBQ 8 a.m. – 3 p.m.

<b>POST 280 ACTIVITIES</b>	
<b>Sunday 1st</b>	<b>SUNDAY BREAKFAST &amp; BAKE SALE</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>Saturday 14th</b>	<b>VALENTINE'S DAY DINNER/DANCE</b> 5-11 p.m. (see flyer page 3)
<b>Wednesday 25th</b>	<b>LEGION POST MEETING</b> Membership Meeting - 7 p.m.

## Special Attraction at Alhambra Post

### Friday, Feb. 20th at District Meeting FOUR CHAPLAINS SERVICES

The annual Four Chaplains Service commemorates one of the most selfless, heroic and dedicated events of World War II. At 12:55 a.m. on February 3, 1943, as the troop transport, Dorchester steamed toward Europe on a black night, a German submarine's torpedoes found their mark, sending the ship to the bottom quickly. The story and ceremony commemorating this event are extremely touching and moving. Please plan on attending.

### FEBRUARY DINNERS



#### VALENTINE'S DAY DINNER / DANCE

Saturday, February 14th  
Dinner Served 5-7 p.m.



Crabcake or BBQ Chicken  
Potato Salad – Green Salad  
Hushpuppys – Rolls  
Peach Cobbler with Vanilla Ice Cream



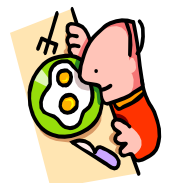
### MONTHLY BREAKFAST



Sunday, Feb. 1st  
9 a.m. to Noon

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

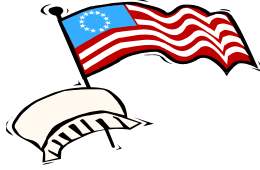
Eggs & Omelets  
Bacon, Ham & Sausage  
Corned Beef Hash  
Pancakes, French Toast  
Biscuits & Gravy  
Toast, Juice & Coffee



*Table of Contents*  
**FEBRUARY**

• <i>Commander's Column</i>	1
• <i>1st Vice Commander's Column</i>	
• <i>Chaplain's Column</i>	
• <i>Vacations Column</i>	2
• <i>Auxiliary Page</i>	3
• <i>Canteen Happenings</i>	4
• <i>Activities Calendar</i>	5
• <i>Hall Information</i>	6

**East Pasadena Post 280**  
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