



# American Legion

## Post 233 Elk Grove

8230 Civic Center Drive, Suite 120  
Elk Grove, CA 95757

*New Member Welcome Package*

<https://www.AmericanLegionElkGrove.com>

<https://www.facebook.com/117722581738722>

Mentor \_\_\_\_\_

Phone \_\_\_\_\_

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## **American Legion History**

The American Legion was chartered by Congress in 1919 as a patriotic veterans organization. Focusing on service to veterans, service members and communities, the American Legion evolved from a group of war-weary veterans of World War I into one of the most influential nonprofit groups in the United States of America. Membership swiftly grew to over 1 million, and local posts sprang up across the country. Today, membership stands at over 2.4 million in 14,000 posts worldwide. The posts are organized into 55 departments—one each for the 50 states, along with the District of Columbia, Puerto Rico, France, Mexico, and the Philippines.

Over the years, the American Legion has influenced considerable social change in America, won hundreds of benefits for veterans and produced many important programs for children and youth.

The American Legion's success depends entirely on active membership, participation and volunteerism. The organization belongs to the people it serves and the communities in which it thrives.

## **History of Post 233**

Post 233 was organized by Dale Hale, Commander; Donald W. Jackson, First Vice Commander and C.D. Reyes, Adjutant in October 1994 when the temporary charter was received. The Constitution and Bylaws were first read at the regular post meeting on October 11, 1994 and read a second time at the next meeting on November 16, 1994 where they were adopted by a two-thirds vote of the membership. The permanent charter was received on March 17, 1995. The following are some of our charter members: Paul C. Graham

In July 2014, Post 233 named Larry Sahota the first ever “Legionnaire of the Year.” Subsequently, in October 2014, a Sons of the American Legion Squadron (a program of Post 233) was chartered. In October 2016, a Legion Riders group was formed and chartered.

In addition, Post 233 has supported the young men and women of the Valley High School Junior ROTC in return for their support at several of our annual functions for the past 10 years. In January 2017, Post 233 sponsored Elk Grove’s Boy Scout Troop 288.

## **We Are Family!**

### **"Your Post Matters"**

**Belongs to the Entire Elk Grove Legion Family**  
**American Legion Post 233**  
**American Legion Auxiliary Unit 233**  
**American Legion Riders Chapter 233**  
**Sons of the American Legion Squadron 233**

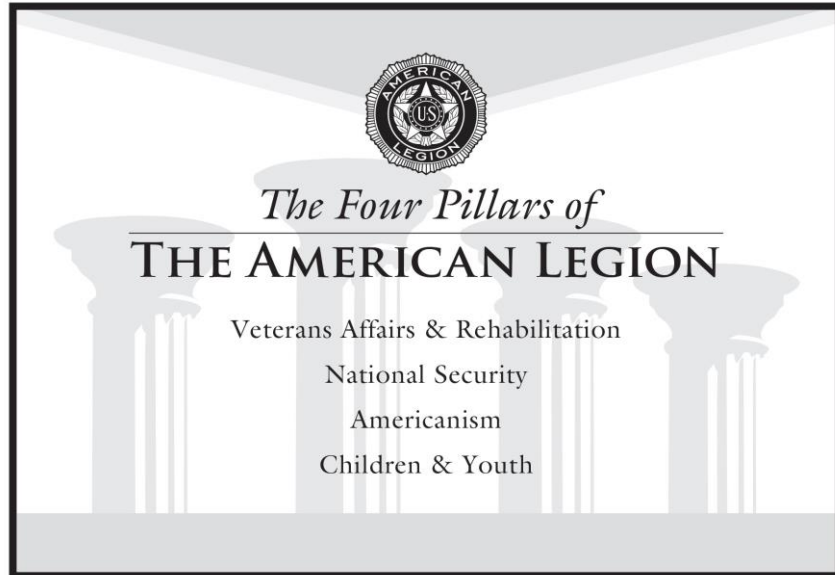
## Mission Statement

The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans' organization devoted to mutual helpfulness. It is the nation's largest wartime veteran's service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow service members and veterans.

- To develop and maintain the spirit of 100 percent Americanism among the American Legion and residents of Elk Grove.
- To put into effect programs of The American Legion; to coordinate any overlapping of plans dealing with Americanism; and to establish an overall policy of Americanism.
- To assist veterans of this region in their present and future housing needs.
- To encourage members to utilize their innate potentials, and develop within the potentials the enthusiasm to function for the best interest of the American Legion at all levels.
- To promote and teach the use of the ritual in all American Legion meetings as described in official National publications (e.g., Officer's Guide); to lend color to American Legion functions, particularly parades, at city and community events.
- To coordinate the program(s) of employment of veterans and to implement and to insure that veterans receive due consideration when applying for jobs for which they have earned preferential consideration through their honorable service to God and Country.
- To promote the program of the American Legion with the Sons of the Legionnaires through our newly formed Sons of the American Legion Squadron.



## The American Legion Family



### **The Four Pillars of the American Legion**

The American Legion's four pillars – **Veterans Affairs and Rehabilitation, National Security, Americanism, and Children and Youth** – are as relevant today as when our organization was founded in 1919.

All American Legion officers should be familiar with the programs offered under each pillar, along with how to conduct and publicize them, recruit participants and inspire community involvement.

In addition, all officers should know the Legion's legislative positions and be fully engaged in discussing with local, state and national elected officials how to support and achieve our legislative goals.

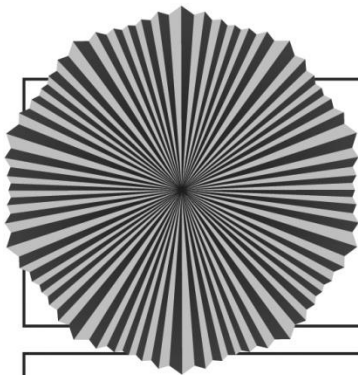
As an officer, strive to become a source of Legion history and knowledge. Be eager and prepared to answer any and all questions from a potential new member, and to speak with authority about The American Legion to other community groups.

Welcome every new member into the Legion by assigning him or her a mentor who is familiar with our traditions, customs, policies and programs.

Finally, encourage members old and new to complete The American Legion Extension Institute, which is the best and most convenient way to gain basic knowledge of who we are and what we do. Many Legionnaires want to become stronger leaders and only need the opportunity, making continuous training and education programs necessary at every level — post, district, county and department.

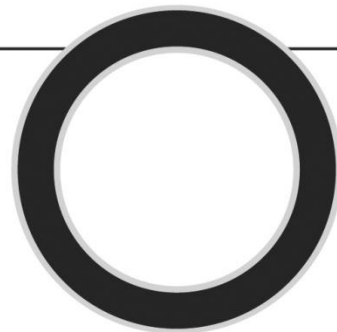
### The American Legion emblem

Every part of The American Legion emblem has meaning. The emblem is laid upon the rays of the sun, giver of life, warmth and courage; foe of the cold, of the darkness, of fear, of apprehension. In turn, each of the emblem’s parts signifies a meaning, which no American Legionnaire who wears the emblem should take lightly, and which he/she should know from the first moment it is put on. Why does the star signify constancy of purpose? Because the stars are fixed in the heavens, the stars do not wander, so should The American Legion not wander from its fixed purposes. Further, the words “The American Legion” demand that the wearer “shall ever guard the sanctity of home and country and free institutions ...” There shines the emblem of The American Legion. It is your badge of pride and distinction, honor and service.



#### The rays of the sun

The rays of the sun form the background of the emblem and suggest the Legion’s principles will dispel the darkness of violence and evil.



#### Outer rings

The larger of the two outer rings signifies the rehabilitation of our sick and disabled comrades. The smaller inside ring denotes the welfare of America’s children.

#### The wreath

The wreath forms the center, in loving memory of those brave comrades who gave their lives in the service of the United States that liberty might endure.



#### The star

The star, victory symbol of World War I, symbolizes honor, glory and constancy. The letters “U.S.” leave no doubt as to the brightest star in the Legion’s constellation.

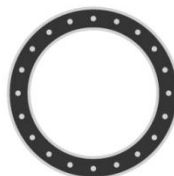


#### The words

The words “American Legion” tie the ring together for truth, remembrance, constancy, loyalty, honor, service, veterans affairs and rehabilitation, children and youth, national security and Americanism.

#### Inner rings

The smaller of two inner rings set upon the star represents service to our communities, states and nation. The larger outer ring pledges loyalty to Americanism.



## *Preamble to the Constitution of the American Legion*

For God and Country, we associate ourselves together for the following purposes:

- To uphold and defend the Constitution of the United States of America;
- To maintain law and order;
- To foster and perpetuate a one hundred percent Americanism;
- To preserve the memories and incidents of our associations in the Great Wars;
- To inculcate a sense of individual obligation to the community, state and nation;
- To combat the autocracy of both the classes and the masses;
- To make right the master of might;
- To promote peace and goodwill on earth;
- To safeguard and transmit to posterity, the principles of justice, freedom and democracy;
- To consecrate and sanctify our comradeship by our devotion to mutual helpfulness.



## Meaning of the

### **For God and Country, we associate ourselves together for the following purposes ...**

The American Legion recognizes the influence of Almighty God in all worthwhile endeavors and declares the allegiance of Legionnaires to both God and nation.

### **To uphold and defend the Constitution of the United States of America**

The Constitution of the United States is the written bulwark of our free way of life and representative government. It is our guarantee of liberty, freedom, justice and democracy. Members of The American Legion bore arms and went to war to defend and uphold this document of freedom.

### **To maintain law and order**

Without law and order, liberty would become license. Law and order protect our pursuit of happiness, one of our God-given rights. Members of The American Legion served in wars to uphold law and order among nations. It is just as important to maintain the due processes of law in our domestic affairs. It binds Legionnaires to obey the laws of the land and to support the constituted authorities in enforcing those laws.

### **To foster and perpetuate a 100 percent Americanism**

Americanism is the gist of the American ideals of freedom, justice, individual rights and unlimited opportunities. It embraces all the freedoms we cherish and all the rights that are guaranteed to us. It is the very opposite of hatred, bigotry and intolerance. Americanism is the creed that has blazed the world-wide trail for justice, fair play, decency, belief in God, private enterprise, universal education, and progress in all human endeavors. It puts a premium on the virtues of loyalty, patriotism, hard work and thrift.

### **To preserve the memories and incidents of our associations in the great wars**

Service in defense of America is the greatest experience in the lifetimes of all veterans. Recalling the highlights of that service means more than flashbacks to tense moments of excitement and danger in battle: the grime of muddy trenches, the perils of sub-infested oceans and the combat in the wild blue yonder. It means also the ineradicable recollection of the comradeships, the bravery of pals, the team work, the sacrifices, the miseries and hardships of military campaigns shared in common. It means the bond that binds all ex-servicemen and women together in mutual affection, respect and gratitude. It also means keeping green forever the memories of the supreme sacrifices of gallant American patriots, sacrifices necessary to the winnings of wars. It means faithful annual observance of Memorial Day and Veterans Day.



**To inculcate a sense of individual obligation to the community, state and nation**

Always interested in building a better nation, the founders of The American Legion believed that such building must start first with the individual in their own community. So they made it one of the cardinal principles of The American Legion to inculcate that sense of personal obligation to the community, state and nation into the individual citizen. That means educating the citizen – young, old and future – in his and her responsibility to be active in making the hometown a better place in which to live, in discharging the duty of voting in elections, in paying taxes promptly, in contributing to community chest funds and to blood banks. The word “inculcate” means “to impress by frequent admonitions” and “to enforce by frequent repetitions.” Like the duties themselves, the reminders that they remain to be carried forward are never finished.

**To combat the autocracy of both the classes and the masses**

This clause places the Legionnaire on the side of right in opposing autocracy by either class or mass when this threatens. In a democracy such as ours, composed as it is of all nationalities, races, creeds and economic groups, there are bound to be both classes and masses. Indeed, the masses are composed of classes – but all groups within the mass must feel assured that in this nation, reason and fairness will prevail in all human activities and relations.

**To make right the master of might**

Many wars have been started by dictators who wanted their might to be the right. If human freedom is not to perish from the earth, right must always be master of might. The rights of small nations must be protected against the tyranny that powerful neighbors may seek to impose on them, just as the rights of minorities in our society must be protected and respected. Legionnaires are pledged by this clause always to stand with the right, protect the weak and preserve the liberties of the individual. This concept is the basis of The American Legion’s continued advocacy of a strong national preparedness so as to achieve the ideal situation that right will be backed by adequate might.

**To promote peace and good will on earth**

Until the entire world becomes a good neighborhood, Legionnaires must continue the effort to promote peace and good will on earth. It is in pursuance of this founding ideal that The American Legion has supported from the beginning and seeks to strengthen the United Nations organization. Obliquely, The American Legion also contributes to this ideal by firmly supporting a strong national defense to discourage breaking of the peace by aggressors.

**To safeguard and transmit to posterity the principles of justice, freedom and democracy**

On this ideal of safeguarding and transmitting the principles of justice, freedom and democracy, all of the youth- training programs of The American Legion are built. All Americans can be proud that in our international relations we have tried to live by the golden rule, the mark of justice. We have granted to others, as we prize it ourselves, the great boon of freedom. Through the Monroe Doctrine, we called a halt to foreign imperialism in the western hemisphere. We gave freedom to the Philippines. These principles are part of the American heritage. Legionnaires are pledged to protect and preserve that heritage.

**To consecrate and sanctify our comradeship by our devotion to mutual helpfulness**

This is the most important ideal expressed in our preamble. We can hail The American Legion today as an unparalleled force in these United States for social betterment. American Legion concepts and its ideal of devotion to mutual helpfulness warmed the entire social climate of America. Today America is extending its helpful hands all over the world through our assistance programs of foreign aid. This all came about because the veterans of World War I came home enriched with wonderful ties of friendship and gave those ties meaning by consecrating them to the ideal of mutual helpfulness.



## Post Officer Guide Book

The Post Officer Guide is the “bible” of the Post. It may be obtained by:

1. Downloading an electronic version for viewing online at [www.legion.org/publications/160963/post-officer-guide-and-manual-ceremonies](http://www.legion.org/publications/160963/post-officer-guide-and-manual-ceremonies).
2. Purchasing a hard copy through Emblem Sales for \$3.95 at [www.emblem.legion.org](http://www.emblem.legion.org).
3. Ordering a hard copy by phone at (888) 453-4466.

The Post Officer Guide provides information about Post Operations & Procedures and Manual of Ceremonies.



## Officer Contacts and Ride Information



**Commander:**  
Lawrence (Larry) Sahota  
•(916) 687-4875  
•larrysahota@citilink.net



**First Vice Commander:**  
D'Ann Moseley  
•(916) 919-7273  
•dmoseley38@surewest.net



**Second Vice Commander:**  
Robert Derheim  
•(916) 212-2742  
•rderheim@me.com



**Third Vice Commander:**  
Derrick Turcker  
•916-296-5311  
•dtucker052@gmail.com



**Finance Officer:**  
William (Bill) Tyson  
•(707) 495-8949  
•wct.legion@yahoo.com



**Sergeant-At-Arms:** Bob Dreyer  
•(916) 739-1553;  
(916) 559~6821  
•bobdreyer@comcast.net



**Adjutant:**  
Ronald Miller  
•(916) 215-6879  
•milrg1945@frontier.com



**Chaplain:**  
Roy Mendez  
•(916) 661-1824  
•104ram1@gmail.com



**Service Officer:**  
Steven Hernandez  
•(916) 207-1004  
•shernandez64@comcast.net



**Historian:**  
Dan Moseley  
•(916) 919-7351  
•dmoseley47@surewest.net



**Judge Advocate:**  
William (Bill) Tyson  
•(707) 495-8949  
•wct.legion@yahoo.com



**Web Master**  
Jack Edwards  
•916-240-9302  
•jack@jackedwards.com



**Past Commander:**  
Theodore (Ted) Daniels  
•916-699-4352  
•theodoredaniels@yahoo.com

**\*\*Please contact any of the above officers if you require a ride to a Post meeting or event.**

## Uniform and Ordering

In 1938, an official American Legion uniform was first offered in the Emblem Sales catalog – a blue serge military-style coat with matching trousers. In the fall 1963, the National Executive Committee (NEC) approved an *alternate* uniform of a navy blue blazer (with American Legion emblem) and gray trousers.

Today, we wear a navy blue polo shirt and gray trousers. According to Resolution No. 46, passed in the spring of 1965 by the NEC, "A Legionnaire is considered to be in uniform if wearing an official American Legion Cap." (Note: No pins, consecutive membership insignia, membership stars or decorations are to be worn on the left side of the American Legion Cap.)

The American Legion Cap and/or polo shirt shall not be worn at any political or endorsement of candidate event. The American Legion shall be absolutely nonpolitical and shall not be used for the dissemination of partisan principles nor for the promotion of the candidacy of any person seeking public office or preferment.

The order form for ordering an American Legion Cap is found below and on the next page and may also be ordered online through Emblem Sales at [www.emblem.legion.org](http://www.emblem.legion.org) currently at a cost of \$48.95 plus tax and shipping. A plastic cap cover is also available for \$2.95 to protect your cap while stowed away (Item # 844.400).

To order the navy polo shirt at a cost of approximately \$50, contact Paula Maita & Company located at 9020 Elk Grove Boulevard Suite 101, directly behind the restaurant "The Italian." Their phone number is (916) 685-9480 and webpage is: <http://www.paulamaita.com>

## American Legion Uniform Cap Order Form

**Please allow up to 8 weeks for delivery!**  
**If you have any questions about ordering your uniform cap, please call (888) 453-4466 before you place your order. We're happy to help!**

### STEP ONE

Measure around your head for step # 4

### STEP TWO

City



### STEP THREE

Regular



### STEP FOUR

:

**Note: To order a size not listed, please call (888) 453-4466.**

### STEP FIVE (Required Lettering)

**Left- Side lettering: Elk Grove**

### STEP SIX (Required Lettering Post Number)

233



9020 Elk Grove Blvd. #101  
Elk Grove, CA. 95624

### EMBROIDERY DESIGN: NAVY SHIRT

LADIES L500 or MENS K500 NAVY NO POCKET (Logo Embroidered left chest)

XS-XL (\$26.00)\_\_\_\_\_ 2X (\$28.50)\_\_\_\_\_ 3X (\$31.99)\_\_\_\_\_ \$ \_\_\_\_\_  
4X (\$33.50) \_\_\_\_\_ 5X (\$36.99)\_\_\_\_\_ 6X (\$38.50)\_\_\_\_\_  
NAME (ADD \$10.00)\_\_\_\_\_

MENS K500P NAVY WITH POCKET (Logo Embroidered left chest)

XS-XL (\$29.00)\_\_\_\_\_ 2X (\$30.99)\_\_\_\_\_ 3X (\$33.99)\_\_\_\_\_ \$ \_\_\_\_\_  
4X (\$35.99)\_\_\_\_\_ 5X (\$38.99)\_\_\_\_\_ 6X (\$40.99) \_\_\_\_\_  
NAME (ADD \$10.00)\_\_\_\_\_

MEN'S TALL TLK500P S/S POCKET (Logo Embroidered left chest)

1XLT (\$32.99)\_\_\_\_\_ 2XLT (\$33.99)\_\_\_\_\_ 3XLT (\$36.99)\_\_\_\_\_ \$ \_\_\_\_\_  
NAME (ADD \$10.00)\_\_\_\_\_

LADIES L500LS OR MEN'S K500LS LONG SLEEVE NO POCKET (Logo Embroidered left chest)

S-XL (\$33.99)\_\_\_\_\_ 2X (\$37.50)\_\_\_\_\_ 3X (\$40.50)\_\_\_\_\_ \$ \_\_\_\_\_  
NAME (ADD \$10.00)\_\_\_\_\_

MEN'S K500LSP LONG SLEEVE WITH POCKET (Logo Embroidered left chest)

S-XL (\$34.99)\_\_\_\_\_ 2X (\$38.50)\_\_\_\_\_ 3X (\$41.00)\_\_\_\_\_ \$ \_\_\_\_\_  
NAME (ADD \$10.00)\_\_\_\_\_

Sub Total \$ \_\_\_\_\_

Name \_\_\_\_\_

Sales Tax \$ \_\_\_\_\_

Grand Total \$ \_\_\_\_\_

\*Returned check handling fee \$15.00 plus bank charges  
CALIFORNIA SALES TAX HAS BEEN ADDED TO THE PRICE



9020 Elk Grove Blvd. #101  
Elk Grove, CA. 95624

EMBROIDERY DESIGN: ULTRAMARINE BLUE SHIRT

LADIES L500 or MENS K500 NAVY NO POCKET (Logo Embroidered left chest)

XS-XL (\$26.00)\_\_\_\_\_ 2X (\$28.50)\_\_\_\_\_ 3X (\$31.99)\_\_\_\_\_ \$\_\_\_\_\_

4X (\$33.50) \_\_\_\_\_ 5X (\$36.99)\_\_\_\_\_ 6X (\$38.50)\_\_\_\_\_

NAME (ADD \$10.00)\_\_\_\_\_

MENS K500P NAVY WITH POCKET (Logo Embroidered left chest)

XS-XL (\$29.00)\_\_\_\_\_ 2X (\$30.99)\_\_\_\_\_ 3X (\$33.99)\_\_\_\_\_ \$\_\_\_\_\_

4X (\$35.99)\_\_\_\_\_ 5X (\$38.99)\_\_\_\_\_ 6X (\$40.99) \_\_\_\_\_

NAME (ADD \$10.00)\_\_\_\_\_

MEN'S TALL TLK500P S/S POCKET (Logo Embroidered left chest)

1XLT (\$32.99)\_\_\_\_\_ 2XLT (\$33.99)\_\_\_\_\_ 3XLT (\$36.99)\_\_\_\_\_ \$\_\_\_\_\_

NAME (ADD \$10.00)\_\_\_\_\_

LADIES L500LS OR MEN'S K500LS LONG SLEEVE NO POCKET (Logo Embroidered left chest)

S-XL (\$33.99)\_\_\_\_\_ 2X (\$37.50)\_\_\_\_\_ 3X (\$40.50)\_\_\_\_\_ \$\_\_\_\_\_

NAME (ADD \$10.00)\_\_\_\_\_

MEN'S K500LSP LONG SLEEVE WITH POCKET (Logo Embroidered left chest)

S-XL (\$34.99)\_\_\_\_\_ 2X (\$38.50)\_\_\_\_\_ 3X (\$41.00)\_\_\_\_\_ \$\_\_\_\_\_

NAME (ADD \$10.00)\_\_\_\_\_

Sub Total \$ \_\_\_\_\_

Name \_\_\_\_\_

Sales Tax \$ \_\_\_\_\_

Grand Total \$ \_\_\_\_\_

\*Returned check handling fee \$15.00 plus bank charges  
CALIFORNIA SALES TAX HAS BEEN ADDED TO THE PRICE





9020 Elk Grove Blvd. #101  
Elk Grove, CA. 95624

EMBROIDERY DESIGN: NAVY SHIRT

LADIES L500 or MENS K500 NAVY NO POCKET (Logo Embroidered left chest)

XS-XL (\$26.00) \_\_\_\_\_ 2X (\$28.50) \_\_\_\_\_ 3X (\$31.99) \_\_\_\_\_ \$ \_\_\_\_\_

4X (\$33.50) \_\_\_\_\_ 5X (\$36.99) \_\_\_\_\_ 6X (\$38.50) \_\_\_\_\_

NAME (ADD \$10.00) \_\_\_\_\_

MENS K500P NAVY WITH POCKET (Logo Embroidered left chest)

XS-XL (\$29.00) \_\_\_\_\_ 2X (\$30.99) \_\_\_\_\_ 3X (\$33.99) \_\_\_\_\_ \$ \_\_\_\_\_

4X (\$35.99) \_\_\_\_\_ 5X (\$38.99) \_\_\_\_\_ 6X (\$40.99) \_\_\_\_\_

NAME (ADD \$10.00) \_\_\_\_\_

MEN'S TALL TLK500P S/S POCKET (Logo Embroidered left chest)

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NAME (ADD \$10.00) \_\_\_\_\_

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NAME (ADD \$10.00) \_\_\_\_\_

MEN'S K500LSP LONG SLEEVE WITH POCKET (Logo Embroidered left chest)

S-XL (\$34.99) \_\_\_\_\_ 2X (\$38.50) \_\_\_\_\_ 3X (\$41.00) \_\_\_\_\_ \$ \_\_\_\_\_

NAME (ADD \$10.00) \_\_\_\_\_

Sub Total \$ \_\_\_\_\_

Sales Tax \$ \_\_\_\_\_

Grand Total \$ \_\_\_\_\_

Name \_\_\_\_\_

\*Returned check handling fee \$15.00 plus bank charges  
CALIFORNIA SALES TAX HAS BEEN ADDED TO THE PRICE

## Meeting Information

Post 233 holds monthly meetings which take place on the fourth (4<sup>th</sup>) Thursday of each month, with the exception of November, when the meeting is held on the third (3<sup>rd</sup>) Thursday of the month. No meeting is held in December, due to the holiday season. Meetings are held at the Elks Lodge located at 9240 Survey Road in Elk Grove. Each meeting is preceded by dinner at 6:00 pm (cost is \$5.00 each) unless otherwise noted on our post website, followed promptly by the meeting at 7:00 pm.

### The Basics

1. No one shall be admitted during the opening, initiation or closing ceremonies of a meeting.
2. Comrades shall be careful to never pass between the flags and the station of the commander.
3. The commander shall seat those present with one rap of the gavel, and the sergeant-at-arms shall close the door of the meeting hall.
4. The commander shall then give three raps of the gavel, and all who are present shall stand at attention.
5. A member entering the meeting hall after the meeting has begun shall advance to the center of the room, salute the colors and be seated.
6. Any member desiring to be excused from the meeting hall while the meeting is in progress – except during a prayer, the obligation or period of silence – shall advance to the center of the room, salute the colors and leave.
7. In addressing an officer of the American Legion, preface the title with the word “comrade.”
8. During a meeting, if you wish to make a motion, speak on an item in question, or for any other reason, raise your hand, address the Commander and stand up when acknowledged.

## **Services Offered**

The American Legion is the nation's largest veterans' wartime service organization. The services provided include help with VA claims, assistance in finding employment, support for current members of the military and financial advice.

### ***Service Officers***

Accredited American Legion service officers are specially trained to provide expert assistance, free of charge, to veterans and their families. While the majority of a service officer's work involves application for VA disability benefits, these compassionate professionals also provide information, referrals and resources on education, employment and business, death benefits and other important topics.

### ***Family Support Network***

The Family Support Network connects families of service members who are activated, deployed or away from home on extended orders, with posts in their local communities where they can get assistance with everything from lawn mowing and home repairs to child care or financial help.

### ***Veterans Support***

The American Legion is a staunch advocate and facilitator of veterans' benefits, always ensuring that veterans can properly use and access the benefits they earned with their service. We strive to coordinate the program(s) of employment of veterans through various venues within our community. The American Legion sponsors several veterans hiring fairs each year, and our employment experts also provide tips to writing resumes, networking and making a strong impression in the interview process. Through our community network, the American Legion assists with locating housing for our fellow veterans in need.

## Events

### Ceremonies

- POW/MIA Remembrance (September)
- Elk Grove Cemetery (Memorial Day)
- Flag Retirement
- Awards
- Funerals/Memorial Services
- Wreaths Across America (December)

### Social Events

- Monthly Post Breakfast or Luncheon
- American River and Cosumnes River College Veterans BBQ
- Bus Trips
- Bingo

### Fundraisers

- Annual Fundraiser Dinner (March or April)

### Festivals

- Western Festival (May)
- Multicultural Festival (August)
- Giant Pumpkin Festival (October)

### Parades

- 4th of July
- Elk Grove Veterans Day (November)

### Resource Fairs

- Home Town Heroes BBQ (May)
- Sacramento Stand Down at McClellan (August)
- Honor a Hero, Hire a Vet Job Fair
- Women Veteran's Resource Fair

In addition, the Post color guard participates in events at the request of the community (e.g., flag retirement ceremonies, award ceremonies and funeral/memorial services).

## **U.S. Department of Veterans Affairs Website Resources**

- Benefits  
<http://benefits.va.gov/benefits/>
- Burial Benefits  
[www.cem.va.gov](http://www.cem.va.gov)
- CHAMPVA  
(Civilian Health and Medical Program of the Department of VA)  
[www.va.gov/purchasedcare/programs/dependents/champva/index.asp](http://www.va.gov/purchasedcare/programs/dependents/champva/index.asp)
- Compensation  
[www.benefits.va.gov/compensation](http://www.benefits.va.gov/compensation)
- Dependent or Survivor  
[www.va.gov/opa/persona/dependent\\_survivor.asp](http://www.va.gov/opa/persona/dependent_survivor.asp)
- Education and Training  
[www.benefits.va.gov/gibill/](http://www.benefits.va.gov/gibill/)
- Health Benefits  
[www.va.gov/healthbenefits](http://www.va.gov/healthbenefits)
- Home Loans  
[www.benefits.va.gov/homeloans](http://www.benefits.va.gov/homeloans)
- Life Insurance  
<http://benefits.va.gov/insurance>
- Pharmacy Benefits Management Services  
[www.pbm.va.gov](http://www.pbm.va.gov)
- Vocational Rehabilitation and Employment (VR&E)  
[www.benefits.va.gov/vocrehab/index.asp](http://www.benefits.va.gov/vocrehab/index.asp)

## **Other Website Resources**

- California Department of Veterans Affairs  
[www.calvet.ca.gov](http://www.calvet.ca.gov)
- Discharge Review Boards  
[www.military.com/benefits/records-and-forms/discharge-review.html](http://www.military.com/benefits/records-and-forms/discharge-review.html)
- U.S. National Archives at St. Louis - Military Personnel Records  
[www.archives.gov/st-louis/military-personnel](http://www.archives.gov/st-louis/military-personnel)
- U.S. National Archives - Veterans Service Records/Military Service Records  
[www.archives.gov/veterans/military-service-records](http://www.archives.gov/veterans/military-service-records)
- County of Sacramento, Veterans Claim Representative - Richard Kelley  
Phone: (916) 874-6729  
Email: [KelleyR@saccounty.net](mailto:KelleyR@saccounty.net)