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Editor - Javier Collazo

The American Legion



Alvin Myo Dunn American Legion Post 365 Vista, CA

“Where Veterans & Their Families Meet”

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Snowy Morning @ Arlington National Cemetery: Remember Wreaths Across America is Saturday Dec 16th, 2017 @ 9AM at both Miramar National and Fort Rosecrans National Cemetery.



FROM THE EDITOR:

To all our readers, wishing you all had your fills of a blessed Thanksgiving meal. As we recover from our over indulgence of turkey, ham and everything else on the table, I hope you enjoy this quote I found scavenging the internet, it speaks volumes:

"Family isn't always about the people in your life who are blood relations. It's about the people in your life who want you to be in theirs. It's about the people in your life who accept you for who you are, support you in the things you choose to do and no matter what, are there for you. It's the people in your life who love you, respect you and who you can depend on. Now that's family!" -Anonymous

Merry Christmas and Happy New Year to all.
Semper Fi. –Javier Collazo, Editor

FROM THE VFW POST 7041

Our next big event for the Veterans of Foreign Wars, Post 7041 and the Military Order of the Cootie, Pup Tent #40 will be our Annual Donations to our three charities. We will be giving \$2,000.00 each to the VA Hospital in La Jolla, the Veterans Home in Chula Vista and the Semper Fi Fund on Camp Pendleton. This money was raised by our Special Meals and the Cootie Golf Tournament.

Do not forget to come to the Legion and enjoy good food every week, brought to you by your VFW volunteers. We serve the best wings in Vista on Thursday, awesome dinners on Friday and the most delicious breakfast on Sunday. Check the online calendar for times and menu items.

Did you know that many Legion members are also eligible to join the VFW? Many of our members are also members of Post 365. Bring in your DD214 and we can let you know if you are eligible for membership. Remember "it is cool to be dual".

FROM THE HISTORIAN:

Merry Christmas (Giáng sinh vui vẻ)

The best Christmas meal I ever had (in a combat zone) was in 1968. I was stationed at the Marine Supply Base at Red Beach in Vietnam. The messhall at Red Beach had an abundance of fresh steak and wanted to have something special for the troops on Christmas. The mess hall at the Air Force base in DaNang had an abundance of lobster tails and wanted something special for the troops on Christmas. I think you can see where this is going...

The two messhall chiefs got together and made a trade. On Christmas Day all the Marines (and flyboys) had Steak & Lobster for dinner. There was so much lobster that the mess line servers were throwing them on our metal trays like they were french fries. It was a fantastic meal. As I look back to that day, I think of my friend, Tom Morton, who was somewhere out there in the bush, kneeling down in a muddy trail, drinking water from the hoof print of a water buffalo and eating a tin of John Wayne crackers and some ham and mothers. That is the difference between the "30" and the "03" MOS's. Merry Christmas, everyone. Ray Johnson Post Historian

FROM THE LEGION AUXILIARY UNIT 365:

Thank you all for your continued support of our Monday night dinners and events.

At our past general meeting on November 18th our district president Moe Giacalone paid us a visit and shared District 22 information.

On **December 9th** it is our turn to host bingo at the La Jolla Veterans home. We will be serving spaghetti and salad to the patients as well as helping them with their bingo cards. All the support we can get this day is much appreciated. We will be leaving the post at around 11am and returning at around 4:30pm. If you are able to help this day, please RSVP to me at 760-696-1589.

Also, New Year's is right around the corner and the Auxiliary is hosting the Rocking the 80's party this year. Again, if you are able to help it would be greatly appreciated. Volunteers are always needed. We will be serving hors d'oeuvres, Champaign, and enjoying a DJ. The party will begin at around 6pm.

We are in need of raffle basket donations for New Year's Eve. If you are able to donate a basket, please bring in the week of December 25th and place under the shuffle board table. All proceeds from New Year's Eve will go to Girls State.

We hope to see you all there.
Colleen Collazo, President

FROM THE LEGION RIDERS:

On November 17, 2017, your Legion Riders prepared over 100 boxes for meals for our annual Hearts to Feed a 100 project where we feed the active duty family from Camp Pendleton and MCAS Miramar. Those boxes were distributed on Saturday November 18th. The contents of the boxes included dry good for a family of 4, an average 14lbs turkey, ham, and a frozen pie.



On December 16, 2017, your Legion Riders are planning a bus trip and are calling it “The 12 Post of Christmas” Post Crawl. We are hiring a 32 passenger bus and are hitting as many post in the 22nd District as possible until we hit 12 post. Legion Riders will have priority on spacing but is opening spots to any member who is interested until the bus is full. For more information on this event ASK A LEGION RIDER or email our President Joe @ joseph.a.kuntz@gmail.com

+ + + + + **TID BITS** + + + + +

Looking For Something?

Can't find out the time or the date of a future event? There are several places to look. The best place to go is to the Post 365 website (<http://alpost365.org/calendar/>). This is the official calendar and is updated several times a week. We also send out 2 or 3 emails a week that contain the weekly menus and other events that are of interest. If you open your email folder you will find a wealth of information; if you don't check your email regularly you shouldn't complain about not getting 'the word'. For those without internet access there is a monthly Events Calendar printout available in the Club room (we ask that if you have internet access do not take copies as they are expensive to print and are limited in supply). If you do not have internet capability, you can also check out the Club room monitor – it is also updated frequently. Another place is the Bulletin Board (low tech). There are also several table top 4"x6" plastic stands with many of the coming events displayed on them. So, after all this, if you still can't find what you are

looking for, blame it on GIGO, ineptness, apathy, or a combination thereof.

Raymond K. Johnson (Calendar OIC)

VA INFORMATION: [2017 Report on System Worth Saving](#)

Background and History

Over the past three years, The Department of Veterans Affairs has been under intense scrutiny by the media, the U.S. Congress, VA Office of Inspector General (VAOIG), and

our nation's veterans due to the outpatient wait time scandal and poor management oversight. Many have insisted on reforming the VA health-care system, while some have recommended privatizing the system. In 2016, The American Legion approved Resolution No. 372, Oppose Closing or Privatization of Department of Veterans Affairs Health Care System at its 98th National Convention in Cincinnati.

The American Legion remains true to one of its original purposes stated in the original chartering documentation, “to consecrate the efforts of its members to mutual helpfulness and service to the country.” In 1919, an act of Congress created The American Legion as a patriotic veteran's organization devoted to mutual benefit. Since then, The American Legion continuously remains committed to mutual helpfulness by ensuring that the VA health-care system continues intact and properly funded to achieve President Abraham Lincoln's charge:

“To care for him who shall have borne the battle and for his widow, and his orphan.”

PROTECT YOURSELF. Many of us may have been impacted by one or more major breaches of Personally Identifiable Information (PII) in recent years, whether it was a government breach or a commercial breach such as the recent Yahoo! breach affecting over 1 billion. Whether you were personally impacted or not, it is imperative that you put safeguards in place to protect your personal information from being compromised. Here are several proactive steps you can take to protect yourself:

- Monitor your accounts for suspicious activity,
- Check your credit reports. You can check your credit report at each credit bureau-- Equifax, Experian, and TransUnion--for free once a

year. The only government authorized website for free credit reports is AnnualCreditReport.com,

- Create unique user names and vary your passwords across accounts; using strong passwords,
- Place a fraud alert on your credit report by calling one of the three national credit bureaus; the credit bureau you call must tell the other two. The fraud alert requires a business to verify your identity before it issues credit; fraud alerts are free. There are three types:
 - An initial fraud alert is for the individual that is concerned about identity theft but has not yet become a victim. It lasts for 90 days,
 - An extended fraud alert is for the individual who is an actual victim of identity theft and lasts for seven years, and
 - Active duty military fraud alerts are for those that want to protect their credit while deployed. These last for one year.
- Place a credit freeze on your credit report. This prevents anyone, including you, from accessing your credit reports to open new accounts. You must contact each of the three credit bureaus. There may be a fee each time you freeze and unfreeze your reports,
- Identity Theft Protection (i.e., credit monitoring). Identity theft protection services

track activity on your credit reports. If you spot an activity that might be the result of identity theft or a mistake, you can take steps to resolve the problem before it grows. Usually, an identity theft protection service will alert you when:

- A company checks your credit history,
- A new loan or credit card account is opened in your name,
- A creditor or debt collector says your payment is late,
- Public records show that you've filed for bankruptcy,
- There is a legal judgment against you,
- Your credit limits change, and
- Your personal information, e.g., your name, address, or phone number, changes.

Note: Identity theft protection does not protect you against other types of identity fraud resulting from the compromise of medical insurance, employment, tax, and driver's license information.

These are just a few of the ways you can take an active role in protecting yourself before and after a major breach of your PII. More detailed information can be found on the Federal Trade Commission website at <https://www.consumer.ftc.gov/topics/privacy-identity-online-security>. Select "Identity Theft" or search on your topic of interest.

<https://www.identityforce.com/blog/2017-data-breaches> has a list of all breaches thus far in 2017 and is constantly being updated.

A combination of file photos shows some of the hundreds of U.S. veterans of the Vietnam War who suffered from cholangiocarcinoma, a rare bile duct cancer believed to be linked to liver fluke parasites.

PARASITE FROM VIETNAM MAY BE KILLING VETERANS

HERALD, W.Va.

A half-century after serving in Vietnam, hundreds of veterans have a new reason to believe they may be dying from a silent bullet — test results show some men may have been infected by a slow-killing parasite while fighting in the jungles of Southeast Asia.

The Department of Veterans Affairs this spring commissioned a small pilot study to look into the link between liver flukes ingested through

raw or undercooked fish and a rare bile duct cancer. It can take decades for symptoms to appear. By then, patients are often in tremendous pain, with just a few months to live.

Of the 50 blood samples submitted, more than 20 percent came back positive or borderline positive for liver fluke antibodies, said Sung-Tae Hong, the tropical medicine specialist who carried out the tests at Seoul National University in South Korea.

"It was surprising," he

said, stressing the preliminary results could include false positives and that the research is ongoing.

Northport VA Medical Center spokesman Christopher Goodman confirmed the New York facility collected the samples and sent them to the lab. He would not comment on the findings, but said everyone who tested positive was notified.

Gerry Wiggins, who served in Vietnam from 1968 to 1969, has already lost friends to the

disease. He was among those who got the call.

The 69-year-old didn't have any symptoms when he agreed to take part in the study, but hoped his participation could help save lives. He immediately scheduled further tests, discovering he had two cysts on his bile duct, which had the potential to develop into the cancer, known as cholangiocarcinoma. They have since been removed and — for now — he's doing well.

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