



UP TO DATE - WITH 308

COMMANDER - JOHN MIKA

1ST VICE CDR. - RALPH ROSAS

JR PAST CDR. - CHUCK BENGSON

ADJUTANT - LARRY BOWMAN

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October 2008



Commanders Corner

When I sat down to compose this month's article, it seemed appropriate to write about the economy. My focus is not how to make money, but more how not to lose money. In these wild financial times, not losing is the new gain! Here are three great examples. Not every one will help every family, but consider your financial situation carefully, get professional advice if necessary, and see if any of these strategies will work for you.

Pay Off Credit Card Debt

If you're one of those paradoxical people who has liquid investments but also

credit card debt, you are facing a great opportunity. When the financial markets are rosy, it's way too tempting for folks to try to make money in stocks or mutual funds even though they are simultaneously saddled with credit card debt. Now that the markets are sort of scary for average investors, perhaps I can press my point about the benefits of paying off credit card debt instead.

I know, I know, you feel it's important to save for emergencies. Trust me, credit card debt is an emergency. Think of it this way -- if your savings account (or money market or whatever) yields 3 percent interest and your credit card charges 19 percent interest, you can instantly "make" a 16 percent "profit" by using your savings to pay off your credit card debt. That would be an impressive gain in any market! Then, instead of pulling out your credit card to make impulse buys, you could fall back on it in emergencies -- a much sounder use.

Consider Prepaying Your Mortgage

If you can pay off your mortgage in less than the 15, 20 or 30 years you are allowed, you will save thousands of dollars in interest. Once again, the crude analogy: if your mortgage interest rate is 6 percent, you make a 6 percent "gain" on whatever amount you can pay off early. (You actually make a bit less as the amount of mortgage interest you can write off on your taxes goes down.) Do make sure there is no penalty for early repayment. Just proceed with caution because this strategy is not for everyone and not for all your cash. After all, when you sink money into your home, it is no longer liquid. Normally you can get a home equity line of credit to tap your home's value, but in this financial climate that is not as easy to do. So consult an unbiased financial professional about your indi-

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Official Notice

Post Bylaws, Article XIII - Limitation and Liabilities: Section 3. A proposal to sell, borrow, use as collateral, enter into debt or similarly encumber the property of the Post as outlined in Article XIII, Section 2, shall be; submitted in writing to the Adjutant and read into the record at the next regular general meeting of the Post. The proposal(s) shall be transferred after submittal and reading to the Executive Committee. The Executive Committee shall act as provided in these bylaws to hold hearings on the proposal; the hearing shall be conducted in accordance with the provisions and instructions in these bylaws.

Post Bylaws, ARTICLE IX - Meetings: Section 9. Specific items if directed by the bylaws shall be taken to open hearing automatically before any action by any officer or group of officers or committee or board is executed.

Post Bylaws, ARTICLE IX - Meetings: Section 10. All hearings are held under the authority of the Executive Committee, the Commander shall have responsibility for insuring that these hearings are held in an open

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**Wednesday, Nov. 12 to
Sunday, Nov. 16, 2008
"The Great Southern Cali-
fornia ShakeOut"**

Participate in the Great Southern California ShakeOut!

On November 13, up to 21 million people across Southern California will participate in the biggest earthquake drill in U.S. history.

We need to be better prepared for major earthquakes, and this huge earthquake drill will provide extremely valuable experience and training to help us prepare.

Register for the ShakeOut Drill by calling the Post at 344-3800. We will be having our own drills.

The drill is part of a week of earthquake preparedness activities, with workshops, lectures, and demonstrations, including the L.A. International Earthquake Conference hosted by the City of L.A.

Two patients limp into two different medical clinics with the same complaint. Both have trouble walking and appear to require a hip replacement.

The FIRST patient is examined within the hour, is x-rayed the same day and has a time booked for surgery the following week.

The SECOND sees his family doctor after waiting 3 weeks for an appointment, then waits 8 weeks to see a specialist, then gets an x-ray, which isn't reviewed for another week and finally has his surgery scheduled for a month from then. Why the different treatment for the two patients?

The FIRST is a Golden Retriever. The SECOND is a Senior Citizen.

Next time take me to a vet!

Commanders Corner (Continued from page 1)

vidual situation to see if this is a good idea for you.

If you decide to move forward, there are a couple different ways to set up your own early prepayment system. One way is to simply send extra money each month when you pay your mortgage. Most mortgage companies provide a blank line for you to write-in the extra amount you are sending. Just be sure to note that your extra money is to go toward principal. Paying extra toward your principal reduces how much interest you owe in the long run. This method is flexible, so if you're pinched for cash one month, you can send less. If you're flush another month, send more.

If you need a more structured approach, consider this: most of us pay our mortgage bills once a month. But most of us get paid every two weeks. If you set aside half your mortgage money every pay period, you will end up with an extra month's payment by the end of the year. Send that money in to pay down your principal and over the years you'll get way ahead on your mortgage.

Contribute Enough to Get Your Company 401k Match

Here's a statistic that makes me want to scream: 20 percent of people don't bother to contribute money to their 401k retirement plan, according to the 401k Council of America. If you're one of them, you're losing out. You're losing the chance to set aside money tax-free for the future. (I know, that's a little esoteric because you don't actually see the money.) You're also losing out on the "free money" of a company 401k match. If your employer offered you a raise for doing the exact same job you do now, would you turn it down? No way. But that's what it's like when people fail to contribute enough to get the maximum company match. The most common match is 50 cents of every dollar you contribute up to 6 percent of your salary. Not all companies offer a match, so if yours is generous enough to do so, I say greedily grab every cent!

True, the stock market is sort of convulsing right now, but if you are young and years from retirement, there is no bad time to start investing for your fu-

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**Post Officers
2008-2009**

Commander - John Mika
1st Vice - Ralph Rosas
2nd Vice - Ed Simmons
3rd Vice - Cecil Montes
Adjutant - Larry Bowman
Finance Officer - Joe Gattuso
Service Officer - Louise Towner
Chaplain - Patrick Jones
Historian - Larry Bowman
Sgt. at Arms - Val DeBolt
Judge Advocate - Ken Schultz
Asst. Adjutant - Don Urquidez
Asst. Sgt. at Arms - Felipe Lopez
Asst. Sgt. at Arms - Ed McCune
Asst. Sgt. at Arms - Peter Schuster
Editor - Larry Bowman
Jr. Past Commander - Chuck Bengson

Executive Committeemen

Floyd Standke
Peter Schuster
Don Urquidez

House Committee

Cecil Montes
Charles Bengson
Larry Bowman
Floyd Standke
Ed Simmons
Peter Schuster

Delegates

Charles Bengson
Larry Bowman
Floyd Standke
John Mika
Ed Simmons
Ralph Rosas
Cecil Montes
Ed McCune

Alternate Delegates

Joseph Gattuso
Val DeBolt
Leo Nonn
Michael Roberts
Louise Towner
Felipe Lopez
Peter Schuster
Charles Terry

Official Notice (Continued from page 1)
and fair manner and that no member in good standing has his or her access limited or restricted.

Post Bylaws, ARTICLE IX – Meetings: Section 11. The hearing board shall not be a permanent board but is newly constituted for each hearing assignment, made up of five members as follows; a hearing committee chairman and 4 other Post members. The chairman shall be a member of the executive board. The Executive Board in open balloting shall elect the chairman. The four additional Post members of the hearing board shall be elected at a general membership meeting from among the members present and voting. The following members shall not be elected to any hearing board; the Commander, Finance Officer, Adjutant, other corporate officers or agent, the House Committee chairman, or any member of the Finance Committee. The Adjutant shall attend all meetings of the hearing board, keep the official minutes of meetings and make, archive and distribute such for the record.

Post Bylaws, ARTICLE IX – Meetings: Section 12. Hearings will be held at the Post. The Adjutant shall give notice of time and date of all hearing in accordance with instructions for notices detailed in these bylaws. A copy of the minutes of the hearings and list of speakers shall be generated and made a part of the record. At the close of the hearings the hearing board shall submit a report of such to the Executive Committee for inclusion in the official record.



New National Commander

Dave Rehbein of Ames, Iowa, was elected National Commander of the 2.7 million-member American Legion on Aug. 28, 2008 in Phoenix during the 90th National Convention of the nation's largest veterans organization.

A U.S. Army veteran of the Vietnam era, Rehbein served as an infantryman with the 4th and 1st Armored Divisions in Germany from 1970 to 1971. After leaving the Army, he attended Wayne State College and Iowa State University, graduating with a bachelor's degree in physics and a master's degree in metallurgy. Following graduation, he accepted a position as research metallurgist at the Ames Laboratory, U.S. Department of Energy, where he remained until his retirement in July 2008.

Nat. Cmdr. Rehbein is a member of Ames Post #37 where he served as commander and adjutant as well as 12 years as finance officer and 16 years as newsletter editor. He has been district commander and state vice-commander and represented Iowa on The American Legion's National Executive Committee. He served on many department committees, including Membership,

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Commander Corner (Continued from page 2)
ture. Many stocks are at new lows, so perhaps your timing will be good as they climb up once again. (One tip: many employers make their match with shares of their own company stock. If that is the case, you'll want to put the rest of your 401k money in other investments to diversify.) And now, to come full circle, one last nugget of info for you. If you're still market-shy, most 401ks give you the option to put your money into a "GIC" or Guaranteed Investment Contract, which is basically a safe 401k savings account.

Election Day

Don't forget, November 4th is Election Day (Editors Note: and also a key officer's birthday), and this election promises to be one of the most important. We get to elect a new Administration, all members of the House of Representatives, and 1/3 of the Senate. There are a number of State and local initiatives to vote on also. Be sure to go to your polling place to vote, or get an application for a vote-by-mail ballot, fill it out and send it in to the registrar's office by October 28th. When you receive your official ballot, fill it out and send it in. As a Veteran, this is a right that you fought for, so use it wisely to express yourself, and vote for the candidate of your choice. Stand up for Liberty, and be sure to exercise your right to vote.

Post General Membership Meeting

Don't forget, the next Post General Membership Meeting is scheduled for Tuesday, October 7th, at 8:00 PM.

Till the next newsletter.

John J. Mika III,
Commander

**9/11/2001
Never
Forget**

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Oratorical, Strategic Planning and Junior Shooting Sports. During his term as department membership chairman, Iowa achieved target membership three times in 1991, 1992, and 1993. He was appointed by Iowa Governor Tom Vilsack to a position on the Iowa Commission on Veterans Affairs.

Rehbein served on the National Americanism Commission 1989-99, with service as an instructor on the National Information Conference staff, conducting the judge's briefing for the National Oratorical Contests and as Match Director of the Junior Shooting Sports national finals. He has served as chairman of the National Foreign Relations Commission, Veterans Affairs and Rehabilitation Commission and the Legislative commission.

Cmdr. Rehbein resides in Ames with his wife, Ann. His son Chris, daughter-in-law Beth, and daughter, Jennifer, are all active members of The American Legion family. Ann is a past department president of Iowa; Chris is a past squadron commander and Jennifer is the current Unit President and holds dual membership in The American Legion and The American Legion Auxiliary. The commander and his wife have two grandchildren, Greyson and Devin.

20th District meeting.

When: Mon. 06-Oct
6:30PM - Exec. Cmte
7:30PM - General meeting

Where: Panorama City
Post 817

Who: All Post Delegates



"Pride and Purpose" Pin and American Legion Lapel Pin

During the 2008-2009 membership year, National Commander Dave Rehbein will award his National Commander pin to any Legion family member who signs up at least five new members or renew/reinstate five current members into The American Legion. Any Legion family member who accomplishes both tasks will also receive an American Legion lapel pin.

A "New Member" is defined as any eligible person joining for the 2009 membership year who was not a member of The American Legion during the 2008 membership year.

National Commander Rehbein's goal is to recognize those in the Legion family who actively recruit new members into the world's largest veterans' service organization and/or who personally contact members to renew for the 2009 membership year. To maintain the integrity of the National Commander's Pin and American Legion Lapel Pin incentive program, only one of each will be awarded per individual.

The certification form for this program may be submitted at any time after August 28, 2008. Upon receipt, national membership staff will confirm the names and mail the pin and/or lapel pin within three weeks. National Commander Dave Rehbein's "Pride and Purpose" pin and American Legion lapel pin incentive will end on June 30, 2009 - or when supplies are exhausted.

"And you shall know the truth, and the truth shall set you free"

Adjutant Report

Greetings Comrades,

My comments this month may be short or long, I haven't decided yet as I'm just starting to type. Please remember, if you have something to insert in the newsletter, it should be delivered to the post no later than ONE WEEK before the newsletter gets mailed, not the day after it should be mailed.

As I write this, our Past Commander (twice) and Past Adjutant (20 some years), and my good friend Charles "Chuck" Bengson is recuperating from surgery on his legs, and might be home around the 7th of October. I'm sure he would like your cards and letters while on the road to recovery. You can mail them to the Post, or call the Post for further info. Please wish him well!

TANGO – for those of you who think Swing dancing is to fast, we now have Tango each Thursday night from 7pm to midnight. Stop by the Post and learn this elegant dance. Roses provided!

We still need assistance in doing some maintenance around the hall, although a large number of items that were broke are now fixed. Still having problems with our toilets, as they need seals and replacements; some minor electrical work still remains, but a large portion of our major electric problems have been fixed. AC has been repaired and seems to be holding up during the hot weather, also the sprinkler system has been fixed and driveway patches completed. This month we will be installing some roof exhaust fans to further cool the building and take a load of the AC. We have some interior doors that don't close

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NJROTC REPORT

July was the beginning of summer, also the beginning of summer school for the cadets. Cadets enrolled in NJROTC Summer School had a lot of fun learning and going on field trips. In summer school cadets are able to learn about being dedicated and how to show their leadership skills.

On many of our field trips over the summer the cadets were privileged by going to places and doing events many will never get the chance to see. The cadets learned how to sail at Naval Amphibious Base Coronado. On one of our trips cadets were able to navigate and drive simulated ships in San Diego . In addition cadets are able to train with CB's and learn how to repel along with gas chamber training as well as shooting M16's on the fire arm training simulator (FATS).

Over the summer cadets were able to experience how to fight fires at Naval Air Station Lemoore's Fighter Fighting School , and save a ship from sinking in the Damage Control Trainer at San Diego . Now we are starting to prepare for our first drill meet at UCLA.

Don Urquidez



Post member Donald Urquidez with Cadet Austin at Sail Academy over the summer.



Cadets at the Damage Control Trainer San Diego. Notice the shoring.



Cadets learning the "ropes" and general seamanship at Naval Amphibious Base (NAB) Coronado

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properly (warped) and could use the help of a carpenter. Once again, I would like to give a tip of the hat to Ed Simmons who faithfully mows the lawn each week – thanks Ed.

I would also like to thank John Kehoe for his donation of flag poles to the VA golf course, John can't attend a large number of our meetings, but he sure does unexpected nice things.

John Simko donated a number of items that some of you might need (I hope not), but if you do, there is a large selection of canes, crutches, walkers, porta potties, shoes and other health related items that he brought over and are available.

FREE BEER – Peter Schuster's held a reception for his daughter after her wedding on September 20, and they didn't drink all of the fantastic German beer that they purchased for the party. Since we have no scheduled weekend events this month, all that beer is FREE. You can drink it on meeting nights (1st and 3rd Tuesday's – Post opens at 6:30 pm), and Wednesday nights after 6pm (our Swing Dance), and Thursday nights after 6pm (our new Tango nights), or on Saturday's between 9am and 4pm.

Hopefully sometime this month or next the Commander will be announcing his selections for committee chairpersons. I urge all of you to get involved in a couple of the committees, either as the chair or committee member. Remember we have a large number of important events coming up, and we need people to run them (Birthday party, Veterans Day, Oratorical Contest, Boy's State, Girl's State, Hearing Committee, Yard sale committee, Christmas Party, St. Patrick's party, Ham Radio Committee, Emergency and Disaster Committee (that earthquake is coming – we and you should get prepared).

Hearing Committee – At the next Post meeting an election will occur of four Post members who will hear testimony for and against a proposal regarding the status of the building. I STRONGLY URGE all members to attend (even if you have a gripe with an existing officer or bad blood, don't let that keep you away). Please read the official notice on the first page. This proposal is a big undertaking for us and we need ALL members input. Your voice counts – make it count!

I know it's a month and a week away, but anyone who would like to ride in the Veterans Day parade should contact the post. We have a commitment from John Meseure (Mercedes convertible) and our good friend George Moore with his beautiful fire truck to participate.

My pick to win the Baseball World Series is.....BLUE (the Los Angeles Dodgers).

In closing, I must remind you that DUES are due. Please attend our meetings on the first and third Tuesday of each month and remember to VOTE. Oh – did I mention that we have FREE BEER?

Larry Bowman

Military and Veteran News

Gold Star Plates

Governor Arnold Schwarzenegger office announced he has signed SB 1455 by Senator Dave Cogdill (R-Modesto), authorizing the creation of the California Gold Star Family License Plate. The legislation paves the way for families who have lost loved ones in current and prior wars to obtain license plates honoring the sacrifices their families have endured.

The Department of Veterans Affairs and the Department of Motor Vehicles will fund the start up costs of the Gold Star Family License Plates using private donations, allowing the state to honor Gold Star Families without placing any burden on California taxpayers. Also, as a token of the state's appreciation for their sacrifice, the bill provides a special waiver of fees for Gold Star Families.

SB 1455 authorizes the creation of the Gold Star Family License Plate and authorizes a family member of a member of the U.S. Armed Forces killed on active duty to apply for the plate containing a gold star and the words "Gold Star Family."

Congress passes comprehensive bills for veterans benefits

Last month, Congress passed two comprehensive veterans bills: S. 2162, the Veterans Mental Health and Other Care Improvements Act of 2008, and S. 3023, the Veterans Benefits Improvement Act of 2008. Collectively, the legislation encompasses more than a hundred provisions to improve VA health care and benefits.

The Veterans Benefits Improvement Act contains six titles and 34 provisions designed to enhance compensation, housing, labor and education, and insurance benefits for veterans. These improvements include provisions on:

Claims Assistance: Simplification of letters to veterans claiming disabilities, to provide meaningful notice of the information and evidence needed to substantiate a claim.

Veterans Housing: Enhancement of home-loan refinancing options, an extended increase in the maximum loan guaranty amount, and an ex-

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tension of the soon-to-expire authority for VA-guaranteed adjustable-rate mortgages.

Employment Rights: Updating of veterans' rights to return to work, federal agency assistance in that effort, and more timely Department of Labor investigations of potential violations of veterans employment rights.

Provisions of S. 2162 include:

- Expanding treatment for substance-abuse use disorders and mental-health care;
- Providing mental-health care, including counseling, for families, of veterans;
- Providing reimbursement for a veteran for the costs of emergency treatment received in a non-VA facility;
- Mandating VA to centralize third-party billing functions at consolidated centers;
- Expanding health-care benefits provided to the children of Vietnam and Korean war veterans born with spina bifida; and,
- Providing support services for very low-income veteran families residing in permanent housing.

Congress passes military construction, VA funding bill

The U.S. House of Representatives passed the Military Construction Authorization Act for fiscal 2009 (S. 3001), previously passed by the Senate on Sept. 17. The 2009 funding builds on the historic increases for veterans passed into law last year – the largest funding increase in the 77-year history of the VA – and the new GI Bill passed into law

A cowboy named Bud was overseeing his herd in a remote mountainous pasture in California when suddenly a brand-new BMW advanced out of a dust cloud towards him.

The driver, a young man in a Brioni suit, Gucci shoes, RayBan sunglasses and YSL tie, leans out the window and asks the cowboy, 'If I tell you exactly how many cows and calves you have in your herd, will you give me a calf?'

Bud looks at the man, obviously a yuppie, then looks at his peacefully grazing herd and calmly answers; 'Sure, Why not?'

The yuppie parks his car, whips out his Dell notebook computer, connects it to his Cingular RAZR V3 cell phone, and surfs to a NASA page on the Internet, where he calls up a GPS satellite to get an exact fix on his location which he then feeds to another NASA satellite that scans the area in an ultra-high-resolution photo.

The young man then opens the digital photo in Adobe Photoshop and exports it to an image processing facility in Hamburg , Germany .

Within mere seconds, he receives an email on his Palm Pilot that the image has been processed and the data is stored. He then accesses a MS-SQL database through an ODBC connected Excel spreadsheet with email on his

earlier this year. The House bill passed 392-39 and the Senate vote was 88-8.

“This bill is about maintaining a strong national defense, improving military readiness, and respecting with word and deeds those veterans who defend us and our freedom,” said Rep. Chet Edwards, D-Texas, chairman of the House Appropriations Subcommittee on Military Construction and Veterans Affairs.

Overall, the bill totals \$118.9 billion and provides \$72.9 billion in discretionary spending, \$47.6 billion for VA, \$25 billion for Military Construction, Family Housing and BRAC, and \$207.29 million for

Blackberry and, after a few minutes, receives a response.

Finally, he prints out a full-color, 150-page report on his hi-tech, miniaturized HP LaserJet printer and finally turns to the cowboy and says, 'You have exactly 1,586 cows and calves.'

'That's right. Well, I guess you can take one of my calves,' says Bud.

He watches the young man select one of the animals and looks on amused as the young man stuffs it into the trunk of his car.

Then Bud says to the young man, 'Hey, if I can tell you exactly what your business is, will you give me back my calf?'

The young man thinks about it for a second and then says, 'Okay, why not?'

'You're a Congressman for the U.S. Government', says Bud.

'Wow! That's correct,' says the yuppie, 'but how did you guess that?'

'No guessing required.', answered the cowboy. 'You showed up here even though nobody called you; you want to get paid for an answer I already knew, to a question I never asked. You tried to show me how much smarter than me you are; and you don't know a thing about cows...this is a herd of sheep. . . .Now give me back my dog.'

related agencies. It is \$3.6 billion more than the president's request and \$9 billion more than the historic fiscal 2008 bill. Some notable provisions include:

Veterans Health Administration: \$41 billion for veterans medical care. VHA estimates it will treat more than 5.8 million patients in 2009, including more than 333,000 veterans of Iraq and Afghanistan (40,000 more than in 2008);

Medical services: \$30.97 billion to improve access to medical services for all veterans;

Mental-health care and substance

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abuse: Dedicates a minimum of \$3.8 billion to specialty mental-health services for veterans with mental illness and PTSD, and for suicide prevention;

Priority 8 Veterans: \$375 million to increase enrollment of Priority 8 (low- to middle-income) veterans by 10 percent;

Mileage Reimbursement: Raise the gas-mileage reimbursement rate from 28.5 cents to 41.5 cents per mile for veterans' traveling distances for care, and a freeze on the associated deductible;

Claims Processors: Increased funding to hire 2,000 additional claims processors to reduce the backlog of about 800,000 benefits claims and appeals, and to reduce the six-month time lag for processing new claims;

Rural Veterans: \$250 million to begin a rural health initiative to improve access to medical services for veterans living in rural areas;

Prosthetics: \$1.6 billion to provide veterans with appropriate prosthetic support and sensory aids, given recent advances in technology;

Homeless Veterans: \$130 million to provide additional case workers and medical services needed for our homeless veterans, including \$30 million to hire additional personnel for the HUD-Veterans Affairs Supportive Housing (HUD-VASH) Program;

2005 Base Realignment and Closure (BRAC) and re-stationing: \$8.8 billion to implement base closures and realignments, and support the re-stationing of 70,000 troops and their families from overseas to the United States.

Growing the force: \$5.5 billion in military construction and family housing, to support the administra-

tion's program to increase the size of the Army by 65,000, the Marine Corps by 27,000, and the Guard and reserves.

Military Housing: \$3.2 billion to further eliminate inadequate military housing.

Warrior Adventure Quest

Earlier this year, a Fort Rucker, Ala., Soldier died when he lost control of his new sport motorcycle in a curve, hit the culvert, was ejected off the bike, and slammed into a light pole. He was wearing a helmet, but had not attended the motorcycle safety course, and did not have a motorcycle endorsement on his license. Ten minutes prior to his accident, he had been pulled over by a local police officer for traveling 84 mph in a 55 mph zone.

While no one can definitively say why the Soldier refused to slow down even after being warned by law enforcement, Army officials believe this accident and hundreds of similar accidents have a common link: Soldiers returning to garrison life after extended combat deployments are having difficulty adjusting, and are seeking the adrenaline rush they've grown accustomed to in combat environments.

As of October 2007, 186 Soldiers had died in accidents within one year of returning from combat, 168 of them within the first six months after they returned. Sixty percent of the accident fatalities are sergeants or below. The overwhelming majority of the accidents involve high speed, alcohol or both. Now the Army is testing a new program designed to help these Soldiers adjust from the high-paced, high-adrenaline combat environment to garrison or "home" life.

Warrior Adventure Quest combines high-adventure outdoor recreation activities such as skydiving, paint-

ball, ropes courses, rock climbing, mountain biking, stock car racing, skiing, and others, with Battlemind training to help Soldiers re-adjust to a calmer paced lifestyle.

The high-adventure outdoor recreation activities are a hook to entice Soldiers to participate as well as a release mechanism to give them the adrenaline boost they're craving in a safe, controlled environment, officials said. Battlemind is an Army psychological resiliency-building program that helps Soldiers recognize and respond to fear during combat, then mitigate the cumulative effects of a sustained combat environment and become mentally prepared to reintegrate during the redeployment, post-deployment and reset portions of the deployment cycle. Planning is under way to bring the program to an additional 24 Army garrisons over the next year, and the long-term goal is to have every BCT participate in WAQ within 90 days of their redeployment from a combat environment.

Training and Doctrine Command officials said it costs the Army \$54,700 to train a basic combat arms Soldier, and as much as \$67,000 for other military occupational specialties, depending on the length of their advanced individual training.

Since there's no way to put a dollar value on a Soldier's life, determining a return on investment for this project is difficult. However, the average cost per person to participate in WAQ is only \$86 -- less than it costs to fill the fuel tank of a Humvee.

The Army plans to cycle nearly 80,000 Soldiers through WAQ over the next year, at a cost of just under \$7 million. If it cuts the fatality rate in half, it will have paid for itself, officials said, and if it saves just one Soldier's life, it will be worth the effort.

Granada Hills Veteran Memorial Park TRIBUTE WALK

This is an opportunity to create a lasting memorial, tribute to a friend, comrade, buddy or loved one, recognition of military service, and/or support of our community.

THE TRIBUTE WALK

The brick walk will lead to the impressive centerpiece statue to be located in the Granada Hills Veteran Memorial Park at the corner of Chatsworth Street and Zelzah Avenue.

Groundbreaking of the walk and statue will occur on Saturday November 8, 2008 commencing at 10:00

Bricks: 4" X 8" One, two or three lines Max 20 characters/spaces per line

Please contact the Post at 818-344-3800 to purchase your brick, additionally you can donate funds toward purchasing a brick or bricks honoring The American Legion Post 308.

RESEDA POST 308 UPCOMING EVENTS October—2008

Oct. 1 - Swing Dance
 Oct. 2 - Tango
 Oct. 3—NJROTC Family Night
 Oct. 6 - MNF
 Oct. 6—District Mtg.
 Oct. 7-Post Meeting
 Oct. 8 - Swing Dance
 Oct. 9 - Tango
 Oct. 13 -Monday night Football
 Oct. 15 - Swing Dance
 Oct 16—Tango
 Oct 20 MNF
 Oct 21—Exec. Meeting
 Oct 22—Swing dance
 Oct 23—Tango
 Oct. 27 -Monday night Football
 Oct 29—Swing
 Oct 30—Tango

AMERICAN LEGION POST #308

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