



COMMANDER'S CORNER

Have you heard the adage, "Contentment is not complacency"? This statement seems apropos in a Legion year-end, State-of-the-Post type reflection. In the past



Women Veterans Tea Participants

month, our Post has been involved in several rewarding activities and events: from hosting a Women Veterans Tea (our first), to celebrating the US Army's 248th Birthday with PRFTA (Camp Parks) soldiers and friends, celebrating student veteran graduations at our local Community Colleges, participating in CA Boys and Girls State (CBGS), The American Legion (TAL)

Department Convention, and the 100 Club of Contra Costa County Annual BBQ--we have been genuinely content to encourage veterans, first responders, and youth. Additionally, we are content to contribute to like-minded organizations who also honor and support veterans such as Hospice of East Bay veterans quilt project, Blue Star Moms, the Concord Vet Center, Community College Vet Programs, and Sentinels of Freedom. We are more than



Mary O'Donnell presents a Post donation to Helmets for Heroes (CA VA&R)

content with our banner year of fundraising, financial stewardship, recruiting, and teamwork. Content, yes, but complacent, no. Rather, we're still hugging the inside track to see through a steady rise in membership, broader outreach, and greater collaboration. Our mission and purpose is ever in mind. A warm welcome to our new members Barbara Lafargue, a Vietnam-era Air Force veteran, Mark Mason, Vietnam Army veteran, Thomas Silva, a Vietnam Air Force Veteran, and returning member Daniel Young, a Vietnam Army veteran. This month's Post Meeting is on Wednesday, 05 July at Noon, where we will heartily welcome back Mark Heinemann as our Post Commander. Bravo Zulu for his outstanding work as First Vice. Thank you to the Officers and Executive Committee leadership team for a fantastic TAL year! Have a great summer and see you around the VMBSRV! – Michelle Lee



Happy 248th Birthday US Army!



A spirited party rally at CBGS 2023



THE SALVO

JULY 2023

THE AMERICAN LEGION MT DIABLO POST 246

VETERANS STRENGTHENING AMERICA

MEETINGS

Always RSVP for regular meeting luncheon and dinner events by leaving a message at (925) 272-8480 or sending your email confirmation to commanderpost246@gmail.com 3 days in advance. Please bring cash for meeting meals.

New Schedule 2023:

General Meetings are first Wednesdays
-Odd Months from 12:00-2:00 p.m.
-Even Months from 6:00-7:30 p.m.
In the Second Floor Meeting Room, Veterans Memorial Building of San Ramon Valley (VMBSRV), except where noted (August - No Meeting; October 1st Sunday at 1:00 p.m.). EXCOM business meetings, 3rd Saturdays, 8:30 a.m. at VMBS except no meeting in July.

UPCOMING MEETINGS & EVENTS

****** Every Saturday 8:00 a.m. to noon, All-Vets Coffee at the VMBSRV, 400 Hartz Ave, Danville.**

04 July, Kiwanis 4th of July Parade, Downtown Danville (Contact us if you would like to ride in the Parade)

05 July, Noon, General Membership Meeting at VMBSRV, Autrey James, Past Department (CA) Commander, Candidate for National Commander

August, No General Meeting

21 August, 4:30-8:00 p.m., Gianni's Tips for Change Benefitting the VMBSRV

06 September, Noon, General Membership Meeting at VMBSRV

01 October, 1:00 p.m. TAL Boys & Girls State, and ALA Girls State Recognition Luncheon, VMBSRV, (this is in lieu of our regular monthly meeting)

01 November, Noon, General Membership Meeting at VMBSRV, TBD

06 December, 6:00 p.m. General Membership Meeting at VMBSRV, TBD

16 December, Wreaths Across America

OFFICERS AND EXECUTIVE COMMITTEE MEETINGS

(Third Saturday of the Month from 8:30-10:00 a.m. in the Second Floor Meeting Room). For 2023:

- July No Meeting
- 19 August
- 16 September
- 21 October
- 17 November
- 09 December

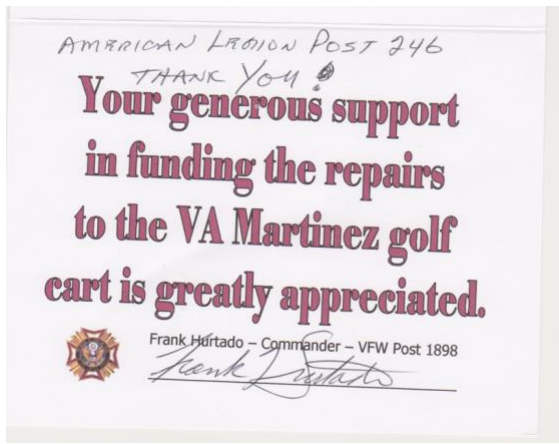
DISTRICT 9 MEETINGS

District 9 will hold its next regular meeting on 18 July 2023 (Tues) Martinez Veterans Memorial Building 7:00 PM. All members are welcome and encouraged to attend. Bring \$25 in cash/check for dinner. Post 246 will host the District meeting on 19 March 2024. Save the date!



COMMUNITY

POST 246 HELPS VA VOLUNTEERS



STAR-SPANGLED FESTIVAL

The Parks Reserve Forces Training Area's (PRFTA aka Camp Parks) Star-Spangled Festival, on Monday, July 3, 2023.

Please RSVP as soon as possible if you need access to the installation to attend the event.

<https://einvitations.afit.edu/inv/anim.cfm?i=774025&k=056646097952>

SAVE THE DATE: JULY 3, 2023
SAVE THE TIME: 1730-2200
PREPARE FOR FUN: EVERYONE

BE A PART OF HISTORY

LAST CALL for veterans in the SRV area, to take part in the Veteran History Project sponsored by the Library of Congress, and facilitated by

California High School student, Ruhan Sahasi. He will conduct brief 30-minute interviews via Zoom. You do not need to prepare anything in advance. In his invitation, Ruhan writes, "Your unique perspectives and experiences hold immeasurable value for historians, researchers, educators, and posterity, and by participating in this project, you have the opportunity to leave a lasting legacy, inspiring future generations and shedding light on the sacrifices made by our nation's heroes." He adds, "Preserving the stories of each service member matters!"

More information is in the link below.

<https://www.loc.gov/programs/veteran-s-history-project/about-this-program/>

Please contact Ruhan at ruhansahasi@icloud.com to schedule an interview time.

COMMUNITY MENTAL HEALTH SERVICES

In need of support? Dial 988 for Mental Health line 24/7 and dial 211 for social services support.

FYI - DISABILITY CAMPAIGN

VA deducts the retirement pay of veterans with a disability rating of less than 50%. A campaign is underway to call on Congress to pass the Major Richard Star Act before the end of the year. Contact your member of Congress <https://www.votervoice.net/AmericanLegion/Campaigns/95925/Respond>



**Do you know about your
VETERAN BENEFIT RESOURCE BOOKS**

FEDERAL VA VETERAN BENEFIT BOOK

https://www.va.gov/opa/publications/benefits_book/2021_Federal_Benefits_for_Veterans_Dependents_and_survivors.pdf

CALIFORNIA VETERAN RESOURCE BOOK

[https://www.calvet.ca.gov/VetServices/Documents/Veteran %20Resource %20Book.pdf](https://www.calvet.ca.gov/VetServices/Documents/Veteran%20Resource%20Book.pdf)

**These two Veteran Benefit Resource Books should be reviewed by every Veteran & their family member.
Benefits You Earned!**

For assistance and to find out more about any of these Benefits - we highly recommend you visit our Contra Costa County Veterans Service Office in Martinez or at the Veterans Memorial Building of San Ramon Valley in Danville on Wednesdays - by appointment. Call M - F

925 / 313 - 1481

Get aa "Benefit Check-Up" Today

Source: VNVDV Reprint

POST OPERATIONS

INAUGRAL CA BOYS AND GIRLS STATE



Delegates at opening session of the inaugural 2023 California Boys and Girls State

In the inaugural session of the California Boys and Girls State in June, about 900 high school juniors from across California convened at the California State University Sacramento campus to experience first-hand the

election process and formation of the local, county, and state Boys and Girls State government including the executive, legislative and judiciary branches.

I had the pleasure and honor of serving as a counselor in Haley County with my co-counselor, Luca Fasula, the 2022 Boys State Senate President Pro Tempore and Boys Nation delegate. Together, with the help of the program's trusty "Blue Book," we guided our citizens in establishing Crocker City and their running for county and state positions. Our delegates, along with others, passed



Swearing in Crocker City, Haley County, and other elected officials at California Boys and Girls State 2023

the bar, served as judges and city attorneys, opened business, conducted law enforcement safety activities, served on juries, created a city motto and seal, launched a city and county expo, wrote bills and passed legislation through the senate and assembly, attended forums, listened to CA lawmakers, produced multiple media products, established a top-notch band, delivered riveting Oratorical constitutional speeches, visited a college fair, learned and practiced



public speaking and parliamentary procedure, made solid friendships, and so much more. Most importantly, they learned about civic engagement, democracy, representative government, American ideals, leadership, and themselves.

Many of the CBGS staff have served decades with the past program which is a tribute to their dedication, sacrifice, and commitment to helping young people understand and appreciate the benefits, freedoms, and responsibilities of citizenship. Needless to say, it was a busy, impactful, even life-changing week.

-Michelle Lee

MEMBERSHIP

Membership Renewal

1) Go to www.legion.org and click on the RENEW button, fill out the form, and you are done; or, 2) send the Post a check for \$45 to P.O. Box 133, Danville, CA 94526. **Dues are \$50/yr. (for the 2023-24 membership year).**

AMERICAN LEGION WEAR

Want AL wear or supplies? Contact Alan Scharlach. See what's available [here](#), then Tel: 925-858-4199 or send email cab1ho@sbcglobal.net include the item number, quantity, color, and size; etc. and telephone number. Send or give him a check for your items.

HELMETS FOR HEROES DONATIONS

Bring some loose change and bills to our next meeting for [Helmets for Heroes](#).



POST OFFICERS & COMMITTEES

POST OFFICERS FOR 2023-2024:

Commander: Mark Heinemann
 1st V. Cmdr: TBD
 2nd V. Cmdr: Alan Scharlach
 3rd V. Cmdr: Michelle Lee
 Adjutant: Bob Landy
 Finance: Phil Connolly
 Chaplain: Mary O'Donnell
 Historian: Gerald Lindahl
 Judge Advocate: Mary O'Donnell
 Service Officer: Leroy Vares
 Sgt. At Arms: Floyd Cox
 Past Commander: Mark Heinemann

Executive Committee:

Neil Giles, Mary O'Donnell, Eric Ardell

Appointed Officers & Committee Chairpersons

Asst. Adjutant: Open
 Asst. Finance: Raoul Miranda
 Asst Sgt-at-Arms: Raoul Miranda
 Supply Officer: Alan Scharlach



THE SALVO

JULY 2023

THE AMERICAN LEGION MT DIABLO POST 246

VETERANS STRENGTHENING AMERICA

Boys State: Eric Ardell
Girls State: Michelle Lee
Oratorical: Neil Giles
Scouting Rep: Alan Scharlach
Asst. Scouting Rep: Mike Yura
VMB Ops Committee: Bob Landy
Museum Committee: Bob Sada
Protocol Officer: Floyd Cox
IT Coordinator: John Farmer
Asst. IT Coordinator: Neil Giles
Board of Trustees: Eric Ardell / Alan Scharlach
East Bay Standdown Rep: Mark Heinemann
Veterans Outreach: Mark Heinemann
Program Dir: Mike Yura
Salvo Editor: Michelle Lee
Asst. Editors: Mark Heinemann, Eric Ardell, Bob Landy, Alan Scharlach, Adriana Santos
Post Webmaster: Rusty Orvik and Sons