



American Legion

Post 55 Elk Grove

8230 Civic Center Drive, Suite 160
Elk Grove, CA 95757

New Member Welcome Package

<https://post55.americanlegionelkgrove.com>

<https://www.facebook.com/profile.php?id=100089078936599>

Mentor _____

Phone _____

INDEX

History.....3

Mission Statement.....3

The Four Pillars of the American Legion.....5

The American Legion Emblem.....6

Preamble to the Constitution.....7

Meaning of the Preamble to the American Legion Constitution.....8 - 10

Post Officers Guide and Manual of Ceremonies.....11

Officer Contacts and Ride Information.....12

Uniform and Ordering.....13 - 18

Meeting Information.....19

Services Offered.....20

Events.....21

Important Website Addresses.....22

Other Website Resources.....23

American Legion History

The American Legion was chartered by Congress in 1919 as a patriotic veteran's 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 55

Post 55 was organized by Larry Sahota, Commander; Gary Evans, First Vice Commander and Arlene Salvador, Adjutant in January 2023 when the temporary charter was received. The Constitution and Bylaws were first read at the regular post meeting in December 2022 and read a second time at the next meeting on January, 2023 where they were adopted by a two-thirds vote of the membership. The permanent charter is in process of being finalized. The following are some of our charter members:

Larry Sahota, Gary Evans, Arlene Salvador, Brent Kone, Frank Geohringer, Mike Retzlaff, Robert Dreyer, Wes Bullard, Paul Copsey, Albert Revives, Janis Gannaway, Jack Edwards, Robert Bullock, and Derrick Tucker.

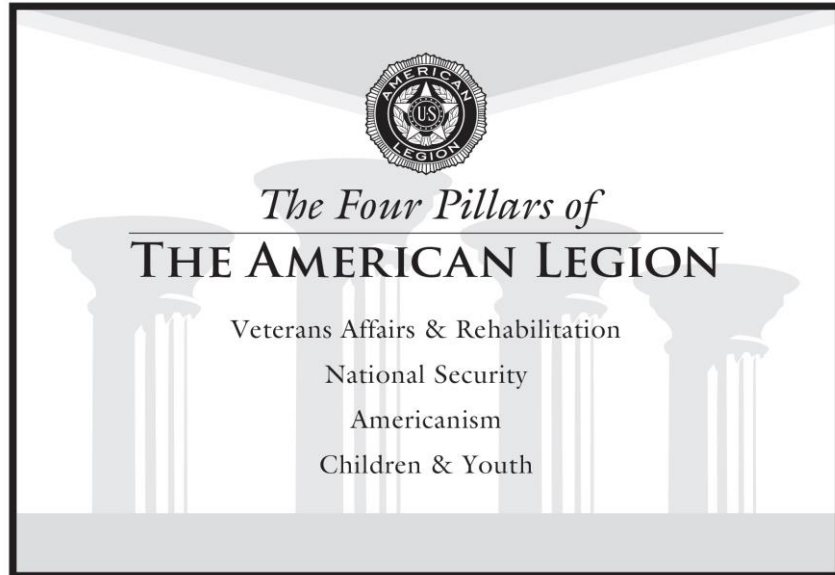
Although the beginnings of Post 55 were a challenge we continue to serve our veterans both far and wide as well as their families. Post 55 is dedicated to connecting veterans both in-person and virtually to their benefits.

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 Laguna and Elk Grove areas.
- 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 ensure that veterans receive due consideration when applying for jobs for which they have earned preferential consideration through their honorable service to God and Country.



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.

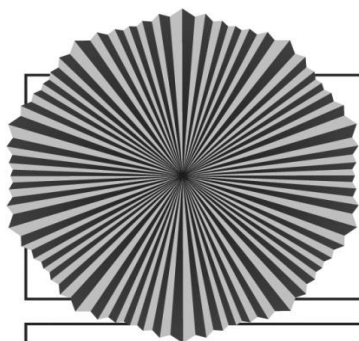
As an officer, strive to become a source of Legion history and knowledge. Be eager and prepared to answer all questions from a potential new member, and to speak with authority about The American Legion to other community groups.

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.

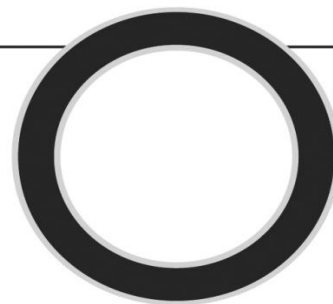
The American Legion Emblem

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.

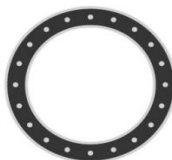


The words

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 Preamble of the American Legion Constitution

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 also means the inerasable recollection of the comradeships, the bravery of pals, the teamwork, 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 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.
2. Purchasing a hard copy through Emblem Sales 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: Larry Sahota; (916)847-3184;
larrysahota@citlink.net

Adjutant: Arlene Salvador; (916) 430-2106;
a1salvador@outlook.com

1st Vice Commander: Gary Evans; (916) 225-2849;
gary.evans@frontiernet.net

2nd Vice Commander: Brent Kone; (209) 815-1017,
becone25@yahoo.com

3rd Vice Commander: Frank Geohringer; (916) 996-1877;
frank.goehringer@live.com

Finance Officer: Jack Edwards; (916) 240-9302;
jack@jackedwards.com

Sergeant-At-Arms: Robert Dreyer; (916) 599-5821;
bobdreyer@comcast.net

Chaplain: Paul Copsey; (916) 207-7941;
egst@comcast.net

Service Officer: Albert Revives; (209) 662-4453;
arevives@gmail.com

Historian: Janis Gannaway; (209) 812-8715;
jagannaway@yahoo.com

Judge Advocate: Wes Bullard; (916) 764-1450;
aviatorb52@ymail.com

Past Commander: None; x;
x

Web Master: Jack Edwards; (916) 240-9302;
jack@jackedwards.com

Post Newsletter: Frank Geohringer ; (916) 996-1877; frank.goehringer@live.com
Members at Large: Wes Bullard, Robert Bullock, Derrick Tucker

****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.

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 Sandwich Spot." Their phone number is (916) 685-9480 and webpage is: <http://www.paulamaita.com>.



American Legion Uniform Cap Order Form

Please allow up to 10 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)

55

Men

There are many shirts to choose from the one below is the one that we have ordered.

There is no rule on which one you must have.

Classic Short Sleeve Polo - Legion Emblem (Men's)



Med to 3X \$37.95 plus tax and shipping

<https://emblem.legion.org/>

Women

There are many shirts to choose from the one below is the one that we have ordered.

There is no rule on which one you must have.

V-neck Performance Polo - Legion Emblem (Ladies)



Med to 3X \$ 29.95 chest 35 to 51 plus tax and shipping

<https://emblem.legion.org/>

Sons of the American Legion

There are many shirts to choose from the one below is the one that we have ordered.

There is no rule on which one you must have.

Aqua-Dry Pocket Polo (SAL Emblem)



Legion Riders

There are many shirts to choose from the one above is the one that we have ordered.

There is no rule on which one you must have.

Short Sleeve Front/Back T-shirt (Riders Logo)



<https://emblem.legion.org/>

Meeting Information

Post 55 holds monthly meetings which take place on the fourth (4th) Wednesday of each month, except for November, when the meeting is held on the third (3rd) Wednesday of the month. No meeting is held in December, due to the holiday season. Meetings are held at the Elk Grove Veterans Memorial Hall located at **8230 Civic Center Drive, Suite 160 in Elk Grove**. Each meeting is preceded by dinner at 6:00 pm (cost is about \$8.00 each) unless otherwise noted on our post website, followed promptly by the meeting at 7:00 pm.

The Basics (Roberts Rules of Order*)

1. No one shall be admitted during the opening, initiation or closing ceremonies of a meeting.
2. Members 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. Stand up when acknowledged and salute the Commander. Announce your name, once you’re standing say your standing in the post (i.e., member in good standing, guest, etc. & speak clearly) for the record taker.

*Note: Roberts Rules of Order are utilized for all meetings. Please render respect to the Commander and all others in the post speaking.

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

Other Website Resources

- California Department of Veterans Affairs
www.calvet.ca.gov
- Discharge Review Boards
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
- U.S. National Archives - Veterans Service Records/Military Service Records
www.archives.gov/veterans/military-service-records
- Department of Veterans Affairs – Veterans Service Officer – Albert Revives
Phone: (209) 662-4453
Email: arevives@gmail.com
- County of Sacramento, Veterans Claim Representative - Richard Kelley
Phone: (916) 874-6729
Email: KelleyR@saccounty.net

