

## American Legion Post 55 July Newsletter

From: Frank Goehringer <agent769991@mail.kw.com>

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To: jackedwards@surewest.net

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Issue 7, July 2023 Edition

# American Legion Post 55 Laguna-Elk Grove Newsletter

## Post 55 Matters



**The 4<sup>th</sup> of July is gone and so is the Run 4  
Hunger for the Food Bank for another year. I**

**hope everyone enjoyed the 4<sup>th</sup> with family and friends. I hope we remember the meaning of the 4<sup>th</sup>, Freedom is not free and our independence in living in a democracy is something a lot of people in other countries don't have.**

**We had a great time at the Run 4 Hunger, Post 55 and Post 233 did the Traffic control for the run. Thank you all who worked the Run, the Elk Grove Police said we did a great job. We have many things going on this month; we will be going to the State Fair on Military Appreciation Day July 27<sup>th</sup> and we will be planning our next Fundraiser on August 30<sup>th</sup>. I hope to see you all at the Breakfast Saturday, July 8<sup>th</sup>.**

**Stay cool and enjoy the summer.**

**Larry**

**Thank you,**

**Larry Sahota**

**Commander**





**2nd Vice Commander  
Brent Kone**



**3rd Vice Commander  
Frank Goehringer**



**Finance Officer  
Jack Edwards**



**Sergeant at Arms  
Robert Dreyer**



**Adjutant  
Arlene Salvador**



**Judge Advocate  
Wes Bullard**



**Chaplain  
Paul Copsey**



**Veterans Service Officer  
Albert Revives**



**Web & Public Affairs**



**Members At Large**

**Wes Bullard**

**Robert Bullock**

**Derrick Tucker**



**Hall Board**



**Wes Bullard**

**Paul Copsy**

**Robert Bullock**



**COMMANDER'S COLUMN**

**Important Dates**

**July is Military Appreciation Month**

**July 1 - Womens' Army Corp & Cadet Nurses Corp Established 1943**

**July 1 - Air Force Nurses Corps Established 1949**

**July 2 - US Army Air Corps Established 1926**

**July 4 - Independence Day**

**July 27 - Korean War Armistice Signed 1953**

**July 28 - WWI Began 1914**

**July 30 - Navy Women's Reserves (WAVES) Established 1942**

**Save The Date**

**[Click here to visit our website calendar for events, dates, times, and descriptions](#)**

**California State Fair - Free Admission**

**First Responder & Military Appreciation Day**

**Thursday, July 27th**

**Bring your ID for Free Admission and visit our American Legion Post 55 Booth #46 located in between the South Food Court and the Bear Circle**



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**On July 1, 2023 AARP Sponsored the FC Republic Soccer Game First Responder and Military Appreciation Day. Many local Veterans including American Legion Post 55 members Frank Goehringer and Phil Rios were Honored to be able to unfurl the United States flag for the National Anthem and Flyover.**

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**Run 4 Hunger Photos  
July 4, 2023**

**American Legion Post 55 provided traffic control for the Run 4 Hunger 5k Run/Walk**



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**Sons of the American Legion Meeting  
July 5, 2023 at 6:30 pm**

**Any Son wishing to Honor their parents or grandparents is welcome to attend and join.**


## DID YOU KNOW?

There are Federal Benefits and California State Benefits you have earned.

[Click here to view and download Federal Benefits Book](#)

[Click here to view and download the California State Benefits Book](#)

**Did you know our Veteran Service Officer Albert Revives and Karen Wilson Randles works out of our Post 55 on Thursdays 10 am - 3 pm**



**Veterans Hall @D56**  
**8230 Civic Center Dr**  
**Elk Grove, CA 95757**

**THURSDAYS 10AM-3PM**  
 - Walk-ins available 10AM-11:30AM and 1:30PM-3PM  
 - NO Walk-ins between 12PM-1:30PM

Appointments call 916-566-7430  
 - ask for Karen Randles or Albert Revives

**Sacramento Vet Center**  
 1111 Howe Ave Ste 390  
 Sacramento, CA 95825  
 916-566-7430

Our services are also offered through Mobile Vet Centers, in other community locations, and through virtual appointments.  
[vetcenter.va.gov](http://vetcenter.va.gov)

**Counseling**

Vet Centers offer individual, group, couples, and family counseling for you to talk through both combat experiences and everyday stressors in a confidential environment.

**Referrals**

We help you navigate through time-consuming tasks and receive referrals for medical, benefit, employment, and other VA and community-based resources near you.

**Community Engagement**

Vet Centers create opportunities for you to bond with others who share similar experiences and work alongside community partners to advocate for your needs.

## **American Legion Flag & Emblem for Shirts and Hats**

For anybody interested in purchasing a Legion cap, click on the link below. Be sure to order the "City" cap type with "Elk Grove" as the City, "55" as the Post number, and "California" as the Department. The Link works better from a computer than from a mobile device.

[https://emblem.legion.org/uniform\\_caps/legion.asp](https://emblem.legion.org/uniform_caps/legion.asp)

For Members wanting Shirts and hats they can be ordered from the Legion.

Purchasing a Shirt or Legion cap, click on the links below. Be sure to order the "City" cap type with "Elk Grove" as the City, "55" as the Post number, and "California" as the Department for the Hats.

<https://emblem.legion.org/shirts/departments/1232/> (for Shirts)

[https://emblem.legion.org/uniform\\_caps/legion.asp](https://emblem.legion.org/uniform_caps/legion.asp) (for Hats)

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Any Post 55 members interested in starting a Riders Group contact Jorge Lopez [jorge.lopez3557@att.net](mailto:jorge.lopez3557@att.net)

## **American Legion Riders**

American Legion Riders chapters are well known for their charitable work, which has raised hundreds of thousands of dollars for local children's hospitals, schools, veterans homes, severely wounded servicemembers and scholarships. Since 2006, Riders nationwide have participated in The American Legion Legacy Run to annually raise money for the Legacy Scholarship Fund, established to provide scholarships to children of U.S. military personnel killed since Sept. 11, 2001.



**Currently, over 110,000 American Legion Riders meet in over 2,000 chapters in every domestic department and in at least three foreign countries.**

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**Join us for our Post Breakfast on Saturday, July 8th, 8 am to 10 am**

**Members/guests, please join us for breakfast. It is delicious. Only \$10 for a choice of meat, eggs, beverage, and all-you-can-eat pancakes**

**We will be going to the Lions Club Breakfast, and we have a room to ourselves.**

**Gil Albiani Recreation Center, [8830 Sharkey Ave, Elk Grove, CA, 95624](#)**

### **Elk Grove Lions' 2nd Saturday Pancake Breakfast**

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**Keep a lookout for valuable resources on Buddy Call 22. Frank Goehringer 3rd Vice Commander will be sending out an email blast (around the 22nd day of each month) encouraging our members to reach out to our Battles Buddies and do a Health & Welfare call, text or email. We all served and we are here to support one another. You never when someone needs a little help or someone to talk to.**



**If you're in crisis, call the new Veterans Crisis Line number.**

**Dial 988 then Press 1.**



**Veterans Crisis Line**  
DIAL 988 then **PRESS 1**

