



Neil La Sala  
Commander 2023 - 2024  
The Elegant 18<sup>th</sup> District



Happy New Year Legion Family,

2024 has arrived and we hit the ground running with a full program that includes something for everyone this year! We offer a number of things for you to get involved in at the Post; Fundraising, Boys/Girls State, Blood Drives and Homeless Veterans Outreach are just a few examples of what you can take part in this coming year. If you are able to assist in any way whatsoever, please contact me and I will put you in touch with the Legion Family member who is coordinating the program/event. Service to the community can never be stressed enough. Our founders felt that their military service during World War I was merely a catalyst for continued dedicated service to the citizenry back home. With that said, please set a New Years Resolution to get involved and support our Legion programs.

Furthermore, our Post social functions are an excellent way to meet people and to foster great, long-lasting relationships with like-minded Americans. Make an effort to participate in Post social activities and by doing so, you will perpetuate the legendary camaraderie our Legion is known for. With this in mind, it is important that we treat each other with respect and kindness at all times. When disagreements arise, it's best to step away from antagonists in order to collect our thoughts and to cool off for a while. To that end, here's an important thing to keep in mind; even if you were an Admiral in the Navy/Coast Guard or a General in the Army, Air Force or Marine Corps, the bartender on duty will always have the last say and will always have the full support of the Post officers and the District 18 officers. Be good to each other and good things will always transpire moving forward!

In conclusion, membership renewals and seeking new joins are ongoing. If you have not renewed your membership, please do so at this time. Also, the American Legion Department of California will be conducting a membership revitalization phone bank at Post 280 on 12-13 JAN 24 from 0900-1500 on both days. If you're able to help in this endeavor, please contact our District 18 First Vice Commander Sam Cafiero at 909 993 7644. Additionally, please share this membership renewal/new join link with everyone for the specific purpose of keeping the American Legion alive:

<https://cadistrict18.org/join-or-renew-membership/>

Semper Fidelis,

Neil La Sala  
American Legion Department of California  
Commander- District 18  
Adjutant- Post 280  
626-833-8493/ntlasala@att.net





Dear American Legion Family,

As we stand on the threshold of a new year, I extend warm greetings to each and every one of you. I extend my heartfelt applause to our newly elected 2nd Vice Commander, Jack Evanilla, for his outstanding fundraising efforts in support of our District. Jack who has served as both an Executive Board member and Chaplain, has undeniably proven to be a vital asset to the American Legion.

It is my pleasure to bring to your attention an important event that holds the promise of rejuvenation and growth for our American Legion. In East Pasadena, California, our **Area 6/District 18 Revitalization** will be at Post 280 (179 N. Vinedo Avenue, Pasadena, CA 91101). Starting **Friday, January 12th, at 9 am** and **Saturday January 13th** from 9am to 3pm, this initiative provides a golden opportunity to reconnect with valued members who, for various reasons, did not renew their memberships in previous years. Membership in The American Legion is based on a calendar-year from January 1st to December 31st. When a member pays their dues, they are paid up for that membership year. Members who have not paid & have a 2024 membership Card will be considered expired until they pay their dues. During our Revitalization January 12th & 13th we will have the ability to renew the expired members memberships at their Post current rate of dues. Just come down with your payment and we will get you squared away.

To make this revitalization truly impactful, *we request the participation of at least 4 members from each Post.* Together, we will engage in training sessions, Guided discussions, reach out to our expired members, and create meaningful connections with one another.

Let's seize this opportunity to collectively contribute to the revitalization of our District and Area. Your presence and active involvement are crucial to the success of this endeavor.

Thank you for being an integral part of our American Legion Family. Together, let us BE THE ONE to make a lasting difference.

Wishing you a year filled with unity, purpose, and the continued pride of service.

Warm regards,

Samuel Cafiero

1st Vice Commander 18 District & Area 6 Membership Chairman

**Monday – 08 January 2024 District Executive Board meeting @ Post 13 Pasadena**

★ **Friday – 19 January 2024 District General Membership Meeting @ Post 13 Pasadena,** ★

Members, Officers, Friends; the annual district Christmas party will be right after the meeting, a gift exchange for all that want to participate bring a XMAS gift participate and enjoy a cheer with all, Happy Holidays...

The Elegant 18<sup>th</sup> District meetings are held at 7:30 p.m., Third Friday of each month, hosted by one of our 19 district posts.

Post Commanders, Vice Commanders, Adjutants are required to attend these meetings by either one or all of these elected officers who are duly elected and appointed officers of their respective post to represent their Membership...

**Reports are required from each post representative on the development and compliance mandates as per American Legion. Only through your oath of office in service to your membership working together as one team will we all succeed for our Veterans.**



## *Elegant 18th District*

Department of California

P. O. Box 5256  
El Monte, CA 91734



2023 - 2024



**From the desk of 2<sup>nd</sup> Vice/Chaplain,  
Jack Evanilla**

From the Chaplains Corner



Happy-Good-Safe New Year, 2024 legion family!

I hope everyone is doing well and working on their new year's resolutions! I am, trying to a better Legionnaire and neighbor!

As 2nd Vice now, I will try to team up with Sam on helping build our membership in our district. Handing out recruitment brochures in gym, Box stores, Home Depot, grocery stores, on street while walking our dogs, visiting local fire, police and sheriff stations. I really appreciate the great advice Sam has given me, while I slowly grow in this new office... Thankyou Sam Cafiero.

Received a \$500.00 donation check last week from The Langlois Company, it is in Mr. Ted Fife hands. Langlois Company makes foodservice products, like pancake syrup, instant waffle and pancake batter mix- just add water, vinegar, muffin mix, gelatin, mayonnaise, ketchup, mustard... etc. Post 280 uses their products at monthly breakfast fundraisers.

....back to money... yearly big donation checks come to \$3000.00.

I have appointments set to ask for money this month.

Glendora Rotary—Jan 9 at 0730, Ted Fife will be assisting me. We may have to leave January e-board early. 0700 on the road. Ted comes from Upland... me 2 minutes.

January 12, Richard Yang.

January 20, Canton Food Co.

Revisit Kathryn Barger office, San Dimas to see Vickie Paul. Update her on our 501 c status.

Finally, thank you for taking the time to read this.

I know this is a little different than what has been written in past by 2nd Vice's blog. I want to keep my paragraph fresh and informative.





JUDGE  
ADVOCATE



*Comments from the J.A./Scribe*

**BE THE  
ONE**



### May your Holidays be filled with Happiness, Love & Accomplishment

My fellow Comrades, elected and appointed Officers-Members,

My wish as it is from all your District Officers, that you have a very safe and pleasant "New year" with your family and friends to include your extended family the American Legion.

I would like to remind you all, let's not forget those away from home, on all this great country's holiday's, keep them in your thoughts and heart, how we honor and respect their service to protect and conserve the 'FREEDOM' we all share as Americans. About this, there are many more who have been suffering and going through some hard times, this time of year is about giving and donating, what can we do to help those in need, give them a helping hand not a hand out. Help us help our Veterans and their families experiencing some difficult moments give through the Four Pillars.

It is my honor to have been given the opportunity to volunteer as one of the representatives of this organization. On that note, I have been advised and informed by Department what the duties and authority are of a District, through LACC to Area and to Department. Posts, be ready to respond and adhere to the By-laws and mandates imposed by Department do not misconstrue and/or misinterpret what we stand for and what we are supposed to do as a non-profit Veterans organization in accordance to the protocols & procedures stipulated in our by-laws of Legion business processes.

I will be following up to posts that have already been notified by district to comply with our request, as advised by department. If they continue to repudiate district is empowered to write a Resolution to department D.E.C. until all matters are resolved. Anyone wishing to dispute District's authority to Department, will automatically refer back to district who will be advised by department Adjutant and Judge Advocate, where all records of questionable antics from both sides will be requested.

In Service,

Auggie G. - 18<sup>th</sup> District Judge Advocate  
/Scribe & Department Historian

[age69vet@veriozn.net](mailto:age69vet@veriozn.net) / (562) 706-0178

Send text or email –  
with name, post or district,  
To know who are you?  
If you wish to be added  
To the District newsletter.



### HOW TO KILL AN ORGANIZATION

1. Don't attend the meetings.
2. If you do, arrive late.
3. Find fault in the officers and members.
4. Never accept an office, it's easier to criticize than do this.
5. Never the less get annoyed if you are never appointed to a committee.
6. If appointed to a committee, don't attend the meetings.
7. If asked by the chairman to give your opinion, say nothing, but then afterwards tell everyone how things should have been done.
8. Do no more than necessary when others are rolling up their sleeves.
9. Hold back your dues for as long as possible or don't pay them at all.
10. Don't bother getting new members, but if you do, make sure they are gripers like yourself.



18<sup>th</sup> District Meeting, Xmas party & special presentation @ Post 280 East Pasadena



WWII Merrills Marauder's family was Presented by District 18 with Congressional Representatives Judy Chu & Grace Napolitano

MERRILL'S MARAUDER MEDAL



The Elegant 18<sup>th</sup> District Unveils its brand-new District Legion Banner  
Old one will be retired or passed on to a past Commander?!





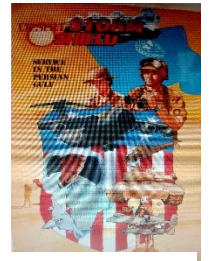


# Around the District

Elegant 18th



District



What one of our Loyal members does for district on National Holidays to Honor & recognize our Veterans



Post 475 Christmas donations and giveaway – Glendora/San



& Dist. Officers visit other posts



## VA NEWS

## COMBAT TESTED GAMING LEAGUES

The VFW, America's largest organization of combat veterans has teamed up with KC Crew to offer our nation's veterans a seamless and innovative way to connect – Combat Tested Gaming leagues!



Gaming and the connectivity it brings, has proven to enhance veterans' mental well-being through social engagement and skill development in a supportive and inclusive environment. Through these leagues, we're calling on all service members and veterans to join in on the gaming action, build camaraderie and have fun doing it.

### GENERAL LEAGUE DETAILS

- These leagues are FREE TO PLAY!
  - The VFW has graciously covered all player registration fees
- These leagues are for all active-duty military and veterans
  - If you are not active-duty or a veteran, you will be removed from the league
- Each league will be a total of 6 weeks
  - 5 weeks of regular season plus a 6th week tournament for the top teams
  - The tournament format will vary between games
- All leagues are completely online
  - In order to play, you must have access to the game and an Xbox, Playstation or PC with internet connection

**Season 2 – Call of Duty: War Zone Rocket League**

League is played on Tuesdays at 7pm CDT/ Team registration ends January 19th, 2024





## The Elegant 18<sup>th</sup> District

Annual West Los Angeles Veterans Hospital Christmas Visit  
and gift giving to the homeless Veterans on Christmas Day!



180 backpacks filled with donated items delivered by American Legion District 18 to the homeless veterans at West LA Veterans Center on Christmas morning 2023. Photo by District 18 Historian Wayne Lunde



Commander La Sala and Veronica Raymond from Post 261 with Vet



### American Legion Post 280 Community Blood Drive

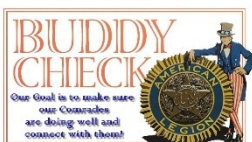
Held in Legion Hall  
179 N Vinedo Ave  
Pasadena, CA 91107

**Friday, January 5, 2024  
11:00 a.m. to 5:00 p.m.**

To schedule your appointment, go to [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code "LEGION" or contact American Legion representative Jr. Duarte at 626-592-3842.



Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) to complete your pre-donation reading and health history questions on the day of your appointment.



**Schedule your blood donation appointment today!**  
1-800-RED CROSS | [RedCrossBlood.org](http://RedCrossBlood.org) | Download the Blood Donor App

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American legion Department California The Elegant 18<sup>th</sup> District**POST 755**

It's with a heavy heart to inform you all that Kathy Heck has passed away. Her memorial service will be Saturday January 6 at 2pm at A.L. Post 755. The family is providing sandwiches and if anyone would like to bring a side dish that would be wonderful. Our condolences to Kathy's family and will keep her family in our prayers during this time of grief.

Best Regards,  
Joaquin Paredes  
Commander  
American Legion Post 755

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ALCON: Please mark your calendar and join us in January! Here are the details:

BGO and Veteran Buddy Muster  
Sunday 21 JAN 24, 1100  
American Legion Post 291  
215 15th Street  
Newport Beach, CA 92663

We are a fun loving group of vets... all ranks and all ages... please join us! Contact Dist. Cmdr. LaSala

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**As you get older, you'll realize that a \$300 watch and a \$30 watch both tell the same time.**

**A Michael Kors wallet and a Forever 21 wallet hold the same amount of money.**

**A \$300,000 house and a \$100,000 house host the same loneliness.**

**A Ford will also drive you as far as a Bentley.**

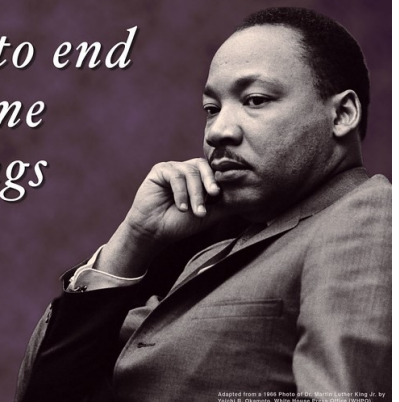


**True happiness is not found in materialistic things, it comes from the love and laughter found with each other.**

**Stay humble... the holes dug for us in the ground are all the same size.**

*Our lives begin to end  
the day we become  
silent about things  
that matter.*

*Martin Luther King, Jr.*



## The Healing Journey

The hardest journey  
is the one you take  
from your head  
to your heart.

The Healing Journey  
is found in the path  
leading back from your  
heart to your head.

Your wellness is found in the  
continous flow of honouring  
both your thoughts and feelings.







# January 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>HAPPY NEW YEAR!</b>	1	2	3	4	5 LACC Mtg.	6
7	8 D-18Mtg. @ P-	9	10	11	12	13
14	15	16	17 LACC Bd.Mtg.	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

*The Voice of Elegance*

District 18 THE AMERICAN LEGION  
P.O. Box 5256  
El Monte, CA 91734



Wish to receive the District  
newsletter by Email, please notify  
Editor Auggie G. at  
[age69vet@verizon.net](mailto:age69vet@verizon.net)

**DISTRICT MEETING Friday January 19, 2024**  
**Post-13 Pasadena, @ 1930 hrs.**

E- Bd. Mtg. Post 13  
Monday 01/08/2024



## Vietnam War Veterans Health Issues

### Get the care you need

If you served during the Vietnam War, you may be at higher risk for some health conditions. The PACT Act expands health care eligibility for Veterans of the Vietnam Era. [Learn More](#) **CONTACT your local V.A.**



## Appointment Check-ins Made Easy

*Save time at your next appointment*

When you go to a scheduled appointment at your VA facility, you may have several options for checking in. VA is offering new check-in processes that save you time. Your facility may offer the new patient check-in process. This has two parts: pre-check-in and mobile check-in. However, you will always have the option to check-in with a staff member.

### Pre-check-in

Pre-check-in lets you confirm your demographic information up to 7 days before your appointment. This includes your phone number, next of kin, and emergency contact information. If your facility offers pre-check-in, you'll receive a link by text message after [confirming your appointment](#). This new option will save you time but isn't required.

## Prevent Pain with Better Posture

If you ever sit in the same position for long periods of time, you might experience [neck or back pain](#). Sometimes it's hard to remember to keep up good posture for an extended time. We have 5 tips to help you relieve neck and back pain when sitting.

### 5 tips for less pain

1. Pick a chair with a comfortable but firm cushion and back rest. If possible, find a chair that allows your hips and knees to be at a 90-degree angle.
2. Don't sit the same way for too long. Sitting in the same position can cause pain and even numbness or tingling. Try setting a timer for every 30-60 minutes. This can remind you to move around or change positions.
3. If your neck and upper back are uncomfortable, roll your shoulders in circles. Roll forward and then backward to loosen your shoulders.
4. To prevent neck and upper back pain, try seated stretches. One option is to bring your ear to your shoulder, a few times on each side. Another is to bring your chin towards your shoulder, a few times on each side.
5. You might experience hip or low back pain from sitting too long. Try sitting with your legs crossed, and gently lean forward to stretch your back and relieve pain.



# **HAPPY NEW YEAR!**

# **2024**

**Sunday, January 14th**  
**9am to 11am**



**American Legion**  
**East Pasadena Post 280**  
**179 N. Vinedo Avenue**  
**Pasadena, CA 91107**

## **Breakfast & Bake Sale**

**Scrambled Eggs, Chorizo and Eggs,**  
**Sausage, Potatoes, Bacon,**  
**Pancakes, Fresh Fruit, and more**

**Donation \$12**

**Kids under 12 Eat Free**

## 12/29/2023

[illegible]

**12/29/2023**

[illegible]