

“Sound Off”

The Family Newsletter for
American Legion Post 146
1617 Mission Ave
Oceanside, CA 92058-2734
Phone 760-754-9633
FAX 760-433-1046
Vol. XXVIII, No.10, April 2018
Website: www.legionpost146.org

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”For God and Country”

Next meeting: 0900 (9am) April 21st, 2018.

Come early for a Great Breakfast prepared by our
SON’s 0730 to 0830, for \$8. **Post Pot: Donald Lewis’s**
name was drawn. **Donald** was not present at the meeting.
The Post Pot for April will be **\$20.**

You must be present to win.

Please take a moment to look at your membership card if the date on the card is not 2018 your membership has expired. Dues are now due for 2018 please mail them to the Post or pay on-line @ <http://www.legion.org/renew>; Today!

Happy Birthday to our Brothers and Sisters who were born in the month of April.

1 Thomas G. Calabrese	1 Vernon McGee	1 Christopher Perrins	3 David C. Burwell
3 Ricardo A. Dogue	3 Thomas Holton	3 Ricardo S. Pulvera	3 John Giernet
4 Paul J. Markowitz	6 Ronnie L. Hill	7 Robert A. Pickrel	7 Gordon Hill
8 Barbara Cogburn	8 Anthony C. Huebner	8 Edward A. Langer	10 Clarence H. Johnson
10 Eduardo Ayala	12 Thomas E. Mitchell	13 Pete Nares	14 Duke Stroud
14 Dr. Jimmie Allen	15 John M. Jennings	15 Simone Marsac	16 Gerald K. Holtzen
16 John T. Meyers	16 George T. Christensen	17 Gary Pearce	17 Douglas Taylor
18 James M. Brubeck	19 Bill P. Morrow	19 Elliot Schroeder	19 John R. Todd
21 Douglas Daily	21 Paul M. Guerra	22 Clifton Towler	22 John Wilson
23 Richard D. Bell	25 George Britton	26 Michael A. Nave	27 William R. Miller
28 John G. Hook	28 Martin Villarreal	28 Emanuel M. Winocur	28 George Young
29 Michael L. Foster	29 Jason P. Lundy	29 John W. Hegeman	30 Valhik Hacopiannik
30 William E. Peaker	30 Lynn LePage		

American Legion Post 146 Officers

Commander	Anthony (Tony) Azares	760-212-8533	commander@legionpost146.org
1 st Vice Commander	Dave A. Pines	760-207-6794	davepines@mac.com
2 nd Vice Commander	Ken Derr	760-272-5941	capndirt1@cox.net
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Historian	Vacant		
3 Yr. Executive Committee	Gordon R. Hill	760-936-6440	GRH2000@hotmail.com
2 Yr. Executive Committee	Robert E. Noble	760-806-4886	brbuds3@att.net
1 Yr. Executive Committee	Lee Brunson	760-586-2897	leepaulabrunson@gmail.com
Jr. Past Commander	Kevin Johnstone	760-801-9000	kevinjohnstone@mac.com
Webmaster	David Kauppinen	760-639-0728	subvet346@cox.net
Harbor Days Chair	Ken Derr	760-272-5941	capndirt1@cox.net
Boys State/School Medals/JROTC/Blood Chair		760-721-5621	Frank Zugaj

Postal Compliance Notice: “Sound Off!” Is published monthly. It is the official newsletter of American Legion Post 146 Family, an incorporated nonprofit organization. Issue number & date are on the front page. Distribution is to the members of the Post, Riders, Auxiliary & SAL’s VIA e-mail or on the Web Site. Direct all inquiries concerning this publication to the “Sound Off!” Editor at: 1617 Mission Ave.; Oceanside, CA 92058-2734 or adjutant@legionpost146.org. **Anyone wishing to add articles Please send in word format.**

Sound Off Via E-Mail or Website

This newsletter is available Via E-Mail or on our Website www.legionpost146.org. We will be E-mailing it to any member who wishes to receive it. If you wish to receive Sound Off via E-mail call the post or better yet E-mail the adjutant adjutant@legionpost146.org and tell him your E-mail address. The newsletter is also available at our Website www.legionpost146.org. This service will be FREE to all Post Members who wish to use it. Snail Mail is still available. You need to notify the Adjutant to add you to the list.

Meetings

Post 146 meets every 3rd Saturday of the month in our new home in the VANC building, 1617 Mission Ave. Oceanside, CA. 92058-2734. Meetings start at 0900. Please park in the back of the building. For Post 146 information go to our Web page at www.legionpost146.org. The Post 146 phone number is (760) 754-9633, FAX (760) 433-1046. Volunteers needed to transport members who cannot drive to meetings.

District 22 meets April 8th, 2018 @ 0900 @ Linda Vista Post 731, located @ 7245 Linda Vista Road, S.D.. Come early for Breakfast. **District 22**, <http://www.ald22.org/>

Get involved with Post 146 www.legionpost146.org Our next meet on April 21st, 2018 @ 0900, breakfast 0730 to 0830 for \$8. 1617 Mission Ave, Ocsd.

Flag Retirement Ceremony

On Saturday March 17th a team of Post 146 Legionnaires & Oceanside Firefighters met at the OFD training Center to perform a time-honored ritual of placing unserviceable National Flags into a pyre of flames. Morning showers cleared before noon & the sky was clear & sunny for the rest of the day. A program narrative, delivered by Chief Robinson who is both a Fireman & a Legionnaire, was moving & serene as the first flag was ceremoniously retired. It was a unique flag being the only one retired this day to be a 48 star emblem from the 1912-1959 era. Every person in attendance was offered the opportunity to participate by placing a flag into the flames. A cadre of Fire Academy Trainees handled the majority of the workload; setting up the site, tending the fires, cooking the burgers & hotdogs, & disposing of the remainder of the more than 250 flags to be retired. Plans are in-the-making for another Flag Retirement Ceremony later this year.

Bob Noble, Post 146 Flag Committee





Computer Corner:

Recently I discovered a legitimate website <https://haveibeenpwned.com> that determines if an account tied to your email has been hacked. I have two email addresses, one came back with this message:

Good news — no pwnage found!

No breached accounts and no pastes (subscribe to search sensitive breaches)

check came back with this one:

Oh no — pwned!

Pwned on 1 breached site and found no pastes (subscribe to search sensitive breaches)

The identified account and stolen information associated with my email is:



Adobe: In October 2013, 153 million Adobe accounts were breached with each containing an internal ID, username, email, *encrypted* password and a password hint in plain text. The password cryptography was poorly done and many were quickly resolved back to plain text. The unencrypted hints also disclosed much about the passwords adding further to the risk that hundreds of millions of Adobe customers already faced.

Compromised data: Email addresses, Password hints, Passwords, Usernames

It would be a good idea to check your own emails and change passwords accordingly. In addition, you may want to get on their notification list.

David Kauppinen, American Legion Post 146 Webmaster

Post 146 Commander

Comrades it is election time again and we've had our first round of Nominations. We will be having the second round of nominations at the April 21st general meeting. It is your right and responsibility as a member in good standing to elect the leadership of your post for the next year. I look forward to seeing all of you at the next general meeting.

As you know our riders are hosting the ALR California convention on April 21st the same day as our general meeting they need many volunteers, this is a great opportunity for us as a post to support our riders and be the ambassadors from the Legion. The riders only need volunteers in two hour increments. We need about 20 volunteers to please step up. A few of the positions open are directing traffic, selling T-shirts and directing members please call Ken Derr.

I look forward to seeing you at the next general meeting and also at the ALR convention in the capacity of volunteers.

For God and Country, Commander Tony Azares

SAL Squadron 146 Officers

Commander	David Crone	760-415-8127	salcmdr@legionpost146.org
1 st Vice Commander	Dave A. Pines	760-207-6794	davepines@mac.com
2 nd Vice Commander	Sam Brookins	760-966-1587	shb46@cox.net
Adjutant/Finance Officer	Edd Robinson	760-433-1165	adjutant@legionpost146.org
Sgt-at-Arms	Ken Derr	760-272-5941	capndirt1@cox.net

SAL Squadron 146 Commanders note

The Law and Dinner has come and gone. Once again it was a very impactful and entertaining evening. The stories of their actions were truly amazing and inspiring. They give us all examples of how we would all hope to act.

The Riders Convention is right around the corner. Let's all help out where we can and help them make the Legion Family shine.

Let's all keep our eyes open for opportunities to help our Veterans, Post and Legion family organizations.

As always, please keep the SAL's in mind when you are talking to your eligible relatives and friends. We have increased our Roster, but still need more members who can participate in activities supporting the Post, Veterans and our community.

Yours in Service David Crone, Commander, Squadron 146

American Legion Post 146 Membership

If you do not have a 2018 Membership card your membership has expired. Please send in your \$45 dues as soon as you can or renew on line today. <http://www.legion.org/renew>

Please note: active duty or National Guard members, your dues are \$35 **you must mail your check or money order to the Post to get your discount.** 1617 Mission Ave, Oceanside, CA 92058

Edd Robinson, Adjutant/Finance Officer

American Legion Auxiliary Officers

President	Kim Crone	1975kcdc@gmail.com	760-415-8126
Secretary	Cassie Sczerba	cassieszczerba@yahoo.com	760-807-5112
1st Vice	Elaine Piltzecker	gepiltz@outlook.com	760-529-5819
2nd Vice	Carolyn Byers	carolyn57.cb@gmail.com	760-685-6571
Treasurer	Mary Thorsten	ala146oside@gmail.com	
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Sgt. @ Arms	Lorna De La Cruz	dlc-ohana@hotmail.com	757-771-4413
Marshall	Nancy Anderson	nma49@cox.net	760-757-1143
Executive Committee:	Suzanne Brewer	suzbrewer1@hotmail.com	760-536-3384

Friends,

First, I would like to thank you for your continued support of my mission to make a positive change in the world.

The money I'm raising will really make a difference in the fight against this terrible disease – just ask one of the 14.5 million cancer survivors we'll be celebrating at our Relay For Life event on 04/28/2018.

I hope you'll donate – and help the American Cancer Society continue working to free the world from the pain and suffering of cancer by funding the lifesaving programs, research, and care they provide.

American Legion Auxiliary is working on the Stars for our Troops program. This program has precise guidelines that must be followed. We have collected flags at the flag retirement ceremony and continue to accept any flags donated that have the woven stars. The Kauppinen family, all Unit 146 members, have taken this task head on. They have collected flags with woven stars, laundered them, cut the stars and packaged them. These stars are then given to active duty and veterans as a thank you and a reminder of our gratitude. They're given to events such as the Vietnam Veterans at VANC, VA Medical Center as well as the ALRiders at their convention, to name a few.

The American Cancer Society Relay For Life of Oceanside is almost here, but there's still time to help. The ALA 146 Warriors are ready to walk the track at Mira Costa on April 28-29 for the American Cancer Society Relay for Life. We hosted a Bunco game and a great time was had by all. Please support us and visit our relay website.

At our April meeting we will be taking nominations for Oceanside Unit 146 2018/19 officers. Elections will be in May, so please share your ideas and consider taking a position to help us continue to assist our veterans and community. Team: ALA 146 Warriors /Kim Crone
My fundraising page: <https://mobileacs.org/2pPardE>

Yours in Service Kim Crone, President ALA Oceanside 146

AMERICAN LEGION RIDERS, CHAPTER 146 Officers

President	Dave Hamilton	760.583.5312	dhamilton9@cox.net
Vice Pres	Dan Rose	760.419.5737	drose1243@yahoo.com
Secretary	George Christensen	773.547.5571	George.t.christensen@gmail.com
Treasurer	Raymond Arnold	760.433.5576	Raymond.Arnold@yahoo.com
Sgt at Arms	Chuck Potter	760.415.6650	cpotterpi@cox.net

ALR 146 Report

Happy April Riders! We are just a few short weeks away from the 12th Annual Convention that we are hosting. We are asking for all hands on deck, as this will show the DOC how outstanding our Post, Chapter, Squadron and Auxiliary are before the DOC. We are expecting approximately 400 Riders, as well as, family members. We hope to put on the best convention possible. At the next Post meeting we will have sign up rosters for areas we will need assistance on. We have some charity rides this month that have been sent to your emails, we need to see you all come out and support these veteran programs.

YIS, Dave Hamilton, President ALR 146

American Legion Riders Convention

The American Legion Riders Department of California 12th Annual Convention is almost here. The ALR Chapter 146 is honored to have been selected to sponsor this event. It has taken 10 months of hard work and planning to put this event together. We appreciate the help that we have received from other chapters in Area 5 and the donations we have received from the Legion, SAL and Auxiliary. We have had some of the Post members step up to help with manpower the day the event but we can always use more help. This is a two day event and some volunteers are only available for one day. The Riders would appreciate any help that we can get to make this a memorable event for all that attend.

The dates are April 20-22. We will need help for the 21st & 22nd. Please contact me for more information. Thank you.

Kenneth Derr, Convention Co-Chair, 760-272-5941, capndirt1@cox.net



AMERICAN LEGION RIDERS DEPARTMENT OF CALIFORNIA

12TH ANNUAL CONVENTION

OCEANSIDE

APRIL 20, 21 & 22, 2018

STILL TIME FOR REGISTRATION ON LINE - INCLUDES SATURDAY LUNCH, DINNER & ENTERTAINMENT, CONVENTION T-SHIRT AND PIN UNTIL APRIL 12TH - \$50.00.

Register on line at <https://alrdoc2018convention.eventbrite.com> or you can mail checks to ALR 146, P. O. Box 1517, Oceanside, CA 92051. .

FRI., APRIL 20, PICK UP CREDENTIALS IN THE "ALR DOC HOSPITALITY ROOM" AT THE HOST HOTEL, 4 - 8 PM THE HOLIDAY INN, 1401 Carmelo Dr., Oceanside, 92054, has a full-service, bar & restaurant, serves breakfast and lunch only.

For Early Arrivals, a ride will be scheduled for Fri. afternoon with a lunch stop. More details to be announced.

SAT., APRIL 21 CONVENTION WILL BE HELD at JUNIOR SEAU RECREATION CENTER - 300 N. STRAND, OCEANSIDE, CA. The building will open at 7:00 AM Sat. for Credential Pick up. All other Convention activities will be at this location.

Hotel reservations website: <http://visitoceanside.org/americanlegionridersconvention/>

Important to remember: Several hotels are holding discounted room blocks for ALR DOC for a brief amount of time. We encourage you to make your reservations as soon as possible as Oceanside is a popular beach town which fills up quickly. This is a family-friendly town with a lot of activities for the grandkids and "kids" of all ages!

For RV's and Campers:

RV parking – www.traveloceanside.com or www.paradisebythesearesort.com

Camp Pendleton Campgrounds – 760-725-2134

Reservations for Active duty cannot be made until after Jan. 26, 2018, Retired military after Feb. 9, 2018.

For more info contact: Ken Derr – 760-272-5941 or capndirt1@cox.net



American Legion Post 146

1617 Mission Avenue, Oceanside, CA 92058-2734

Membership Application

First Name: _____ Middle Initial: _____ Last Name: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____ Date of Birth: _____

Please use a checkmark for the applicable eligibility date(s) and branch of service:

August 2, 1990 – present – Persian Gulf		U.S. Army
December 20, 1989 – January 31, 1990 – Panama		U.S. Navy
Aug 24, 1982 – July 31, 1984 – Grenada/Lebanon		U.S. Air Force
February 28, 1961 – May 7, 1975 – Vietnam		U.S. Marines
June 24, 1950 – January 31, 1955 – Korea		U.S. Coast Guard
December 7, 1941 – December 31, 1946 – WWII		Merchant Marines - December 7, 1941 – December 31, 1946 – WWII (only eligibility dates)
April 6, 1917 – November 11, 1918 – WWI		

Former Legion member ID: _____ N/A

I certify that I served at least one day of active military service during the dates marked above, and I was honorably discharged, or am still serving honorably.

Signature of Applicant: _____ Date: _____

Name of Recruiter: _____

Annual membership is \$45.00. (\$35 if current member of the U.S. military or National Guard. Include a copy of your current I.D. card.) Please fill out this form and send it to the address above with a check for that amount payable to "American Legion Post 146". If you have any questions, please contact the Post 146 adjutant @ 760-754-9633 or email adjutant@legionpost146.org.



Southern Caregiver Resource Center
Caring for those who care for others

Annual Conference

OPERATION FAMILY CAREGIVER

A CONFERENCE FOCUSING ON
MILITARY & VETERAN FAMILY CAREGIVERS

Caring for someone suffering from a Traumatic Brain Injury & Post-Traumatic Stress can be overwhelming. Recognizing the importance of the family caregiver role and the profound impact of the “new normal” is essential. Join us for a FREE conference where we will discuss how to implement practical solutions to managing TBI, PTSD and learn ways to support you and your family.



Friday, April 13th, 2018
9:30 a.m. – 3:30 p.m.

**Veteran Association of
North County**
**1617 Mission Avenue,
Oceanside, CA 92058**

Register Online: <http://bit.ly/OFC18>

For more information please contact
Southern Caregiver Resource Center
(858) 268-4432 | www.scrc.care

Special Thanks to Our Sponsors

