



PHILIP MARMOLEJO POST 650 SENTINEL

AMERICAN LEGION
DEPARTMENT OF CALIFORNIA
VOLUME III ISSUE 3
SEPTEMBER 2009

Philip Marmolejo Post 650 1532 North Church Street Redlands, CA 92374 909 792-6783

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VA WOMEN VET PROGRAMS VA NEWS RELEASE 26 AUG 09

Secretary of Veterans Affairs Eric K. Shinseki pledged on Women's Equality Day 26 AUG that the Department of Veterans Affairs (VA) will work to ensure the nation upholds its obligation to meet the needs of our Veterans - including women Veterans. Although VA has long provided equal benefits to women Veterans, the Department has embarked on new initiatives to meet their unique needs. These initiatives include:

- Comprehensive primary care and specialized medical care at every VA medical center;
- Enhanced mental health care specifically for women Veterans;
- Staffing every VA medical center with a women Veterans program manager;
- Creating a mini-residency on women's health for primary care physicians;
- Supporting a multifaceted research program on women's health;
- Improving communication and outreach to women Veterans; and
- Continuing the operation of organizations such as VA's Center for Women Veterans and the Women Veterans Health Strategic Health-care Group.

Assistant Secretary L. Tammy Duckworth said, "During this observance we should remember the special contributions and sacrifices of the 200,000 women currently serving in the armed forces and 1.8 million who are Veterans," Women Veterans are one of the fastest growing segments of the Veteran population. They comprise 7.5% of the total Veteran population and nearly 5.5% of all Veterans who use VA health care services. VA estimates women Veterans will constitute 10% of the Veteran population by 2020 and 9.5% of VA patients. For more information about VA programs and services for women Veterans refer to www.va.gov/womenvet and www.publichealth.va.gov/womenshealth .

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Special Points of Interest:

- Unit Meeting 1st Wednesday 7:00PM
- Post Meetings 2nd and 4th Wednesday 7:00PM
- SAL Meeting 3rd Wednesday 7PM
- Post Website—www.calegionpost650.org
- Area 5 Meeting Post 595 Perris Sept 19th and 20th 10AM
- District 25 Meeting Post 751 Newberry Springs Sep 27th 10AM

POST 650 SENTINAL



POST OFFICERS

Commander: Steve Thomas

Jr. Past Commander:

Henry Mendoza

1st Vice : Vince Leyvas

2nd Vice: Ron Sepulveda

Adjutant: Norm Cosme

Finance Officer: Val Lozano

Judge Advocate:

Ralph Serrano Sr.

Chaplain: Ed Chacon

Service Officer:

George Eisenauer

Historian: TBA

Sgt at Arms: Fred Venegas Jr.

Asst Sgt at Arms: Paul Ramirez

Executive Board:

Chuck Rodriguez

James Lujan

Fred Venegas Sr.

Joe Ruiz

Board of Directors:

Richard Alcantar

Alex Garcia

Fred Venegas Sr

COMMANDER'S CORNER

STEVE THOMAS

Comrades, Auxiliary, and The Sons of the Legion,

Thank you all and all of our friends who came out to the 5th Annual Jack Sessums Rock-A-Thon, it was an outstanding event with lots of music, dancing, food and fun. Thanks also go to the Rock-A-Thon committee and all the bands that showed up. Great Job!

Did you know that things are going on at the Post? If you rarely make it to the Post you may have been missing Pot Luck on Thursdays just bring something to share if you wish and enjoy the comradeship. Fridays are Karaoke, we have great singers there and a lot of fun. Saturday is a great day to kick back at the Post. Football season is here again and the Post is a great place to be on Sundays (yes the Post is open.) Wednesdays are great to meet your officers and offer your suggestions. The Auxiliary meets the 1st Wednesday, the Post meets the 2nd and 4th Wednesdays and the Sons of the Legion meets the 3rd Wednesday of the month. Also on our planning calendar we have two Friday Night dinners a month (hopefully three soon) check the newsletter calendar for dates or call the Post for new information. If you haven't been to the Post for a while, come out and meet new and old comrades. Note: This past year we have added handicap access to the lounge. We have also added an ATM in the lounge for you convenience.

I have to apologize that our website has been down, I am working on a new site. Our previous Host site raised their prices by 33% so we are changing to a new Host will provide us with our site \$40 cheaper for two years than our previous Host offered for one year. Please bear with me while I put it together. Note there will be no name change to the site.

For God and Country.

2010 ANNUAL AMERICAN LEGION MEMBERSHIP FEE IS NOW DUE

Renew now at \$30.00.

Please make check payable to: American Legion Post 650 and mail to:

American Legion Post 650, P O Box 413, Redlands, CA 92373

NAME: _____ MEMBER NO. _____

ADDRESS: _____ CITY _____

ZIP _____

MEDICARE RATES 2010

US NEWS & WORLD REPORT EMILY BRANDON ARTICLE 26 AUG 09

Most Medicare beneficiaries won't pay higher premiums for Part B medical insurance coverage in 2010. Under current law, Part B premiums cannot rise faster than Social Security annual cost-of-living increases. And the Congressional Budget Office predicts there will be no cost-of-living increases for Social Security recipients in 2010 and 2011. But the law doesn't protect all Medicare recipients from elevated health insurance costs. About 75% of people will be protected from the premium increase, according to Juliette Cubanski, a policy analyst at the Kaiser Family Foundation. The remaining 25% of Medicare recipients will face larger than normal premium increases because the costs are spread across a smaller share of beneficiaries. Here is who will have to pay greater Medicare premiums in the near future:

Medicaid Recipients. Medicaid, which is funded by states and the federal government, already pays Medicare part B premiums for low-income individuals who qualify for both government programs. Medicaid will absorb the larger premiums for the 17% of Medicare beneficiaries who are also eligible for Medicaid. "The individual doesn't pay the higher cost of the Part B premium, but the state does," says Cubanski.

High Income Retirees. Seniors with a modified adjusted gross income above \$85,000 for individuals and \$170,000 for couples in 2009 already pay steeper premiums than other retirees. The wealthiest 5% of Medicare beneficiaries aren't exempt from further Part B premium hikes.

New Enrollees. Retirees who sign up for Social Security and/or Part B medical coverage for the first time next year will also face higher premiums than existing Medicare recipients. While most Medicare Part B recipients currently pay \$96.40 per month and will continue to be charged the same premium amount next year, costs are likely to increase for a quarter of retirees to \$104.20 monthly in 2010 and \$120.20 in 2011, according to the Medicare Trustees.

Part D Users. Current law does not protect Medicare Part D prescription drug coverage recipients from premium increases in years when there is no Social Security cost-of-living adjustment. Retirees who experience increases in their Part D premiums could receive smaller Social Security checks next year.



**Members Transferred
to Post Everlasting**

**None,
Thank God**



POST 650 SENTINAL



AUXILIARY PRESIDENT

Linda Navarro

Hello Legion Family Members,

AUXILIARY OFFICERS

President - Linda Navarro

Jr. Past President:

Sylvia Alcantar

1st Vice - Shannon Mendez

2nd Vice - Rosa Dominguez

Secretary - Sylvia Alcantar

Treasurer - Inez Ortega

Chaplain - Shannon Mendez

Historian: Dolores Mendoza

Parliamentarian -

Jean Eisenauer

Sgt At Arms - Angie Viveros

Marshall - Carolyn Sanchez

Another month has passed. Thanks to all who attended our Steak Night. Your support is greatly appreciated.

Please pay your dues for the new year and encourage eligible Ladies to join our organization. We hope to have a busy and enjoyable new year.

Our next meeting will be on September 2nd.

September 25th will be our next Steak Dinner. Please, Please come and support not only our fundraisers but also the S.A.L.'s dinners and any functions that the Post has. We are all family and we all need your support. A great time was had by all who attended the Rockathon. Thanks to the Post committee who worked hard on this project.

We will be having a Golf Tournament on October 10th to benefit our Scholarships. There will be more information coming. Please circle the date on your calendar.

Keep our Veterans and their families in your prayers. Thank you.

EVER WONDER...

Why don't you ever see the headline "Psychic Wins Another Lottery"?

Why is abbreviated such a long word?

Why is it that doctors and lawyers call what they do practice?

Why is lemon juice made with artificial flavor and dishwashing liquid made with real lemons?

Why is the man who invests your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why women can't put on mascara with their mouth closed?

Why the sun lightens your hair but darkens your skin?

Newsletter Club



Acosta, Joe	2010	Madsen, Norman	2009
Alzano, Richard	2009	Ortega, Gilbert	2010
Araujo, Marcos	2016	Padilla, John	2011
Bour, Joe	2010	Ramirez, Lorenzo	2010
Chacon, Ed	2011	Ramos, Daniel	2013
Chavez, Manuel	2010	Rivera, Ernesto	2013
Cosme, Christopher	2009	Rowles, Mike	2010
Cosme, Norm	2009	Salazar , Joe	2012
Cosme, Robert	2009	Serrano, Ralph	2010
Cosme, Chris	2009	Serrano, Ralph Jr	2010
Eisenauer, George	2009	Thomas, Steve	2011
Dixon, Ennis	2010	Torres, Tony, CM	2010
Garcia, Alex	2009	Venegas, Freddie	2010
Frank Gonzalez	2010	Villapando, Ben	2010
Gonzales, Nellie	2010	Vindiola, John	2010
Habant, John	2013	West, Richard	2010
Holguin, Larry	2011	Wild, Ruben	2010
Hietala, Howard	2009	Zavala, Pete	2010
Leivas, Richard	2010		
Lopez, Fred	2010		
Lozano, Rudy	2010		
Macias, Victor	2009		

Commander

Ruben Ruiz

1st Vice

Mike Sepulveda

2nd Vice

Danny Torres

Adjutant

Tim Saucedo

Finance

TBA

Chaplain

Phil Saldano

Historian

Ruben Roque

Sgt At Arms

Ray Ruiz

Advisor

Steve Thomas

2010 ANNUAL AUXILIARY MEMBERSHIP FEE IS NOW DUE

Renew now at \$20.00. Juniors renew at \$4.00

Please make check payable to: Auxiliary Unit 650 and mail to:

Deloris Mendoza, 720 Ardmore Ave, Redlands, CA 92374

NAME: _____ MEMBER NO. _____

ADDRESS: _____ CITY _____

ZIP _____

POST 650 SENTINAL

September 2009

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Auxiliary Meeting 7PM VJ Day 1945	3	4	5
6	7 Labor Day	8	9 Post Meeting 7PM	10	11 SAL Dinner 5:30 Patriot Day	12
13	14 Star Spangled Banner Written 1814	15	16 SAL Meeting 7PM	17 US Constitution Approved 1787	18 POW/MIA Day USAF Est. 1947	19
20 5th Area Meeting 10AM Post 595 Perris	21	22	23 Post Meeting 7PM	24	25 Auxiliary Dinner 5:30	26
27 Dist 25 Meeting Post 751 Newberry Springs	28	29	30			

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Grow your relationship skills
Make a difference in your world
*TEAM offers education
and mentorship*

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CONTACT

Mike Rowles, TEAM MonoVie Distributor
Bugler, Post 650 Firing Team
C: 951-818-9606 • E: mrowles@eee.org

"Have Fun—Make Money—Make A Difference"

Post 650 Hall Rentals

Open Rentals

Sun. thru Fri. \$350.00 Deposit \$200.00

Sat. \$600.00 Deposit \$200.00

Memorials \$200,00

Member Rentals

Sun. thru Fri. \$150.00 Deposit \$200.00

Sat. \$275.00 Deposit \$200.00

Memorials \$75,00

There is a \$100 Security Charge on all Rentals for your safety and the safety of the Post.

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1/8 Page (Business Card) 12 Issues	\$50.00
1/4 Page 12 Issues	\$90.00
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KEEP AMERICA STRONG



For God and Country We Associate
Ourselves

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P. O. Box 413

Redlands, CA 92374

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calegionpost650@earthlink.net

Non-Profit Organization

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San Bernardino, CA

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