



PHILIP MARMOLEJO POST 650
SENTINEL

AMERICAN LEGION
DEPARTMENT OF CALIFORNIA
VOLUME III ISSUE 4
NOVEMBER 2009

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

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IS IT A COLD OR THE FLU
RAO BULLETIN NOV 1, 2009

Colds vs. Flu: With flu season upon us, and with the increasing number of H1N1 flu cases being reported, more people are making the trip to the doctor. So how can you tell if it's a cold, seasonal flu or H1N1? According to Fred Sutton, MD, executive vice president and chief medical officer, Harris County Hospital District Texas, "The flu is usually much worse than the common cold. Colds will generally last a few days, while the flu normally lasts much longer. Complications from colds are relatively minor, but seasonal flu and H1N1 can both lead to pneumonia and hospitalizations. If you have symptoms, it's important to see your doctor." The common cold and flu are both contagious viral infections. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. Whether a person has typical seasonal flu or H1N1 flu, the symptoms are also similar. H1N1 is also associated with vomiting and diarrhea. There are multiple viruses and colds causing similar symptoms circulating during the fall and winter season. Here are some ways to decide the difference.

* **Fever:** Fever is rare with a cold whereas fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.

* **Coughing:** A hacking, productive (mucus-producing) cough is often present with a cold whereas a non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).

* **Aches:** Slight body aches and pains can be part of a cold whereas severe aches and pains are common with the flu.

* **Stuffy Nose:** Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week whereas stuffy nose is not commonly present with the flu.

* **Chills:** Chills are uncommon with a cold whereas 60% of people who have the flu experience chills.

* **Tiredness:** Tiredness is fairly mild with a cold whereas tiredness is moderate to severe with the flu.

* **Sneezing:** Sneezing is commonly present with a cold whereas sneezing is not common with the flu.

* **Sudden Symptoms:** Cold symptoms tend to develop over a few days whereas the flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.

* **Headache:** A headache is fairly uncommon with a cold whereas a headache is very common with the flu, present in 80% of flu cases.

* **Sore Throat:** Sore throat is commonly present with a cold whereas sore throat is not commonly present with the flu.

* **Chest Discomfort:** Chest discomfort is mild to moderate with a cold whereas chest discomfort is often severe with the flu.

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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 555 Midway City Nov 15th and 20th 10AM*
- *PCC Meeting Post 650 Redlands Nov 20 7PM*

POST 650 SENTINAL



POST OFFICERS

Commander: Steve Thomas

Jr. Past Commander:

Henry Mendoza

1st Vice : TBA

2nd Vice: Ron Sepulveda

Adjutant: Larry Reeves

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

Fred Venegas Sr.

TBA

COMMANDER'S CORNER

STEVE THOMAS

Comrades

We had a great Halloween Party thanks to all of our members and friends who came out. The SAL did a great job putting it together with the help of Post and Auxiliary members. The costumes were great and everyone enjoyed the decorations. The band did a great job also.

The holiday season is upon us and the Post, Auxiliary and SAL have planned some great events. On Nov 20 the Auxiliary will have a dinner and the Post will host the Past Commanders Club. In Dec the SAL and Auxiliary will have dinners the first two Fridays. There will be a Christmas Party for all members on Dec 19 and the Post will have a New Years Party on Dec 31 for all our members and friends.

As many of you know, we've had a slow start to getting our membership processed. Our 1st Vice had to resign due to personal reasons and I have been trying to catch up. If you have paid your dues and have received your 2010 card from me, please disregard renewal reminders from National. For those who have not renewed, remember our new year started July 1st and runs to June 30, 2010 so dues for 2010 year are now due.

As many of you know the Post is a great place to meet with friends and have a good time and we want to continue that great atmosphere. As legionnaires we also have to remember our commitment to Veterans, Children and Youth, Community and Americanism. To accomplish this the Post needs your help to carry out these Legion programs. Your ideas and assistance is always welcomed. So come out to the Post meetings the 2nd and 4th Wednesday of each month. You may not be able to make every meeting or help at every event, but your assistance with any of our projects would be greatly appreciated.

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 _____

MILITARY HOLIDAY MAILING

MILITARY POSTAL SERVICE AGENCY

Military Holiday Mailing: The 2009 Christmas holiday mailing deadlines for APO/FPO mail is as indicated below:

Destination	Zip	Express	1st Class	Priority	PAL	SAM	Parcel Post
APO/FPO	090-092	18 Dec	11 Dec	11 Dec	04 Dec	27 Nov	13 Nov
APO/FPO	093	N/A	04 Dec	04 Dec	01 Dec	20 Nov	13 Nov
APO/FPO	094-098	18 Dec	11 Dec	11 Dec	04 Dec	27 Nov	13 Nov
APO/FPO	340	18 Dec	11 Dec	11 Dec	04 Dec	27 Nov	13 Nov
APO/FPO	962-966	18 Dec	11 Dec	11 Dec	04 Dec	27 Nov	13 Nov

EMMS: Express Mail Military Service is available to selected military post offices. Check with your local Post Office to determine if this service is available to your APO/FPO of address.

PAL: PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

SAM: SAM parcels are paid at Parcel Post postage rate of postage with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.



**Members Transferred
to Post Everlasting**

**None,
Thank God**



POST 650 SENTINAL



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

AUXILIARY PRESIDENT

Linda Navarro

Hello to all of the American Legion family. We have had a very busy month. Thanks to all who supported us at our Steak Dinner on October 16th. We very much appreciate it. October 24th was Make a Difference Day. A few of our members were able to help at a yard sale to raise money for the upkeep of the Lugonia School Garden. If you have not seen the Garden take a moment to see it. It takes a lot of work and funds to keep it up for the kids at the school. We prepared breakfast at the Post on Sunday the 25th. We were very pleased with the compliments that we received. My thanks to Virgie and the rest of the girls that helped make it a success. On Monday the 26th our Children and Youth Chairman Inez Ortega and some members gave a Red Ribbon program at Lugonia School. This anti-drug program is one of our most important programs. Many thanks to the Sons of the Legion for such a great Halloween Party. I know that they put a lot of work into it.

Our next meeting will be on November 4th. We will be hosting a workshop on Nov. 7th at 10:00. Please Auxiliary members come to this workshop to learn about the basics of our organization. The next District meeting will be held at the Chino Post on Nov. 8th. We will have a visit from our Department President Norma Duvall.

I would like to give a special thanks to those who bought the fall decorations that our juniors made. Their money is going towards gifts for the Barstow Veterans Home. They were thrilled that they made money. They will be getting together to make Christmas items real soon. Another busy month to come.

Thank you for your support and keep our Military and their families in your prayers.

AUXILIARY 1ST VICEPRESIDENT

Shannon Mendez

Membership.

Just a reminder, your Auxiliary due's need to be sent to Sylvia Alcantar, 1011 n University St, Redlands, CA 92374. Early Bird ends on Nov 12, 2009. We value your membership, the monies we receive goes toward our many programs, that help our Veterans and their families. Meeting nights are the first Wednesday of every month, we would really enjoy having you come and visit us, meetings start at 7pm. Our next target date is Dec 28, for 75%. We still have a long way to go .

Shannon Mendez

District 25 and Unit 650 Membership Chairman

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	2011	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 _____

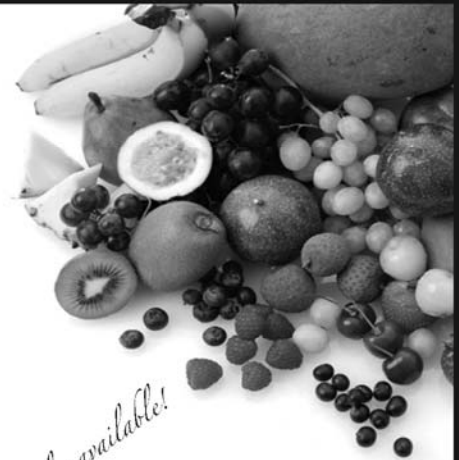
POST 650 SENTINAL

November 2009

SUN	MON	TUE	WED	THU	FRI	SAT
1 Daylight Saving Time Begins—Fall Back 1hr	2	3 Election Day	4 Auxiliary Meeting 7PM VJ Day 1945	5	6	7
8 Dist 25 Meeting Post 299 10AM	9	10 Marine Corps Est.1775	11 Veterans Day Ceremony Jenny Davis Park 10:30	12	13 SAL Dinner 5:30 Patriot Day	14
15 5th Area Meeting Post 555 Midway City 10AM	16	17	18 SAL Meeting 7PM	19	20 Aux Dinner PCC Meeting Post 650 7PM	21
22	23	24	25 Post Meeting 7PM	26 Thanksgiving	27	28
29	30					

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"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.

YOUR ADVERTISEMENT HERE

1/8 Page (Business Card) 12 Issues	\$50.00
1/4 Page 12 Issues	\$90.00
1/2 Page 12 Issues	\$170.00
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For God and Country We Associate
Ourselves



KEEP AMERICA STRONG