

“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. XXVII, No.8, February 2016
Website: www.legionpost146.org

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”For God and Country”

Next meeting: 0900 (9am) February 20th, 2016

Come Early Breakfast from 730am to 9am, \$8.

Post Pot: The name drawn for January was **Lee Brunson**. Lee was at the meeting to win the \$20. Post Pot for February will be \$10.

You must be present to win.

Kitchen help needed from cooking to clean up. Contact the Adjutant if you can help.

“Membership” Check your membership card if it does not say 2016 your membership has Expired. Not to worry, after checking your card and finding you have not paid your dues send a check for \$45 in to the Post. Mail to: 1617 Mission Ave., Oceanside, CA 92058-2734.

Happy Birthday to our Brothers and Sisters who were born this month.

February Birthdays

1 Claude M. Robinson	2 Anthony Cina	2 Ronald Gutierrez	3 David M. Johnson
5 Paul Tapia	5 Harold L. Bronson	5 Roy Sanchez	6 Americo Mercado
7 Victor L. Bothmann	8 Louis Pouloupoulos	8 Al Henkel	8 Martin T. Souki
9 Leo J. Dezzutto	9 Bernard Jackson	9 William H. Findon	10 Ray J. Page
10 Leon Fair Sr.	11 Jennifer Tommervik	12 John A. Polansky	12 Gary E. Billingsley
14 James E. Waters	14 Nathan Forrest	14 Stephen P. Van Natta	15 Robert Borgman
16 Raymond E. Arnold	16 Randy K. Brown	17 Frederick Cutler	17 Hershell V. Barton
18 George R. Knisley	19 Carlos Buenrostro	19 Larry Schmidt	19 Bryon Inderrieden
20 Frank X. Kullmann	20 Bruce D. Canonico	22 Juan A. Villasenor	22 Rebecca B. Nulty
23 R. Thomas Barnes	23 Robert Sutliff	23 John M. Rhoad	24 Ron Rodgers
25 David J. Bringhurst	26 John C. Bahr	26 Casey Borst	28 Nadean Swoboda
28 Timothy Hall			

American Legion Post 146 Officers

Commander	Kevin Johnstone	760-801-9000	kevinjohnstone@mac.com
1 st Vice Commander	Carl Asher	760-722-6768	carlasher@cox.net
2 nd Vice Commander	Brian Nielsen	760-505-1168	brianbrnielsen@gmail.com
3 rd Vice Commander	Bianca Wylie	703-507-3792	bianca.wylie@yahoo.com
Judge Advocate/ Service Officer	Charles T. Atkinson	760-941-4712	catkinson9@gmail.com
Sgt.-At-Arms	Rudolph (Rudy) J. Caron	760-473-6156	caronj7@cox.net
Adjutant/Finance Officer/Editor	Edd Robinson	760-433-1165	robinson68@cox.net
Assistant Adjutant/ Webmaster	David Kauppinen	760-639-0728	subvet346@cox.net
Chaplain / Jr. Past Commander	James Greer	760-612-7125	Rev.JamesGreer59@gmail.com
Historian	Vacant		
3 Yr. Executive Committee	Jack W. Moreno	760-855-7996	Amlegpost146info@aol.com
2 Yr. Executive Committee	Dave A. Pines	760-207-6794	davepines@mac.com
1 Yr. Executive Committee	Ken Derr	760-272-5941	capndirt1@cox.net

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 robinson68@cox.net. **Anyone wishing to add articles to Sound Off! Will need to have them in to the editor no later than 6pm on the 3rd Sunday of the month, for the following month’s edition, in word format Please.**

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 robinson68@cox.net 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. 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 0900 @ Linda Vista Post 731, February 14, 2016 Come early for Breakfast. **Get involved with Post 146** www.legionpost146.org & District 22, <http://www.legionsd.org/>

From your Commander



Comrades,

We've had a great January and we are looking forward to an even greater February! Post activities are on the rise and there's even more on the horizon. Chef Tony Azares, with the support of our new SAL program put together a great breakfast before the monthly meeting. There where 38 people feasted on eggs, bacon and Biscuits with Gravy. We are hoping that this number will continue to grow and we plan to continue the breakfasts before each monthly meeting. Besides a great and inexpensive meal, it's proving to be a great opportunity for members of the Post, Auxiliary, Riders and SAL's to all join together in one room to break bread and talk. We also got to greet and meet several new members to the post in the process. Even though the breakfast is inexpensive, you simply can't put a price on this kind of comradeship.

We have big doings in February! Saturday the 13th is Bingo at the VA Hospital in La Jolla with a great opportunity to interact with veterans of all ages. Bring your spouse and come participate. There's more information in the newsletter. February 14th is Valentines Days and the District 22 meeting will be at Post 731 in Linda Vista at 0900. February 20th is our next general meeting and we'll be doing breakfast again beforehand so come out and enjoy Chef Tony's next creation. And finally, on Saturday the 27th, we'll be doing a New Member Initiation and Member Recognition dinner. Check out the information on the dinner in First Vice Commander Asher's article and see the flyer that's part of his report in this newsletter. And mark your calendars now for March 24's Law & Order Awards dinner at the Elks Lodge and plan on getting your tickets early as this event grows each year and nearly sold out last year.

Finally, as we look to the future, elections for Post 146 officers are not very far away. Please take a few moments to consider how you can help the Post and let Adjutant Edd or myself know if you are interested in taking on a greater role. We're looking for nominees for all positions and we will assist you in gaining the skills and knowledge necessary to assume the position. If you're not ready for an officer position, please consider getting involved on one of our committees. I promise that you'll find it very rewarding!

Kevin Johnstone, Commander - Post 146, commander@legionpost146.org

2nd Vice Commander

Our Post is only as strong as our volunteers! As we welcome in a New Year, we are looking for Post Members who want to get involved and make a difference! If you are interested in serving on the Ways & Means Committee, or volunteering to help out in the kitchen, contact Brian at brianbrnielsen@gmail.com . We will be meeting in the new year to discuss upcoming events to help socialize, fundraise, and move forward in 2016.

We are now serving breakfast before our meetings on the third Saturday of the month. **Breakfast served 7:30 a.m. – 9:00.** Come early and grab some breakfast before the meeting! **\$8.00 breakfast!**

2nd Vice Commander Brian Nielsen

1st Vice Commander

I hope you had a wonderful & restful holiday respite and are ready to get back to the business of this outstanding American Legion Post.

We are staying on track with our membership; I want to thank those who renewed before Dec. 31. You helped the post retain \$5 of the per capita tax we pay to department/national. Our membership stands at 430 transmitted representing 82+%.

Our Adjutant informs me the post has 180 members who have not renewed their 2016 membership. Now is the time to catch up on those arears. Your continued membership is vital to the success of this post.

It has been many years since a formal initiation of new members has been conducted at Post 146. I can tell you from personal experience it is an impressive and solemn event. The Legionnaire gains an insight and greater appreciation for our organization by participating in the "Ceremony of Initiation". You have the opportunity to participate this February 27.

The Ceremony of Initiation will be conducted by an experienced Ritual Team. The program will be conducted at the Post 146 home, 1617 Mission Ave. Oceanside, 92058 (VANC). The program will commence at 5:00 PM with the initiation of members and will be followed by a dinner. I want to encourage you to submit your name as a participant and to bring a guest. Dinner will be complimentary for the Initiate and \$8.00 for all others. You must register with the Post Adjutant that you will attend so he can have your Certificate of Initiation, Legion Lapel Pin, Miniature U.S. Flag and Flag Etiquette Booklet for you at the event. (adjutant@legionpost146.org)

The menu for Saturday, Feb. 27 is: (select your entrée-fish or meat)

Crusted Bake Yellowtail*
Garlic Mashed Potatoes*
Vegetable
Dessert
Coffee

*Alternate meat entrée: Kielbasa with Potato Bake+

Tony Azares can use help with this dinner, in the kitchen preparing and serving. Please contact Tony and let him know you will be there to help. Email to: tonyazares1@yahoo.com
Send your check for Dinner reservations payable to Oceanside Post 146: to 1617 Mission Ave., Oceanside, CA 92058 or reserve on line at: <https://www.eventbrite.com/e/american-legion-post-146-initiation-dinner-tickets-20853506399>

Many of you are on the internet; did you know you can pay your American Legion dues by credit/debit card through the National website? Enter www.legion.org into your browser, when the main page comes up, select "Renew Your Membership? In the upper right corner of the page and follow the instructions. It is that easy. The post will receive their portion of the dues from the Legion. Additionally, you can become a Paid Up For Life (PUFL) member by scrolling down the main webpage near the bottom of the page will be headers one being Members, below that is a link for PAID UP FOR LIFE, select that link and follow the directions.

We are close to our goal of 523 members or 100%. If you haven't renewed, please do so today. Thank you for your service and for remaining steadfast in service to your community, state and nation.

Contact your Post 146 1st Vice Commander at: firstvicecommander@legionpost146.org for you Post 146 membership business. Attend the Ceremony of Initiation.

Yours in Service to God and Country; Carl Asher, 1st Vice Commander

OCEANSIDE POST 146

CEREMONY OF INITIATION

SATURDAY, FEBRUARY 27, 2016

5:00 PM – 8:00 PM

Oceanside Post 146

1617 Mission Ave, Oceanside, CA

Post 146 Members wishing to participate contact the Post

Adjutant at: adjutant@legionpost146.org or First Vice at:

firstvicecommander@legionpost146.org

FORMAL INITIATION AND DINNER

Initiation Ceremonies at 5:00 PM

Dinner Menu: Choose Fish or Meat

Crusted Yellowtail*

Garlic Mashed Potatoes*

Vegetable

Desert

Coffee

*(Alt. Menu Choice: Kielbasa and Potato Bake)

\$8.00 per person Reservations only & required by February 24.

(Initiates dinners complimentary)

Send check payable to Post 146 to Oceanside Post 146

Online at: <https://www.eventbrite.com/e/american-legion-post-146-initiation-dinner-tickets-20853506399>

Commander Squadron 146

The Squadron put on a breakfast before the last post general meeting. Let me tell you folks, it was a huge success. We served 38 breakfast and the Squadron made \$182.00 profit. The food was enjoyed by all. A lot of praise and no complaints thanks to Tony Azares our Commander of the kitchen.

I am going to ask the Executive Committee if the SAL's can become part of the General Post monthly meeting instead of having our own separate meeting. It is done at a lot of posts and is much more efficient. The Commander of the Post asked me to report about SAL's and what we have been up to anyway. If there is anybody out there that objects to this plan please contact me before the next meeting.

The SAL's calendar is filling fast. We have a number of events planned for the rest of the year. I will tell you about each one as they come up. Our next event is we will do another breakfast in February, Then another in June.

Check out our web site. There is a link on the post site. There is some great information if you are interested in "The Sons of the American Legion."

Dave Pines, Commander Squadron 146, Sons of The American Legion

AMERICAN LEGION RIDERS CHAPTER 146 Officers

President: Ken Derr

Secretary: Brenda Derr

Sgt at Arms: Chuck Potter

Chaplain: "Pastor" Bob Wilson

Vice President: Ken Gardiner

Treasurer: Raymond Arnold

Ride Coordinator: James Lansberry

Historian: Vacant

The Riders New Year has started and we are excited about our upcoming events. We have contacted a few organizations that we will be sending donations to out of our Toys4Tots fund. We also have more toys that we will be taking to Camp Pendleton, these toys should put us very close to our goal of 1000 toys for this year.

The Riders meet on the 4th Saturday of every month at 0900, except for December.

Jan 12 Monthly Social Hour at the Junkyard Grill. We had a full house to include Mike and Roberta Schuster in town from Prescott Valley, AZ.

Jan 23, 1st meeting of the New Year. After our meeting Dave Hamilton, Brenda and I rode down to Post 434 in Chula Vista for their Burger Burn. Allen and Scoop manned the grill and put out some great food. Riders from ALR 262 in Fontana were in the house and we had a great time visiting with them.

Jan 31 ALR 460 San Diego is having their monthly breakfast.

Feb 9 Social Hour at Junkyard Grill.

Feb 13 Smoke's Memorial Poker Run at Post 149 in Escondido.

Feb 20 ALR Area 5 Presidents meeting at Post 149 in Escondido.

Feb 27 Monthly meeting at VANC at 0900.

Apr 22-24 ALR Convention in San Luis Obispo, CA

Respectfully submitted, Kenneth Derr, President, ALR 146

Recycle

Please note that in addition to bottles, cans, Copper, Brass and aluminum. "The Post is now accepting used printer and toner cartridges. These are used to get store credits to help defray the cost of the Post 146 office supplies. You can bring them to the monthly meeting or contact Edd at 760-754-9633 or 760-433-1165 to arrange for a pickup."

David Kauppinen, Post 146 Webmaster

American Legion Auxiliary Unit 146 Officers 2015-2016

President:	Mary Thorsten	auxiliary@legionpost146.org	760-421-1512
1 st Vice:	Tammy Nielsen	tsn1962@sbcglobal.net	760-505-2873
2 nd Vice:	Sandie Pines	sandrapines@icloud.com	760-967-0952
Secretary:	Suzanne Brewer	suzbrewer1@hotmail.com	760-536-3384
Treasurer:	Carolyn Byers	carolyn57.cb@gmail.com	760-945-4590
Chaplain:	Marvel Simmons	simmons_t2m@hotmail.com	507-402-0687
Historian:	Nancy Andersen	nma49@cox.net	760-757-1143
Sgt at Arms:	Ann Hall	annah5353@yahoo.com	760-295-1775
Marshall:	Aleta Whitehead		
Exe Committee:	Dodie Leaf		
	Roberta Mattice:	buggs417@aol.com	760-645-2050

Welcome FEBRUARY we are off & running. The Auxiliary has lots of fun things coming up to put on your calendar.

February 12th we will be at North Terrace Elementary School and Santa Margarita Elementary School passing out President Day Rulers along with "You're a HERO 2" Stickers.

February 13th we will be at the VA Hospital in La Jolla for LEGION DAY. We are hosting this event with Unit 149, Unit 365 & Unit 416. It should be a great Legion Family event. Gifts for the Veterans in the hospital will be given out, Bingo will be played and prizes awarded then Lunch will be served with CAKE. I plan on arriving at the noon time frame but 146 members are welcome to arrive anytime between 10 – 4.

District 22 will be having their regular meeting at Post 731 on 2/14 beginning at 9:00 am, if you want to go and need a ride contact Mary Thorsten as she will be driving.

1st Fundraiser for 2016 is scheduled for Feb 21st. Let's all play BUNCO this will be at VANC from 1:00 to 4:00 see flyer next page. Proceeds go toward American Legion Auxiliary Girls State program

BUNCO

Sunday February 21, 2016

1pm - 4 pm

\$ 10.00

Veterans Association of North County (VANC)

1617 Mission Ave, Oceanside Ca 92058

Reservations Kim Crone 760-415-8126

So we may have an accurate count please call to reserve a spot !!

** free opportunity drawing ticket for prepay by 2/14/16*

*******Opportunity drawings for gift baskets**

Prizes for:

*Most Buncos

*Least Buncos

Proceeds go toward American Legion Auxiliary Girls State program

February 27th brings the POST Initiation where the Auxiliary will be serving and helping in the kitchen. You must have a FOOD HANDLERS CARD to work in the Kitchen. <https://www.premierfoodsafety.com/san-diego-county-food-handlers-card> this is the link to receive your Food Handlers Card, watch the video take the test and print your card, it is that easy. You will need at least 1 hour for this card and it is good for 3 years. Please get your card ASAP as the Auxiliary will be using the Kitchen in March for another fundraiser.... RELAY FOR LIFE is April 16th and April 17th **yes it is a weekend event ** you can walk 1 lap or 50 laps your choice. It is also a General Meeting Day for us. Our meeting will still take place just in a different location.

http://main.acsevents.org/site/TR/?jsessionid=855E911FFB8C72907D1E8D7B7072373E.app307a?team_id=1961309&pg=team&fr_id=74157 please sign up to walk at this link. This year's THEME is a PAINT THE WORLD PURPLE! As we walk the track we will be seeing teams from different countries. We will be having lots of fun with our "Lucky Charms" If you have questions please contact Kim Crone or Mary Thorsten and they will be happy to help. More information will be given at the next meeting.

It is an honor to serve you as your President.....Mary Thorsten

In 2016 in the U.S., there will be an estimated **1,685,210 new cancer cases** and **595,690 cancer deaths**.

American Cancer Society!

Mary Thorsten President



Warriors

Hi, we're ALA 146 Warriors

Event: [Relay For Life of Oceanside](#) on Saturday, April 16 & 17th, 2016

39%

Support ALA 146 Warriors,

http://main.acsevents.org/site/TR/?jsessionid=855E911FFB8C72907D1E8D7B7072373E.app307a?team_id=1961309&pg=team&fr_id=74157 please sign up to walk at this link.

Dear friends and family,

This is it, your chance to help make a difference in the fight against cancer. We can and will see a change in our lifetime because we will not give up. I have always worked to make a difference, then cancer made it personal. It has touched my family and too many friends.

I just received this challenge so I am passing it on.

Please consider joining our team, "ALA 146 Warriors" for the Oceanside Relay for Life on April 16 at Mira Costa College.

If you can't make the walk you can still join our team and show your support.

I am forwarding the information if you would like to join or support me with a donation.

Remember any donation and your support is important.

"One person can make a difference and everyone should try". JFK

Kimba Crone, 60-415-8126, ALA 146 Warriors, Team Captain Oceanside Relay for Life

Computer Corner

Having good up-to-date anti-virus and anti-malware program(s) on your computer is not a solve-all for maintaining computer security. The security threat which most people are unaware of is the router located between your modem and computer. A router is necessary to connect multiple computers in your home to the internet, and these connections can be either hard-wired or wireless. In addition, the router acts as a firewall to block unauthorized access to your home network. However, don't assume that just installing a router automatically provides the security you need. All routers come with a manufacturer's default login name and default password, and hackers do know what they are. In addition, some router brands have Universal Plug and Play (UPnP) enabled on internet facing ports and Home Network Administration Protocol (HNAP) enabled for remote access. The default user name, password, and IP address can be found in the documentation for your router, on the bottom of your router, or by searching your model number on the internet. Normally the IP address is 192.168.0.1 or 192.168.1.1 which is entered into the address area of your browser. Make it a priority to access your router, change the password, and check the UpnP and HNAP settings. While you are there, check for firmware updates for your model to improve security. Also, don't forget to write down your new login name & password, & tape it to the bottom of your router. Questions may be sent to me at webmaster@legionpost146.org.

Webmaster, David Kauppinen

Assemblyman Mathis honors female veterans by naming a week in March "Women Military History Week"

Sacramento -- Assemblyman Devon Mathis (R-Visalia) introduced Assembly Concurrent Resolution 108, which honors women warriors by naming the week of March 21 to March 27, 2016 "Women's Military History Week" in California.

The resolution was adopted unanimously by the Assembly on Jan. 19, 2016.

"Today we honor the day that women were granted the right to stand shoulder to shoulder with men in protecting and defending our great nation," Mathis said. "Approximately 300,000 women in uniform have served in the wars in Iraq and Afghanistan – earning more than 10,000 combat action badges and Bronze Stars, and at least 12 Bronze Stars with Valor."

In attendance on the Assembly floor with Mathis was Army Col. Laura Yeager, California Army National Guard Staff Sgt. Rebecca Love, California Air National Guard Tech. Sgt. Angela Cobra, and California Army National Guard Chaplin Capt. Dana Durham.

BOOTS ON DECK MEMBERSHIP DRIVE



22nd District Golden Boot Award

"Presented to the the Post recruiting the most
new members and/or Post 1000/DMS transfers"

(Your Post's Name Here)

The Post with the highest number of new members and/or Post 1000/DMS transfers by Armed Forces Day 2016 will win this cherished Golden Boot Award, a \$400.00 check, and be featured in the Veterans Day edition of the Legionnaire.

Runner up will receive a check for \$200.00

Friends

We've got a great event coming up for military, veterans and their families brought to you from the team at The Us4Warriors Foundation in partnership with the Veterans Writing Group of San Diego County and sponsored by Military Home Loans and California Veterans Affairs & Rehabilitation Foundation.

What: Veteran's Writing Conference

When: 6 February 2016 - 9:00AM to 5:00PM

Where: Veterans Association of North County Building, 1617 Mission Avenue, Oceanside, CA 92054

Tickets Cost: \$10 - Active Duty, \$15 - Veterans, \$20 - Veteran's Family/Guests [Tickets Available at <https://goo.gl/KIbxpD>]

Over 7 Acclaimed, Best Selling Authors and Successful Professionals in the Writing Industry teach you how to write well, tell your story, craft your message, get published and market your special story. Each "class" is one hour in length. There are no simultaneous tracks. So, all attendees will not miss any class.

Snacks, beverages and lunch items will be offered Special Book signings during the event from all authors!!!

Acclaimed Best Selling Authors! Successful Marketing & Literary Development Professionals!
Meet the Ones Who Know Success!

W. Craig Reed, John J. Gobbell, Marshall Lubin, T. Jefferson Parker, Antonio Vianna, Cathy Scott, A.J. Tata, Luc Dyer, and Antoinette Kuritz of Strategies PR

:::Although authors have confirmed as of press time, Line-Up Subject to Change:::

Since businesses have also donated some raffle items, we'll be sure to find a way to spread the joy! Also, we'll be packing some boxes of books to be shipped off to the troops... those on hand can sign a special "Thank You" card to go in the packs as well. Be a part of it all! Get your tickets today!!!

Salute! Anthony "Tony" Stewart

CEO/President

Us4Warriors Foundation