



# The American Legion

Paradise Post 149  
P.O. Box 70184  
Las Vegas, NV 89170  
Ph. (702) 606-4633

Winter 2019

NONPROFIT ORG  
US POSTAGE PAID  
LAS VEGAS NV  
PERMIT NO. 3178

Post meetings are held the 2<sup>nd</sup> Sunday of each month at 0930 at the Leatherneck Club, located at 4360 W Spring Mountain Rd, at Arville).

For calendar and information on Paradise Post 149, go to [www.Post149.org](http://www.Post149.org)

For information on the American Legion National HQ, go to [www.Legion.org](http://www.Legion.org)

*"Look at the very heart of Europe, to Berlin, and you will see a great truth shining brighter with each passing day. The quest for freedom is stronger than steel, more permanent than concrete."*

*- President George H.W. Bush*

### A word from our Post Commander, Bob Bencsko

Well here we are looking forward to a new year in 2019. The past six months as your Commander has been very enlightening learning all the way. The support that I have received from all the Post members has been fabulous. Post 149 has had a wonderful year in typical 149 fashion, raising money, giving it away, and helping our community and our fellow veterans.

With the New Year upon us we look forward to our main fundraiser, Rock the Troops motorcycle poker run in our 15<sup>th</sup> year coming soon on April 6<sup>th</sup>. This event helps support all the good that we do during the year so I hope

that I will see you out there to support the effort. You all should feel proud of the things that our Post accomplishes each and every year; we truly make a difference. I hope to see your presence at our functions, and if you haven't been out in a while I hope you'll pick an event and come out to say hi and come to a meeting. Remember be safe out there and we'll see you in 2019.

Bob Bencsko, Commander

*"I don't feel old or used up, and I don't have time to waste thinking about aging, because I live only for my cause." - Brigitte Bardot*

**Sign up for our e-mail list. Send an e-mail to [info@Post149.org](mailto:info@Post149.org) to receive up-to-date information.**

For more information, go to [www.Post149.org](http://www.Post149.org)

## Adjutant's Corner

The American Legion has a variety of E-Newsletters that provide timely information to our members. Subjects include: Commander's Message, Flag Alerts, Career Center, Legion Riders, Members Discounts, and Training in the American Legion, among others. To sign up, go to <https://www.legion.org/newsletters>



Renew your membership online at [www.legion.org/renew](http://www.legion.org/renew).

As always, feel free to contact me directly if you have any membership issues. My e-mail is [info@Post149.org](mailto:info@Post149.org) and my phone number is 702-493-3028.

- Vic "Doc" Moss, Adjutant

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### Post 149 Executive Board

Commander — Bob Bencsko	702-606-4633
Adjutant – Vic Moss	702-493-3028
1st Vice – John Conte	616-581-1304
2nd Vice – Dennis Soukup	702-283-8559
Sgt at Arms– Paul Harris	702-526-3302
Service Officer – Joe Meyer	616-581-1304
Chaplain – Jessie Dixon	501-230-7925
Finance Officer – Tom Lisa	702-524-0162
Judge Advocate – Oscar Shaw	702-383-8330

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*“This above all to thine own self be true,  
And it must follow, as the night the day,  
Thou canst not then be false to any man.”  
- Polonius (Hamlet, Act 1, Scene 3)*

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### From: The Desk of the 2nd Vice Commander

As the New Year begins, I am reminded on how soon we will be fully engaged in the upcoming Rock the Troops Run on April 6th. Until I started attending the E Board meetings I had no idea of how many worthy causes come to our post for aid and support. None of this would be possible without a successful Rock the Troops Effort. Last year was not our best performance for many reasons beyond our control yet somehow we continue to be the most active and giving Post in the Valley. In a recent I guess my message here is to remind you all of the value of a member and what that means to our Post. While watching the few working at the toy run collecting and

sorting out bicycles is evidence that members are motivated by relational and self-actualization value, seek emotional attachment to other members within our specific community.

What it really means is that without your participation we will fail. It is the members that determine the overall goals of the Post. You are the representative body, the financial contributors and legitimize our collective activities. I appeal to each of you in 2019 to be active as you are the lynch pin of our Post.

Attend the meetings in the next few months and find that niche. We need your help in Rock the Troops.

In closing I would like to thank again all those who helped in my first scheduling attempt at bike fest, it was a huge success. Thank you to the Past Commander for his mentorship and advice in my duties. Ride Safe in 2019.

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*“We know what works: Freedom works. We know what's right: Freedom is right. We know how to secure a more just and prosperous life for man on Earth: through free markets, free speech, free elections and the exercise of free will unhampered by the state,”*

*– President George H.W. Bush*

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### From our Post Service Officer

Office Depot is proud to be a supporter of The American Legion. Office Depot provides members with up to 80% off of over 93,000 items including ink, toner, printing costs, and items for the classroom, home and office. Members can shop online from any location, as well as print out a free in-store purchasing card to use discounts in-store. For added convenience, next day delivery is free on purchases of \$50 or more. Direct billing is available by calling 1-855-337-6811, ext. 12897. Visit [www.officediscounts.org/tal](http://www.officediscounts.org/tal) to begin saving on everyday items today.

There are other discount benefits available to members, go to [www.legion.org/benefits](http://www.legion.org/benefits) for details.

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*“Be at war with your vices, at peace with your neighbors, and let every New Year find you a better man.” – Benjamin Franklin.*



### **How You Can Help the Las Vegas Fisher House**

The Las Vegas Fisher House, which our Post helped create, is a no-cost home away from home for loved ones visiting their Veterans at the VA hospital. This 16-room home, is available to any family member who travels over 50 miles and needs a place to stay.

During your travels, pick up the individual sized soap, shampoo, toothpaste, etc. that you don't use, and when you get a decent collection, let us know and we can get together to pick them up. We will deliver them to the Fisher House, as they go through a huge amount of toiletries. The Fisher House runs on grants and donations from the community, so every bit helps.



### **Veterans Affairs Voluntary Services (VAVS)**

Did you know that volunteers are an integral and indispensable part of the VA? Volunteers save the VA More than \$232 million annually, plus receive over \$77 Million in gifts and donations annually. But that can't do that without the 75,000+ volunteers who perform over 12 million volunteer hours annually. Volunteers are needed at all four VA Clinics, as well as the VA Hospital itself.

Volunteers provide many important functions throughout the Medical Center and help make our Veteran patients' stay more enjoyable. These functions include drivers for the transportation network, information desk and escorts, and in some of the clinics, there are coffee bars that works on donations for most of what they serve.

For more information, go to <https://www.lasvegas.va.gov/giving/> or call the VAVS Office at (702) 791-9134.

### **Some Protocol: From our Sergeant at Arms**

#### **This Is Hallowed Ground:**

#### **Why You Don't Walk Between the Colors**

Written by Nolle Deas, Past Florida Department Commander, 1973-74.

Between the flags that proudly fly,  
Let no one dare to stand.  
For here our fallen comrades lie,  
We call it Hallowed Ground.  
A symbol, yes, but mark it well,  
Here let us ever humbly pause,  
In Memory of the ones who fell,  
In fighting for our sacred cause.

On sea or land these buddies died,  
Some lie beneath a foreign sod,  
In graves caressed by winds and tide,  
In spots unknown to all but God.  
And so this place is Hallowed Ground,  
And it shall be forever blessed,  
As though it were a grassy mound,  
Beneath which gallant heroes rest.

Be ever watchful, Legionnaire,  
Of those two flags which signify  
That we should guard this spot with care  
Where our departed comrades lie.  
And, if a man should dare to tread  
This spot where lie our gallant brave,  
He desecrates those noble dead  
As though he walked upon their grave.



Recently, Desert Springs United Methodist Church collected food and toiletries for Operation Vegas Heroes. Total collected was 256 bags of items, 25 large individual packages, 18 gift cards, \$365 in cash, and \$775 in checks. The Post trailer was completely filled with

items that were distributed to Veterans Village and to the Southern Nevada Fisher House.

Occasionally, we received calls from some of our members, looking for help around their house. Common requests are for plumbers, electricians and handymen, and even pet grooming. If you have the skills and don't mind helping your fellow Veteran and Legionnaire, or are in the business, e-mail the Post Adjutant at [info@Post149.org](mailto:info@Post149.org), so he can add you to the list. If you own a business, send him a copy of your business card, and he will add that to the Post's website.

### From our Member at Large Frank Cardoza:

I would like to share this short article recently printed in the USS Abnaki Newsletter and shared with its members. The information learned was also new to me.

#### MEANING OF A FLAG DRAPED COFFIN

All Americans should be given this lesson. Those who think that America is an arrogant nation should really reconsider that thought. Our founding father used God's work and teachings to establish our Great Nation and I think it's time Americans get re-educated about this Nation's history. Pass it along and be proud of the country we live in and even more proud of those who serve to protect our "God Given" rights and freedoms. I hope you read this, to understand what the flag draped coffin really means...this is how to understand the flag that laid upon it and is surrendered to so many widows and widowers.

Do you know that at military funerals, the 21-gun salute stands for the sum of the numbers in year 1776? (Which was the year our Nation was founded.)

Have you ever noticed the honor guard pays meticulous attention to correctly fold the United States of America Flag 13 times? You probably thought it was to symbolize the original 13 colonies, but we learn something new every day!

- The 1<sup>st</sup> fold of the flag is a symbol of life.
- The 2<sup>nd</sup> fold is a symbol of the belief in eternal life.
- The 3<sup>rd</sup> fold is made in honor and remembrance of the veterans departing the ranks who gave a portion of their lives for the defense of the country to attain peace throughout the world.
- The 4<sup>th</sup> fold represent the weaker nature, for as American citizen trusting in God, it is to Him we turn in times of peace as well as in time of war, for His divine guidance.
- The 5<sup>th</sup> fold is a tribute to the country, for in the words of Stephen Decatur, "Our Country, in dealing with other countries, may she always be right but it is still our country, right or wrong."
- The 6<sup>th</sup> fold is for where people's hearts lie. It is with their heart that they pledge allegiance to the flag of the United States, and the Republic for which it stands,

one Nation under God, indivisible, with Liberty and Justice for all.

- The 7<sup>th</sup> fold is a tribute to its Armed Forces, for it is through the Armed Forces that they protect their country and their flag against all her enemies, whether they be found within or without the boundaries the republic.
- The 8<sup>th</sup> fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day.
- The 9<sup>th</sup> fold is a tribute to womanhood, and Mothers. For it has been through their faith, love, loyalty and devotion that the character of the men and women who have made this country great has been molded.
- The 10<sup>th</sup> fold is a tribute to the father, for he, too, has given his sons and daughters, for the defense of their country, since they were first born.
- The 11<sup>th</sup> fold represents the lower portion of the seal of King David and King Solomon and glorifies in the Hebrew eyes, the God of Abraham, Isaac and Jacob.
- The 12<sup>th</sup> fold represents an emblem of eternity and glorifies, in the Christian eyes, God the Father, Son and Holy Spirit.
- The 13<sup>th</sup> fold, or when the flag is completely folded, the stars are uppermost reminding them of their nation's motto, "In God We Trust."

After the flag is folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under George Washington, and the Sailors and Marines who served und Captain John Paul Jones, who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for them the rights, privileges and freedoms they enjoy today.

There are some traditions and ways of doing things that have deep meaning. In the future, you'll see flags folded and now you will know why.

In the meantime, may God protect us always.

**ONE NATION, UNDER GOD, WITH LIBERTY AND JUSTICE FOR ALL.**

## Targeting Hep C in the Veteran Community

Hepatitis C (Hep C) is an important health concern facing U.S. military veterans. That's because veterans enrolled in the care of the Veterans Health Administration are more likely to have Hep C than others. In fact, more than 5% of these veterans have Hep C.\*

Because most people don't experience symptoms, many don't know they have it. And over time, Hep C can lead to scarring of the liver (also called cirrhosis). That's why getting tested is so important.

### ***It's time to TAKE ON Hep C***

The American Legion is joining forces with AbbVie, a global biopharmaceutical company, to launch TAKE ON Hep C, a nationwide movement to bring free Hep C antibody testing to veterans and their communities.

The TAKE ON Hep C tour is setting out to:

- Identify and test those who are at a high risk for Hep C
- Educate about Hep C and the importance of getting tested
- Energize the community to take action and TAKE ON Hep C

### ***Get the facts about Hep C***

Here's what we're up against:

- About 3.4 million people in the U.S. are living with chronic Hep C
- Hep C is a blood-borne virus and is spread through contact with infected blood
- Most people with Hep C do not have any symptoms, or have general or common symptoms
- Symptoms can be flu-like and include fever, fatigue, loss of appetite, nausea, vomiting, jaundice, abdominal pain, joint pain, dark urine, and gray-colored stools
- A simple blood test can show if you have Hep C antibodies, and you can get results in as few as 20 minutes. The presence of Hep C antibodies indicates you may be currently infected with the Hep C virus

### ***Understand the risk to veterans***

Data suggest that a higher prevalence of Hep C is seen in veterans enrolled in the care of the Veterans Health Administration versus the general U.S. population. Vets could have been exposed to Hep C in one or more of the following ways:

- Doing healthcare work or sharing personal items, such as a razor or toothbrush with someone who has Hep C
- Receiving a blood transfusion or organ transplant before 1992
- Using injection drugs, sharing drug equipment, or receiving tattoos or body piercings in unregulated settings
- Having a current or former sex partner with Hep C
- Having other potential blood-to-blood exposure, either during military service or at any other time

### ***Who should get tested?***

The Centers for Disease Control and Prevention (CDC) recommends Hep C testing for:

- Current or former injection drug users, including those who injected only once many years ago
- Everyone born from 1945 to 1965
- Anyone who received clotting factor concentrates made before 1987
- Recipients of blood transfusions or solid organ transplants prior to July 1992
- Long-term hemodialysis patients
- People with known exposures to the Hep C virus, such as healthcare workers or public safety workers, after needle sticks involving blood from someone infected with the Hep C virus
- People with HIV infection
- Children born to mothers with Hep C

This is a fight we can win because Hep C can be cured—meaning the Hep C virus isn't detectable in the blood 3 months after treatment ends. So let's all get tested and get on with it. Because in the battle against Hep C, no one should be left behind.



The Boys and Girls State programs are among the nation's premier civics training programs, graduating many of our nation's future leaders, and our Post sponsors six high school students each year at a cost of \$1200 to the Post. If you'd like to

help raise some money for this program, so we might be able to sponsor more, here's an easy way to help: Save your aluminum cans. Currently, aluminum cans bring in a decent price at the recycling yards, and two 3-gallon large trash bags full of cans will bring us around \$10. If 20 members saved their cans, we could add one more student to these great programs. When full, contact the Post Adjutant at [Info@Post149.org](mailto:Info@Post149.org) and he will make arrangements to pick up the cans.



# GUN RAFFLE FOR AMERICAN LEGION PARADISE POST #149, LAS VEGAS

**DRAWING WILL BE HELD DURING ROCK THE TROOPS XV  
APR 6<sup>TH</sup>, 2019 AT THE LEATHERNECK CLUB**

(4360 W Spring Mountain Rd, Las Vegas, NV 89102)

**YOU DO NOT NEED TO BE PRESENT TO WIN**

**TICKETS ARE \$20 EACH, AND ONLY 300 ARE BEING SOLD**

*There are three weapons being raffled off:*



- **1ST PLACE:** CHOICE BETWEEN THE FOLLOWING THREE WEAPONS:
- **2<sup>ND</sup> PLACE:** CHOICE BETWEEN THE REMAINING TWO WEAPONS:
  - RUGER GP100 .357 CAL, 7-SHOT REVOLVER
  - KELTEC SUB-2000, 9MM CARBINE W/GLOCK MAGAZINE
  - ROCK ISLAND ARMORY BABY ROCK .380

Winners are responsible for paying and passing federal background checks through the supplier; NV CCW holders will be waived

**MONEY RAISED SUPPORTS THE AMERICAN LEGION PROGRAMS**

**THIS YEAR'S SPONSOR:** 2<sup>nd</sup> Amendment Gun Store (<http://2ndamendmentguns.com/>)

**To purchase tickets for the raffle, Mail checks to: American Legion Paradise Post 149,  
PO Box 70184, Las Vegas, NV 89170, and we will send you the tickets.**

**Or call our Post Adjutant at (702) 493-3028  
or e-mail [Info@Post149.org](mailto:Info@Post149.org)**