



**Stevens Creek Post 642 The Ranger Way**  
**December 2024 Newsletter**  
**Mailing Address: PO Box 302,**  
**Cupertino, CA 95015**



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Source: Army Ranger Full Color Embroidered Tab – Vanguard Industries (vanguardmil.com)

**Upcoming events for December 2024-January 2025**

**2 Dec 1900 hrs. Post 642 Monthly Meeting in Person**

(Dinner served at 1800 hrs.) Oddfellows. Cupertino Lodge #70, 20589 Homestead Ave. Cupertino, CA

**5 Dec 1815 Hrs. Post 642 Christmas/Holiday Dinner.**

Blue Pheasant Restaurant in Cupertino

**6 Jan 1900 hrs. Post 642 Monthly Meeting in Person**

(Dinner served at 1800 hrs.) Oddfellows. Cupertino Lodge #70, 20589 Homestead Ave. Cupertino, CA

For more events and detailed event information please visit our [website events page](#).



## Commander Corner

Greetings, fellow Legionnaires,

As I write this it looks like the fire season is over and we are expecting plenty of rain starting tomorrow. We need the rain, and it suggests that we are moving closer to the beginning of winter. This past month with the various Veteran's Day ceremonies, it brought to mind the many memories that I have of my 33 years wearing the Army uniform. At the Miller Middle School event it was a pleasure to meet so many Veterans, a lot of the faces were familiar as many of us attend this event every year, I should note there were at least 5 Post 642 members in attendance. It reminded me of the countless times I ran into fellow Soldiers who I served with in previous assignments. Whether it was standing in line at Hohenfels West Germany during a REFORGER exercise in 1985 and meeting one of the guys I knew from Basic Training or walking into a Brigade TOC during Desert Storm and linking up with one of the Stinger Squad Leaders that I commanded back in the day. I also got a chance to meet Meril Grim who was part of the Chosin few back in Chosin Korea in late 1950 as a Marine in Chesty Puller's 1<sup>st</sup> Marine Division. As a spry 97-year-old he was very alert, and I had a wonderful and memorable chat with him. I was able to speak to Ms. McGuire's sixth grade class about my military career and my 15 months in Iraq during Operation Iraqi Freedom.

Later that day I headed over to the De Anza Students BBQ and it was a great chance to meet with some of the younger Veterans who are using their well-earned/deserved GI Bill to earn a degree. A couple of Post 642 members were there, and we all agreed that the food was much better than eating C-rations or MRE's like we did while serving.

The Cupertino Veterans Day Ceremony was held on the 11<sup>th</sup> and as most of you know the weather this year did not cooperate with us during the ceremony. I felt like I was back in rainy West Germany on maneuvers as it drizzled/rained/poured throughout the ceremony. This year's theme was female Veterans and our guest Speaker MG Tracy Smith who is the first female commander of the 63<sup>rd</sup> RSC located in Mountain View, CA. She spoke eloquently about some of the historic female military leaders in the Armed Forces. I thought about the first time having a female boss in my career. I had been a LT in the Air Defense Artillery where there were females were not allowed to serve, then I was branch transferred to the Quartermaster Corps. Major Melissa Anderson was my OIC in the Materiel's Section of the Main Support Battalion at Fort Riley, KS. She was an awesome boss; I learned a lot from her, and it really opened my eyes regarding females in our military. Several years later I commanded a Supply and Service Company with the Big Red One in the sands of Saudi Arabia, Iraq, and Kuwait during Desert Storm. Approximately 25% of the 140 Soldiers in the company and attachment were female officers, NCO's and enlisted, their performance was outstanding throughout 5 months we were over in the sandbox.

I will close with what I told the sixth-grade class at Miller when I was asked if I would serve again. I told them that if I could go back to when I was a 20-year-old Junior in college I would do it all over again, and that next to marrying my wife Carmen it was the best decision I ever made in my life.

Merry Christmas, Happy Hanukkah, and Happy New Year!

"Duty First"

Arturo

### Upcoming events for December 2024-March 2025

- 2 Dec 1900 hrs. Post 642 Monthly Meeting in Person (Dinner served at 1800 hrs.) Oddfellows.  
Cupertino Lodge #70, 20589 Homestead Ave. Cupertino, CA
- 5 Dec 1815 Hrs. Post 642 Christmas/Holiday Dinner, Blue Pheasant Restaurant in Cupertino
- 6 Jan 1900 hrs. Post 642 Monthly Meeting in Person (Dinner served at 1800 hrs.) Oddfellows.  
Cupertino Lodge #70, 20589 Homestead Ave. Cupertino, CA
- 15 Jan 1900 Hrs. District 13 Meeting: Post 558, 347 First St. Los Altos, CA
- 3 Feb 1900 hrs. Post 642 Monthly Meeting in Person (Dinner served at 1800 hrs.) Oddfellows.  
Cupertino Lodge #70, 20589 Homestead Ave. Cupertino, CA
- 3 Mar 1900 hrs. Post 642 Monthly Meeting in Person (Dinner served at 1800 hrs.) Oddfellows.  
Cupertino Lodge #70, 20589 Homestead Ave. Cupertino, CA
- 15 Jan 1900 Hrs. District 13 Meeting: Post 419, 958 Homestead Rd., Santa Clara, CA

For more events and detailed event information please visit our [website events page](#).

### Other Activities on Post Calendar

Fellow Legionnaires, although our Post does not have many events as in the past, I have updated our [Post calendar](#) with events from Posts that are close to Cupertino. Please look as there are a considerable number of events that are open to Legionnaires and their families. More importantly by attending you can have fun and support the American Legion.



## 1st Vice Commander's Note

Greetings Fellow Legionnaires,

As 1<sup>st</sup> Vice Commander, I would like to make sure that we are inviting our fellow veterans to our Post meeting which is on December 2nd. This month brings us Pearl Harbor Day on the 7<sup>th</sup> but also Christmas, Chanukah and our Post Christmas Dinner on the 5<sup>th</sup> at the Blue Pheasant. Hopefully, all have gotten their orders into Mike O'Meara so that we can get a good crowd for the dinner.

We are still working on increasing membership, but we have met current goals and The post has an application page for both new applications and renewals at <https://www.americanlegionpost642.com/site/application.php> or your My Legion account here: <https://mylegion.org/PersonifyEbusiness/Membership/Renew> I am still working on getting officer permissions assigned to My Account on American Legion.

In November, I marched with the San Jose Police Emerald Society Pipe Band in the wet San Jose Veteran's Day Parade which was sponsored by the MOAA this year. While the viewers weren't as large as last year due to the rain, there was a full parade including American Legion, San Jose Vet Center, Rotary Club and military vehicle support.

We would really like to get more people attending the Post meetings and events and enjoy social aspects of membership, so let us know your ideas by coming to our meetings. Do give us heads up, so that we can requisition extra rations versus our regular contingent. The next person on the meals roster will have to get the cooler with drinks, etc. If additional drinks are required, it will be reimbursed above the normal meal amount. Remember, if you need a ride, contact either me or one of the officers.

Please remember that if you have Post or Veterans events that you would like on the calendar to get them to Arturo or the District. Please include pertinent information like event information, contacts, address, where to meet, etc.

<https://www.americanlegionpost642.com/site/eventscalendar.php?y=2023&m=3>

If you know of deceased members during the past few months either bring their name and share with our District Chaplain, Jere Bernardoni, or send to him at [Jerep.bernardoni@gmail.com](mailto:Jerep.bernardoni@gmail.com).

To Comradeship!  
Vincent Guinnane, MSME, P.E.  
CW4, 881A1, USAR (Retired)  
[vguinnane@comcast.net](mailto:vguinnane@comcast.net)

### **2025 Membership Report (As of 24 November)**

**2025 Membership Goal: 68**  
**Paid Up for Life (PUFL): 16**  
**Online Renewals: 1**  
**Mail Renewals: 2**  
**Post 1000 Transfers: 0**  
**Newly renewed Members:**  
**New Members:**

**Total Members: 43**  
**New Members: 1 (Post 419 Transfer)**  
**Renewals Pending Submittal: 0**  
**Members not yet renewed: 22**  
**District Rank: Tied for 5<sup>th</sup>/12**

## 2024-25 Membership Renewals

As we posted several months ago National American Legion voted to raise national dues by \$5. Our Post voted to raise our annual dues to \$45 starting on 1 July 2024. Therefore, if you want to save \$5 you need to renew online NLT 27 June and if you plan on renewing via check, please mail your check for \$40 to PO Box 302, Cupertino, CA 95014 NLT 15 June so we have time to process your membership renewal. Also, Department has a special where you can renew your membership for 3 years at \$40 per year. If you are interested in that option you can go to this [link](#) and follow the instructions.



Source: <https://images.app.goo.gl/t54bPZ7B2fTUxaLx8>

## Post 642 Monthly Meeting Schedule for 2023-24 Year

The meeting dates can be found on the [Post Website Calendar](#).

## Meals Roster 2024

December 4th: David Han

January 8th: Mike O'Meara

February 5th: Bill Reichard

March 4th: Bob Devlin

April 1st: Kenneth Klinkowski

May 6th: Jim Barnhart

June 3rd: Vince Guinnane

## Need A Ride?

Are you a member who hasn't had a chance to attend one of our meetings or activities because you have difficulties driving at night, or are no longer able to drive? If so, please feel free to contact the 1<sup>st</sup> Vice Commander ([arturo@cadiz.com](mailto:arturo@cadiz.com)) or at 408-838-0375 and let him know. We will arrange to have someone pick you up and drop you off at home. We currently have several members who use this service and will be more than happy to assist others in being able to attend our meetings and activities. It's a great opportunity to get out of the house, especially if you are not able to on your own and meet fellow Legion members and attend our meeting.



## **Service Officer Service Officer Report**

Base Access Simplified: Updates for Veterans and Caregivers  
Veterans and eligible caregivers now have easier access to Department of Defense installations. The updated process announced by VA and DOD streamlines enrollment and access to installations.

### **IMPORTANT INSTALLATION ACCESS UPDATES**



Find Free Peer Support, Resources for Caregivers  
The Red Cross Military and Veteran Caregiver Network provides free peer-based support and resources to those who care for service members and Veterans living with wounds, illnesses, injuries or the effects of aging.

### **ACCESS CAREGIVER RESOURCES**

Toxic Exposure Listening Session, Dec. 12

Register now if you have insights and experiences to share on Constrictive Bronchiolitis (CB) and Deployment Related Respiratory Disease (DRRD) and to hear VA updates.

[SAVE YOUR SPOT AT THIS SESSION](#)

## Vietnam War Veterans Health Issues

[Get the care you need](#)

If you served during the Vietnam War, you may be at higher risk for some health conditions. The PACT Act expands health care eligibility for Veterans of the Vietnam Era.

[Learn More](#)



## Find Effective Care for PTSD and Chronic Pain

About 50% of Veterans with PTSD also experience chronic pain — pain that is reoccurring and lasts more than three months. Trauma can change how the body processes pain, making some people more sensitive to it. Like PTSD, chronic pain is often invisible. Those affected by chronic pain are often misunderstood or not believed.

Chronic pain and PTSD often go hand in hand. Both can impact your physical health, mood, relationships, and daily activities. Treating both conditions typically requires multiple health care providers working together. Veterans may receive PTSD care from mental health specialists and pain treatment from primary care doctors or pain clinics. The most effective approach is when these teams coordinate care. Some VA clinics now offer combined treatment for both PTSD and chronic pain in one place.

Beyond formal treatment, self-management tools can also help. [VA's Pain Coach Mobile App](#) offers resources on managing pain, improving sleep, and staying active. It includes videos, relaxation techniques, and customizable daily check-ins to help you stay on track.

A dark blue rectangular button with the text "Find Help" in a light blue, sans-serif font. The text is arranged in two lines, with "Find" on the top line and "Help" on the bottom line.

[Find  
Help](#)