

**SOTOYOME AMERICAN LEGION FAMILY
HEALDSBURG - GEYSERVILLE - WINDSOR**



THE SOTOYOME NEWSLETTER

AUGUST 2016

Post 111, Squadron 111 and Legion Riders Chapter 111, PO Box 281, Healdsburg, CA 95448

Unit 111, American Legion Auxiliary, P.O. Box 174, Healdsburg, CA 95448

Visit our Website at <http://www.healdsburgamericanlegion.org/>

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Volume 82 Issue 8



Flag line at SVNC Administration Building with members of ALR Chapter 111 and Patriot Guard Riders after MIAP escort from Sebastopol to Sacramento Valley National Cemetery on July 13th.

Photo by S. Bowne

Chaplains Corner

Post: Warren Luke, 707-239-1811

Auxiliary: All Officers will take turns

Squadron: Reuel Miller, 707-874-1951

Riders: Ed Howell, 707-292-8033



Need someone to talk to?

You or someone in the family ill?

Know of a Veteran who needs help?

Start with a phone call to your Chaplain.



THE AMERICAN LEGION

WAR-TIME VETERANS AND MILITARY MEMBERS
DEDICATED TO A STRONG NATIONAL SECURITY,
COMPASSIONATE CARE FOR VETERANS AND THEIR
FAMILIES; COMMUNITY SERVICE, AND THE
WHOLESUME DEVELOPMENT OF OUR NATION'S YOUTH.

**INVITE SOMEONE TO JOIN THE
SOTOYOME AMERICAN LEGION
FAMILY TODAY!**

Commander Lance Ballenger



Our biggest event, which the majority of our fundraising efforts supports, is behind us as of last month. Unfortunately the Ballenger's were out of town and missed the show, although I have heard from our Members that it was another great success. Sadly our event location at the Healdsburg High School field may potentially be lost. There are rumors that the District may install synthetic turf replacing the grass. If that is the case, the fireworks may very well be banned due to the potential damage of the new field. We will have to wait this out and see how things unfold. With very limited venues to operate from in town to include accommodating the large crowds, parking and vendors, sadly this could be our last year.

Nevertheless the Legion will move forward steadfast in preparations for July 4th 2017 unless we hear differently. Thank you to all our dedicated Members in all of your efforts this last year in raising the capital required to put on this awesome show for the community in celebrating our Independence Day. A big thank you as well to the always familiar faces of our core "Do-er's" that suit up and show up to stage, put-on and demobilize all the bells and whistles required for a safe and prosperous event. We could not do this without your guy's selfless service.

In looking ahead, August looks to be a quiet month for the Legion with the MIA/POW event rounding the corner in September which Harold has been preparing for. I encourage and eagerly invite any of our Members who do not regularly attend, to come on out to our Post Meeting that is coming up on the 11th of August at 7pm at the Annex. We would love to see some new faces and there is always plenty of opportunity for all to get involved. Thanks. ~**Lance**

1st Vice Commander Ken Cody



Sunday, July 10th was the Legions 1st Annual **"Car Show On The Hill"** at the Villa Chanticleer picnic grounds. We had 73 car entries that day; the weather was beautiful and the feedback I received was that all had a good time and really enjoyed the event and the Villa's picnic grounds saying it was one of the best they've been to.

A lot of the people said that they didn't know that the American Legion Annex was at the Villa Chanticleer. Some folks inquired about joining the Legion as well so we may be seeing some new faces soon.

I'd like to say "Thank You" to all of those who helped with the car show that day. We had about thirteen non-Legion members and about seven American Legion members including:

Tim Madura, Steve Bowne, Shirleen and Terry Perry, Frank Jerins, Roy Caporale, Mary Cody and Warren Luke.

If this car show is something that we think we want to do next year, then we will need a lot more help from the American Legion members. I received over ten phone calls and a couple emails on how well the participants of the car show enjoyed the event; they said if we do it again next year, then we should advertise more for the public to come up and enjoy as well.

Overall, it was a great day! ~ **Ken** (Pictures on page 6.)

Auxiliary President Linda Karnstedt



Dear Auxiliary members, I hope everyone enjoyed the fireworks and the month off since we did not have a regular meeting. In order to focus our time and energy this year on something that our members really want to support, I welcome suggestions on a project/program close to your heart. So please come to the meeting on August 11th to offer your input. I would like us all to feel good about being part of the American Legion Auxiliary and know we are making a difference in the lives of veterans or active military and their families. Reminder that the board meeting will be at 6pm prior to the regular meeting. See you on August 11th. ~Linda



ALR President Ron "Campy" Dillow



Well riders, it looks like we have a date for the 7th annual Fallen Warrior Ride and BBQ on Saturday October 8th.

Mitch has more on that. Now it's our turn to hit the streets and get as many raffle prizes and donation as we can. Lets make this year a great one.

We also had the Yountville BBQ on July 31st at the Veterans Home. **(Pictures on page 7)**

I'd like to thank all of you that made it to the MIAP mission and Veteran's without Family's ceremony at SVNC. It was HOT but it was well worth it. Last, I will miss seeing Bear Gomke at all the missions we do. Bear and Terri from the Christian rider's association had a way of keeping you up when

things were down. ALR is open to any Legion family member in good standing that rides a freeway legal motorcycle 650cc or bigger. ~Campy



SAL Commander Matt Foreman



To all of our Legion family, I hope this summer is going well for you. I have been enjoying some down time, and with this hot weather, I hope you have too. Please mail in your dues for this upcoming SAL year to Steve Bowne . We are looking great so let's keep it up. Upcoming, possible SAL District 5 meeting in September 10th hosted by Post 111. I hope everyone will participate. Respectively your SAL Commander ~ Matt



7th Annual Fallen Warrior Memorial Ride

Our **American Legion Riders #111 Memorial Ride and BBQ** has been set. We will hold this event on **Saturday October 8, 2016**.

This year we honor **Pfc Caesar Viglienzone**, KIA 1 Feb 2006 in Iraq. Caesar moved to Sonoma County when he father retired from the US Navy. He enjoyed a fun-filled childhood and was an active teen. After High School Caesar joined the US Army and was assigned to the 101st Airborne. He along with two other soldiers were lost when an IED exploded near their vehicle.

Dennis and Normal Viglienzone are very active with Santa Rosa Post #21, and Norma was one of our original MOMS.

The family has asked for proceeds to be donated in Caesar's name to Homes For Our Troops, a charity organization (rating of 92.92) that builds homes for veterans, including two homes currently under construction in the San Jose and Sacramento areas.

We are soliciting donations and raffle items for the BBQ. Riders will have Presale BBQ Tickets available and please spread the word that this is an Open Event, both the Ride and BBQ. Talk with any Legion Rider or call **Steve Bowne** [707-578-4775](tel:707-578-4775) or **Mitch Laing** [707-975-1541](tel:707-975-1541) if you have questions, wish to purchase a BBQ Ticket, want to donate anything or would like Flyers to hand out. We have a donation request letter available that has all the info plus our Tax ID.

Staging for the Ride is at Cafe Noto, Windsor Town Green at 9am. The BBQ is at The Villa Picnic Grounds, 12noon, and again, it is **Open to Everyone!**
~**Mitch Laing**



Photo from 2015 Ride staging at Cafe Noto, Windsor Town Green.

Sotoyome Junior Shooters



Monday night practice

Sotoyome Junior Shooting Sports Club is a 501(c)3 amateur athletic organization. We are sponsored by the Healdsburg Post 111 American Legion. We are members of the American Legion Shooting Sports, the Winchester Civilian Marksmanship Program, USA Shooting Sports, and registered with the MIDWAY USA Foundation. We compete in 3 position Air Rifle competitions in our area. For more info on the American Legion Jr shooting sports click here: <http://www.legion.org/shooting> .

In addition to the Air Rifle program we have access to the Ukiah Gun Club 4 times a year, where we give practical and hands on instruction on **SAFELY** using handguns, rifles and shotguns. We meet on the 2nd Monday of every month at the Villa Chanticleer Annex at 6pm.

New members are welcome to come, observe and decide if they would like to participate. There is a \$20.00 registration fee and \$20.00 yearly dues.

We are excited to offer the NRA Basics of Pistol Shooting course. This course is available to all Women, Men and Children 16 years and older. It is a blended training course, which means a portion of the course (Phase 1) is conducted in an online environment, that can be completed on your own time. Go to <https://onlinetraining.nra.org/online-courses/nra-basics-of-pistol-shooting-course/> for all the details.

Once you have completed the Basic Pistol course we can train you on the NRA Personal Protection in the Home Course. The NRA has a wonderful program called Women on Target. If interested in any NRA training contact me at reuelmiller@comcast.net. NRA certified instructor in Pistol, Rifle, Shotgun, Personal Protection in the Home, Level 1 Rifle Coach, and Range Safety Officer.

Never forget, Never Quit, & Keep Charging
Reuel Miller, Club Leader

First All American Car Show



Photos by Harold Bagdonas

Yountville Veterans Home BBQ July 31st



Staging at the entrance to Yountville. l to r: Dave McAleece, Ron Krudop, Gary Greenough, Dave Myers, Maria Arnold, Matt Foreman, Duke Callahan, Jim Arnold & Ron Collier aka Mr. Big.



l to r: Dave McAleece, Ron Krudop, Steve Bowne, Matt Foreman, Campy Dillow, Jim & Maria Arnold



American Legion Riders from at least 5 Chapters participated in the ride-in and serving the residents.

These contributors support the Sotoyome American Legion Family.

Reuel Miller
 NRA Certified Instructor
 # 183327345
 RIFLE - PISTOL - PERSONAL PROTECTION
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 CA DOJ Firearm Safety Certificate Instructor
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American Legion Sotoyome Family Leadership Team 2016-2017

Post 111 American Legion

Commander	Lance Ballenger	707-396-1331
1st Vice	Ken Cody	707-536-5562
2nd Vice	Tim Madura	707-815-6983
Adjutant	Reuel Miller	707-874-1951
Finance	Bob Taylor	707-894-0857
Asst. Finance	Steven Bowne	707-578-4775
Judge Advocate	George Sager	707-433-2044
Sgt. at Arms	Tony Grado	707-527-8233
Service Officer	Chris Bingham	707-565-5960
Historian	Harold Bagdonas	707-843-4790
Chaplain	Warren Luke	707-332-3843
Bar Manager	Frank Teuschler	707-431-2328
Jr. Past Comdr.	Reuel Miller	707-874-1951
Executive Bd.	Doug Newton	707-217-6309
	Tricia Lay	707-695-0345
	Roy Caporale	707-894-8954
	Stan Shusda	707-838-4593
	Frank Jerins	

Unit 111, American Legion Auxiliary

President	Linda Karnstedt	707-529-1243
1st Vice	Shirleen Perry	707-838-9790
2nd Vice	Judy Chavez	707-857-0024
Secretary	Marie Canale	707-431-0563
Treasurer	Melanie Taylor	707-894-0857
Chaplain	All Officers will take turns	
Sgt. at Arms		
Marshall		
Jr Past Pres.	Eddy Sauers	707-838-9429
Executive Bd.	Linda Karnstedt	707-529-1243
	Nancy Grimes	707-529-2271
	Judy Chavez	707-857-0024

Squadron 111 , Sons of The American Legion

Commander	Matt Foreman	707-340-0315
1st Vice	Dave McAleece	707-838-2676
2nd Vice	Ken Cody	707-536-5562
Adjutant	Steven Bowne	707-578-4775
Finance	Bob Taylor	707-894-0857
Chaplain	Reuel Miller	707-874-1951
Sgt. at Arms	Terry Perry	707-838-2432
Judge Advocate	Doug Newton	707-217-6309
Historian	Harold Bagdonas	707-843-4790
Jr. Past Comdr.	Mitch Laing	707-623-9179
Executive Bd.	Mark Archambault	707-292-6746
	Ron Collier	707-239-6703
	Mitch Laing	707-975-1541

Chapter 111 American Legion Riders

President	Ron (Campy) Dillow	707-753-0575
Vice Pres.	Ron Krudop	707-765-0373
Secretary	Doug Newton	707-217-6309
Treasurer /Adj.	Steven Bowne	707-578-4775
Sgt. at Arms	Terry Perry	707-838-9790
Chaplain	Ed Howell	707-542-1135
Road Captains	Matt Foreman	707-340-0315
	Joe Manning	707-501-9880

SOTOYOME JUNIOR SHOOTING SPORTS CLUB

3rd Annual Rifle raffle

**to benefit the Junior
Shooters program**

**RUGER MINI 14 RANCH RIFLE
.223 CALIBER**

Contact Reuel Miller for further information

**The winner of the Glock 26 was
Randy Watson**



Tony Grado at SVNC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Board Meeting 7 pm Annex	2 ALR Meeting 6 PM Windsor	3	4 Coast Guard Birthday	5	6
7 Purple Heart Day	8 Jr. Shooters Annex 6:00 PM	9	10	11 Post meeting 7 PM Annex Honors Team 5:30 PM Annex	12	13
14	15	16	17 United Vet Counsel 7 PM SR	18	19	20
21	22	23 Newsletter Input Due	24	25	26	27
28	29	30	31			

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Board Meeting 7 PM Annex Labor Day	6 ALR Meeting 6 PM Windsor	7	8 Post meeting 7 PM Annex Honors Team 5:30 PM Annex	9	10
11 Patriot Day	12 Jr. Shooters Annex 6:00 PM	13	14	15	16 POW/MIA Recognition	17
18 Air Force Birthday	19	20 Newsletter Input due	21 United Vet Counsel 7 PM SR	22	23	24 Air Show
25 Gold Star Mothers Day	26	27	28	29	30	

Sotoyome Post 111 The American Legion
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Asbestos Exposure

Veterans from all branches of the military were often at risk of asbestos exposure, although it's much less likely for those currently on active duty or recently discharged to have come into contact with asbestos. If you're a veteran and have been diagnosed with an asbestos-related illness, you are potentially eligible for service connected disability compensation, and VA health care.

Asbestos is a catch all term for six naturally occurring silicate materials that were mined and used in for its ability to insulate objects from heat and fire. It was used extensively throughout the Department of Defense and industry until lawsuits pointed out the significant adverse health effects caused by its use. Veterans who worked in or on US Navy ships were particularly vulnerable to asbestos exposure, due to its extensive use as insulation throughout ships.

Inhalation of asbestos fibers can cause serious adverse health effects such as asbestosis, lung cancer and mesothelioma. If you are a Veteran and have lung problems, please make sure that you discuss your veteran status and possible asbestos exposure with your doctor, so they can look into the possibility that your lung condition may have an asbestos related component to it.

If you've developed an asbestos-related disease after serving in the military, there is a good chance that you may qualify for compensation and medical care. According to the U.S. Department of Veterans Affairs (VA), if you were exposed to asbestos while in service and subsequently developed an asbestos-related illness, you may be eligible for service-connected benefits. Our office can assist you in all aspects of claim development.

~**Chris Bingham**, Veterans Service Officer

*Sonoma County Veteran Services
3725 Westwind Blvd, suite 101, Santa Rosa, CA 95403
Services by appointment, please contact 565-5960; Drop in services are
available Monday through Thursday, 8:30-10:00 am.*

The Sotoyome Newsletter

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