



# THE SOTOYOME NEWSLETTER

MAY 2012

Post 111, Squadron 111 and Legion Riders Chapter 111, PO Box 281, Healdsburg, CA 95448  
Unit 111 American Legion Auxiliary, PO Box 174, Healdsburg, CA 95448



## From the Top

Dave Richey

Commander, Sotoyome Post 111



As the Legion year winds down, it is time to look at nominations for new officers. The first round of nominations took place at the April membership meeting. Our May meeting will be the second (and final) round of nominations, followed by election of our new slate of officers. PLEASE plan on attending this meeting on May 10 to be a part

of determining the new Executive Committee and Board Members. We will have the installation of new officers at the June meeting on June 14.

We would like to extend our thanks to Linda Karnstedt and the Auxiliary for arranging to have her friend Sara speak to us after the last meeting concerning heart health. She brought us some very interesting and helpful information.

Our newsletter editor, Tom Grimes, does a great job of compiling and sending out our activities and events. As you read through it you can find out what is going on around Post 111, and occasionally in other parts of the American Legion, but to remain fully informed, please visit the Department of California and the National websites (just type "American Legion" into your browser). One thing coming up in June (20-24) is the Department Convention in Redding. If you have never attended one of these and would like to, contact the Post 111 Adjutant or a member of the Board. You can get a flavor of how the organization works at levels beyond the post.

There are a number of activities coming up for which we can use some of your help. You can show your support for the Memorial Day ceremonies at Oak Mound Cemetery, Geyserville Cemetery, and Shiloh Cemetery in Windsor with your attendance. We also have lots of room for help on July 3, 4 and 5, when we set up for the 4th of July fireworks, and break down afterwards. Some meals are included. We had a great turnout last year. Let's have even more this year. Keep an eye on upcoming events in this newsletter.



## Auxiliary Happenings

Rose Sandoval

President, Sotoyome Unit 111



It feels good to be home. A heartfelt thank you to Past Department President Melanie Taylor and our 1st Vice Linda Karnstedt for being there for me, so I could be with my sister in the time of her grief. Carole Thoreson, also a member of our unit, we are thinking of you at this difficult time. God bless you and the family.

Welcome our new member, Cheryl Biagi. She is the first woman member of the Sotoyome Legion Riders. We are glad to have you on board.

At our May 10 meeting we will have our nominations and election of new officers for the 2012 - 2013 year. We thank all the members who have stepped up to hold an office.

Our membership is at 152, so if you haven't paid your dues, please take time to do so. Our Veterans need our support.

1st Vice Linda arranged for a guest speaker from Heart-Matters. Sara Havis, MFT, spoke on Heartmath(R), heart care and psychotherapy. Her information was extremely informative and well presented. The website is [www.Heartmatters-sebastopal.com](http://www.Heartmatters-sebastopal.com)

The Girls State Luncheon is May 20th at the Santa Rosa Veterans Memorial Building. This is a ticket event. If you plan on attending you will need to get a ticket from Thelma Frey. Our unit is sponsoring four young ladies.

Two scholarships from our Unit will be presented at Healdsburg High School on May 21st.

Don't forget to mark your calendar for the Sotoyome Social Night and Bingo on Friday, May 25th. See the ad on page 4. Join us for pot luck and bingo!

Remember to mark your calendars for our Memorial Day programs.

## Adjutant's Column

### Bud Simmons, Post 111 Adjutant



We are now at 100% membership, however, we have several members that have yet to renew their memberships for the year. If you have not yet renewed, now is the time - take a moment and drop your check for \$25 in the mail. Post 111 has the lowest dues rate of any Post in the state which is our way of telling you **THANK YOU FOR SERVING OUR COUNTRY** and **THANK YOU FOR YOUR MEMBERSHIP IN THE AMERICAN LEGION**.

We are accepting nominations for officers to lead our Post for the next Legion year; if you are interested, please contact any of our officers and attend the next general meeting on May 10th.

Our annual fire works show is just around the corner, we will need help readying the grounds 3 July, preparing the grounds 4 July, help that evening and then clean-up - if you can spare some time, please contact us.

**GOOD NEWS:** We are in the process of entering into a "partnership" with the newly formed **HEALDSBURG PRUNE PACKERS BASEBALL CLUB**. This team will return us to the days of yesteryear when the **PRUNE PACKERS** were a vital part of our community. They will be playing in our recently renovated Recreation Field ball park. Clarence's dream was to bring back exciting baseball to our community, He was an outstanding athlete at Healdsburg High School, UC Berkeley and was a long time player for the original Healdsburg Prune Packers baseball team. If you are interested in supporting bringing exciting semi-pro baseball to Healdsburg, please let us know.'

We encourage any veteran that is not enrolled in the VA system to do so. We all are eligible for certain benefits which are much easier to obtain if we are in the system.

You are reminded of the Aid & Attendance Benefit which, if you are eligible, provide monthly financial assistance to those needing in-home care as well as facility care. If you have any questions regarding your benefits contact me at [legionbuddy111@comcast.net](mailto:legionbuddy111@comcast.net) or 707.971.0523 or our Post Service Officer Tom Grimes whose contact information is located elsewhere in this newsletter.

**REMEMBER - WE ARE HERE TO SERVE YOU**

## POT LUCK AND BINGO!

### Friday, May 25, 2012

Dinner at 6:00 pm, followed by Bingo.  
Bring your favorite potluck dish and a salad or dessert.  
Guests are welcome!

25 cents per card per game. 100% paid out.

**IT'S YOUR CALL**  
Confidential help for Veterans and their families  
**Veterans Crisis Line**  
1-800-273-8255 PRESS 1  
Confidential chat at [VeteransCrisisLine.net](http://VeteransCrisisLine.net)

## Memorial Week Schedule

This is a busy time for the Healdsburg American Legion Family. We are looking for help with our Memorial Day Program, getting Oak Mound Cemetery ready for placement of flags, placing of flags Memorial Day morning, and the day after Memorial Day removing of the flags. Your help is needed, contact us if you can spare some time to help us with this annual tribute to those who have served our country;

Tue, May 22 - 5pm	Cleanup at Oak Mound Cemetery.
Thu, May 24 -	FFA Parade
Sun, May 27 - 8am	Flags out at Oak Mound
Mon, May 28	Memorial Day Programs
10am	Oak Mound Cemetery
11am	Geyserville Cemetery
12noon	Windsor Cemetery
1pm	Picnic for participants at the Villa Annex
Tue, May 29 - 8am	Pick up flags at Oak Mound



**FOR THOSE THAT FOUGHT FOR IT  
FREEDOM HAS A FLAVOR  
THAT THE PROTECTED  
WILL NEVER KNOW!**

## May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 40 & 8 Meeting 8pm	5
6	7 Post/Unit board mtgs 7pm	8 ALR Meeting 6pm, Windsor Honors Tem 7pm Annex	9	10 Post/Unit Meeting 7pm	11	12 Windsor Parade
13 Mother's Day	14 Past Presidents Card Party Noon	15 Newsletter Input Due	16	17	18	19 ALR Ottolini Memorial Run Area 1 Mtg Post 84 Auburn
20 Area 1 Post 84 Auburn	21	22 Cemetery cleanup 5pm	23 Bingo at Yountville 10am	24 FAA Parade	25 Sotoyome Social 6pm potluck Bingo following	26
27 Flags Out 8am	28 Memorial Day Programs	29 Pick up Flags 8am	30	31		

## June 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 40 & 8 Meeting 8pm	2
3 District Meeting Post 28 Petaluma	4 Post/Unit board mtgs 7pm	5	6	7	8	9
10 40 & 8 Flea Market Santa Rosa	11 Past Presidents Card Party Noon	12 ALR Meeting 6pm, Windsor Honors Tem 7pm Annex	13	14 Post/Unit Mtg 7pm Installation Evening	15 Newsletter Input Due	16
17 Fathers Day Gin Fizz Breakfast	18	19	20	21 Honors Team 7pm Annex	22 Sotoyome Social 6pm potluck Bingo following	23
24	25	26	27 Bingo at Yountville 10am	28	29	30
31						





## Sotoyome American Legion Family 2011-2012 Leadership

### Post 111 The American Legion

Commander	Dave Richey	568-7278
1st Vice	Roy Caporale	837-1957
2nd Vice	Warren Luke	569-9968
Adjutant	Bud Simmons	971-0523
Finance Officer	Bob Taylor	894-0857
Judge Advocate	Shannon Dean	536-5939
Chaplain	Bill Stiles	433-3733
Sgt. at Arms	Tricia Lay	695-0345
Service Officer	Tom Grimes	481-9169
Historian	Harold Bagdonas	843-4790
Jr. Past Cdr	Doug Newton	217-6309
Executive Board	Frank Jerins	
	George Sager	433-2044
	Frank Teuschler	431-3733

### Unit 111 American Legion Auxiliary

President	Rose Sandoval	838-7068
1st Vice	Linda Karnstedt	657-4416
2nd Vice	Gail Gibson	431-1348
Secretary	Marie Canale	431-0563
Treasurer	Melanie Taylor	894-0857
Chaplain	Bettie Crandall	838-4035
Sgt. at Arms	Mary Southall	527-8429
Marshall	Judy Chavez	894-4636
Historian	Madeline Thoreson	433-6035
Executive Board	Virginia Hawley	838-6395
	Virginia Wallace	838-8702
	Thelma Frey	546-7791

### Squadron 111

#### Sons of the American Legion

Commander	Al Delsid	894-5603
1 <sup>st</sup> Vice	Ron Collier	239-6703
Adjutant	Tom Grimes	481-9169
Finance	Bob Taylor	894-0857
Chaplain	Al Delsid	894-5603
Historian	Harold Bagdonas	843-4790
Sgt at Arms	Mark Archambault	292-6746

### Chapter 111 American Legion Riders

President	Gary Greenough	484-6400
Vice	Tony Grado	953-5124
Secretary	Ben Gibson	480-5320
Treasurer	Mitch Laing	623-9179
Ride Captain	Mark Archambault	292-6746

## Welcome to the Sotoyome American Legion Family

The following new members have joined since the last newsletter

### Sotoyome Chapter 111, American Legion Riders

Cheryl Biagi, our first Auxiliary Member to  
join the Legion Riders



WE NEED

**YOU!**



Honor Team at the 2011 Veterans Day on the Plaza

The **Honor's Team** is looking for a few Good Men and Women. Our team is called upon weekly to render the final honors for our fellow Veterans.

Call George Sager at 433-2044 for more information.

## An Important Reminder.... Mother's Day

Mother's Day is Sunday, May 13th. Make your plans now to honor your favorite mothers. While our mothers may no longer be with us, there are lots and lots of mothers out there who have no one... Adopt a mother this year and make her day!



## Sotoyome Son's Update

Al Delsid, Commander,  
Sotoyome Squadron 111



We recently realized that Flag Day, June 14th, is also Installation Evening for the Sotoyome American Legion Family. We are working with members of the Windsor Fire Department to pick an evening in June for our Flag Retirement Ceremony.

There are several opportunities for service coming up:

The Legion Riders Annual Memorial run is Saturday, May 19th. We can help with the bbq.

We need help with the Memorial Week. See the article on Page 2. We need help prepping Oak Mound Cemetery on Tuesday, May 22nd, with putting out flags on Sunday, May 27th and picking them up on Tuesday, May 29th.

You can join us on Thursday, May 24th, for the FFA Parade. The Post has 50 state flags and we would like to have them all in the parade. It is a great way to show Healdsburg that the Sotoyome American Legion Family is alive and well.



### Sotoyome Squadron 111

Sons of The American Legion

By Their Side with Honor and Pride

## Sotoyome Chapter 111, ALR

Gary Greenough, President



The American Legion Riders meets at the Round Table Pizza at the Palms Shopping Center in Windsor, the Tuesday before the General Meeting of the American Legion, Post 111, Healdsburg. The General Meeting is always the SECOND Tuesday of the month.

Plans are underway and in place for the 3rd annual Memorial Run, to remember Michael Ottolini, Sgt, ANG, killed in Iraq in 2004. Each year, one of our fallen warriors from Sonoma County will be honored and remembered.

Riders will gather at Bad Ass Coffee, corner of Old Redwood Highway and Mark West Springs Road, 0930 on Saturday, May 19. After a two plus hour ride, riders will wind up at the Villa Chanticleer for a barbeque of tri-tip, salad and beans, with desserts provided by MOMS and Blue Star Mothers. Cost is \$20 per person for riders with \$10 for a passenger. Any persons wishing to partake of the bbq and are not riders, or riders who cannot make the run but can make the bbq, should arrive at the Villa at approximately noon. Cost of the bbq alone is \$20. There will be a 50/50 conducted by Michael Ottolini Post 40, AMVETS. All proceeds will go to a charity as designated by a family member, or The Wounded Warriors Project. Come one, come all, enjoy the fellowship of veterans, and to remember one of our fallen warriors.

## Chaplain's Corner

From Post Chaplain Bill Stiles

### A Prayer from Chaplain Bill

Oh God let us go forth

In peace with good courage,

Holding fast that which is good,

Rendering to no man evil for evil,

But strengthening the faint hearted,

Support the weak,

Helping the afflicted,

Honoring all men, and

Loving and serving you, O God.

Amen

## Chaplain's Corner

From Auxiliary Chaplain Bettie Crandall.

In March three get well cards were sent along with a sympathy card to SAL/Legion Rider member Ron Collier who lost his wife Donna.

In April a sympathy card was sent to Rose Sandoval's sister Carole Therson, who husband passed away unexpectedly.

We are glad to see Rose back home.

It has been busy with end-of-year reports. I hope that next year more members will keep track of their volunteer hours and report them in April. That's how we keep our nonprofit status.

Please keep our troops in your prayers. Though many are coming home, many are not and others are preparing for development. We still have men and women in all branches of services in harms way.

**Sotoyome Post 111 The American Legion**  
PO Box 281  
Healdsburg, CA 95448

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Post 111, Auxiliary Unit 111, Son's Squadron 111, Legion Riders Chapter  
A proud part of the Healdsburg Community since 1920

If you know of a veteran and his/her family  
in need, please call Adjutant Bud Simmons  
@971-0523 or Service Officer Tom Grimes  
@ 481-9169,

## The Back Page

### LET'S JOIN THE PARADE!

Let's show the Healdsburg community that the Sotoyome American Legion family is alive and growing. We have 50 state flags. We can fall in behind the color guard and march with the state flags carried by members of the American Legion Family. Maybe we could even put our post and auxiliary members who can no longer walk the parade on a float. Call Tom at 707-481-9169 if you can carry a flag.



**Mark Your Calendar/Invite a Father**

**Father's Day Gin Fizz Breakfast**  
**Sunday, June 17th.**

**Invite a prospective member. They Eat Free!**  
**7:30am to 11:00pm**  
**Adults \$7.00 Children \$3.00**

### The Sotoyome Newsletter

The Official Monthly Publication of the  
Sotoyome Post 111 and the Sotoyome American Legion Family

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**THE AMERICAN LEGION**  
**The World's Largest Veterans**  
**Organization**  
**MEMBERSHIP Is our Lifeblood**  
**INVITE SOMEONE TO JOIN US**  
**TODAY**