

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



# THE SOTOYOME NEWSLETTER

## OCTOBER 2015

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

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

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### 2016 Membership Renewals

<u>Post 111</u> 73.0%	<u>Unit 111</u> 25.6%	<u>Sqd 111</u> 58.1%	<u>Legion Family</u> 56.4%
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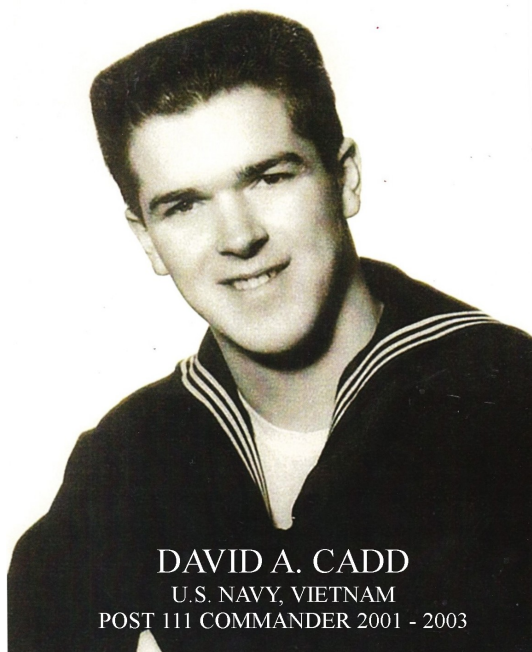
The 2016 membership goals have been released by The American Legion (341 Post Members) The American Legion Auxiliary (184 Unit Members) and the Sons of The American Legion (74 Squadron members). The combined goal for the Sotoyome American Legion Family is 599 members.

The Early Bird Dinner is Thursday, November 11th. Pay your dues and enjoy the Early Bird Dinner as our guest.

### First Annual Paella Feast



Legion Riders Tim Madura, Jerry Jaramillo, and Campy Dillow serving at the dinner September 4th. The Villa Chanticleer crew, under the leadership of Aaron and Becca, put on a very successful dinner. Aaron is a member of the SAL Squadron 111 and Becca is a member of the Sotoyome Unit 111.



**DAVID A. CADD**  
U.S. NAVY, VIETNAM  
POST 111 COMMANDER 2001 - 2003

Farewell David. May you have fair winds and following seas. You will be remembered for all your contributions to Sotoyome Post 111 and for your beautiful irises.



### 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 WHOLESOME DEVELOPMENT OF OUR NATION'S YOUTH.

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

**Sotoyome Post 111, Reuel Miller, Commander 707-874-1951**

Hooyah Post 111

The first Paella Feast went off smoothly. The Paella, Oysters, and Band were great. A special thanks to Linda Clarey, Linda Karnstadt, Tim Madura, Jerry Jaramillo, Ken Cody, Campy Dillow, and Bob Taylor for all the help. Next year should be even better.

The Junior Shooters first Hamburger night was also a success. 4 new Shooters signed up for action this season. We had a few glitches with the new TV feed but I think we got everything worked out. We found the HD stations after everyone left and are calling Comcast to add the Sports package. Frank Jerrins is working on the Sound system. Hopefully everything will be running smoothly next time. A very special thanks to Fran Jerrins on the bar, Campy, Mitch, and Sue for BBQing and preparing everything. Thanks to Steve Bowne for taking care of everything administrative, Bob Taylor for coming down and helping get us set up. Last but, most importantly thanks to all of you who showed up to make it a success. We put over \$200.00 in the Jr Shooters checkbook.

**Jr Shooters will be heading to the Ukiah Gun Club Oct 10. We have the back range reserved from 9-1. If interested in going let me know. We will leave the Villa at 8am.**

**Youth Recognition Night October 8.** Great pot luck dinner in lieu of General Meeting. Come meet the wonderful youth we support and hear their stories about Girls and Boys State. This is a fun evening. Hope to see some new faces. Bring a dish for 8. Bring your families.

Honors Team practice is the 3<sup>rd</sup> Thursday at 1830 at the Villa Annex. This is a great way to Honor our Veterans. Come out and participate. Thank you all who are on the Honors Team. Your dedication is much appreciated and you are the face of our Post. It costs over \$800.00 per team member to outfit uniforms. If you can no longer participate please turn in your gear for someone else.

Have a great month. Until next time. Never Quit, Never Forget, and Keep on Charging.

Reuel Miller

**Squadron 111, Matt Foreman, Commander, 707-894-5603**

Renewals continue to come in. Thank you to everyone who has already sent in their

2016 dues. We have also added 5 new members. Thank you Commander Reuel for bringing in 4 new members.

SAL handbooks have been mailed and handed to Squadron members who have joined or renewed for 2016. Every member should be receiving the National Update. This is a quarterly publication for and about the Sons of The American Legion. There are always 2 pages of updates about Squadrons around the United States. It is a great place for program ideas.

## Remembering...



Since the last newsletter we have said a final goodbye to the following members of our American Legion Family.

**David Cadd, USN, Vietnam**  
**Past Commander, Sotoyome Post 111**

Please let us know when you become aware of the death or illness of one of our Legion family members. You can also let one of the board members know and they will pass the word.

## Chaplains Corner



Post: Jerry Jaramillo, 707-239-1811  
Unit: Linda Clary, 707-433-5800  
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.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Post/Unit board mtgs 7pm	6 ALR Meeting 6pm, Windsor	7	8 Youth Recognition Night 7:00pm	9	10  Jr Shooters Ukiah Gun Club
11	12 PP Card <u>Party 12 Noon</u> Jr Shooters Meeting 6 - 8 pm	13	14	15 Honors Team 7pm Annex	16 NEWSLETTER INPUT DUE	17
18	19 Jr. Shooters Hamburger Night public invited 5:30pm - 8:30pm	20	21	22	23 Social Pot Luck 6:00pm Bingo following At Nancy & Tom's	24
25	26 Jr Shooters Basic Rifle Lesson 6pm - 8pm	27	28 United Vet Cncl 7pm SR	29	30	31

## November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Post/Unit board mtgs 7pm	3 ALR Meeting 6pm, Windsor	4	5	6	7
8	9 PP Card <u>Party 12 Noon</u> Jr Shooters Meeting 6 - 8 pm	10	11 Veterans Day Programs Healdsburg & <u>Windsor</u> Veterans Dinner at St Johns	12 Early Bird Dinner 7pm Annex	13 Newsletter Input Due	14
15	16 Jr. Shooters Hamburger Night public invited 5:30pm - 8:30pm	17	18	19 Honors Team 7pm Annex	20 Social Pot Luck 6:00pm Bingo following At Nancy & Tom's	21
22	23 Jr Shooters Meeting 6 - 8 pm	24	25 United Vet Cncl 7pm SR	26	27	28
29	30					

## What to expect in the VA Service Connected Disability Fully Developed Claim Process.

by Chris Bingham, Sonoma County Veterans Officer and Sotoyome Post 111 Service Officer

**Initial interview:** We will interview you about your military service to determine if you had any physical or psychological injuries while in the military that are adversely affecting your life now. We will also discuss other possible benefits that you may be eligible for such as VA medical care, VA pensions etc.

**Initiating a claim for VA benefits:** We initiate your claim by faxing a notification to the VA of your intent to file a claim. We also submit a form to establish us as your representative with the VA. After the VA gets the forms, they will send you a 21-526EZ form in the mail as part of the acknowledgement of your intent to file... **DO NOT FILL OUT THIS FORM ON YOUR OWN!** Please allow us to complete the form with you.

**Claimed issues/disabilities:** A successful claim depends on a three part test: Is there evidence of a currently diagnosed disability? Is there evidence of an incident or event in service that could have caused the disability? Does the medical evidence show a link between the event in service and the current diagnosis? If one of these three tests is not met, the claim for that condition is likely denied.

**Gathering appropriate medical evidence:** You will be responsible to get any private treatment records showing a diagnosis for the conditions you are claiming. The VA will get your service treatment records and any VA medical records, as long as we identify all facilities in the VA that you have had care from. There are also specialized VA medical forms called DBQs specific to certain disabilities that your doctor can fill out, which can greatly speed up the process. Please ask your claims worker about the possibility of using a DBQ.

**Filing the claim:** We will assist you to complete all appropriate forms and will submit them to the VA on your behalf. We keep a scanned copy of your claim paperwork in our secure electronic database.

**What happens after the claim is filed:** The VA scans your claim documents, military records from the national archives and any paper files they have from your past claims. At this point the VA is determining if any other evidence is needed to make it ready for a decision. They will request VA medical evaluation called a Compensation and Pension evaluation (C&P) to review your private and VA medical records, service medical records and military personnel records to establish that you have the claimed condition, determine the severity of the condition, and to provide an opinion as to whether it is as likely as not that your military service was the cause. After the C&P is completed, the claim is ready for decision and it will wait its turn to be rated. The rating decision determines if your claim is granted and what percent you are. Shortly after the decision the VA will send you a copy of the decision, and, if your claim is granted, start sending a payment to your bank account.

**The VA sent me a letter that I don't understand:** If you have any questions, please ask your Claims worker. **Please do not ever respond to the VA on your own!** If you add evidence after the claim is filed, it causes the claim to be kicked out of the FDC process. We want to avoid that!

**What is the status of my claim:** Asking about the status of your claim will not speed it up! There are a few major benchmarks regarding the status of your claim: First, you should get a letter from the VA within the first six weeks acknowledging your claim. If you do not get this letter within two months, please contact our office! Next is the C&P which is usually scheduled 3- 6 months after the claim was filed. If your exam has not been scheduled by the 6 month point, please check in with your claims representative. The decision typically comes within six weeks from your last C&P. These timelines are estimates, and the process may be faster or slower for you. You are always free to call the VA at (800) 827-1000, or visit the eBenefits website to check claim status, but they, as well as us, are not able to tell you much to allow you to estimate when the claim will be done.

**The VA made a decision on my claim:** The VA informs you of their decision by letter, telling you their decision on each claimed issue. Sometimes the VA payment gets to you before the notification letter.

**The VA denied my claim; what are my options?** Your claims worker can review the decision and suggest additional evidence for you to obtain to potentially change the decision, or initiate the appeal process. You have one year from the date of an unfavorable decision to initiate an appeal with a notice of disagreement. The appeal process typically takes 1- 5 years. We prefer to avoid the appeal process by getting the claim granted on the initial application!

**ALR Chapter 111, Mitch Laing, President 707-975-1541**

American Legion Riders Chapter #111 while based out of Sotoyome Post is open to any

Post Member/Rider in Sonoma County. We also welcome riders from nearby Posts who do not have an ALR at this time. Our events, rides and honors take us throughout Sonoma County, Lake County, Ukiah, Dixon and other Northern California areas. We often work together with the Honors Team when sending off a warrior of the past.

ALR participated in POW-MIA Day Friday Sept 18 at Santa Rosa Memorial Park.

Under MIAP and Ron Collier we escorted a Veteran and retired Fire Captain from Cloverdale to Dixon, and will again participate in Quarterly Services at Sacramento Valley National Cemetery for Veterans without Families October 14.

Our riders know many from Lake County who have been affected by the Valley Fire or the previous fires and as always have generously offered to help, deliver supplies, offer temporary housing and assist however asked. One of our long-time riding buddies and supporters said his Purple Harley is now a Lawn Ornament, but he is safe and his home is relatively unsinged.

ALR Chapter #111 meets the first Tuesday at Marys Pizza in the Safeway Shopping Center in Windsor at 6pm. Arrive early for Happy Hour Specials. The next meeting is Tuesday October 6 followed by Tuesday November 3.



**Sotoyome Unit 111, Eddy Sauers. 707-838-9429**

It is the middle of September and we are heading for alot of different events in the next 3 months. Starting off we are having our YOUTH RECOGNITION NIGHT @ 7:00 P.M., which will be held at the ANNEX this year. Dinner will be served 7:00 P.M.. This will be a POTLUCK DINNER. Members will need to bring a main dish as well as a side dish for a serving of 8 people for each dish. We will be furnishing a cake for dessert.

Table set-up will be at 10:00 A.M. SHARP. The Post will help set-up tables with the Auxiliary. All servers will be at Annex 6:00 P.M. SHARP If anyone from the Post and Auxiliary would like to help with setup or serving. Please call ROSE SANDOVAL @ 838-7068. APPRECIATE YOUR VOLUNTEERING.

Guess what ladies? It is MEMBERSHIP TIME. Please start sending your membership in now. Don't set it aside; good way to get it lost or forgotten. We were lacking 12 members to make our goal last year. Let's do a better job this year and get them in. PRETTY PLEASE.

Haven't heard from anyone about taking the HISTORIAN job. It don't have to be one person, maybe 2 or 3. But 1 person has to be in charge. So come on Ladies, let see what we can do.

If anyone has any questions or ideas they like to see. I'm only a phone call away, I would enjoy talking to you.

THANK YOU, AS YOUR PRESIDENT, EDDY SAUERS

**Auxiliary Membership** (Shirleen Perry, 707-838-9790):

A Friendly reminder, It's that time of year again. We all need to re~new and recruit so we can meet our goals this year. Our dues is \$21 (\$5 for Junior members) and can be brought to our meeting or sent to Melanie Taylor at 457 Muscat Drive, Cloverdale, CA 95425. Our goal this year is 185 members. Each of us needs to reach out and invite



**This is Part 2 of the checklist we published last month. It should be reviewed by military veterans and their beneficiaries on an annual basis. This checklist is designed to equip you and your loved ones with knowledge and information that may prove helpful. While it may be impossible to truly prepare for the overwhelming emotions and dilemmas that arise with the loss of a loved one, it does help when most of the below issues have been put into place.**

### **SECTION B: DEATH OF A VETERAN**

\_\_\_\_\_: Notify the Funeral Home (that you have made arrangements with) of the death, to prepare the deceased for burial. Note: if the death occurs outside of a hospital, normally the remains are taken to the nearest hospital for a medical doctor to certify the death and determine the cause to meet death certificate and local legal requirements.

\_\_\_\_\_: Advise Funeral Home if you desire or not desire that burial will be with full military honors. Provide them a copy of deceased veteran's DD-214 form. Funeral home arranges for this ceremony. [If a US Marine is in a remote area contact Headquarters Marine Corps at 1-866-826-3628 to arrange for military honors at a local cemetery.] Additionally, request at least 10 copies of the death certificate, which is processed by the Funeral Home with State agencies.

\_\_\_\_\_: If retired military, notify the Defense Finance and Accounting Service (DFAS) at 1-800-321-1080. Also request that Survivor Benefit Plan (SBP) forms be sent to the surviving spouse to be completed and submitted to DFAS. Note: DFAS will remove the last month's retired pay to the deceased from his/her bank account normally within 48 hours of this notification. Expect eight to 12 weeks for these forms be processed and the surviving spouse to receive their first SBP allotment. The back SBP pay will be part of the first allotment. Insure surviving spouse has enough funds available to take care of required expenses during this processing time.

\_\_\_\_\_: Notify your Social Security office of death of the at 1-800-772-1213. *Note:* Normally a telephone interview can be set up with a Social Security counselor to get information they need to process their paperwork. Social Security will request the ORIGINAL wedding license from the surviving spouse to be sent to them, NO copies. [It should be in your "Section B" folder.] Social Security Office will send this back to the surviving spouse after their verification. The other option is to go to the local Social Security Office with the marriage license for their validation of marriage.

\_\_\_\_\_: Contact the local Veterans' Administration for burial benefits. This is to include partial payment for deceased burial preparation. Telephone number is 1-800-827-1000. Advise either office if the burial will be with or without full military honors. A DD-214 form on the deceased veteran is required for burial in a Federal or State Veterans Cemetery.

\_\_\_\_\_: Notify the deceased current or recent employer, if any, so that pension, medical plan, company savings plan, and insurance can be dealt with properly.

\_\_\_\_\_: If deceased veteran had been receiving Veterans Administration (VA) benefit payments, contact the VA to have a determination made if cause of death was service related. If deemed service related, surviving spouse may be eligible for VA Dependent Indemnity Compensation (DIC). If DIC is awarded this will be offset by SPB payments in the same amount, but DIC is non-taxable. Telephone number is 1-800 827-1000.

\_\_\_\_\_: Notify deceased veteran's life insurance policy companies of death. Processing of death benefits cannot occur until death certificates have been issued. In Hawaii this can take up to six weeks. Ensure that the current policies are in your folder or immediately available.

\_\_\_\_\_: Notify any local or other locations' newspapers of death so an obituary can be printed. Funeral home will many times assist in the drafting of an obituary. Honolulu papers usually require that the obituary come from the funeral home.

\_\_\_\_\_: Notify any fraternal or professional organizations of the decease of the veteran so they can publish this information in their periodical to their membership. DFAS notifies the deceased veteran's military service for inclusion in their "Retired Newsletter" to those service retirees.

**Help spread the word by sharing this and the other articles that we are publishing. You may have veteran neighbors, relatives or friends who need this information. Email or call Adjutant Tom Grimes at 707-481-9169 email [coachtom.grimes@gmail.com](mailto:coachtom.grimes@gmail.com) if you would like additional copies.**

## **Sotoyome American Legion Family**

### **2015-2016 Leadership Team**

#### **Post 111 The American Legion**

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Service Officer	Chris Bingham	707-565-5960	cbingham@schsd.org
Historian	Harold Bagdonas	707-843-4790	airforcevet59@gmail.com
Chaplain	Jerry Jaramillo	707-239-1811	army1sgte9@yahoo.com
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	Tricia Lay	707-695-0345	Beatzel54@gmail.com
	Steve Bowne	707-578-4775	steven5382@comcast.net
	Roy Caporale	707-894-8954	whatadago@sbcglobal.net

#### **Unit 111, American Legion Auxiliary**

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Secretary	Marie Canale	707-431-0563	
Treasurer	Melanie Taylor	707-894-0857	chfslove@aol.com
Chaplain	Linda Clary	707-433-5800	
Sgt. at Arms	Nancy Grimes	707-529-2271	nancyjevers@gmail.com
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Jr Pass Pres.	Linda Karnstedt	707-529-1243	lindakarn@sonic.net
Executive Board	Virginia Hawley	707-838-6395	
	Virginia Wallace	707-838-8702	
	Thelma Frey	707-546-7791	

#### **Squadron 111 , Sons of The American Legion**

Commander	Matt Foreman	707-894-5603	mattagascar4@gmail.com
1 <sup>st</sup> Vice	Steve Bowne	707-578-4775	steven5382@comcast.net
Adjutant	Tom Grimes	707-481-9169	coachtom.grimes@gmail.com
Finance	Bob Taylor	707-894-0857	CHIEFHFD@aol.com
Chaplain	Reuel Miller	707-874-1951	reuelmiller@comcast.net
Sgt at Arms	Tony Grado	707-527-8233	wenton@sbcglobal.net
Jr. Past Comdr	Mitch Laing	707-623-9179	madmitch55@gmail.com

#### **Chapter 111 ALR**

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Vice	Ron (Campy)Dillow	707-753-0575	rdcampy@comcast.net
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Sgt at Arms	Terry Perry	707-838-9790	tgpace@comcast.net
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**LEADERS, Please let Adjutant Tom Grimes (707-481-9169) or email [coachtomgrimes@gmail.com](mailto:coachtomgrimes@gmail.com) know if you need to change your phone or email address.**

Revised 9/23/2015

## **Sotoyome Post 111 The American Legion**

PO Box 281  
Healdsburg, CA 95448

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## **The Back Page**

### **October Youth Recognition Night 7pm, Thurs, October 8th**

**Join us as we honor our 2015 Boy State and Girl State Delegates**

Please plan to bring a hot dish and a salad to feed approximately 8 people. We are asking everyone (one dish per family) to help to ensure that we don't run out of food.

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### **Annual Early Bird Pasta Dinner 7 pm, Thurs, November 12th**

Sotoyome American Legion Family will conduct it's 3rd annual Early Bird Pasta Dinner. Those members who have renewed for 2016 and their guests will be free. There will be a nominal cost for those who have not yet paid. Of course you can pay your dues that night. Let's celebrate our success.

### **Pot Luck and Bingo Is Back!**

**Join Nancy and Tom  
at 1342 Pinon Drive  
Friday, Oct 23, 2015**

Dinner at 6:00 pm, followed by  
Bingo.

Bring your favorite potluck dish, a  
salad or dessert.

Guests are welcome!

Call 707-491-9169 for more  
information

### **The Sotoyome Newsletter**

The Official Monthly Publication of the  
Sotoyome American Legion Family

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