



The American Legion Twin Cities Post 313, Inc.
 Larkspur & Corte Madera, California
www.americanlegion313.org



Monthly Times

OUR MISSION: TO HONOR, SERVE AND SUPPORT OUR ARMED FORCES, VETERANS AND THEIR FAMILIES, WHILE PROMOTING PATRIOTISM IN THE COMMUNITY

Volume 85 Issue 12

"Still Serving America"

December 1, 2013

ONGOING EVENTS

Coffee & Pastries
 Mondays & Thursdays
 9 - 10 am (Club Room)

Post 313 Breakfasts
 Second Wednesday
 8:30 - 10 am (Club Room)

General Membership Meetings
 First Monday
 5:15 - 9 pm (Veterans Bar)
 Pizza & Beer + NFL Game
 Half Time Business Meeting

Executive Board Meetings
 Last Thursday**
 9:30 am - 12 noon

**December Meeting cancelled due to holiday.

Commander Bob Means

I'm hoping your Thanksgiving holiday was filled with good cheer and shared with friends and family. Lindsay & I spent Wednesday & Thursday in SF and paid way too much for dinner. We happened by Lefty O'Doul's for football. What a spread they put on for \$16! A very interesting crowd. Let's all count our blessings.

Our Veterans/Fisher House Dinner was a huge success. We'll be presenting a very nice donation check to Fisher House before year's end. Thanks to all of you who attended, brought friends, family and contributed by way of cash and participating in our silent auction. Charlene and Jane are to be commended for their selfless efforts to

make Travis Fisher House a home away from home for families of our Service Members in their time of need.

I wish to both remind and encourage you to promote our Hall and facilities for special occasion rentals. We're the best deal in town. We have professional grade lighting and sound for your band. We host retirements, birthdays, professional functions, graduations, reunions, weddings, name it. We're Marin's go to venue.

In closing, I was thinking of Thanksgiving in Vietnam in '67. Where were you?

Fisher House Dinner & Fundraiser 2013

Silent Auction: Thanks Jackie Tribolet and Lindsay Laven. Great energy.

Dinner: Bill and Dan Brennen - whoa, what a job with minimal assistance.

Bartending: Tad and Elena Craig. If we didn't have your favorite beverage, blame the Commander.

Many, many able bodied assistants and specialists including the Farley duo.

Special recognition to Brad Bann for the terrific vocals. Follow Brad @ bradbann.com. if you like.

Help Wanted Ads

Do you have time or talent for any of the following?

Advertising/Promotion

Boys/Girls State Representative

Post 313 Rental Agent

Maintenance/Basic Carpentry

Bartending

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Past President Pauline Angleman
415-924-3447
Secretary Yolanda Fugate
415-924-0323
Treasurer Merna McIntosh
415-924-4461
Historian: Brenda McKown
415-927-7731
Chaplain: Margaret St. John
415-884-0438

December 2013			
2	9 am	10 am	Coffee
2	5:15 pm	9 pm	General Membership Mtg (Pizza, Beverages, NFL in Vets Bar)
5	9 am	10 am	Coffee
9	9 am	10 am	Coffee
10	12 noon	2 pm	Auxiliary Unit Mtg (Club Room)
11	8:30 am	10 am	Post Breakfast (Club Room)
12	9 am	10 am	Coffee
16	9 am	10 am	Coffee
19	9 am	10 am	Coffee
23	9 am	10 am	Coffee
26	9 am	10 am	Coffee
30	9 am	10 am	Coffee
Note: Executive Committee Mtg cancelled due to holiday.			

January 2014

2	9 am	10 am	Coffee
6	9 am	10 am	Coffee
6	Time	TBA	General Membership Meeting (Club Room)
8	8:30 am	10 am	Post Breakfast (Club Room)
9	9 am	10 am	Coffee
13	9 am	10 am	Coffee
14	12 noon	2 pm	Auxiliary Unit Mtg (Club Room)
16	9 am	10 am	Coffee
20	9 am	10 am	Coffee Martin Luther King's Birthday
23	9 am	10 am	Coffee
23	9:30 am	12 noon	Executive Committee Meeting (Club Room)
27	9 am	10 am	Coffee
30	9 am	10 am	Coffee

For calendar updates, see the club room bulletin board & the post website: <http://americanlegion313.org>

For Veteran's Services, see <http://www.co.marin.ca.us/depts/HH/main/ag/veterans.cfm>



Post 313 Breakfast

Wednesday, December 11
8:30—10 am in Club Room
\$5.00 (All you can eat!)

Includes fruit juice, scrambled eggs with cheese, pancakes, bacon, sausage and coffee.

Reservation: signup in Club Room , call Bill Brennen (415-927-0393) or leave message at the Post (415-924-6283).

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Audio Visual/Lighting Specialist (Hall Theatre)

Facility Supplies

Gardening

Imagination.....

Contact any Post Officer (see list of Officers on page 2) if you might help out. All are welcome and this is not limited to Post members only.

First Vice Tom Beck

As we approach the last days of 2013, I would like to wish everyone a joyous holiday season. For me, this has always been my favorite time of the year. How can a day where you can eat as much and whatever you like while watching football and then follow up a month later with a day where you get to unwrap and open boxes full of great stuff not be a favorite time of the year.

We truly live in a great country when this time of the year can be so warm and joyous despite the drop in the thermometer. Let's not forget that we have many men and women serving overseas that won't get to spend this day with their loved ones and many young children who will not get to spend this season with both parents due to a deployment. These are the people we should not forget, and these are the people to thank.

Happy Holidays!

Post 313 Addition to Color Guard

Pat Williams heard the call for new members that went out in the November "Monthly Times" and has joined the Color Guard.

The combined color guard of Posts 313 and 179 continues to recruit new members. They march twice a year: the Memorial Day parade in Mill Valley and the 4th of July parade in Larkspur. They also meet on a week-night before those parades at Post 179 for a brief rehearsal.

You are required to supply your own black marching boots or shoes. The uniform costs will be assumed by Post 313.

If you're interested please contact Bill Brennen (415-927-0293) or David O'Dell (davidodell@gmail.com).

Auxiliary News - President Elena Bartley

I hope everyone has a GREAT holiday season and a very Happy New Year! Happy holidays to all.

Wounded Warrior Project

You can't see the most serious war wound Army Staff Sergeant Stanley Hofferber suffered in Iraq. It's an invisible injury he struggles with daily: post-traumatic stress disorder (PTSD).

Stanley is one of hundreds of thousands of veterans from recent conflicts now living with PTSD, combat stress, and other invisible wounds. Thanks to your support of Wounded Warrior Project® (WWP), Stanley is getting the help he needs to cope with PTSD symptoms.

[Please step up to help more injured veterans by making a special donation to WWP today.](#)

For a long time, Stanley hid his PTSD from everyone and resisted admitting he needed help. "I had been having problems sleeping from the day I got back from Iraq because my nightmares were so horrific. The things I've seen, the places I've been ... they were all in my iron bubble that I hid away."

WWP offers a range of programs to help veterans overcome PTSD and other invisible, yet devastating, wounds of war. Project Odyssey™ is one of the programs that help warriors begin their recovery through outdoor rehabilitative retreats that encourage a connection with fellow injured warriors, WWP staff, and trained counselors. Your support is needed to sustain all life-changing programs that help injured warriors and their families heal.

Stanley now knows "It's OK to be stressed out. It's OK to have PTSD. There are people at WWP who can help."

He joins me in thanking you for being one of the grateful Americans who help injured veterans ... and urges you to [continue your vital support of WWP.](#)

For our heroes,

Steven Nardizzi
Executive Director
Wounded Warrior Project

New Brass Rail in Veterans Bar

Come to the General Membership Meeting
Monday, December 5, 5:15 pm and
check it out.



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