

# INSIDE POST 507

SEPTEMBER 2014

Official Newsletter of The Newhall Saugus Post 507  
of The American Legion

*Serving Santa Clarita and Surrounding Area*  
24527 Spruce Street  
Newhall, CA 91321  
661.259.7507  
[www.post507.org](http://www.post507.org)



## 9/11: National Day of Service and Remembrance



Patriot Day is observed on September 11th in memory of the 2,993 people who lost their lives in the September 11, 2001 attacks on the United States. Most Americans refer to this day as 9/11 or September 11th. On December 18, 2001, President George W. Bush signed into law this discretionary day of remembrance. The American flag should be flown at half-staff at home and at all U.S. government buildings. Most Americans observe a moment of silence beginning at 8:46am EST - the time of the first plane crash in a tower on September 11, 2001.

President Obama and the First Lady are asking Americans to volunteer in their communities as a way to honor the heroes of September 11th and those who serve our military. They are calling it the 9/11 National Day of Service and Remembrance hoping to reignite the spirit of unity and service that inspired Americans after the September 11th tragedy.

Source: <http://www.apples4theteacher.com/holidays/911/about.html>



## Staying Hydrated

Drinking 8 to 10 glasses of water every day will help you stay hydrated and help plump the skin, making it look less dimpled.

Foods with higher water content can also improve skin hydration.

Fresh fruits and vegetables, particularly melons, cucumbers and leafy greens, are high in water content and low in calories which will aid in weigh control and, thus, fat stores.



Learn more at <http://www.legion.org/join/pufl>

## Be Heard on the Hill



Did you know that Congress now offers a website where American Legion members can weigh in on legislative actions?

Let Congress know what you support and why. It's your government, make your voice heard.

Visit the Citizens Cosponsor Project  
<https://cosponsor.gov/>

# SEPTEMBER



<b>Monday</b>	<b>09/01</b>	<b>LABOR DAY—POST OPEN 10:00 AM</b>
Tuesday	09/02	Post Open Pool Night 7:00 pm
Thursday	09/04	Legion Finance Committee Meeting —6:00 pm
Thursday	09/04	Legion Executive Committee Meeting - 6:30 pm
Thursday	09/04	Legion General Meeting -7:15 pm
Thursday	09/04	Post Open Pool Night - 7:00 pm
Monday	09/08	Blue Star Mothers - 7:00 pm
Tuesday	09/09	Post Open Pool Night - 7:00 pm
Wednesday	09/10	District 20 Auxiliary Meeting—7:00 pm
Thursday	09/11	Auxiliary Meeting—7:00 pm
Thursday	09/11	Post Open Pool Night—7:00 pm
Sunday	09/14	SONS Breakfast and Darts Tournament 10:00 am
Tuesday	09/16	Post Open Pool Night - 7:00 pm
Wednesday	09/17	SONS Meeting—7:00 pm
Thursday	09/18	Post Open Pool Night -7:00 pm
Thursday	09/18	Post Coordination Meeting—7:00 pm
Thursday-Saturday	09/18—09/20	Membership Revitalization, East Pasadena Post 280
Tuesday	09/23	Post Open Pool Night—7:00 pm
Wednesday	09/24	40 & 8—7:00 pm
Thursday	09/25	Post Open Pool Night—7:00 pm
Saturday	09/27	ALA Riders Meeting
Sunday	09/28	SONS Breakfast and Darts Tournament 10:00 am
Tuesday	09/30	Post Open Pool Night - 7:00 pm



## Bring the whole family to the SONS BREAKFAST AND DARTS TOURNAMENT

SEPTEMBER 14

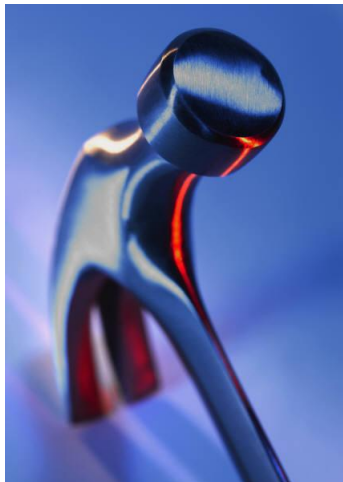
SEPTEMBER 28

AMERICAN LEGION HALL  
10 AM

## Stop by the Post on Labor Day!

**Labor Day** in the United States is a holiday celebrated on the first Monday in September.

It is a celebration of the American labor movement and is dedicated to the social and economic achievements of workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of their country.



The Post will be open at 10:00 am. A light lunch will be available.



**September 20, 2014**

**9 am — 4 pm**

**Post 377**

**10039 Pinewood**

**Tujunga CA 91402**

**Please RSVP to**

**Ann Philcox**

**818.321.4362**

## Remarks by the President at the American Legion National Convention

Read President Barack Obama's speech to the American Legion National Convention in Charlotte, North Carolina, on August 26, 2014. The speech may be found in its entirety at <http://www.whitehouse.gov/the-press-office/2014/08/26/remarks-president-american-legion-national-convention>.

Past Post 507 Commander, Past District 20 Commander and current Department Vice Commander Representing Area 6 Bob Heinisch attended the convention.



# Girls State Participants to Speak at Auxiliary Meeting



Meet the young ladies who attended the 71st session of this year's Girls State Program and hear about their life-changing experiences

**THURSDAY  
SEPTEMBER  
7 PM  
AMERICAN LEGION HALL**

**Please show your support for this important program by attending!**

Light refreshments served

Please keep **Dan Estes** and **Fred Stanzione** in your thoughts and prayers as they face health issues.



**The Fall 2014 Job and Career Fair** will be held **Wednesday October 15 10 am—2 pm**  
  
College of the Canyons  
Valencia Campus East Gym



## Help Make Our 2015 Membership Grow

The National Membership Revitalization Team has made a commitment to help make our 2015 membership grow. In California they have singled out Area Six as their California target. Post 507 is part of District 20, which is part of Area Six.

The Membership Renewal Effort will be held at East Pasadena Post 280 on September 18th, 19th and 20th. Every Post wishing to increase its membership must provide volunteers to assist and make calls. *A volunteer from each post must attend training at the start of the program.*

East Pasadena Post 280 is located at 142 N. Vinedo Avenue, Pasadena, CA 91107 (approximately 34.3 miles, or 37 minutes driving time). For additional information, contact Bob Heinisch or Tony Salazar, Commander District 20.

# American Legion Post 507 2014-2015 Officers

## American Legion

Commander: Jennine Imperial  
1st Vice Commander: Greg Nutter  
2nd Vice Commander: T.J. Azvedo  
Adjutant: Ken Putt  
Finance Officer: Sally Rayburn  
Chaplain: TBD  
Judge Advocate: Gary Swailes  
Service Officer: TBD  
Sergeant-at-Arms: Ron Perez  
Historian: TBD  
Finance Comt. (3 yrs.): Thomas Troesch  
Finance Comt. (2 yrs.): Ken Putt  
Finance Comt. (1 yr.): Roy Downey  
Executive Committee: Jim Oxley  
David "DJ" Boggio  
Michael Dapp



## American Legion Auxiliary

President: Sue Corrigan  
1st Vice President: Debbie Whitehead  
2nd Vice President: Teri Paisley  
Secretary: Nancy Heinisch  
Treasurer: Lisa Trueblood  
Sergeant-at-Arms: Betty Lou Costabile  
Parliamentarian: Betty Caster  
Chaplain: Dorothy Bernier  
Historian: Nancy Heinisch  
Executive Board: Betty Caster



## Sons of the American Legion

Commander: Ron Tidwell  
1st Vice Commander: Mike Merlo  
2nd Vice Commander: Tommy Grant  
Adjutant: Brian Martin  
Finance Officer: Vinson Vanevenhoven  
Chaplain: Tommy Grant  
Historian: TBD  
Sergeant-at -Arms: Ray Diaz



## American Legion Riders

President: Eric Lingreen  
Vice President: David "DJ" Boggio  
Secretary: Paul Johnson  
Treasurer: Sally Rayburn  
Road Captain: Jim Oxley  
Sergeant-at-Arms: Al Orefice  
Judge Advocate: TBD  
Historian: TBD  
Chaplain: Cliff Mitchell



Deadline for the October issue is  
September 21, 2014  
Please email submissions  
and/or photos to  
Editor Nancy Heinisch  
507news@gmail.com