



The Ranger Way

September 2025



Commanders Corner

Greetings Fellow Legionnaires,

All are invited to our Post meeting which is on September 8th where we are hosting the District 13 Meeting. Please come early to help the Sargeant-at-Arms to set up for the District Meeting. There will still be the social hour prior with meals served prior to the meeting, so please plan on attending. There are also the usual District-wide events like Monday chess at Post 858, Vet to Vet Café at Post 419 on Thursdays. Post 419 is also hosting a First Sunday Breakfast on the 7th. There is a Veterans Resource Fair on the 12th at the Fremont Elks Lodge and a Santa Clara VSO Breaking the Stigma on the 19th at 353 Julian St. [Check the District 13 Calendar](#) for information. Post 642 is hosting the [De Anza Veterans Lunch on the 24th at their Student Veterans Center](#).

Remember that we generally meet at [the Odd Fellows Lodge #70 on Homestead Road](#) on the first Monday of the Month at 1800 for socializing and a light meal and refreshments then check out the meeting at 1900.

We really want to get more people attending the Post meetings and events and be more social, so let us know your ideas by coming to our meetings. Do give us a heads-up, so that we can requisition extra rations versus our regular contingent. The next person on the meals roster will have to get the cooler with drinks, etc. If additional drinks are required, it will be reimbursed above the normal meal amount.

On August 14th, I played for a 63rd Readiness Division MSG Roche's Memorial after he passed away unexpectedly about a week or so before. I have been asked to play at the [63rd RD Change of Command Ceremony](#) on the 27th of September at 10 AM as well. You can check their website if you would like to attend or watch via streaming on the link. I had to change my ID due to my current Retired ID expiring in part due to going on Tricare for Life (Medicare) and was able to go to Moffett ID/CAC/DEERS Office at 685 Vernon Ave, Mountain View, CA 94043. They have walk-ins before 10 AM, but you can call +17193175926 to make an appointment and adjust DEERS information, etc.

Please remember that if you have Post or Veterans events that you would like on the calendar to get them to Arturo or the District. Please include pertinent information like event information, contacts, address, where to meet, etc.

<https://www.americanlegionpost642.com/site/eventscalendar.php?y=2023&m=3>

If you know of deceased members during the past few months either bring their name and share with our District Chaplain, (currently vacant) so contact the Adjutant at wheimsoth@aol.com with information or if you would like to volunteer for the District 13 Chaplain position. As you know, we lost our Post Founder, Wally Johnson on August 21st and there is information about him on our [Post 642 Home Page](#).

I would like to include a YouTube that is military or VA related topic for the National Day and Month for "The Good of the Post."

To Comradeship!

Vincent Guinnane, MSME, P.E.

CW4, 881A1, USAR (Retired)

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[Major Jock Sinclair in "Tunes of Glory":](#)

"Whisky for the gentlemen that like it. And for the gentlemen that don't like it - Whisky."

First Vice Commanders Notes

None

2026 Membership Report (As of 29 August)

2026 Membership Goal: 65

Paid Up for Life (PUFL): 13

Online Annual Renewals: 8

Multi-Annual Renewals: 4

Mail Renewals: 8

Post 1000 Transfers: 0

Total Members: 33/50.77%

Newly renewed Members: 1

New Members: 0

Renewals Pending Submittal: 1

Members not yet renewed: 29

District Rank: 7th out of 11

Renewed Members Since Last Report: Dennis Whittaker 18 Years

[Membership Reports](#)

<https://americanlegionpost642.com/index.php?id=94>

Adjutant Update

Fellow Legionnaires,

As we move into September, what is left of summer is quickly ending. We just got back from a week up at Lake Tahoe and to say the least the weather was on the wet and cool side for this time of year. Now is the time to renew your American Legion membership if you have not already done so.

WE had a great time last month at the VA BBQ that our Post with help from the Cupertino Rotary provided for the shut in patients in the mental hygiene ward at the Palo Alto VA. This was our last BBQ for the year (see pictures farther down in the newsletter), and I should note that this was also Mike O'Meara's last BBQ in charge of the event. He has been the POC for the past 10 years, making sure the food and the logistics are coordinated so the BBQs were successful. Bill Reichard, who has been assisting Mike for the past couple of years, will be our new POC. We are always looking for volunteers for this event, so next time join us and invite your family or friends to give us a hand with the BBQ.

Finally, Wreaths Across America will be held on 13 December, this is our tenth anniversary and will probably be our last one that we host. Anyone wanting to volunteer their time for this event please send Dennis Whittaker an [email](#).

"Duty First"

Arturo

Upcoming events for September 2025-November 2025

8 Sep	1900 hrs.	Post 642 Monthly Meeting in Person (Dinner served at 1800 hrs.) Oddfellows. Cupertino Lodge #70, 20589 Homestead Ave. Cupertino, CA
8 Sept	1900 hrs.	District 13 Meeting, Oddfellows. Cupertino Lodge #70, 20589 Homestead Ave. Cupertino, CA
12 Sept	1200 hrs.	Veterans Resource Fair, Fremont Elks Lodge: 38991 Farwell Dr., Fremont, CA 94536
19 Sept	0900 hrs.	Breaking the Stigma, 353 Julian St. San Jose, first floor in the Oak Groove Room
24 Sept	1200 hrs.	De Anza Student Veterans Lunch Hosted by Post 642, SEM 3 Bldg. De Anza College
6 Oct	1900 hrs.	Post 642 Monthly Meeting in Person (Dinner served at 1800 hrs.) Oddfellows. Cupertino Lodge #70, 20589 Homestead Ave. Cupertino, CA
3 Nov	1900 hrs.	Post 642 Monthly Meeting in Person (Dinner served at 1800 hrs.) Oddfellows. Cupertino Lodge #70, 20589 Homestead Ave. Cupertino, CA
4 Nov	1900 hrs.	District 13 Meeting, Post 419, 958 Homestead Road, Santa Clara
6-8 Nov.	1000 hrs.	2025 Veteran Stand Down, Santa Clara County Fairgrounds, 344 Tully Road, SJC
11 Nov	Various	Veterans Day Ceremonies, Cupertino, San Jose, and Santa Clara

For more events and detailed event information please visit our [website events page](#).

Service Officer Report



#VetResources is a weekly newsletter for Veterans, their Families, Caregivers, and Survivors.

[VIEW/SHARE](#) | [EVENTS](#) | [WELCOME KIT](#)



Are You Eligible for VA Health Care?

Watch this episode of the SITREP and learn the easiest way to determine if a Veteran qualifies for VA health care, by use of VA's list of priority groups.

[WATCH](#)



Simpler VA Travel Claims Right from Your Phone

It's easy to submit mileage-only travel reimbursement claims with the VA Health and Benefits mobile app. Submit claims in minutes, track status and skip the paper forms. Learn more in [VA News](#).

[HOW TO SUBMIT YOUR TRAVEL CLAIM](#)

[DOWNLOAD THE APP](#)



Reducing Suicide Risk for Rural Veterans

Rural Veterans are at higher risk of suicide. Use these tools from VA that can create safer environments and help prevent a crisis.

[REDUCE THE RISK](#)



FREE \$20 + 50 Chances to Win \$500

Last chance to win one of 50 \$500 shopping sprees! Join Expert Voice for free by Aug. 31, 2025, and unlock up to 60% off 650+ brands - like Garmin at 58% off, Oakley and Ray-Ban at 50% off, plus Vortex, 5.11, and Stanley at 40% off. All Veterans who sign up will also receive a \$20 coupon toward their first purchase. [Learn More.](#)

[Claim \\$20 & Enter to Win](#)



September is National Recovery Month

Hear Veterans share how prioritizing mental health and opening up about their experiences helped them become healthier versions of themselves.

[WATCH THEIR STORIES](#)

Upcoming Events

There are hundreds of free events for Veterans and their families, caregivers, and survivors. Check out the weekly outreach events calendar for all upcoming events, including:

[Online: Women Veterans - Taking Charge of My Life and Health - Sept. 2 - 3:00 - 4:30 p.m. CT](#)

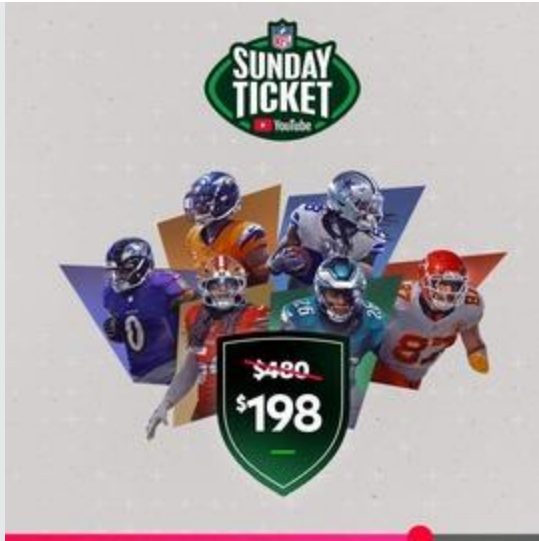
[VIEW ALL EVENTS](#)

[August 31 is International Overdose Awareness Day. Download and share these resources to help raise awareness and prevent and respond to overdose.](#)

[Check on Your Veteran Buddy!](#)

By taking the [VA S.A.V.E. Training](#) you will develop a general understanding of the problem of suicide in the United States; understand how to identify a Veteran who may be at risk for suicide; and what to do if you identify a Veteran at risk.

[TAKE THE FREE TRAINING](#)



Veterans get NFL Sunday Ticket for as low as \$198!

Watch every out-of-market game, every Sunday afternoon for \$198 (a savings of \$282). Limited time discount for the verified Veteran community.

[Get Offer Now](#)

SAVE MONEY. FIND MORE DISCOUNTS

VA News:

- [‘Got Measles?’](#)
- [Clinic eases breast cancer fears for Veteran with family history](#)
- [Live Whole Health #287: Coconut lime hydration](#)
- [Did you know VA has a radiological medical emergency response team?](#)
- [An Army Veteran’s contrasting ER experiences](#)
- [Veteran finds housing and hope](#)
- [Gerofit helps Veterans reach their goals](#)
- [Providence Veterans serve again through research](#)
- [Former POW inspires Veterans](#)
- [Primary care with purpose: Healing those who served](#)
- [VA, USTRANSCOM join forces during Ultimate Caduceus 2025](#)
- [Healing Harvest Garden lives up to its name](#)
- [VA Research: New findings on tinnitus, blood pressure and Parkinson’s disease](#)
- [VA breaks ground on its first PACT Act construction initiative in Rolla, MO](#)
- [Tampa VA Veterans attended The Tampa Bay Buccaneers Military Day practice](#)
- [VA IT slashes costs and boosts efficiencies](#)
- [Black Hills, big impact: Veterans find VA support at Sturgis 2025](#)
- [Five things I learned as a Veteran at an HR and Talent Acquisition Conference](#)
- [MOVE! program helps cancer survivors and spouse slim down](#)
- [Veteran finds healing with a harmonica](#)
- [Translate your military skills to a civilian career](#)

For more Service Officer and VA information go to
<https://americanlegionpost642.com/index.php?id=119>

Historian Report

<https://americanlegionpost642.com/index.php?id=102>

National Days and Months:

NATIONAL SUICIDE PREVENTION MONTH – September

Save A Veteran's Life with VA S.A.V.E Training

<https://www.youtube.com/watch?v=Mg58hLXacUY&pp=ygUVdmEgc3VpY2lkZSBwcmV2ZW50aW9u>

National Preparedness Month National Preparedness Month

https://www.youtube.com/watch?v=q61C_y-o0Vs&pp=ygUfdmEgdmF0aW9uYWwgcHJlcGFyZWRIbmVzcyBtb250aA%3D%3D

PROSTATE HEALTH MONTH – September <https://www.myhealth.va.gov/mhv-portal-web/ss20170530-prostate-cancer-screening-diagnosis-treatment-options>

NATIONAL SUICIDE PREVENTION WEEK – Week of September 10

Veteran Suicide Prevention for Community Providers

<https://www.youtube.com/watch?v=9QGe9C3DjnQ&pp=ygUVdmEgc3VpY2lkZSBwcmV2ZW50aW9u>

Dial 988 then Press 1, chat at VeteransCrisisLine.net/Chat, or text 838255.

National V-j Day September 02 <https://nationaldaycalendar.com/national-v-j-day/>

Patriot Day And National Day Of Service And Remembrance September 11

<https://nationaldaycalendar.com/patriot-day-and-national-day-of-service-and-remembrance-september-11/>

Uncle Sam Day September 13 <https://nationaldaycalendar.com/uncle-sam-day-september-13/>

National Pow/mia Recognition Day September 15

<https://nationaldaycalendar.com/national-powmia-recognition-day-third-friday-in-september/>

Constitution Day And Citizenship Day September 17

<https://nationaldaycalendar.com/constitution-day-and-citizenship-day-september-17/>

Air Force Birthday September 18 <https://nationaldaycalendar.com/air-force-birthday-september-18/>

https://www.youtube.com/watch?v=elH0_rwlDA8&pp=ygUXYWlyIGZvcmlIDc1dGggYmlydGhkYXk%3D

National Voter Registration Day September 19 <https://nationaldaycalendar.com/national-voter-registration-day-changes-annually/>

Autumnal Equinox September 23 <https://nationaldaycalendar.com/autumnal-equinox-changes-annually/>

Gold Star Mother's And Family Day September 24 <https://nationaldaycalendar.com/gold-star-mothers-day-last-sunday-in-september/>

National Vfw Day September 29 <https://nationaldaycalendar.com/vfw-day-september-29/>

Military History Notes:

Sep. 1

1942: 357 men and five officers of the 6th Naval Construction Battalion arrive in Guadalcanal - the first combat deployment of the legendary "Seabees."

1952: While airmen enjoyed the Labor Day holiday, a tornado hits Carswell Air Force Base, destroying two-thirds of the Air Force's B-36 bomber fleet.

1974: A SR-71 "Blackbird" flown by Air Force Maj. James V. Sullivan streaks from New York to London in 1 hour and 55 minutes, setting a record that still stands today. Despite having to slow down to take on fuel from a specially modified KC-135 tanker, the reconnaissance plane still averages a blistering Mach 2.27.

Sep. 2

1944: An Avenger torpedo bomber - flown Lt. (junior grade) George H.W. Bush - is shot down by intense anti-aircraft fire after the planes attack Japanese positions on the island of Chichijima. The future president is the only crewmember of his stricken plane to survive, and is picked up by the submarine US S *Finback* after spending four hours floating in a life raft.

1945: Japan surrenders to the United States on the deck of the battleship USS *Missouri*, anchored in Tokyo Bay.

1958: An Air Force C-130 takes off from Incirlik Air Base in Turkey for a signals intelligence-gathering mission along the border with Soviet Armenia. The crew inadvertently stray off course and are intercepted by four MiG-17 fighters, which take turns shooting the unarmed reconnaissance plane. The C-130 crashes, killing all 17 aboard. When confronted, the Soviet Union says they found a wrecked plane and repatriates the remains of the plane's six crewmembers, but says nothing of the 11 Security Service airmen that were also aboard.

Sep. 4

1967: When two companies of Marines are ambushed in the Que Son Valley south of the de-militarized zone, the 1st Marine Division sweeps in to clear the area of hostiles. During the battle, Navy chaplain Lt. Vincent R. Capodanno leaves the command post to administer last rites to dying Marines and to aid the corpsmen. Although wounded himself, he refuses treatment and returns to his work. Capodanno is killed by machinegun fire as soon as he finishes dragging a wounded comrade to safety. Meanwhile, Sgt. Lawrence D. Peters ignores hostile fire raining down on his exposed position to pinpoint enemy locations and lead his Marines during the fierce battle. Both Capodanno and Peters are posthumously awarded the Medal of Honor.

Sep. 5

1944: While escorting a bombing mission to Stuttgart, Lt. William H. Lewis shoots down five Heinkel He-111 bombers taking off from Goppingen, Germany, becoming an ace in one mission. His flight of P-51 Mustangs would shoot down 16 bombers during the attack.

Sep. 7

1997: Lockheed Martin's F-22 Raptor, a fifth-generation stealth fighter billed as unmatched by "any known or projected fighter aircraft," makes its first flight. Only 187 of the \$150 million Raptors are built before production ends.

2001: Four days before the 9/11 attacks, the State Department issues a warning to U.S. citizens worldwide of a possible "terrorist threat" from "extremist groups with links to Osama bin Laden's al Qaeda organization."

Sep. 9

1972: DeBellevue becomes an ace by shooting down two enemy fighters near Hanoi.

Sep. 11

2001: As air controllers learn that several planes appear to have been hijacked, fighter jets are scrambled but do not arrive in time to disrupt a complex terrorist attack that kills 2,997 Americans and injures some 6,000. At

9:37a.m., a Boeing 757 flown by Al Qaeda terrorists slams into the Pentagon, killing 55 military personnel and 70 civilian employees. The area hit by the plane was undergoing renovations at the time of the attack, which meant only a few hundred of what would normally be around 5,000 occupants were endangered. Structural reinforcements and a sprinkler system had recently been added - in response to the 1995 Oklahoma City bombing - which increased survivability. Although it is too late for the Pentagon, all U.S. military facilities worldwide are ordered to enter Force Protection Condition "Delta" - the highest level of readiness for a possible terrorist attack. Defense Secretary Donald Rumsfeld increases the military alert level from DEFCON 5 (the lowest state of military preparedness) to DEFCON 3. Although the Russians would typically match the increase, President Vladimir Putin notifies George W. Bush that he would order his forces to stand down and denounces the terrorist attack. A report of a possible truck bomb attack targeting the North American Aerospace — Command (NORAD) headquarters in the Cheyenne Mountain Complex leads to the first time the facility closes its massive blast doors, which are designed to withstand a nuclear attack. NORAD now controls of all American air space as combat air patrols guarded the skies and enforced a nationwide no-fly-zone.

For more military history notes go to <https://americanlegionpost642.com/index.php?id=102>

VA BBQ 9 August 2025 Pictures





Military Humor





COMBAT BEARD

I'm so hardcore, I ate kevlar and grew my own face armour