



The Ranger Way

October 2026



Commanders Corner

Commander's Corner

Greetings Fellow Legionnaires,

I hope that you all enjoyed your Labor Day Weekend which is also the weekend of the Pleasanton Highland Games. The History Officer has uploaded the complete [Military History Calendar online](#) which is linked on the Monthly History Page. This month has Filipino and Polish American History Months, Fire Prevention, The USS Forrestal Fire, USS Ranger action in the Atlantic, *USS Kearny torpedoed by German U-Boat in 1941*, USS Cole bombing, Navy Birthday, as well as other military days and stories of note and some YouTube videos. The Service Officer has news on VA Homeless Vet Support, VA Home Loans, Hip exercises, Stroke info, VA Records access, Cybersecurity and anti-Phishing info and other health and benefit info. Note that underlined and highlighted words are generally Internet links for more info.

We are having our Post meeting on October 5th. There is. 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 also hosts a First Sunday Breakfast. [Check the District 13 Calendar](#) and [Post 642 Calendar](#) for information.

Remember that we generally meet at [the Odd Fellows Lodge #70 20589 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 to be more social, so let us know your ideas by coming to our meetings. [I would like the current attending members/officers to use the roster to call and invite members to our meeting with VA Buddy Check information linked here.](#) Newly attending members do give us a heads-up, so that we can request extra rations versus our regular contingent. The next person on the meals roster ([on the Adjutant's Corner](#)) will take the cooler with drinks, etc. for the next meeting. If additional drinks are required, it will be reimbursed above the normal meal amount.

We need a Finance Officer to step up as our long time Finance Officer Mike O'Meara needed to step down for personal reasons and Arturo is temporarily holding that position as well as Adjutant. If you have questions about the position, please reach out to either Mike O'Meara at (408) 691-8277 or momeara47@yahoo.com or Arturo (Adjutant and Temporary Finance Officer). In our Post Bylaws Section 5. Duties of the Finance Officer. The Finance Officer shall be charged with custody of the funds of the Post. He shall keep its accounts and report thereon at regular meeting of the Post. They shall receive all funds of the Post and pay all bills approved by the Post. The office of Finance Officer and any other officers and/or positions charged by the Post Constitution and/or Bylaws, with the responsibility of handling Post funds, should be bonded and must pass a credit check. This position is very important for maintaining the Post Charter and eligibility in the District.

Please remember that if you have Post or Veterans events that you would like on the calendar get them to Arturo. 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 Chaplain and Honor Guard Captain, Sunny Dosanjh sunny@dosanjhusa.com
To Comradeship!

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First Vice Commanders Notes

Dear Legionnaires,

As previously mentioned, our Post membership goal is now 56 members and to date we have 41/73.1% of members renewed. We currently lead the District in membership renewal percentage and have met the first two target dates that the Department has established this year. A big thank you to the PUFL's and those of you who have already renewed your memberships. Those who renewed online and via USPS should have already received your membership cards in the mail. For those of you who have not yet renewed, please consider renewing as soon as possible either online or submitting a check with the membership letter that you should have already received.

2026 Membership Report (As of 25 September 2026)

2026 Membership Goal: 56
Paid Up for Life (PUFL): 12
Online Annual Renewals: 7
Multi-Annual Renewals: 5
Mail Renewals: 17
Post 1000 Transfers: 0

Total Members: 41/71.4%
Newly renewed Members: 11
New Members: 0
Renewals Pending Submittal: 0
Members not yet renewed: 15
District Rank: 1st out of 11

Renewed Members Since Last Report: 1
Homer Davis III, US Army Vietnam 25 Years

New Members Since Last Report: 0

[Membership Report URL](#)

Adjutant Update

Greetings Legionnaires,

As we move into autumn there are a few events that are quickly coming up on our calendar.

Veterans Day 2026

- Miller Middle School Veterans Day Commemoration 10 November, 0900 hrs.
- Vietnam Memorial Traveling Wall 10 through 14 November. Dennis Whittaker from our Post has spearheaded this display and our Post has contributed funds for the traveling wall. It will be located at the Cupertino Veterans Memorial Park. A separate email was sent to the Post membership regarding volunteers to help

with the security of the wall during these 5 days. Hopefully some of you can stand watch during this event.

- Veterans Day Ceremony 11 November. 1100 hrs. at the Cupertino Veterans Memorial Park. This event is the key Veterans Day event for the city of Cupertino, and several Post members play key roles in the event.
- San Jose Veterans Day Parade (Downtown San Jose) 11 November 1100 speeches, 1200 hrs. parade.

Wreaths Across America is scheduled for 19 December and the donor request letters have gone out to previous donors. If you haven't had a chance to support or attend the event, I ask you to consider donating and attending. Here is the [link](#) for more information about WAA.

This past week once again our Post sponsored a lunch for the DeAnza Student Veterans Association at DeAnza College. Bill Reichard did a great job as the point of contact and making sure the meals and refreshments were taken care of. There were over 45 students who stopped by and enjoyed some food and camaraderie with our Post members who attended and fellow student Veterans. Our Post has sponsored these lunches for the past 5 years and we have two more this year, the winter and spring sessions. Here is a picture from the other day!



“Duty First”

Arturo Thiele-Sardina

Adjutant

Upcoming events for Oct-Dec. 2026

5 Oct	1900 hrs.	Post 642 Monthly Meeting in Person (Dinner served at 1800 hrs.) Oddfellows. Cupertino Lodge #70, 20589 Homestead Ave. Cupertino, CA
2 Nov	1900 hrs.	Post 642 Monthly Meeting in Person (Dinner served at 1800 hrs.) Oddfellows. Cupertino Lodge #70, 20589 Homestead Ave. Cupertino, CA
10 Nov	0900 hrs.	Miller Middle School Veterans Day Ceremony, 6151 Rainbow Dr, San Jose
10-14 Nov	0700-1900	Vietnam Travelling Wall, Cupertino Memorial Park, 21121 Stevens Creek Blvd., Cupertino
11 Nov	1100 hrs.	Cupertino Veterans Day Ceremony, Cupertino Memorial Park, 21121 Stevens Creek Blvd. Cupertino
5 Dec	1815 hrs.	Post 642 Christmas/Holiday Dinner-Blue Pheasant, Cupertino
7 Dec	1900 hrs.	Post 642 Monthly Meeting in Person (Dinner served at 1800 hrs.) Oddfellows. Cupertino Lodge #70, 20589 Homestead Ave. Cupertino, CA

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

Second Vice Commander

Wreaths Across America (WAA) update

We have sent out letters to potential donors with the help of Arturo and myself. We have secured the Monta Vista High School choir for the Star Spangled Banner for this year. I have been talking with Boy Scouts and local schools to see how to secure a marching band for next year. We hope to target some city council meetings in October. My proposal is that we will recognize four past contributors to our Wreaths Across America at our Christmas dinner this year, Diana and Mark Brady, City of Cupertino, Bobby Toda, and Gate of Heaven Cemetery. I will make a proposal to invite them to our dinner and invite past donors to attend. The dinner should be paid for by the Post. If you have any other ideas, then please share them. We hope to see you at the event in December.

Thank you,
David
Second Vice Commander

Historian Report

Historian's Report

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

National Days and Months:

FILIPINO AMERICAN HISTORY MONTH – October <https://nationaldaycalendar.com/filipino-american-history-month-october/>

NATIONAL FIRE PREVENTION MONTH – October

<https://nationaldaycalendar.com/national-fire-prevention-month-october/> Remembering the USS Forrestal Fire and Fire Fighting Training

<https://www.youtube.com/watch?v=RdI7L2c4XSk&pp=ygUdbGVhcm4gb3lgYnVybiBmb3JyZXN0YWwgdmkZW8%3D>

<https://www.youtube.com/watch?v=AVgocdvcG0A&pp=ygUdbGVhcm4gb3lgYnVybiBmb3JyZXN0YWwgdmkZW8%3D>

<https://www.youtube.com/watch?v=wHZmgqTgSgl&pp=ygUdbGVhcm4gb3lgYnVybiBmb3JyZXN0YWwgdmkZW8%3D>

NFPA Fire Prevention Month 2022:

<https://www.youtube.com/watch?v=YTc7ljaufbE&pp=ygUdVkEgRmlyZSBQcmV2ZW50aW9uIE1vbnR0IDlwMjM%3D>

POLISH AMERICAN HERITAGE MONTH – October <https://nationaldaycalendar.com/polish-american-heritage-month-october/>

NATIONAL DEPRESSION EDUCATION & AWARENESS MONTH | October (See Buddy Check Week above) <https://nationaldaycalendar.com/national-depression-education-awareness-month-october>

- NATIONAL DENTAL HYGIENE MONTH | October

<https://nationaldaycalendar.com/national-dental-hygiene-month-october/>

[*Dental Benefits for Veterans with Disabilities*](#)

<https://www.va.gov/disability/eligibility/special-claims/dental-care/>

- [VA Dentistry - Improving Veterans Oral Health Home](#)

VA dental care <https://www.va.gov/health-care/about-va-health-benefits/dental-care/>

If you qualify for VA **dental** care **benefits**, you may be able to get some or all your **dental** care through VA.

NATIONAL CYBER SECURITY AWARENESS MONTH – October

<https://nationaldaycalendar.com/national-cyber-security-awareness-month-october/>

[Research Cybersecurity Awareness](#)

<https://www.research.va.gov/programs/orppe/education/webinars/acos-ao-education/cybersecurity-awareness.cfm>

NATIONAL AUDIOLOGY AWARENESS MONTH – October

<https://nationaldaycalendar.com/national-audiology-awareness-month-october/>
[VA Audiology Fact Sheet https://www.prosthetics.va.gov/factsheet/Audiology-FactSheet.pdf](https://www.prosthetics.va.gov/factsheet/Audiology-FactSheet.pdf)

Health, wellness, veterans, hearing, **audiology**...VA **Audiology** Fact Sheet **AUDIOLOGY** SERVICES The Department of Veterans Affairs... Consistent with the VA mission, **Audiology** is inv...

[VHA Audiology - Rehabilitation and Prosthetic Services](https://www.prosthetics.va.gov/audiology/index.asp)

<https://www.prosthetics.va.gov/audiology/index.asp>

[Hearing Aids - Rehabilitation and Prosthetic Services](https://www.prosthetics.va.gov/psas/Hearing_Aids.asp)

https://www.prosthetics.va.gov/psas/Hearing_Aids.asp

[VHA Directive 1034 Prescribing and Providing Eyeglasses, Contact Lenses, and Hearing Aids](https://www.va.gov/OPTOMETRY/docs/VHA_Directive_1034_Prescribing_and_Providing_Eyeglasses_Contact_Lenses_and_Hearing_Aids_10-24-19.pdf)

[https://www.va.gov/OPTOMETRY/docs/VHA_Directive_1034_Prescribing_and_Providing_Eyeglasses_Contact Lenses and Hearing Aids 10-24-19.pdf](https://www.va.gov/OPTOMETRY/docs/VHA_Directive_1034_Prescribing_and_Providing_Eyeglasses_Contact_Lenses_and_Hearing_Aids_10-24-19.pdf)

Columbus Day October 09 <https://nationaldaycalendar.com/columbus-day-second-monday-in-october/> Also Italian Heritage Day which goes along with the Month.

General Pulaski Memorial Day October 11 <https://nationaldaycalendar.com/general-pulaski-memorial-day-october-11/> This may be why this is also Polish-American Heritage Month.

<https://www.youtube.com/watch?v=OKEbBR4ekMQ&pp=ygUQR2VuZXJhbCBQdWxhc2tpIA%3D%3D>

Navy Birthday October 13 <https://nationaldaycalendar.com/navy-birthday-october-13/>

https://www.youtube.com/watch?v=YohR1TbMk_k&pp=ygUSbmF2eSBiaXJ0aGRheSAyMDIz

National Day Of The Deployed October 26 <https://nationaldaycalendar.com/national-day-of-the-deployed-october-26/>

<https://www.youtube.com/watch?v=pV4NtVaYgLM&pp=ygUcbmF0aW9uYWwgZGF5IG9mIHRob2ZkZXBs3lZA%3D%3D>

Navy Day October 27 <https://nationaldaycalendar.com/navy-day-october-27/>

Theodore Roosevelt and the Navy

Between 1922 and 1972, the Navy celebrated its birthday on October 27th in honor of President Theodore Roosevelt's birth. He elevated the U.S. Navy to a premier fighting force. During his term as Assistant Secretary of the Navy, he built up the power and strength of the U.S. Navy. Roosevelt's pursuit of the naval aircraft advanced the U.S. Navy. As president, Roosevelt was the first president to submerge in a submarine and the first to fly. His support of the Navy led the former Secretary of the Navy, John F. Lehman, to say, Theodore Roosevelt, "was one of the architects of our modern Navy."

Halloween October 31 <https://nationaldaycalendar.com/halloween-october-31/>

Military History Notes: (Mostly Navy Theme for the US Navy Birthday Month)

Oct. 1

1955: America's first "supercarrier," the USS *Forrestal* (CVA-59), is commissioned. *Forrestal*, with its angled flight deck and steam catapults, is the first flattop designed to operate jet aircraft. (She is also the symbol of Naval Firefighting due to a weapons mishap on her deck while preparing for an operation off Vietnam.)

Oct. 3

1950: Major League Baseball rules that Philadelphia Phillies' 17-game winner Curt Simmons, whose National Guard unit had just been activated during the Korean War, would not be eligible to pitch in the World Series, despite the fact that he was on furlough. The Phillies were swept by a New York Yankee team managed by World War I veteran Casey Stengel (USN), and featuring Joe DiMaggio (USA), Whitey Ford (soon-to-be USA), Hank Bauer (USMC), Jerry Coleman (USMC), and Yogi Berra (USN).

1962: Cmdr. Walter M. "Wally" Schirra, Jr. (USN) becomes the fifth American in space when he orbits the earth six times in his *Sigma 7* capsule. After a nine-hour flight, he splashes down just half a mile from the recovery ship USS *Keats* (CVS-33), joking that his target was the carrier's "number three elevator."

1993: Special operations forces board several Army Black Hawk helicopters and set out to capture the Somali warlord Mohamed Farrah Aidid. The snatch-and-grab operation was supposed to take only one hour, but when a rocket propelled-grenade takes out one of the helicopters, Operation GOTHIC SERPENT begins to spin out of control. As the vehicle convoy, originally intended to haul the captured leaders of the Habr Gidr clan, races through barricaded streets to establish a security perimeter around the first Black Hawk, another Black Hawk is shot down.

With resources stretched to the maximum and the vehicle convoy unable to reach the crash sites, Delta Force snipers Master Sgt. Gary I. Gordon and Sgt. 1st Class Randall D. Shughart volunteer to land and provide cover fire for the second downed helicopter. Both are overrun and killed while protecting the four wounded crew members in the face of overwhelming numbers, and will be awarded the Medal of Honor posthumously.

Maj. Gen. William F. Garrison assembles a quick reaction force of 100 UN and 10th Mountain Division vehicles as the task force battles through the night. 19 American service members will be killed and 73 wounded during the intense urban combat of the Battle of Mogadishu. Chief Warrant Officer Michael J. Durant, one of the downed Black Hawk pilots, is captured and held as a prisoner for 11 days.

<https://www.youtube.com/watch?v=97OGWTfObQw&pp=ygUOYmxhY2toYXdrIGRvd24%3D>

2010: 92 years after the end of World War I, Germany makes its last reparation payment demanded by the Treaty of Versailles.

Oct. 4

1777: A week after losing Philadelphia to the British, Gen. George Washington decides to surprise Gen. Sir William Howe's force encamped at Germantown (Pa.). 11,000 Continental troops and militia have marched 16

miles through the night, and begin their assault at 5:30 a.m.. Although initially successful, heavy fog, insufficiently trained troops, and stiff British resistance unravel Washington's

coordinated assault and the attack falls apart. Washington's army suffers over 1,000 casualties and will have to spend the winter at Valley Forge.

1821: Lt. Robert F. Stockton, veteran of the War of 1812 who also fought the Barbary pirates, sets sail from Boston to interdict the African slave trade. Stockton will help establish the country of Liberia, where thousands of former American slaves and free blacks are resettled. He will capture several slave ships on this cruise, of which he writes, "I have great satisfaction in the reflection that I have procrastinated the slavery of some 800 Africans, and have broken off this horrible traffic to the northward of Cape Palmas for at least this season.

1943: *USS Ranger* conducts the only American carrier operation in the northern Atlantic, when its *Dauntless* and *Avenger* crews attack a German convoy near Bodø, Norway, sinking or damaging ten enemy vessels.

Oct. 7

1941: Although the United States has not yet entered the war, a German U-boat torpedoes *USS Kearny* (DD-432), killing 11 sailors - the first Naval casualties of World War II.

Oct. 8

1918: The day following the relief of the "Lost Battalion," Private First Class (future U.S. Army sergeant and future colonel in the Tennessee State Guard) Alvin C. York captures "the whole damned German Army."

In the action for which he will receive both the Medal of Honor and the French Croix de Guerre, York leads a seven-man team of doughboys against a strong enemy position. The team kills at least 25 Germans and captures four officers, 128 soldiers, and over 30 machineguns. French Marshall Ferdinand Foch will tell York, "What you did was the greatest thing accomplished by any private soldier of all the armies of Europe."

Oct. 9

1861: 1,000 Confederate soldiers land on Florida's Santa Rosa Island and assault Union-held Fort Pickens. The attackers withdraw after the federal guns inflict 90 casualties. Fort Pickens sits across the bay from Naval Air Station Pensacola - the birthplace of Naval aviation - and coastal defense guns were installed at the old fort during World War II.

1940: After *USS Nautilus* (SS-168) conducts a successful test, Secretary of the Navy William F. Knox approves a plan for 24 submarines to each carry 20,000 gallons of aviation gasoline for refueling seaplanes at sea.

1967: Che Guevara, co-founder of Fidel Castro's Communist regime, is executed by firing squad while leading a revolution in Bolivia. While the cold-blooded murderer and terrorist remains an icon to many Americans, many of his fans wouldn't exist had the Soviets left their ballistic missiles on Cuba: "If the nuclear missiles had remained," Che said, "we would have used them against the very heart of America, including New York City [...] We will march the path of victory even if it costs millions of atomic victims [...] We must keep our hatred alive and fan it to paroxysm."

Oct. 10

1845: Secretary of the Navy George Bancroft founds the Naval School in Annapolis, Md. - later renamed the U.S. Naval Academy. The nation's second oldest service academy (the U.S. Military Academy was established by Thomas Jefferson in 1802) is built on the grounds of Fort Severn, which traces its roots to the American Revolution.

1985: After Palestine Liberation Front (PLF) terrorists - part of KGB-trained terrorist Yasser Arafat's Palestinian Liberation Organization - take over the Italian-flagged cruise liner MS *Achille Lauro*, U.S. Navy F-14 Tomcats

intercept their Boeing 737 getaway jet carrying the terrorists to Tunisia, forcing the jet to land at a NATO airbase on Sigonella, Sicily. Once on the ground, the terrorists are brought to custody following a five-hour

jurisdictional standoff between an 80-man group of Delta Force and SEAL Team SIX commandos and hundreds of Italian military police. **The terrorists killed one of their hostages and threw his body overboard: wheelchair-bound American citizen Leon Klinghoffer, who flew as a navigator aboard B-24 Liberator bomber in the European Theater of World War II.** After leaving Sigonella, PLF founder and the attack's ringleader Abu Abbas flies to Italy and ultimately makes it to Iraq, where Saddam Hussein protects him from extradition to Italy. He is captured in 2003 by American forces and dies of natural causes in U.S. custody.

Oct. 11

1942: U.S. Naval forces under the command of Rear Admiral Norman Scott intercept a Japanese fleet, commanded by Rear Adm. Aritomo Goto, attempting to reinforce troops on Guadalcanal in the Battle of Cape

Esperance. Fighting begins shortly before midnight off the northwest coast of the island when the Japanese are caught by surprise. The heavy cruiser *Furutaka* and destroyer *Fubuki* are sunk during the gun battle, and Adm. Goto is mortally wounded. Planes from Henderson Field strike the retreating Japanese fleet the next morning and sink two additional Japanese destroyers the following day. Japanese sailors who jumped overboard refuse to be rescued by American ships, instead consigning themselves to a horrifying death in the shark-infested waters.

Oct. 12

1944: U.S. Army Air Force 1st Lt. Charles E. "Chuck" Yeager and his 357th Fighter Group surprise a flight of 22 Messerschmitt Bf-109 fighters near Hanover, Germany. Yeager's P-51D "Mustang", named *Glamorous Glenn II*,

Yeager will score five of the group's eight victories - two without firing a shot - becoming an "ace in a day." Yeager finishes World War II with 11.5 kills, and will go on to fly 127 missions during the Vietnam War. The former Army private will retire a Brigadier General in 1975, but continues flying for the Air Force and NASA.

That same day, aircraft from seven U.S. aircraft carriers of Carrier Task Force 38 attack targets on Japanese-held Formosa (modern-day Taiwan).

1945: President (and former artillery officer during World War I) Harry S. Truman awards the Medal of Honor to Cpl. Desmond Doss for saving the lives of 75 wounded soldiers on Okinawa's Hacksaw Ridge. Since Doss was a conscientious objector, the Army made him a combat medic. Prior to his service on Okinawa, where Doss was wounded four times, he also saw action on Guam and the Philippines, where he earned two Bronze Stars with "V" for valor device.

2000: While the destroyer USS *Cole* stops to refuel in Yemen, two suicide bombers ram an explosive-laden fiberglass boat into the warship, blowing a massive hole in the side of *Cole*, claiming the lives of 17 U.S. sailors and injures another 39.

Oct. 13

1775: "...[M]eeting in Philadelphia, the Continental Congress voted to fit out two sailing vessels, armed with ten carriage guns, as well as swivel guns, and manned by crews of eighty, and to send them out on a cruise of three months to intercept transports carrying munitions and stores to the British army in America." (from Naval History and Heritage Command) The U.S. Navy is born.

Oct. 14

1947: 45,000 feet over California's Mojave Desert, USAF test pilot Charles "Chuck" Yeager becomes the first human to break the sound barrier, piloting his Bell X-1 to Mach 1.07 - two days after breaking his ribs.

Oct. 17

1922: Lt. Commander Virgil C. Griffin, piloting a Vought VE-7SF bi-winged fighter, makes the first-ever "official" takeoff from a U.S. Navy aircraft carrier, USS *Langley* - a coaling ship (USS *Jupiter*) which had been converted into America's first aircraft carrier - in York River, Va. On Oct 26th **1922:** Off Cape Henry, Va., Lt. Commander Godfrey Chevalier becomes the first aviator to land on a moving ship when his Aeromarine 39B biplane touches down on the deck of USS *Langley*.

<https://www.youtube.com/watch?v=PkhHga6limc&pp=ygUQdXNzIGxhbmdsZXkgY3YtMQ%3D%3D>

Though Griffin is indeed the first man to takeoff from a "carrier", he is not the first to takeoff from a warship. That distinction belongs to Eugene B. Ely who took-off from a platform affixed to a cruiser in 1910.

1941: When a "wolfpack" of German U-boats attacks an allied convoy, overwhelming its Canadian escort ships, USS *Kearny* and three other American destroyers depart their base at Iceland and begin dropping depth charges. A German torpedo strikes *Kearny*, killing 11 sailors and injuring 22 - the first American casualties of World War II. Adolf Hitler will use the engagement as a reason for declaring war on the United States in December.

Service Officer Report

[Service Officer Report](#)

<https://americanlegionpost642.com/index.php?id=119>



Six steps Veteran homeowners can take to avoid foreclosure on a VA Home Loan

Owning a home backed by the [VA Home Loan Program](#) is one of the most valuable benefits earned through military service. But when financial hardship hits—whether from job loss, medical challenges or other unexpected life events—keeping up with mortgage payments can become difficult. The good news: foreclosure is not inevitable. [Learn more about the steps you can take.](#)



Avoid Phishing Scams

Phishing attacks have become increasingly sophisticated and common due to advances in technology. Veterans, their families, and advocates are frequently targeted for their sensitive personal information and monthly benefits payments. These scams can lead to security risks for VA and associated partners, as well as emotional and financial harm to Veterans and their loved ones.

Learn more about [fraud and phishing scams](#).



SBA Outreach Centers

The SBA helps veteran and military spouse entrepreneurs build resilient businesses that are ready for the future. Through Veterans Business Outreach Centers, you can access expert guidance and resources to strengthen your business foundation. With support ranging from workshops to business planning and accessing capital, you'll be prepared for whatever comes next.

[Learn more.](https://www.sba.gov/vboc)



Protecting Education Benefits

VA wants to ensure Veterans and their beneficiaries are informed about the risks of education fraud and how to make the best decisions when using their VA Education benefits.

Find GI Bill approved schools and compare benefits with the [GI Bill Comparison Tool](#).



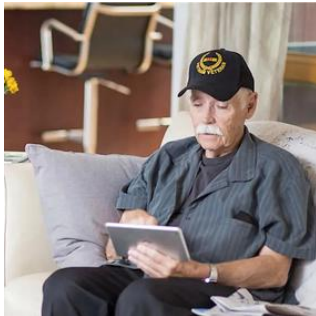
End-of-Life Planning

Talking about end-of-life planning is never easy, but it's essential. VA provides a variety of benefits and services to help Veterans and their loved ones prepare. From life insurance to burial costs, [learn how you can plan ahead with VA benefits](#).



VA History | Bonus Army

In 1932, during the depths of the Great Depression, an estimated 20,000 World War I Veterans marched on Washington, D.C., seeking early payment of the bonus certificates they had received after the war. Fearful that the so-called “Bonus Army” demonstrators would turn violent, President Herbert Hoover sent in the Army to restore order, leading to a violent confrontation in downtown Washington. Read more about [Object 21](#) in the History of VA in 100 Objects digital exhibit and watch the [companion video](#) on VA’s YouTube channel.



Need a personal record from VA? Here’s the FOIA page that gets you there.

Finding the right VA office for your Freedom of Information Act (FOIA) records request just got easier. VA has [redesigned the page Veterans use to request records](#).

Whether you’re requesting a DD214, medical record or benefits letter, this page helps you get started. [It replaces a maze of legal terms and links with clearly labeled boxes that match you to the form you need.](#)

Preparing your future with VA's Know Before You Go Workbook

The [Know Before You Go Workbook](#) empowers transitioning service members and their families to make timely, informed decisions about VA benefits and services.



Upcoming Events

Ongoing - [Specially Adapted Housing Program Overview - Webinars](#)

Oct. 21 - [Wellness Wednesday - Financial Mistakes to Avoid](#)

[View All Events](#)



VETRESOURCES

#VetResources is a weekly newsletter for Veterans, their families, caregivers, and survivors. [Connect with Secretary Collins on X](#)



VA RESOURCES



UPCOMING VA EVENTS



JOBS FOR VETERANS

VA PROCESSES 3 MILLION DISABILITY BENEFIT CLAIMS IN RECORD TIME—AGAIN!

In FY 2026, VA set new records by processing over 3 million claims more quickly and accurately than ever—surpassing last year's impressive record! These efforts delivered \$207 billion in benefits and reduced the backlog by 70%. Veterans are now receiving the swift, reliable support they've earned.

[Learn more](#)

If you haven't filed a VA disability claim yet and have disabilities, medical conditions or injuries that incurred or aggravated during active military service, [apply today!](#) A VA rating

can provide tax-free compensation and opens doors to VA benefits like health care, education benefits, vocational rehabilitation and more.

BUDDY CHECK WEEK IS HERE!

Take the pledge to talk with 10 Veteran buddies this week! Online training is provided to recognize signs of distress and educates you on available resources you can recommend if needed.

[Learn more](#)

- [Face the Fight and Starbucks are once again teaming up to support Buddy Check Week. Starbucks is providing \\$10 gift cards to the first 20K who take the training and pledge to reach out.](#)
- [Learn about other Veteran partner organizations that help Veterans stay healthy, connected and supported through a variety of programs.](#)



VA CYBERSECURITY APPRENTICESHIP PROGRAM

Transform your military skills into a cybersecurity career with the VA Apprenticeship Program. Get hands-on training, mentorship, and real-world experience. See who can apply, what you get from the program, and how to get started.

[Learn more](#)



VA HOME LOAN EXPLAINED

Learn everything Veterans need to know about VA home loans! VA's Loan Guaranty Service breaks down benefits, eligibility, and the buying process—giving you the confidence to make informed homeownership decisions.

[Watch](#)



GO DIGITAL WITH SSA

Go digital with your “my Social Security” account. Manage benefits, access records, and plan your future online—with expanded 24/7 access for your schedule. You will find a dedicated section that provides:

- Side-by-side comparisons of VA compensation and Social Security disability,
- Details on expedited disability claims, and
- Additional resource tailored to your military service and Veteran benefits.



[Learn more](#)



[The hip hinge and your lower back](#) **[One simple practice to improve your posture](#)** Your hip hinge helps you sit, squat, and even pick up your grandkids. Learn from a VA chiropractor how to use your hip hinge to support your back and prevent pain.

[Learn more](#)



[Life after stroke](#)

If you or a loved one has suffered a stroke, you're not alone. From regaining your strength to preventing another stroke, we have information to help you along the way.

[Learn more about stroke recovery](#)



[5 morning routines to reduce stress](#)

Stress takes a heavy toll on your mind and body. A morning mindfulness practice can prepare your mind and body to better manage the stress of the day.

[Try a new mindfulness practice](#)



[Cauli-fy your pizza night](#)

It's the perfect time of year to savor fresh-from-the-garden veggies. Swapping out the flour for cauliflower in this easy pizza recipe provides a nutritious treat for the whole family.

[Try this healthy recipe](#)



[What to expect during a mammogram](#)

Getting a mammogram is the best breast cancer screening tool available—it can save your life. Find out if you should be screened and what to expect.

[Learn about mammograms at VA](#)

#VetResources is a weekly newsletter for Veterans, their families, caregivers, and survivors. [Connect with Secretary Collins on X](#)

\$1.17B TO FIGHT VETERAN HOMELESSNESS

VA is investing a record \$1.17 billion in grants to 680 organizations to combat Veteran homelessness. These grants expand critical services and connect veterans to permanent housing and long-term stability. See what organizations in your area received this grant.

[Learn more](#)

CONSISTENT TRUST IN VA

Veteran trust in the VA hit a record high, **with over 80% confidence for four straight quarters**—thanks to feedback that's shaping better care and services. It's a strong sign VA is truly putting Veterans first.

[Learn more](#)



FREEDOM HAULERS

Turn your military skills into a thriving trucking career. With VA funding and fast-track programs, success on the road is within reach. Start your journey today!

- **Up to 100%** tuition coverage for approved programs.
- **\$70K** average annual earnings for truckers under President Trump.
- **7.42%** increase in annual earnings under President Trump.
- Veterans with the right military experience may be able to skip CDL skills and knowledge tests.

[Learn more](#)



VA RESOURCES



- For any questions or requests, [1-800-MyVA411](tel:1-800-MyVA411) ([1-800-698-2411](tel:1-800-698-2411)) is always the right number.
- [Veterans Crisis Line](#): 988 and press 1, [Chat](#), or Text 838255
- [Vet Centers](#): [1-877-927-8387](tel:1-877-927-8387)
- [Homeless Veteran Resources](#): [1-877-424-3838](tel:1-877-424-3838) or [Chat](#)
- [Ask VA](#)
- [Schedule a 1-on-1 Appointment with a VA Benefits Expert](#)
- [Find a VA facility near you](#)
- [Apply for Pre-Need burial eligibility at a VA national cemetery](#) or Call the National Cemetery Scheduling Office at [800-535-1117](tel:800-535-1117) (TTY: 711) and select option 4.

For non-urgent questions, you can reach VA using the [VA Health & Benefits App](#) or [My HealththeVet](#) secure messaging to schedule an appointment, refill prescriptions, and access your medical records.

STOLEN VALOR EXPLAINED

Uncover the truth about Stolen Valor—what it really means, how to spot it, and the right way to report it. With expert insights and practical advice, you'll learn when claims are lies

and when to let the authorities handle it. Don't miss this crucial guide to protecting the integrity of our Veterans!

[Watch](#)



FIRST HOME BUYER BENEFITS

Ready to buy your first home? Discover how Veterans can unlock exclusive benefits like tax savings, property exemptions, and financial help—making your homeownership dream a reality!

[Learn more](#)



EXCLUSIVE DISCOUNTS FOR VETERANS

Planning a family vacation? Veterans and their families save up to 30% on Dollywood tickets and season passes year-round!

[Save at Dollywood](#)

[Find other Veteran discounts!](#)



HEALTH
CARE



CAREERS AND
EMPLOYMENT



LIFE
INSURANCE



DISABILITY



PENSION



BURIALS AND
MEMORIALS



EDUCATION AND
TRAINING



HOUSING
ASSISTANCE



RECORDS



From *The California Legionnaire*

Our top Veterans news beats from the past week, starting with... a new study coauthored by Brown University and Harvard researchers. Per the report, younger Veterans—those between the ages of 19 and 39, as defined by the study—have far more PFAS (or "forever chemicals") in their bodies than civilian counterparts. These chemicals are strongly linked to a variety of ailments ranging from cancers to kidney disease.

The VA has called for additional research to draw concrete connections between PFAS exposure and ailments.

- Two California representatives in Congress have filed a successful discharge petition to force a vote on the Major Richard Star Act (as an independent bill, not as part of the Take Care of America's Veterans Act). While Congress is currently in recess until November, a vote will occur once lawmakers return.

California Veterans News Bites

- As part of a bill Governor Gavin Newsom recently signed, California will allocate nearly \$5 million to research psychedelics as potential treatment for Veterans PTSD. The bill co-opts language from SB 1224.
- ICYMI: Camp Pendleton is hosting its largest job fair of 2026 at its Pacific Views Event Center (Bldg. 202850) tomorrow from 10:30 a.m. to 2 p.m. Anyone with access to Camp Pendleton is welcome to attend. A wide variety of public and private employers will be in attendance.
- U.S. Army Veteran Sgt. Adolph P. Aguirre, who was shot down over southern Italy during World War II, was finally laid to rest in his hometown of Exeter, California. Aguirre was welcomed home by his surviving family after over 80 years.
- UCLA and UC Berkeley both ranked in the top 10 of U.S. News & World Report's 2027 rankings of the *Best Colleges for Veterans*. Contributing factors include GI Bill certification, participation in the Yellow Ribbon Program, and at least 20 full- or part-time Veterans or Service Members enrolled in the school.

Veterans Resource Hub Entry: Legion Veterans Service Officers

Our first piece in a new series on various Veterans benefits, services, and programs is live: [this month's article](#) breaks down who Veterans Service Officers are and how they can help

Veterans and their immediate family members obtain disability compensation and other benefits without sparing a dime.

CALIFORNIA VETERANS RESOURCES & HOW-TO HUB

[VISIT HUB](#)

Learn about Legion and government services, programs, and benefits for Veterans—or suggest new topics for us to cover in future guides.

CHECK OUT OUR AUGUST GUIDE

Legion Veterans Service Officers: Free VA Benefits Help & More

[READ MORE](#)

CALIFORNIA LEGIONNAIRE

The August edition of the California Legionnaire is now available online.

[VIEW NEWSLETTER](#)



Find out more about the CA Legionnaire, [here](#).

VETERANS NEWS

If you want your veterans news more often, visit caLegion.org



SHARE YOUR CONTENT

Have a commission or committee report you'd like highlighted? Did your post or district hold a major event you're proud of? Would you like to write how-to articles to share your expertise with other Legion Family members?



We would love to feature your content on the Department website.

[UPLOAD AN ARTICLE](#)

Two ways to support your Department's content:

1.) As always, if you want to donate to support our news production for the website and the print newsletter, you can do so by clicking the button below.

2.) Traffic to the website also helps, so be sure to click on the articles below and click around caLegion.org to read all the other articles.

[SUPPORT TODAY](#)

ARTICLE LINKS

- [CALIFORNIA LAWMAKERS HELP ADVANCE MAJOR RICHARD STAR ACT TOWARDS HOUSE VOTE](#)
- [STUDY FINDS HIGHER LEVELS OF 'FOREVER CHEMICALS' IN YOUNGER VETERANS](#)

Military Humor

SUFFERING BRINGS
PERSEVERANCE.
PERSEVERANCE BRINGS
CHARACTER. CHARACTER
BRINGS HOPE.

HOPE BRINGS JOY. JOY
BRINGS LAUGHTER.
LAUGHTER BRINGS THE
GUNNY. THE GUNNY
BRINGS SUFFERING.



