

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

[www.americanlegion313.org](http://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 92 Issue 6

*"Still Serving America"*

June 1, 2020

American Legion  
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**Officers and Staff**

|                       |                        |
|-----------------------|------------------------|
| Commander             | Kit Kubitz             |
| Financial Officer     | Chuck Heusser          |
| 1st Vice Commander    | Tom Beck               |
| 2nd Vice Commander    | Bob Rogers             |
| 3rd Vice Commander    | Tom Berns              |
| Past Commander        | Bob Means              |
| Sergeant-at-Arms      | Furgus Wilson          |
| Adjutant              | Bob Gonzalez           |
| Historian             | Bob Bonderud           |
| Member-at-Large       | Bob Gonzalez           |
| Member-at-Large       | Bill Howard            |
| Member-at-Large       | Andy Guralas           |
| Chaplain              | Rev. Palmer O. Wilkins |
| Service Officer       | Sean Stephens          |
| <b>Auxiliary Unit</b> |                        |
| President             | Elena Bartley          |
| 1st Vice President    | Donna Ford             |
| 2nd Vice President    | Maxine Cohen           |
| Past President        | Pauline Angleman       |
| Secretary             | Yolanda Fugate         |
| Treasurer             |                        |
| Historian:            | Brenda McKown          |
| Chaplain:             | Margaret St. John      |

## Commander Kit Kubitz

### MEMORIAL DAY AND JUNE MEETINGS

We hope everyone had a safe and respectful Memorial Day. The usual Memorial Day Ceremony at the Marin Civic Center was canceled. Only 3 attendees were allowed to represent Veterans on May 25, but respect was paid to our fallen brothers and sisters by Ray Mullin and Sean Stephens. Our next big event would be the July 4 Pancake Breakfast, but we do not know whether such a large gathering will be permitted in early July. In the meantime, see the picture of a rainbow over Mt. Tam, indicating hope for the future.

### NO COFFEE OR BREAKFASTS

The time under Shelter In Place has gone by quickly, now more than two months into the use of social distancing to avoid overwhelming health care systems and to protect the vulnerable population. Post 313 has been in a standby status, with only a limited number of people attending Coffee. Your Commander recommends that such small gatherings be held outside, for example by placing chairs on the front porch and speaking among others there outside. It appears that spread of infection is less likely outdoors than inside where air recirculates.

We will continue the distancing and infection prevention in June, hoping that with the return of high temperatures, outdoor activities may be increasingly permitted. There will be no Executive Board or General Membership meeting in June or any Post breakfast.

We have been having Zoom meetings for Post 313 on Tuesdays at 10 am to allow people to check in and discuss matters of concern. The personal meeting ID to allow you to join a meeting is the number of this American Legion Post 313- 412-4393. Just go to zoom, click join a meeting and enter this meeting ID number. Post 313 will survive.

And continue to support citizenship and our members and active duty service members. See the V for Victory Cartoon below.

### MEMBERSHIP AND BOYS STATE

Post 313 lost a member, Andre Gabany whose family notified us he had passed away. Our condolences to his family and friends. However, we have had another Veteran express an interest

*(Continued on page 3)*

## Monthly Times

| ~ June 2020 ~          |                                   |   |           |                                   |           |           |
|------------------------|-----------------------------------|---|-----------|-----------------------------------|-----------|-----------|
| Sun                    | Mon                               | Tue   | Wed       | Thu                               | Fri       | Sat       |
|                        | <b>1</b><br>9a Coffee (Clubroom)  | <b>2</b><br>10a Zoom Meeting                                      | <b>3</b>  | <b>4</b><br>9a Coffee (Clubroom)  | <b>5</b>  | <b>6</b>  |
| <b>7</b>               | <b>8</b><br>9a Coffee (Clubroom)  | <b>9</b><br>10a Zoom Meeting<br>12p Auxiliary Luncheon (Clubroom) | <b>10</b> | <b>11</b><br>9a Coffee (Clubroom) | <b>12</b> | <b>13</b> |
| <b>14</b> Flag Day     | <b>15</b><br>9a Coffee (Clubroom) | <b>16</b><br>10a Zoom Meeting                                     | <b>17</b> | <b>18</b><br>9a Coffee (Clubroom) | <b>19</b> | <b>20</b> |
| <b>21</b> Father's Day | <b>22</b><br>9a Coffee (Clubroom) | <b>23</b><br>10a Zoom Meeting                                     | <b>24</b> | <b>25</b><br>9a Coffee (Clubroom) | <b>26</b> | <b>27</b> |
| <b>28</b>              | <b>29</b><br>9a Coffee (Clubroom) | <b>30</b><br>10a Zoom Meeting                                     |           |                                   |           |           |

| ~ July 2020 ~ |  |  |                     |   |           |   |
|---------------|--|--|---------------------|---|-----------|---|
| Sun           | Mon  | Tue  | Wed                 | Thu   | Fri       | Sat                                       |
|               |  |  | <b>1</b> Canada Day | <b>2</b><br>9a Coffee (Clubroom)                        | <b>3</b>  | <b>4</b> Independence Day                 |
| <b>5</b>      | <b>6</b><br>9a Coffee (Clubroom)<br>9:30a E Board<br>9:30a General Membership Meeting (Clubroom) | <b>7</b><br>10a Zoom Meeting                                       | <b>8</b>            | <b>9</b><br>9a Coffee (Clubroom)                        | <b>10</b> | <b>11</b><br>9a Post Breakfast (Clubroom) |
| <b>12</b>     | <b>13</b><br>9a Coffee (Clubroom)  | <b>14</b><br>10a Zoom Meeting<br>12p Auxiliary Luncheon (Clubroom) | <b>15</b>           | <b>16</b><br>9a Coffee (Clubroom)                       | <b>17</b> | <b>18</b>                                 |
| <b>19</b>     | <b>20</b><br>9a Coffee (Clubroom)  | <b>21</b><br>10a Zoom Meeting                                      | <b>22</b>           | <b>23</b><br>9a Coffee (Clubroom)                       | <b>24</b> | <b>25</b>                                 |
| <b>26</b>     | <b>27</b><br>9a Coffee (Clubroom)  | <b>28</b> World Hepatitis Day<br>10a Zoom Meeting                  | <b>29</b>           | <b>30</b> Int'l. Friendship Day<br>9a Coffee (Clubroom) | <b>31</b> |   |

For calendar updates, see the club room bulletin board & the post website, [americanlegion313.org](http://americanlegion313.org)

For Veteran's Services, see [http:// www.co.marin.ca.us/depts/HH/main/ ag/ veterans.cfm](http://www.co.marin.ca.us/depts/HH/main/ag/veterans.cfm)

in joining our American Legion Post, so we may have a new member in the near future.

We also want to congratulate our California Boys State selectees: Tommy Flynn of Tamalpais High School and Theo Cicala of Redwood High School. Both will be recognized as California Boys State alumni.

We have also been asked to celebrate a student who will graduate from high school and join the Armed Forces of the United States. Post 313 is considering how to honor this young man's milestone and commitment to service. His name is Rodney Rudolph. He ships out [June 22](#) for basic training in San Diego with The Marines.

### MAINTAINING POST 313

Members kept busy during the past month, as Bob Gonzalez and Jim Goebbel repaired the ice machine in the bar. Meanwhile, Bob Rogers, Tom Beck and Matt Markham repaired and replaced tile and are in the process of having the large mirror behind the bar reset from its precarious fixture currently holding it to the wall. Tom Berns also replaced the batteries for the Exit lights so the exit lights over the clubroom doors are properly illuminated.



### Veterans Administration Resources During Pandemic

The VA has a number of resources available now. Concerns about COVID-19 can be stressful for many people. You can take steps to manage stress and get support.

Stay connected and healthy. Stay in touch with friends and family by phone and social media. Follow your normal routine as much as possible and get enough sleep and exercise.

Keep your existing mental health appointments. If you currently have regular sessions, you can change them to telehealth (phone or video) appointments by sending your provider a [secure message through My](#)

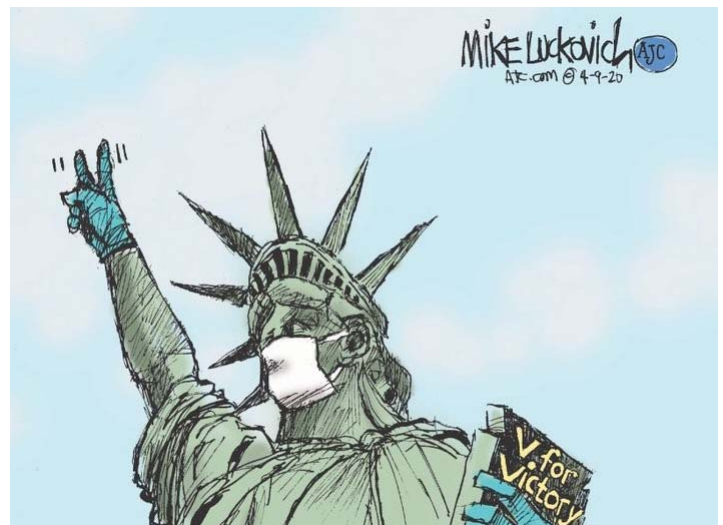
### [HealtheVet.](#)

Ask for a new mental health appointment. If you need same-day mental health care—or want to request a new appointment—call your local VA health facility. [Find a VA location](#)

### GETTING TESTED

Covid19 testing is now available at the Dignity Health Urgent Care site in Strawberry Shopping Center, 755 Redwood Highway in Mill Valley. <https://locations.dignityhealth.org/dignity-health-gohealth-urgent-care-mill-valley>

If you go to the Dignity Health Urgent Care Mill Valley Website, you will find a tab that says Save My Spot at Mill Valley and allows you to sign up for a telehealth appointment with a doctor, who will ask you questions about any symptoms and why you want a test, and then make an appointment to drive in to two parking places at the Dignity Urgent Care building, where in 15 minutes you can be tested for Covid19. If you have insurance or Medicare, the testing is free.



### Post 313 Breakfast

**Cancelled in June**

**9:00 am in Club Room**

**\$5.00 (All you can eat!)**

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

Reservation: Signup in Club Room or Call Bill Brennen (415-927-0393)

Leave message at the Post (415-924-6283)

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