



WELCOME TO THE VOICE OF THE FOURTH DISTRICT

APRIL 2025



VOICE OF THE 4TH DISTRICT

PLEASE SUBMIT ARTICLES, FLYERS AND PHOTOS TO
MIKE LAUGHLIN @ REDNECK.HIPPIE@YAHOO.COM

NO LATER THAN THE 20TH OF THE MONTH



HEY POSTS AND AUXILIARIES!

**Share your Post and Auxiliary Events
with Everyone!**

Send Pictures of your Event!

Include: Who - What – Where

THE GREAT 4TH DISTRICT JR VICE COMMANDER



A Message from the District Junior Vice Commander

Comrades,

The month of March was strong for the Mighty 4th District. We had our official Department visit. The Department Commander and Department Junior Vice Commander participated in a community service event with the Sisters of Watts. District 4 Comrades and Auxiliary took part of this event where they cleaned and painted a building that is now being used as a community space.

There was a dinner at the Compton Post where the food was delicious, and the karaoke was fun. Our 3rd District meeting took place at the Hawthorne Post, we nominated, voted, and installed a new trustee. It was a great experience where we celebrated our accomplishments and looked forward to our near future.

Looking forward, we have three months left in our Fiscal Year. Last month our Posts have conducted their first round of nominations. This month, Posts will have their second round of nominations and elect their Officers for the 2025-2026 year. Posts have been working diligently to correct their audits while still supporting the VFW Mission.

I am truly humbled after getting to know our members and supporting our District. Everyone has a story and as I learn more about the individuals that make a difference for the VFW, the more I am determined to assist and unify the District. Individually, we make an impact to our cause, however, when we are unified, we make lifelong impacts and make our communities and families stronger. I am here for any Veteran or Auxiliary member who needs assistance. I hope this month brings you and your family health and happiness.

Tim Ibarra

Junior Vice Commander

Email: timothy.ibarra@gmail.com

Phone: 562-619-6365

THE GREAT 4TH DISTRICT AUXILIARY PRESIDENT

Greetings auxiliaries and comrades

Spring is just around the corner—March 20th marks the official start! This renewed sense of freshness and growth should energize us to complete our outstanding reports and ensure a smooth transition to our new April officers. Let's make the most of this opportunity to wrap up our current tasks and prepare for a successful next month.



I'm happy to announce that our District 4 Secretary Carol Steinhauer, is doing much better with her health. She is taking things slow and letting her body heal.

Reminders for March and April, Dates & Deadlines:

1. It's not too late to promote the Young American Creative Patriotic Art Contest and Illustrating America, the deadline is March 31, 2025
2. Significant dates in April include Gold Star Spouse Day (4/5) the day the United States entered World War 1 in 1917 (4/6) and the VFW " Sport Clips Help a Hero Scholarship submission deadline (4/30) and Arbor Day (4/25). Monthly observance in April include Autism Acceptance Month, Keep America Beautiful Month and of course Month of the Military Child.

Congratulations to the First place Voice of Democracy winner Tri Vu was sponsored by New Hampshire Post 8214.

To all Auxiliary Presidents, remember to have your chairman's to submit their reports to their perspective department chairmen's. All reports must be in by April 15th 2025.

Reminders for all auxiliaries: vote on your delegates at your next meeting. Make sure you send in your delegates candidates in too our Department Secretary Treasurer Julia Vaught. As well as in too our District 4 Secretary Rosalind C. Jenkins. If you're delegate list isn't submitted to both, you will not be able to vote at our District 4 Convention on May 10th 2025 nor will your auxiliary be able to vote at our Department Convention in June.

National Delegates cannot be entered in Malta before April 1,2025 or after May 31,2025.

Remember auxiliary elections of Officers are in April. Good luck to all auxiliaries next month .

Thank you auxiliaries and comrades for all you do for our VFW Organization.

Respectfully

Sherree Bryant
District 4 President
Auxiliary 5394
661-236-4342

Moving forward to support our veterans and their families

CHAPLAINS CORNER
MIKE LAUGHLIN
POST 7243



April is the traditional month of rebirth and rededication to ones self, family and community. Many communities celebrate the death and resurrection of Christ. They celebrate in many different faiths. Although we are predominantly a Christian nation, we are also home to many other religions and to those who do not celebrate any religious rituals. We as Americans are a melting pot of all peoples across the world. During the entire year, but particularly during this month and the month of December, we need to be reminded to practice tolerance of all peoples, all faiths and all of those who do not practice any faith.

Let us all come together in peace and harmony. Let us all remember that we are of one race, the human race. Our very diversity is our strength. Our differences give us the opportunity for new knowledge and growth. We should all embrace the differences in the people of our community. Remember that we are one family and show each other grace and humility.

Our founding documents give each and everyone of us the right to our own opinions and we are all allowed to voice and show those opinions. To diminish or deny one is to diminish and deny all. In our world today, we are bombarded with so much noise and babble. We are inundated with biased information. We are subjected to nonstop attempts to divide us. This only weakens us all. Stand firm and remember that we are all family.

"We can't help everyone, but everyone can help someone." —*Ronald Reagan*

DISTRICT 4 CHAPLAIN
562-714-5155
[REDNECK.HIPPIE@YAHOO.COM.](mailto:REDNECK.HIPPIE@YAHOO.COM)

VFW CA DISTRICT 4

STARTING UP A PUP TENT AT POST 7243



The Military Order of the Cootie of the United States is a national honor degree membership association separately constituted as a subordinate and as an auxiliary order chartered by the 'veterans of Foreign Wars of the United States. The organization's services include supporting the VFW National Home for Children and veterans' hospitals. Founded in 1920, it became a subsidiary of the VFW in 1923.

Persons making application to the Military Order of the Cootie **must be of sound character and shall be active members of the Veterans of Foreign Wars;** members who have fulfilled their work when appointed to a committee or as officers, or those VFW members that have done much toward promoting the greater VFW.

We NEED 5 MORE MEMBERS and once we are chartered, we will accept transfers from other Cootie pup tents. We will be chartered at Post 7243, but we plan to hold our meetings at different Posts in the District.

Go to the following link to fill out your application and send it to me.

<https://lotcs.org/forms.html>



BUDDY®POPPY & NATIONAL HOME

April – 2025

Congratulation

District 4 is the Department of California's

Buddy Poppy Display Contest Winner

Our District 4 and Department of California Buddy Poppy Display Contest winner is Jennifer Harrison from Auxiliary 2967.

VFW NATIONAL HOME

On June 28th, there will be a community celebration on campus honoring 100th Anniversary of dedicated service.

There will be carnivals rides, a car show, and family activities, fun for all ages. A selection of food trucks offering a variety of food for purchase.

By 4 PM, the atmosphere will shift to a lively nighttime entertainment with talented musicians. There will be a tent with a selection of beverages. That night a spectacular laser show.

The VFW National Home and its staff, both paid and volunteers, never slowed down. They are striving to best serve the veterans and their families. By preparing for the celebration, they replaced old roadways, added a new Pavilion, generators, and much more.

As you know, the Home provides many services, so please continue supporting the Home to keep providing for the residents and their families.

DONATIONS – 866-483-9642

FOR HELP – 800-313-4200

GENERAL INFORMATION- 800-424-8360

Yours in Service,

4th District Buddy Poppy/VFW National Home

**VFW Department of
CA Auxiliary**

Your help is needed

**365 DAYS
OF
GIVING**

**Our department needs help with
operating costs!
Any amount helps and is appreciated.
\$1, \$5, \$10, \$25, \$100
♥ Every Dollar Helps!!! ♥**

**Make checks and donations to:
Department of CA Auxiliary earmarked:
365 Days of Giving**

Post2967 Fundraiser 2-23-2025

Fire Victims Breakfast

Post 2967 and Auxiliary members, American Legion and Community Groups helped raise funds for the fire victims. Served 230 Breakfasts. Raised over \$4,000 Plus, and still receiving donations. Auxiliary 2967 Donated \$300 to Holy Family Church, fire victims in Pasadena. Auxiliary Girl Scouts troop 2225, Collected Water, juices, Dry goods and clothing for the Fire victims and took it to the YMCA in San Pedro.



Cooks and helpers,
Food served in kitchen



15 District City Councilman Tim Mc Osker front left
Auxiliary members, kitchen help, and some of the cooks



Correction to the Bylaw for District Delegates

ATTENTION AUXILIARIES:

I recently sent out the Delegate Packets to the Auxiliaries and I just realized that there is a correction to the National Bylaw:

On the delegate packet I sent out under the District Section it says:

Sec. 303—District Meetings and Convention

- Delegates and Alternates to Districts shall be elected at a regular meeting of the Auxiliary held not less than thirty (30) calendar days prior to the District Convention at which District Officers are to be elected.

This has changed: It should read:

Per our 2025 Bylaws, Sec. 302-District Meetings and Convention, pg. 33, it reads:

“A. Delegates and Alternates to Districts shall be elected at a regular meeting of the Auxiliary held not less than ten (10) calendar days prior to the District.”

Just wanted everyone to be aware of the correct bylaw. I will be correcting the actual packet to read correctly and will have the corrected packet available on our website as soon as possible.

Sorry for the confusion.

Sincerely,

Department Secretary



VETERANS OF FOREIGN WARS OF THE UNITED STATES



PORT OF LOS ANGELES POST AND AUXILIARY 2967



1130 WEST ANAHEIM STREET
WILMINGTON, CA 90744



POST MEETING
1ST AND 3RD Tuesdays 6:30 p.m.
Post Phone: 310-518-3450

Auxiliary meeting
2nd Tuesday 6:00 p.m.
Hall Rentals : 310-350-0782

In need of: Honor Guard Services / Flag Presentations

militaryhonorguardservices@gmail.com

Please contact: Martin Chacon C - 1-310-561-4173

Grave Side / At Sea Service / Flag Presentation

Looking for comrades who have earned a: Campaign Ribbon, Expeditionary Medal, Service Medal, Global War on Terrorism (Expeditionary), SSBN Deterrent Insignia, or Hostile Fire or Imminent Danger Pay. Want to Join, call: 310-753-4884 or come down to the Post.



Membership EXTRA!!!!

Now's the time to pull out all the stops... We gotta be about our business and Sham-ROCK this out!

- “Clover” your bases and reach out to unpaid members...AGAIN
- Offer unpaid members an opportunity to pay 1.5 times the regular dues (ex. If your dues are normally \$25 per year, offer them the chance to pay \$37.50) to be paid up for the remainder of this year and all of next.
- Remind members that dues must and will be going up, so paying now or converting to **Life** just makes financial sense.
- Membership matters whether they can be active or not. Numbers mean we have a larger voice in congress.
- Consider using your relief funds to help members who are struggling to make ends meet not lose their continuous membership.

No shammin', we gotta be ROCKIN'! The VFW has over 1 million members worldwide; that means according to our eligibility wheel, we should be not less than 8 times as big. Though that may not be reasonable for every veteran, it is at least halfway expectable. If we can get every member in every Post to bring in at least one Auxiliary member from their family...BAM!!!! Over the top! Let's git-r-done!!!



DON'T FEED THE SHARKS



DontFeedTheSharks.org

What we think a "Claim Shark" is:

- A Claim Shark is an individual or company that charges hefty fees to "assist" or "consult" veterans with filing their VA benefit claims – this practice is illegal!
- Claim Sharks are not VA accredited, meaning they aren't required to adhere to the well-established professional and ethical standards of VA accreditation, so their advice can often be misleading or even fraudulent.
- Like a "Loan Shark," once you're in, you can't get out, and may be subject to new and hidden fees whenever you get a new rating, no matter who does the work.

Some of their predatory practices are:

- Promising or guaranteeing an increased disability rating or percentage increase.
- Advertising expedited VA claims decisions.
- Requesting login credentials to access a veteran's personal information through secure VA websites like eBenefits or VA.gov.
- Using confusing tactics or ambiguous language to mislead claimants or coerce them into signing a contract.
- Telling veterans to forego VA exams and offering health consultations within their own network of doctors.

Who we think the Claim Sharks are:

- | | |
|-------------------------|----------------------------|
| ➤ Trajector Medical | ➤ VetComm |
| ➤ Vet Benefits Guide | ➤ VA Claims Academy |
| ➤ VA Claims Insider | ➤ Vet Assist |
| ➤ Telemedica | ➤ Just4Veterans |
| ➤ Patriot Angels | ➤ Veterans Disability Help |
| ➤ Veteran Care Services | |

Veterans can protect themselves by:

- Always working with VA accredited representatives.
- Attending all exams ordered by VA.
- Not signing contracts.
- Not agreeing to fees or payments from future benefits.
- Not agreeing to pay for medical consultations or opinions.
- Not providing access to Protected Health Information or Personal Identifiable Information.

Who is NOT a Claim Shark?

- VA accredited veterans service organization representatives, like the VFW
- VA accredited claims agents
- VA accredited attorneys
- Attorneys assisting with Camp Lejeune lawsuits who do not charge excessive fees





VETERANS SOCIAL CONNECTION

8:30 a.m. - 10:30 a.m. | Canteen Patio | Bldg 165

NOV 15	JUN 27
DEC 20	JUL 25
JAN 31	AUG 29
FEB 28	SEP 26
MAR 28	OCT 31
APR 25	NOV 21
MAY 30	DEC 19

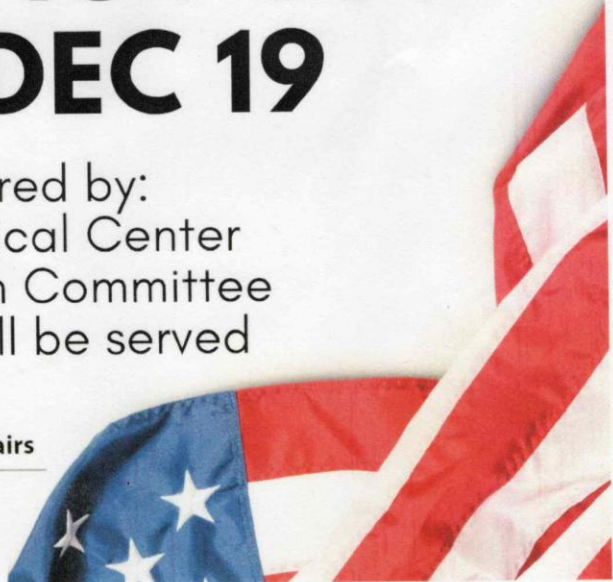
Proudly Sponsored by:
Tibor Rubin VA Medical Center
Veterans Connection Committee
Food and coffee will be served

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Long Beach Healthcare System



VSOs At The Veterans Service Center

Veterans may call 1-800-827-1000(8am-4pm EST) to check the status of claims or file an Intent to File (VA Form 21-0966

Available VSO representatives at the VA Regional Office:

American Legion: VAROLA

cynthia.browne1@va.gov , Sheila.patterson@va.gov

310.235.6476 x48041/48043, 559.470.0101

San Diego

619.400.5301 Chris Garza

VRC LB

800-826-8000 x15709 Nancy

AMVETS: local

russell.nakaishi@va.gov 714.761.5811 x4104

VA Regional Office, LA:

310.235.7179

VA Regional Office, SD:

619.400.5303

Blinded Veterans:

310. 235.6125

DAV: VA Regional Office, LA

leroy.acosta@va.gov 310.235.6472/310.477.2539

888.604.0234

dav.vbasdc@va.gov (619) 299-6916

CDVA: VA Regional Office, LA

213.620.2755, 310.235.6473

(1-844-7378- 838) LADO@CalVet.CA.GOV

VARO San Diego

Melaina Anker-Youngberg state.vbasdc@va.gov

(619) 400-0070

LA County VSO:

outreach@mva.lacounty.gov 213-744-4825

<https://app.waitwhile.com/welcome/losangelescountymili>

Veteran Resource Center LBVAMC 800-826-8000 x14657

Orange County VSO

833-704-0959 Appt, 714.480.6555

PVA: VA Regional Office, LA

allen.williams@va.gov 310.235.7796

Robertk@pva.org Samanthag@pva.org

(619) 400-5320

VFW: VA Regional Office, San Diego

vfw.vbasdc@va.gov 619.400.5322/310.235.7129

VVA:

(562) 826-5008 vva.vso.lb@gmail.com

karen.olscewski@va.gov

PICTURES FROM THE DEPARTMENT OFFICIAL VISIT



