

American Legion

EAST PASADENA POST 280



OCTOBER 2026 BULLETIN



COMMANDER'S MESSAGE



Dear Legionnaires and Friends,

I hope you and your families are doing well. October gives us several opportunities to come together at East Pasadena American Legion Post #280, enjoy one another's company, and share our Post with the community. Thank you for the time and support you give to the Legion.

CONTINUED ON PAGE 2

DON'T MISS OUR FOURTH ANNUAL
TRUNK OR TREAT
ON SUNDAY OCTOBER 25, 2026

MORE INFORMATION ON PAGE 5

COMMANDER’S MESSAGE, CONTINUED

Please join us for QuarterMania on Saturday, October 24. You can purchase tickets through Zelle at lonialaunit280@gmail.com. Bring eight of your buddies and decorate a table together for a chance to win 100 free raffle tickets for the best decorated table. I hope to see many of you there.

The next day, Sunday, October 25, from noon to 4:00 p.m., we will host Trunk or Treat at the American Legion Hall. Admission is free, there will be fun for the kids, and the event is open to the public. Bring your family, invite your neighbors, and come support the Legion for a scary good time!

On Tuesday, October 27, at 6:00 p.m., I will address the City Council at City Hall about our upcoming 100th anniversary. I hope many of you will join me, Neil, Loni, and our Executive Committee members as we receive a proclamation from the Mayor celebrating 100 years of service in East Pasadena. Let’s show our Legion pride by filling the room with Post #280 members and friends.

Our next membership meeting is Wednesday, October 28, at 1800 hours. If you have been thinking about getting involved in Post leadership, now is your chance. We have two Executive Committee positions open, along with other opportunities to serve. Come learn what is available and how your experience can help guide our Post into its second century.

Thank you again for all you do for Post #280. Whether you attend an event, bring a friend, volunteer, or step into a leadership role, your participation makes a difference. I look forward to seeing you in October.

For God and Country,

Robert Monzon
Post Commander 2026-2027
American Legion Pasadena Post No. 280
P: (626) 524-1962
E: Bob1Monzon@gmail.com



POST 280 LEGION OFFICERS 2026/2027

Commander
Robert Monzon

**1st Vice
Commander**
George Paccerelli

2nd Vice Commander
Open

Finance Officer
Neil La Sala

Sergeant at Arms
Jim Shepp

Chaplain
Jay Hugar

Adjutant
Neil La Sala

Judge Advocate
Open

Historian
Open
Service Officer
Open

**Executive
Committee**
Patrick Pittman
Jim Shepp
Gene Torncello



A NOTE FROM THE 1ST VICE COMMANDER

The World of Veterans

You are veterans, or the son, daughter, or spouse of a veteran. Or some other affiliation with a veteran. You know that our world is just a little different than our neighbors, co-workers, fellow students, and the general community we live in. Just a little different perspective on life and what matters and what doesn't matter. It's not easy to convey that to people who have no

connection to military life, other than books and movies. But I don't mind letting them think all the men are as tough as Chuck Norris/Rambo and all the women are as tough as G.I. Jane, minus the shaved head. But we know it's not quite that way. What is true is that veterans understand the principles of service to not just our nation, but to society. Family members understand the sacrifices and the lessons veterans learned and the ability of veterans and their families to see things from a broader perspective than the average person with no connection to our world. So why wax eloquent on this? Because it's healthy for you to have a broad network of fellow veterans and family members of veterans who 'get it.' People you can easily relate to. I'm not saying all veterans or veteran's family members are easy to relate to. But I am saying the probability that you will find it just a bit easier to relate to them, and respect them is just a little higher than with the general non-veteran population. So help the Legion gain more members. Actively engage in Legion events. Come to the membership meetings and share your thoughts and ideas of how we can continue to make the Post successful and the place "where everyone knows your name." (Hooray for cheers)

In other news, I have been working with our local Veteran Service Officer housed at the Monrovia Public Library - Veterans Services Office, 321 South Myrtle Avenue Suite G-O, open Wednesday, Thursday, Friday. From little things like doing the paperwork to get "Veteran" stamped on my driver's license, to big things like making another run at filing a VA claim. Los Angeles County Veterans Services Officers are CalVet accredited professionals who can assist veterans and their dependents with a wide range of services, including VA healthcare, disability compensation, and education benefits at no cost. Call (626) 256-8262 to make an appointment.

Be the One.

Be there to support anyone who says something that makes you wonder if they are in a crisis. It's not unusual that it will be just a comment or two. Or it will be more than just an understandable sharing of frustration with life. Often, you just need to give them your attention, you don't have to give advice unless you have some expertise to assist in an area of their struggles. But it is ok to tell them that it is OK to ask for help. If they just need to be pointed in the right direction, make it easy on both of you and encourage them to call 211. The 211 people will connect them to helpful resources. Don't be embarrassed to come right out and say, "hey, I get it, life can get so frustrating sometimes. These days, there is no shame or stigma in getting therapy or reaching out to help lines like 988. You matter in this world. We want you around. Do right by yourself and take care of yourself." Then try to be there for them or at least help them connect with people who can be there for them. Be the One, who makes a difference.

CONTINUED ON PAGE 4

A NOTE FROM THE 1ST VICE COMMANDER, CONT.

Last month, I promised to say something about living with a living legend. Growing up, I knew my Dad was a soldier. Three tours in Vietnam. Wore a Green Beret. Knew about every firearm (at least any that I'd ever heard about as a kid) and was a great instructor in the care and feeding of a firearm. My brother and I just knew him as Dad. Who sometimes had to go away for way too long. But when stateside, home every night, attended our plays, school events, watched our little league games, etc. He was "my Dad."

He didn't tell us about the horrors he saw as Special Forces, Special Operations Group (SOG), Long Range Reconnaissance Patrol (LRRP) Company Commander. Just occasional funny things like the time the Hmong tribesman convinced him to eat cooked beetles (they aren't bad when well roasted, crunchy even). Or the story of the young Ranger on surveillance patrol who had to remain perfectly still while a huge frog sat in front of his face, covering him up every time it went 'ribbit.' An entire NVA battalion was walking in the brush just in front of him. Probably the longest 30 minutes or so of that young Ranger's life. Then he'd take us camping by the river, joined us when he could on the Boy Scout hikes, taught me about keeping a pebble in my mouth so I don't empty my canteen too soon, and campouts. Taught me a lot about getting along with nature.

I won't tell you about the time he came to my 7th grade Citizenship class to talk about being in Vietnam. The single teachers embarrassed the hell out of me asking if Dad was available. Nothing like a handsome Italian guy in a uniform, right? Oh, okay, I guess I did.

Send our webmaster Samantha your stories about life with your living legend dad or granddad. We want to hear your story.

George Paccarelli

First Vice Commander

American Legion Post 280

A LETTER FROM THE ADJUTANT/FINANCE OFFICER

Hello Legion Family,

Happy Fall to all! One thing for sure, the San Gabriel Valley will continue to be hot before it starts cooling down with respect to the weather! Be safe in the heat and ensure that you stay hydrated!

Throughout the Fall and into the Winter months, we ask that you consider hosting an event in our hall, as the rates for Legion Family members are very reasonable. Hall rentals are the primary source of



CONTINUED ON PAGE 5

A LETTER FROM THE ADJUTANT/FINANCE OFFICER, CONT.

income for Post 280 and we rely on the revenue generated to cover our expenses such as; Boys/Girls State, homeless veterans' outreach, building improvements, water and power, employee wages, property tax, liability insurance, bar inventory, cable, internet and a variety of other expenses. Please reach out to Hall Manager Lisa at 626 644 1917 for more information on availability and rates. Furthermore, our hall is open to rent by the community at a very reasonable cost.

Our General Membership meeting is held the fourth Wednesday of each month at 6pm. We encourage you to stop by and share ideas you might have with respect to fundraising and the recruitment of new members (especially younger veterans). We are already at 55% of our membership goal for 2026-2027! Thank you to those who have renewed their membership. If you have not done so already, please respond to the recent mailing from the National Headquarters or reach out to me for different renewal options. Also, if you know of veterans who are not members, bring them into the Post for a visit so they can experience the camaraderie and hopefully, join the Legion. Each member with dues paid up on or before November 15, 2026, will be eligible for the free Early Bird Steak Luncheon. See the flyer in this October Bulletin for details.

Lastly, next month we go full throttle into our East Pasadena Post of the American Legion No. 280 Centennial Celebration! With 100 years of service to the community behind us, we will be throwing the ultimate party of the century! Ensure you mark your calendar and attend our 3-day celebration 21-23 November 2026. Please bring your family and friends to the Post, as the celebration is open to all!

See you at the Legion!

Semper Fidelis,

Neil T. La Sala

American Legion

Department of California

Adjutant/Finance Officer- Post 280

Chairman- American Legion Department of California Personnel Committee

626 833 8493

ntlasala@att.net



2026/2027 UNIT 280 OFFICERS

President
Alondra 'Loni' Miller

Vice President
Joan Dow

Second Vice
Cecilia Roman

Secretary
Anne Butler

Treasurer
Nancy Carr-Swain

Executive Committee
Tricia Vargas-Lopez
Jackie Carrol
Shelley Meacham

2026/27 SAL OFFICERS

**SAL
Commander**
Larry Belleville

**1st Vice
Commander**
Logan O'Brian

**2nd Vice
Commander**
open

**Finance
Officer**
Bob McVann

**Sergeant
at Arms**
Manny Castillo

**Executive
Board**
Steve Vargas
John Allen

A MESSAGE FROM THE UNIT 280 PRESIDENT

Hello Unit & Post 280 Members,



We have quite a few events coming up at both the unit, state, and national level.

Membership ~ we have your 2027 membership cards and will mail to you with your paid dues for 2027. Dues are \$40 for adult members and \$10 for our junior members (under 18 years old).

We have several options for you to submit your dues:

- In person at the post.
- By Mail to the post 179 N. Vinedo Ave., Pasadena, 91107 - Please indicate dues on the memo line and for whom.

- By Zelle to lonialaunit280@gmail, this goes directly to our unit checking account and we receive notification immediately upon sending. If you are paying for more than one member, please indicate all members you are paying for.

- By the National website <https://www.legion-aux.org/renew>

Once your dues are received, we will mail your membership card to the address we have on file.

All dues received by November 15th will qualify you for the early bird luncheon on November 15th at the Post.

Our Girls State delegate, Lucinda, met with our unit at our September meeting and shared her experience with us. Our members always leave these presentations with a feeling of hope for the future of this great Country of ours.

Every Wednesday Riverside National Cemetery holds burial services for "unclaimed" veterans. These are the men and women who have no known family to honor them at their time of burial. If you would like to attend and show honor for these men and women, services start at 8 am each Wednesday. Please call to confirm burials are taking place before making the drive out there.

<https://www.cem.va.gov/cems/nchp/Riverside.asp>

You can also support Veterans at the Long Beach VA by donating basic necessities and/or to the food pantry for veterans who are currently homeless, hospitalized or in transition. Please see flyer on page 17.

Another opportunity for supporting veterans is through the Military Animal Project. They provide vital emotional and physiological recovery for veterans

dealing with Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), Military Sexual Trauma (MST), anxiety, and depression. <https://militaryanimalproject.com> please see flyer on page 16.

And Wreaths Across America provides wreaths to lay at the final resting place for our veterans in cemeteries all across the country. This year they will be hosting a memorial service and wreath laying on December 19th at Mountain View Mortuary and Cemetery in Altadena. You can donate wreaths or participate in laying the wreaths. <https://www.wreathsasscrossamerica.org>

Don't forget our 100-year anniversary celebration weekend November 21st through 23rd.

See you at the Post!

Loni Miller

Unit 280 President

American Legion Post 280



THE AMERICAN LEGION POST 280 CENTENNIAL CHALLENGE COIN

Now on sale for \$10!

Contact Post 280 Adjutant Neil La Sala for yours today: 626 833 8493



FOR IMMEDIATE RELEASE

Pasadena, California — May 1, 2026 — American Legion Post 280 is proud to announce a series of events in 2026 to commemorate its hundredth year of service to veterans, their families, and the Pasadena community. This historic Centennial coincides with the 250th anniversary of the United States, a milestone which the Post will honor through the national “USA 250 Challenge” and various local festivities. ***“Reaching 100 years of service is a testament to our Post’s enduring legacy in Pasadena,” said Post Commander Robert Monzon. “As the nation reflects on 250 years of independence, we are honored to celebrate our own century of advocacy for those who have worn the uniform.”***

The Post has scheduled the following Centennial events:

November 21 — Centennial pig roast with live entertainment from 1 to 5 PM

November 22 — Centennial potluck luncheon with live entertainment from 1 to 5 PM

November 23 — Centennial cake-cutting ceremony with commemorative activities from 5 to 7 PM

The public is invited to all events.

Post 280 has been a cornerstone of the Pasadena community since its founding in 1926, advocating for veterans’ benefits, sponsoring youth programs such as Boys State and Girls State, community blood drives, monthly breakfasts and weekly dinners, and other philanthropic activities.

Media Contact:
American Legion Post 280
Pasadena, California
Email: legionpost280@gmail.com

AMERICAN LEGION POST 280 CENTENNIAL T-SHIRTS

4XL-2XL, \$25. XL-M, \$20.

Contact Adjutant Neil La Sala while supplies last! Cell: 626
833 8493, ntlalasa@att.net



**AMERICAN LEGION
POST 280**

★
WELCOMES FAMILIES & FRIENDS TO

Sunday Breakfast **& Bake Sale**



SUNDAY, OCTOBER 4TH
— 9 AM TO 11 AM —

Scrambled Eggs, Chorizo & Eggs,
Sausage, Potatoes, Bacon,
Pancakes, Fresh Fruit, and more!

★



DONATION \$15

Kids under 12 Eat Free



Hosted by American Legion Families
East Pasadena Unit 280
179 N. Vinedo Avenue
Pasadena, CA 91107





**AMERICAN LEGION
Post 280**



QUARTERMANIA

**SATURDAY, OCT 24
DOORS OPEN 12:30 PM**

**\$20
Pre-Sale**

Both
Incl
Lunch

**\$25
At the door**

**Reserve a table for 8! Decorate your
table for a chance to win 100 free raffle
tickets for the best decorated table!**

**American Legion Post 280
179 N Vinedo Ave
Pasadena 91107**

**Shopping, FUNdraising and Fun all in one day!!
You dont want to miss the bids! But you got to be in it to
Win It!**

**TICKETS:
Zelle - lonialaunit280@gmail.com**



SQUADRON 280 4TH ANNUAL TRUNK OR TREAT

A Safe & Spooktacular Community Event!

**SUNDAY
OCTOBER 25**

12 PM TO 4 PM



Jumper



Petting Zoo



Face Painting

FREE TREATS

**AMERICAN LEGION POST 280
179 N VINEDO, PASADENA, CA**

**FREE ADMISSION & OPEN TO THE PUBLIC!
MUSIC, & FUN FOR THE WHOLE FAMILY!**

**The American Legion Families
of East Pasadena Post 280
Invite Members & Guests to Our**



2026 Early Bird Legion Family Steak Lunch & Potluck Dessert

Please bring your favorite dessert to share.

Sunday, November 15th
Post Opens 1pm ★ Steak Lunch 2pm



**We will provide lunch for all Family
members who have paid their dues.
Guest meal - \$15.00**



PCC VETERANS

EVERY THURSDAY NIGHT

THURSDAY NIGHT DINNER

BE OUR GUEST!

**AT THE
AMERICAN LEGION HALL
POST 280**

179 N Vinedo Avenue • Pasadena, CA 91107

DINNER SERVED 5 - 7 P.M.

Be sure to visit our website and read the Post 280 monthly bulletin at:

<https://www.americanlegionpost280.com/>

JOIN THE AMERICAN LEGION *Family*

★ TOGETHER, WE SUPPORT VETERANS, STRENGTHEN OUR COMMUNITIES,
AND HONOR THE SACRIFICES OF THOSE WHO SERVED. ★

AMERICAN LEGION



WHAT WE DO

- ★ Advocate for veterans
- ★ Support active duty military and families
- ★ Provide assistance to veterans in need
- ★ Promote Americanism in our communities
- ★ Honor our fallen heroes and their families

WHO CAN JOIN?

Honorable discharged veteran and anyone presently serving in the military.

AMERICAN LEGION AUXILIARY



WHAT WE DO

- ★ Support veterans, military, and their families
- ★ Volunteer in our community
- ★ Promote patriotism and Americanism
- ★ Honor our fallen heroes and support their families
- ★ Fundraise to support local and national programs

WHO CAN JOIN?

Spouses, mothers, grandmothers, daughters, sisters, and granddaughters (including adopted) of veterans who are eligible for membership in The American Legion.

SONS OF THE AMERICAN LEGION



WHAT WE DO

- ★ Support veterans and their families
- ★ Participate in community service
- ★ Promote patriotism and honor our heritage
- ★ Support youth programs and scholarships

WHO CAN JOIN?

Sons, stepsons, grandsons, and adopted sons of members of The American Legion, or sons of veterans who are eligible for membership.

ONE NATION.
ONE MISSION.
ONE FAMILY.

JOIN TODAY!

Be Part of Something

BIGGER THAN YOURSELF!



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Cellular

AMERICAN
LEGION

GET THE NEW MILITARY 50+ PLAN



\$**18**^{.95}
MONTHLY

1GB

with 1GB of high-speed data

OUR FIRST PLAN JUST FOR VETERANS.

Our new rate plan dedicated to Veterans 50+ includes unlimited talk, text, 1GB of data and a **FREE** flip phone and case! All backed by our 100% U.S. based, award-winning customer service.



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TRACY VARNELL FERCHO'S SPECIAL PROJECT

★ 2026-2027 ★

CARING FOR *the* WHOLE VETERAN

★
HEALING VETS, SAVING SHELTER PETS



WHAT IS THE MILITARY ANIMAL PROJECT?

The Military Animal Project supports veterans through the healing power of animal companionship while also giving rescued shelter animals a second chance.

PROGRAMS MAY INCLUDE:



Emotional
Support
Dogs



Psychiatric
Service
Dogs



Veteran
Pet Support
Services



Temporary pet
care during
hospitalization
or emergencies



Equine-
assisted
support
programs

★ WHY THIS MATTERS ★



Many veterans consider their
pets family.



Some veterans **delay medical
procedures or hospitalization**
because they worry about who will
care for their animal.



The Military Animal Project helps
provide support, resources, and
peace of mind so veterans can
focus on healing.



HOW AUXILIARY MEMBERS CAN HELP



Share this resource with veterans and families.



Inform VA social workers and facility staff.



Include information at outreach events.



Help spread awareness throughout
your community.

★ **ONE TEAM. ONE MISSION. VETERANS FIRST!** ★



TOGETHER.

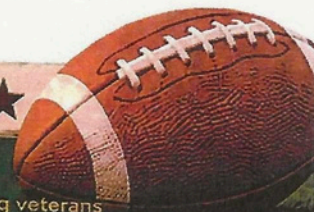
WE CAN HELP ENSURE THAT
NO VETERAN HAS TO CHOOSE
BETWEEN RECEIVING CARE AND
CARING FOR THE ANIMAL THEY LOVE.

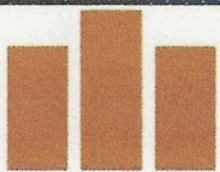
Learn More →

MILITARY ANIMAL PROJECT
militaryanimalproject.com



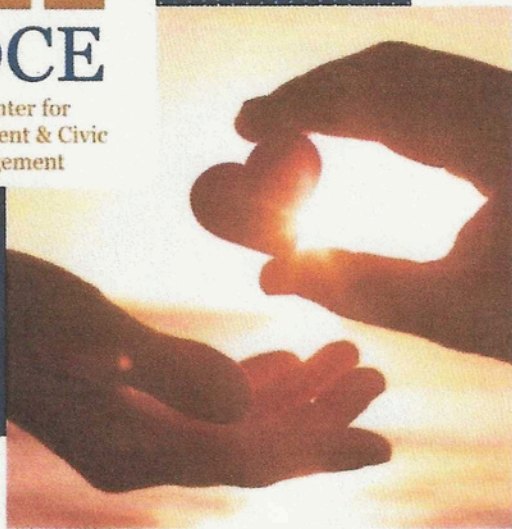
Supporting veterans
also means supporting
the things that help
them heal.





CDCE

VA Center for
Development & Civic
Engagement



HONOR THEIR SERVICE

Donate Today

Every donation-monetary or in-kind,
shows our Veterans that their service
to our nation is appreciated.

Drop off your donations in
Building 50, Room 100

562-826-5715 vhaloncdce@va.gov
or you can scan the QR codes for our
Amazon Wish Lists

Veteran Resource Donations

Improve Veterans' quality of life—
especially those who are homeless,
hospitalized, or in transition—By donating
new basic necessities and comfort items.



scan for our Amazon Wish List.
It's quick and easy!
All items are delivered directly to
our CDCE Department.

Veteran Food Pantry Donation

These donations help ensure that the
food pantry remains well-stocked,
making a meaningful difference in the
lives of those who have served. Support
a Veteran in need by providing essential
unexpired food pantry items.



VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Long Beach Healthcare System

Host Your Next Event at the American Legion, East Pasadena Post 280



With ample space to accommodate a wide range of event needs, our post offers a hall with a standing capacity of 300, seating capacity of 250 with chairs, and 100 with tables and chairs. Additionally, you'll have access to a fully-equipped kitchen and our shared outdoor patio space. Feel free to reach out, and we'd be delighted to host your next event.

Here are some examples of events that we've hosted in the past:

Birthdays

Wedding Receptions

Anniversaries

Quinceañeras

Memorial Services

Fitness Classes

Potlucks

Club Events

Live Music Events

Inquire About Our Hall Rentals:

(626) 644-1917

info@legionpost280.org

179 N, Vinedo Ave., Pasadena 91107

OCTOBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1 Legion Dinner: SAL Hosts	2	3
4 Legion Breakfast: 0900-1100	5	6	7	8 Legion Dinner: AUX Hosts	9	10
11	12	13 Unit 280 Meeting: 1800 Navy Birthday	14 B&B Eboard Meeting: 1800 and 1900	15 Legion Dinner: Legion Hosts	16	17
18	19	20	21	22 Legion Dinner: SAL Hosts	23	24 Quartermania 1230
25 Trunk or Treat 1200-1600	26 National Day of the Deployed	27 Proclamation to Post 280 @ City Hall 1800	28 Membership Meeting: 1800	29 Legion Dinner: AUX Hosts	30	31

NOVEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Legion Breakfast: 0900-1100	2	3	4	5 Legion Dinner: Legion Hosts	6	7
8	9	10 Marine Corp Birthday	11 Veterans Day B&B, Eboard Meeting: 1800 and 1900	12 Legion Dinner: SAL Hosts	13	14 Early Bird Luncheon 1300-1900
15	16	17	18	19 Legion Dinner: AUX Hosts	20	21 Centennial Pig Roast 1300
22 Centennial Potluck 1300	23 Centennial Ceremony 1700	24	25 Membership Meeting: CANCELLED	26 Thanksgiving	27	28
29	30					

THE AMERICAN LEGION FAMILY



POST 280 INFORMATION

District:

Elegant 18th District

Address:

179 N Vinedo Ave,
Pasadena, CA 91107

Canteen Hours:

Thursday - Friday

4 p.m. to close

Saturday

6 p.m. to close

Sunday

12 p.m. to close
(closing times vary)

Website:

legionpost280.org

Phone:

(626) 792-9938

Email:

legionpost280@gmail.com

Bar & Hall Manager:

Lisa Belleville
post280manager@gmail.com

Newsletter Editor / Webmaster:

Samantha Petersen Gallasch
webmaster@legionpost280.org

Would you like to contribute to the Post 280 Newsletter?

Members are encouraged to submit pertinent information, stories, photos, articles, etc. Contact our newsletter editor to express interest.