



POST 564 - MISSION CITY NEWS BULLETIN



District 13 Area 2

American Legion Officers

Commander: Jonathan Elliott

1st Vice: Jimshed Akhtar

2nd Vice: Tony Guida

3rd Vice: Charles Moore

Finance Officer: Rick Fetro

Judge Advocate: Andy Wen

Sargent at Arms: Ron Souzy

Adjutant: John Carlson

Executive Board

Will Carney

Chuck Macntyre

Ron Souzy

Auxiliary Officers

President: Faith Thompson

1st Vice: Cece Harvey

Sec./Treasurer:

Sargent at Arms: Cathy Spinelli

Executive Committee Members

Mary Hidalgo

SAL Officers

Commander: Roger Sanford

Adjutant: Tony Quida

1st Vice: Brian Tarbet

Stay Connected

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95050

Merry Christmas to our Veteran's Family at Mission City Post#564, Santa Clara, Ca.



December 2023

Adjutant Corner

Seasons Greeting

12/15/2023

Post Ugly Sweater Christmas Party

7:00 PM

Bring your Dish

For potluck

Send in your

membership

Now Because if you do not at the end of January as you know is membership cut off and you will not get a American Legion Magazine



DUES INCREASE FOR THE 2024 MEMBERSHIP YEAR

At the National Convention held on August 25-31 in Charlotte, NC it was voted to increase the National per capita by \$5.00

1st Vice Report

Hello Fellow Legionaries,
Happy December to all. As we are progressing to the end of 2023, we as a Post are doing very well with our continued membership drive.

Please continue the support and drive up our membership numbers by paying this year's dues and holding that new Post 564 card in hand. The Big holidays are upon us and the Post will be hosting a number of events this year, please join us and celebrate our accomplishments this year, and also look forward to our organization's plans and goals for the new year in front of us. Excellent work from all the volunteers and members that are the foundation of our Post. We respect you and work dearly and cherish the investment of love and time you put forward for our Post 564. Have a wonderful holiday season with family and friends, enjoy, celebrate, and rejoice together.

Respectfully,
Jimshed Akhtar, 1st Vice.

jimshed1@yahoo.com

2nd Vice Report

I have been working with the electric company on getting a grant for improving the lighting at the Post. I would like to thank everyone for the help on Veterans day raising and lowering the flags and folding them.

The sons will be having our meetings on Wednesday, date time to be announced soon,

Also, would like to see as many sons participate in these meetings.

Remember, this is our post as well. I hope everyone had a great

Thanksgiving.

Thank You,

Tony Guida





The son's meeting will be January 17, 2024 at 7 PM at Post 564. there is no December meeting.



**BRING YOUR NEW, UNWRAPPED TOY TO THE POST
FOR THE MARINE CORPS RESERVE TOYS FOR TOTS**

From Building Foundation Committee

On the Kitchen The City of Santa Clara did stop us from starting our work because of some upgraded permits, They have waved and now we are all good to go. Starting in January Thanks Ron

From The Chaplin Desk

**I am sorry to say we lost this month at the age of 90 years
young**

Past Commander and Paid up For Life

Carl Koprek



Dear Commander John Forrett:

Our [annual escort](#), which includes our trucks filled with veterans' wreaths, entered New Jersey on its 750-mile+ journey to Arlington National Cemetery. As we pass through dozens more communities over the next three days, thousands of Americans will line our streets in one of our nation's most beautiful expressions of respect and remembrance for our heroes.



As the escort progresses south, thousands more will sponsor veterans' wreaths in their expression of thanks for those who sacrificed for our country. If you are able, please click on one of the links below to sponsor wreaths:

[Sponsor at Arlington](#)

New order directly to Arlington

[Sponsor Where Most Needed](#)

New order to cemeteries in need across the country

[Sponsor with e-Card](#)

Order as a gift for a friend or loved one

With your help, as well as the help from all of those following the progress of our escort down the Eastern seaboard, our volunteers will place a veterans' wreath on every market at Arlington National Cemetery this coming Saturday. We hope you will join us!

(Click [Search Locations](#) to volunteer at a location near you.).

Experiencing the "Holiday Blues" may indicate the presence of Complex Post Traumatic Stress Disorder (CPTSD). **TRIGGER WARNING**

At the age of 12, I heard from my friend Chris about the relentless abuse he suffered from his father, who would beat him unconscious during flashbacks, believing Chris was the enemy. This was my introduction to PTSD and the struggles faced by veterans.

My own journey involved uncovering with hypnosis repressed memories of severe abuse—beatings, electrocution, rape, drowning, and more—endured between ages 5 and 6. Hypnosis revealed a ritualistic human sacrifice at the age of 4. Despite processing these traumas through shamanic journeys, I still battled feelings of despair, hopelessness, rage, guilt, terror, and shame.

Research led me to understand CPTSD, distinct from PTSD due to its multiple, prolonged incidents of trauma during childhood. Veterans often suffer from CPTSD, arising from years of abuse within broken families. Many enlist in the armed forces as a means of escape, compounding their trauma during wartime.

Traditional psychotherapy, like CBT, is less effective for CPTSD. The trauma's repetition during developmental years forms a survival-based personality that resists change. Brain changes from repeated childhood abuse make emotional regulation challenging, resulting in hyper-vigilance, trust issues, and difficulty focusing.

Emotional dysregulation manifests as extreme mood swings, numbness, dissociation, and constant guardedness. Veterans may appear fine outwardly but struggle internally, often turning to substances to cope. Shame and fear of judgment prevent them from seeking help, contributing to underreported cases of Veterans PTSD.

Repeated abuse creates maladaptive behaviors, shaping survival-based personalities. Responses to danger include fight, flight, freeze, and fawn. Freeze manifests as shock and disassociation, leading to personality disorders like borderline personality disorder. The fawn response emerges in those who seek to please others to avoid abuse.

Both maladaptive responses generate anger, fear, guilt, and shame, rooted in deeper feelings of terror and despair. The nervous system remains in constant stress mode, impacting relationships and work. Generational trauma may occur when veterans recreate abusive environments at home.

Effective treatment for CPTSD and Veterans PTSD involves a combination of cognitive therapy and somatic or body-based therapy, requiring years or decades for healing. Transforming the survival-based personality is akin to a rebirth, allowing individuals to live authentically, respond to the world with clarity and integrity, and leave a positive impact. It is possible to move beyond merely reacting to life and start living with purpose, expressing one's true self—a powerful, loving being filled with vitality and joy.

Written by Spencer Hau