



PEEK @ the WEEK

MONDAY	Oct 13	Post opens	1:00pm
TUESDAY	Oct 14	Post & Kitchen open Public Bingo AUX Kitchen	1:00pm 7:00pm
WEDNESDAY	Oct 15	Post & Kitchen open 50/50	1:00pm 7:00pm
THURSDAY	Oct 16	Post open Honor Guard Mtg	1:00pm 6:00pm
FRIDAY	Oct 17	Post & Kitchen open Bargo	1:00pm 7:00pm
SATURDAY	Oct 18	Post & Kitchen open Karaoke Night	1:00pm 6 – 9:30pm
SUNDAY	Oct 19	Post opens	11:00am

[Calendar Title]

October 2025

September '25							November '25							December '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1		1	2	3	4	5	6
7	8	9	10	11	12	13	2	3	4	5	6	7	8	7	8	9	10	11	12	13
14	15	16	17	18	19	20	9	10	11	12	13	14	15	14	15	16	17	18	19	20
21	22	23	24	25	26	27	16	17	18	19	20	21	22	21	22	23	24	25	26	27
28	29	30					23	24	25	26	27	28	29	28	29	30	31			
							30													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Post & Kitchen open 1pm 50/50 7pm	2 Yom Kippur Post opens 1pm Honor Guard drill 6pm	3 Post & Kitchen opens 1pm BARGO 7pm	4 Post & Kitchen opens 1pm 50/50 8pm NEW!!! Karaoke Night 6 - 9:30
5 Post opens 11am Honor Guard Breakfast - 8am - 10am ALR Meeting 10:30am	6 Post opens 1pm Legion Meeting - Meal 6:45 - Meeting 7:30pm	7 Post & Kitchen open 1pm Public Bingo 7pm SAL Kitchen	8 Post & Kitchen open 1pm 50/50 7pm	9 Post opens 1pm Rolling Thunder E-Bd 6pm	10 Post & Kitchen opens 1pm BARGO 7pm	11 Post & Kitchen opens 1pm Club Room closes @ 3 for Private Event 50/50 & Bar Service at the Pavilion
12 Post opens 11am	13 Federal Holiday Post opens 1pm	14 Post & Kitchen open 1pm Public Bingo 7pm Aux Kitchen	15 Post & Kitchen open 1pm 50/50 7pm	16 Post opens 1pm Honor Guard Mtg 6pm	17 Post & Kitchen opens 1pm BARGO 7pm	18 Sweetest Day Post & Kitchen opens 1pm 50/50 8pm NEW!!! Karaoke Night 6 - 9:30
19 Post opens 11am	20 Post opens 1pm SAL meeting 6:00pm	21 Post & Kitchen open 1pm Public Bingo 7pm House Comm Kitchen	22 Post & Kitchen open 1pm 50/50 7pm	23 Post opens 1pm Cruise-In Shrimp Cocktail / Kabobs Meal on the Pavilion 6 - 8pm	24 United Nations Day Post & Kitchen opens 1pm BARGO 7pm	25 Post & Kitchen opens 1pm 50/50 8pm
26 Post opens 11am	27 Post opens 1pm E Board Meeting 5:30pm	28 Post & Kitchen open 1pm Public Bingo 7pm R/T Kitchen	29 Post & Kitchen open 1pm 50/50 7pm	30 Post opens 1pm	31 Halloween Post & Kitchen opens 1pm BARGO 7pm	
		Notes Honor Guard Breakfast on the 5th MCL meeting @ VFW on the 14th VFW breakfast on the 19th			2025 Calendars 2026 Calendars	

VOLUNTEER(S) NEEDED

We are looking for volunteers who would pick up already prepared hot meals from a local agency and deliver to a disabled Rock Hill veteran two times per week.

If we can get multiple volunteers, a schedule will be developed so that the delivery assignment for each volunteer would be even less frequent.

If you are willing to volunteer, please email the Commander at post34rh@comporium.net

HELP WANTED

Short Order Cook

Post 34 Kitchen

2 - 3 days / Week

1- 8 pm

Including Weekends

Email Commander

post34rh@comporium.net

We are planning to extend our Post kitchen availability from the current four days per week to either six or seven days per week. If you, or anyone you know, is interested in the position please email the Post Commander at the address above.

CRUISE IN

Shrimp Coctail
Grilled Kabobs
Corn-on-the-Cob
Soup
Dessert
Oysters Available
(a la carte)



Come for the meal
Enjoy the cars
Thursday, Oct 23
6pm – 8pm
Tickets \$20
(Food only)

Don't pack away those costumes yet!
Come and join the American Legion
Post 34 at this year's

NOVEMBER COSTUME PARTY

DJ, Karaoke, Prizes, and Spooky Surprises
await!

SATURDAY NIGHT | NOVEMBER 1ST
524 HECKLE BLVD, ROCK HILL, SC 29730

Wear your spookiest Halloween costume!

1st, 2nd, and 3rd Place Prizes will be awarded!



Note: This is Saturday Night – the day
after Halloween



TO ALL VETERANS

Thank you for your bravery,
service, and sacrifice! We are
honoring you with a dinner & gift

Date: Saturday, November 8th.

Time: 11am-2pm

Location: The Well Church
135 S Oakland Ave

Must register below.



Honoring all who served



C O R R A D O COMEDY *Show*



SUNDAY
NOVEMBER
16TH
@4 P.M.

HOSTED BY
CHRIS CORRADO

AS SEEN ON
HBO

HEADLINER
COMEDIAN

Dave Martin

ALSO STARRING
Joy Surles

FEATURING
Ryan Rubin

TICKETS: PRESALES- \$10 AT DOOR- \$15 RANDY MURPHY (704) 572-8442

SONS OF THE AMERICAN LEGION

524 HECKLE BLVD. ROCK HILL, S.C. 29730



SC WORKS

A proud partner of the
American Job Center
network



CATAWBA'S ANNUAL

**WE ♥ OUR
VETERANS**

CAREER & RESOURCE FAIR

**THURSDAY,
NOVEMBER
20TH 2025**

10AM - 1PM

***VETERANS &
FAMILIES OF GET
PRIORITY OF
SERVICE**

**AMERICAN
LEGION**



**524 Heckle Blvd
Rock Hill, SC**

**FOR MORE
INFO:**



tinyurl.com/WeLoveOurVetsCatawba

An Equal Opportunity Employer/Program.
Auxiliary aids and services available upon request to
individuals with disabilities at ADA@dew.sc.gov. TTY#7711

For program funding details in compliance with the Stevens
Amendment, please visit www.dew.sc.gov/funding

1ST & 3RD SATURDAYS

6 - 9:30PM



New!!!

**KARAOKE
NIGHTS**

**American Legion Post 34
524 Heckle Blvd Rock Hill**



SC Department of Veterans' Affairs Launches 'SC Smart Start' Website: Your Virtual Guide to Civilian Life

The South Carolina Department of Veterans' Affairs (SCDVA) is proud to announce the official launch of **SC Smart Start** (scsmartstart.sc.gov), a comprehensive virtual transition assistance program designed to simplify the transition from military to civilian life for service members and their families relocating to or living in South Carolina.

SC Smart Start is an online-based platform that acts as a personalized guide, connecting users directly to the most in-demand resources, state benefits, and community support available across the Palmetto State. The platform is a key part of the SCDVA's mission to ensure that Veterans and their families are recognized as valued and contributing members of the South Carolina community.

*"Transitioning from military service is a critical phase, and our state is committed to making that journey as smooth as possible for those who have served us," said **David Rozelle, Director of Workforce Enhancement, SCDVA**. "SC Smart Start transforms our commitment into action. This platform is the one-stop-shop for every Veteran and family member to gain the tools, connections, and opportunities needed to build a successful and thriving future here in South Carolina."*

The new website is structured to streamline the search for vital information and eliminate the confusion often associated with transitioning out of the military. Key features of the SC Smart Start platform include:

- **Virtual Transition Assistance Program (VTAP):** This guided program helps users navigate the complex process of settling into civilian life in South Carolina.
- **Comprehensive Resource Navigation:** Users can easily explore resources by area of interest, with categories including trainings, employment, health benefits, higher education, Veteran housing, and services.
- **Interactive Map and Location Search:** The platform features an interactive map and convenient zip-code-based searches, making it easy to find localized resources, support, and County Veterans Affairs' offices.
- **Employment Integration:** SC Smart Start includes integration with employment tools like [Find Your Future SC](#), encouraging users to connect their military experience and skills to in-demand career pathways within the state.
- **SC Veteran Coalition:** Users can join the [South Carolina Veteran Coalition](#) directly through the site to get connected to a vast network of resources and community support, promoting greater social connectedness.

SCDVA encourages all transitioning service members, Veterans, and their families to visit the new platform at scsmartstart.sc.gov for online tutorials of the program's operation.



VIRTUAL TRANSITION ASSISTANCE PROGRAM

Live • Work • Thrive



Employment Resources



Education Benefits



Health Services



Housing Resources

Online access to all of the tools, connections, and opportunities needed to build a successful future in South Carolina!



www.scsmartstart.sc.gov



CDC formally recognizes Gulf War illness

By LINDA F. HERSEY STARS AND STRIPES • October 6, 2025

WASHINGTON — Gulf War illness, a debilitating medical condition linked to military service, has received formal recognition as a legitimate illness after more than three decades of reports by veterans about unexplained symptoms they developed during active duty in the Persian Gulf.

The Centers for Disease Control and Prevention has announced a medical diagnostic code for Gulf War illness that will enable doctors and scientists to more effectively track, document and treat the cluster of symptoms reported by tens of thousands of veterans who served in the early 1990s.

The new diagnostic code — which became effective Oct. 1 — is part of a standardized system doctors use to identify diseases and medical conditions. The National Center for Health Statistics at CDC is responsible for modifications to those codes.

“Veterans have been told it was in their heads. The medical establishment cannot do this anymore with this [medical diagnostic] code. This is an official illness,” said Ronald Brown, an Army veteran and toxic wounds specialist.

The lack of a formal medical diagnosis for Gulf War illness until now meant doctors and researchers were unable to easily identify and treat veterans with the condition “inside and outside the VA health care system,” according to Veterans for Common Sense, a nonprofit advocacy group.

The medically unexplained symptoms include chronic fatigue, breathing problems, joint pain, skin rashes, digestive disorders and memory loss that may worsen over time, according to the Department of Veterans Affairs.

The VA instead assigned other diagnoses — such as chronic fatigue syndrome, fibromyalgia and “undiagnosed illnesses” — to the ailments many Gulf War veterans experienced.

Gulf War illness continues to affect up to a third of the 700,000 troops deployed during Operation Desert Shield and Operation Desert Storm more than 30 years ago, according to VA.

“The first time I got sick was within 15 minutes of the demolition of an Iraqi chemical weapons depot in Khamisiyah in March 1991,” Brown said.

Brown referred to toxic exposures from the destruction of a major weapons depot in the Khamisiyah region that the military found later contained chemical weapons. He estimated he was stationed a few miles from the depot when it was demolished.

“I stayed sick, came home sick and left the military sick,” said Brown, a former specialist with the 82nd Airborne division.

Anthony Hardie, an Army veteran and national director of Veterans for Common Sense, served in Kuwait and southern Iraq in 1991.

His organization often hears from Gulf War veterans who say they returned home with health problems but were dismissed by doctors.

“It has been a travesty for them,” said Hardie, a 57-year-old former Army staff sergeant.

Vietnam Veterans of America said the addition of the diagnostic code means that Gulf War illness is recognized as a legitimate medical diagnosis after three decades.

“This validation is crucial for veterans who have long struggled to have their symptoms acknowledged and taken seriously,” said Tom Burke, president of the organization, which works to advance policies to benefit all veterans.

The new diagnostic code enables doctors to identify patients through medical record searches rather than through social media and by word of mouth, said Nancy Klimas, a professor and physician who leads the Gulf War illness Clinical Trials and Interventions Consortia at Nova Southeastern University in Florida.

“This is more than just a code. This is long-overdue validation for the suffering of the quarter-million afflicted veterans — and a formal acknowledgment that their illness is real, physical and service-related,” said Beatrice Golomb, a physician and researcher at University of California San Diego School of Medicine.

Golomb, who led the effort for a designated diagnostic code for Gulf War illness, said studies link Gulf War illness to chemical exposures that impair the body’s mitochondria — “the energy powerhouses of cells” — and alter the brain and immune system.

She said the designation of the medical code allows providers to look up treatments that have been potentially helpful and deliver better care to affected veterans.

Brown has heard from many veterans who complain their primary care doctors do not know about Gulf War illness or its symptoms. “I am hoping that will now change,” Brown said.

The formal medical recognition of Gulf War illness should make it easier for veterans with chronic illnesses to obtain VA benefits, Brown said. “I am hoping it will be less complicated when veterans have these claims for chronic complex illnesses,” he said.

Golomb also is optimistic that veterans will connect with more effective treatments.

“With recognition comes legitimacy, and legitimacy opens the door to evidence-based care,” Golomb said. “When providers are aware of Gulf War Illness and its unique biological characteristics, they are more likely to look into research, explore treatment options and take veterans’ concerns seriously.”



MEMBERSHIP IMPACT REPORT



\$2,011,026,413

Amount in veterans benefits secured free of charge with assistance from accredited American Legion service officers and appeals representatives in August.



703

VA Informal Hearing Presentations prepared free of charge for veterans in September by American Legion appeals representatives.



\$11,502

Amount in American Legion Temporary Financial Assistance cash grants awarded in September, stabilizing the homes of 12 children of veterans that faced unexpected financial emergencies.



221

Number of American Legion Family members who participated in the national Combined Americanism/Children & Youth Conference in Indianapolis Sept. 26-28.



31

Attendees of the Sept. 30 Training Tuesday session presented by The American Legion Internal Affairs/Membership & Post Activities staff, on how to write strong resolutions.



\$3,472,134

Amount in retroactive awards granted in September for veterans disputing VA claims decisions thanks to free representation from American Legion appeals reps.



495

Graduates of American Legion service officer training between January and September 2025.



\$41,469

Amount in American Legion Temporary Financial Assistance grants issued since January 2025, stabilizing the homes of 49 children with military/veteran parents.



69.1%

Board of Veterans Appeals decisions granted in favor of the veteran, or remanded for further documentation, in September after free assistance from American Legion representatives.



755

Downloads of the Ken Burns podcast episode, best of the month and the fourth most among the previous 30 episodes.



296

Buddy Checks conducted by Virginia American Legion Family members during the Sept. 27-28 weekend in a special challenge posed by Post 180 in Vienna.



\$36,000

Amount in funds presented to Camp American Legion by Wisconsin Legion Riders after their Sept. 12-14 Ride to Camp American Legion event to support the 300-acre facility that has provided respite for veterans, military personnel, families and caregivers since 1925.

PALMETTO PATHFINDER PROGRAM



PATHFINDERS: LIGHTING THE PATH FOR
VETERANS TO THRIVE

About the Program

The Palmetto Pathfinder Program provides Veteran-to-Veteran support for transitioning Veterans by connecting them to resources and services in their community in order to thrive after military service.

 Employment

 Education

 Healthcare

 Housing

 Nutrition

 Social Support



FOR MORE INFORMATION

- On how to become a Pathfinder or,
- How to connect with a Pathfinder

Scan the QR Code or visit our
website at scdva.sc.gov



Want to become a Post Service Officer?

The American Legion's post service officer (PSO) is a volunteer position within an individual post. A PSO serves as a link between the veteran or dependent and a representative holding American Legion accreditation. An effective PSO understands benefits afforded to veterans and dependents; however, the PSO is not authorized to file any claims on behalf of the claimant. PSOs serve as valuable resources to veterans in local posts to ensure that our veterans and their dependents receive their earned benefits. The American Legion has created this guide to assist PSOs in their duties.

We're looking for (multiple) volunteers to fill this position. Candidates must complete a two-day Pathfinder training program offered by SC Department of Veterans Affairs.

Upon completion of the Pathfinder training, Post Service Officers will attend periodic training sessions and forums hosted by our local Veterans Affairs Office. The Pathfinder training will focus on statewide resources that are available to assist veterans in need. The training provided by our local Veterans Affairs Director will focus on proven protocols, procedures and resources available to provide assistance.

If you are interested in signing up, send an email to post34rh@comporium.net

The Post is working with the SC Dept of Veterans Affairs and other VFW & Legion Posts in the area to schedule a special two-day class for training Palmetto Pathfinder volunteers. If successful, this class will be held in Rock Hill at some future date.

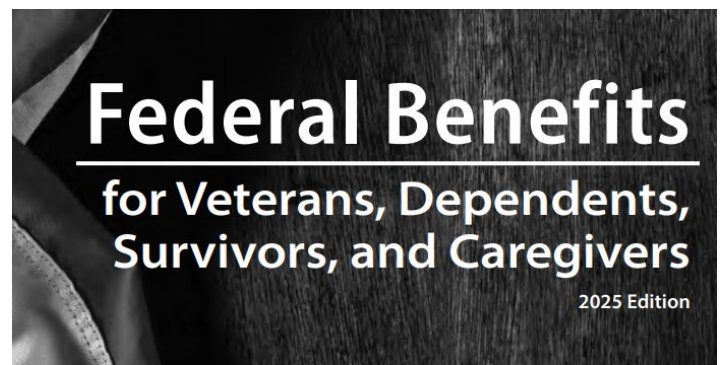
If you are interested in becoming a Pathfinder volunteer and/or a Post Service Officer, please email post34rh@comporium.net

2025 VA BENEFITS GUIDE NOW AVAILABLE

“2025 VA Federal Benefits Guide for Veterans, Dependents, Survivors, and Caregivers” contains a comprehensive listing of VA programs, including phone numbers and websites for easy reference.

The U.S. Department of Veterans Affairs’ “2025 VA Federal Benefits Guide for Veterans, Dependents, Survivors, and Caregivers” now is available for download [here](#). The guide contains a comprehensive listing of VA programs, including phone numbers and websites for easy reference. The annual Federal Benefits Guide contains information on most VA benefits and services, including:

- Compensation.
- Life insurance.
- Pension and fiduciary services.
- Education benefits.
- Economic development and employment.
- Home loan guaranty programs and housing assistance.
- Mental health resources.



The handbook is designed to help veterans, servicemembers and their families understand the full scope of VA resources available to them after their service. It provides details on eligibility requirements for each benefit, and because VA serves different generations of veterans, it also outlines the qualification guidelines for distinct periods of service to clarify eligibility for veterans with service spanning both peace and wartime periods.

The VA Federal Benefits Guide is available in both print and digital formats. Veterans and family members can access the booklet on VA’s website, providing instant and convenient access to the wealth of information it contains. A limited number of printed copies may be available at local medical center, Vet Center or regional office. To find the nearest VA facility, go to www.va.gov/find-locations.

The information in this guide is validated by VA as of Oct. 10, 2024. For the most up-to-date information, veterans and family members should visit www.va.gov, or go to the specific links provided in this publication to access information on the program that they’re interested in, as regulations, payments and eligibility requirements are subject to change. You can also call VA at 800-827-1000 from 8 a.m. to 9 p.m. ET, Monday through Friday to speak with a representative.

DAV VOLUNTEER DRIVER PROGRAM



SC DAV Organizations and DORN VA Medical Center Volunteer Services offer van rides to Veterans with medical appointments at Dorn VA Medical Center Only.

To schedule a ride, call **803-695-7949** to make an appointment.

Reservations for a van ride must be made **no later than one calendar week before your appointment.**

All medical appointments must be:

- no earlier than 9 am
- and no later than 12 noon.

There are 15 available days from which to you can choose to reserve a van ride. ***Veterans must have proof of medical appointment at DORN VA.*

You may bring a caregiver with you, if there is an open seat not needed by a Veteran with an appointment.

Reservations for a van ride are on a first-come/first-serve basis. There are only 6 available seats in one round-trip.

DAV VAN RIDE AVAILABILITY

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st	no	X	X	X	X
2nd	no	X	X	X	X
3rd	no	X	X	X	X
4th	no	no	X	X	X
5th	no	no	no	no	no
X: means Van ride <i>is</i> available					
No: means Van ride <i>is not</i> available					
Appointments NO earlier than: 0900 (9 am)					
Appointments NO later than: 1200 (12:00) NOON					

NEW PROCEDURES FOR RIDES TO VA

Veterans who need to schedule a ride to Dorn VA for medical appointments.

There is a new reservation number:

**803-695-7949, Monday - Thursday
between the hours of 9am-1pm.**

**Van rides must be scheduled
one week prior to the appointment date.**



Sons of the American Legion

Liberty Garden Brick Drive

Order Yours Now

Honor a Veteran

A Family Member

An Association

Buy one for Yourself

Brick Cost - \$25

Up to 3 Lines per Brick

14 Characters (including spaces) per Line

(803) 327-2959

ORDER FORM

Date _____

Name _____

Address _____

Phone _____

Signature

Mail to: American Legion
Attn: SAL
524 Heckle Blvd
Rock Hill, SC 29730