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# Harry N. Cutting

## Post 59 American Legion Family

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Waterbury, Vermont

February, March, April 2016

### COMMANDER

“Welcome” to the New Year 2016! Time is going by so fast. Children/grand children are on their way to great things in their future. Our American Legion is on the go as well. Take a minute to stop in and say “Hello” to our members and bartenders.

For several months the Executive Board has been reviewing our Post By-laws. The By-laws were updated in 2010 by our legion friend Don Gamble. With this being my last year as Commander I want to ensure that our administrative responsibilities are up to date. A few administrative changes are being considered, and one Article that the Board thought needed to be changed: the number of members needed to constitute a quorum from ten (10) members to six (6) members. We are experiencing a drastic decline in members attending our monthly Post meeting. If you don't have a quorum you can't conduct legion business. However Post 59 is a business and we need to move forward with daily and monthly business. If any member wishes to review the By-law changes, send me an e-mail at [topvet10@gmail.com](mailto:topvet10@gmail.com).



The final vote for approval will be at our March 9th meeting. We meet on the 2nd Wednesday of each month, at 7:00 pm.

Our Post Adjutant noted some of the programs available to our local students. I have more

specifics for a few of the programs: Law & Order Cadet Program will be held at the Vermont Police Academy June 19 through June 24. The purpose is to help young people gain knowledge regarding training and responsibilities of Law Enforcement Officers. Hopefully, the student will better understand and have greater respect and appreciation of law enforcement at all levels. Applicants must be minimum of SIXTEEN (16) and currently a JUNIOR or SENIOR in high school (prior to attending cadet class). Applications are available through your Guidance Counselor's office, or at [VermontAmericanLegion.org](http://VermontAmericanLegion.org). Please complete the application and drop it off at Waterbury Post 59. We'd like to sponsor 2-3 students this year. The cost of the training will be paid by Post 59. Please contact me directly with any questions. Application deadline is April 15.

Another excellent American Legion Program is Green Mountain Boy's State. Boy's State is a leadership laboratory for high school junior boys. The central focus is Vermont town, county, and state government, and its organization, policies and

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For God, Country and our Veterans

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procedures. Delegates are elected and appointed to offices within the Legislative, Executive, and Judicial Branches of government. They work on issues relating to Vermont, and debate/discuss these issues during the Thursday session at the State House in Montpelier. There is no cost to the selected students that attend the program. A student will spend the week at Lyndon State College along with 130-150 fellow students from around Vermont. Attending American Legion Boy's State Program is a resume credit when applying for college or employment. Application and instructions are available through your guidance counselors, or by going to "Green Mountain Boy's State" on your computer. Two Vermont delegates are selected to attend Boy's Nation in Washington DC later this summer. Dates for this program are Sunday, June 21 @ noon through June 26 @ 11:30 am.

I must add that the Auxiliary has a Girl's State Program as well. Program information is not available currently, however contact Lorraine "Rani" Gray, 802-522-3664 for information and applications.

One of our favorite state programs is Green Mountain Conservation Camp. Programs are held throughout the summer for Basic Week 12-14 year olds, and Advance Week for 12-16 year olds. Vermont has two (2) Conservation Camps available: Edward F. Kehoe Camp in Castleton and Buck Lake Camp in Woodbury. Applicants need to go on line to

## VALENTINE'S DATE NIGHT RAFFLE

Join us downstairs for dinner: pulled pork sandwich, coleslaw and dessert.

Friday, February 12<sup>th</sup>  
Starting at 6:00

Tickets are \$5 and include your entry in the drawing for:  
Dinner for 2 at Arvad's and a One night stay at the new Waterbury Marriott

Green Mountain Conservation Camps. The requirements, dates, and equipment will be listed along with deadlines for applying. You must apply on line! Post 59 is interested in sponsoring 3-4 eligible students to attend the Camp this summer. If you apply, please print a copy of the application and send to Waterbury Post 59, American Legion, P.O. Box 417, Waterbury, Vermont 05676. The Post will review all applications for selection to attend either camp. Sign up early if you have a specific camp you wish to attend, any questions, please call me.

Post 59 is hosting a Valentine's Day gathering at the Post on Friday, February 12, 6:00 pm. Light food will be provided at a cost of \$5. Your ticket will be entered into a raffle for a FREE night at the new Marriott, and dinner for two (2) at Arvad's, Waterbury. Additional tickets will be available for the raffle for \$5 each. Please join us for this event, call 244-8144 for more information. See ya there!

One big event in February is our Legion/Sons of the American

Legion Birthday Dinner. It will be hosted by Unit 59 Auxiliary on Saturday, February 27, 2016 -- 5:30 social hour, dinner at 6:00 pm. The meal will be "post" luck and is FREE to all that attend. Reach out to our senior Legionnaire's and get our Veteran's to attend this event!

Wish to attend a Post meeting? We meet on the 2<sup>nd</sup> Wednesday of each month at 7:00 pm. Unit 59 Auxiliary also host their monthly meeting on the 2<sup>nd</sup> Wednesday. Please join us!

For God and Country,  
Rick Gray  
Commander, Post 59  
(802) 522-7770  
[topvet10@gmail.com](mailto:topvet10@gmail.com)

## Twenty Dollar Dinner & Raffle

**Friday March 4<sup>TH</sup>**  
*For dinner, dancing and a raffle!*  
(3) \$100 winners

Chicken Cordon Bleu Dinner  
for two at 6:00  
DJ Follows

## ADJUTANT'S NOTES

Happy New Year! 2015 went out with a bang and 2016 promises to be full of great events at your Legion. Please take the time to thank your fellow veterans for their service to this great country of ours, and let us not forget those that paid the ultimate sacrifice.

There are many great events scheduled at your Legion, and these events can only succeed with your participation and or support. If you have comments

or suggestions for what you would like to see, then you can always join us on the second Wednesday of each month at 7 pm for Post meetings, or feel free to e-mail us at [alpost59@comcast.net](mailto:alpost59@comcast.net).

We are halfway through our membership drive for 2016, and a huge thank you to all those that have already paid your 2016 dues. We have had 18 members renew online so far this year, which is phenomenal! There are currently 195 paid members showing up on the roster at national, which puts us at 74% towards our quota of 265 for the year. Thank you for keeping our Post going strong. A great start! Don't forget to tell your veteran friends about our Post so that we can see this number grow for 2016.

I want to highlight some Legion programs this quarter in an effort to get more representation from Post 59. The Law and Order Program educates youth about law enforcement and instills a newfound respect for law officials, and it give first hand experience for young men and women who might be considering Law Enforcement as a career. Boys State is a participatory program in which students become part of the operation of local, county and state government and is among the most respected and selective educational programs of government instruction for U.S. high school students. Green Mountain Conservation Camp provides wildlife education and outdoor skills. The program's goal is to cultivate a caring attitude among our youth for Vermont's

fish and wildlife resources. These programs require that you, Legion Members, nominate your children/grandchildren to participate in the programs while the Post foots the bill.

We are continuing our effort to save on postage by offering an electronic version of the quarterly newsletter, but the numbers are not there yet. If you haven't done so, then please sign up for our electronic version of this newsletter by sending an email to: [legionpost59vt@googlegroups.com](mailto:legionpost59vt@googlegroups.com) or [chriswood0869@gmail.com](mailto:chriswood0869@gmail.com).

We are NOT doing away with the paper version of the newsletter, so if you prefer this format then it will still be around. The google group is also being used to send out regular updates in an attempt to keep everyone up-to-date on events at Post 59. Things can change fast, and we don't want you to miss anything going on at your post! See you there.

Chris Wood, Adjutant  
[chriswood0869@gmail.com](mailto:chriswood0869@gmail.com)

## **SERVICE OFFICER**

Post 59 has lost thirteen members during 2015. Please refer to the list on page 6 of this Newsletter. Mike Wood, our Adjutant Chris Wood's dad, suffered a horrific accident when struck by a vehicle while in a crosswalk on the Global Foundries campus at the former IBM plant. He died on January 8<sup>th</sup>.

Remember the ending of the

## **PUFL**

Legion members can go to this website to see what a Paid-Up-For-Life membership would cost them. The main benefit is never having to think about your dues ever again, even if you transfer to another Post. <http://www.legion.org/join/pufl>

last sentence of the Preamble to Constitution of the American Legion: "*...to consecrate and sanctify our comradeship by our devotion to mutual helpfulness*". Post members whose families have lost relatives or sustained serious illness and accidents during 2015 and prior years need our attention and helpfulness.

Widows and widowers of qualified veterans are eligible for burial benefits which are carefully explained by Chris Palermo here but may not occur elsewhere. For information contact me or review online [VA.gov/benefits](http://VA.gov/benefits). There are other benefits based on financial eligibility, which are not explained by funeral directors.

Our list of members who have e-mail addresses is increasing slowly. Any member wishing assistance using e-mail can let me know or just stay after our monthly meeting. I or another member will be glad to help.

## **Service Disabled Veterans Insurance**

S-DVI provides life insurance coverage to veterans to whom the VA has granted service connections for a new disability within the last two years. You

may be eligible for free coverage and have the opportunity to purchase additional life insurance. Veterans who meet all of the following criteria are eligible:

- Release from active duty after April 25, 1951 under other than dishonorable conditions.
- Rated for a service-connected disability, even if only 0%.
- In good health except for service-connected conditions.
- Must apply within 2 years from the date the VA granted new service-connected disability.

### **Veterans Mortgage Life Insurance**

VMLI provides mortgage life insurance protection to severely disabled service members and veterans whom the VA has granted a "Specially Adapted Housing (SAH) grant. VMLI is only available to service members and veterans with severe service-connected disabilities who:

- Received specially adapted housing (SAH) to help build, remodel or purchase a home and
- have title to the home and
- have a mortgage on the home and
- apply for VMLI before age 70.

### **Parkinson's Disease**

VA benefits for Parkinson's disease are available for veterans who were exposed to herbicides during service and include compensation and health care. Vietnam veterans may apply for disability compensation using the VA's Fast Track Claims Processing System. Veterans who served in

Vietnam, the Korean demilitarized zone or another area where Agent Orange was sprayed may be eligible for a free Agent Orange registry health exam. Surviving spouses, dependent children and dependent parents of veterans who were exposed to herbicides during military service and died as a result of Parkinson's may be eligible for survivors' benefits. Refer to: [www.pubichealth.va.gov/exposure/s/agentorange/parkinsonsdisease.asp#sthash.MsEID6fM.dpuf](http://www.pubichealth.va.gov/exposure/s/agentorange/parkinsonsdisease.asp#sthash.MsEID6fM.dpuf)

### **Risk Factors for Prostate Cancer**

Risk factors include African American ethnicity, family history of prostate cancer, diet rich in animal fat, low vegetable intake, obesity and smoking. What can be done to protect against prostate cancer? Stop smoking, weight control, diet rich in vegetables like cabbage, broccoli and limit intake of animal fat.

The VA suggests veterans discuss the pros and cons of screening with their doctors. High risk veterans should discuss screening at age 40-45 and others at age 50. Treatment depends upon severity. Except for skin cancer, prostate cancer is the most common cancer in American men. Early stage prostate cancer may show no symptoms. Other symptoms may include frequent urination, urgency and blood in the urine. Patients with advanced cases may experience pain due bone metastasis.

Sam Miller, Service Officer  
Telephone: (802) 244-1484  
[LSamMiller1@gmail.com](mailto:LSamMiller1@gmail.com)

## **BINGO**

The next Bingo will be  
**Sunday March 13<sup>th</sup>.**  
Check with us about April!

## **RED CROSS BLOOD DRIVE**

This year your Post has hosted five blood drives. Waterbury area residents gave 239 pints. Phyllis Grout and Leta Perry provided and/or collected food and served to 222 blood donors. A big shout out for a job well done to both of you.

Your Post will continue holding blood drives throughout 2016 with the hopes of generating more interest and donors for this very important mission.

We have scheduled the following dates for the Post 59 Blood Drives: Friday March 18<sup>th</sup> and Friday May 27<sup>th</sup> from 10 to 3 at the Post. Someone you know has or will need blood in a life-threatening situation. Thanks for all the support!

For God and Country,  
Gene Sweetser, Post 59  
Red Cross Blood Coordinator

## **SONS OF THE AMERICAN LEGION**

Commander Tom would be writing this but he is in the Netherlands for work, so Bill and I are just letting you know what is happening.

Just a reminder that the 2016 memberships are due now. This would be a good time to bring

them up to date so we reach our projected percentage for Detachment and National. We are very close now, but it doesn't hurt to be ahead.

Paid membership is around 60%. Renewal letters have gone out and we need members to get their dues paid for continuous membership status. We are always looking for new members and want to encourage all that are eligible to make a donation by paying dues for their children and grandchildren and we always encourage dual membership from the legionnaires.

Now that winter is finally here it might be a good time to stop in at the Legion and see what is going on! The Post will be holding a birthday party for the SAL on February 27<sup>th</sup> – be sure to join us!

The Mid-Winter Conference is just around the corner – Friday January 15<sup>th</sup> and Saturday the 16<sup>th</sup> at the Sheraton in Burlington. A few members plan to attend and hopefully we can share a report in the next newsletter.

Financial donations from the Sons in the first two quarters is around \$2,000 and include such items as:

- o Help with new Honor Guard uniforms;
- o Assistance for members with financial hardship;
- o Support for community members with financial hardship due to health related issues;
- o Dodge House donation;
- o Donation to Auxiliary Unit 59 for Girls State and

- o Donation for the Department Commanders Project (similar to make a wish but for a travel voucher) and

Also, just a reminder that we meet on the first Tuesday of each month at 6:00 p.m. It would be nice to have many of you join us and maybe see how things are going.

For God and Country,  
Don Gile 2<sup>nd</sup> Vice Commander  
Bill Kernan, Adjutant &  
Finance Officer

### ***SOCK HOP***

**Saturday, February 6<sup>th</sup>**

Doors open at 6:00  
Dancing from 7:00 to 11:00  
Tickets \$7

The Post 59 Malt Shop will be open with burgers, dogs, fries and shakes for sale.

Proceeds support the Auxiliary Scholarships and Programs

### **AUXILIARY**

Thanks to everyone who helped with our Veterans dinner and Auxiliary Birthday. It was a great meal, and great turnout. I also would like to thank Rani, Gary, Terri Christie, Loleta Perry, Betty Jones, and all Past Presidents for the success of the Past Presidents Parley. I really couldn't have done it without your support.

We also had a successful December Children's Party with the help of our ladies: Marana Allen, Rani Gray, Thelma Forkey, Loleta Perry, Tammy Gibbs, and most importantly Mr. & Mrs. Santa Claus. I hope

everyone had a wonderful Christmas and safe New Year.

Remember our Auxiliary meetings are at 7:00 p.m. on the 2<sup>nd</sup> Wednesday of the month: February 10, March 9, April 13.

Please come and join us on February 6<sup>th</sup> for a Sock Hop!

We're also hosting the Legion Birthday Party on February 27<sup>th</sup> with a potluck.

There will be no bingo in February, but be sure to come in Sunday, March 13<sup>th</sup>. The April date hasn't been set yet.

For God and Country,  
Wanda Woodard, President  
Unit 59

### **FROM THE BAR....**

Happy New Year to members, friends, and family of Post 59. I want to give a HUGE thanks to all who volunteered and supported our club this past year. There was a lot of hard work and dedication put into making 2015 a very prosperous year, and we will grow even stronger in 2016!

As always, we enjoy hosting your functions and are improving daily to make them a success. Due to the increasing number of events, we ask that you please book your parties sooner rather than later. It's never too early to save a date on our calendar. Just give us a jingle at the Post at 244-8144 for any information you may need or to book your special event. We look forward to hearing from you!

Thanks, Tammy & Crew



POST 59 AMERICAN LEGION FAMILY  
IN MEMORY  
**POST EVERLASTING**

Here we honor the memory of our members who have gone before and remember their service to our nation, veterans, family, and community. Because of them we, and our world, have been blessed.

**LEGION**

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Member	Years of Membership	Branch of Service	Era
Ellen K. Arienta	7	US Army	WW II
James P. Boyce	55	US Army	Korea
Bernard B. Ershow	20	US Army	WW II
Edwin J. Grout	15	US Navy	WW II
William C. Martin	23	US Army	Vietnam
Don E. Mullins	1	US Coast Guard	Korea
Robert A. Pecor	17	US Army	Korea
James R. Perry	15	US Army	Vietnam
Leslie C. Pratt	19	US Navy	Vietnam
Bartlett E. Sherman Jr.	22	US Army	WW II
Robert J. Sherman	26	US Army	Korea
Thurman A. Stanley	35	US Army	Vietnam
Bernard R. Woodard	63	US Army	Korea

**AUXILIARY**

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Member	Years of Membership
Constance Codling	24
Juanita Dow	33
Mary Dunster	22
Marylee Mansfield	16
Donna Schauer	3
Eloise Thurston	10

**SONS OF THE AMERICAN LEGION**

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Member	Years of Membership
Lee Delphia	5



# POST 59 CALENDAR OF EVENTS

## FEBRUARY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 SAL Meeting 6:00  Queen of Hearts Drawing 6:30	3 <i>Winterfest</i>	4 Texas Hold'em 7:00	5	6 <b>Sock Hop</b> 6:00
7 <b>Superbowl 50</b> w/munchies c. 4:00	8	9 Queen of Hearts Drawing 6:30	10 Legion Riders 6:00  Legion & Auxiliary 7:00	11 Texas Hold'em 7:00	12 <b>Valentine Date Night Raffle</b> 6:00	13 PIE FOR BREAKFAST 6 – 11 a.m.
14 <i>Valentine's Day</i> Fiddlers 11-4	15	16 Queen of Hearts Drawing 6:30	17	18 Texas Hold'em 7:00	19	20
21	22	23 Queen of Hearts Drawing 6:30	24 E-Board Meeting 6:30	25 Texas Hold'em 7:00	26	27 <b>Legion &amp; SAL Birthday</b> 6:00
28 <b>Cribbage Tournament</b> Noon  <b>Daytona 500</b> 1:00 downstairs	29					

## MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 SAL Meeting 6:00  Queen of Hearts Drawing 6:30	2	3 Texas Hold'em 7:00	4 <b>\$20 Dinner &amp; Raffle</b> 6:00	5
6	7	8 Queen of Hearts Drawing 6:30	9 Legion Riders 6:00  Legion & Auxiliary 7:00	10 Texas Hold'em 7:00	11	12
13 <b>BINGO</b> 11:00	14	15 Queen of Hearts Drawing 6:30	16	17 <i>St. Patrick's Day</i> Texas Hold'em 7:00	18 <b>Blood Drive</b> 10:00-3:00	19
20	21	22 Queen of Hearts Drawing 6:30	23 E-Board Meeting 6:30	24 Texas Hold'em 7:00	25	26
27 <i>Easter</i> <b>Post closed</b>	28	29 Queen of Hearts Drawing 6:30	30	31 Texas Hold'em 7:00		

American Legion Post #59  
P.O. Box 417  
Waterbury, VT 05676

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## APRIL 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 SAL Meeting 6:00 Queen of Hearts Drawing 6:30	6	7 Texas Hold'em 7:00	8	9
10 Fiddlers 11-4	11	12 Queen of Hearts Drawing 6:30	13 Legion Riders 6:00 Legion & Auxiliary 7:00	14 Texas Hold'em 7:00	15	16
17	18	19 Queen of Hearts Drawing 6:30	20	21 Texas Hold'em 7:00	22	23
24	25	26 Queen of Hearts Drawing 6:30	27 E-Board Meeting 6:30	28 Texas Hold'em 7:00	29	30 <b>Legion CALCUTTA</b> 6:00 Dinner 7:00 Drawing

Check with the Post (244-8144) [alpost59@comcast.net](mailto:alpost59@comcast.net) or the website (<http://www.alpost59vt.us>) for more information.