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# Harry N. Cutting Post 59 American Legion Family

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Waterbury, Vermont

November, December 2015, January 2016

## COMMANDER

I'm just a little "Tardy" on my newsletter notes. Traveled to Port Orange, FL to purchase a home during the cold weather! YES!

Guess I'll start with a VA program that you may be eligible to participate in "MOVE". A weight loss program held at the White River VA. You are on a sixteen (16) week program, with a visit to the VA every other week and meet with a group of other veterans that are concerned about their weight and health. Call the VA at 82-295-9363. Just ask the operator for a MOVE staff person.

Adjutant Chris noted how we're doing with membership. We recently raised our legion dues to \$35. Did you know both Department of Vermont and the National office voted in dues increases earlier this fall? Your \$35 goes directly to Department and National. We may need to raise the dues again next membership year?

Plans are under way for a busy Veterans Day, November 11<sup>th</sup>. The traditional Veterans Day ceremony will be held at Rusty Parker Park at 11 AM. Please join us! The day will continue



with our annual Veterans Recognition Dinner. The dinner will be held on Veterans Day at the Post. And we will celebrate Unit 59, American Legion Auxiliary's birthday dinner that same evening.

The evening event will begin with a social hour at 6:00 PM, dinner at 7:00 PM. Right after the dinner the Auxiliary will participate in their annual birthday ceremony honoring members that have passed on over the year. What's for dinner? Another tradition folks, a complete turkey dinner! There is NO cost for the meal. Please attend the celebration and bring an additional veteran with you...

Take a chance! To raise additional money for our life members for 2016 we will be hosting a number of small raffles to cover the future costs. Tickets are available for our Post to win half a Vermont raised Hog (around 160 lbs.). Tickets are 5 dollars each or 6 for 20 dollars.

Consider mailing a check to Waterbury Post 59, P.O. Box 417, Waterbury, Vermont 05641. Place Pig Raffle in the MEMO section on your check. The drawing will be held round 6 PM at the Appreciation Dinner on Veterans Day, or stop at the Post to purchase your tickets.

Plans are underway to host a Four Chaplains Ceremony on Wednesday, February 10, prior to our American Legion and

Son's Birthday Dinner. Go to the Internet. Just type in Four Chaplain's and read about four chaplains that went down with the ship, the Dorchester, during World War II. One of the four chaplains was a Vermont native. Interesting story.

With summer behind us, and winta' round the corner, please think safety as you drive to visit family during the holidays. Locate a veteran and family that may need your tender loving care throughout the season.

Have a safe and exciting Thanksgiving, Christmas, and New Year!

For God and Country,  
Warm regards, Rick Gray  
Commander, Post 59  
522-7770

## **ADJUTANT'S NOTES**

Welcome to fall! The hazy lazy days of summer are over, and Legion activities pick up as we roll through Halloween, Veterans Day, Thanksgiving, and Christmas. 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 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).

## **VETERAN'S DAY CEREMONY**

Wednesday, November 11<sup>th</sup>  
11:00 a.m.  
Rusty Parker Park

The membership drive for 2016 is off and running, and a huge thank you to all those that have already paid your 2016 dues. We know the buzz for 2016 is the increase in dues, and we are very sensitive to the impact this has on our members. We will continue to work to get you the most "bang for the buck" from your dues, and we will continue to advocate for what is best for veterans. All 68 Honorary Lifetime Members should now have their cards in hand along with the nine folks that have renewed online. This along with the 53 traditional renewals and the Paid-up-for-Life members puts us at 150 for the year. A great start! Don't forget to tell your veteran friends about our Post so that we can see this number grow for 2016.

Those of you that have not paid your 2016 dues yet, please pay them as soon as possible! The dues increase at both the National and Department levels mean that less of your dues money will stay at the Post level as of 1 January 2016. We keep more money for Post 59 by renewing for 2016 before this date. You can pay your dues at the Post during business hours, or pay in your pajamas by going to the Legion website and paying online. To renew this way visit [www.legion.org](http://www.legion.org), click where it says "members", and then click on "renew

membership" under the quick links. This method is quick and easy, and it saves the many reminder mailings that go thru the Postal Service into your mailbox.

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**

### **Hearing and Balance Problems?**

Practically every combat veteran has hearing damage and many non-combat vets, including myself, had hearing damaged in basic training. The VA does provide hearing health care services, including: disability audiology exams for veterans and medical opinions on relationship between military service and hearing

loss, tinnitus etc. VA audiologists also provide help for comprehensive balance disorders. Services include fitting and programming of hearing aids and other assistive listening devices, such as TV and telephone amplifiers, and post-surgical rehabilitation for cochlear and other auditory implants. Ask your VA doctor for a referral or call for an audiologist appointment. I was recently told we would soon be able to schedule appointments directly with the Burlington audiologist.

### VA/Delta Dental Insurance

This dental program is available to all enrolled in the VA health care system and is widely accepted by VT dentists but be aware it does not cover 100% of costs. Monthly premiums are about \$15 per individual. For detailed information e-mail or call your Post service officer.

### What is MOVE! Coach?

MOVE! Coach is an easy-to-use, self-guided program that provides everything you need to set, track, and achieve your diet, physical activity, and weight goals. The app walks you through a series of self-management guides, for a total of 19 weeks. It's easy to participate. All you need is an iPhone or iPad with iOS version 6.0 or higher.

To download the MOVE! Coach app:

from the iTunes store:

<https://itunes.apple.com/us/app/iid878356988?mt=8>

or

from the Apple App Store, select the "iPhone Only" filter,

and search for "move coach" in the search box.

### Type Two Diabetes

The culprit "Type 2 diabetes is at epidemic proportions among the Veteran population," noted Dr. Tim O'Leary, acting director of VA's Office of Research and Development. "It affects nearly 20 percent of Veterans who use the VA health care system, compared to 8.3 percent of the general population. This means that diabetes — and with it, the risk of heart disease, stroke, blindness, renal disease and amputation — affects more than one million Veterans at any given time."

To make matters worse, millions of people don't even realize they have the disease, since it can start out so subtly. "This is of tremendous concern for us at VA,"

### RED CROSS BLOOD DRIVE

Monday, December 28<sup>th</sup>

Friday, January 22<sup>nd</sup>

10:00 to 3:00

Post 59

*A wonderful gift to your community!*

O'Leary said, "and why we're doing research that not only helps Veterans avoid developing diabetes in the first place, but also helps them avoid developing those several other conditions I just mentioned." The physician noted that VA already has an extensive research portfolio when it

comes to diabetes, and is adding to it all the time. What are some of the risk factors of diabetes?

- o Family history of diabetes
- o Being overweight
- o Being over age 40
- o Have had gestational diabetes
- o Not enough physical activity
- o A Weighty Issue

"Let me tell you about a few of the hundreds of studies we have underway," O'Leary said.

"Many of our researchers are studying weight management, since being overweight or obese are significant risk factors for developing diabetes and are also epidemic among the Veteran population.

Approximately three-quarters of Veterans are overweight," he observed, "and nearly 40 percent are obese." O'Leary said VA has participated in a number of large clinical trials, such as the Diabetes Prevention Program, where it was shown that losing weight and increasing exercise can reduce the progression from pre-diabetes to type 2 diabetes.

"This effort," he said, "has contributed to VA's national weight management program, called MOVE, and has also been used beyond VA to improve the health of all Americans." Millions of Americans are unaware that they have diabetes, because there may be no warning signs.

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

## CHAPLAIN'S CORNER

Happy Fall Post 59! As tempting as it is to write a sermon and submit it into the Chaplain's Corner, I will avoid doing so for your sanity **J**. Instead, I will offer a simple passage of encouragement as we all face our own troubles and burdens in life.

2 Timothy 1:7 states "For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline."

Keep this passage in mind as we all move forward this new season tackling new problems, and struggling with old problems. As always you are more than welcome to call or email me at any time, as your Post Chaplain I am here as a resource for you.

Blessings,  
Chaplain Wil Trefitz  
802-289-1100  
[wiltrefitz@yahoo.com](mailto:wiltrefitz@yahoo.com)

### Veteran's Appreciation Dinner & Auxiliary Birthday Party

Come join us for a free Turkey dinner with all the fixings!

Wednesday, November 11<sup>th</sup>

Cocktails 6:00  
Dinner 7:00

## LEGION RIDERS

Fall is here, and this is my favorite time to explore the back roads of Vermont to enjoy the fall foliage. We have had a

few rides together this summer in, what has turned out to be, a perfect year for enjoying some wind in your face. Jealous? Join us on our next ride!

The capstone to this great riding season was a celebration of 10 years of Legion Riders in Vermont at Post 36 in Ludlow with Vermont Chapter One of the Legion Riders. What a great night to celebrate with friends! The program is growing fast, and riders are doing many great things to support Legion programs and our veteran brothers and sisters.

There are many upcoming events, so join us at a meeting or just get yourself put on the text list for rides. Interested in becoming a Legion Rider? This is going to be our focus through the long winter nights, so please spread the word to eligible members that like to ride.

Meetings are the second Wednesday of the month at 6 pm just before Post meetings, and rides are usually on Sundays. We focus on safe riding practices and comradely and not on long distances or extended trips. The more members we have, the more we can do for local programs and the veterans that benefit from these programs.

If you would like to be a member of the Legion Riders Group then contact me at

802-793-4904, e-mail  
[chriswood0869@gmail.com](mailto:chriswood0869@gmail.com), or  
visit us at Post 59.

Chris Wood, President  
Legion Riders

## RED CROSS BLOOD DRIVE

I am happy to report your post has held four blood drives so far this year. The total for the first three was 133 pints. Total for the 9 October drive is not known at the time of this note but we are shooting for 70 pints.

Our December drive date is Monday 28<sup>th</sup> of December. Hope you or your friends can make it for a donation. Individuals can donate whole blood every 56 days or six times a year and double red cell every 112 day or three time a year. You can do a combination for example if you are heading south for the winter you could do whole blood and at the last drive prior to heading south you could do a double red cell and back to whole blood in the spring. This maximizes your donations for the benefit of those who need blood products.

A big thanks to the Post, Red Cross, The Emerald Rebecca's, and all who have helped in the past. Phyllis Grout has taken on the challenge to oversee the snack table. Hopefully one or two others can assist in future drives.

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

## SONS OF THE AMERICAN LEGION

*Hello Squadron and Post 59 Family. Happy foliage season!*  
We've had a busy couple of months preparing for and

putting on the Squadron's 8<sup>th</sup> Annual ~ Redneck Extravaganza. The event took place on September 26 at the Post. We had a best dressed Redneck contest, a raffle for a coveted Hunt of A Lifetime raffle ticket, and our main extravaganza raffle which paid out \$200 for 3<sup>rd</sup> place, \$300 for 2<sup>nd</sup> place, and for the Grand Prize - \$3,500 cash out, or \$4,000 for a trip.

I want to call out a special thanks to our Grand Prize winner this year, Charlie O'Brien Sr. Charlie opted for the cash prize and donated \$500 of his winnings right back to the squadron. Thanks Charlie!!

All in all it was a successful and lively event. The Heaters provided our live music and the cast of characters in the house from one end to the other provided entertainment at every turn. J

Without question I must express my sincere thanks for all those that helped our squadron put this event on. From selling tickets, to shopping, donating decorations and dishes of food, to the cooking, set up and tear down, certainly for all those that attended the event, and for all those that sponsored us by buying a raffle ticket.

On behalf of your Squadron officers & our Post Family ~ thank you!

As we roll into our colder months it's a great time to get to the Post and enjoy the warmth with your neighbors, friends, and family. There's always an activity or two going on, a game

of pool, some cards, and loads of laughter.

Some events to remember:

- The Son's Call To Order for the DEC Mid-year Conference on October 24<sup>th</sup> at the Vergennes Post #14 @ 09:00
- November 11<sup>th</sup> – Veterans Day; at 11:00am at Rusty Parker Park Veterans Day Ceremony with Post speakers, Color guard and Honor guard. That evening is the Veterans Day Appreciation Dinner & Auxiliary Birthday Dinner open to **ALL!**
- November 6<sup>th</sup> – SAL Monthly Meeting upstairs at 18:00 hrs.
- November 29<sup>th</sup> – Thanksgiving – The Post is closed this day.

### BINGO'S BACK !

Sunday, November 1<sup>st</sup>  
 Sunday, December 6<sup>th</sup>  
 Sunday, January 3<sup>rd</sup>

Doors open at 11:00  
 Quick games at Noon  
 Regular games at 1:00  
 Lunch & snacks available

Remember too, 2016 SAL membership are due. \$22 for SAL, \$10 for Junior and or dual membership. If you haven't paid your 2016 dues and are able to, please send or drop off at the Post.

By end of November we are looking to have 35% of all eligible SAL dues paid for 2016.

The American Legion is concerned about the welfare of our nation's youth. Every year around October 31, children's fantasies come true. They look forward to dressing up as their favorite characters and knocking on neighbors' doors to ask the age-old question: "Trick or treat?" They usually get what they want – a bag full of sweets. However, this joy can sour if parents and children do not properly prepare for a safe night. Please take the time to review these safety tips and suggestions with your children and make Halloween a Fun and Safe Family night.

- All children should know their phone numbers and address
- A responsible adult should always accompany children
- Costumes should be light in color to aid in visibility, be fire resistant, and not pose a trip hazard
- Use make-up instead of vision-blocking masks
- Always use sidewalks and obey traffic signals / signs
- Always cross the street at corners and never cross the street between cars
- Never go into a house for any reason
- Never go with somebody without prior parental permission
- Only accept sealed and wrapped treats
- Always wait until an adult checks all treats at home before eating
- Dial 911 for emergencies or dial 0 for an operator
- Have Fun and Be Safe

Looking forward to seeing you

at our Post and at our Post events!

For God, Country, our Veterans, and Community!  
Bless Us All,

Tom Burrows, Commander  
The Sons of Post 59

## GOIN' HALF HOG

There's still time to get raffle tickets at the Post to win half a Vermont grown pig.

\$5 each or 20 for \$6.

Drawing will be November 11<sup>th</sup> at the Veterans Appreciation Dinner.

## AUXILIARY

Hello Ladies,  
There have been a few changes since the last newsletter. We were unable to find a member who would take the Treasurer position. After researching what the possibilities were we made a decision.

I resigned as your President and the 1<sup>st</sup> Vice President, Wanda Woodard, moved up to become President. Past Department President Terri Christie installed President Wanda.

President Wanda appointed Terri Christie as 1<sup>st</sup> Vice President and me as Treasurer. Past Department President Terri Christie installed me and

Past Department President Pat Sherman installed Terri.

Now we can continue with our programs. President Wanda will need all our support but we have confidence in her abilities to lead us forward.

The Auxiliary Birthday is celebrated in November and the Legion is giving us a dinner. That is the night we conduct our Past Presidents Parley in memory of our members who passed on this past year. We hope all past presidents please plan to attend and take part.

You should also bring items you are donating to the Veterans Christmas Gift Shops at the VA Hospital and Bennington Veterans Home.

November is also the month to sign up your children for the Children's Christmas Party with Santa and gifts.

Thank you again for the support you have given me and hope you will support our new president.

For God and County  
Loleta Perry,  
Past Unit President  
244-8563.  
[loleta\\_perry@comcast.net](mailto:loleta_perry@comcast.net)

## FROM THE BAR....

Hey folks, as we gear up for the Holidays, our spirits are high, and we are in the mood for celebrations!! Now that

summer has passed, and the cooler weather is upon us we are getting ready for a busy fall and winter.

Want to have a party inside? This is the place. We are keeping up with trends in new local beverages, and would love to host your private party. Please plan ahead, as we are booking up fast.

## BARTENDER'S CHRISTMAS PARTY

Friday, December 18<sup>th</sup>  
6:00

*Great munchies, music, Santa Claus and lots of good cheer. Stop at the Post to sign up for the gift exchange.*

As we are trying to be more "green" at the lounge, we ask that if you want your copy of the newsletter e-mailed to you give us a shout at the Post. You can call 244-8144 or send us an e-mail at [alpost59@comcast.net](mailto:alpost59@comcast.net) if you need information on anything.

We have lots of fun planned for the upcoming months including Karaoke and some fun raffles to get you through your winter blues. Just check your calendar.

Thanks to everyone for a fun and productive summer!

Sincerely,  
Tammy & your friendly staff

~ *Help us honor and serve Veterans* ~

## POST 59 CALENDAR OF EVENTS

### NOVEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>BINGO</b> 11:00	2	3 SAL Meeting 6:00  Queen of Hearts Drawing 6:30	4	5 Texas Hold'em 7:00	6	7
8	9	10 Queen of Hearts Drawing 6:30	11 <b>Veteran's Day Ceremony</b> 11:00 Rusty Parker Park  <b>Veteran's Dinner &amp; Auxiliary Birthday</b> 6:00	12 Texas Hold'em 7:00	13 <b>Karaoke / DJ</b> 7:00	14
15	16	17 Queen of Hearts Drawing 6:30	18	19 Texas Hold'em 7:00	20	21
22	23	24 Queen of Hearts Drawing 6:30	25 E-Board Meeting 6:30	26 <i>Thanksgiving Day Post Closed</i>	27 <b>Karaoke / DJ</b> 7:00	28
29	30					

### DECEMBER 2015

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	5
6 <b>BINGO</b> 11:00	7	8 Queen of Hearts Drawing 6:30	9 Legion Riders 6:00  Legion & Auxiliary 7:00	10 Texas Hold'em 7:00	11 <b>\$20 Dinner Karaoke / DJ</b> 7:00	12
13	14	15 Queen of Hearts Drawing 6:30	16	17 Texas Hold'em 7:00	18 <b>Bartender's Christmas Party</b> 6:00	19
20	21	22 Queen of Hearts Drawing 6:30	23 E-Board Meeting 6:30	24 Texas Hold'em 7:00	25 <i>Christmas Day Post Closed</i>	26
27	28 <b>Blood Drive</b> 10:00-3:00	29 Queen of Hearts Drawing 6:30	30	31 <i>New Year's Eve Potluck Dinner</i> 6:00		

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

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## JANUARY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <i>New Year's Day</i> <b>Commanders Call</b> 1:00	2
3 <b>BINGO</b> 11:00	4	5 SAL Meeting 6:00 Queen of Hearts Drawing 6:30	6	7 Texas Hold'em 7:00	8 <b>Karaoke / DJ</b> 7:00	9
10	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 <b>Blood Drive</b> 10:00-3:00 <b>Karaoke / DJ</b> 7:00	23
24	25	26 Queen of Hearts Drawing 6:30	27 E-Board Meeting 6:30	28 Texas Hold'em 7:00	29 <i>Winter Fest</i>	30 <i>Winter Fest</i>
31						