
Harry N. Cutting

Post 59 American Legion Family

Waterbury, Vermont

August, September, October 2015

COMMANDER

Well, my second year as Department Commander is over! With one exception, I'm the Chairmen for the Vermont delegation headed to National Convention, Baltimore, MD at the end of August 2015. Had another exceptional year as Department Commander, however Rani & I are pleased, the tour is behind me.

I've been elected for a 2nd year as Post Commander! YEA! With David Dow as our Vice Commander, Adjutant Chris Wood, Gary Cromie as Finance. Other players are Scott Woodard, Michael Freedom, Sam Miller, Gene Sweetser, and Lester Ayers. Looking forward to another great year! I'd like to thank all of the officers that have made Post 59 shine this year! Other "Great" news, Post 59 achieved 100% in legion membership this year!!!!

Lost two of our dear senior Legionnaire's recently. Jim Boyce and Bing Woodard, two of our long-term Legion members. We thank both Jim and Bing for so many years of dedicated service to the American Legion. The Post has sixty-nine (69) additional senior members, we address as HLM's. We have the honor of paying their annual dues as Post members. Their Legion cards will be in the mail soon.

Saturday, August 22nd will be our "Legion Family Day"! We will host the BBQ right at Post 59 this



year. ALL Legion family members from the Post are invited to attend, starting at 12:30 PM. This is a FREE BBQ folks, please join us....

For a 2nd year the Post will host our "Early Bird" Dinner and our Veterans' Appreciation Dinner on the same date: Veterans' Day,

Wednesday, November 11th, 2015. These dinners are open to all "Legion Family" members that have paid their 2016 Legion dues, and ANY veteran that wishes to share a complete turkey dinner with our family.

Elvis will be back in Waterbury on Saturday, August 29th. What a fun night at the Post. Tickets will be available at the Post soon. Again, please join us!

A reminder that Post 59 will host another "Blood Drive", Friday, August 14th, 2015. Gene Sweetser, Chairman, has done an excellent job working with the American Red Cross on this important giving program. The 2016 schedule will be available in our next newsletter.

Legion Post meetings are held on the 2nd Wednesday of each month. The meeting starts at 7:00 PM. Unit 59, American Legion Auxiliary meeting is at the same time. Squadron 59, Son's meet on the 1st Tuesday of each month at the Post, at 6:00 PM. Get involved, share your ideas on what the Legion Family can do for our Veterans, Children, and Community. Volunteers are always needed!

Your Legion sponsored two students to attend the Law & Order Cadet Program at the Police Academy in June. I had the opportunity to address the nineteen (19) students that participated. What a great training opportunity

For God, Country and our Veterans

for our young students. Oh, we have four (4) young folks attending the Vermont Conservation Camp this year. One of the best conservations camps in the country. We took the opportunity to send a young man to Boy's State this year, however he was from another town. I have to say it's been years since we've had any Waterbury students attend the program.

So, please visit your American Legion, attend a Post meeting, and get involved! If you have any questions, please give me a call at (802) 522-7770, or e-mail: topvet10@gmail.com. Wishing you the best to have a safe, wonderful summer in Vermont.

For God and Country,
Regards,
Rick Gray
Commander, Post 59

ADJUTANT'S NOTES

Welcome Summer! It is a time for barbeques, camping, and road trips, and fall 2015 looks to be full of activities at your Legion. Please take the time to congratulate and thank the returning/newly elected officers of the Post, as they contribute countless hours to serving you, the membership of Post 59. We continue to look to have live music every weekend, so please come on out and support your Legion and the many great bands that are in the area when they are scheduled. 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 p.m. for Post meetings or feel free to e-mail us at alpost59@comcast.net.

The membership roundup for 2015 is complete with the Post reaching 100% through some last

LEGION FAMILY BBQ

Saturday, August 22nd
12:30 at Post 59

Free to all Legion Family Members!

minute effort from Commander Rick and Vice Commander Dave. I want to take a second to thank the bar staff for reminding folks to renew and Gene Sweetser for keeping me straight through my first year as Adjutant. It has been truly an honor to serve the members of Post 59. We had 236 people renew/join at the Post and 27 people used mylegion.org to renew online. Don't forget to tell your veteran friends about our Post so that we can see this number grow for 2016.

Membership for 2016 is off and running with the HLM cards already in the mail and fund-raising going on at the Post to pay for them. **A reminder that dues are \$35 for 2016 as the cost of doing business goes up. 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. 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.**

The effort to streamline communications is going great, and we now have over 100 people signed up for the paperless newsletter. If you haven't done so yet, then please sign up for our electronic version of this newsletter by sending an email to legionpost59vt@googlegroups.com or 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

SERVICE OFFICER

Legion Membership Insurance

Now is the time to renew your Accidental Injury insurance that comes without additional cost with your annual Legion membership. The easiest way to renew is to go online to: www.theLIT.com. Otherwise, pickup a form at the Post. This insurance does **not** renew automatically when you renew your membership. The details are as follows:

"As a Legionnaire, you're now eligible for LegionCare, up to \$5,000 in NO COST Accident coverage. This base benefit is an important benefit extended to valued Members – compliments of Your Department of The American Legion.

Yes, LegionCare really is at NO COST To You. That's because coverage has been arranged on your behalf by Your Department of The American Legion.

You can't be turned down, no matter how dangerous your job or how often you travel. Plus, it pays benefits regardless of any other coverage you have, as well as disabling injuries. But it's not automatic – you have to activate it.

Every time you step into your car to go to your monthly Post meeting, you can rest assured your

LegionCare benefits are on duty. That's because once you enroll in LegionCare, you are covered for \$5,000 in Accidental Death Protection. You are also covered for \$1,000 in protection for all other covered accidents, all at NO COST to you.*

And this is true if you travel for any Legion function – Department meetings, fundraisers, softball events, or any event conducted for Legion business. Benefits are valid through 8/31/2016.

Your family or beneficiary will collect cash benefits regardless of any other insurance and you cannot be singled out for a premium increase. Most important of all, this valuable accident protection is issued through The Legionnaire Insurance Trust and endorsed by Your Department of The American Legion. When it comes to protecting your family's economic security, you shouldn't rely on strangers. Get the insurance that was carefully examined and endorsed by Your Department. Sign up today for the protection especially designed to help protect your family in case of your death.

- \$5,000 accidental injury is only payable when injury or death is caused by an accident while on or traveling to an American Legion function.*
- \$1,000 is payable when an accidental injury or death is caused by an accidental injury when not on or traveling to an American Legion function. “*

Insurance for Service-Disabled Veterans

Veterans with a service-connected disability may be eligible for several VA insurance benefits for disabled Veterans.

Service-Disabled Veterans Insurance (S-DVI) provides life insurance coverage to Veterans whom VA has granted service connection for a new disability within the last two years. Totally disabled Veterans are eligible for free coverage and have the opportunity to purchase additional insurance.

Eligibility: You are eligible for S-DVI if you meet **ALL** of the following criteria:

- You were released from active duty under other than dishonorable conditions on or after April 25, 1951.
- You were rated for a service-connected disability (even if only 0%).
- You are in good health except for any service-connected conditions.
- You apply within 2 years from the date VA grants your new service-connected disability.

ELVIS IS BACK !!

Saturday, August 29th
7:00

Contact the Post for tickets and more information

Veterans Mortgage Life Insurance (VMLI)

VMLI provides mortgage life insurance protection to severely disabled Service members and Veterans whom VA has granted a Specially Adapted Housing (SAH) grant.

Eligibility: 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 the title to the home, AND
 - Have a mortgage on the home
- Veterans must apply for VMLI before their 70th birthday.

Get It Off...MOVE!

It's called "MOVE! Coach" and it's a phone app that offers a new way to participate in MOVE!, the national weight management program designed by the VA National Center for Health Promotion and Disease Prevention to help Veterans lose weight, keep it off and improve their health.

Now Hear This! This really works! 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, look for a link or
- From the Apple App Store, select the "iPhone Only" filter, and search for "move coach" in the search box.

MOVE! Coach has great features and benefits:

- **11 specialized guides** to help you manage your weight and get healthier
- **Daily diaries** for tracking how much you weigh, what you eat, and how much exercise you are getting
- **Tools to help you set and meet your personal goals** for weight, diet, and physical activity
- **Personalized graphs** for tracking your long-term and

daily weight loss, daily food intake, calories, and physical activity

- **Educational videos** -- including 11 on physical activity -- and a variety of games and worksheets make it easier for you to succeed
- **Calculators** to determine how many calories you consume and burn
- Progress and summary **reports** to help you keep track of your goals
- **Problem-solving** tools help guide you past common weight management challenges
- Links to **additional handouts** that provide even more information to help you succeed.

See more at:

<http://www.va.gov/HEALTH/News/Features/2015/March/these-veterans-lost-a-lot-of-weight-you-can-too.asp#sthash.wPL0uLwu.dpuf>

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

CHAPLAIN'S CORNER

First of all, I would like to thank the Post for giving me the privilege to serve as your Chaplain. The importance of spiritual health is an aspect that is paramount to our entire overall wellness. Spirituality can help you feel connected to something bigger than yourself and build resilience at the same time. Your spirituality can involve whatever beliefs and values give you a sense of purpose. For many, it may be a relationship with God and certain religious practices. For others, spirituality plays out in non-religious ways, such as through a focus on family or nature. However you express it, spirituality can promote healthy connections with others, healthy

lifestyle choices and the strength to endure hard times. Whether expressed through prayer, meditation, or in other ways, being spiritually "fit" is important to building resilience and living a happy life. In order to facilitate this aspect of health, I would like to make myself available as a compassionate ear for those who request it. We all know and understand that sometimes life gives us more than we can handle, when that happens please feel free to reach out to me. 802-289-1100 or wiltreftz@yahoo.com

God Bless,
Wil Treftz, Chaplain, Post 59

LEGION RIDERS

It's finally summer, and we are headed into prime weather for spending time on two wheels exploring the highways and byways of Vermont. We have had a few rides together this year including participation in the Vermont Thunder Ride over Memorial Day weekend. 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? We continue to look for more members to join us, so please spread the word to eligible members that like to ride. Meetings are generally around the Wednesday Legion Meetings, and rides are usually on Sundays. When the weather is right we will incorporate a ride into a meeting agenda, and these will usually be short trips to area legions or other local places.

If you would like to be a member of the Legion Riders Group then contact Chris at 802-793-4904, e-mail chriswood0869@gmail.com, or visit us at Post 59.

Chris Wood, President
Legion Riders

RED CROSS BLOOD DRIVE

The last two blood drives at your Post have netted 87 pints of both whole blood and double red cell donations. The next two drives are on Friday August 14th and Friday October 9th. The time is 10 a.m. to 3 p.m. For those of you who have donated, a great big thank you from myself and the Commander.

There are many reasons people cannot donate, which means for those who can, it is a chance to help change a neighbors life. Every two seconds, someone in America needs blood! If you have never donated please come in and see if you are eligible. Give it a try. Bring along a friend to see if they also are able to donate. Even if you forgot to get an appointment please just walk in. They should be able to accommodate you. It is a great feeling knowing that you helped a friend, neighbor or someone you will never know. Many people at some time in their lives need blood or one of the many components derived from blood or plasma. Blood supplies are at their lowest during the summer months. Type O blood is always in demand. Appointment times for both drives are available now.

You can call 800-red cross for an appointment or any question you may have, or call me at 802-879-4838

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

STEAK & LOBSTER FEED

Saturday, September 12th

5:30 Cocktails
6:30 Dinner

SONS OF THE AMERICAN LEGION

With the changing of sessions, closing one year and starting another, come officer elections for each branch of the American Legion, (Legion, Auxiliary, SAL).

May 5th 2015 was the Squadrons election night. This year's election results for Post 59's Squadron Officers are as follows:

- Commander – Tom Burrows
- 1st Vice Commander – David “Roadkill” Lowell
- 2nd Vice Commander – Don Gile
- Adjutant – Bill Kernan
- Finance Officer – Bill Kernan
- Sgt @ Arms – Paul West
- Chaplain – David “Wilbur” Wright
- Historian – Don Gile

All officers were sworn in during the Installment Dinner on June 10th. As your elected officers, we will continue to work for the American Legion, our Post, & our community guided by the American Legion's Mission.

Remember, it is all of our responsibility as members to promote the programs of the Legion and all members are encouraged to participate in any and all of our events. The “on-goings” of the Post are reviewed each month at the monthly meetings and all are welcome during these open forums. Your input and ideas are truly welcomed!

To round out the year, our final fundraiser for “Last Year's” session was on May 6th at the Post where we held our 2nd Meat Bingo. The games were fast and furious leaving winners with roasts, chops, burgers, steak and sausage amongst other meaty vittles. The

climax of the evening was Game #22 where the *stakes* went up to \$5 for this last game to win a 14lb Prime Rib Roast. To say the least the banter & laughs were as “fresh” as the cook to order burgers provided by the SAL kitchen staff during the event! A truly successful event for an “Over the Hump Day” evening that we'll look to bring soon again for some midweek fun where we all get to *MEAT* our neighbors! **J**

As we close our book\$ for the fiscal year, one of our last donations on behalf of the Son's, Legionnaires, and Auxiliary were the scholarships we provide graduating students of Harwood Union High School and or that to graduating students of other schools of Post 59 family members. At this year's graduation award ceremony the following students were awarded \$500.00 each on behalf of our Post 59 American Legion Family: Merrill Woodruff, John Drake & Kelly Myrto. We wish them well in their learning endeavors.

As summer heats up remember some of our post activities.

- Queen of Hearts Drawing each Tuesday night at 6:30pm
- Thursday Texas Hold Em at 7pm
- Red Cross Blood Drive from 10am-3pm on Friday, August 14th
- The Post's annual Lobster/Steak Feed Celebration on Saturday September 12th and
- don't forget Our SAL Annual Trip – Redneck Extravaganza (a.k.a. the greatest ticket in town) on Saturday September 26th.

Look for signs & flyers at the Post, the schedule at the end of the newsletters, and you can always

visit the Post website or Facebook page for information and updates. <http://www.alpost59vt.us>

Remember, the **FIRST Tuesday of the month at 6pm (18:00hrs) is our Squadron SAL meeting.** 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

VACATION GET-A-WAY RAFFLE & RED NECK EXTRAVAGANZA

Saturday, September 26th

WIN A VACATION !!

Door prizes, great redneck food and music. Come as your favorite redneck!

Get your tickets soon!

AUXILIARY

Hello Ladies,
A New Year for the Auxiliary, new officers and a new president. I am sure there is no one out there who does not know me, Loleta Perry. I have been active in the Unit and Department for many years and still going strong. I was elected as your President for 2015-2016 and I know I have big shoes to fill but I look forward to the challenge.

The rest of the new officers are:

- Wanda Woodard, 1st Vice President;
- Lillian Perry, 2nd Vice President;
- Lorraine Gray, Treasurer;
- Arlis Fuglie, Secretary;

- Betty Jones, Chaplain;
- Thelma Forkey, Sergeant-at-Arms; and
- Shirley Dow, Cheryl Dow, and Mary Grace, Executive Board members.

Third District President Jeanne Hommel installed us.

Seven members of Harry N. Cutting Unit 59 attended the 97th American Legion Auxiliary Department of Vermont

Convention held June 26-27 in Ludlow, Vermont. Among the awards received were the

- Verna Duprey Leadership Award,
- Mabel Pearson Rehabilitation Award,
- Alice Boardman History Award and the
- Lynn Barnes Department Chairman's Trophy.
- Certificates for Unit Who Made Poppies 2014-2015 and
- Strategic Plan.

The Unit also received two trophies that were retired: the Aurora Bardosi Junior Membership Trophy and Amelia Mason Picture History Plaque. These trophies were given because Unit 59 was awarded them the most.

The Department of Vermont named our own Arlis Fuglie the Unit Member of the Year. She was present to receive the award and a bouquet of flowers from the Unit. She'll have the chance to attend the National Convention and festivities.

BINGO'S BACK !

Sunday, October 4th !!

Doors open at 11:00
Quick games at Noon
Regular games at 1:00

Lunch & snacks available

The new Department of Vermont officers are

- Debra Tiernan, Department President;
- Kathi Cayia, Vice President-President Elect;
- Sharon Corey, Chaplain;
- Loleta Perry, Historian and
- Jeanne Hommel, 3rd District President.

Unit 59 members receiving appointments were

- Lorraine Gray, Parliamentarian;
- Terri Christie, NEC and Member of Finance and
- Loleta Perry, Public Relations chairman.

Elected delegates to National Convention in Baltimore Maryland were Arlis Fuglie, Terri Christie and Lorraine Gray.

Unit 59 members who attended were Lorraine Gray, Terri Christie, Patricia Sherman, Loleta Perry, Arlis Fuglie and Berniece Cameron.

Poppy chairman Wanda Woodard led the Poppy Distribution during May and raised \$1,198 for the veterans. Members were at Shaw's, Village Market and Crossroads Beverage collecting donations.

I plan to continue giving information for the books you started last year. This information will help you to learn about the Auxiliary and our aims and purposes. Please read this newsletter for more information on coming events.

If you have any questions please call or email me. I will do my best to help.

For God and County;
Loleta Perry, President, Unit 59
244-8563.

loleta_perry@comcast.net

Watch for the Veteran's Appreciation & Early Bird Dinner

Wednesday, November 11th

Cocktails 5:00

Dinner 6:00

FROM THE BAR....

Hi All,

Summer is upon us, and once again there are many positive changes happening at the Post.

I want to say "Thanks" to all who supported our most recent July 4th raffle for the Honorary Life members, and Commander Rick's mail out raffle. They were both very successful. The proceeds will be appreciated by many of our veterans who so deserve a pat on the back by paying their dues, and continuing other programs that will also benefit them.

More renovations are wrapping up, so please come check them out along with new brews from the 14th Start Brewery in St. Albans, which is veteran owned. Don't worry, we still have "Heady Topper" as well! We are now offering more in the way of food and munchies at the bar, so come on in, sit, relax in the a/c, enjoy a refreshing beverage, and have something to eat!!!

Please watch your attached calendars for upcoming events or, as always, give us your email or check out our Facebook page for updates. *Alpost59.net* or American Legion Post #59 on F/B.

Thanks,
Tammy & Team

POST 59 CALENDAR OF EVENTS

AUGUST 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 SAL Meeting 6:00 Queen of Hearts Drawing 6:30	5	6 Texas Hold'em 7:00	7	8
9	10	11 Queen of Hearts Drawing 6:30	12 Legion & Auxiliary Meetings 7:00	13 Texas Hold'em 7:00	14 Red Cross Blood Drive 10:00 to 3:00	15
16	17	18 Queen of Hearts Drawing 6:30	19	20 Texas Hold'em 7:00	21	22 Legion Family BBQ 12:30
23	24	25 Queen of Hearts Drawing 6:30	26 E-Board Meeting 6:30	27 Texas Hold'em 7:00	28	29 Elvis 7:00
30	31					

SEPTEMBER 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	7 <i>Labor Day</i>	8 Queen of Hearts Drawing 6:30	9 Legion & Auxiliary Meetings	10 Texas Hold'em 7:00	11	12 Steak & Lobster Feed 6:30
13 The Fiddlers 11:00-4:00	14	15 Queen of Hearts Drawing 6:30	16	17 Texas Hold'em 7:00	18 Dinner & Raffle 6:30	19
20	21	22 Queen of Hearts Drawing 6:30	23 E-Board Meeting 6:30	24 Texas Hold'em 7:00	25	26 SAL Trip Extravaganza
27	28	29 Queen of Hearts Drawing 6:30	30			

Postal Indicia On This Page

OCTOBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Texas Hold'em 7:00	2	3
4 BINGO 11:00	5	6 SAL Meeting 6:00 Queen of Hearts Drawing 6:30	7	8 Texas Hold'em 7:00	9 Red Cross Blood Drive 10:00 to 3:00 Karaoke 7:00-11:00	10
11	12 <i>Columbus Day</i>	13 Queen of Hearts Drawing 6:30	14 Legion & Auxiliary Meetings 7:00	15 Texas Hold'em 7:00	16	17
18	19	20 Queen of Hearts Drawing 6:30	21	22 Texas Hold'em 7:00	23 Senior Center Harvest Dinner	24
25	26	27 Queen of Hearts Drawing 6:30	28 E-Board Meeting 6:30	29 Texas Hold'em 7:00	30	31 <i>Halloween</i>

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