
Harry N. Cutting

Post 59 American Legion Family

Waterbury, Vermont

May June July 2013

VICE COMMANDER

I'd like to start out by letting you all know that Commander George is feeling better. Hope to see him back soon.

March Events:

- Pack 711 Scouts held their Pine Wood Derby March 24 at the Legion. It was a huge success. Post 59 provided pizza for the kids.
- On March 16 Post 59 held a St. Patrick Day Dinner and Dance. That turned out to be a good event. We can also use more support and participation these events. Thanks to the staff and house committee.

We also hold special meetings and events at the Legion free of charge as part of our American Legion programs. Revitalizing Waterbury held their meeting here and in April the Library held another program on Sunday April 14th as well as the Historical Society on April 24. None of this would



be possible without the support of our members. Please check your calendar for coming events and come down and show us your support. For Post 59 to survive we need our members support.

Club Events:

- April 7th – Auxiliary Bingo
- April 9th – Nomination of officers for the American.

Legion and the Auxiliary We need some new blood. Several positions are open this year. Please submit your name and the office you are interested in running for. I would like to thank the officers for their dedicated service to Post 59. A lot of us want to step down. Please step up and take an office.

- April 27th – Annual Calcutta
- May 14 -- Election of officers
- May 27th – Memorial Day ceremony held in conjunction with the Historical Society with a free luncheon after the ceremony at the Post.
- June 11th – Installation of officers and a dinner to follow. Hope you are one of the new officers.
- June 14th – Flag Day ceremony.
- Plans are underway with the committee for the 250th celebration of the founding of Waterbury. Watch for details.

For God, Country and our Veterans

- o June 28,29 -- Waterbury Not Quite Independence Day celebration. We can use some help setting up, staffing, and taking down the Bingo tent.

As some of you know, Post 59 is trying to start up an American Legion Motorcycle Riders Chapter. To be a member you must be a member of the American Legion, or Auxiliary or Sons of the American Legion. Right now we are in the early stages. I think this can be something big. If you would like to know more about it come to our next meeting, 4:00 April 21st, at the American Legion Post. At this time Chris Wood is the President, Mike Wood is the Vice President. We will have elections in June. So come to our meeting and help us get this on the road. If you have any questions you can call Christ Wood at 793-4904 or Mike Wood at 244-7401.

For God and Country,
David Dow, 1st Vice
Commander, Post 59

Texas Hold'em
Saturday, June 29th
Sponsored by NQID

ADJUTANT'S NOTES

The Post is sitting at 87% with our 2013 Legion mem-



bership. We still have a number of our active duty folks that have not re-enlisted. We need your assistance in retaining our membership record of 100%.

Our Post meeting is the 2nd Tuesday of each month. We need other Legion members to step up to the plate and run for Post officers! A number of the current Post officers are ready to finish up after more than one year in their respective position. I am being installed as Department Commander in June and really need someone to step forward and assume the Adjutant's position. Actually, most of the Post officer positions are available if you are interested. Post Elections will be held at our May 2013 (2nd Tuesday) Post meeting. Please join us at 7:00 PM at the Post!

The Department Convention will be held at the Sheraton Burlington on June 21-23. Legionnaire's can sign up to be a delegate. You would represent the Post on June

23rd at the general meeting. I believe we should be authorized 12 delegates this year. Any questions, please give me a call at 802-522-7770.

Regards,
Rick Gray
Adjutant, Post 59

SERVICE OFFICER

Homeless Veterans Fund

There is a fund available for veterans who are about to become homeless or are homeless. For information call the Post Service Officer.

Emergency Fund

We also have an emergency fund for local (Waterbury and Duxbury) veterans including both Post members and non-members. This is for one-time emergencies and it is limited. For information call the Post Service Officer.

VA Aid and Attendance

Low income Veterans age 65 and older who served 90 days including at least one day during an official combat period are eligible for this program. The program is also available to the widows, widowers and dependent children of eligible veterans. Eligible veterans and their widows receiving Medicaid in a nursing home may receive a small VA stipend without reducing Medicaid.

VA ONLINE NOTES: Could a Social Worker Help You?

You will find social workers in all program areas at VA medical centers who are ready to help you with most any need. If you have questions or problems, the social worker will be able to help you or can refer you to the right person for help.

How do you know if you need a social worker? Here are just some of the ways that VA social workers can help. They can advise you on getting help from the VA or from community agencies, such as Meals on Wheels, so you can continue to live in your own home.

Do you need help in applying for Benefits from the VA, Social Security and other government and Community programs? Ask your VA social worker.

VA social workers develop and implement treatment approaches which address individual social problems and work with acute or chronic medical conditions, dying patients and bereaved families.

Installation of Officers

And Potluck Dinner
Tuesday, June 11th

PTSD: Candid Talk from Veterans Who Have Been There.

Learn about PTSD from Veterans who tell how they deal with it. They talk here about how getting PTSD treatment turned their lives around:

How I knew I had posttraumatic stress disorder (PTSD)

These brave men and women can tell you firsthand how they knew they had PTSD. It may be because family told them they needed help, or for Kevin it was not being able to go to Walmart.

The Veterans address these symptoms:

- Re-living the event (also called *flashbacks* or *re-experiencing*): Memories of trauma can come back at any time. You may have nightmares or feel like you are going through the experience all over again.
- Avoidance: You try to stay away from things that remind you of the event...including discussing it with a counselor, friends or family.
- Feeling numb: You find it hard to express your feelings, and you may not

be interested in spending time with family and friends.

- Feeling keyed up (also called *hyperarousal*): You may be constantly on guard, startle or get angry all of a sudden.

Find out how treatment turned their lives around.

Learn about PTSD from Veterans who live with it every day. Hear their stories. Find out how treatment turned their lives around -- men, women, young, not-so-young, Iraq, Vietnam, many career fields, many locations.

These Veterans know that by going public, they can help other Veterans and their families who may be reluctant to seek treatment. In very direct language, they will tell you:

- Why I didn't ask for help when I knew I needed help?
- What my treatment was like.
- How treatment helps me.

At VA Mental Health, you will find information about dealing with:

- PTSD
- Depression
- Military Sexual Trauma
- Substance Abuse

<http://www.mentalhealth.va.gov/>

RETURNING VETERANS

On the home page of every VA Medical Center, there is a direct connection to information about the many benefits OEF/OIF Veterans have earned. Look for the yellow ribbon and click to start applying for your benefits.

Sam Miller, Service Officer
802.244.1484
LSamMiller1@gmail.com

SONS OF THE AMERICAN LEGION

Hello Post 59 Legion Members! Spring has sprung! Put on your Mud Boots and get out and play!!

So what have your Post Officers, E-board, House Committee, Bartenders and members been up to? A 2013 sample so far . . . The Annual USO Show, Friday Night Dinners, Auxiliary Birthday Party, POST / SAL Birthday Party, Chili Cook Off & Daytona 500 Party, St Paddy's Day Celebration and a host of birthday parties, anniversaries, Bingo, Texas Hold'Em, Pitch, and finally an Ace of Spades winner after 25 weeks was crowned on March 22nd with over \$3700.00 – whew! Celebration, celebration,



celebration!! And the list goes on.

The next BIG item at the Post is the Legionnaires biggest annual fund raiser: The Post Annual Calcutta. Only 100 tickets sold for a \$100.00 each. Each good for dinner for two, your drawing numbers and a night of music, dance and laughs! Please call the post if interested in attending. This would be a great sell out with proceeds going to Veterans and Youth. The event is the Saturday evening of April 27th.

The St Paddy's Day activities at the Post the weekend of March 15th included a fantastic ham and corn-beef meal with all the fixings, live jamm'n tunes, and the SAL Basket O' Cheer raffle. Terry Lavalley of Barre won the basket this year and the raffle generated \$560.00 for the SAL fundraising / donation coffer.

Overall SAL membership is slowly coming into

alignment. Current SAL membership is at 72% with a target of 100% paid membership by June 1st. Please get your memberships in, sponsor a member, and of course sign up new members!! Membership is the lifeblood of the organization. It's not just the monetary membership that helps, it's the new blood and ideas to help drive this great organization forward.

Upcoming for the SAL – April 2nd, May 7th, June 4th – SAL Monthly meetings at 6 p.m. upstairs at the post.

- **We have raised our monies to meet all our planed charitable donations to Veterans, Children / Youth and Community through session end June 30th 2013!**
- We need to read and vote on all Walt Coolbeth Scholarship applications in May for awarding at the high school graduation ceremony in June. (2) \$500.00 Scholarships is what this scholarship has transformed into.

Kentucky Derby Party
Saturday, May 4th
Wear your Derby Hat & Win a Prize!
Race Betting

- Year End reporting to State and National of all our fund raising \$'s and volunteer hours along with all recipients – due May 31st
- Nomination and Election of Officers for June Officer Installment for 2013/14 session.

Now the “meat and potatoes” message to all Son’s, and to all American Legion Members at large: It is time to prepare to regroup and elect new officers for the next session that will start July 1st 2013. **Nominations are currently open and the form is on the wall by the pool table as you come into the downstairs hall.**

Please sign up nominees. The nomination paper will go to the May 7th meeting where the floor will be open to nominees one last time and then the actual election to follow. The election is on May 7th at our monthly meeting, 6 p.m. upstairs. Please consider working with or as an SAL officer this next session. **We all should share in this privilege, REALLY!**

I look forward to seeing you at our Post and at our Post events!

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

The Sons of Post 59 ~
Commander Tom

The Fiddlers Are Back
Sunday, July 7th
Upstairs ~ Open to the Public

AUXILIARY

Well, it looks like spring may be finally arriving. I can't believe how fast the year has gone.

I'd like to remind everyone that it is almost time for nominating and electing officers, so please let us know if you are interested in becoming an officer of Unit 59 and getting involved.

Bingo has been going really well. If anyone would like to volunteer some time please contact myself, Bella or Terri. We need help in running the kitchen and on

the floor or calling. We'd like to rotate workers so the same people are not doing all of the work. Come on ladies, it is only one day a month and it is actually not a bad way to spend an afternoon.

Kudos to everyone involved in the USO show. It was a great show and everyone had a good time. I was supposed to be helping and a few times I became so involved in the show I forgot what I was supposed to be doing. The proceeds from the show will help fund the many programs we support. I can't wait to see what next years show will be.

Remember there is always something happening at the Post, so please stop in and help support the Post. Sometimes it is as easy as just being present at an event to help make it a success.

Don't forget meetings are held the second Tuesday of the Month at 7:00 PM. The Auxiliary now meets upstairs.

For God and Country,

Virginia Estivill, President
Unit 59

POST 59 ANNUAL CALCUTTA
Saturday, April 27th
Top Prize \$3,000
Tickets must be purchased in Advance ~ call 244-8144

POST 59 CALENDAR OF EVENTS

MAY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 Kentucky Derby Party
5 Bingo 11:00	6 House Committee 6:00	7 SAL Meeting 6:00 Elections	8 Pitch 6:30	9 Texas Hold'em 7:00	10	11 Softball Calcutta
12 <i>Mothers Day</i>	13	14 Legion & Auxiliary Meetings 7:00 Elections	15 Pitch 6:30	16 Texas Hold'em 7:00	17	18 <i>Armed Forces Day</i>
19	20	21	22 Pitch 6:30	23 Texas Hold'em 7:00	24	25
26	27 Memorial Day Ceremony <i>Lunch follows</i>	28 E-Board Meeting 6:30	29 Pitch 6:30	30 Texas Hold'em 7:00	31	

JUNE 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Bingo 11:00	3 House Committee 6:00	4 SAL Meeting 6:00	5 Pitch 6:30	6 Texas Hold'em 7:00	7	8
9	10	11 Installation of Officers & Dinner	12 Pitch 6:30	13 Texas Hold'em 7:00	14 Flag Day Ceremony <i>Exciting this year Watch for details</i>	15
16 <i>Father's Day</i>	17	18	19 Pitch 6:30	20 Texas Hold'em 7:00	21	22
23	24	25 E-Board Meeting 6:30	26 Pitch 6:30	27 Texas Hold'em 7:00	28	29 Texas Hold'em <i>Upstairs</i>
30						

JULY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 House Committee 6:00	2 SAL Meeting 6:00	3 Pitch 6:30	4 <i>Independence Day</i>	5	6
7 Fiddlers <i>Upstairs</i> Open to Public	8	9 Legion & Auxiliary Meetings 7:00	10 Pitch 6:30	11 Texas Hold'em 7:00	12	13
14 8 & 40 Marche <i>Upstairs</i>	15	16	17 Pitch 6:30	18 Texas Hold'em 7:00	19	20
21	22	23 E-Board Meeting 6:30	24 Pitch 6:30	25 Texas Hold'em 7:00	26	27
28	29	30	31			

Check with the Post (244-8144) or the website (<http://www.alpost59vt.us>)
for more information and events not yet scheduled!

<p>May 5, 1865 –</p> <p>Decoration Day was first observed in the U.S., with the tradition of decorating soldiers' graves from the Civil War with flowers. The observance date was later moved to May 30th and included American graves from World War I and World War II, and became better known as Memorial Day. In 1971, Congress moved Memorial Day to the last Monday in May, thus creating a three-day holiday weekend.</p>	 <p>July 4, 1776 –</p> <p>The <u>Declaration of Independence</u> was approved by the Continental Congress.</p>	<p>June 14, 1777 –</p> <p>John Adams introduced a resolution before Congress mandating a United States flag, stating, "...that the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the union be thirteen stars, white on a blue field, representing a new constellation." This anniversary is celebrated each year in the U.S. as Flag Day.</p>
--	---	--

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

Non-Profit Org.
U.S. Postage
PAID
WATERBURY, VT 05676
PERMIT NO. 4