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# Harry N. Cutting

## Post 59 American Legion Family

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Waterbury, Vermont

August, September, October 2014

### COMMANDER

Well this appears to be the year for “Recycled” Commander’s and Unit Presidents at Waterbury Post # 59? J My wife Rani is Unit #59 President again as well. The famous last words, just one more year and I’m finished!! The Department of Vermont, American Legion has made history as well. I occupy the seat of “Department Commander” for a 2<sup>nd</sup> year! Yes, this is different. Our Department has never had to recycle its Department Commander. We need to advance legionnaires at the post and department level to ensure this isn’t a regular practice, please!!

Officer’s for Waterbury Post 59 for 2014-2015 are:  
Commander, Rick Gray  
1<sup>st</sup> vice, Gene Sweetser  
2<sup>nd</sup> vice, Michael Freedom  
Adjutant, Chris Wood  
Finance Officer, Gary Cromie  
Service Officer, Sam Miller  
Sgt at Arms, Butch Allen  
Members at Large: Scott Woodard, Les Ayer

Some members may be aware that our long time Manager Terri Christie recently retired from her position. Terri had shifted to part-time to assist the post with its finances, now she



has decided it’s time to move on. “Thank you” Terri for many years of service to Waterbury Post 59!

At our recent E-board and Post meeting the board and the membership present on

Wednesday, July 9<sup>th</sup>, 2014 voted to hire Batchelder Assoc., PC from Barre, Vermont to provide Post # 59 with all of its needed financial work. This will include monthly and quarterly reports to members; along with providing the accounting the legion needs at this time. The package will include our annual taxes as well, and will ensure that all state and federal money obligations are paid. I’m looking forward to see how this program works for the Post.

So, another new year for our membership challenge started on July 1<sup>st</sup>, 2014. We are collecting legion dues for the year 2015 already. Did ya know that Post # 59 pays for our senior legion member’s? It’s called H.L.M.’s. We have 72 legion members that will be paid. Expect your legion card in the mail shortly, and “Thank You” for your service, Ladies & Gentlemen.

We are combining our “Early Bird” dinner with our “Veteran’s Appreciation dinner this year. The dinner is FREE to all legionnaire’s who have paid their 2015 dues, and all other veterans in the community that have served their nation. The event will be held on Tuesday, November 11, 2014, with social hour at 5:30 PM, and

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For God, Country and our Veterans

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dinner at 6:30 PM. Please join us and bring a friend!

Please note that Waterbury Post 59 will be hosting our community "Veteran Day" Ceremonies at Rusty Parker Park on Tuesday, November 11, 2014, at 11:00 AM. All are invited to attend the short ceremony.

Please stop in at your legion Post 59. You'll be pleased with how nice our legion canteen is looking. The down stairs is under construction, paint etc. and is already looking great... "Thank You" Wiggle for your continued effort in making Post # 59 a nice place to visit!! J Well, guess we are looking at a short summer? Please enjoy the summer month, your vacation, and remain safe throughout your travels. Ask the kids to put their phone away while driving, please!

Regards,  
Rick Gray  
Commander, Post 59  
522-7770

## ADJUTANT'S NOTES

Hello from your new Post Adjutant. My name is Chris Wood, and I am a recent retiree from the Air Force with 24 years of service. I joined the Legion in 2008 as a way to keep a connection to the Military, socialize with like-minded folks, and serve my community. I will have a lot of learning to do over the next year, but I am committed to continue all the great work that has been done by those that have preceded me. I feel honored to be an officer in an organization full of people that answered the call to serve their country.

INSERT HEADY AD HERE

Part of my job as Adjutant is to process all your memberships for the coming year (2015). Paid up for life (PUFL) and honorary life members (HLM) can just sit back and wait for your new membership cards to arrive. They are in the mail :) Everyone else will need to either go to the Legion website or visit the post to pay your renewal dues. To do this online visit [www.legion.org](http://www.legion.org), click where it says "members", and then click on "renew membership" under the quick links. Please take the time to renew now so that you don't forget and so you can attend our "Early Bird" in November.

While I am talking about membership, let's talk about new members. Do you know someone who is eligible but not a member of Post 59? Why aren't they a member? Talk to them and find out why they haven't joined our great organization. One way to make a great place even better is to talk to people and find out what they are looking for in an organization, and work to make Post 59 a place everyone wants to go to. Also get the word out about our functions at the Post. Delicious dinners, great music, and parties are just a few of the events that make Post 59 a perfect place to meet friends. See you there.

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

## FIRST VICE COMMANDER

We start out the year with 255 members. Just remember, you can start anytime by just paying your 2015 dues on-line. It's easy and saves postage ... or pay the bar tender ... or simply mail in your renewal. Lost your newsletter? Simply go to [www.alpost59vt.us/newsletter](http://www.alpost59vt.us/newsletter). Bookmark it to your on-line favorites.

We have 37 members living in 16 states. Members birth dates range from 1919 – 1990. Continuous years range from 1 year – to Douglas Finlay with 68 years. Yes, Douglas is one of our 16 WWII members.

We still have five members who need to complete some or all of your missing information for birth date, branch of service and war era. You can contact me at 802-879-4838 or [sweetserg@aol.com](mailto:sweetserg@aol.com)

For God and Country  
Gene Sweetser, 1<sup>st</sup> Vice

## SERVICE OFFICER

**New VA ID Card Coming**  
VA is introducing a new, secure identification card called the Veteran Health Identification Card (VHIC). VHIC replaces the Veteran Identification Card (VIC), which was introduced in 2004. VA is committed to providing the high quality, safe and effective health care Veterans have earned and deserve, and part of this effort includes ensuring the personal security of Veterans. As part of a phased rollout, on February 21, 2014, VA began issuing the newly designed, more secure

VHIC to newly enrolled and other Veterans who were not issued a VIC. Starting in April VA began a replacement effort to automatically mail the more secure VHIC to Veterans who have the old VIC. All Veterans who are enrolled and have the old card should have their new replacement card by July. VA expects to complete mailings of the replacement VHICs by July. To ensure receipt of the new VHIC, enrolled Veterans should make sure that VA has their correct mailing address.

### **Insurance for Service-Disabled Vets**

Veterans with a service connected disability may be eligible for several VA insurance benefits. S-DVI provides life insurance coverage to Veterans to 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.

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

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

### **Veterans Mortgage Life Insurance (VMLI)**

VMLI provides mortgage life insurance protection to severely

disabled Service members and Veterans to 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:

1. Received Specially Adapted Housing (SAH) to help build, remodel, or purchase a home, **AND**
2. Have the title to the home, **AND**
3. Have a mortgage on the home.
4. Veterans must apply for VMLI before their 70th birthday.

### **VA Burial Allowances**

VA burial allowances are partial reimbursements of an eligible Veteran's burial and funeral costs. When the cause of death is not service related, the reimbursements are generally described as two payments:

1. A burial and funeral expense allowance.
2. A plot or interment allowance.

### ***Who Is Eligible?***

You may be eligible for a VA burial allowance if:

1. You paid for a Veteran's burial or funeral.
2. You have not been reimbursed by another government agency or some other source, such as the deceased Veteran's employer.
3. The Veteran was discharged under conditions other than dishonorable.

***In addition, at least one of the following conditions must be met:***

1. The Veteran died because of a service related disability.
2. The Veteran was receiving VA pension or compensation at the time of death.
3. The Veteran was entitled to receive VA pension or compensation, but decided not to reduce his/her military retirement or disability pay.
4. The Veteran died while hospitalized by VA, or while receiving care under VA contract at a non-VA facility.
5. The Veteran died while traveling under proper authorization and at VA expense to or from a specified place for the purpose of examination, treatment, or care.
6. The Veteran had an original or reopened claim pending at the time of death and has been found entitled to compensation or pension from a date prior to the date of death.
7. The Veteran died on or after October 9, 1996, while a patient at a VA approved state nursing home.

### **Female Veterans & Thyroid Illness**

Women are up to five times more likely than men to have a thyroid condition, but men should also pay attention. Of women Veterans who used VA health care services, 6.6% of women ages 18-44 years, 15.2% of women ages 45-64 years, and 23.3% of women age 65 years and older received a diagnosis of a thyroid condition in 2012.

There are two main kinds of thyroid disorders, ***hyperthyroidism*** (overactive

thyroid) and **hypothyroidism** (underactive thyroid).

**Hyperthyroidism**, or an overactive thyroid, is caused by the thyroid gland producing more thyroid hormones than the body needs. Hyperthyroidism is commonly caused by Graves' disease, Thyroid Nodules, Thyroiditis, or some medications. Symptoms of hyperthyroidism include: Weight loss, diarrhea, palpitations, feeling anxious or jittery, increased sweating, feeling hot, trouble sleeping, changes in your period (usually lighter). Treatment options include anti-thyroid medicines, radioactive iodine, or surgery.

**Hypothyroidism**, or an underactive thyroid, occurs when the thyroid gland does not make enough thyroid hormones. Hypothyroidism is most commonly caused by Thyroiditis, having the thyroid removed, radioactive iodine treatment, and some medications. Symptoms appear gradually and include: Weight gain, feeling cold, constipation, depression, fatigue (feeling very tired), hair loss, changes in your period (usually heavier). Treatment is taking thyroid medication (a pill) daily to provide your body with the right amount of thyroid hormone.

#### ***Learn More about Thyroid Disease.***

Great information is available at [www.womenshealth.gov](http://www.womenshealth.gov).

See more at:

<http://www.va.gov/health/NewsFeatures/2014/January/Could-You-Have-a-Thyroid-Condition.asp#sthash.Ydvi4LT0.dpuf>

Source: VA Online Newsletter

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

## **LEGION RIDERS**

Hello from the Legion Riders Group! We all survived the spring, and now we are full swing into summer. We have had a great one so far, as the weather has been perfect for riding motorcycles. We have had a tough time getting together as a group this spring, as every third Sunday seems to be a holiday!

Despite the challenges, we have still managed to get together for a few rides, and we have proudly worn our Legion Riders vests to several events to get the word out about the Legion Riders program. We love spreading the word about all the great things that the Legion does.

There are many charity rides throughout the summer that we would love to ride in, but we all have to pick and choose so that other things can get done too. Here are a few select rides that we did manage to get to. We had one rider in the Bikers for Beth ride in May which covered 73 miles, and this ride raised over \$6,600 for a family that lost a loved one to colon cancer. We had two riders in Vermont Thunder ride in May, which started at the Vietnam Veterans Memorial in Sharon and covered 132 miles, which signifies the 132 Vermonters who lost their lives in Vietnam. We then had two riders who rode to the convention in June at Killington.

Our very own Commander Rick rode a borrowed trike to the convention, and he liked it so much that he is the proud owner of a new trike! We are looking for more members to join us, so please spread the word to eligible members that like to ride. We typically meet the third Sunday of each month at Post 59 at 4 pm. During the summer months we try to incorporate a ride into the meeting agenda, and these are usually short trips to area legion posts or other local places. We are looking to hold some events and raise some funds for the Legion Rider program. We need you! 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 on the third Sunday of the month at Post 59. If it is warm enough, bring your motorcycle and ride with us!

Chris Wood, President  
Legion Riders

Remember  
**STEAK & LOBSTER FEED**  
**Saturday,**  
**September 13th**

## **SONS OF THE AMERICAN LEGION**

The close of the 2013/2014 session has come and gone and we are well into July and the start of the 2014/15 year.

Last year was a great year for the Son's of Post 59, one worthy of reflection. As we report out our midyear and end

of year results, our efforts and contributions are measured in “buckets” of required activity, as well as a target % of funds and volunteer hours for each. The buckets and targets are listed as follows:

- Veterans Activity - target - 40% This year was 35% hrs / 38% \$.
- Children & Youth – target - 25% This year was 16% hrs / 44% \$.
- Americanism – target - 25% This year was 16% hrs / 7% \$.
- Community Service – target -10% This year was 33% hrs / 11% \$.

The sums of our efforts are measured in Donated Volunteer Hours and in Donated Money. This past year the squadron ended with about 3000 man hours donated and \$6000 in charitable contributions spread across these target areas.

Our charitable donation recipients fit a variety of the above categories:

Dodge House, Cancer Fight, Cub Scout Pack 711, Walt Coolbeth Scholarship, Post 59 Conservation Camp sponsorship, Freezing Fund for Families, Food Shelves, Boy Scout Troop 701, Detachment Commander Project, Children Miracle Network, Child Welfare Foundation, Waterbury Fire Department, Sourdiff Child Safety Foundation, Trish Memorial Library @ (CBMS), National Guard Family Readiness Program, Post 59 Membership Hardships, State and Department Fundraising support, and a multitude of other opportunities that are brought forth to your officers to vote on each month.

As we go forward into this year, we will re-look at our efforts to hit closer to target in some areas and ensure we are aligned with State and National efforts.

It’s a great opportunity for all members to voice how we can sponsor recipients, be it by providing a helping hand, labor, or the dollars we earn fundraising, and the use of the dollars we earn through membership. Once a month for about an hour, sometimes shorter, sometimes a bit longer, we meet at the post on the FIRST Tuesday of the month at 6:00pm. This is where motions are heard, discussed and authorized - or not - to support a variety of recipients and causes. This is what the SONS of The American Legion do.

So I leave you with some insight of what you might not know if you don’t attend the monthly meeting. Please join us even if it is for only a meeting or two a year. Bring an idea, have an opinion, share in this opportunity!  
Tuesday, August 5<sup>th</sup>, 6pm – SAL mtg.

### **Your SAL Officers for this year / session (July 2014-June 2015)**

Commander – Tom Burrows  
1<sup>st</sup> Vice – David “Road” Lowell  
2<sup>nd</sup> Vice – Open  
Adjutant – Bill Kernan  
Finance Officer – Bill Kernan  
Sergeant At Arms – Paul West  
Chaplain – David “Wilbur” Wright  
Historian – Mike Woodard  
House Committee Liaison – Mark Sinow  
Advisors – Mike Freedom / Gary Cromie

Keep an eye on the post Calendar: **Lobster Feed** and Our Son’s biggest fundraiser of the year our **Redneck Extravaganza** are coming in September.

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

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

The Sons of Post 59 ~  
Commander Tom

## **AUXILIARY**

At our Installation dinner on June 11, 2014 the following officers were installed:

President – Lorraine Gray  
1<sup>st</sup> Vice -- Bella Preedom  
2<sup>nd</sup> Vice – Ginger Estivill  
Chaplain – Betty Jones  
Historian – Loleta Perry  
Secretary – Arlis Fuglie  
Treasurer – Mary Grace  
Sgt-at-Arms – Joyce Farnsworth  
Executive Committee – Shirley Dow, Cheryl Dow, Phyllis Grout

We have been working on our Constitution & By-Laws and Mary Grace started writing up our Policy & Procedures manual. They are still being worked on but should be ready soon to come before the membership for a final vote.

The Juniors who completed their year are: Bridget Adams, Joyce Farnsworth and Marana Allen. All have volunteered to work with the Juniors for 2014-2015. Any Junior member (18 and under) is invited to participate. Please get in touch

with me and I will give you their contact information.

Poppy chairman, Thelma Forkey had a successful year. We set up at Kinney's, Shaw's, Village Market, and Crossroads on May 23<sup>rd</sup> & 24<sup>th</sup>. Several members helped distribute the poppies.....thank you!

Marana Allen planted the flowers at the cemeteries throughout town.

As many of you already know, Harry N. Cutting Unit #59 has a candidate for National Historian 2014-2015: Lorraine "Rani" Gray. The voting happens at National Convention in Charlotte, NC on August 27, 2014. Check your May Auxiliary Magazine to find my National Candidate picture and bio. Also in the center of the magazine is a picture of a Flash Mob; which is also on YouTube:  
[http://www.youtube.com/watch?v=PFhPy7164\\_E](http://www.youtube.com/watch?v=PFhPy7164_E) Terri Christie, Rani Gray and Commander Rick Gray participated in the video....watch as we come in.

Harry N. Cutting Unit #59 has several members who have just started attending the monthly meetings. They have been asking several questions, so as the president of the unit and as the department leadership chairman, I have decided to do some monthly trainings.

At the July meeting every member was given a blue binder, a copy of the format for running a meeting, dividers, an agenda, a copy of the treasurer's report, and a binder of paper. These books were assembled by each member present. (There

are additional books available for those who did not get one.)

At the next meeting more information will be handed out to add to the books. The goal is to have all the information assembled in our books, including our own Constitution & By-Laws and Policy and Procedures Book. There are Unit Handbooks available for a cost of \$12 each, put out by National, if anyone is interested in obtaining a copy from Department Headquarters.

The meetings are informal .....come as you are.... there is no dress code and we meet upstairs for those of you who struggle with having to go downstairs. There are refreshments provided at all the meetings. The new members are returning .... month after month!! They expressed delight in the "new Books" and said the information was very helpful. We stop the meeting if someone has a question! This is going to be a "NEW" year. If you've never been before.....now is the time to consider coming....we are ALL learning together. Our meetings are the 2<sup>nd</sup> Wednesday of every month, upstairs at 7:00 PM.

We are still looking for people who are interested in becoming Unit Chairmen:

- o Girls State
- o National Security
- o Trophy & Awards
- o VA & R/Rehabilitation

We have several up and coming events, so please read this newsletter for additional information.

If anyone has any questions, please feel free to call me.

For God, Country and our Veterans,

Lorraine "Rani" Gray  
Unit 59 President  
Cell: 802-522-3664  
E-mail: [gray.rani@gmail.com](mailto:gray.rani@gmail.com)

### VACATION GET-A-WAY RAFFLE

### & RED NECK EXTRAVAGANZA

### WIN A VACATION !!

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

**Get your tickets soon!**

### FROM THE BAR....

Happy summer, everyone! We have been very busy with renovations downstairs to make the club more comfortable for you!! Come in and see the new bright changes.

The Queen of Hearts pot is building every week, so don't forget to get your tickets for our Tuesday drawing at 6:30. We still have FREE pool and weekly drink specials. Lots of fun things going on so stop in, relax, and enjoy the cool air.

Check your attaché calendar for the list of upcoming events. Don't forget the Steak and Lobster Dinner on Sept. 13<sup>th</sup>.

Please contact me soon for parties, receptions and such, as our calendar is filling up fast.

Thanks, Tammy Bedell

# POST 59 CALENDAR OF EVENTS

## AUGUST 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 House Committee 6:00	5 SAL Meeting 6:00	6	7 Texas Hold'em 7:00	8	9
10	11	12	13 Legion & Auxiliary meetings 7:00	14 Texas Hold'em 7:00	15	16
17 Legion Riders 4:00	18	19	20	21 Texas Hold'em 7:00	22	23
24	25	26	27 E-Board Meeting 6:30	28 Texas Hold'em 7:00	29	30
31						

## SEPTEMBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Labor Day</i> House Committee 6:00	2 SAL Meeting 6:00	3	4 Texas Hold'em 7:00	5	6
7	8	9	10 Legion & Auxiliary Meetings 7:00	11 Texas Hold'em 7:00	12	13 <b>Steak &amp; Lobster Feed</b>
14	15	16	17	18 Texas Hold'em 7:00	19	20
21 Legion Riders 4:00	22	23	24 E-Board Meeting 6:30	25 Texas Hold'em 7:00	26	27 <b>SAL Redneck Extravaganza</b>
28	29	30				

# Postal Indicia On This Page

## OCTOBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Texas Hold'em 7:00	3	4
5 <b>Bingo</b> 11:00	6 House Committee 6:00	7 SAL Meeting 6:00	8 Legion & Auxiliary Meetings 7:00	9 Texas Hold'em 7:00	10	11
12	13	14	15	16 Texas Hold'em 7:00	17	18
19 Legion Riders 4:00	20	21	22 E-Board Meeting 6:30	23 Texas Hold'em 7:00	24	25
26	27	28	29	30	31 <b>Halloween Party</b> & Trick or Treat	

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