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# Harry N. Cutting

## Post 59 American Legion Family

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Waterbury, Vermont

November, December 2017, January 2018

### COMMANDER

Hello everyone,

Just want to say thanks for all the support so far this year. The Legion Post picnic had a good turn out. The lobster feed was great -- tons of people. Lots of events in the near future so please come down and join in the fun.

On November 8<sup>th</sup> we'll hold the Auxiliary birthday party with cocktails at 5:30, and at 6:30 dinner will be provided by Legion members. The Post is closed on Thanksgiving.

The next Blood Drive at the Post will be December 8<sup>th</sup>. On December 9<sup>th</sup> the Auxiliary will hold their annual Christmas party for the kids. And December 22 the Bartenders put on a Christmas party for everyone. The Post will be closed December 25<sup>th</sup> for X-mas.

New Years Eve there's a pot luck -- come on down, eat, and hang out for a while.

The Auxiliary is planning a Sock Hop February 3<sup>rd</sup>, and on February 4<sup>th</sup> there's a Super Bowl party. The Rotary will hold their Pie-For-Breakfast on February 10<sup>th</sup> from 6-11 a.m.



On February 18<sup>th</sup> Daytona Race party, and February 24<sup>th</sup> is the Legion and SAL birthday party.

A big thank you to all the people who make this Legion what it is. If you have ideas

about what you would like to see for events in the future, please share your ideas.

Thank you to my officers that make my job easier; couldn't do it without you. And a big thank you to Arlis for doing the newsletter. A shout out to Sam Miller: we miss you at the meetings. Get better soon.

Thank you all.

For God and Country,  
Michael Freedom, Commander

### ADJUTANT'S NOTES

Another summer has come and gone like a flash and now we are deep into leaf peeper season. Thanks for a great summer full of events like the fourth of July parade, Post picnic, and steak and lobster feed. We hope that you had a chance to get out and enjoy the Legion Family get-togethers, and make sure you check out the great events planned for fall and beyond. .

This is your Post, and we always strive to provide services and events that benefit you. As always, if you have comments or suggestions for what you would like to see going on at your legion, then. You can always join us on the second

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**For God, Country and our Veterans**

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Wednesday of each month at 7 pm for Post meetings, or e-mail your suggestion to [alpost59@comcast.net](mailto:alpost59@comcast.net).

The membership drive for 2018 is now well under way with a current paid membership of 140 which put us at 63% towards our quota of 224 for the year. This number includes our 9 Paid Up For Life members and our 70 Honorary Lifetime Members, so we ask those remaining 84 people to consider renewing soon. The next round of renewal notices will be going out soon from national, and I know how we all hate those nasty grams that show up in our mailboxes. We have had 14 members renew online, so we are about half way towards beating the 29 that renewed this way for 2017. We have also signed up 2 new members this year, and we recently won the Department drawing for Posts with new members. Thanks for keeping our membership strong.

Now that school is back in session it is time to think about the scholarship opportunities from the American Legion. We awarded two scholarships last year, but unfortunately did not give out the Rick Gray Award, which would have awarded \$250 to a graduating senior based on need, as we did not have any applicants! If you have high school age students in your family, then help them apply for Boy's State, Girl's State, the Oratorical Contest, scholarships (which award from \$500 to \$1,500), and Law Order Cadet. Contact me at the email address below to get applications, and don't let these scholarships go unclaimed!

We look to close out 2017 just as strong as we started it, and I very much appreciate every member of this organization. Please remember those who are fighting illness or have recently lost a loved one. Stay in touch, and let us know if your address has changed or you would like to hear from us in a different format. 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). 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)

## LEGION RIDERS

Lousy start, but a great end to the summer with warm temperatures and dry riding through the early part of fall. We never get in as many miles as we would like to on two wheels, but the opportunities were certainly there! Now we will turn our attention to foliage rides and those late season rides where leather coats and waterproof boots are a must. Hopefully we will make it to a couple more local Legion Posts, as it is always fun to see other members of the Legion family and spread the word about the riders program. If you ride a motorcycle and haven't joined us yet, then now is the time to become a Legion Rider. One of the highlights of the summer riding season was the Toy Run in Montpelier. A

group of us rallied up at Shaws, and then rode up to the starting point in Berlin. Each of us had children's toys bungeed to our bikes riding like strange passengers in saddlebags, rear seats, or luggage racks. We then rode down into and through Barre in parade formation on our way to Montpelier and eventually the State House. It is one of my favorite events of the summer, and it shows true biker character as we help out hundreds of kids in need. We look forward to more events as the fall wears on, and we will tell you all about them in the next newsletter.

Next event on the calendar for us is the Halloween party on October 27th. It is looking like this might become an annual event hosted by the riders, and we look forward to all the interesting costumes that might show up!

Interested in becoming a Legion Rider? Meetings are the second Wednesday of the month at 6 pm just before Post meetings. We focus on safe riding practices and comradery 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

## SERVICE OFFICER

### STROKE

This is a personal column. On last June 27 I had a major stroke. About a week earlier I had a minor one, a transient ischemic attack, a TIA.

First of all I want to thank everyone for the get-well cards. Thanks very much! I am very appreciative of our Post Family!

Next I urge you to talk with your doctor about stroke. My doctor, a hematologist, suggests checking your hemoglobin annually. This is a simple blood test that can be done when cholesterol is checked.

Be forewarned, a stroke is a life-changing event! After three months of excellent rehab my walking and talking is much improved and I am very fortunate. It could have been years or much worse. I am neither the first, nor will I be the last, member of our Post to have a stroke. Mainly older men seem to be most at risk but women are vulnerable too. Here is the account of an Army vet in Texas.

### DeBakey –VA Stroke Team In Action

By Hans Petersen, VA Staff Writer  
Tuesday, May 28, 2013

Vietnam Army Veteran Tomas Benavides said his legs felt like cement. And then he went down on his knees. It was a stroke. His wife rushed him to the hospital.

Dr. Pitchaiah Mandava said that Benavides had suffered from an

## VETERAN'S DAY Saturday, November 11<sup>th</sup>

11:00 a.m. at Rusty Parker Park

Luncheon at the Post follows  
the ceremony.

occlusion of a major blood vessel supplying the balance and coordination part of his brain, causing a severe headache, vertigo and lack of coordination. Mandava is Stroke Center Director at the Michael E. DeBakey VA Medical Center in Houston, Texas.

He noted that, "These symptoms are frequently not recognized as a stroke until brain swelling is severe, but in this case, his primary treating team recognized the possibility of a stroke and immediately activated the Stroke Team pager so that he was promptly evaluated."

An emergency MRI revealed the stroke and Benavides was transferred to the Medical Intensive Care Unit where Neurologists, Intensive Care Specialists, Neurosurgeons and Vascular Surgeons jointly cared for him, treating him with medications to reduce brain swelling and to keep his blood vessels from occluding further.

He was moved to the Neurology/Medicine Stepdown Unit and subsequently to the Neurology unit where he underwent physical therapy. Intensive medication therapy was begun to prevent a second stroke.

Benavides showed major recovery of function and eight months later is essentially free of all stroke symptoms.

For God and Country,

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

## RED CROSS BLOOD DRIVE

Your Post held a drive on 6 Oct and 23 pints of precious blood was collected. We have assisted the Red Cross in collecting 83 pints so far for the year. The next drives are Friday, 8 December and Friday, 23 March.

I want to thank the Post for always having the hall in excellent shape. A special thanks to Loleta Perry and Scott Woodard for all their help.

Thank you,  
Gene Sweetser, Post 59  
Red Cross Blood Coordinator

## SONS OF THE AMERICAN LEGION

*Hello Squadron and Post 59 Family.*

*Foliage is past peak and the fall season for harvest and winter readiness is in full swing.*

*Good luck to all those that take Afield this year and may you all remain safe!!*

**Officer changes as of  
OCTOBER 1<sup>st</sup>**

## Our SAL 2017 – 2018

### Officers:

Commander – Tom Burrows

1<sup>st</sup> Vice – David “Road” Lowell

2<sup>nd</sup> Vice – ~~Pete O’Brien~~ –

“retired” - **OPEN**

Adjutant – ~~Michael F. Woodard~~

“retired” - **OPEN**

Finance – ~~Bill Santor~~ – Completed Assignment - **OPEN**

Sergeant At Arms – Paul West

Chaplain – David “Wilbur”

Wright

Historian – ~~Michael F. Woodard~~

– “retired” - **OPEN**

Advisor – Gary Cromie

## American Legion Post 59 Waterbury

Simply put the American Legion and our Post 59 is a veteran’s organization that focuses on Veterans, Our Community, our Youth/Children and ensuring Americanism. Doing this we have the physical building of the post where comradery, friendships, and relationships between family, friends, and those from afar are built, fostered and lived.

Funerals, Weddings, “showers,” anniversaries, day to day watering hole activities, our Troop and Pack events, The Vermont Fiddler’s Association, State government forums, Redneck Horseshoe League, Texas Hold Em nights and even more varied use of the hall upstairs and down about.

We foster fundraising and community events that cements Our Post in our community and helps deliver community needs through such activities, and even more often enough through the support people give

## Auxiliary Birthday Party

Wednesday, November 8<sup>th</sup>

5:30 Social Hour

6:30 Dinner

one another that pass through our doors.

This is truly simplifying at a high level what our Post brings. It sums up at a minimum what our post and our membership is expected to, and will continue to bring. For every member out there and to members at large that don’t frequent the physical building and events, I thank you for contributing in every small way you do. A helping hand, encouraging words, putting a smile and a good laugh across the hall or down the bar. It is the essence of those good times, that support and care that make the best of what we do great.

I will not be the one to tell any member you must come to a monthly meeting.

I have, and will continue to ask you for your involvement. I’ll take it most anyway we can get it, but I will not skirt the issue that too many people/officers have, or are burning out.

Look above at the vacancies, **(OPEN)**. They are real and your officers are again looking for help. Not just to attend the monthly meetings, which would be a great start for those who take no part, or best said have NO Interest in sharing in the responsibilities of our membership beyond using the post casually and

appreciatively, but not to actively take part in the administration of membership processing, finance processing, fundraising and the “Butt Load of Work that goes with that. And then there’s the writing of monthly letters, checking and responding to the mail, creating legal annual reports to the State Detachment and National branches, administering scholarships, going to the Post Birthday, the Auxiliary Birthday, and assisting with many, many events. Going to the meetings, taking and publishing notes, completing action items and looking out for the membership who just otherwise trust’s their officers to do all that in good faith. And then there’s the go shopping, go soliciting, meeting with town and other volunteer organizations, mail responses and bills, and of course having to be pulled a side at every whim from members who have needs and questions whether it be in the “Post house,” answering e-mails or the variety of texts and phone calls. In good faith you’re Post Family Officers do this. And then there’s representing in the parade, installing and removing the Flags on our street poles in the town and village, ensuring a Color Guard and Honor Guard for our Post, our Community and visibly representing what Americanism and the American Legion stands for. Volunteers . .

Yep, God knows what else I’ve forgotten. And let us not forget to speak of the differing of opinions, the arguments, and to put it simply, the Drama it sometimes involves. Yeah, that sizes up what officers have to

do. Without officers for the Legion, Auxiliary and SAL Squadron - life as we know it tends to stall and then can disappear. It can cease to exist.

So ask yourself what the American Legion means to you.

Ask yourself what our Waterbury Post, Post 59 means to you.

Ask yourself what else you can do to get involved, and please take a turn.

And don't forget we/you/I are just volunteers, and what we volunteered as a member for.

*“Simply put the American Legion and our Post 59 is a veteran’s organization that focuses on Veterans, Our Community, our Youth/Children and ensuring Americanism. Doing this we have the physical building of the Post where comradery, friendships, and relationships between family, friends, and those from afar are built, fostered and lived.”*

So, back to the open SAL officer roles. I am looking for assistance – period.

I will happily hand over the Squadron Commandership if someone wants that role and I will assist the next commander in doing so. I will not just bail, I will volunteer, I will take another officer role, but I and your officers need some help.

**SAL Next meeting is at 6:00pm Upstairs on November 7<sup>th</sup>. If you have interest, please be there.**

## 59 BLOOD DRIVE

Friday December 8<sup>th</sup>  
Friday March 23<sup>rd</sup>  
From 10:00 to 3:00

On a lighter note about how and what we do . . .

This event took place on September 31<sup>st</sup>.

### 10th Annual Son’s of the American Legion REDNECK ~ Extravaganza



**1<sup>st</sup> Prize- Pick your Destination “All Inclusive Trip” Package “Value :“\$4000” OR Cash out of \$3500 – Donna Delphia took the \$3500 cash out and donated \$500 back to the Squadron!!!!**

**2<sup>nd</sup> Prize - \$300.00 Cash –**  
Renee Woodard

**3<sup>rd</sup> Prize - \$200.00 Cash –**  
Wendy Metayer

**Best Redneck Dress – ticket to Next Year’s Event –**  
Topo Despault

***Congratulations to all our winners! For those that were there – GREAT EVENT!***

And a Special Heartfelt Thank You for all the volunteers at every level to put this on and make it such a great event!

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

The Sons of Post 59  
*Squadron Commander ~ Tom*

## AUXILIARY

Hello ladies,

Hope you enjoyed this fall. We’re heading into winter, and there’s a lot going on.

Several of us are attending the Fall Conference October 28<sup>th</sup> and we expect to bring back lots of good information!

Our Unit 59 Birthday Party will be Wednesday, November 8<sup>th</sup>. Looking forward to a wonderful dinner, thanks to the Legion. Please come and celebrate! We’ll have a short meeting after.

The Veteran’s Gift Shop is a project of the Auxiliary statewide to provide veterans at the hospital in White River Junction and at the Bennington Home the opportunity to select Christmas gifts for friends and family. Bring your gifts (or a donation) to the Birthday Party on November 8<sup>th</sup>. We’re looking for new, unwrapped items, no cologne or perfume. Please leave price sticker on, or let us know the cost of the item (for reporting the total.) You don’t have to be an Auxiliary member to provide a gift for a veteran!

We’ll hold our annual Children’s Christmas Party on the 2<sup>nd</sup> Saturday in December – the 9<sup>th</sup> – from 10:00 to 12:00.

All Legion Family children and grandchildren up to age 10 are eligible. We'll have refreshments and Santa Claus. Now's the time to send in your reservation –you'll find a form in this newsletter. Contact Loleta at (802) 244-8563 if you have a question.

And don't forget to save the date – Saturday, February 3<sup>rd</sup> – for our "Sock Hop". Details will be available later, so check with the Post.

Thanks to Betty Jones and everyone who made the great Fiddlers kitchen happen in July and September – Shirley, Mary, Becky, Bella, Marana, Arlis,

and Loleta.

Bella Preedom delivered the first group of teddy bears to the Ambulance Service. Thank you to everyone who helped make this happen: Loleta, Bella, Cheryl, Pauline, Thelma, Marana, and Rani.

And thanks to the Waterbury Ambulance Service for continuing the "Real Bears" program with us!

Remember – our meetings are on the 2<sup>nd</sup> Wednesday at 7:00. Please join us. If you've got an idea for a fund-raiser (including Bingo) or suggestions, please come so we can talk about it!

For God and Country,

Wanda Woodard, President  
Unit 59

## **BARTENDERS' CHRISTMAS PARTY**

**Friday, December 22<sup>nd</sup>**

Party starts around 6:00

Join us for tasty treats, Santa, and lots of good cheer!

Call or stop by the Post by December 15<sup>th</sup> if you want to be part of the gift exchange.

## **POST 59 CALENDAR OF EVENTS**

### **NOVEMBER 2017**

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

# DECEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <b>Winterfest</b> 6-8
3	4	5 SAL Meeting 6:00 Queen of Hearts Drawing 6:30	6	7 Texas Hold'em 7:00	8 <b>Blood Drive</b> 10:00-3:00	9 <b>Children's Christmas Party</b> 10:00 – 12:00
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>Bartenders Christmas Party</b> c. 6:00	23
24	25 <i>Christmas</i> Post Closed	26 Queen of Hearts Drawing 6:30	27 E-Board Meeting 6:30	28 Texas Hold'em 7:00	29	30
31 <i>New Year's Eve</i> <b>Pot Luck</b> Downstairs						

## CHILDREN'S CHRISTMAS PARTY

DECEMBER 9, 2017

The Children's Christmas Party will be held on Saturday, December 9<sup>th</sup> from 10:00 a.m. to Noon. All Legion Family children/step-children/grandchildren up to the age of 10 are eligible.

Please fill out the form and send to Loleta Perry, 40 Fairground Road Unit 16, Waterbury, VT 05676. For further information, please contact Loleta at (802) 244-8563.

The family needs to be present to receive a gift from Santa. Refreshments will be served.

Child's Name \_\_\_\_\_

Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Adult Contact \_\_\_\_\_ Phone: \_\_\_\_\_



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

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**JANUARY 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>New Year's Day</i>  <b>Commanders Call 1:00</b>	2 SAL Meeting 6:00  Queen of Hearts Drawing 6:30	3	4 Texas Hold'em 7:00	5	6
7	8	9 Queen of Hearts Drawing 6:30	10 Legion Riders 6:00  Legion & Auxiliary 7:00	11 Texas Hold'em 7:00	12	13
14	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
28	29	30 Queen of Hearts Drawing 6:30	31			

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