



AMERICAN LEGION POST 305
“THE WOODLANDS POST”
THE BUGLE



July 2011 Volume 7, Issue 7

COMMANDER’S CORNER



Kimberly Biggerstaff,

First, I'd like to thank the nominating committee and all of you who voted for me, as I take over leadership of this Post. It means a lot to have your confidence in my ability to carry on with moving our Post forward.

I'm looking forward to working with all of my officers, committeemen and members in the coming year. To help us with our duties, we can always look to those who've served before us. We can also get guidance from some of the American Legion's publications such as the Post Officer's Guide, Post Adjutant's Manual, and Membership Team Training Guide. These may be found on the National website at www.legion.org/publications or some members have hard copies.

The Post has many committees to be staffed and other activities that need to be carried out. I have spoken to some of you about continuing your duties as chair of a committee. If anyone wishes to be on a certain committee or activity, please let me know. If you cannot attend meetings, but wish to be involved, this is a good way to help.

I also want to remind everyone of the various ways you can stay in touch with the Post. We have a website:

www.alpost305.org,

We are also on Facebook at "American Legion Post 305, TX", and, of course, there is our newsletter, *The Bugle*. There is another website "designed to connect members of The American Legion to their Post and Department leadership as well as other American Legion members." It can be found at www.myLegion.org. Please check out the website and/or Facebook.

We have received information that beginning July 1, 2011, members will be able to renew their 2012 membership on-line through www.legion.org. We will update you as more information becomes available.

Don't forget the Fourth of July Parade is coming up, and I hope

we can fill our float with veterans and their supporters. If you can wear your uniform, that would be great! If you have a ball cap that identifies a ship you served on, campaign or war era, that would be fine as well. I look forward to seeing you at the United Methodist Church ready to roll for the parade.

Finally, our strength lies in the combination of this Post and its Auxiliary Unit. Unit 305 is a hard working group who has supported us well in the past. We must continue to work closely and provide any assistance the Unit desires.

Let's remember our main purpose is to help veterans and their families.

For God and Country,

Kimberly A. Biggerstaff

MEETING HIGHLIGHTS
(June 16, 2011)

Commander **Ison** opened the meeting and determined that a quorum was present. He then called for review and approval of last month's minutes, and it was done. The Finance Officer, **Dave Lips**, gave the following summary of the Post's finances as of the

end of May: The General Fund stood at \$15,168; the Allocated Fund at \$21,971; for Total Assets of \$37,139.

Sergeant-at-Arms **Earl Jones** was called on to introduce the guests present. There were two; **Jeffrey Pittman**, son of member **Bill Pittman**; and **Bubba Keng**, husband of **Kim Biggerstaff**. A rare visit by member **George Cady** was also noted, a former USAF airplane driver.

First Vice Commander Biggerstaff gave the final 2010-2011 membership report. Including 38 PUFL's. The year-end total was 340 for a goal attainment of 76.9%. The new goal for 2011-2012 has been set at 398. Other committee reports included that of Parade Chairman **Mickey Fussell**. July 4th parade preparations are well along, but the committee is still trying to arrange "taxi service" by which our less mobile members can reach the mobilization site (United Methodist Church) and return home. The trailer-float will be onsite for decorating at 7:30 AM. (The parade moves out at 9:00 AM.) Service Officer **Dayton Denton** said some of our 12 Boys Staters would parade and help hand out small flags to curbside children.

There was no Unfinished Business. New Business included approval of three Executive Committee funding recommendations:

- (1) A donation to the Montgomery County Beautification Committee to help improve Conroe's War Memorial Park;
- (2) A donation to "Helping Heroes", which funds homes for disabled veterans; and
- (3) A donation to the Texas Sentinel Foundation which

is building a home for a Woodlands war veteran.

The Commander stated that the members have received notice that dues may now be paid online. **George Bannon** cited a Vietnam "Travelling Wall" exhibit would be in Crosby in November in advance of the Veterans Day celebration.

The Commander recessed the meeting to form a joint assembly with the Auxiliary Unit for the purpose of installing the 2011-2012 officers of both units. **George Bannon** presided at the Post installations, charging each officer with his or her scope and responsibilities. **Liz Heuermann** presided at the Auxiliary installations and likewise charged the incoming Unit officers. Following the installations, the Post meeting resumed and **Everett Ison** presented certificates of appreciation to the officers who had served him. **Commander Biggerstaff** then took over and presented **Everett** with the Legionnaire-of-the-Year award. With that the Commander closed the meeting in the customary manner.



VETERAN'S ADVOCATE

ELECTRONIC HELP FOR VETERANS WITH PTSD

Veterans dealing with symptoms of Post Traumatic Stress Disorder (PTSD) can turn to their smart phones for help anytime with the PTSD COACH application ("app") created by the Department of

Veterans Affairs (VA) and the Department of Defense.

"This is about giving veterans and service members the help they earned when and where they need it," said Secretary of Veterans Affairs Eric K. Shinseki. "We hope they, their families and friends, download this free app. Understanding PTSD and those who live with it is too important to ignore."

PTSD COACH lets users track their PTSD symptoms, links them with local sources of support, provides accurate information about PTSD, and teaches helpful individualized strategies for managing PTSD symptoms at any moment. The free PTSD COACH app is now available for download from most iTunes store and will be available for Android devices by the end of Spring

"This application acknowledges the frequency with which our warriors and veterans use technology and allows them to get help when and where they feel most comfortable," said Assistant Secretary of Defense for Health Affairs, Dr. Jonathan Woodson. The PTSD COACH is primarily designed to enhance services for individuals who are already receiving mental health care, though it is certainly helpful for those considering entering mental health care and those who just want to learn more about PTSD.

"This is a great service we are providing to veterans, service members, their families and friends, but it should not be seen as a replacement for traditional therapy," said VA's Under Secretary for Health, Dr. Robert Petzel. "Veterans should utilize all of the benefits they have earned with their service and one of the best things about this app is it will get veterans connected to the

places that are out there to provide help.”

The application is one of the first in a series of jointly designed resources by the VA National Center for PTSD and the Defense Department's National Center for Telehealth and Technology to help service members, veterans, their families and friends manage their readjustment challenges and get anonymous assistance. Given the current popularity of mobile devices, VA and the Defense Department hope to reach tens of thousands of veterans, service members, and their family members with the new suite of apps.

Information on the PTSD COACH app is on the VA's National Center for PTSD Website: <http://www.ptsd.va.gov/public/pages/PTSDCOACH.asp>.

More apps from DoD's National Center for Telehealth and Technology can be found at: <http://www.t2health.org/apps>.

VIETNAM TRAVELING MEMORIAL WALL TO BE DEDICATED AT POST 658

The David McNERNEY Post 658 in Crosby, Texas, will host a dedication of the traveling Wall in early November for three days – November 4th to the 6th. The Post, located at 14890 FM2100 in Crosby, will be open all three days from 9 AM to 9 PM. A dedication ceremony will take place in the banquet hall of the Post home on Friday, November 4th at 5:00 PM.

Opening ceremonies will take place on Saturday, November 5th at 9:00 AM. A parade will follow that day at 10:00 AM. Floats of all associations are welcome but they must have a patriotic theme and have at least one veteran or active military serviceman or

woman on board during the parade. Closing ceremonies will take place on Sunday, November 6th at 9:00 PM.

[To reach Crosby and Post 658, go south on I-45, east on FM1960, cross Lake Houston, then south on FM2100.]

VIETNAM REVISITED ("We Gotta Get Out Of This Place")

If you read last month's *Bugle*, you may have noted the dominance of Vietnam veterans in this Post – 50% of the total membership. The polished black wall in Washington, D.C. reveals much about those who gave all between 1956 and 1975. In the vein of "didja know", read on :

<Through 2010, there are 58,267 names on the Wall.

< 997 GI's were killed on their first day in country.

< The most casualty deaths in a single month – May 1968 – was 2,415.

< The most in a single day was 245 on January 31, 1968.

< There are eight women there, all nurses.

< 69 per cent of the KIA's (39,996) were 22 or younger.

< One GI, PFC Dan Bullock, was 15.

< Five were 16 years of age.

< Twelve were 17 years of age.

< The 18-year-old KIA's totaled 8,283.

< The earliest casualty was Richard B. Fitzgibbon, who died on June 8, 1956. His son, USMC Lance Corporal Richard B. Fitzgibbon, III, is also on the Wall, killed in September 1965.

< There are three sets of father and sons on the Wall.

< Thirty-one families lost two sons in that war.

< Of the 244 Medal-of-Honor recipients who fought in Vietnam, 153 of them are on the Wall.

The subtitle, above, was the most requested song of the US Armed

8/1 Cavalry Troops Load a Medevac Huey at Lieu An



Forces serving in South Vietnam. This iconic popular song did not originally refer to Vietnam, but was “captured” by the GI’s there who altered the lyrics to fit whatever misery they faced. It was written by Barry Mann and Cynthia Weil and became a 1965 hit of “The Animals”.

Important Contact Numbers

Houston Regional VA Office:
1-713-383-7842
My HealthVet Coordinator:
1-713-791-1414; Ext. 6348
County Veterans Serv. Offices:
Montgomery 1-936-539-7842
Harris 1-281-876-6600
Texas Veterans Commission:
1-800-252-8387
www.tvc.state.tx.us
State Legislators:
Dist. 4 – Tommy Williams
281-364-9426
Dist. 15 – Rob Eissler
281-681-9655
Dist. 16 – Brandon Creighton
936-539-0028
Dist. 126 – Patricia Harless
281-376-4114

CONSTRUCTION UNDERWAY FOR EXXON-MOBIL CAMPUS

Most of us know that Exxon-Mobil was planning to develop a new corporate office campus near The Woodlands at some time because it had acquired a 385-acre wooded site west of where the Hardy Toll Road terminates and joins I-45. This was confirmed by a June 7, 2011 press release. With construction in progress now (clearing, grading, drainage, utilities and foundations), the earliest occupancy is scheduled for 2014 and full occupancy in 2015. The company will vacate its Bell Street building and other office space on I-10, Buffalo Speedway and in the Greenspoint area.

Why should this development (together with that of Spingwoods Village) be of interest to Post 305? Because the construction, finishing, furnishing and business activity of 8,000 employees will have a positive impact on The Woodlands, even though the site is just south of Spring Creek, along the proposed Grand Parkway connecting State Route 249 to I-45. It will mean new job opportunities, as some existing company employees throughout Harris County decline to move or to take on a long commute. But, its construction and finishing-out will require 36,000 man-years of employment and its presence will produce 44,000 permanent jobs. It will increase demand for housing in The Woodlands and in Spring, increase school loads, add demand for all types of services and facilities. It will also present the Post and Unit 305 with new recruitment opportunities, new donors, new event venues and possibly new Post Home options. Your officers will stay abreast of developments and you should too.

93rd ANNUAL CONVENTION

Ten members from Post and Unit 305 attended the Department Convention in Odessa, Texas, from June 23rd to the 26th. Although no records were kept of the number of attendees by Post and Unit, I believe that we had a strong showing of support for the Department. We were kept busy attending Department committee meetings and learning what goes on throughout the Department. If we missed any committee meeting we could listen to the committee’s report in the convention meeting. We also elected a new Commander and President for the Department as well as their officers. There were many opportunities for social activities.



Post Commander Biggerstaff and Department Commander J. G. (Lupe) Garza

There was time to talk and to learn from other attendees how they do things in their Post. We received some awards and watched others receive awards. The Post award of note was Win Salter’s Post History being the winner in the Post History Contest. His Unit History will be sent to National to compete with other states submissions. The Unit’s award of note was for Community Service, sending care packages overseas to Afghanistan with little or no cost to the Unit.

YEAR-END RESULTS
2010-2011

MEMBERSHIP: The Post’s final membership tally was 340 paid-up members. With a goal of 442, our goal attainment figure was 76.9%.

FINANCES: The Post’s Total Assets at year-end were \$2,208 more than at the beginning of the year.

NEWSLETTER: *The Bugle* placed third in the TEXALPA contest for best newsletter. First place winner was Weatherford Post 163 in District 17.

HISTORY BOOK: Post 305’s submission was judged to be “best in Texas” and will go to National to compete there.

AUXILIARY UNIT 305 NEWS



Ann Jones, President

*(Submitted on behalf of **Ann Jones** by Vice President **Dayna Salter**)*

GIRLS STATE HONORS TO ALA UNIT 305

For the first time in ALA Unit 305 history, one of our Girls State attendees, **Aanchal Saraf** from College Park High School, was selected to attend the Girls Nation in Washington DC in July! She was also named as one of the "2011 Outstanding Citizens" by her peers. While Girls State focuses on state government, Girls Nation is a national government training program, and selection to attend is quite an honor. **Aanchal** will be one of two young women representing Texas. As a "Texas Senator", she will run for office, enact legislation and meet with representatives and senators. She will speak

out her experiences at Girls State and Girls Nation at our August 18th meeting.

DEPARTMENT CONVENTION HIGHLIGHTS

Four of our ALA Unit 305 members attended the Texas Department Convention in Odessa and had a wonderful time. **Ann Jones**, Unit President, was joined by **Sue Ellen Bannon**, **Rosalie Fryer** and **Mary Bolin**. The Unit was honored by the Department with three awards, one of which will be forwarded to National for judging toward a National award. Look for more on award details in the August Bugle when Ann can elaborate.

FOURTH OF JULY PARADE

We encourage all Auxiliary members to ride in the Fourth of July parade which will begin at The Woodlands United Methodist Church on Monday, July 4th. Float decoration will begin at 7:30 am in the church parking lot with the Parade rolling at 9 am. Members and family including children and grandchildren are welcome to ride the float or walk and hand out flags to the public. The route will

go through the Market Square shopping area and end back at the church.

At our last meeting on June 16th, the 2011-12 officers were installed. They are listed in the box below. We are off to a great start with plans for several projects, and we encourage members and potential new members to attend the next meeting on July 21st at the South County Community Center to hear all about them.

Happy Fourth of July to Everyone!
Stay cool and stay safe.

2010 PARADE PHOTOS



AUXILIARY UNIT OFFICERS & CONTACT INFORMATION

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CALENDAR OF EVENTS

<u>DAY</u>	<u>DATE</u>	<u>EVENT</u>	<u>WHERE?</u>
Fri.	July 1	First 2012 Dues Renewal Notice Mailed	
Mon.	July 4	Independence Day	Parade Day – United Methodist Church
Mon.	July 18	Post Executive Committee Meeting	South County Community Ctr. @ 7:00 PM
Thur.	July 21	Membership Meetings	South County Community Ctr. @ 7:00 PM
Wed.	July 27	Korean War Cease Fire (1953)	
Sun.	Aug. 14	VJ Day (1945)	
Mon.	Aug. 15	Post Executive Committee Meeting	South County Community Ctr. @ 7:00 PM
Thur.	Aug. 18	Membership Meetings	South County Community Ctr. @ 7:00 PM
Fri.	Aug 26 to Thur. Sept. 1	American Legion National Convention	Minneapolis, Minn.
Mon.	Sept. 5	Labor Day	
Sun.	Sept. 11	Patriot Day	
Mon.	Sept. 12	Post Executive Committee Meeting	South County Community Ctr. @ 7:00 PM
Thur.	Sept. 15	Membership Meetings	South County Community Ctr. @ 7:00 PM
Fri.	Sept. 16	POW/MIA Recognition Day	
Fri.	Sept. 16 to Sept. 19	Department Executive Committee Mtg.	Omni Southpark Hotel, 4140 Governor's Row, Austin
Date To Be Set		District 7 Convention	(Venue to be announced.)
Mon.	Oct. 17	Post Executive Committee Meeting	South County Community Ctr. @ 7:00 PM
Thur.	Oct. 20	Annual Octoberfest Picnic	Shadowbend Park Pavilion @ 7:00 PM
Fri.	Oct. 21	Fall Rummage Sale Set-up Day	Robinson Road Community Center
Sat.	Oct. 22	Fall Rummage Sale	Robinson Road Community Center
Mon.	Oct. 31	Halloween	Trick or Treat!
Thur.	Nov. 10	US Marine Corps Founded (1775)	
Fri.	Nov. 11	Veterans Day	

The Post and Auxiliary Unit meet at the **South County Community Center** in The Woodlands at 7:00 PM on the third Thursday of each month. The Unit hosts a potluck supper following the meetings. The Center is located on the corner at the intersection of **Lake Robbins Drive** and **Grogans Mill Road**.

POST OFFICERS AND CONTACT INFORMATION

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