



**AMERICAN LEGION POST 305**  
**“THE WOODLANDS POST”**  
**THE BUGLE**



March 2012 Volume 8, Issue 3

**COMMANDER’S CORNER**



**Cdr. Kimberly Biggerstaff**

Greetings fellow Legionnaires,

Congratulations to **Jim Bolin** (Post) and **Dayna Salter** (Unit), this year’s winners of our annual Chili Cook-off. There was plenty of excellent chili at the meeting and I want to thank all those who participated.

The District Convention will be April 14. We are collecting plain white socks for the VA Hospitals in Houston, Waco, and San Antonio. They have requested the socks for those who wear prosthetics. It’s **very important** that the socks be plain white (no dye of any color, anywhere on it). Also, the socks should be tube or crew length. Please bring socks to the next meeting or contact an officer before April 14. The amount collected (based on a

percentage of post membership) will determine the winner of the Traveling Trophy.

Thank you to **Jerry and Mary Lee Mulvihill** for their presentation of the Four Chaplains Memorial Ceremony.

I want to re-print an article that was put out by the National Adjutant concerning the National Commander’s Message that was in the Legion Magazine. This is on the Department of Texas website Thursday, February 2, 2012 - 2:21pm

An error occurred in the "Commander's Message" in the February 2012 issue, and it was not the fault of the National Commander.

“Article II, Section 2 of the National Constitution was quoted correctly, as it reads today. The paragraph following that, however, reflected earlier language which has now been deleted from the National Constitution. Hence, even though it is not the best practice for a Legion official to hold public office because it is so difficult to separate motives, actions and their interpretation by others, Legionnaire may hold Legion and political office at the same time. We regret the error.”

*Daniel S. Wheeler, The American Legion National Adjutant.*

If I understand what they are saying, I agree. I’m sure there have been plenty of politicians throughout the years who have worn the blue cap (I can think of one former President). But, The American Legion is not supposed to take political sides. It may be perceived as a conflict of interest (or “difficult to separate motives”) if a Legion official runs for political office. So, it makes sense to separate the two. It would be wrong to tell someone they can’t run for political office because they belong to an organization or hold an office in that organization. Holding an office in an organization and running for political office at the same time might cause problems. It may be easier to hold the high office, and then after the tenure is complete, run for political office. Even the best intentions may be spun in a negative way, and it’s difficult to know what others perceive or interpret. Just a thought...”

Don’t forget about our fundraisers. We have Birdies for Charities, Coupon Books, and the Rummage Sale. The next meeting is March 15 at the Community Center at 7:00 PM.

For God and Country,  
*Kimberly Biggerstaff*

## MEETING HIGHLIGHTS (February 16, 2012)

Prior to the meeting, the Auxiliary joined the Post as we celebrated the remembrance of the Four Chaplains. Our respective



Chaplains, **Mary Lee Mulvihill** and **Jerry Mulvihill**, officiated.

**Commander Biggerstaff** opened the meeting in the prescribed manner. The Commander asked the Sergeant-at-Arms about visitors, but there were none. The Commander then gave the Treasurer's report as \$17,522.45 in the General Fund, \$5,210.71 in the Money Market Fund and \$17,000.00 as a CD for a total of cash assets \$39,733.16.

First Vice Commander **Emery Heuermann** reported that the Post has 306 paid-up members toward of a goal of 398 members, for a goal reach of 76%.

Chaplain, **Jerry Mulvihill**, reported that two of our comrades, **Dutch Dettinger** and **Win Salter** were ill. He passed around a card for each comrade and the membership signed the card. Our thoughts and prayers go with our comrades.

Under "Old Business", **Jim Bolin** reported that it was Birdies for Charity time again. This is a major fund raiser for the Post and Auxiliary. All money collected will

be returned to the Post. To join the fund, you must choose the correct number of birdies to be made during the Shell Houston Open Golf Tournament. Each guess will cost \$20 or a promise to pay at least one cent per birdie

**Mickey Fussell** reported that the casino trip would be on Tuesday, April 3<sup>rd</sup>. He advised us to make reservations with 1<sup>st</sup> Class Tours, 281-443-1200, seven days prior to the date of the trip, as that date is a popular day for it is Senior Day. The cost of the bus is \$15 and lunch will be \$5.50. What you win or lose is your business, but \$100 should provide a lot of fun. The bus leaves at 8 AM. and returns by 10 PM, and you are guaranteed five hours at the casino. The bus leaves from the 1st Class Tours office which is on FM1960, two blocks east of I-45.

Under "New Business", the Commander discussed the Auxiliary's desire to sell T-shirts and baked goods at the rummage sale in April. There were no objections to this idea.

The Post voted to indorse Brian Coleman for the high post of Department Judge Advocate for the year 2012 to 2013.

Under "For the Good of the Legion". Commander Biggerstaff said that the winner of Challenge for the up-coming District Convention will be the Post that brings the most white tube socks for the VA Hospital's amputee ward.

The meeting was closed in the prescribed ritual.

### CHILI COOK-OFF 2012

After the meeting on February 16, the members present flowed to the side of the room where three

pots of Auxiliary-made chili were waiting. They were asked to pick the best tasting from the three pots. Small cups and teaspoons were provided along with a piece of paper to use as a ballot. Each pot had a number and the members were asked to vote by entering the number of the best tasting pot and turn the ballot in to the Commander. The Auxiliary winner was **Dayna Salter**. In a like manner, the members of the Auxiliary flowed to the other side of the room where four pots of chili awaited their cultured taste. After the votes were counted, **Jim Bolin** was declared the winner. And so, the 2012 Annual Chili Cook-off entered the record book!



### VETERAN'S ADVOCATE

#### **VETERANS LEGISLATION STATUS**

Support of these bills through co-sponsorship by other legislators is critical if they are ever going to move through the legislative process for a floor vote to become law. A good indication on that likelihood is the number of co-

sponsors who have signed onto the bill. Any number of members may co-sponsor a bill in the House or 79 in the Senate. At <http://thomas.loc.gov> you can review a copy of each bill's content, determine its current status, the committee it has been assigned to, and whether your legislator is a sponsor or co-sponsor of it. To determine what bills and amendments your representative has sponsored, co-sponsored, or dropped sponsorship from, refer to [http://thomas.loc.gov/bss/d111/sp\\_onlst.html](http://thomas.loc.gov/bss/d111/sp_onlst.html).

Grassroots lobbying is perhaps the most effective way to let your representative and senators know your opinion. Whether you are calling into a local or Washington, D.C. office; sending a letter or e-mail; signing a petition; or making a personal visit, Members of Congress are the most receptive and open to suggestions from their constituents. The key to increasing co-sponsorship on veteran related bills, and subsequent passage into law, is letting legislators know of veteran's feelings on issues. You can reach their Washington office via the Capital Operator direct at (866)272-6622, (800)828-0498, or (866)340-9281 to express your views. Otherwise, you can locate on <http://thomas.loc.gov> your legislator's phone number, mailing address, or email/website to communicate with a message or letter of your own making. Refer to [http://www.thecapitol.net/FAQ/cong\\_schedule.html](http://www.thecapitol.net/FAQ/cong_schedule.html) for dates that you can access your legislators on their home turf.

### **TEXAS VETERANS' LICENSE PLATES**

Texas offers military veterans a multitude of options to personalize

their plates. For example, if eligible, you can apply for Disabled Veteran license plates for your car, light truck or motorcycle if you are certified by the Veterans Administration to have a 50 percent service-related disability, or 40 percent due to amputation of a lower extremity. An annual \$3.00 fee is collected for the first set of plates. There is no fee to apply for an additional set of plates, but you are required to pay the regular registration fee, which can be found at [http://ftp.txdmv.gov/pub/txdot-info/vtr/fees/fee\\_chart\\_1c.pdf](http://ftp.txdmv.gov/pub/txdot-info/vtr/fees/fee_chart_1c.pdf) and other applicable fees. For information about parking privileges with Disabled Veteran license plates, refer to <http://www.txdmv.gov/vehicles/drivers/disabled.htm>

To order DAV plates by mail go to <http://www.txdot.gov/txdot/forms/GetForm?formName=/VTR-615.xdp&appID=/VTR&status=/reportError.jsp&configFile=WFServletConfig.xml>, complete the application form online, print and mail, with fee payment in the form of a personal check, money order or cashier's check, and any required attachments to your county tax office. The specialty plate fee is \$3.00 per year for one vehicle.

### **VA PATIENT-CENTERED CARE**

By building on its unique structure and assets, the Veterans Health Administration (VHA) has leapfrogged ahead of many health systems on the path toward a patient centered care model, as concluded many health-care quality improvement experts at a recent conference. The Patient-Centeredness in Policy and Practice conference [a conference on evidence, programs, and implications] was co-hosted by the ECRI Institute, a nonprofit organization using science-based

methods to identify processes and products that improve health care, and the US Food and Drug Administration, with support from several other organizations. The meeting convened experts on a range of issues related to the implementation of a patient-centered care model—one that focuses on the person or family rather than on disease, that empowers patients to take an active role in their care, and that provides seamlessly integrated services from a multidisciplinary team. Several speakers pointed to the health system operated by the US Department of Veterans Affairs as one that has successfully transitioned toward patient-centered care. Leaders from the VHA, which administers the VA health system, also spoke about how they have embraced and implemented this approach. "Right now, the VA is used as a model of quality," said Steven E. Weinberger, MD, executive vice president and chief executive officer of the American College of Physicians, at the meeting. Malcolm Cox, MD, chief academic affiliations officer at the VHA, noted that one of the VA's key advantages is that it has an integrated health system, which mitigates some of the dysfunction that occurs in the wider health system with its many payers, providers, and institutions not working in a coordinated fashion. "The real issue that has moved the VA to [a model of quality care] is its dedication to measurement and performance improvement at individual, unit, hospital, and system levels," Cox said. The VHA's shift toward a patient-centered system began early, according to a presentation by Joel Kupersmith, MD, chief research and development officer at the VHA. In the 1990s, he explained, the system began to

focus more on patient-centered, outpatient primary care and to harness the capabilities of electronic health records to drive quality improvement efforts. The VHA's culture, which focuses on service to veterans and also emphasizes learning through affiliations with medical schools, has also been an asset in the transition, he added. "A lot of [the patient-centered care model] is about culture," said Eric Holmboe, MD, chief medical officer of the American Board of Internal Medicine. "It's not just about the technical aspects."

Kupersmith also emphasized the VHA's efforts to expand veterans' access when they need and want it through Web- or telephone-based services, a network of community-based clinics, secure e-mail access to the care team, and scheduling services. For example, he highlighted MyHealthVet, a Web-based platform that enables veterans to access their health information, share it with caregivers or family members, complete health risk assessments, get 25 prevention reminders, refill medications, and e-mail their clinicians. Additionally, the VHA has begun developing a suite of smartphone apps that allow veterans to track their symptoms, access advice, and support their health-care decision making.

The VA system's high level of integration was also emphasized. Among the system's features are the co-location of specialty and primary care providers, collaborative care models, involving teams of multi-disciplinary clinicians and support staff, electronic decision support for clinicians, and care coordinators who provide a central contact for veterans.

[Source: JAMA Vol 305 No. 5 article 1 Feb 2012 ++]

## **POST ELECTIONS 2012 - 2013**

At the next meeting on March 15, the election process begins for the officers to lead Post 305 in the next year. Twelve members must step forward and volunteer for an elected Post. Currently only one of the twelve current incumbents has volunteered to serve in their current position next year, and he is the Adjutant. All the rest are up for a new face. Now is not the time to let someone else do it. If that happens the Post will limp along and not be of service to veterans. So, Do Your Part and volunteer by calling Jim Bolin, whose contact info is at the last page of *The Bugle*.

### **Important Contact Numbers**

Houston Regional VA Office:  
1-713-383-7842  
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](http://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

## **EVENT BULLETIN BOARD**

**Last Day for Birdies = March 15, 2012:** This fund drive asks members to sell chances on a 2012 Toyota Camry at \$20 each. All the money collected from the sale of chances is returned to the Post. Your estimate can be turned in at the next meeting or by telephoning Jim Bolin at (281) 251-2352. The persons getting a chance to vie for the Camry are the folks that guess the correct number of birdies that will be made by the participants of the Shell Houston Open. That is the number, or numbers, you will turn in to Jim Bolin

**April 3, 2012: Casino Trip:** Members of the Post and Auxiliary can spend time with their comrades on a day trip to a casino in Louisiana. The assembly point is the offices of 1<sup>st</sup> Class Tours located east of I-45 on FM 1960. Assembly time is 8.00 AM. Members must call and make their own reservations exactly seven days before April 3 to insure a seat on the bus. Return time is around 10.00 PM.

**April 13-14, 2012: Post Rummage Sale:** April will be here before you know it! Now is the time to canvass your friends and neighbors to see if they have any unwanted items which might become someone else's treasure. We have storage facility space available. Contact an Executive Committee Member for further information.

**April 14, 2012: District Convention:** Beginning at 9.00 AM, the Officers of the Post and Auxiliary, and others having an interest, will attend this meeting. The meeting follows the format of a Membership Meeting and attends to the District's business. The District also conducts a contest called a Challenge. This meeting challenge is to bring as many white tube socks as possible for veterans' use.

**May28, 2012: Memorial Day:** There will be many opportunities to pay our respects to our departed comrades on Memorial Day. The Post attends the ceremony at Houston's National Cemetery. At this ceremony, our Post Color Guard presents the Post Colors while the Auxiliary dedicates a wreath in the Parade of Wreaths.

# AUXILIARY UNIT 305 NEWS



**Dayna Salter, President**

As many of you have probably heard, we lost two of our long time Unit 305 members in February. **Colenia Canfield** passed away on February 2 and **Jeanne Spielvogel** passed away on February 15. Jeanne was one of our four PUFs. We are grateful for all these ladies did for our Unit, and they will be missed. Both ladies' memorials included the special ALA service. I would like to thank Chaplain **Mary Lee Mulvihill** for her tireless service and **Rosalie Fryer** for pinch-hitting for me on the 17<sup>th</sup> at Jeanne's memorial.

Our February meeting included the Four Chaplains Memorial Ceremony by **Jerry and Mary Lee Mulvihill**, chaplains of the

Post and Unit. We also had our Annual Chili Cook-Off Contest. First and second place went to **Dayna Salter** and **Jenny Le**.

We began discussions for fundraising this spring, but with the packed agenda, we deferred final discussions to the March 15<sup>th</sup> meeting. And, that will be the primary theme for the March meeting -- fundraising and budget. What do we want to do as a Unit? What programs do we want to support? And, how are we going to fund those activities? What are our commitments? We will roll up our sleeves and look at what we need and what we have.

One quick hit will be the staffing of an Auxiliary table at the Post rummage sale on April 14<sup>th</sup>. We will be selling t-shirts, baked goods, and muffin mixes. Details will be finalized at the next meeting.

Other fundraising ideas include Tupperware catalog sales that donate a percentage of each item's sale price to the Unit.

An important fundraiser going on now is the "Birdies for Charity". Please contact **Rosalie Fryer** if you wish to sell chances.

Her number and email are listed in the box below.

There is also interest in doing another "Ride for Vets" this fall. Several members have been asked when we planned to do another one. Apparently it was quite popular.

Please come to the meeting armed with your ideas and energy. We have strength in numbers to accomplish what we want. Please call or email me with any ideas, comments, or suggestions. The social after the meeting will have the theme of "potluck". **Veronica Maiolo** will be calling around to coordinate the dishes to be presented. See you on the 15<sup>th</sup>!

**Dayna Salter**

## Winning CHILI Tidbits

- Try mixing beef and bison for a low fat chili. Brown the meat with garlic/onion powders and white pepper for a spicy start. Add green pepper and onions to the meat sauté as well.
- Use tomato puree and diced tomatoes for thicker chili
- Add a bit of sugar to cut the acid of the tomato.
- Use plenty of chili powder, some cayenne, fresh oregano and plenty of cumin.
- Dark red kidney beans give extra color to the mix. Don't be afraid to use jalapenos.

## AUXILIARY UNIT OFFICERS & CONTACT INFORMATION

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## CALENDAR OF EVENTS

<u>DAY</u>	<u>DATE</u>	<u>EVENT</u>	<u>WHERE?</u>
Sun.	Mar. 11	Daylight Saving Time Begins	Spring Forward (Lose 1 Hour of Sleep!)
Mon.	Mar. 12	Post Executive Committee Meeting	South County Community Ctr. @7:00 PM
Thur.	Mar. 15	Membership Meetings-Nominations	South County Community Ctr. @7:00 PM
Fri.	April 13	Post Rummage Sale Set-Up Day	Robinson Rd. Community Ctr. @8:00 AM
Sat.	April 14	Post Rummage Sale	Robinson Rd. Community Ctr. @8:00 AM
Sat.	April 14	District Seven Convention	Livingston Post 312
Mon.	April 16	Post Executive Committee Meeting	South County Community Ctr. @7:00 PM
Thur.	April 19	Membership Meetings-Elections	South County Community Ctr. @7:00 PM
Tues.	May 8	VE Day Declared	Germany surrendered
Mon.	May 14	Post Executive Committee Meeting	South County Community Ctr. @7:00 PM
Thur.	May 17	Membership Meetings-Installations	South County Community Ctr. @7:00 PM
Sat.	May 19	Armed Forces Day	
Mon.	May 28	Memorial Day (Observed)	National Cemetery – Houston
Wed.	May 30	Memorial Day (Original)	
Mon.	June 18	Post Executive Committee Meeting	South County Community Ctr. @7:00PM
Thur.	June 21	Membership Meeting	South County Community Ctr. @7:00PM

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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