



AMERICAN LEGION POST 305
“THE WOODLANDS POST”
THE BUGLE



APRIL 2014

VOLUME 10; ISSUE 4

THINK NOT OF THE PRICE OF YOUR DUES; THINK OF THE PRICE YOU PAID TO BE ELIGIBLE

Post Commander
Pete Koch



COMMANDER’S CORNER

Dear Legionnaires’,

As host Post of the District 7 Spring Convention, it is my proud and sincere duty to welcome to The Woodlands all members of District 7’s Posts, and their Auxiliary Units and SAL Squadrons. It has been several years since Post 305 last served as the host Post, but some of the lessons learned from then are still remembered. Hopefully, we have applied the beneficial lessons and have learned to avoid those not so good! In any case, to all attendees of the Convention, I say **“WELCOME!”** Our members are here to help in all respects and to support **Commander Jarvis** and his staff as they advance our knowledge and information about current Legion matters as they pertain to this patch of the Second Division, Department of Texas.

This newsletter, published and posted monthly by Post 305,

CONVENTION ISSUE
District 7 Spring Convention
April 5, 2014 ~ The Woodlands

helps to keep our 300-plus members informed and interested. Its effectiveness in that respect is not well defined, but its content and coverage as found here is fairly typical, except for the Convention matters of this issue.

One of my concerns right now is the coming election of Post officers. Our Executive Committee has appointed a Nominating Committee which is at work forming a slate. We are trying to express what each of our 12 officer positions require as to duties, responsibilities and level of effort, such that potential candidates are better informed about the work we do and how it is allocated among the 12 of us. At my direction, The Bugle has put such “job descriptions” forth, three or four at a time, to help readers and perhaps convince some to stand for election, maybe for the first time. There was a time when our ranks were dominated by members whose first “war era” was WWII or Korea. That is no longer the case, and the effects of the passage of time have made veterans of later wars our primary membership group. That is not to say that our older members are not greatly valued for their real war service and, for some, their leadership and experience in

Post positions – but they are fewer and less able to participate. Beyond broadcasting in print those job descriptions, I am having each officer stand and recite their duties and responsibilities at membership meetings. And, this Convention will include training sessions oriented to the same end. Perhaps overlooked in all of this is the privilege of serving on the Executive Committee which officership brings. There, all officers become involved in all Post matters, like a corporate board of directors.

Our Boys State program is well underway under the able direction of **Service Officer Dayton Denton**. As of now, we have sponsorship of 16 boys from four of the South County high schools, where we budgeted for four, then added a fifth. The other 11 are being sponsored by our citizens and a few high schools. That’s a record for Post 305.

Our 2013 membership in The Woodlands Area Chamber of Commerce is paying dividends and it’s a two-way street. We now appear at Chamber meetings with the American flag and have convinced the business representatives present to

recognize that Standard by reciting the pledge.

As for most Posts, among our prominent challenges are maintenance of membership, attendance at meetings, fund-raising to support veteran and community programs and effective leadership as our officers hand-off (or retain) their duties.

Lastly, a reminder to get those 1040's in to the IRS and that the Second Division Convention will take place later this month at Post 521 in Pasadena. Post 305 will be represented by its delegates. Our next meeting will be at its usual time – 7:00 PM on Thursday, April 17 at the South County Community Center. Details of these assemblies are found elsewhere in this issue.

For God and Country --

Pete Koch

MEETING HIGHLIGHTS

(March 20, 2014)

The Post Membership meeting was convened at 7:00 PM in the prescribed manner and a quorum was determined. The minutes of the last Membership Meeting were approved, as well as the minutes of the Executive Committee meeting. **Sergeant-at-Arms Jim Bolin** introduced new member **Gordy Bunch**. He is a former coastguardsman and active in many Woodlands activities. He is capable of bringing some great talent to the Post and its membership.

Finance Officer Kim Biggerstaff gave the Financial Report as follows; General Fund - \$17,695.96; Allocated Fund - \$22,884.57; total bankroll - \$40,580.53.

First Vice Commander Emery Heuermann reported that we currently have 301 paid-up members towards our goal of 322; 93% of goal. He also noted that we signed up four new members this past month. Then he discussed some of the other membership duties that he performs for the Post.

Second Vice Commander Mickey Fussell reminded all that Wednesday, April 9th is the date of the trip to a winery in Old Town Spring to attend to the inspection (tasting) of some wine. Inspectors will meet at the Methodist Church of 4th of July fame, at 11:00 AM to carpool to lunch before the wine tasting. The cost of the wine tour is \$5.00.

Mickey went on to report on the shortage of items to sell during the up-coming Rummage Sale. If you have anything that might become someone else's treasure or pleasure, bring it to the storage facility or contact an officer of the Post. Don't forget, we are now including a costume jewelry and trinkets table, staffed by Unit members. We need such inventory too.

Mickey also reminded us of the Post's raffling off a 1930's .22 caliber rifle during the up-coming District Convention. He has chance tickets and they are on sale now for a dollar; cheaper in quantity.

Chaplain Victoria Glover has been looking into the option of burial-at-sea as one way to go. Anyone interested in the opportunity, which is not limited to veterans, should contact Vickie.

Sergeant-at-Arms Jim Bolin reported that the Color Guard is primed and ready to go to the opening of The Broadmoor at

Creekside Park, a skilled nursing facility, on March 27 at 4:00 PM. He also noted that the deadline for turn-in of Birdies for Charity bids ends at midnight of March 31st.

Historian Win Salter reported the development of the History book for 2013-2014 is underway, but that he needs current photos of the officers. He wants to shoot each in a "working" pose, rather than the usual portrait view. So, be unprepared to be photographed candidly.

The Post **Service Officer Dayton Denton** said that he and his Boys State committee have finished interviews with the four high schools in our area and that the committee had chosen 15 boys. He also noted that the last slot was a tie and he would pass the hat at the end of the meeting to see if he could begin to raise enough money to get the other boy to the Boy's State convocation.

Under **Old Business**, the **Commander** reminded the membership of the District Convention and the start times for the various activities. He said Baseball Caps for the District Travelling Trophy Challenge will be collected and counted at the entrance to the Convention. He then noted that the Second Division Convention is scheduled for April 26th and that if anyone wants to attend to let him know.

Under **New Business**, **Emery Heuermann** moved that in the event of a tie at the end of the selection process for the Boys State attendees, the Post will sponsor one more student so that both tied boys can attend. He also moved that the Commander appoint a sub-committee of three under the

Finance Officer to study investing up to \$30,000 of the Post's money to gain a better return on the investment. Both motions passed.

There being no further business to come before the membership, the meeting was closed in the prescribed manner.

The Post and the Auxiliary then enjoyed a light snack and camaraderie.



VETERAN'S ADVOCATE

NUMBER TWO CANCER KILLER

March was Colorectal Cancer Awareness Month. Colorectal cancer is the nation's second leading cancer killer of men and women in the United States and a cause of considerable suffering among the 137,000 adults diagnosed with colorectal cancer each year. In 2010, over 52,000 Americans died from this type of cancer; however, when colorectal cancer is detected early, death can be prevented. The U.S. Department of Health and Human Services is committed to boosting public awareness about the importance of screening and treatment for colorectal cancer.

Colorectal cancer poses the greatest risk to adults over the age of 50, and the United States Preventive Services Task Force recommends that all individuals aged 50-75 be screened for colorectal cancer

as part of routine preventive health care. Currently, about one in three adults between the ages of 50 and 75 are not receiving the recommended screening. These are most likely to be:

- ~ Males
- ~ Rural dwellers
- ~ Folks with less education and income
- ~ Those aged 50 to 64
- ~ Hispanics, American Indians and Alaskan natives

With the implementation of the Affordable Care Act, a major barrier to regular screening—cost of access to preventive care—has been removed. For the first time in our nation's history, many Americans can receive without cost sharing high value preventive services, such as screening for colorectal cancer and other diseases that threaten health and shorten lives. Colorectal cancer and death from this disease can be prevented thanks to effective screening tools. Many people do not realize that three tests—colonoscopy, highly sensitive stool tests (FOBT, fecal occult blood test, or FIT, fecal immunochemical test) and flexible sigmoidoscopy—are all effective at finding cancer early, and the best test is the test that gets done.

In summary, colorectal cancer screening has been proven to save lives. We are committed to eliminating colorectal cancer as a major public health problem. Increasing the nation's screening rate to 80 percent by the year 2018 is absolutely possible, but there is much work to be done, especially in communities where those without insurance can't regularly access the health care system. We need greater national efforts to inform and remind appropriate patients

that they are due for colorectal cancer screening, and ensure that all Americans between the ages of 50 and 75 receive this important life-saving intervention. [Source: Assistant Secretary for Health Statement | Dr. Howard K. Koh | 5 Mar 2014 ++]

THE ER VS URGENT CARE CENTERS FOR TRICARE BENEFICIARIES

When we're in pain or sick, we're anxious and it can be hard to think straight. We want relief as soon as possible. When a child is hurt or ill, the anxiety can be even greater. In those moments, it can be hard to determine if you need to go to the emergency room or if an urgent care center will do. It's important to make that distinction because making the wrong choice will cost both time and money. The general rule-of-thumb for TRICARE beneficiaries is that if a condition is threatening to life, limb or eyesight, it is considered an emergency and a trip to the emergency room is warranted. TRICARE defines an emergency department as an organized, hospital-based facility available 24 hours a day, providing emergency services to patients who need immediate medical attention. Emergency departments affiliated with hospitals are most likely TRICARE-authorized providers, but TRICARE beneficiaries and their families will get the appropriate level of care and save money by having urgent care needs met in urgent care facilities.

Over the last two decades, over 9,000 urgent care centers have emerged across the country, and this may lead to more urgent care facilities in an area than emergency rooms.

However, beneficiaries who seek care at an urgent care facility need to ask if it is affiliated with a hospital-based emergency department. If it is not, the beneficiary will need to make a decision about getting care elsewhere or being responsible for those facility charges. Beneficiaries can check if a provider is TRICARE-authorized by calling their regional contractor. Contact information for regional contractors is available at www.tricare.mil/callus. Learn more about emergency and urgent care under TRICARE at www.tricare.mil/emergency. [Source: Tricare News 26 Feb.]

Important Contact Numbers

Houston Regional VA Office:

1-713-383-7842

County Veterans Service Offices:

Montgomery 1-936-539-7842

(Ms. Kay L. Lee)

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 – Steve Toth

832-562-2883

Dist. 16 – Brandon Creighton

936-539-0028

Dist. 126 – Patricia Harless

281-376-4114

THE PARASKEVOPOULOS LEGACY

What in the world is that all about? A few readers might know, but most will not. And yet, the name has indirectly had great importance to the United States and to that piece of Texas called The Woodlands.

Savvas Paraskevopoulos was a 20-year-old Greek shepherd who immigrated to America in 1901, arriving at Ellis Island,

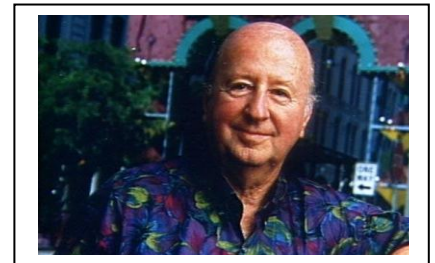
New York. He found work on railroad gangs and made his way west. One railroad paymaster gave up trying to write Savvas' name and threatened to fire him if he did not change it. So, Savvas took the paymaster's name and became "Mike Mitchell". He settled in Galveston in 1907 and ran a succession of shoe-shining and dry cleaning shops.

Mitchell was so attracted by a newspaper photo of a beautiful woman, also a Greek immigrant, who lived in Florida, that he traveled there and won her hand. They returned to Galveston and lived above his shoe shine parlor. The Mitchells had four children, one being George P. Mitchell, born in May 1919. He grew up in Galveston and took advantage of its public schools and his parents' devotion to hard work. Young Mitchell attended Rice University and Texas A&M, graduating in 1940 with a degree in petroleum engineering and geology. He also had ROTC credentials. With war raging in Europe, Mitchell joined the Army as a second lieutenant in the Corps of Engineers a year before Pearl Harbor. He served throughout the war and was discharged with the rank of major.

Mitchell, together with brother Johnny, formed an oil exploration business in Houston. Over the years, that grew into a major energy company; Mitchell Energy and Development Corporation. Starting as a wildcatter, Mitchell spent 17 years trying to find and perfect a cost-effective method to crack Texas' Barnett Shale, despite many doubters it could pay off. He revolutionized the extraction of oil and gas by hydraulic fracturing of the rock – referred

to as "fracking". In fact, throughout the energy industry, Mitchell is known as "The Father of Fracking". His fracking development is said to have revealed that the US has recoverable gas resources that will last 120 years at current production levels, but production is expected to triple by 2020.

In parallel with his energy development work, Mitchell turned to urban renewal, firstly and especially in his home town, Galveston, where the Mitchells summered each year. Many old Galveston structures of historic importance were saved from the wreckers' ball and restored, thanks to George Mitchell and his wife Cynthia. He also had a long-standing ambition to create a new town "from scratch" and had been looking for a suitable site to try and to find backing to help finance it. He settled on a 25,000 acre timberland and wetlands site about 30 miles north of downtown Houston in Montgomery County. He drafted development objectives and criteria and hired landscape architects and city planners to develop a master plan for the community called "The Woodlands".



George P. Mitchell

Developing The Woodlands was a ten-year project up to the October 1974, Grand Opening, but there was much to iron out for several years thereafter. Many issues arose to be resolved; the mix of residences in villages and the intrusion of

commercial/retail development, drainage problems, county acceptance of this non-city and applying DHUD's social goals, to cite a few. Despite inconsistent Federal policies as the administrations changed and they changed priorities, the Woodlands team persisted and managed to make viable its new community.

On July 26, 2013, George P. Mitchell died at age 94 in his home in Galveston. The whole world owes a debt of thanks to him for his devotion to energy development, and Montgomery County likewise for The Woodlands. And, somewhere back there, we all need to give credit to the Greek shepherd, Savvas Paraskevopoulos.

VA HOSPITAL NEEDS NON-CASH DONATIONS

Post 305 and its Unit continue to collect and deliver to DeBakey VA Medical Center small items of personal comfort and enjoyment for the veterans who are wounded, sick or otherwise infirmed. The hospital greatly appreciates the arrival of incoming goods, as reported by "Post Scrounger" **Steve McKinsey**. Bring your donations to a Membership Meeting where Steve will retrieve them and make a sortie to DeBakey. Here is a list of what are acceptable items – all in new or gently used condition – no mildew; no mold; no kidding!:

Travel-size Toiletry Items: toothpaste & brushes; shampoo & conditioner; powder; deodorant; shave cream; lotion; non-alcohol mouthwash; combs & brushes.

Reading & Stationery Items: books — hard cover & paperbacks; books on tape; magazines not older than three months.

Clothing Items: men & women's clean clothing; socks; undergarments in unopened packages; caps & hats; cot-sized afghans & lap robes.

Entertainment Items: playing cards; DVD's; board games; TV game sets – Wii or Playstation 3; handheld games & batteries.

Other Items: wheelchair & walker carrier bags; phone cards; gas cards; gift cards (Wal-Mart, Target, VISA, food, etc.)

UNACCEPTABLE: Anything with alcohol or tobacco; glass; computers; VHS tapes; puzzles; inappropriate reading material (you be the judge!); prosthetic items (wheelchairs, walkers, scooters, crutches, braces); furniture.

POST OFFICERS' GENERAL DUTIES AND RESPONSIBILITIES

[Every officer may be assigned other duties or volunteer for such. Stated here are the basic duties of the positions and an "intensity" measure, where the duties of the Commander are deemed the highest, rated "10" on a scale of 3 to 10.]

CHAPLAIN: This officer plays an important role in the conduct of Post meetings, the observance of patriotic occasions, funeral services, and dedication ceremonies. All of these events include the performance of duties by the Chaplain, as defined in the Manual of Ceremonies. The Chaplain need not necessarily be a clergyman, but must be a person capable of moral and intellectual leadership and one who gives dignity and respect to the office. The Chaplain must stay in close touch with the Commander and other Post officers, and must attend all meetings of the Executive Committee. He or she should see that graves are decorated on Memorial Day. The Chaplain should seek out information on the health status of Post members so that he or she is knowledgeable of those in distress and ill, such that the Post's compassion can be extended in a timely way. Besides officiating at Post members' funerals, as may be requested, the Chaplain may also be of service to their bereaved families. Intensity level = 5.

FIRST VICE COMMANDER: This officer is primarily charged with Post membership, including dues payments, retention, and recruitment. The success or failure of the membership's record during his or her year could determine the likelihood of advancing to the office of Commander when a vacancy occurs. All Posts lose members to death, illness, a change of residence, or just disinterest and transfer. The First Vice Commander must conceive of and implement effective methods by which such attrition is offset by incoming transfers and new Legionnaires, while holding onto current members. As members slip into suspension, they must be contacted to understand the reasons for not remaining in good standing. The First Vice Commander must work closely with the Adjutant, who is first to know that a member has remitted dues and is checked off as a target of retention efforts. He or she chairs the Membership Committee, which assists in the planning of membership drives. This Vice Commander must also be ready to act for the Commander at times when he or she is absent. Intensity level = 8.

AT-LARGE MEMBERS OF THE EXECUTIVE COMMITTEE: [Post 305 is allowed two At-Large Committee Members, with equal duties and responsibilities.] These officers essentially have neither specified duties nor deliverables. Their role is akin to ombudsmen where they give all members of the Post an "ear" to its leadership and conversely stay in touch with the rank and file to assess the level of satisfaction with Post operations and programs. They have the privilege of contributing to the deliberations of the Executive Committee on all matters. These positions can also be stepping stones to higher offices, given the Members' acquired understanding of those roles and responsibilities, and they are potential committee chairmen. Intensity level = 3.

AUXILIARY UNIT 305 NEWS

Auxiliary President Dayna Salter



The District 7 Spring Convention is just around the corner on Saturday, April 5th at the Holiday Inn Express, located at 24888 I-45N Frontage Road. Post/Unit 305 are the hosts, so please attend if you are interested. The Unit will cover your \$20 registration fee.

We will be busy on the evening of April 4th preparing for the convention. Please join me for a light supper and refreshments as we stuff the registration bags, and prepare for the Convention, which starts the next morning. We will meet at the "Hospitality Suite" – Woodlands No.3 at the Holiday Inn Express beginning at 5:00 PM.

I do want to encourage any interested member of Unit 305 to attend the Convention. The Unit will pay the registration costs for any member (lunch included). The program will include reports from other Units from which we can get ideas for our own programs, and

Diana King, one of our former Department Presidents, will be presenting Leadership Training for ALA Units. Come help and join in the camaraderie. If you have not already done so at the March meeting, please email me with your interest to attend/help out. We will finish on Saturday by 4:00 PM.

One more reminder: I need to report the hours and dollars spent by the Unit and the members in service to veterans and the community. I have emailed out the hours reporting form. Please return it to me as soon as possible. Hours include time spent working with veterans and military families or for their benefit, time spent in the community (including Girls State and school programs), and Americanism projects such as flag replacement and disposal.

I am pleased to announce that the Girls State Program this year has expanded to seven girls, thanks to a number of sponsorships donated this year. A big "thank you" is due to **Rosalie Fryer** and **Vergie Fussell** for coordinating the effort and interviewing the candidates.

The Post 305 Spring Rummage Sale will take place on Saturday, April 19th. The Post is still looking for donations to sell, so please go through your closets, garages and drawers for items with which you can part. We will be instituting a new feature this year - a table for jewelry and small personal items which the Unit will staff, so please

look through those jewelry boxes for costume pieces and other "trinkets" that you no longer use. If you are interested in helping with the Rummage Sale, please let me or **Mary Bolin** know.

Don't forget we are encouraging junior members to participate in the Junior Patch program. Please contact me for more information. We have another Junior working through her patch requirements. **Kyla DuRant** is the great granddaughter of long time member **Mary Lou Suhr**. She is 7 years old and has already completed the National Security patch. She is working on the Poppy, VA&R, Technology, Physical Fitness and Community Service patches. Go, Kyla!



Our next meeting is April 17th and the supper theme will be seasonal "potluck" – anything goes – sandwiches, salads, deviled eggs, whatever. Don't forget to get me a count of the hours you have spent from March 31, 2013 to April 1, 2014.

Happy Passover and
Happy Easter! - **Dayna Salter**

2013-14 AUXILIARY UNIT OFFICERS & CONTACT INFORMATION

PRESIDENT: Dayna Salter; Tel: (281) 229-1365; E-mail: dayna.salter@ymail.com

VICE PRESIDENT: Vergie Fussell; Tel: (281) 367-7115; E-mail: hmf1deer@gmail.com

SECRETARY: Sandie Holzinger; Tel: (281) 364-8590; E-mail: zing1991@yahoo.com

TREASURER: *Open*

HISTORIAN: Stephanie Marshall; Tel: (832) 637-2909; E-mail: edaymemories@hotmail.com

CHAPLAIN: Jenny Hamann; Tel: (281) 323-4530; E-mail: jmlchirp@yahoo.com

PARLIAMENTARIAN: Rosalie Fryer; Tel: (936) 520-8895; E-mail: rcfryer@charter.net

SGT-AT-ARMS: Annie Smith; Tel: (281) 367-4714 E-mail: c.smith@thewesternsystemsinc.com

EXECUTIVE COMMITTEE MEMBERS-AT-LARGE:

Mary Bolin; Tel: (281) 251-2352; Email: jpb20006@sbcglobal.net

Liz Heuermann; Tel: (281) 362-8431; Email: lizheuermann@peoplepc.com

Veronica Maiolo Tel: (832) 228-4403; Email: sammaiolo@sbcglobal.net

CALENDAR OF COMING EVENTS

<u>DAY</u>	<u>DATE</u>	<u>EVENT</u>	<u>LOCALE</u>
Mon.	Mar. 31	Last Day for Submission of Birdies	Call Jim Bolin, 281-251-2352
Fri.	Apr. 4	District 7 Convention -- Hospitality Suite	Holiday Inn Express, 24888 I-45 North Frontage Road, in Woodlands #3, 6;00 PM
Sat.	Apr. 5	District 7 Convention Convenes	Registration & Coffee: 7:30 to 9:00 AM
(All Post 305 and Unit Delegates and Alternates should be in the lobby by 7;00 AM to set up tables.)			
Wed.	Apr. 9	Tour of Wimberly Valley Winery	206 Main Street, Old Town Spring, Carpool From Methodome @ 11:00 AM
Mon.	Apr. 14	Executive Committee Meeting	South County Community Ctr. @ 7:00 PM
Tue.	Apr. 15	Income Tax Due	
Thur.	Apr. 17	Membership Meeting Election Slate Approval	South County Community Ctr. @ 7:00 PM
Sat./Sun.	Apr. 26 and Apr. 27	Second Division Convention	Post 521, 221 Preston Avenue, Pasadena, Texas
Mon.	May 12	Executive Committee Meeting	South County Community Ctr. @ 7;00 PM
Thur.	May 15	Membership Meeting -- Election of Officers	South County Community Ctr. @ 7:00 PM

POST CONTACT INFORMATION

<u>Position</u>	<u>Name</u>	<u>Tel. Number</u>
COMMANDER:	Pete Koch	(936) 273-3588
FIRST VICE CMDR:	Emery Heuermann	(281) 362-8431
SECOND VICE CMDR:	Mickey Fussell	(281) 367-7115
ADJUTANT:	Pickens Jones	(281) 367-7631
FINANCE OFFICER:	Kimberly Biggerstaff	(281) 296-9344
SERVICE OFFICER:	Dayton Denton	(832) 928-6054
SERGEANT-AT-ARMS:	Jim Bolin	(281) 251-2352
ASS'T SGT-AT-ARMS:	Carl Smith	(281) 367-4714
CHAPLAIN:	Victoria Glover	(832) 813-9415
ASS'T CHAPLAIN:	John Postel	(281) 798-9029
JUDGE ADVOCATE:	Everett Ison	(281) 298-9524
HISTORIAN:	Winfield Salter	(281) 370-1912
EXECUTIVE COMMITTEE MEMBERS-AT-LARGE:		
	Harlen Thornhill	(409) 273-2287
	Carl Smith	(281) 367-4714

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FACEBOOK MANAGER: Kimberly Biggerstaff

MEETING DAY & PLACE: The Post and Auxiliary meet at the South County Community Center in The Woodlands at 7:00 PM on the third Thursday of each month. The Auxiliary Unit hosts a pot-luck supper following the meetings. The Center is located on the southeast corner at the intersection of Lake Robbins Drive and Grogan's Mill Road, next to the library.