



AMERICAN LEGION POST 305

“THE WOODLANDS POST”

THE BUGLE



JANUARY 2015

VOLUME 1: ISSUE 13

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

**Post Commander
Pete Koch**



COMMANDER'S CORNER

I trust everyone had a very Merry Christmas and a Happy New Year and are ready to get back to reality. I really believe the older you get, the faster time goes. It seems like Christmas comes once a month. We accomplished a lot this year but we can do more. Thanks to each and every one of you for your help in running this Post. We could not do it without you. We still have the job openings for 1st and 2nd Vice Commanders available. Please take some time and help us out in this matter. Get involved and live out our Mission Statement below.

“The American Legion’s total success depends entirely on active membership, participation and volunteerism in every Post. The organization belongs to the people it serves and the community in which it thrives. The role of the Woodlands American Legion Post 305 is to provide assistance and service to our

2015 HAPPY NEW YEAR! 2015

Veterans, Active Duty personnel and their families throughout this community.”

Our Boy’s State Program was an outstanding success this past year, and our thanks go to **Dayton Denton** for a wonderful job. Eighteen of our youths got a good starting education on how the state government works. He is already in a good position for this year with 14 already sponsored. **Dayton** is very proud of this program and has even introduced it to the Chamber of Commerce. I would also like to thank **Dayton** for the effort he put into the ceremony for the boys of Boys State, including the medals he presented to those sponsors present. Thank you to our **Seventh District Commander Ed Jarvis** for attending and participating in my absence.

We need to work harder at membership to make our goal this year which is 322 members. As of this date, 162 members in good standing have renewed their dues for the year 2015 with 162 active members still to do so. If we can get all of them to sign up, this will push us over the goal by 33 members giving us a count of 353. We have 31 members who have let their memberships expire in 2013, and we need to work to get

them back into the fold. Your membership is still a real value at any price. With your membership, you also get the Legion Magazine, information on veteran benefits, a free \$1000 insurance policy, and you belong to one of the best Posts in Texas.

Among us, we know very little about the majority of our members – personal, professional, military, work status, etc. It would be a great help to the Post to have a database of the members’ skills, interests and availability. The adjutant’s files are of no help in this respect – some lack even evidence of any military history. **I RESOLVE THAT** the Post conduct a canvass of all members, using the “Member Involvement Form” to gain better knowledge about what comprises the membership. These will be passed out at the January meeting and mailed out to all other non-attending members. Please take the time to fill this out as complete as you can and bring them with you to the February meeting or mail them in to petekoch76@gmail.com.

Our very own **Immediate Past Commander Kimberly Biggerstaff** has decided to run for Seventh District Commander since Ed Jarvis’s two-year term is up in 2015. Let us give her all of our backing and help

where required. Congratulations **Kimberly!**

At the meeting on January 15th, we will have our Annual Chili Cook-off Contest. At least ten intrepid cooks, members of the Legion and Auxiliary, will prepare their chili for us to sample after the meeting. Panels of Post and Auxiliary members will judge the best chili, and the winner will go down in history. Anyone else who wishes to enter the contest is more than welcome. If you are not an entry, please come prepared to taste some of the best chili known to man. You be the judge!

Then, on the third weekend in January, the Department Mid-Winter Conference will be held. It is a time that the State-level committees get together to present status reports. Also, it is a time of training. This year the Department will be much more involved in training. The budget for training has been increased exponentially. The Conference is open to all Legionnaires and will be held at the Omni Austin Hotel at South Park from January 14th to January 18th. The Department will be conducting training on Saturday, January 17, during the Midwinter Conference, and training is open to anyone to attend. The Department Executive Committee at their January 26, 2014, meeting approved the dropping of the registration fee for all attendees of the Midwinter Conference. Take note: the National Convention will be held in Baltimore, Maryland, this year from the 28th of August through September 3rd.

We have now commenced posting our meeting and event dates in the newspapers and

Woodlands-on-Line monthly to inform the veterans of Montgomery County and beyond what we are doing and inviting them to join our Post and attend our meetings and other events.

We are in need of members, current or new, to help us in the following areas:

Webmaster—To maintain and update monthly the website of the Post and Auxiliary, including posting the newsletter on the website

Communications Technician
– Using the Post's E-mail ISP, its address list and, as needed, a facilitator, like Constant Contact, transmit to the membership such messages as the Commander wants, to include: E-mail "blasts", the newsletter, election ballots and special notices.

Post Activities Chairperson --
Conceive of, propose and organize Post meeting activities designed to add more interest for attendees, including arrangements for speakers, presenters, trainers and entertainment. In addition, assist in the publicity for such events and be the single point of contact with Wicked Publicity. Further, assure events are photographed for possible publication and part of the Post History.

I will be suggesting social and training sessions during our monthly meetings that can be developed, even if we do not have a building or Post Home.

Starting in January, we will be commencing a New Member Sponsor Program, where each new Post member is assigned a Sponsor to assist him/her in the learning of the functions of this

Post and The American Legion in general. Each will receive a Welcome Packet with useful information in it. Each Sponsor will be responsible for assuring the new member meets all of the members in attendance, especially the Committee Chairpersons, and gets him/her assigned to help at least on one committee.

For God and Country,
Pete Koch

MEETING HIGHLIGHTS **(December 18, 2014)**

Commander Koch, opened the meeting in the usual manner. The first order of business was to approve the minutes of the last month's membership meeting and the Executive Committee's meeting on Monday. There being no changes, the minutes were unanimously approved by the membership's action.

Next, the Commander asked if there were any new members. There were none, but there were several Post members who were attending a meeting for the first time. They were **Al Lee, Brad Murphy and Dennis La Plante**.

The financial report was summarized by **Finance Officer Jim Bolin**, to wit: the General Fund and the Money Market Fund (now combined): \$9,461.00; the Investment Fund: \$30,264.31 for a Total Assets of \$39,725.31.

Next, the Commander read a Resolution endorsing the election of **John McKinney** to the exalted position of Department Commander. The membership voted to approve this petition and resolve as a candidate for that position. He also read a letter from the

DeBakey VA Hospital complimenting the volunteer work of Post member **Steve McKinsey**. **Commander Koch** also expressed the Post's condolences to **Steve** upon the death of his father on this very day.

Previously, it was approved that the pot-luck supper would be replaced by a catered dinner following this meeting, to repay the Auxiliary for its services. The Post was to pay the expense of the caterer by donations from the members present. **Kimberly Biggerstaff** moved that in lieu of donations, the Post treasury pay the cost, and the motion carried.

The Commander next called for a report from **Chaplain Victoria Glover**. She reported that she had received letters from the families of two of our departed comrades to whom she presented a Bible in the name of the Legion. She also reported that she also had a letter from a Legionnaire from out of state requesting help with his father who recently passed here in Houston. If anyone would be interested in helping, call **Victoria** at the number at the end of the Bugle.

Historian Win Salter reported that the Post will be receiving a plaque attesting to the ranking of last year's History Book at Second Place by National.

Everett Ison, Judge Advocate, remarked about a large color-coded list of names that the Commander had put up on the wall behind the lectern. He focused attention on the yellow-colored portion of the names and noted that they were names and addresses of past Post members who forfeited their Legion membership due to non-payment of 2013 dues.

If we could get some of those people to rejoin the Legion at this Post, we still could compete to win an award at the end of the year. To achieve 100% of goal (322) and gain recognition, it must be reached by May 8, 2015.

Service Officer, Dayton Denton, said that he already had secured enough financial help to send eleven boys to Boy's State, plus the four that the Post finances. He also noted that this was still early in his drive to secure enough funding to send a bus full of boys to Boy's State. He also noted that Post member Toby Carroll was going to be helping him in his role as Service Officer to help veterans with whom he comes into contact.

There being no Old Business nor New Business to discuss, the Commander reminded those present that the next meeting would be followed by the Annual Chili Cook-Off Contest and closed the meeting in the prescribed manner.

CORRECTION: The December issue of The Bugle incorrectly identified a Boys State sponsor as Cynthia Cook of College Park High. The correct sponsor was Nichole Johnson, mother of Luke Johnson, one of the Boys State attendees.

**POST MEMBERS JOIN IN
"HELPING A HERO" TO
PROVIDE NEW HOME**

One of several veteran-oriented charities which build and donate new homes to wounded and disabled veterans is "Helping A Hero", and Post members have participated in the ground-breaking and dedication of such homes in this area. On December 16, a completed home in Tomball

was presented to Afghanistan veteran Jennifer Penn, a wounded USN medic. Among the many attendees was our **Chaplain Victoria Glover** and **Historian Win Salter**. Many dignitaries and supporters were present, as well as singing artist **Lee Greenwood**, who rendered his hit "God Bless The USA".



New Tomball Home of Petty Officer Penn. Below: Post Chaplain Victoria Glover with Recording Artist Lee Greenwood



VETERANS ADVOCATE

**ARMY NATIONAL GUARD
MILITARY FUNERAL
HONORS PROGRAM**

The Army National Guard Military Funeral Honors (MFH) Program provides burial and memorial honors to eligible veterans in 52 of 54 states and territories when requested by an authorized family member. The ARNG program covers

vast regions of the country that are difficult for the active component to cover with limited resources. The ARNG trains the Guard MFH team members in the ARNG program's professional ceremonial standards, established in conjunction with the Army's Old Guard, to certify guardsmen as MFH team members and trainers. For more information, visit the Army National Guard Military Funeral Honors Program website: <http://www.arng.army.mil/family-services/Pages/MilitaryFuneralHonors.aspx>. [Source: NAUS Weekly Update Dec. 05, 2014]

CDC WARNS CURRENT FLU SEASON COULD BE SEVERE

Early data suggests that the current 2014-2015 flu season could be severe, according to the Centers for Disease Control and Prevention (CDC). So far this year, seasonal influenza A H3N2 viruses have been most common. There often are more severe flu illnesses, hospitalizations, and deaths during seasons when these viruses predominate. For example, H3N2 viruses were predominant during the 2012-2013, 2007-2008, and 2003-2004 seasons, the three seasons with the highest mortality levels in the past decade. All were characterized as "moderately severe." Increasing the risk of a severe flu season is the finding that roughly half of the H3N2 viruses analyzed are drift variants: viruses with antigenic or genetic changes that make them different from the season's vaccine virus. This means the vaccine's ability to protect against those viruses may be reduced, although vaccinated people may have a milder illness if they do become infected. During the 2007-2008 flu season, the predominant H3N2 virus was a drift variant

yet the vaccine had an overall efficacy of 37 percent and 42 percent against H3N2 viruses. Depending on the formulation, flu vaccines protect against three or four different flu viruses. Even during a season when the vaccine is only partially protective against one flu virus, it can protect against the others. Influenza activity is currently low in the United States as a whole, but is increasing in parts of the country. [Source: NAUS Weekly Update Dec. 05, 2014]

GETTING THOSE "HORSE PILLS" DOWN

If you have trouble swallowing pills, you're not alone. An estimated 40 percent of U.S. adults have experienced problems downing their tablet medicine, according to a survey earlier this year by Harris Interactive. Some have even skipped a dose or stopped taking their medicine as a result. And women are twice as likely as men to have trouble. It's also something people are embarrassed to talk about: Only 10 percent told their doctors about the problem, the survey found. But now German researchers say they may have come up with the best techniques for getting a pill — either a tablet or capsule — to slip smoothly down the throat.

In a study published in the *Annals of Family Medicine*, about 150 adults, ages 18 through 85, who had reported trouble swallowing pills were given two methods to try — the "pop-bottle method" and the "lean-forward method." Here's how they work:

Pop-Bottle Method. This method, which helped nearly 60 percent of subjects, aids people in swallowing large tablets. Fill

a flexible plastic water or pop bottle with water. Put the tablet on your tongue, and then clamp your lips tightly around the opening of the bottle. Drink water from the bottle as you tilt your head back, and the pill should go down easily. Remember to keep your lips tight around the opening, and don't allow air to get into the bottle as you swallow.

Lean-Forward Method. This method, for people who find swallowing large capsules difficult, was even more effective, helping nearly 90 percent of subjects. Put the capsule on your tongue and take a medium sip of water. Then tilt your chin toward your chest and swallow with your head bent forward.

Why the difference in methods? According to lead researcher Walter Haefeli, a professor of pharmacology at the University of Heidelberg, capsules are light and float in the mouth, which is why head position matters. By tilting your head forward, the pill floats toward your throat. For tablets, which are denser and heavier, "it is necessary to focus on flushing the medicines into the pharynx," the tube that links the mouth to the esophagus. The shape of the tablets did not critically matter, he added, "but in most of our experiments the classical round tablet appeared to perform worst." Oval ones are better. If you need to see people actually trying these methods click the video cited here to see them using each method, and the results. <http://www.npr.org/blogs/health/2014/11/11/363024822/trouble-swallowing-pills-try-the-pop-bottle-or-the-lean-forward>. [Source: AARP] Candy Sagon | Nov. 12, 2014]

THE ANNUAL POST/UNIT CHILI COOK-OFF CONTEST

Well, it's that time of the year again – the annual challenge to judge which Post member and which Unit member can turn out the best chili con-carne. So, if you think it might be you, start planning your entry. If you are stuck or have mislaid Aunt Carmina's great recipe, here's a winner for your consideration.

Panels of judges of both units will do the taste testing of the opposite entries and rank the unidentified, but numbered, crock pots as to 1st, 2nd and 3rd.

TWO CIRCUMSTANCES OF WAR AND PEACE

VIETNAM

In the 1920's, an alien worked as a busboy at Boston's Parker House Hotel. His name was Nguyen Ai Quoc, During WWII, Nguyen was back to his homeland fighting the Japanese invader as a guerrilla leader. In 1945, an American intelligence team, code-named "DEER", parachuted into the jungles of Asia to help a band of guerrillas and found its leader, Nguyen, seriously ill from malaria and dysentery. The team medic declared, "This man doesn't have long for this world". However, he successfully nursed him back to health. The grateful leader agreed to provide intelligence and to rescue downed American pilots in return for ammunition and weapons.

The DEER team suggested the U. S. continue to support Nguyen after the war, but the recommendation was considered too controversial, and it was ignored. The following year, the guerrilla leader pleaded with President Truman

<u>PECOS RIVER BOWL OF RED</u>	
2 Tbls. butter or bacon fat	2 Tbls. ground mild red chili
1 large onion, chopped	1 Tbls. ground cumin
3 lbs. lean beef, coarsely ground	2 tsp. salt
3 garlic cloves, chopped	1 Tbls. paprika
3 Tbls. ground hot red chili	3 cups water

Saute the onion in the melted fat. Mix the beef with the garlic, chilis and cumin. Add the seasoned meat to the onion; cook for 15 mins. or until meat is browned. Add the remaining ingredients; stir well. Simmer over low heat for 1 to 2 hours, until the meat is very tender and the flavors are well blended. Taste and add more seasoning, if desired.

If time allows, cool, then chill in 'fridge. Peel off the solid fat. If time does not allow, drain or skim off fat.

Variations: Add can(s) of pinto or red beans and/or cans of diced tomatoes, to suit, late in the simmer period.

Toppings: Dollop of sour cream; chopped green onions or sweet onions; grated Monterey jack cheese. Enjoy!

to support his movement to gain independence from the French, but the US government didn't like his politics.

Nguyen Ai Quoc was also known by another name: "He Who Enlightens" or, in Vietnamese, Ho Chin Minh, who became the president of an independent North Vietnam in 1954. By the 1960's, the former ally, whose life the US once fought to save, was battling US forces where 60,000 Americans died in the Vietnam War! One member of his 1945 guerrilla band was Vo Nguyen Giap, who later became Ho's military commander and masterminded military efforts against French, South Vietnam and US forces.

NORTH CAROLINA

Just after midnight, on January 24, 1961, the US Air Force accidentally dropped two nuclear bombs on Goldsboro, North Carolina. A fuel leak on a SAC B-52 caused an explosion that ripped the bombs from the bomber and sent them hurtling toward earth. The B-52 crashed

shortly thereafter. One bomb parachuted to earth with little damage. The other slammed into a farmer's field. Neither exploded.

DoD announced at the time that the bombs were not armed and incapable of exploding. Later, the truth was both bombs had armed themselves on the way down. The fuel explosion triggered the arming mechanisms – all but one, that is. The arming sequence required six steps, and these bombs had gone through five, Only a single switch prevented detonation!

The MK39 bombs dropped on Goldsboro were 250 times as powerful as that which destroyed Hiroshima!

Air Force officers trying to find the bombs in the crashed plane told one reporter they were looking for an ejection seat. Portions of one bomb still remain buried in the boggy farm field today. The Air Force has an easement on the land to prevent anyone from digging deeper than five feet into it.

AUXILIARY UNIT 305 NEWS

Auxiliary President Jenny Hamann



Hello Friends and Patriots,

It is easy to become nostalgic as we say goodbye to 2014 and greet 2015. I look back upon the past year with gratitude to all the members of Post and Unit 305. We worked well together to accomplish a great deal. I am so very proud of our commitment to serving the needs of veterans and active military, their families and the community.

We finished the year out by continuing in our Spirit of Service by adopting female veterans in need for Christmas, joyfully providing them with gifts to help them get back on their feet. This small service to these brave women who sacrificed so much in service of our nation was received with great appreciation. We also donated \$100 to the DeBakey VA Hospital gift shop so that veterans can pick out gifts to send to their families.

The December meeting was so much fun. After the serious

business was concluded the Ladies of Unit 305 enjoyed a white elephant gift exchange with lots of laughter. Our beloved Post treated us to a catered Christmas Party! We got the month off – no cooking. **Commander Pete Koch** and I passed out certificates of appreciation to many of the people who helped with the October Open House.

Time to ring in 2015 with hope and enthusiasm. We are the American Legion Family and our future is bright. Happy New Year!
In a Spirit of Service,

Jenny Hamann

December Lady of Service

Veronica Maiolo has always impressed me as a gentle, loving and humble woman. I have never heard a word from **Veronica** that was unkind or selfish. When I decided to write about **Veronica**, I asked some of the other Ladies of Unit 305 to share their thoughts about her. Here are a few of the wonderful things some of them had to say:

“**Veronica**, first she has a heart, she works all of her duties with love which is filled with energy. She lives in the Kitchen; a Cook she is!” When-ever she commits to a job, she is there.”

“She has been a faithful volunteer in the Poppy Pro-gram: Her grandchildren have also been little helpers in the Poppy Program.”

“**Veronica** is one of my Friends!”

She is a wonderful caring lady; always ready to give support when needed. I know because of her work for the Auxiliary and her personal support. **Veronica** deserves so much praise.”

“Working beside **Veronica** on our Auxiliary adventures has been a real blessing. . . She is always there when one of our Legionnaires or Auxiliary Ladies needs support.”

As President, I know I can always depend upon **Veronica** in so many ways. She puts her heart into lovingly preparing meals and desserts for our monthly meetings and many functions. She pitches in with our fundraisers as well, whether it be Poppies or Birdies. **Veronica** is a true lady and she exemplifies all the best characteristics of a Lady of Service in the American Legion Auxiliary: caring, dedicated, loving, supportive, thoughtful, and humble, a true friend.

Thank-you, Veronica!



OFFICERS OF AUXILIARY UNIT 305 & CONTACT INFORMATION

PRESIDENT: Jenny Hamann; Tel: (281) 907-3430; E-mail: ala305pres@gmail.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: Dayna Salter; Tel: (281) 229-1365; E-mail: dayna.salter@ymail.com
HISTORIAN: Stephanie Marshall; Tel: (832) 637-2909; E-mail: edaymemories@hotmail.com
CHAPLAIN: Geri Mulvihill; Tel: (832) 620-6265; E-mail: geri.mulvihill@yahoo.com
PARLIAMENTARIAN: Rosalie Fryer; Tel: (936) 520-8895; E-mail: rcfryer@consolidated.net
SGT-AT-ARMS: Annie Smith; Tel: (281) 757-3967; E-mail: carl12024@yahoo.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>
Wed.	Dec. 31	New Years Eve	Welcome 2015!
Wed.	Dec. 31	WWII Officially Ends (1945)	
Thurs.	Jan. 1	New Years Day	
Sat.	Jan. 3	National Mails Third Dues Reminder	
Mon.	Jan. 12	Executive Committee Meeting	So. County Community Center @ 7:00 PM
Thurs.	Jan. 15	Membership Meetings (Chili Fight)	So. County Community Center @ 7:00 PM
Thurs,	Jan. 15 to	Department Mid-Winter Conference	Omni Austin South Park Hotel, Austin
	Sun. Jan. 18		
Sat.	Jan. 17	Persian Gulf War Began (1991)	
Mon.	Jan. 19	Martin Luther King Day	
Thurs.	Feb. 12	Lincoln's Birthday	
Sat.	Feb. 14	Valentines Day	Candy is dandy, but Four Roses tends to be more effective!
Mon.	Feb. 16	Presidents' Day	
Mon.	Feb. 16	Executive Committee Meeting	So. County Community Center @ 7:00 PM
Thurs.	Feb. 19	Membership Meetings (4 Chaplains)	So. County Community Center @ 7:00 PM
Sun.	Feb. 22	George Washington's Birthday	
Sun.	Mar. 15	American Legion Birthday	
Mon.	Mar. 16	Executive Committee Meeting	So. County Community Center @ 7:00 PM
Tues.	Mar. 17	Saint Patrick's Day	
Thur.	Mar. 19	Membership Meetings	So. County Community Center @ 7:00 PM
Wed.	Apr. 1	April Fools Day	

POST CONTACT INFORMATION (2014-2015)

<u>Position</u>	<u>Name</u>	<u>Tel. Number</u>	<u>E-Mail Address</u>
COMMANDER:	Pete Koch	(936) 273-3588	petekoch76@gmail.com
FIRST VICE CMDR:	(Candidates Being Sought)		
SECOND VICE CMDR:	(Candidates Being Sought)		
ADJUTANT:	Pickens Jones	(281) 367-7631	pickensjones@usa.net
FINANCE OFFICER:	Jim Bolin	(281) 251-2352	jpb20006@sbcglobal.net
SERVICE OFFICER:	Dayton Denton	(832) 928-6054	whselfstorage1@yahoo.com
SERGEANT-AT-ARMS:	Joseph Bennett	(832) 928-3818	joseph@bennettrealestate.com
ASS'T SGT-AT-ARMS:	(To be appointed)		
CHAPLAIN:	Victoria Glover	(832) 813-9415	alpost305chaplain@gmail.com
ASS'T CHAPLAIN:	(To be appointed)		
JUDGE ADVOCATE:	Everett Ison	(281) 298-9524	everett.ison@sprint.com
HISTORIAN:	Winfield Salter	(281) 370-1912	flintyeye@gmail.com
<u>EXECUTIVE COMMITTEE MEMBERS-AT-LARGE:</u>			
Position 1:	Carl Smith	(281) 367-4714	carl12024@yahoo.com
Position 2:	Emery Heuermann	(281) 362-8431	emeryheuermann@charter.net

OTHER INFORMATION:

THE BUGLE BRASS: EDITOR: Jim Bolin **SPELLCHECKER:** Win Salter
CIRCULATION MANAGER: (open) **E-MAIL ADDRESS:** alpost305tx@gmail.com
PHONE NUMBER: (281) 298-2440 **MAIL:** P. O. BOX 9336, THE WOODLANDS, TX 77387
WEBMASTER: (open) **WEBSITES:** www.alpost305.org and www.mypost.org
FACEBOOK MANAGER: Kimberly Biggerstaff kimbiggerstaff@icloud.com
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.