



AMERICAN LEGION POST 305 "THE WOODLANDS POST" THE BUGLE

APRIL 2016

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

POST COMMANDER JIM BOLIN



Commander's Corner
April 2016

There are three subjects which demand attention this month. They are Membership, Elections, and Bingo. There is an informative article on bingo elsewhere in this Bugle, so if you want to know more, turn to page 3, in addition to what is included here.

We are kind of stuck at around 266 members who renewed their membership for 2016. We still have about 56 members who have not renewed and have officially been dropped from the rolls and are not part of any Legion benefits like \$5,000 in AD&D coverage at no cost. Also, they missed the opportunity to save \$5.00 off their renewal by renewing before January 1, 2016. Now they will have to renew at \$36.00. If cost alone is bothering you, give us a call, maybe we can be of assistance. Otherwise please renew as soon as possible so we can keep our rolls as full as possible

washington. That's where the rubber meets the road, and we are able to keep our benefits due to their appearances and testimony at the committee meetings which result in the budget approvals for veterans and the military.

Along with Membership as a current concern are the Post Elections which occur in May. At our April meeting, we will nominate a full slate of officers, the Executive Committee, to carry the Post forward in the year 2016-2017. All positions are open to members in good standing. Then, at the May meeting, even with a full slate, we open the meeting for nominations from the floor in case someone would like to run for election but wasn't included on the slate. As we proceed through the officer positions, we elect them one office at a time. Hopefully, we will have a full slate of officer candidates by the time we finish, including any contested positions. But, unfortunately, we don't always succeed. In the last two years, we have been unable to find a candidate for the office of Second Vice Commander. So, we will be attempting to fill that slot along with some other slots that I will be able to advise you of next month after the formal nominations are completed. Maybe some of our past members who are in arrears would like to pay up and be

case, they just need to get someone to nominate them. If the member is not present at the meeting, he or she will need to provide the nominator with written proof that you are able and willing to serve in that office. Stay tuned and support the members who want to be part of the Executive Committee.

As I stated above, there is a good article on what a deal the bingo initiative will be. We will be able to earn at least \$2,500 per quarter, if past experience is any measure. However, we will need to work for that money. The rules of the State office which monitors bingo games a member of a non-profit charity be present at every sponsored Bingo game. Hence, we are looking at sponsoring Bingo games once a week – two sessions. That means that we will need to have a Post member at the bingo hall once a week for about eight hours or two members each handling a four-hour shift. The members at the March meeting were ask to volunteer to monitor the Post-sponsored bingo games. We did manage to have about ten members sign up for that duty, but there is room for more. If you were not at that meeting, or you changed your mind after checking your schedule, this requirement will go on every week of every year the Post continues its participation. So, the initial ten volunteers that signed up will need some help.



So remember, every time we get \$2,500 or more for each quarter, the few Post members who monitored our sessions at the bingo hall earned for the Post. So, we need added members to volunteer because we would like to keep enough people on the on-call list so that we can spread the load and no one has to “reside” in the bingo hall just to be present at the bingo games each week.

Let’s all remember our comrades who took over for us as we left the military and pray that they have a successful tour and return to their loved ones.

MEETING HIGHLIGHTS March 17, 2016

Commander Jim Bolin called the meeting to order and led in the conduct of the opening ritual. He then called on **Sergeant-at-Arms Carl Smith** to introduce any guests present. **Ron Easman**, an Army veteran with Corps of Engineers time was introduced, as was **Lance Buck**, an Air Force communications specialist.

The next order of business was approval of the last minutes. The minutes of the February 18th membership meeting and those of the March 14th Executive Committee meeting were duly accepted into the record by motions and votes. **Finance Officer Emery Heuermann** presented the Financial Report for the month ending February 29, 2016 and a summary was distributed. He called attention to a few items, but cited the investment account in particular. That bond holding has lost value below the principal invested (\$30,000) and stood at \$29,822.61 as of the end of February, but a reading on March 14th had it at

\$30,223.42. “Better than bank or CD interest!”

First Vice Commander Pete Koch was absent on vacation in Europe, so there was no membership report. **Chaplain Victoria Glover** recognized long-time member **Dave Lips**, former Finance Officer, as being present. **Dave** has been through a rough patch. She also reported trying to reach **Joe Hammond** but failed. **Judge Advocate Everett Ison** and **Historian Lacey Homan** had nothing to report. **Service Officer Toby Carroll** stated he had a last few copies of the VA benefits booklet (2014 edition) for any takers, but referred to the VA website for latest updated coverage. **Toby** also had a handful of the applications for Legion AD&D insurance where a face value of \$5,000 is free. For this coverage, members must apply anew – past enrollment does not count.

Committeemen-At-Large were called on next. **Win Salter** had no report. **Dayton Denton** gave a status report on the Boys State Program. For this time of the year, we are in good shape with respect to sponsors and dealing with the schools. Selection of candidates is proceeding. One new sponsorship was obtained at this meeting. **Dayton**, continuing, said that he was getting referrals of veterans and spouses in need of help and not all financial. He tries to find sources of the needed help but it is a challenge. There are requests for visits and assistance to housebound veterans, for home modifications, for



rides to care givers and for financial aid. The County and the State are sources of help,

but the State does not want to deal with dependents.

Under Old Business, **Commander Bolin** reminded everyone that this was the last chance to participate in the Birdies-For-Charity by submitting one or more guesses of the total of birdies which will be made at the Houston Shell Open Golf Tournament, unless you get your entry to him otherwise. All entries must be in by the end of March. He had plenty of entry forms available. This year the winner(s) will be rewarded with a pair of airline tickets to any destination in the Lower 48.

For the next quarter hour, **Emery Heuermann** gave a progress report on the Post's venture into the bingo hall investment – a potential fundraiser. He stated, based on research he was tasked with, that so far he found no negative aspects to such involvement. The opportunity was brought to the Post at the February meeting by a Knights-of-Columbus representative. The topic bingo and any participation in it by the Post are entirely beyond any Department control or interest. It is a local decision, as with other fund-raising choices. However, Austin is involved via the Texas Lottery Commission, whose Bingo Operations Division sanctions participation by non-profit entities. As a result, there is a heap of paperwork required which **Emery**, aided by **Commander Bolin** and **Judge Advocate Ison**, is discovering. That includes the Post being licensed.

[Readers are referred to the bingo article which follows for a more detailed description, to avoid duplication here.]

The next topic was the approaching election of officers for next year. The **Commander**

urged all present and those known members absent to seriously consider becoming an officer of the Post and a member of the governing Executive Committee. Your Post needs to promote its younger members and train them in Post operations. It needs new ideas; new blood; new imaginations; new energy. All 12 positions are open for you as a candidate. Being in the "headshed" does not make great demands on your time, with the exception of a couple of senior positions. And a few, like Adjutant, benefit from some year-to-year continuity, but even those officers need relief or promotion. Anyone interested in becoming slated, contact the Nominating Committee Chair **Carl Smith**. The **Commander** capped his remarks by saying he will not be standing for re-election as **Commander**.

Under Old Business, **Emery Heuermann** reminded everyone that on Saturday, April 9th, the Post had scheduled a one-day rummage sale with all electronic and electric items in useable condition. But, **Everett Ison** chimed in to offer the Post a space at the Woodlands Flea Market & Garage Sale on the same day. The offer was quickly accepted due to the much greater buyer traffic at that semi-annual event. So, the Post will have a booth in The Woodlands Pavilion Parking Garage at the corner of Six Pines and Lake Robbins Drive. It operates from 7:00 AM to 10:30 AM, and our sales stock must be in place before that time and can be hand-carried in during the sales period. Each booth is charged \$50; shoppers are allowed in for free. **Emery** said he would cancel the Robinson Road reservation.

There being no further business to come before the meeting, the **Commander** and the **Chaplain** conducted the closing ritual and adjourned. A St. Patrick's Day supper of corned beef and cabbage followed.

DOWN THE RABBIT HOLE

No one can forget Lewis Carroll's "Through the Looking Glass", where an innocent girl named Alice fell into a large rabbit hole and landed in a fantasy world populated by strange characters and magical forces. Well, would believe that Post 305 is carefully entering a Wonderland, without tumbling headlong into a new experience -- call it a "fund-raiser".

There exists a large, long-established, bingo hall at 2600 FM 1960 East, east of the Hardy Toll Road bridge, which is privately owned and operated. It attracts, in addition to bingo players, non-profit entities to participate in the enterprise as a fundraiser, sharing in the day's "take" for their charities. The owner of "Bingo Wonderland" wants to replace one or more of the existing investors with better non-profits. This opportunity was brought to the attention of Post 305 by a guest at the February meeting, who represented the Knights of Columbus and presented the bingo concept. The Post by motion and vote agreed to investigate the matter and proceed if the risks seemed acceptable. (Was he the White Knight of Carroll's tale?)

Since that intriguing presentation, **Finance Officer Emery Heuermann**, tasked to assess risk and benefit, did a due diligence on risk and reality of the venture and gave a status report at the March meeting.

Emery (The March Hare), aided by **Everett Ison** (The Cheshire Cat), reported favorably on what they had learned to date, including the extensive State documentation required. Bingo, as a fund-raiser, is not a matter involving the Department; it is a Post decision only. But, it does involve the Texas Lottery Commission / Charitable Bingo Operations Division, including the need for licensing non-profit participants.

To clarify: Post 305 will not be operating a bingo hall nor regular game sessions, if this idea gets a final green light. The Post will be participating in the existing commercial bingo hall as a fundraising project. There are defined up-front costs to be paid: The State license alone is a fee of \$3,300, and there are other charges, but the rewards seem to exceed the “investment”, based on past experience. In addition, there are requirements for membership participation not involving a “BINGO” shout. We need to appoint an “owner” who will be the Finance Officer (or **Emery** wherever he sits). We need to appoint a “Bingo Chairperson”, to oversee Post involvement. And, we need to have present on-site one Post member when the session in progress is one of ours. (We may be assigned two sessions per week.) The “Designated Member” can be any Post member in good standing – a rotating job considering the availability of volunteers.

If we reach “start”, the Post will also need to elect (or appoint) three “trustees”, whose concerns will be fiduciary, but not limited to the bingo project. Further, at least 35% of the bingo income must be used to assist Texas veterans in some demonstrable way, such as

scholarships to veterans or their family members, cash donations to DeBakey VA Hospital, and “CARE” packages to deployed Texas military units.

Stay tuned as we approach the Wonderland project. Google the hall’s website for more info, and give **Emery** your name as a volunteer to help, if you want to follow the White Rabbit!



VETERANS ADVOCATE

FEATURED ARTICLE

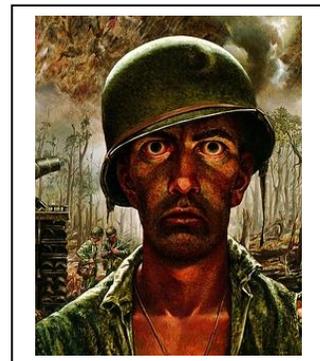
PTSD 101: CAUSES, SYMPTOMS & TREATMENT

For those of you who may not recall, the initials “PTSD” stand for “post traumatic stress disorder”, a condition which can afflict persons who have experienced traumatic stress due to any one of hundreds of circumstances. The condition derives from inherent human behavior where our ancestors had to have a system for recognizing danger, or they could not have survived. When danger comes, there is no time to think things out; to reason; to postulate; to contemplate. Action has to be immediate. In our brain, certain defenses come into play: avoidance, hypervigilance, appeasement, aggression and escape. We can fight or we can take flight. We also can freeze and play dead.

The condition can be present in returning (or actively serving) military, who certainly are

exposed to stressful events depending somewhat on their MOS, but it is also present among the civilian population. PTSD includes “depression” or is overlapped by a depression with the symptoms of PTSD. Individuals diagnosed with PTSD are three to five times more likely to suffer from depression as well.

Some veterans of World War I experienced “shell shock” as a result of wartime exposure to traumatic stress. Some veterans of World War II returned to civilian life with “battle fatigue” or the “thousand-yard stare”. These conditions are termed today PTSD. They all had a lasting consequence of traumatic ordeals that cause intense fear, helplessness or horror, such as physical assault, the sudden death of a close buddy, a crash or accident of major impact, some other wartime event or even a natural disaster.



Most people who experience a traumatic event will have reactions that may include shock, anger, nervousness, fear and even guilt. Such reactions are common, and for most people, they go away over time. For a person with PTSD, however, these feelings continue or even increase, becoming so strong they prevent the person from living a normal life. Symptoms of PTSD most often begin within three months of the triggering event, however, there

have been cases where such diagnoses cannot be made until years later. The severity and duration of the affliction vary. Some people recover within six months, while others suffer much longer.

In the words of a Vietnam veteran with PTSD, who was a “tunnel rat” and got buried alive in a tunnel collapse: *“I was deeply traumatized by the experience. It was worse than getting shot at. I continued to scout NVA and Cong tunnels, but I carried much more fear and apprehension with me than before. In addition, during combat above ground, I was within yards of friends who were shot and killed. I saw a lot of brutality and death over that 15-month tour. Because I knew I was trained to do exactly what I was supposed to do and was a member of an elite combat unit, I felt it should not bother me. But, over the years since, I was plagued by many memories of death and sheer terror, although my tunnel experiences were the most devastating with respect to my mental health and peace of mind.”*

Although a single instance of overwhelming terror can alter the chemistry of the brain, making people more sensitive to adrenaline surges even decades later, developing PTSD from one incident is rare. But, if trauma happens over and over, even if each event is not catastrophic, a person is likely to get PTSD. The brain and body do not get to rest and recuperate between times of high alert and terror. Hypervigilance becomes a constant, even when no danger is actually present.

There are signs and symptoms which must be present for a

period of time to have a doctor, psychiatrist or psychologist diagnose PTSD. There are other symptoms which signify a re-experience, an avoidance, an arousal and reactivity or cognition and mood problems. According to the VA’s National Center for PTSD, about seven to eight out of every 100 people will experience PTSD at some point in their lives.

Treatment and Therapies –

The primary treatments for those afflicted with PTSD are medications and psychotherapy, or both. Everyone is different, and PTSD affects people differently, so a treatment that works for one person may not work for another. Treatment regimens for anyone with PTSD must be “designed” by a mental health provider who is experienced with PTSD. Such care-giver must evolve a workable “formula” by trial and error with a new patient. Should a person with PTSD suffer another stress trauma, such as an abusive relationship, both problems need to be addressed. New or ongoing problems can cause panic disorder, depression, alcoholism, substance abuse and suicidal feelings.

It is beyond the scope of this Bugle article to cover what psychotherapy (aka “talk therapy”) approaches include, such as cognitive behavioral therapy (CBT) or what medications have had positive results. And, research goes on at the National Institute of Mental Health (NIMH), and clinical trials are in progress to gain better scientific knowledge so that improved treatment approaches can be defined. Help toward getting treatment is available at the VA’s National Center for PTSD, at the NIMH, and at mental health profess-

ionals of major health centers. If you have a PTSD-related question, start by e-mailing ptsdconsult@va.gov and follow instructions, or telephone (866) 948-7880.

[Sources:”The VVA Veteran Online” newsletter, Sept/Oct 2013; The National Center for PTSD’s “PTSD Monthly Update” and “Returning from the War Zone”, March 2016; WebMD’s online article “Post-traumatic Stress Disorder (PTSD)”, March 2016; and NIMH’s online coverage of “Post-Traumatic Stress Disorder”, March 2016.]

GRIM TOLL ON U.S. MILITARY WOMEN

From the day the Twin Towers fell on 9/11/2001 until January 13th of this year, 146 woman soldiers, sailors, airmen and Marines have lost their lives in Afghanistan, Iraq and Kuwait. In contrast, according to the *Army Times*, 7,000 women served in a Vietnam at war, but only 16 were killed, most of them nurses. These wives, mothers, sisters and daughters all volunteered for service to their country, Each of these deaths is not just another statistic. *The Bugle* would like to honor and remember each fatality with a description of the being; the family left to grieve; and a photo in memoriam. But, because such display is not feasible, we are left with statistics.

Of the total in that period (146), 123 were Army; 5 were Navy; 11 were Air Force; and 7 were Marines. A total of 124 were enlisted ranks, including 3 warrant officers; 22 were officers. They held all ranks from Private to Lieutenant Colonel.

Reported causes of death:

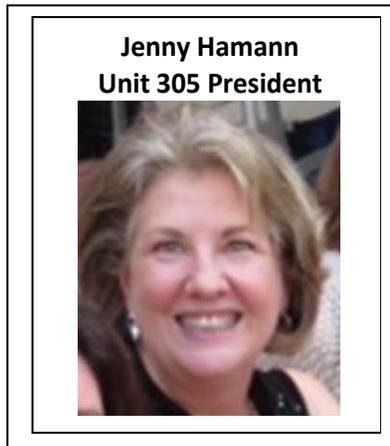
- ~ IED explosion or RPG hit, disabling vehicle--- 43
- ~ Car bomb or suicide bomb explosion---14
- ~ Mortar rounds, gunshots or other enemy action--- 30
- ~Aircraft / helicopter crashes, both accident and downed--- 17
- ~Non-combat vehicle accident and other accidents--- 9
- ~Other non-combat incidents, including suicide--- 33

Age Group: The predominant age group of these outstanding women was their 20's. The youngest was 18; the oldest, 52 – Sergeant First Class Merideth L. Howard, killed in 2006 in Afghanistan.

- ~ Ages 18 to 20 -----26
- ~ Ages 21 to 30 -----83
- ~ Ages 31 to 40 -----26
- ~ Ages 41 to 50 -----10
- ~ Ages 51 to 60 -----1

We cannot expect such toll to reduce in the years ahead. Obama has bought into the civilian Pentagon advisory group, "Military Leadership Diversity Commission", whose expertise is "diversity", not combat. The President has ordered the military services to assign women to infantry units at the "tip-of-the-spear" battalions, despite the Marine Corps' request for exemption justified by extensive research. Going beyond that decree, the Secretary of the Navy Ray Mabus has ordered the Marine Corps to train all recruits – male and female – to equal standards. The Department of Defense concedes that there is no evidence of job (MOS) discrimination. For decades, women have been promoted at rates equal to or faster than men.

[Source: Center For Military Readiness; Livonia, MI.]



Happy Springtime Friends!

I think the winter may finally be over, but don't count on it. Nature likes to surprise us. When we have beautiful spring weather, I look for any excuse to spend time out of doors.

We had a good time at the March meeting. The ladies enjoyed a break from business when we took a little time to play a game. Everyone went away with a small prize and some got a slightly larger one. After the meeting, we met up with the Legionnaires for our monthly potluck social with a St. Patrick's Day theme. including corned beef and cabbage. **Veronica Maiolo** did a wonderful job of cooking and coordinating it, of course.

We donated about 20 purses and a lot of sundries to go in them to the Conroe VA Hospital's Auxiliary to be given out to female veterans in need for Easter and Mother's Day. Thank you's to Legionnaire Steve McKinsey for delivering them to the hospital for us.

The Seventh District's Spring Convention is coming up soon, April 16th in Lufkin, and we have much to prepare. I am working on our reports and Unit Year-End Impact Numbers. So, any Auxiliary members or volunteers who have not yet reported your contributions to me, please send them to ala305pres@gmail.com by April 10th, so that I can include them in

my report. The categories for hours, dollars or in-kind support, and (when applicable) the number of veterans served include:

Our service for veterans: *Examples include hours volunteering at the VA, helping wounded warriors and elderly veterans at home, providing transportation, distributing poppies, recording veteran histories, raising money for the Veterans Creative Arts Festival, fundraising events at the Unit or Post, assisting with veterans job fairs, helping homeless veterans and their families, advocating for The American Legion legislative agenda that supports veterans, organizing a Walk, Run & Roll, etc.*

Our service for active-duty and reserve military: *Examples include shopping for and preparing care packages, writing letters, contacting legislators, helping with US military or National Guard send-off and welcome home events.*

Our service for military families: *Include programs specifically for military and veterans' children. Examples include organizing and delivering Hero Packs, helping with service projects, providing child care, tutoring at school, distributing Blue Star Service Banners, clipping coupons for active-duty military, adopting a military family, providing G.I. Josh dogs, etc.*

Service to our Children & Youth: *Number of volunteer hours served for all children, not just military children.*

ALA Girls State: *Total number of volunteer hours spent on recruiting delegates for ALA Girls State.*

Service to Our Communities: *Total number of hours doing community service for any projects not included in the definitions of topics in the five paragraphs above (blood drives, walks for community causes, food pantries, etc.)*

Your Servant,
Jenny Hamann

CALENDAR OF COMING EVENTS

DAY	DATE	EVENT	LOCALE
Wed.	Apr. 6	US Enters WWI (1917)	
Sat.	Apr. 9	Electronics Rummage Sale	The Woodlands Pavlilon Parking Garage, Cor. Six Flags & Lake Robbins @ 7:00 AM
Sat.	Apr. 16	District 7 Spring Convention	Post 113, Lufkin
Mon.	Apr. 18	Executive Committee Meeting	So. County Community Center @ 7:00 PM
Thur.	Apr. 21	Membership Meetings (Officer Nominations)	So. County Community Center @ 7:00 PM
Sat.	Apr. 30	Vietnam War Ends (1975)	
Sun.	May 8	V-E Day: Victory over Europe (1945)	
Sun.	May 8	Mothers' Day	
Mon.	May 16	Executive Committee Meeting	So. County Community Center @ 7:00 PM
Thur.	May 19	Membership Meetings (Election)	So. County Community Center @ 7:00 PM
Sat.	May 21	Armed Forces Day	
Mon.	May 30	Memorial Day	Houston National Cemetery – Color Guard
Mon.	June 6	D-Day: Normandy Landings (1044)	
Sun.	June 12 to	Boys State Week	
Fri.	June 17		

POST & AUXILIARY UNIT CONTACT INFORMATION (2015-2016)

POSITION	NAME	TEL. NO.	E-MAIL ADDRESS
POST 305			
COMMANDER	Jim Bolin	(281) 251-2352	jpb20006@sbcglobal.net
FIRST VICE CMDR.	Pete Koch	(936) 273-3588	petekoch76@gmail.com
SECOND VICE CMDR.	(Open)		
ADJUTANT	Pickens Jones	(281) 367-7631	pickensjones@usa.net
FINANCE OFFICER	Emery Heuermann	(281) 362-8431	emeryheuermann@charter.net
SERVICE OFFICER	Toby Carroll	(281) 323-4985	toby.carroll@sbcglobal.net
SERGEANT-AT-ARMS	Carl Smith	(281) 367-4714	carl12024@yahoo.com
ASS'T SGT-AT-ARMS	Harlen Thornhill	(409) 273-2287	harlen@consolidated.net
CHAPLAIN	Victoria Glover	(832) 813-9415	alpost305chaplain@gmail.com
ASS'T CHAPLAIN	(Open)		
JUDGE ADVOCATE	Everett Ison	(281) 298-9524	everett.ison@sprint.com
HISTORIAN	Lacey Homan	(832) 704-2732	lkhoman44@aol.com
EXECUTIVE COMMITTEE MEMBERS-AT-LARGE:			
POSITION ONE	Dayton Denton	(832) 928-6054	whselfstorage1@yahoo.com
POSITION TWO	Win Salter	(281) 370-1912	flintyeye@gmail.com
AUXILIARY UNIT 305			
PRESIDENT	Jenny Hamann	(281) 907-3430	ala305pres@gmail.com
VICE PRESIDENT	Kathy Carroll	(281) 323-4985	kcarroll47@sbcglobal.net
SECRETARY	Sandy Holtzinger	(281) 364-8590	zing1991@yahoo.com
TREASURER	Dayna Salter	(281) 229-1365	dayna.salter@ymail.com
HISTORIAN	(Open)		
CHAPLAIN	Geri Mulvihill	(832) 620-6265	gerimulvihill@outlook.com
PARLIAMENTARIAN	Rosalie Fryer	(936) 520-8895	rcfryer@consolidated.net
SERGEANT-AT-ARMS	Annie Smith	(281) 757-3967	carl12024@yahoo.com
EXECUTIVE COMMITTEE MEMBERS-AT-LARGE:			
POSITION ONE	Liz Heuermann	(281) 362-8431	lizheuermann@peoplepc.com
POSITION TWO	Veronica Maiolo	(832) 228-4403	sammaiolo@sbcglobal.net
POSITION THREE	Mary Bolin	(281) 251-2352	jpb20006@sbcglobal.net