

Harding-Blaine Post 321

"Flagship of the Fourth District"

Member of TEXALPA and NALPA

From Our New Commander...

We can't change the past, but we can affect the future !!!



I would like to take this time and congratulate all of the newly elected officers for the 2009-2010 year for The American Legion, The American Legion Auxiliary, The Sons of The American Legion and The American Legion Riders.

We are facing tough economic times and I know that we are all feeling the pinch. As such this next year we are going to have to make some tough decisions. These decisions will have to be made so that we can still continue to serve our Veterans and Community.

All members of their respective Executive Boards were elected by their respective memberships to run that organization to the best of their ability in the membership's behalf. This is

why the General Membership is so important. This is the venue where you the member can see if the Executive Board that you elected is doing their job. I encourage all of our membership to attend their respective General Membership meetings and participate in making this post as it truly is the best American Legion Post in the State of Texas. As we get involved in our American Legion Programs, Veterans Outreach, and Community Service projects, we enjoy a great camaraderie within our American Legion Family and enrich the lives of the people that we help. I am looking forward to serving you and our American Legion family this year.

*Terry L. Cloninger
Commander*

Editor's Comments

VA Reopening Health Care Enrollment to Thousands of Veterans

WASHINGTON – The Department of Veterans Affairs (VA), which now has nearly 8 million Veterans enrolled in its award-winning health care system, is poised to welcome nearly 266,000 more Veterans into its medical centers and clinics across the country by expanding access to health care enrollment for certain Veterans who had been excluded due to their income.

"This incremental approach to expanding enrollment ensures that access to VA health care for a greater number of beneficiaries does not sacrifice timely access or quality medical care for those Veterans already enrolled in VA's health care system," Dr. Gerald Cross, VA's Acting Under Secretary for Health, said. "Over the next four years, we hope to provide enrollment to more than 500,000 Veterans."

Under a new regulation effective June 15, VA will enroll Veterans whose income exceeds current means-tested thresholds by up to 10 percent. These Veterans were excluded from VA health care enrollment when income limits were im-

ATTENTION !!!

The American Legion meetings have changed as follows:

E-Board — First Monday

Joint E-Board — Second Monday

General Membership — Third Monday

ALA and SAL Meetings have not changed

posed in 2003 on Veterans with no service-connected disabilities or other special eligibility for care. There is no income limit for Veterans with compensable service-connected disabilities or for Veterans being seen for their service-connected disabilities.

Veterans who have applied for VA health care but were rejected due to income at any point in 2009 will have their applications reconsidered under the new income threshold formula. Those who applied before 2009, but were rejected due to income, must reapply. VA will contact these Veterans through a direct-mail campaign, Veterans service organizations, and a national and regional marketing campaign.

Information about enrollment and an income and assets calculator are available at www.va.gov/healtheligibility. The calculator provides a format in which Veterans enter their household income, number of dependents, and zip codes to see if they may qualify for VA health care enrollment.

In addition to applying online, Veterans may also contact VA's Health Benefits Service Center at 1-877-222 VETS (1-877-222-8387). Each VA medical center across the country has an enrollment coordinator available to provide Veterans with enrollment and eligibility information.

www.va.gov

***** July 25th *****
 The Bonham Vets will be arriving at the Post around 11am for Hamburgers & Hot Dogs provided by the AL Riders



UNIT 321

It is with pride and honor I write this article to you as President, Harding Blaine Unit 321! This fiscal year is starting with a boom! The Department Convention held in McAllen was a huge success and now we start our new year. The Unit Executive Committee meetings are held on the first Wednesday of each month starting at 7PM. The Joint Executive Committee meetings are held on the 2nd Monday of each month also starting at 7PM. Our General Membership meetings are held on the 3rd Wednesday of each month starting at 7PM. That will give you an idea of when all of our meetings are held. There is no closed meeting within the American Legion family. You may attend any meeting. The Auxiliary Nursing Home Bingo will be held this month on July 13th, 7PM. This Bingo is held at the Nursing Home located on Rigsbee, in east Plano. We always need volunteers, so if you have time, please contact one of the officers for more information. The Auxiliary Friday Night Dinner will be held on Friday, July 3rd with Opal and others serving her Chicken Fried Steak with all the fixings. This past month, the cooks sold out within 45 minutes. Come and enjoy the great meal and camaraderie. Serving time starts at 6:30 PM. Hope to see you all there

Elected Officers 2009-2010

American Legion

Commander	Terry Cloninger
1st Vice	Mark Gojer
2nd Vice	William Bray
Adjutant	Jim Williamson
Asst. Adjutant	Bob Allison
Finance Officer	Jeff Armstrong
Chaplain	Miguel Romeu
Judge Advocate	Fletcher Sharp
Historian	Carey Augustine
Service Officer	Jim LaBelle
Sgt-at-Arms	Mike Carlock
Exec. Committeeman	Wayne Morgan
Exec. Committeeman	Dennis Ott
Past Commander	Steve Cockerham

American Legion Auxiliary

President	Charlie Dew
1st Vice	Linda Wilmeth
2nd Vice	Lynn Marie Johnson
Recording Sec.	Cindy Scholander
Treasurer	Lavada Newell
Chaplain	Bernadine Smith
Correspond. Sec	Phyllis Price
Historian	Cheryl Styers
Sgt-at-Arms	Cindy Bray
Asst. Sgt-at-Arms	Mellissa Davis
Executive Comm.	Cindy Oldroyd
	Jean Kelly
	Judy Reyna

Sons Of The American Legion

Commander	Abel Silva Jr.
1st Vice	Eddie Olivera Jr.
2nd Vice	Jimmy Gray
Finance Officer	Jay Terwort
Adjutant	Ray Hartline
Judge Advocate	David Dew
Chaplain	Jeff Saul
Historian	Larry Cobden
Sgt-at-Arms	Jimmy Jackson
Asst. Sgt-at-Arms	Franklin Nagy
Liaison	Fletcher Sharp
Past Commander	Bryan Vinson

American Legion Riders

Director	Larry Lawson
Assistant Director	Stuart Potter
Secretary	Liz Pitts
Treasurer	Kimberly Potter
Chaplain	Michael Horak
Historian	Jorja Morgan
Sgt-At-Arms	Randy Rouse
Membership	Wendy Rouse
Communication Chair	Wendy Rouse
	Liz Pitts
Run Coord.	Allen Pitts

Membership

<u>Org.</u>	<u>Goal</u>	<u>Paid</u>	<u>%</u>
AL 09	1116	918	82.26
ALA 09	254	188	74.02
SAL 09	213	148	69.48

early. For the last several years, the Unit has invited the veterans from Bonham down twice a year. Usually we host them during the holiday season and during the spring or summer. This year they will be here on Sat. July 25th. The American Legion Riders will be furnishing and preparing hamburgers and hot dogs for the veterans to enjoy. The Post will furnish music, pool and darts for them to play. Desserts, sugar free deserts and volunteers from the American Legion family will be needed that day to assure that the veterans enjoy their day in Plano. Now the subject that you all like to hear about MEMBERSHIP! There is resolution that will come before the body at the national convention next month for a dues increase. More than likely it will pass. To keep from having to pay the higher dues rate, please pay your dues early. Where else can you be a member of a great organization for \$20.00 per year? Some of you say that you cannot be active. We always need active members. If you cannot be active, your dues help our organi-

zation work the programs. Dues are tax deductible because the American Legion Auxiliary is a 501 c19 organization. Any donation of time, money or mileage is deductible. Contact me or one of the Unit officers if you have any questions.

*For God, Country and Veterans,
Charlie Dew*



Squadron 321

Hello Legion Family, It is good to be back. I would first like to thank the squadron and Commander Bryan Vinson for a great year. We fell a little short on membership last year, as the economy has kind of hit bottom for a lot of people. Hopefully things will get better and we can once again begin to grow. I look forward to a successful year and especially look forward to working with the new leaders of the Legion, Unit and

Riders. This is a chance for us to come together as a family and make this post a great place to be a part of. The programs of The American Legion are many and if we work together, we can accomplish our goals. I look forward to working with the new officers of the squadron. They are a great bunch of guys that want to be involved. We have a long year ahead of us, but with a little help and direction, we will have a great year. We have lost some good people in the last couple of weeks. Our deepest wishes and prayers go out to their families. Their loved ones will truly be missed. If there is anything this squadron can do for you, please ask. We are here to serve our Legion Family. Don't forget our Friday Night dinners on the third Friday of each month. We appreciate your support and we promise you a good meal.

*As always,
For God, Country and Veterans,
Abel Silva Jr., SAL Commander*

Meaning of Flag Draped Coffin

All Americans should be given this lesson. Those who think that America is an arrogant nation should really reconsider that thought. Our founding fathers used God's word and teachings to establish our Great Nation and I think it's high time Americans get re-educated about this Nation's history. Pass it along and be proud of the country we live in and even more proud of those who serve to protect our 'GOD GIVEN' rights and freedoms.

I hope you take the time to read


DAVID DEW

FOR

SAL NATIONAL COMMANDER

2010—2011

**Numbered
Belt Buckle
\$25.00 Donation**



**Pins
\$3.00 Donation**

this..... To understand what the flag draped coffin really means.... Here is how to understand the flag that lay upon it and is given to so many widows and widowers.

Do you know that at military funerals, the 21-gun salute stands for the sum of the numbers in the year 1776?

Have you ever noticed the honor guard pays meticulous attention to correctly folding the United States of America Flag 13 times? You probably thought it was to symbolize the original 13 colonies, but we learn something new every day!

The 1st fold of the flag is a symbol of life.

The 2nd fold is a symbol of the belief in eternal life.

The 3rd fold is made in honor and remembrance of the veterans departing the ranks who gave a portion of their lives for the defense of the country to attain peace throughout the world.

The 4th fold represents the weaker nature, for as American citizens trusting in God, it is to Him we turn in times of peace as well as in time of war for His divine guidance.

The 5th fold is a tribute to the country, for in the words of

Stephen Decatur, 'Our Country, in dealing with other countries, may she always be right; but it is still our country, right or wrong.'

The 6th fold is for where people's hearts lie. It is with their heart that they pledge allegiance to the flag of the United States of America, and the Republic for which it stands, one Nation under God, indivisible, with Liberty and Justice for all.

The 7th fold is a tribute to its Armed Forces, for it is through the Armed Forces that they protect their country and their flag against all her enemies, whether they be found within or without the boundaries of their republic.

The 8th fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day.

The 9th fold is a tribute to womanhood, and Mothers. For it has been through their faith, their love, loyalty and devotion that the character of the men and women who have made this country great has been molded.

The 10th fold is a tribute to the father, for he, too, has given his sons and daughters for the defense of their country since they were first born.

The 11th fold represents the lower portion of the seal of King David and King Solomon and glorifies in the Hebrews eyes, the God of Abraham, Isaac and Jacob.

The 12th fold represents an emblem of eternity and glorifies, in the Christians eyes, God the Father, the Son and Holy Spirit.

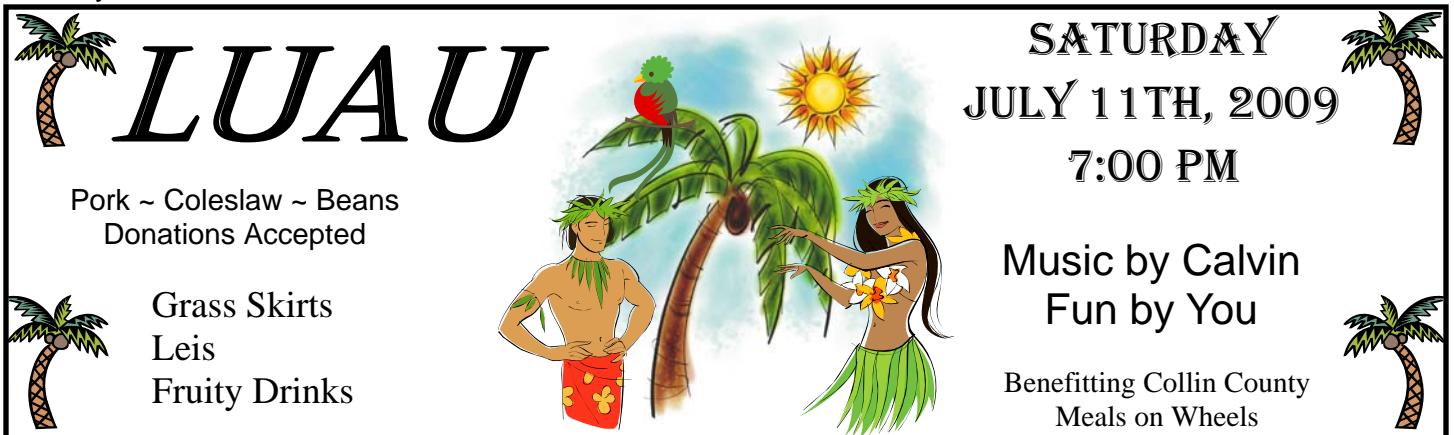
The 13th fold, or when the flag is completely folded, the stars are uppermost reminding them of their nation's motto, 'In God We Trust.'

After the flag is completely folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under General George Washington, and the Sailors and Marines who served under Captain John Paul Jones, who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for them the rights, privileges and freedoms they enjoy today.

There are some traditions and ways of doing things that have deep meaning In the future, you'll see flags folded and now you will know why.

Submitted by Wayne Morgan, ALR Riders

WEAR RED ON FRIDAYS IN SUPPORT OF OUR TROOPS



LUAU

Pork ~ Coleslaw ~ Beans
Donations Accepted

Grass Skirts
Leis
Fruity Drinks

SATURDAY
JULY 11TH, 2009
7:00 PM

Music by Calvin
Fun by You

Benefitting Collin County
Meals on Wheels

Members Birthday's July 2009



PICNIC

**POST HOME
AT 1:00 PM**

**Brisket ~ Ribs ~ Chicken
And All The Trimmings**

Celebrate 233 years of Freedom

Support Our Troops

1. James Chinn, Meagan Morris
2. Edward Emerson, Felix Hull
3. Karen Guinn, Tori Rodosta, Roy Rogers
4. John Nevarez, Robert Stallard, Philip Tutton, Joseph Seremet
5. Dwaine Moore
6. Reece Carter, Billy Gray, Jim Guthrie, Christopher Hamilton
7. David Brown, G Goodman, Roy Jones Jr, Ralph Sleeter
8. Arthur Ball, Jace Crider, Suzi Fike, Pauline Wingate
9. Charles Hawes
10. Lewis Bruno III, Walter Woolery
11. Jennifer Cherry, E Pechar, Sandy Reed, Larry Spinn
12. Bruce Ferguson, Mark Hamilton
13. James Harper Jr, Harlan Irrgang, Brandon Melton, Dakota Melton, Cheryl Schneider, Thomas Violett
14. Tom Baylor, Darrell Durbin, Natalie Fears
15. Jerry Arnold, John Fusaro, Terry McGowin, John Mullins, Christopher Russell, Richard Wilson
16. Valerie Fusaro, Donna Bruno, Alma Padron
17. Wallace Hibbard, Leon Perekslis
18. Todd Drummond
19. Maurice Foster, Patrick Powers
20. Richard Scheider
21. Cindy Scholander, Albert Silva
22. Melissa Davis, Lynn Stine, Jan Martin
23. Arthur Bowen
24. John Fredrick, John Kunkle, Brandon Mcneil, Joann Szabo
25. William Alderman, Gerald Emerson, Sammy Phillips, Jason Smith
26. Charles Ake, Charles Oldroyd
27. Bobby Price
28. Wilford Dobbs, Wayne Morgan, Carye Vinson
29. Robert Wocholz
30. Vinnie Fulginiti, Harold Henson, Jeffrey Pratt
31. Donovan Groszek, Pat Healy, Tim Jolliffe, Jason Saldana

*** IMPORTANT ***

Please fill out and return to the post if you want to participate in this cost cutting initiative.

Name: _____

Please email my Newsletter to the following Email account: _____

I elect to view the Newsletter on the Web:

I elect to pick up my Newsletter at the Post:

Just take me off Mailing List :

Please fill out and return to Post at address on back or call 972 423 5423 ext. 5 (Finance Officer)

Thank you for your support to save your Post money in these rough times!

Jeff Armstrong, Finance Officer

**If you see any error on this list,
contact : Adjutant at 972-423-5423**



Service Officer

Once again we have some good news and as usual some not so good news. Everyone should know we just had the installation of our new officers. First I want to thank Steve Cockerham for serving as Post Commander for the past two years. We must now unite and back our new Commander Terry Cloninger. The new date for the AI E-Board meeting will be the first Monday of the month and the General Membership Meeting will be the third Monday of the month. Since Labor Day falls on a Monday we will have 2 E-Board meetings during the month of August. The exact date of that meeting will be posted. For us to get better as a post, will not be an easy task but not impossible. Show up for your meetings and become a part of the process. If anyone has any suggestions please show up to the meetings and just maybe the process will work.

The bad news is for those that have a VA claim in process. The VA now has almost 1 million claims to process. Since 2007 the VA has hired more than 4,200 claims processors and has seen some improvement. The VA is also working to modernize its system. We can only hope that there is a real improvement to its system.

I am also in the process of

checking the inventory of our medical supplies. If anyone has any post equipment would you please send me an email indicating what equipment you have. This is not an attempt to have anything returned only keep track of what assets are checked out and being used. If anyone has any medical equipment that you want to donate please contact me.

If anyone has any questions just send me an email and I will try to get the info you request or find someone that can. I just hope everyone remains safe during the 4th of July holiday. If you must drink find a back-up driver or taxi to get you home. See you at the post. We need to pray for the families of the members we have lost recently.

*Jim La Belle,
Service Officer*

Chili-Cook-Off Committee

We would like to thank all the members who showed up to our Special Fathers Day Brunch, it was a huge success and a lot of fun. I would like to thank Bob Allison for his gracious donation of sausage and bacon. I would also like to thank the cooking crew for all of their efforts. They are Abel and Andrea Silva, Franklin Nagy and Angelica, Cleo Warden, Linda Wilmeth, Mark Hamilton, Lavada Newell and Larry and Jan Cobden. Without their help, we could not have done this. Please remember that the brunch is every third Sunday and from now until the Chili Contest, it helps support us.

Calvin Nagy, Chili Comm. Chair

Recipe of the Month

Firecracker Spinach Salad w/ Orange Sesame Dressing

Dressing

1 cup orange juice
1 teaspoon honey
2 teaspoons sesame oil
1 tablespoon soy sauce
2 tablespoons rice wine vinegar
1/4 cup of water
1 teaspoon hot pepper sauce (optional)
1 shallot, chopped
2 teaspoons grated fresh ginger

Salad

6 cups washed baby spinach
1/4 cup daikon sprouts
1/4 cup julienned carrot
1/4 julienned jicama
2 tablespoons mixture of black & white sesame seeds, for garnish

Preparation

For the dressing, cook the orange juice in a saucepan until reduced by half. Combine with the honey, sesame oil, soy sauce, vinegar, water and hot sauce in a blender. Add the shallot and ginger and process until smooth. Store in refrigerator.

For the salad, mix the spinach, daikon sprouts, carrot and jicama in large bowl. Add the dressing and toss to coat well. Garnish with the sesame seed. Enjoy! www.epicurious.com

Trivia

Q. Who became the first Country singer to enter the U.S. Pop Album Chart at number one?

(See Bartender for answer)