

Harding-Blaine Post 321

"Flagship of the Fourth District"

Member of TEXALPA and NALPA



Steve and Bonnie's



15th Annual St. Patrick's Day

Feast And Drink-A-Thon



Free Corned Beef and Cabbage



FREE GUINNESS



Guinness Drinking Contest



Costume Contest



Dance Contest



All Contests Have CASH PRIZES



Irish Music



(By Calvin & "The Vault")



Dive For The Gold! Going on all day

March 14, 2009

12:00 Noon until the last keg makes
rude noises!

Absolutely NO charge...hidden fees...or raffles!

Charlie's Chatter

The American Legion Auxiliary Cancer Research Benefit was a success again this year. It would not have been so, if it had not been for the American Legion and Sons of The American Legion. I would like to thank both of these entities for their continued support over the many years. This year the Post furnished the wonderful entertainment "Don't Tell Mama". The Sons furnished the steaks for this year's event, plus cooked them. I don't know what we would do without them. Thank you from the bottom of our hearts. The benefit raised approximately \$3,000.00 this year with more donations forthcoming. We do appreciate all that everyone did for the success of this wonderful program. The spring District Convention is right around the corner. It will be hosted by Van Alstyne American Legion Family. I hope that Plano has a good showing. You know that we are the "Flagship of the Fourth District". Please take time to view the Department of Texas American Legion web site, which will also link you to the National Web site. There is so much information there that we as members can utilize. If you have questions concerning the American legion programs, just take a

minute and scan this web sites. If you have not paid your dues, you are delinquent. You have lost all privileges of our organizations. Please make sure you keep your dues current. As you have heard us say many times, your dues help us work the programs, and with your dues our voices are louder on Capitol Hill. Together we are one.

*For God, Country and Veterans,
Charlie Dew, Editor*



Commander's Corner

Hello again. Hope you are all doing great.

We should all be proud of our ALA for the job they did at the Cancer Research Fundraiser they held on Feb. 14th. They always do things first-class. A thank you also goes to the SAL for assisting them. Teamwork! Great job!

We will be having the 15th Annual St. Patrick's Day Feast on the 14th of this month. All the crazy stuff will be going on with Calvin providing the Irish music. Guinness will be free, gold coins...and other things...will be tossed to the crowd, the dance and costume contests will be held and who knows what else may happen! You can even kiss an authentic piece of Blarney Castle. Thanks, Bill. In the midst of all this madness, the 4th Dist coffee tour will be stopping in for lunch...let's give them a lunch they will never forget!

As usual, free corned beef and

cabbage for everyone, bring your friends, neighbors, and heck, grab a bum off the street! Well, got to run now, see you soon. Take care.

*For God and Country,
Steve Cockerham, Commander*

1st Vice Says...

Here it is newsletter time again, Valentines Day has come and gone, and now it is almost time for St. Patty's day, hope you all had a good one. We had 15 at bingo last Monday and they said, "Thanks American legion", as always we had Cheryl Styers helping, thanks so much, you are great. We got an e-mail from Fletch saying that Ernie is not doing so well, he gave of himself for years at our Post and now its our turn to go see him and try to make the last years on old mother earth enjoyable. I'm just as guilty, but this weekend I am going to go see him, please do the same.

*Thank you. Brothers forever
Bob Price, 1st Vice Commander*

WE



ARE



FAMILY

Elected Officers 2008-2009

American Legion

Commander	Steve Cockerham
1st Vice	Bob Price
2nd Vice	Bob Drake
Adjutant	Jim Williamson
Asst. Adjutant	Terry Cloninger
Finance Officer	Jeff Armstrong
Chaplain	Miguel Romeu
Judge Advocate	Fletcher Sharp
Historian	Charles Kessler
Service Officer	Jim LaBelle
Sgt-at-Arms	William Bray
Exec. Committeeman	Reggie Gutierrez
Exec. Committeeman	Bill Vars
Past Commander	Ernie Rivard

American Legion Auxiliary

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

Sons Of The American Legion

Commander	Bryan Vinson
1st Vice	Eddie Olivera Jr.
2nd Vice	Jimmy Gray
Finance Officer	Jay Terwort
Adjutant	Ray Hartline
Judge Advocate	David Dew
Chaplain	Jeff Saul
Historian	Danny Johnson
Sgt-at-Arms	Jimmy Jackson
Asst. Sgt-at-Arms	Mark Hamilton
Liaison	
Past Commander	Abel Silva Jr.

American Legion Riders

Director	Larry Lawson
Assistant Director	Phillip Durant
Secretary	Sue Lawson
Treasurer	Kimberly Potter
Chaplain	Michael Horak
Historian	Jorja Morgan
Sgt-At-Arms	Randy Rouse
Membership	Becca Dees
Communication Chair	Wendy Rouse
Run Coord.	Mike Carlock

Membership

Org.	Goal	Paid	%
AL 09	1116	784	70.25
ALA 09	254	133	52.36
SAL 09	213	79	37.09



UNIT 321

Our cancer research benefit was a great time. Those of you that missed it missed a good party. The band was good and the food was great.

The coffee tour is March the 14th; they will be having lunch at our post. That is also the day that our post will be celebrating St. Paddy's day.

All committee chairmen please bring your annual reports to the meeting. They have to be sent before April 15th.

*For God and Country,
Judy Reyna, President*

Honor Guard

How many of you have had either real close friends or relatives that as they eased into their senior years, found themselves unexpectedly living out their last part of life in a nursing home?

If you were unfortunate enough to have this occur...how did you work it out? Did you spend a fair amount of time with them over the timeframe they were in a nursing home to show your love and concern?

OR...did you only go by once in a while?

Perhaps once they made it into the nursing home...you forgot all about them?

Post 321 has a 50+ year American Legion member who has

been a Past Commander, Past First Vice, Past Adjutant, a PUFL, a GNUTS....the list is pretty extensive for **ERNIE RIVARD**, who is one of those unfortunate folks who is living out his remaining life in a nursing home that's only a 35 minute drive from your Post 321...yet few of us have taken the time to swing by for a 10 minute visit. Ernie doesn't get many visitors at all...and it's such an easy thing to do. For those of you who count Ernie as a good friend, please take the time to swing by his nursing home...it would mean so much to him, and will leave you feeling better about yourself. There is only so much time for each of us to exist on earth; when the Good Lord calls us...then it's too late to make that visit you've been thinking about for several months.

Ernie is at the **Lenwood Nursing Home** in south Dallas, right next to Duncanville; from the Post, drive south out of Dallas on I-35E, and take the Highway 67 exit. As you approach the merger of 67 and I-20, there is an exit just before I-20 for Wheatland Road; take the Wheatland Road exit, which is a long one. At Wheatland Road, turn left under 67, and go east for about half a mile. Directly across from a large hospital (Methodist Charlton), there is a road to the left called West Virginia Drive; make the left onto West Virginia Drive and go about 1/4 to a 1/3rd of a mile, and the Lenwood home is on the right. Ernie is in Room 605, which is on the ground floor. He'd love to see any of Post

321 family...and the Honor Guard would be forever in your debt for your act of kindness. Before it's too late...please swing by to say hello to Ernie.....

*For God and Country,
Fletcher Sharp*



Squadron 321

A big thank you to David Dew, Ray Hartline, Abel Silva and all who helped with the Cancer Research fundraiser. With all the programs we support, we always need volunteers. A little of your time is a big help.

We need help with getting a chili committee up and running, if interested, let me or Ray know.

Membership and renewals are behind; we need more work on this.

SAL 321 is always at work for the Post and community, at every meeting we record hours for VA&R and Americanism.

We are cooking Friday night dinners on the 3rd Friday of the month and hope to see you there.

Meetings are at 6:00 pm on the 1st and 3rd Thursdays, come and join us.

*For God and Country,
Bryan Vinson*

CHECK OUT OUR WEBSITE

www.al321tx.org



Fellow Legionaries, SAL and Auxiliary,
Over the last year we have all been bust raising funds for various charities and organizations. This is a good thing and serves a useful purpose but I think it is time to look at the Post 321 family. Due to the recession several of our brothers and sisters have lost their jobs this year. I don't expect everyone to stop what they are doing or make a cash donation but if you are considering a remodel, the fence needs repair or replaced, painting or a car tune up etc. take a moment and check to see if there is someone at our post that is unemployed that could do the work. If you know of a company who is hiring whether it is temporary or permanent let us know and maybe we can put some of our family members back to work. I am going to spread the word in the First Division and see if we can open the possibilities within the Division.

*Ride Hard Ride Safe
Larry Lawson
Post 321 ALR Director*

American Legion
Paid Up For Life
1/2 price drinks every
Saturday 10am till 9pm

Finance Officer

Thank you so much for the response to the News Letter cost cutting initiative. The responses continue to come in and the database is updated accordingly. We also have return service from the Post Office now and many more names are being removed from the listing.

*Thank you for the support.
Jeff Armstrong*

SUPPORT OUR TROOPS



God Bless America!!!

Trivia

Q. Which two cities have the oldest stadiums in major league baseball?
(See Bartender for answer)

Oar

In Freedoms Sea I dip my oar no more.

In it's turbulent waves – and vast expanse-
I no longer seek – the Mermaids dance.

My oar wasn't – as long as some-
But, I dipped it as much – as any-one.

She led me to – securities shore-
Freedoms Sea – to dip no more.

At times with longing – I look at Freedoms Sea –
But, Alas! – This woman – she beckons me.

Her soft hooks – she has in me –
I can't seem – to break free.

Now I fish – on her land –
Just as she likes – it is her plan.

In my little pond I row – on securities shore –
Not to worry about – another oar.

I know her depths – I know her width –
I know which way – her currents drift.

Once in awhile – my oar did splash –
A number of little fishes – I did catch.

Now I'm old – I don't row as much –
I think my little oar – has lost it's touch.

I think I got all – the little fishes there –
At least that is – my earnest prayer.

I'm glad I left – Freedoms Sea –
Hell – what good is – a mermaid to me?

Submitted by Mr. William Wick
AL Member, Post 321

*** **IMPORTANT** ***



Finance Officer



Did you know:

- 1. The Newsletter can be read on line at www.al321tx.org
- 2. We can automatically email the Newsletter to your home or work email address.
- 3. You can pick up your Newsletter at the Post Home.

The Newsletter costs the Post between \$13 to \$15 thousand dollars a year to publish and distribute through the US Post Office.

Please help us reduce costs by filling out the information below to have your name removed from the Postal mailing list. You can elect to view on line or have the Newsletter emailed to you at an email account of your choosing. As always, the email address will only be used to distribute the Newsletter.

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

**Members Birthday's
March 2009**

- 1. Victor Daigre, Arthur Harness, Lucille Oldroyd, Mika Williams
- 2. Kevin Devane, Bob Sirchio, Walter Swarhout
- 3. John Bogner, Michael Casady, Christopher Ceykovsky, James Deberry, George Dorman
- 5. Wayne Ambler, Nancy Fike, Brigitte Willson, James Jackson
- 6. Curtis Aumaugher, Steve Hillis, Harold Mapes Jr, Michael Pellish Jr, Dennis Signs, Ann Willis
- 7. Roy Bedell, Robert Mckinley, Khanh Tran
- 8. David Cherry, Jon Kingston, William Stone Jr
- 9. John Gessick, Raymond Jacobson, Richard Mangum,
- 10. Geoffrey Condren,
- 11. Mark Hayes, John Roberts
- 12. Perry Litton
- 13. Clay Feagins,
- 14. Lynn Marie Johnson, William Moller
- 15. Aaron Baylor, Ronald Tibbs
- 16. Anthony Cordova, Floyd Davis
- 17. Gil Benoit, Doug Guynes, Richard Hotinski, Graig Meier, Willard Pharr, Douglas Williams
- 18. Barry Gold, Charles Hays III, Clyde Hesser, William Bray
- 19. Orville Hoffman, Marvin Meek, James Rhea, Matthew Savage, James Slaughter
- 20. Michael Hall Jr, Tiffany Troxclair, John Weaver
- 21. Fred Bard, Roger Warren
- 22. Robert Nissen, Carl Takle
- 23. Gregory Demko, Gene Gehrking, Dalma McBride
- 24. Alan Tackett, Roy Wilson
- 25. Cody Cloninger, Cindy Bray
- 26. Jeran Akers, Mark Gojer
- 28. Robert Dickson, Charlie Mcelyea
- 29. Dominic Rodosta
- 30. William Hanson
- 31. Robert Larue

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

FOR IMMEDIATE RELEASE

February 9, 2009

VA Implementing National Safety “Step-Up”

WASHINGTON – The Department of Veterans Affairs (VA) is calling for a special training campaign on safety – called a “Step-Up” – from March 8 to 14 at all medical centers and outpatient clinics to ensure VA staff follow the highest standards for patient safety.

“The safety of our patients is our foremost concern at VA,” said Dr. Michael J. Kussman, VA’s Under Secretary for Health. “Therefore, I am ordering all of our centers and clinics to re-examine their procedures and safeguards so we know that Veterans will not be put at risk by the people they have come to trust.”

The nationwide Step-Up is the culmination of a VA education program to implement stronger procedures and better accountability at VA health care facilities. The training was triggered by VA inspections that found reprocessing of endoscopic equipment did not follow the manufacturer’s exact instructions at two VA medical centers. The facilities -- located in Murfreesboro, Tenn., and Augusta, Ga. -- have already taken corrective action.

VA officials are not aware of any patients having been harmed by improperly reprocessed equipment. Although risks are small, the department is being very conservative and notifying patients who might have been treated by the affected equipment.

Normal activities will continue during the Step-Up at all VA facilities, but with extra emphasis on safety and proper processing protocols. Specific efforts will include retraining on reprocessing endoscopes, establishment of easily-tracked accountability for instrument processing, and training on standard operating procedures by facility leadership.

Patient appointments should not be affected, but individual facilities will notify patients if schedule changes are necessary. From www.va.gov

Recipe of the Month

Skillet Meatloaf

- 1 can tomato soup
- 1-½ lbs. hamburger
- 1 tsp. salt
- 1 egg
- 3 slices American cheese
- 1 tsp. mustard
- ¼ cup water
- 1 small chopped onion (or to ones own taste)
- 24 saltines (crushed)

Combine ¼ cup of the soup, hamburger, egg, salt, cracker crumbs and the onion. Shape into 2 long loaves and brown on all sides in frying pan. Turn heat to simmer, cover and cook 50 minutes. Mix remaining soup, mustard and water and pour over loaves. Cut cheese into 6 triangles and place on loaves. Cook 10 more minutes. Serves 6.

*Times are tough and this is cheap to prepare, enjoy!!!

VA Suicide Prevention Hotline Credited with 2,600 “Saves”

WASHINGTON – As the military deals with a record number of suicides among active-duty forces, Secretary of Veterans Affairs Eric K. Shinseki reminded Veterans and their families that the Department of Veterans Affairs (VA) has an extensive array of services to help Veterans in distress.

“I urge Veterans and their loved ones to take advantage of our suicide-prevention program,” said Shinseki. “Help for these heroes is a phone call away.”

Since July 2007, VA has operated an around-the-clock suicide-prevention hotline that has received about 100,000 calls and has been credited with rescuing over 2,600 people. The number for VA’s suicide prevention hotline is 1-800-273-TALK.

VA operates the largest mental health program in the country, with special efforts in each of the Department’s 153 medical centers and more than 750 outpatient clinics to identify and treat at-risk patients.

In addition to operating the suicide-prevention hotline, VA has given all medical workers training in suicide prevention, created suicide prevention coordinators at each medical center, and given primary care clinics responsibility for mental health screening.

“We are reaching out to our newest generation of heroes – the Veterans of Iraq and Afghanistan – to ensure they are aware of the services available to them,” Shinseki added.

New requests or referrals for mental health appointments receive a preliminary evaluation within 24 hours and a comprehensive evaluation with 14 days. Emergency cases are dealt with immediately.

VA operates Readjustment Counseling Centers, commonly called Vet Centers, in 232 communities, where Veterans can receive care for a wide variety of issues related to leaving the military. Vet Center personnel are trained to identify at-risk Veterans and to counsel and connect them to appropriate VA medical services. From www.va.gov



March 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Honor Guard Meeting Noon Happy Hour All Day CAP – 6:00 pm	2	3 "Open Jukebox" Well Drinks \$2.00 7:00-10:00	4 ALA Executive Board Meeting 7:00 pm ALR Meat Drawing 6:30 The Vault \$1.25 Longnecks	5 SAL. E-Board 6:00 pm	6 ALA Dinner 6:30pm Vinyl Echoes 8:00 pm	7 AL E-Board 10:00 am ALR General Meeting 12:00 noon The Vault AL PUFL ½ Price Drinks 10:00am-9:00pm
8 Happy Hour All Day CAP – 6:00 pm	9 ALA Nursing Home Bingo 7:00 pm	10  "Open Jukebox" Well Drinks \$2.00 7:00-10:00	11 Joint E-Board Newsletter Meeting 7:00 pm ALR Cooks The Vault \$1.25 Longnecks	12	13  Honor Guard Steak Dinner 6:30 pm Texas Rhythm 8:00 pm	14 St. Pat's Party  Coffee Tour Lunch AL PUFL ½ Price Drinks 10:00am-9:00pm
15 Happy Hour All Day CAP – 6:00 pm	16	17 "Open Jukebox" Well Drinks \$2.00 7:00-10:00	18 ALA General Membership 7:00 pm ALR Meat Drawing 6:30 The Vault \$1.25 Longnecks	19 S.A.L. General Membership 6:00 pm A.L. General Membership 7:00 pm	20 SAL Dinner 6:30 pm Rocky & Bullwinkle 8:00 pm	21 The Vault AL PUFL ½ Price Drinks 10:00am-9:00pm
22 Brunch 10:00—12:00 Happy Hour All Day CAP – 6:00 pm	23	24 ALR E-Board 6:30 pm "Open Jukebox" Well Drinks \$2.00 7:00-10:00	25 ALR Cooks The Vault \$1.25 Longnecks	26	27 ALR Dinner 6:30 pm Don't Tell Mama 8:00 pm	28 The Vault AL PUFL ½ Price Drinks 10:00am-9:00pm
29 Happy Hour All Day CAP – 6:00 pm	30	31 "Open Jukebox" Well Drinks \$2.00 7:00-10:00	 Visit Your Home Post At: 1236 Ave. J Plano, Texas 75074			

WEB PAGES:

Post 321: www.al321tx.org
 Unit 321: TBA
 Squadron 321: <http://www.al321tx.org/content.php?id=39&number=1>
 Boy Scout Troop 295: www.scouts295.org
 Public Relations:

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