



# AMERICAN LEGION

FOR GOD AND COUNTRY

## Wayne M. Kidwell Post #184



Vol XVII No. 1 THE LEGION LETTER Jan-Feb-Mar 2006

*Rest in Peace - you will never be forgotten!*



Photo source: <http://freedomfolks.blogspot.com/2005/12/christmas-at-arlington.html>

**THE FINAL INSPECTION** -- The soldier stood and faced God, which must always come to pass. He hoped his shoes were shining, just as brightly as his brass. "Step forward now, you soldier, how shall I deal with you? Have you always turned the other cheek? To My Church have you been true?" The soldier squared his shoulders and said, "No Lord, I guess I ain't. Because those of us who carry guns, can't always be a saint. I've had to work most Sundays, and at times my talk was tough. And sometimes I've been violent, because the world is awfully rough. But, I never took a penny, that wasn't mine to keep, though I worked a lot of overtime, when the bills got just too steep. And I never passed a cry for help, though at times I shook with fear. And sometimes, God, forgive me, I've wept unmanly tears. I know I don't deserve a place, among the people here. They never wanted me around, except to calm their fears. If you've a place for me here, Lord, it needn't be so grand. I never expected or had too much, but if you don't, I'll understand." There was a silence all around the throne, where the saints had often trod, as the soldier waited quietly, for the judgment of his God. "Step forward now, you soldier, you've borne your burdens well. Walk peacefully on Heaven's streets, you've done your time in Hell."

*(EXPRESSIONS POST 162, Volume 9, Jan/Feb 2006, page 3)*

American Legion  
Post 184  
Box 5118, Herndon, VA 20172

### OFFICERS

Commander	Dave Kirby
1 <sup>st</sup> Vice Commander	Bob Thompson
2 <sup>nd</sup> Vice Commander	-- vacant --
Adjutant	John Rogosky
Judge Advocate	Bob Mullenger
Finance	Dan Gillespie
Chaplain	Dmytro Andriuk
Service Officer	Dmytro Andriuk
Sergeant at Arms	Ron Sanders
Historian	Bob Thompson
National Security	Herb Nunnenkamp
Americanism	Herb Nunnenkamp
Public Relations	-- vacant --

Commander's Phone (703) 481-6189  
Adjutant's Phone (703) 481-5047

### THE LEGION LETTER

Editor: Bob Thompson (703) 435-8377  
email: [kd4fue@bellatlantic.net](mailto:kd4fue@bellatlantic.net)

### WELCOME NEW MEMBERS

Charles D. Adams	Harley Armstrong
Michael L. Davis	Alice Deely
Michael A. Hughes	John Johnston
Gerald J. Maier	Peter A Mayes
Charles McKnight	John D. McMonigle
Jameel Mubaarik	Jerry L. Mullins
Robert W. Pituiej	Michael White
Cyril M. Yench	

### BELATED BIRTHDAY GREETINGS TO NEW MEMBERS

Michael A Hughes - October 2<sup>nd</sup>  
John Johnston - November 7<sup>th</sup>  
Peter A. Mayes - November 9<sup>th</sup>  
Charles D. Adams - November 12<sup>th</sup>  
Harley Armstrong - November 21<sup>st</sup>

**NOTE:** If your birth date is listed incorrectly, or, not listed at all, please email the correct date to the post at [WMKAL184@yahoo.com](mailto:WMKAL184@yahoo.com), or, send it by mail to American Legion Post 184, P.O. Box 5118, Herndon, VA 20172. →



## HAPPY BIRTHDAY LEGIONNAIRES



### January

1<sup>st</sup> Joseph F. Haney  
9<sup>th</sup> Robert Beall  
11<sup>th</sup> Daniel W. Gambel, Michael E. Little  
14<sup>th</sup> Harris G. Bruch  
15<sup>th</sup> Gregory Deutsch, Joseph J. Eash III  
16<sup>th</sup> George D. Summers  
18<sup>th</sup> Robert W. Pitulej  
20<sup>th</sup> David Gray  
22<sup>nd</sup> Richard S. Campbell  
24<sup>th</sup> James R. McLearn  
25<sup>th</sup> James B. Bartley  
28<sup>th</sup> Dave R. Polant  
29<sup>th</sup> Robert E. Pearson

### February

2<sup>nd</sup> Morris D. McFarland, Christopher E. Neuzil  
6<sup>th</sup> Richard J. Jolt, Jr.  
8<sup>th</sup> Burton E. Morrow  
11<sup>th</sup> Richard A. Straser  
15<sup>th</sup> Joseph N. Kamide, Paul F. Zadrozny  
16<sup>th</sup> Sandy D. Mangold  
17<sup>th</sup> David J. Tinkham  
18<sup>th</sup> William A. Greb, Shown P. Rolfe  
20<sup>th</sup> Alvin S. Bales, Jr., Gilbert L. Baron  
23<sup>rd</sup> Bobby J. Thacker  
24<sup>th</sup> George Barboza, Gerald E. Vandenberg  
26<sup>th</sup> Shirl F. McArthur  
28<sup>th</sup> Dennis J. Shea

### March

1<sup>st</sup> Gerald J. Maier, Richard F. Favley,  
Thomas E. Shia  
4<sup>th</sup> Robert L. Brewer, Edward J. Steinmetz,  
Ted Tempel  
5<sup>th</sup> Charles E. Farwell, Herbert A. Nunnenkamp  
6<sup>th</sup> Walter A. Alexander, John M. Hurd  
7<sup>th</sup> Roger D. Hamerlinck  
9<sup>th</sup> Karen Miller  
10<sup>th</sup> Jon J. Canerday  
12<sup>th</sup> Nicholas A. Bemish  
13<sup>th</sup> James T. MacKay  
14<sup>th</sup> Charles M. Marts  
15<sup>th</sup> Roger Blough  
19<sup>th</sup> George D. Idlett  
20<sup>th</sup> John M. Cuff  
25<sup>th</sup> Carl A. Provencher  
26<sup>th</sup> Charles L. Frame  
30<sup>th</sup> Ed J. Bush

## **\*\*COMMANDER'S CORNER\*\***



Our First Vice Commander, R. "Doug" Swisher passed away on November 12, 2005. Doug was an Air Force career officer, retiring as a Lt. Colonel after 21 years of service to his country.

Doug was a loyal and very active member of Post 184 and will be truly missed. His latest of many contributions to the Post, and the community, was establishing the Avenue of Flags. Doug meticulously researched the veterans who are buried at Chestnut Grove cemetery and contacted family members asking them if they would loan their beloved one's casket flag to Post 184. These flags are flown twice a year, on Memorial Day and Veterans Day at Chestnut Grove Cemetery. Currently, there are 33 Flags that make up the Avenue of Flags. Eight members of Post 184 were honorary pallbearers at Doug's funeral and eight of the casket flags were flown near his gravesite during the funeral.

Because the display of flags at Doug's funeral was so well received and appreciated by family members, the Post has decided to fly up to eight flags at veteran's funerals held at Chestnut Grove Cemetery, if requested by the family of the deceased. Please keep in mind, this display of flags for our departed comrades, as well as the Avenue of Flags, are two of the many activities performed by Post 184. They can only happen if Post 184 Legionaries volunteer and come out and help.

We have not met our membership goals this year and several members have not yet renewed. If you are not sure if you have renewed, please call Post 184 at 703-481-1200 and leave a voice mail. We will get back to you and advise you of your membership status. You may also be getting a reminder phone call.

Please join us at our next Post meeting to be held on Wednesday, February 15, 2006 at 7:30 PM in the rear meeting room of the Herndon Moose Lodge, 779 Center Street, Herndon.

For God and Country

*David Kirby*

Post 184 Commander

## **\*\*ADJUTANT'S CORNER\*\***

We submit a Community Service report annually to the Department of Virginia. If you've been volunteering, supporting charitable organizations, or serving the community in any way, we'd like to know about it. Even if your activities are not Legion related or sponsored, because you are a Legionnaire we can "double dip" and get recognition for Post 184. Send us a letter, or an email, with the hours and type of service performed, money donated or spent supporting any function, mileage driven, dates and the name of the charity/organization supported. This includes church service organizations, scouting, charities, local community events and more.

WE ARE CATCHING UP with recognition for your years of membership. Enclosed with this newsletter are Certificates and Patches for 5-year anniversaries. (5-9 years = 5 year award, 10-14 years = 10 year award). Certificates and patches will be sent every January to members with 5, 10, 15, 20, 30, 35, 40, 50, 55 and 60 continuous years of Legion membership.

The Post has initiated a program awarding "Honorary Life Memberships" to deserving members. The initial awards go to long time Legion members:

**Donald T. Meyer (55 years)**

**William A. Greb (53 years)**

204 members (83%) have renewed for 2006, well behind last years pace. Everyone's 2005 membership expired on 12-31-05 and in order to enjoy Legion hospitality at any post in the world, you must have current membership. Take a look at your membership card – if it has 2005 across the top you need to send a \$20 renewal check to the Post.

For God and Country

*John Rogosky*

Post 184 Adjutant

**Post 184**

**Electronic Mailbox**

**[WMKAL184@yahoo.com](mailto:WMKAL184@yahoo.com)**

**Post 184 - Web Site**

**<http://www.wmkal184.org>**



American Legion Post 184  
1<sup>st</sup> Vice Commander  
Rex Douglas Swisher II

DOB: June 19, 1947

DOD: November 12, 2005

Rex Douglas Swisher II, 58, of Herndon died at his home on Saturday, Nov. 12, 2005.

Mr Swisher was a retired Lt. Col. Of the United States Air Force. He was born on June 19, 1947 in Cumberland, MD to the late Rex and Helen Swisher. Mr. Swisher received his B.A. from West Virginia University and his Master of Science degree from Troy State University. He retired from the Air Force after 21 years of service.

He was a member of the American Society for Industrial Security, the Air Force Association, the Retired Officers Association and The American Legion. He did community work for the American Heart Association and the American Diabetes Association.

Mr. Swisher is also the person responsible for starting the Avenue of Flags at Chestnut Grove Cemetery in Herndon. He is the husband of 34 years of Sue Swisher; father of Aaron and his wife Kris Swisher of Winchester, Chris Swisher of

Washington, D.C., Tim Swisher and Leanne Swisher, both of Herndon. He is grandfather of Abby, Zachary and Reece Swisher.

The family received friends on Nov. 14 at Adams-Green Funeral Home in Herndon, where services were held on Tuesday. Interment immediately followed at Chestnut Grove Cemetery.

Memorial contributions can be made to Capital Hospice, 6565 Arlington Blvd., Suite 501, Falls Church, VA 22042.

*(text taken from: The Herndon Observer, November 18, 2005)*

***Crossing the Bar***

Sunset and evening star,  
and one clear call for me,  
and may there be no moaning of the bar,  
when I put out to sea.  
But such a tide as moving seems asleep,  
too full for sound and foam,  
when that which drew from out the  
boundless deep turns again home.  
Twilight and evening bell,  
and after that the dark!  
And may there be no sadness of farewell,  
when I embark;  
For tho' from out our bourne of time and  
place the flood may bear me far.

I hope to see my pilot face to face,  
when I have crossed the bar.

***Post Everlasting  
Rex 'Doug' Swisher II***

***Lt. Col. (Ret), USAF  
Vietnam Veteran***

***November 12, 2005 (age 58)  
Post 184 member - 13 years***

***Bob Kerrigan***

***WORLD WAR II Veteran  
Post 184 member - 2 years***

# POST EVERLASTING

## American Legion Post 184

### Historical Listing

Robert M. Coffelt	Jesse H. Hopkins
Raymond T. Snyder	Milton H. Hoffman
Raymond E. Crosby	Alfred O. Jenner
V. Webster Magee	Joseph W. Smith
William King	Cecil W. Tribble
Delroy B. Gochnauer	Donald Ankeny
Edward W. McKulshy	George L. Wallace, Jr.
Jack R. Long	Lester D. Fitzgerald
George R. Cusson	Oscar J. Downes
Christopher P. Peeke	Julian Goldberger
Elmer I. Keppler	Wayne A. Gochenour
James R. Mitchell	William P. Shanley
Robert E. Bruner	John D. Catron
Thomas F. Harrison	Francis J. Dutton
Raymond J. Moreau	Robert A. Sweatt
Leo N. Brubaker	Robert H. Beese
Oscar J. Downes	Walter L. O'Brien
Peter N. Trygstad	William J. McNealy
Thomas J. Gadd	Alfred B. Fehlmann
Randolph J. Provost	James L. Wallbeoff
Edmund B. Jenkins	John 'Joe' Eaker
Frank Johns	Arthur Esposito
Elmo D. Gadd	Rex "Doug" Swisher
Robert E. Kerrigan	

# HONOR ROLL

## Years of Service

### American Legion Post 184

Donald T. Meyer – 55	William A. Greb – 53
John M. Cuff – 40	John A. Hvozdovic – 37
Dennis J. Shea – 27	Gregory Deutsch – 24
Gerald E. Vandenberg – 24	Norman D. Messman – 22
Dmytro Andriuk – 21	Joseph R. Hyer – 21
Robert P. Jensen – 21	Harold G. Oakes – 21
Bobby J. Thacker – 21	Edwin P. Geesey – 20
Glenn F. Heselton – 20	Leonard A. Lambert – 20
Joseph H. Schvimmer – 20	Jay R. Shaffer – 20
Dennis D. Husch – 19	James R. McLearen – 19
Robert A. Serveiss – 19	Paul F. Zadrozny – 19
Adolph M. Essigmann – 18	Charles L. Frame – 18
Daniel W. Gambel – 18	Joseph F. Haney – 18
Ron L. Herron – 18	Jack D. Hickson – 18
John R. Kirk, Sr. – 18	Kenneth E. Newton – 18
Wendell T. Pugh – 18	Rex R. Roller – 18
Glenn A. Stroup – 18	William B. Tirrell, Sr. – 18
John W. Walsh – 18	Terrell F. Waters – 18
Angelo Wider – 18	Alvin S. Bales, Jr. – 17
Gilbert L. Baron – 17	George A. Bratina – 17
Hardy F. Cofield – 17	William R. Davin – 17
Leonard A. Dillman – 17	Frank K. Elkins – 17
Leslie K. Gallipo – 17	Gordon E. Joslyn – 17
George N. Key – 17	Pinckney A. Lynch, Jr. – 17
Ronald L. Marshall – 17	Robert J. May – 17
Edmund R. Neach – 17	Frank E. Owens – 17
Richard F. Pavley – 17	Edward Reiff – 17
David A. Voorhees – 17	F. Dale Williams – 17
Kevin C. Chiaravalle – 16	Richard L. Deason – 16
Jacob R. Epprecht, Jr. – 16	Roger D. Hamerlinck – 16
Allen M. Kanak – 16	James S. Loftus, Jr. – 16
Charles D. McGuire – 16	Willie L. Ruff – 16
Walter A. Alexander – 15	Melville J. Appell – 15
William A. Burk – 15	Jerry B. Carpenter – 15
Paul F. Conroy – 15	Ted T. Crites – 15
Joseph J. Eash III – 15	John M. Hurd – 15
Patricia A. Janes – 15	Herman D. Kirk – 15
Theodore Lecour – 15	Robert D. Martin – 15
Carl J. Pletzke – 15	John A. Rogosky – 15
Robert S. Thompson – 15	

## American Legion Department of Virginia

### 2006 Spring Conference

March 24-26, 2006  
Virginia Beach Resort  
Virginia Beach, VA  
\$80

### 2006 Fall Conference

October 27-29, 2006  
Holiday Inn  
Hampton, VA  
\$69

## CALL FOR A COORDINATOR

Post 184 is in need of a legionnaire to take over the responsibility of telephoning our membership and obtaining a list of volunteers to work our Sno-Cone booth, and serve as Marshals, at the annual Herndon Festival. Please contact Adjutant John Rogosky if you can fill this role (703-481-5047).

**"Old Glory"** – As the story goes, in 1831 some friends presented Captain William Driver with a 24-star flag of the United States. As the banner opened to the ocean breeze he exclaimed "Old Glory."

<<< POST 184 – REMEMBRANCES >>>



Mr. Avenue of Flags – Rex “Doug” Swisher II, Rest in Peace my friend



Achievement Award – Jack Hickson, long-time Adjutant, Veterans Day 2005



Herndon Homecoming Parade - 2005



Herndon Town Council – Veterans Day recognition - 2005

# Veterans Day 2005 - Herndon Town Green



**REMEMBERING THOSE WHO SERVE** – In honor of Veterans Day, members of the Herndon-Reston American Legion Post 184 gathered Nov. 11 to recognize America’s veterans, as well as military personnel serving today.

In front of the veteran’s memorial on Herndon’s Town Green, Dave Kirby, Post Commander, gave opening remarks before guest speaker, state Sen. Janet Howell (D-32), took the podium.

With a handful of residents, Town Council members, town staff and post veterans in attendance, Howell reminded listeners that America would not be what it is today without military sacrifices.

“Americans may be divided over the war in Iraq,” she said, “but we are nearly unanimous in our support of the people serving in the war.”

Saying actions are more powerful than words and it is important to show appreciation by providing proper health care and financial services to America’s veterans, Howell concluded her speech by encouraging everyone to shake the hand of military personnel.

“Say Thank you,” she said. “Thank you for your sacrifice and thank you for our liberties.”

Cadet Petty Officer 2<sup>nd</sup> class Fabio Garcia, Herndon High School Navy Junior ROTC, played taps on the

bugle to conclude the ceremony after Kirby and Howell laid two memorial wreaths before the monument.

*(reprinted from the Herndon Connection, November 16-22, 2005, page 16, by Brynn Grimley)*

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## **The American Legion – National News**

### **National Anthem Project to hit the road in 2006**

By Joseph E. Caouette, National Americanism Commission Chairman

The National Association for Music Education’s National Anthem Project Road Show will travel across the United States in 2006, beginning in January. The National Anthem Project truck will visit local events, schools, sporting events and civic locations. At each tour stop, community members are invited to learn about the national anthem, find out how to support their local school music program, and make music together. A recent Harris poll found that two of every three adults don’t know all the words to “The Star Spangled Banner,” and many don’t even know the song is America’s national anthem or why it was written.

The goal of the National Anthem Project is to teach 150 million Americans the history and meaning behind the national anthem and to inspire all Americans to stand and sing proudly when the anthem is played.

American Legion Resolution No. 26, passed during the 2004 Spring Meetings, established The American Legion’s involvement with the MENC National Anthem Project. The resolution also calls for The American Legion, at all levels, to promote and participate in the National Anthem Project. Legion family members are encouraged to take part in the project when the Road Show truck arrives in their department. More information about the National Anthem Project is available on line ( <http://www.tnap.org/index.html> ).

*(The American Legion Dispatch, Vol. 15, No. 4, page 3, December 16, 2005)*

## [The American Legion – National News \(continued\)](#)

### [GAO Report Amplifies the Need for Assured Funding of VA Health Care](#)

INDIANAPOLIS (Feb. 3, 2006) – Veterans have been shortchanged out of more than \$4 billion in VA health care through deceptive accounting practices over the past four years, the Government Accountability Office revealed this week.

Was The American Legion surprised? No.

The American Legion, along with President Bush's Task Force to Improve Health Care Delivery for Our Nation's Veterans (PTF), other veterans organizations, members of Congress, and individual veterans throughout the nation have for nearly five years publicly expressed outrage over VA's smoke-and-mirrors health-care funding process.

“The GAO report confirms what everyone has known all along,” Legion National Commander Thomas L. Bock said. “VA's health-care budget has been built on false claims of ‘efficiency’ savings, false actuarial assumptions and an inability to collect third-party reimbursements - money owed them. This budget model has turned our veterans into beggars, forced to beg for the medical care they earned and, by law, deserve. These deceptions are especially unconscionable when American men and women are fighting in Iraq and Afghanistan.”

Bock said the GAO report amplifies the need for assured funding of VA health care. “VA must be funded on a dollars-per-veteran basis, indexed annually for inflation, with the ability to collect payments from Medicare or any other third-party insurance provider. Just a few short months ago, Congress made a startling discovery of the obvious – VA was \$1.5 billion short. This GAO report confirms facts that have been in evidence for years. And, it's what veterans have been saying for years. These findings are the product of smoke-and-mirrors budgeting.”

Three years ago, in 2003, the president's task force said VA health care would continue to suffer until the mismatch between patients and dollars is resolved. Among the PTF's recommendations to President Bush was that “full funding should occur through modifications to the current budget and appropriations process, by using a mandatory funding mechanism, or by some other changes in the process that achieve the desired goal.”

“Anything less than a complete overhaul of the VA health-care funding formula assures this problem will continue to be endemic,” Bock said. “We call on Congress once again to adopt assured funding for VA health care. We commend Sen. Daniel Akaka, D-Hawaii, and Rep. Lane Evans, D-Ill., for requesting this report. The GAO has validated what they, The American Legion, and other veterans organizations have been saying for years.”

“We strongly urge House Veterans Affairs Committee Chairman Steve Buyer, R-Ind., to focus on the VA health care budget in hearings he is holding this month. Chairman Buyer must address the need for assured funding during these hearings. Assured funding is the only solution on the table. We ask the majority leadership in the House and Senate, along with all members of the Senate and House Veterans Affairs Committees, to take immediate corrective action to fix the broken VA health-care budget.”

*(American Legion Press Release, 03 Feb 2006, Wade J. Habshey, Deputy Director, Public Relations)*

## [The American Legion – State and Local News](#)

### [Korean War Service Medal](#)

U.S. veterans of the Korean War are eligible to wear a medal offered more than 50 years ago, but never issued. The **Republic of Korea War Service Medal (ROKWSM)** is available to eligible veterans or their surviving next of kin at no cost to the veterans. The Air Force is lead agency to distribute the medals. Approximately 1.8 million U.S. veterans of the Korean War are eligible. Next of kin to eligible deceased veterans can also apply for the medal.

To wear the medal, US military personnel must have: served **between** the outbreak of hostilities, **June 25, 1950**, and the date the armistice was signed, **July 25, 1953**; been on permanent assignment or on temporary duty for 30 consecutive days or 60 non-consecutive days, and performed their duty within the territorial limits of Korea, in the waters immediately adjacent thereto or in aerial flight over Korea participating in actual combat operations or in support of combat operations.

To apply, veterans must provide a copy of their discharge paper (DD-214) or a corrected version of that document (DD-215). National Guard members must provide their statement of service equivalent (NGB Form 22).

For additional information on how to apply for or request the medal contact the Air Force Personnel Center, Monday – Friday, 7:30 AM – 4:30 PM (CST) at 1-800-616-3775, or write to HQ AFPC/DPPRA, 550 C Street West, Suite 12, Randolph Air Force Base, TX 78150-4714 or at: (<http://www.afpc.randolph.af.mil/awards/KWSMInformation.htm>)

*(The Post Times, Dyer-Gunnell Post 180, Dec. 2005, page3)*

## **The American Legion – State and Local News (continued)**

### **Soldiers 4 Soldiers**

If you've tuned in to or clicked onto the National Headquarters web page lately you may have noticed an initiative concerning the recycling of ink jet printer cartridges and used cell phones called Soldiers 4 Soldiers. This program was the brainchild of an A1C (Fallon O'Brien) who discovered that over 3 million used ink jet cartridges and old cell phones were ending up in local landfills each year! Airman O'Brien looked in to this quandary and decided to start a charity to collect these 'to be trashed' cartridges and phones and recycle them with the proceeds going to the American Legion Legacy Scholarship program! What a stroke of genius! Well Done! Anyway to make a long story short, and you all know I embody brevity, local American Legion Posts and others have been asked to set up collection points for these items and when they collect a certain number, they can be shipped, postage free, to Soldiers 4 Soldiers where they are rehabbed and put back into circulation. There are, as of this writing, four American Legion Posts and Auxiliary Units serving as collection points in Virginia. They are The American Legion Auxiliary Post 146 in Hopewell; American Legion Post 274 in Madison Heights; American Legion Post 2 in Petersburg and The American Legion Auxiliary Post 364 in Woodbridge. Most any ink jet cartridges are acceptable, EXCEPT EPSON, apparently they are not reusable. In any case, why don't you all spread the word to your local communities and cohorts and collect all of these that you can. The American Legion Legacy Scholarship is a primary endeavor of Americanism and the scholarships go toward educational benefits for families of servicemen and women who lost their lives on 9/11/2001 and since in the war on terrorism. And, as a small sidelight, your contributions are a reportable category (Block 52) on the end of the year Post Consolidated Report. Thanks in advance, Ike Kelley, Department of Virginia, Americanism Committee Chairman.

*(Virginia Legionnaire, Vol. XXIV, No. 2, December 2005, page 1)*

### **Medicare Part D and a Scam Alert**

Retirees are receiving information about the new Medicare Prescription Drug Program. This program will offer a variety of choices for prescription drug coverage plans, with an estimated monthly premium of \$35. It is not advisable for TRICARE for Life (TFL) participants to join Part D. TFL will be continuing its senior pharmacy program. Part B premiums are the only payments that should be withheld by the Social Security Administration for TFL participants. When a retiree joins one of these plans, they pay a monthly premium and a co-payment or coinsurance for each filled prescription. Under Part D, a \$250 annual deductible must be met. After that, Medicare will pay 75% of covered prescription drug costs for the next \$2,000. The individual will be responsible for a 25% co-payment. A beneficiary who has used \$2,250 in covered prescription costs is responsible for paying 100% of the next \$2,850 of covered expenses. After a beneficiary reaches \$5,100 in covered expenses during the year, Medicare will pay for 95% of the remaining covered costs for the rest of the year.

Enrollment in the Medicare Part D plan is voluntary. However, like Part B, if you do not enroll when initially eligible, you will be charged a lifetime late enrollment fee of 1% of the base premium for each month you delay in signing up. But, beware of scams. Signing up for Part D is FREE – any "signup" offer with an "application fee" is a scam. Also, no matter what you are told, you WILL NOT lose other Medicare benefits if you do not sign up. And, of course, beware of telephone solicitations for Part D. If you are not positive who is calling, or what they want, HANG UP. Never provide personal information over the phone and DO NOT pay over the phone, ask for a bill.

*(The Post Times, Dyer-Gunnell Post 180, Nov. 2005, page3)*

### **Stroke Alert**

Chest pains would send most people rushing to a hospital fearing a heart attack, but only half of all adults in a recent survey could identify even one of the five warning signs of a "brain attack" or stroke. At the first sign of one of the five stroke symptoms, seek immediate medical attention.

- \* Sudden weakness or numbness of the face, arm or leg, especially if on one side of the body.
- \* Slurred words or trouble talking or understanding speech.
- \* Blurring or dimness of vision in one or both eyes.
- \* Unexplained dizziness, loss of balance, or sudden falls.
- \* Sudden severe headache with no apparent cause.

Brain damage can result if people fail to recognize the symptoms. A bystander can recognize a stroke by asking three simple questions.

- \* Can you SMILE?
- \* Can you RAISE BOTH ARMS?
- \* Can you SPEAK A SIMPLE SENTENCE (coherently)? (i.e., "It is sunny out today").

If the person has trouble with any of these tasks, call 911 immediately.

*(The Post Times, Dyer-Gunnell Post 180, Jan-Feb 2006, page 5)*

American Legion  
Post 184  
Box 5118, Herndon, VA 20172



RETURN SERVICE REQUESTED

## NEXT 3 MEETINGS

Mark Your Calendar  
3<sup>rd</sup> Wednesday 7:30 – 8:30 PM

February 15th

March 15th

April 19th

Meetings held on the 1st Floor of the  
Herndon Moose Lodge  
Center Street  
Herndon, VA



## SHOW YOUR COLORS

*Display your Flag !!*

Lincoln's Birthday

Feb 12<sup>th</sup>

President's Day

Feb 20<sup>th</sup>

Armed Forces Day

May 21<sup>st</sup>

Memorial Day

May 29<sup>th</sup> (Observed)