



AMERICAN LEGION

FOR GOD AND COUNTRY

Wayne M. Kidwell Post #184



Vol XVIII No. 1 THE LEGION LETTER Jan-Feb-Mar 2007

Who's packing your parachute?

Charles Plumb was a U.S. Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down."

"How in the world did you know that?" asked Plumb.

"I packed your parachute," the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, "I guess it worked!" Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb says, "I kept wondering what he had looked like in a Navy uniform: a white hat; a bib in the back; and bell-bottom trousers. I wonder how many times I might have seen him and not even said 'Good morning, how are you?' or anything because, you see, I was a fighter pilot and he was just a sailor." Plumb thought of the many hours the sailor had spent at a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.



Now Plumb asks his audience, "Who's packing your parachute?" Everyone has someone who provides what they need to make it through the day. He also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory --- he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He called on all these supports before reaching safety.

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason. As you go through this week, this month, this year, recognize people who pack your parachutes.

Sometimes we wonder why friends keep forwarding jokes to us without writing a word. Maybe this could explain it: When you are very busy, but still want to keep in touch, guess what you do --- you forward jokes. So my friend, next time when you get a joke, don't think that you've been sent just another forwarded joke, but that you've been thought of today and your friend on the other end of the computer wanted to send you a smile, just helping you pack your parachute.....

Text Source: forwarded email

Photo source: <http://www.navsourc.org> (photo # KN-4113)

American Legion
Post 184
Box 5118, Herndon, VA 20172

OFFICERS

Commander	Dave Kirby
1 st Vice Commander	Bob Thompson
2 nd Vice Commander	Harlon Reece
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	-- vacant --
Americanism	-- vacant --
Public Relations	-- vacant --

Commander's Phone	(703) 481-6189
Adjutant's Phone	(703) 481-5047
Post 184 Phone	(703) 481-1200

THE LEGION LETTER

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

Have you heard the one about.....

A southern minister was completing a temperance sermon. With great emphasis he said, "If I had all the beer in the world, I'd take it and pour it into the river." With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and pour it into the river." And then finally, shaking his fist in the air, he said, "And if I had all the whiskey in the world, I'd take it and pour it into the river." Sermon complete, he sat down. The song leader stood very cautiously and announced with a smile, nearly laughing, "For our closing song, let us sing Hymn #365, **"Shall We Gather at the River."**

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, or, send it by mail to American Legion Post 184, P.O. Box 5118, Herndon, VA 20172. →



**HAPPY BIRTHDAY
LEGIONNAIRES**



- January** 1st Joseph F. Haney
6th Frederick Kozlowski
9th Robert Beall
11th Daniel W. Gambel
14th Harris G. Bruch
15th Gregory Deutsch, Joseph J. Eash III
16th George D. Summers
18th Robert W. Pitulej
20th David Gray
22nd Richard S. Campbell
24th James R. McLearn
25th James B. Bartley
28th Dave R. Polant
29th Robert E. Pearson
31st John R. Thomas, Harvey S. Warshaw
- February** 1st Gary F. Soldow
2nd Morris D. McFarland, Christopher E. Neuzil
6th Richard J. Holt, Jr.
8th Burton E. Morrow
10th Harry H. Osborne
11th Richard A. Straser
14th Mark A. Kohler
15th Joseph N. Kamide, Paul F. Zadrozny
16th Sandy D. Mangold
17th David J. Tinkham
18th William A. Greb, Shown P. Rolfe
20th Alvin S. Bales, Jr., Gilbert H. Baron
23rd Bobby J. Thacker
24th George Barboza, Gerald E. Vandenberg
26th Shirl F. McArthur
28th Dennis J. Shea
- March** 1st Gerald J. Maier, Richard F. Favley,
Thomas E. Shia
4th Robert L. Brewer, Edward J. Steinmetz,
Ted Tempel
5th Charles E. Farwell
6th Walter A. Alexander, Jon M. Hurd
7th Roger D. Hamerlinck
9th Karen Miller
10th Jon J. Canerday
12th Nicholas A. Bemish
13th James T. MacKay
14th Charles M. Marts
15th Roger Blough
19th George D. Idlett
21st Claire M. Pagliara-Miller
25th Carl A. Provencher
26th Charles L. Frame
30th Ed J. Bush

****COMMANDER'S CORNER****



Post 184 has been very fortunate to have established a great relationship with Boy Scout Troop 1570. We have seen the successful establishment of the Veterans Remembrance Patch by Ryan McLeod which is completed

and now administered by Post 184. Currently we have three other scouts who have come forward with Eagle projects in partnership with our Post. Joshua Feltz will take on the post hole project at Chestnut Grove Cemetery. This project requires digging fifty new holes and is needed for our new aluminum poles for the Avenue of Flags. Roger Bailey will be taking on the Veterans History Project sponsored by the Library of Congress which includes recording stories and reflections of our veterans, collecting donations of memorabilia, written memoirs, etc. Skylar Sayre has taken on the project of researching the grave markers over the entire Chestnut Grove Cemetery and identify and showing on a grid coding system all veterans laid to rest there. I personally want to thank these scouts and their Scout Master Roger Claff for working with us in these very worthwhile and inspiring projects.

Our Auxiliary needs your help. The Post's Auxiliary Unit 184 has suffered and will lose its charter without new memberships. I want to encourage all Legionnaires to ask their wives, mothers, daughters, sisters, grand-daughters, great-grand-daughters, or grandmothers as well as step relatives to join the Auxiliary. We need to bring back this vital organization that has so greatly helped our fund raising efforts throughout the years. The American Legion Auxiliary has been able to provide 10 million hours of volunteer services over the past year. In communities around the Commonwealth and across the nation, vital programs have enriched the lives of our veterans, especially those hospitalized in 171 VA Medical Centers across the country. Please read, and have your family members read, the letter from the 17th District Auxiliary President, Cindy Kokernak in this Newsletter; an Auxiliary application is also included in this newsletter. Give the gift of American Legion Auxiliary Membership to those special ladies in you life. I did and my wife Mary is proud to me a member.

For God and Country

David Kirby

Post 184 Commander

****ADJUTANT'S CORNER****

2007 MEMBERSHIP

As of January 29, 2007, Post 184 has 241 members who have paid their American Legion membership dues. There are **32** members from 2006 who still need to renew.

Give this form to Veterans you meet and grow our membership. Please mail the completed form, with a copy of recent Orders or a DD214, to:

AL Post 184, PO box 5118, Herndon VA, 20172.

**American Legion Post 184
Membership Application**

(Name) _____

(Mailing Address) _____

(City/State/Zip) _____

(Phone #) _____

(Email address) _____

(Date of Birth) _____

(Date) _____

Dues \$26 year ----- Currently Serving: 1st year **FREE**

Please check appropriate eligibility dates and branch of service below:

<input type="checkbox"/> Aug.2, 1990-cessation of hostilities as determined by U.S. Govt.	
<input type="checkbox"/> Dec.20, 1989-Jan. 31, 1990	
<input type="checkbox"/> Aug.24, 1982-July 31, 1984	<input type="checkbox"/>
	U.S. Army
<input type="checkbox"/> Dec.22, 1961-May 7, 1975	<input type="checkbox"/>
	U.S. Navy
<input type="checkbox"/> June 25, 1950-Jan.31, 1955	<input type="checkbox"/>
	U.S. Air Force
<input type="checkbox"/> Dec.7, 1941-Dec.31, 1946	<input type="checkbox"/>
	U.S. Marine Corps
<input type="checkbox"/> April 6, 1917-Nov.11, 1918	<input type="checkbox"/>
	U.S. Coast Guard

I certify that I served at least one day of active military duty during the dates marked above and was honorably discharged or am still serving honorably.

(Applicant Signature) _____

Name of Recruiter: _____

For God and Country

John Rogosky

Post 184 Adjutant

<<< Wayne M. Kidwell American Legion Post 184 >>>
Meeting Minutes
November/December 2006/January 2007
(combined and condensed)

Finance Committee report:

As of the January meeting there was \$ 1049.67 in checking and \$9,942.52 in building fund CDs. The funds from the Poppy campaign have been donated: \$1,000 to Angels of Mercy, \$2,000 to Virginia Veterans Care Center, \$2,000 to Semper Fi Fund, \$2,000 to DC VA Medical Center and \$2,000 to Fisher House Foundation.

Avenue of Flags report:

Four Veterans were buried in Chestnut Grove during the months of November 2006 – January 2007. On Veterans Day, 36 Veterans casket flags were flown and 320 grave flags were placed on graves. Post member Erik Claunch played sunset Taps. Detail for digging new post holes will be 9am, April 14, 2007 – rain date April 15. Chestnut Grove's new maintenance and admin/visitors buildings are under way to completion.

Flag Disposal:

Five boxes on hand, disposal ceremony not scheduled at this time.

Books for Vets:

Martha Briggs saw the newspaper article and donated books.

Poppies:

5500 Poppies for 2007 are on order at a cost of \$385.

Membership:

2007 campaign has Post goal of 252. As of press time we're at 241 (95.6%) beating 3-7-07's intermediate goal of 95%. In November we sent encouragement letters to unrenewed members in an effort to save them \$6 and to get Post to 100% before 1-1-07. 32 members still need to renew.

New members since October - Olin Baughman, Roy Perkins, Roy Howe, Richard Harlow, Gris Simpson, Stephen Long, David Hendrickx, Paul Vandenberg, Robert Morrison, Tiffany Miller, Claire Pagliara-Miller, Chester Wyskiel, Alberto Villarreal and Jim Fritz

New PUFLs since October - Howard Peck, William Wright Sr., James Loftus, James Jones, Tiffany Miller, Claire Pagliara-Miller and Bob Thompson.

Department's early renewal PUFL contest drawing was held 11-27 and was won by a Post 284 Colonial Heights member.

Department's recruitment of new/transferred 2007 members PUFL contest drawing was held 1-12 and was won by Post 184's Robert Thompson.

To dates we have 3 new and 20 transferred-in members for 2007

PUFL certificates for 2007 were sent to 14 members. Post has 51 PUFL and 6 Honorary Life members.

5x year anniversary certificates for 2007 were sent to 24 members, with 2 more on hold - pending their renewal.

Meeting voted to give free 1-year membership to HHS ROTC members who join military immediately after graduation.

Good of the Legion:

Herndon Town Council presented Post Veterans Awareness Week Resolution on 10-24-06

Commander presented Ryan McLeod an American Legion Good Citizen Award for his Eagle Scout patch project.

Adjutant reported very favorably on visit to the Marine Corps Museum.

District Commander Kokernak awarded Post Commander Kirby Certificate of Appreciation from the Virginia State Veteran's Care Center.

District Auxiliary President Kokernak talked about the importance of keeping Post 184's unit active. Will coordinate with Post to send out membership invitation letters to member's spouses.

Two Post Aux. members & the Adjutant delivered lap robes, board games and puzzles to DC's VA Hospital nursing home on Christmas Day. Met 2 WWII Army veterans who are 99 years old.

Member Jim Fritz spoke on Long & Foster's Vet's discount programs and his willingness to donate to the Post 5% of his commission from member's real estate transactions.

Department sent Letter of Congratulations for progress with 2007 member renewals.

Thank you letter from WDC VA Hospital Voluntary Services for videotape donation

Thank you letters from Semper Fi fund, DVA, and Angels of Mercy for our donations.

Commander read Herndon's Veterans Recognition Week resolution. Posted on board

Army Museum effort is underway. Wants Army veterans to register with them

Town of Herndon letters of commendation to Post: General Anderson for speaking at Veteran's Day ceremony, Doug Idlett for his WWII service and Corbin Thompson for his WWII service.



AMERICAN LEGION AUXILIARY, INC.

DEPARTMENT OF VIRGINIA

Dear Legionnaire,

The success of the American Legion Family can only be measured by the strength of the members and their participation in serving our veterans, our children, and our local communities. While the membership of Herndon Post 184 is growing and getting stronger, the membership of Herndon Unit 184 (Auxiliary) is in danger of losing their Charter. I am asking your help in seeing that this does not happen.

Commander David Kirby has stated that the majority of Herndon Post 184's Legionnaires have wives, daughters, mothers and sisters that already work through their churches and other civic organizations to support our community. We need those women to also support our veterans and the programs of the American Legion. We only need ten (10) paid members to retain Herndon Unit 184's Charter, and we are hopeful to have more than ten respond. Membership is only \$20.00 per year.

Legionnaires, the American Legion Auxiliary supports all of our programs...Legion Baseball, Oratorical, Junior Shooting Sports, etc., and they also have a Girls State program (like our Boys State program) that teaches young people about government. The Auxiliary's most valued program is the Poppy program. Poppies are only made by our veterans, and the donations received are only used for the benefit of veterans...and serving veterans is the main objective of our American Legion Family..

Please invite the women in your family to join and support our organization. You may also gift them with a membership as long as your Legion dues are paid. Please contact Commander Kirby, Adjutant John Rogosky, or myself for assistance with signing up an Auxiliary member. Your help with rebuilding Herndon Unit 184 is sincerely appreciated. Working together, we can achieve more.

For God and Country

Cindy S. Kokernak

Cindy S. Kokernak
17th District President
Department of Virginia

Contact information:
cyndisueva@aol.com
(703) 568-2047 - cell
(540) 635-6171 - home
(540) 635-6881 - fax



American Legion Auxiliary
APPLICATION FOR MEMBERSHIP
Applicant Information

Name_(First) _____ (Middle) _____ (Last) _____

Address _____ City _____ State _____ Zip _____

Work Phone _____ Home Phone _____ E-mail _____

Unit Number ___184___ Location ___Herndon VA___	Senior (over 18)
	Junior (birth - 18) Date of Birth ___/___/___
	(Birth date required for Junior members)

Signature of Applicant (or legal guardian of Junior Member) _____ Date _____

Eligibility Information

Name of Veteran Eligible Through _____ Legion Member ID Number _____

American Legion Post _____ Post # _____ City _____ State _____

Veteran: Living Deceased

Veteran served in:

- | | | |
|---------------------------|---|---|
| WWI (4/6/17-11/11/18) | WWII (12/7/41-12/31/46) | Merchant Marines (12/7/41-8/15/45 Only) |
| Korea (6/25/50-1/31/55) | Vietnam (2/28/61-5/7/75) | Grenada/Lebanon (8/24/82-7/31/84) |
| Panama (12/20/89-1/31/90) | Persian Gulf War (8/2/90 until cessation of hostilities as determined by the US Government) | |

Applicant's Relationship to the Veteran: (Step relatives are eligible)

Mother Wife Daughter Sister Granddaughter Great-Granddaughter Grandmother Self

I certify that the above named individual served at least one day of active duty during the dates marked above and was honorably discharged or is still serving honorably.

Signature: _____ Date _____

Post Officer Membership Verification (Or Unit Secretary's Verification for Female Veterans Only)

For Veteran's DD214 Discharge Papers: <http://www.archives.gov/veterans/military-service-records/dd-214.html>

I am interested in learning more about the following:

Paid-Up-For-Life Membership (VIM)	Scholarships	Fundraising
Volunteering at a VA Medical Center	Community Volunteerism / Assistance	Member Benefits
Participating in Education Activities	Auxiliary Emergency Fund	Other _____
Working with Young People	Helping with Unit Activities	

Recruiter's Name _____ Unit/Post # ___184___ City ___Herndon___ State ___VA___

Mail Completed Application and Annual Membership dues of \$20.00 to:

Post 184
PO Box 5118
Herndon VA 20172

The American Legion – National News

American Legion family eligibility requirements

THE AMERICAN LEGION - Any person is eligible for membership who was a member of the U.S. Army, U.S. Navy, U.S. Air Force, U.S. Marine Corps or U.S. Coast Guard and assigned to active duty at some time during any of the following periods: April 6, 1917 – Nov. 11, 1918; Dec 7, 1941 – Dec. 31, 1946; June 25, 1950 – Jan. 31, 1955; Feb. 28, 1961 – May 7, 1975; Aug. 24, 1982 – July 31, 1984; Dec. 20, 1989 – Jan. 31, 1990; and Aug. 2, 1990 – present. Merchant Marines who served from Dec. 7, 1941 – Dec. 31, 1946, and have been deemed veterans, are eligible for membership.

Those who have left the service must have received an honorable discharge. Membership also is open to those who were citizens of the United States at the time of their entry into foreign armed forces that served with the United States during any of these periods. Service must have been terminated with an honorable discharge or honorable separation.

THE AMERICAN LEGION AUXILIARY – All women who are eligible for membership in the Auxiliary fall into one of these categories: 1. The mothers, wives, daughters, sisters, granddaughters, great-granddaughters and grandmothers of members of The American Legion, 2. The mothers, wives, daughters, sisters, granddaughters, great-granddaughters and grandmothers of those who served in the U.S. Armed Forces during any of the eligibility periods listed and who died in the line of duty during such service, or who, having received an honorable discharge, died after such service, 3. The mothers, wives, daughters, sisters, granddaughters, great-granddaughters and grandmothers of those who were citizens of the United States and who served during any of the eligibility periods in the armed forces of any of the governments who were allies of the United States and who died in the line of duty during such service, or who, having received an honorable discharge, died after such service, 4. Women who are eligible for membership in The American Legion in their own right. Eligibility includes step-relatives.

SONS OF THE AMERICAN LEGION – An eligible member must be a male descendant or stepson of a member of The American Legion. Others eligible to join are: 1. Male descendants, stepsons included, of any veteran who died in service during World War I, World War II, the Korean War, the Vietnam War, Lebanon, Grenada, Panama or the Persian Gulf War (see specific time periods for service during these conflicts), 2. Male descendants and stepsons of a veteran who died subsequent to his or her honorable discharge from service in World War I, World War II, the Korean War, the Vietnam War, Lebanon, Grenada, Panama or the Persian Gulf War. The same eligibility periods apply.

(The American Legion Dispatch, Vol. 16, No. 2, October 20, 2006, page11)

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The American Legion 88th Birthday 2007

The Doughboys of World War I saw it coming. They just weren't sure what to do about it. Victors of hundreds of skirmishes and battles across the Western Front, they withstood anything the German Army could throw at them --- bombs, machine gun fire, mustard gas and hand-to-hand fighting. Brutally cold rains, pneumonia and influenza pandemic filled their trenches in the infamous "No Mans Land." Yet they endured. But this new threat, coming across the horizon and growing more ominous as the Armistice was nearing, worried them. The enemy was bureaucracy. Every veteran of the Great War – in particular the disabled and wounded warrior -- was going to have to face it sooner or later.

When World War I ended, our society had very little in place to handle the needs of veterans returning from the trenches in France. Horror stories were already circulating among the troops about the hardships their comrades faced when they returned home. Newspapers reported incidents of disabled veterans - starving and ignored by the government - collapsing on the street. Some communities, not wanting to deal with their disabled warriors, hid them. In Chicago, the "Being Ugly on the Public Way" ordinance was passed where men, horribly disfigured from the injuries they sustained in the war, were forced to wear masks or hoods in public to conceal their faces or face arrest and imprisonment. Over 300,000 soldiers returned home with debilitating physical and mental disorders. Having put an enormous amount of its financial resources into mobilizing the army and navy, the government paid little attention to the problems of rehabilitation or long-term medical care for wounded veterans. Some lawmakers displayed their insensitivity to those wounded warriors by questioning the moral fiber of disabled veterans who were seeking compensation and financial assistance.

It was during this period of despair and disillusionment for our veterans that The American Legion began its work. In the early days of The American Legion, National Commander Hanford MacNider wrote: "The first duty of The American Legion is to see that those men who came back from the service, blind, maimed, broken in health and spirit, who must live through the war forever in their homes throughout the country, get a square deal from the government they fought for." MacNider's words certainly were in concert with those of President Lincoln's, set forth in his Second Inaugural Address in 1864, when he called upon Americans "to care for him who shall have borne the battle, and for his widow and his orphan - to do all which may achieve and cherish a just and lasting peace, among ourselves, and with all nations." The American Legion, which had not yet passed its first birthday, set out to prove to Congress that the country owed something to the former service man and woman whose lives were forever changed as a result of their wartime service.

The American Legion – National News

Through the Legion's hard work, the U.S. Veterans Bureau was created - forerunner of the Veterans Administration and later, the Department of Veterans Affairs.

For 88 years, The American Legion has been America's leading advocate for veterans health care and rehabilitation, children and youth programs, a strong national security policy and one-hundred percent Americanism. In 1943, Harry W. Colmery, past national commander of The American Legion, wrote the first draft of what later became the, "GI Bill of Rights," the Legion's greatest single legislative achievement.

Today, we take pride in knowing that The American Legion is still at the forefront of efforts to improve benefits for this nation's newest veterans, those who've served during Desert Shield/Desert Storm and are serving today in the war on terror. In 1990, The "Family Support Network" was formed by The American Legion to assist the families of military personnel deployed during Operation Desert Shield/Desert Storm in the Middle East. In 2001, we initiated the American Legion Legacy Scholarship Fund, which enables children of military personnel killed on active duty to receive money toward a college education. Last year, thanks in a large part to the Departments of The American Legion and The American Legion Riders historic motorcycle run from the National Headquarters in Indianapolis to Salt Lake City, the site of The American Legion's 88th Annual convention, over 453 thousand dollars was raised for the fund.

In 2007, The American Legion's goal is to raise half a million dollars in scholarship funds for the children of our fallen heroes. With your help, we will reach that goal. Through our latest program, "Heroes to Hometowns," The American Legion provides direct assistance to severely injured service members when they return to their hometowns. Legion posts do this by working with the community to set up a support network and coordinating resources – such as child care, temporary housing, adapting homes or vehicles and financial aid --before a service member returns home.

Perhaps, one of our biggest challenges is the same one we faced 88 years ago --- too much red tape when it come to the veterans health care budget. This past January, Marine Lance Corporal Schulze (SHULTZ), suffering from a severe case of post-traumatic stress disorder, went to the VA Hospital in St. Cloud, Minnesota. The combat-wounded warrior, who received two Purple Hearts, while stationed in Fallujah (FAL –LOO-JAH) and Ramadi (RA-MAH-DEE), had seen 35 Marines in his unit killed, including 17 of them in just 48 hours of intense combat. He eventually returned home to Minnesota, but he was deeply troubled by the horrific images and sounds of war that had followed him. Unable to deal with his stress, Schulze went to the VA Hospital where he told a staff member he was thinking of killing himself and asked to be admitted to the mental health unit. He was told that he was number 26 on the waiting list and would have to wait. Four days later, Schulze, 25, the father of a six-month old daughter, committed suicide.

Since our beginning in 1919, The American Legion has stood firm in our conviction that VA health care must be properly funded so that warriors like Lance Corporal Schulze can receive care and treatment when they need it...not 26 days or 26 weeks or 26 months later. The inability of Congress to pass legislation in favor of mandatory or assured funding is the leading cause of understaffed VA hospitals that have to operate on a shoestring budget. VA health care should not be a guessing game. Under current law, funding for VHA is provided in an annual appropriation. That appropriation typically includes funds for medical care for veterans, which are the bulk of the appropriation; funds for construction or renovation of hospitals, nursing homes, and clinics; and funds to pay operating expenses. Military veterans deserve better from their country. I think that each of you here today will agree with me when I say the cost of war is ongoing; it doesn't end on the battlefield. That's why - with your help - The American Legion will make sure the members of the 110th Congress are fully aware that VA health care must be funded on a dollars-per-veteran basis and indexed annually for inflation, with the ability to bill Medicare for reimbursement. Through the four pillars of veterans affairs and rehabilitation, national security, children's welfare and Americanism, The American Legion continues to fulfill Lincoln's promise "to care for him who shall have borne the battle, and for his widow and his orphan."

To each of you, I say thank you comrades, for what you do for our veterans, and for America. It's an honor to say:
Happy Birthday American Legion.

(The American Legion National Headquarters, Public Relations, Indianapolis, IN 46206, February, 2007)

The American Legion – State & Local News

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Report on Lou Gehrig's Disease "Suggests" Connection with Military Service: The American Legion Urges Presumptive Benefits

WASHINGTON, November 13, 2006 – A recent study conducted by the Institute of Medicine (IOM) has concluded that there is a limited and suggestive association between the development of ALS and military service.

At the request of the Department of Veterans Affairs (VA), the Institute of Medicine (IOM) conducted a review of the few existing peer-reviewed studies on ALS (Lou Gehrig's disease) in the veteran population to ascertain if an association exists between military service and the development of ALS and to make recommendations, if an association is indicated,

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

that would help to identify risk factors. In the IOM report released recently, entitled Amyotrophic Lateral Sclerosis in Veterans: Review of the Scientific Literature, the IOM Committee concluded that there was a limited and suggestive association between the development of ALS and military service. ALS is a rare and fatal neurological degenerative disease with no known cure.

“Although more research needs to be conducted to identify possible military-related risk factors that cause ALS in veterans, the IOM’s determination that there is suggestive evidence of an association paves a path for the VA to make benefits available on a presumptive basis for those whose service in the military may have caused the disease to develop,” said National Commander Paul A. Morin.

This latest finding was most influenced by a 2005 Harvard University study that indicated that people with military service were more likely to have died from ALS than those with no prior military service. “Even studies conducted within the veteran population have indicated that war veterans may have a greater chance of developing ALS,” Morin added. The 1991 Gulf War veterans are twice as likely as their non-deployed counterparts to develop the disease. In Gulf War veterans with ALS in particular, the disease has manifested at an earlier age than it would normally.

“The American Legion is hopeful that IOM’s conclusions will guide researchers in identifying risk factors that make service members more susceptible to this horrific disease,” Morin said. “Identifying these risk factors will help in determining necessary protective measures that could prevent the illness from ever developing in veterans. We urge VA to conduct studies to determine if specific theaters of conflict present greater risk factors and we hope that research on ALS in veterans might possibly lead to a cure for this horrific disease.”

(VIRGINIA LEGIONNAIRE, Vol. XIX, No. 8, December 2006, page 7)

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Someone’s Not Trying Very Hard!

According to the 2000 Census there are 26,403,000 Veterans in the U.S. population. About 2,000,000 are members of The American Legion leaving 24,403,000 who are not! Why? The most common response when veterans are asked why they are not members of The American Legion is, “No one asked me.” Who do you work with? Who do you know? We meet new people every day who are either veterans or are related to veterans. TALK TO THEM. If they ask what The American Legion does give them a copy of the newsletter. Tell them about our community projects and the benefits associated with membership. NOW GET OUT THERE AND ASK.

(THE POST TIMES, Dyer-Gunnell Post 180, December 2006, page 1)

Post 184 Electronic Mailbox

WMKAL184@yahoo.com

Post 184 – Web Site

<http://www.wmkal184.org>

NOW THAT’S FUNNY!!

IDIOT SIGHTINGS – IDIOT SIGHTINGS

--- I live in a semi-rural area. We recently had a new neighbor call the local township administrative office to request the removal of the “Deer Crossing” sign on our road. The reason: “Too many deer are being hit by cars out here! I don’t think this is a good place for them to be crossing anymore.”

--- I was at the airport, checking in at the gate when an airport employee asked, “Has anyone put anything in your baggage without your knowledge?” To which I replied, “If it was without my knowledge, how would I know?” He smiled knowingly and nodded, “That’s why we ask.”

--- I work with an individual who plugged her power strip back into itself and for the sake of

her own life, couldn’t understand why her system would not turn on.

How about some airline humor ----

--- Tower: “Delta 351, you have traffic at 10 0’clock, 6 miles!” Delta 351: “Give us another hint! We have digital watches!”

--- Tower: “Eastern 702, cleared for takeoff, contact Departure on 124.7.” Eastern 702: “Tower, Eastern 702 switching to Departure. By the way, after we lifted off we saw some kind of dead animal on the far end of the runway.” Tower: “Continental 635 cleared for takeoff behind Eastern 702, contact Departure on 124.7. Did you copy that report from Eastern 702?” Continental 635: “Continental 635, cleared for takeoff, roger; and yes, we copied Eastern 702 --- we’ve already notified our caterers.”

Some quotes to live by -----

---“If the wings are traveling faster than the fuselage, it’s probably a helicopter – and therefore unsafe.”

---“When the pin is pulled, Mr. Grenade is not our friend.”

---“If the enemy is in range, so are you.”

American Legion
Post 184
Box 5118, Herndon, VA 20172



RETURN SERVICE REQUESTED

NEXT 3 MEETINGS

Mark Your Calendar

3rd **Wednesday** 7:30 – 8:30 PM

February 21st

March 21st

April 18th

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 12th

President's Day

Feb 19th

Armed Forces Day

May 19th

Memorial Day

May 28th (Observed)