



THE SALMON CREEK POST



<http://www.post176.com>

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March 2011 *Salmon Creek American Legion Post 176 * Vancouver Wa..* VOL24 No 1 16

Commander:

Roxeanne Boose 695-5935

1st Vice Cmdr:

Gary Zilm 576-0774

2nd Vice Cmdr:

Greg Whitson 695-5456

Adjutant:

Mike Gibson 694-8005

Finance Officer:

Phil Yasson 574-1152

Chaplin:

Jerry Keen 907-9473

Historian:

Edith Levulet 693-1569

Sgt. At Arms:

Craig Hurley 718-8099

Jr. Past Commander:

Wayne Sharp 892-0086

Service Officer:

Jan Wojciechowski 573-3230

Board Members

John Treosti 574-5746

Jonathan Frederick 576-9078

Richard Kim 573-6887

COMMANDERS NOTES:

Dear Legionnaires,

First I'd like to clear up any confusion - we did not publish a February newsletter, so you didn't miss it. Post 176 1st Vice Gary Zilm is the man who puts our newsletter together so it can be published. As most of you know, Gary lost his wife during that time and he was focused on his family, as he should have been. I myself was brought down by a terrible virus that kept me home for more than two weeks, so everyone was dealing with life. We apologize for leaving you all hanging but as you can see we are back on track so I hope you enjoy this issue.

I have the pleasure of announcing that we have a new Operations Manager on board. Many of you know him from years of community service and his time as Post Commander of Post 176. Morris Giesler has accepted the 30 hours a week paid position. I am personally excited about the skills and knowledge he brings to the Post. I invite you to come by, play some Bingo, shake his hand and show your support.

As a personal invitation from me, I'd like to let everyone know that the 5th District Officers will be visiting Post 176 on March 10th during our general membership meeting. It would be my pleasure to host this event with the overwhelming support and attendance of my fellow legionnaires. As always, we will share fellowship and a potluck dinner at 6pm followed by our meeting at 7pm. I hope you will all attend.

Coming up March 11th we have the American Legion 5th District Spring Conference which will be hosted by Post 44 in Ridgefield. I will not be available, however Phil Yasson and John Treosti will attend. Anyone else who is available to attend is welcome to contact District Commander Bob Ford to make their own reservations; dinner is \$12.00 and will be served at 6pm.

POST HOURS

MONDAY-WEDNESDAY 9:00 AM TO 5:00 PM

THURSDAY and FRIDAY 10:00 AM TO 4:00 PM

Clark County has a lot of new things for veterans happening and I want to make sure everyone knows about them. First is the new Veteran Assistance Center which will be located at 1305 Columbia St. The center will be opening this month so stop by, enjoy a cup of coffee and find out how you can get involved. The center has its first fundraiser lined up for Saturday March 12th from 8am to 10am with a pancake breakfast at Applebee's in Salmon Creek. Cost is \$7.00. Make sure you put that on your calendar; I love fundraisers that include food.

Second is the new Veterans Court headed up by Judge Zimmerman. They have received a \$350,000 grant to get it up and running. The Veterans Court some other counties have put into place have seen some real success stories, so we are very pleased with getting it here.

Third we have CMAC (Clark Military Activities Committee) which has been in place for awhile and is very close to getting its 501c status. This committee is open to everyone - both military and civilian organizations and individuals. It meets at the 40 et 8 on 78th St. on two Fridays of the month at 8:30am. The good news is the 40 et 8 is open for a buffet breakfast starting at 6am for \$6.00. Join us for a delicious inexpensive breakfast and stay for the meeting. CMAC is in full swing planning for the Memorial Day ceremony.

The Oregon Military Support Network is reaching out to partner with Clark County in an effort to better serve the veteran/military community on both sides of the river. This is a great opportunity to identify resources, meet people and have a free lunch. Their next meeting is March 10th at noon in the Wolf's Den at Vancouver Barracks (directly across from the Howard House). Bring your business cards, questions and announcements of anything going on to share.

Lastly I'd like to bring attention to the DAV (Disabled American Veteran) Service Office. This community resource opened its doors a couple months ago strictly on the volunteer hours and funding of the local DAV chapter. They are located at 9707 NE 54th St. and are open to assist veterans with VA claims and other needs. If you have questions, concerns or needs, they are making a difference in the lives of veterans every day.

We live in a wonderful community that is very veteran aware, veteran friendly and veteran active. What that means is we need people to get involved - volunteer your time, donate your old but useable items, attend a meeting and share information. Come out and be an important part of your community.

Post 176 Commander
Roxeanne Boose'

DATES TO REMEMBER

March 4 - CMAC meets at the 40 et 8, 8:30am, breakfast starts at 6am.

March 10 - Oregon Military Support Network meets at noon in the Wolf's Den at Vancouver Barracks.

March 10 - American Legion Post 176 general membership meeting begins at 6pm with a potluck dinner, 5th District Officers will be visiting.

March 11 - 5th District Spring Conference will be held at Post 44 in Ridgefield. Dinner is at 6pm, cost is \$12.00. For reservations call 360-887-9550/8351.

March 12 - CVI will meet at Love Leathers at 9am.

March 13 - Daylight Savings Time begins.

March 14 - DAV will meet at 7pm.

March 17 - St. Patrick's Day.

March 18 - CMAC meets at the 40 et 8, 8:30am, breakfast starts at 6am.

March 22 - The Survivors Outreach Services will host its first support group at the 40 et 8 at 6:30pm.

April 1 - April Fool's Day.

April 1 - CMAC meets at the 40 et 8, 8:30am, breakfast starts at 6am.

April 24 - Easter.

MEMBERSHIP

Our membership is at 83.8%. We have 363 of 436 members renewed. Anyone who renewed after January 1, 2011 will not have the "Early Bird" stamp on their membership card, the sign of an early renewal. If you renewed before the middle of February, your name will appear on the 2012 membership list, published from Headquarters showing that you have not paid your 2011 dues. However due to the cost of preparing, printing and mailing the newsletter, we have to drop you from the Post 176 mailing list for 2011 or until a renewal is received. Remember, if your renewal reaches National after the cut off date, you will receive another renewal notice. If you have your 2011 card in your wallet, throw the notice away. The next membership year begins on July 1, 2011. When you renew after December 31 you lose your FREE \$1000.00 Accidental Insurance. It is to your benefit to renew as soon as you receive your first notice.

We were saddened this week at the death of one of our members. Someone Else. Someone's passing creates a vacancy that will be difficult to fill. Else has been with us for many years. Some did far more than a normal person's share of the work of keeping our Post active, growing and strong.

Whenever there is a job to do or a meeting to attend, one name was on everyone's list, Someone Else. "Someone Else will do it." It was common knowledge that Someone Else was among the most active supporters of our Legion Post.

Whenever there was a need, everyone assumed that Someone Else would respond to that need. Someone Else was a wonderful person, sometimes appearing super-human, but a person can only do so much. Were the truth known, everybody expected too much of Someone Else.

Someone Else has also served in every position on every committee necessary. Now, Someone Else is gone. What are we going to do? Someone Else left a wonderful example to follow, but who is going to do all the things Someone Else used to do?

If you see a need, or if you are asked to help, please remember: we don't have Someone Else to depend on anymore

Anonymous

A HEALTH TIP FOR EVERYONE

We think eating fruit means just buying fruit, cutting it up and popping it into our mouths. It's not so easy. It's important to know how and when to eat fruit. The correct way is to EAT FRUIT ON AN EMPTY STOMACH BEFORE A MEAL.. This way plays a major role in detoxifying your system and supplying a great deal of energy for weight loss and other life activities. FRUIT IS THE MOST IMPORTANT FOOD. Example; if you eat two slices of bread and then a slice of fruit. The fruit is ready to go through the stomach into the intestines but is prevented from doing so by the bread eaten before the fruit. When the fruit comes into contact with the food in the stomach and the digestive juices, the entire mass begins to spoil and turn to acid.

KIWI: Tiny but mighty, and a good source of potassium, magnesium, vitamin E and fiber. It's vitamin C content is twice that of an orange.

AN APPLE a day keeps the doctor away? An apple has low vitamin C content, but it has antioxidants and flavonoids which enhance the activity of vitamin C, helping lower the risk of colon cancer, heart attack and stroke.

STRAWBERRY; Protective fruit. Strawberries have the highest total antioxidant power among major fruits and protects the body from cancer causing blood clogging free radicals.

EATING 2 - 4 ORANGES a day may help keep colds away, lower cholesterol, prevent and dissolve kidney stones and reduce the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione which help boost our immune system. Also a key source of lycopene, the cancer fighting oxidant. Also found in watermelon is vitamin C and Potassium.

GUAVA & PAPAYA: Top award for vitamin C content. Guava is also rich in fiber which helps prevent

Papaya is rich in carotene which is good for the eyes. Eat your fruit on an empty stomach or before your meal. You've heard the expressions, when I eat watermelon I burp, when I eat durian my stomach bloats or when I eat a banana I feel like running to the toilet, etc. This will not happen if you eat the fruit on an empty stomach. All fruit becomes alkaline in our bodies, according to Dr. Herbert Shelton who did research on these matters. If you have mastered the correct way of eating fruit, you have the Secret of Beauty, Longevity, Health, Energy, Happiness and normal weight.

When you drink fruit juice, drink only fresh juice, NOT the concentrated juice from cans. Don't drink heated juice or eat cooked fruit because heating/cooking destroys the vitamins. All you get is the taste and no nutrients at all. Eating fruit is better than drinking the juice, but if you do drink the juice, drink it slowly letting the juice mix with the saliva before swallowing it. A three day fruit -fast will help cleanse your body. Eat fruit and drink fruit juice for just three days and notice the difference.

Drinking cold water = Cancer. It's nice to have a cold drink after a meal, however the cold water will solidify the oily foods you have just consumed and slow digestion.. When this sludge reacts with the acid, it will break down and be absorbed by the intestine faster than solid food, which will line the intestine. It will turn into fats and lead to cancer. It is best to drink soup or warm water after a meal.

A serious note about HEART ATTACKS. Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. Sixty percent of people who have a heart attack while sleeping do not wake up. Pain in the jaw can wake you from a sound sleep. Be careful and be aware. The more we know, the better our chance to survive.

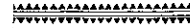
On a personal note from me and my family, I want to thank all of you, the Legion & Auxiliary. for your expressions of sympathy, the flowers, and the caring you showed to us during the time of my wife Nancy's death. It helped a lot and shows how family comes together during times of need. I can't say how much that means to us. Thank you. Gary Zilm & Family

HALL RENTAL IS NO LONGER OPEN TO THE PUBLIC.
CALL 360-573-2331 FOR INFORMATION OR RESERVATIONS

BINGO HOURS 11:00AM-6:30PM
MON - TUE - WED
PULL TABS AND KITCHEN AVAILABLE



AUXILIARY NEWS



March 2011 "John Philip Sousa, the March King 1854-1932 composer, bandmaster

Officers: President, Debra Hathaway 573-0336; Secretary, Donna Casciato 576-4404; Treasurer, Thelma Hathaway 573-0362; Chaplain, Marlene Bahner 883-1175; Sergeant-at-Arms, Lucille Harwood 573-6723; Historian, Carla Whitson 695-5456.

PRESIDENT'S MESSAGE: Hello Unit Members. . .Yes, this is **Debra Hathaway**, President of Unit 176. **Nancy Zilm** passed away on January 10, 2011. She had been having health problems and she was in and out of the hospital. Nancy was a very good person and obviously has touched many lives. We will all surely miss her as our President and as our friend. I found these words of comfort and have read and used them before:

"The love that this person brought you is not leaving, for the essence of the soul lingers. It cannot escape your heart, for it has been there a long time. Cling to the memories and let them find their way to heal you. The love and laughter, the joy in the togetherness you share, will make you strong. You'll come to realize that your time together no matter how long, was meant to be and that you were blessed to have such a precious gift of love in your life. Keep your heart beating with the loving memories, and trust in your faith to guide you through. Know that, though life moves on, the beauty of love stays behind to surround and embrace you. Your loved one, Nancy, is leaving you that...to hold in your heart Forever."

I went with Thelma Hathaway to the mid-winter conference at SeaTac, the first weekend in February. Hopefully I will understand so I can report back to my Unit. Mid-winter was very interesting. I got re-educated on some things, like Girl State. It was a nice luncheon. I also learned that the Executive Committee takes FOREVER! (he he). It's interesting what they vote on as a committee, and how long the discussions take for each subject. I look forward to being the President of our Unit. I will try to do my best always, and to follow the handbook. There is much I need to learn. Please have patience with your new officer.

SPRING CONFERENCE will be March 11 at 5:00 p.m. at Ridgefield Community Center, 210 N. Main Ave., Ridgefield right across from the Post Office. Dinner will be Prime Rib or Stuffed Chicken w/garlic mashed potatoes, mixed vegis, roll. Price \$12. Please RSVP with your choice to Bob Ford 887-8351. Each Auxiliary Unit should please bring your Unit colors.

This is all I have for you at this time. Thank you for your patience. **Debra Hathaway**, Unit 176 President.



MORE AUXILIARY NEWS -- BITS AND PIECES --READ AND ENJOY

About Mid-Winter Conference at Sea-Tac Marriott:



One of the things I learned at Mid-Winter was that financial changes were made to be more consistent with National. They presented the budget and there the changes were really noticed. Our Unit will get a new copy. We will be affected to a degree.

I am sure you will be reading elsewhere about the Girl State program and the higher fee and also the higher registration.

My concern was the difference reported in our poppy orders as far as the State is concerned. This is and has been the Unit's program and has been for years. It was reported the Units are now ordering half of what they did 10 years ago. Like some of our other programs, it is going to go by the wayside in the future. That believe it or not includes 176.

How can we make the needed change? We need the members to come to our meetings and help.--**Thelma Hathaway.**



Some Posts and Auxiliaries are collecting non-perishable foods, clothing, etc. and also donations to help the families who lost their homes to the terrible fires in the Yakima area.

Fifth District Visitation is at Deep River, April 16 from 11 to 2 p.m. See details next issue. **National Auxiliary President Carlene Ashworth** will visit Onalaska Unit 508, March 7 at 11:30 a.m. Lunch available. This is the closest she will get to District 5.

State Auxiliary President Jane Montaney was special guest at Unit 14's meeting, Valentines Day. She reminded the women about going to Onalaska to greet President Carlene. She wants all Units to be active and vibrant in their communities. She also stressed women should report their volunteer hours. Debra Hathaway, Thelma Hathaway, and Lucille Harwood attended from Unit 176. Lucille was musician for the evening.

Spring Conference is at nearby Ridgefield, Fri., March 11, 5 p.m., at Ridgefield Community Center across from the Post Office. More information is in President's message.

Thoughts from National President's column in magazine: "Spring marks a season of new beginnings. It's almost spring! Renew yourself and your commitment to American Legion Auxiliary.....One of those things may be renewing your Auxiliary membership. While technically it was due in January, there are always a few stragglers, and I want you to know it's not too late.....our Veterans are counting on us....In the spirit of service, not self," (signed) **Carlene Ashworth**, National President.

