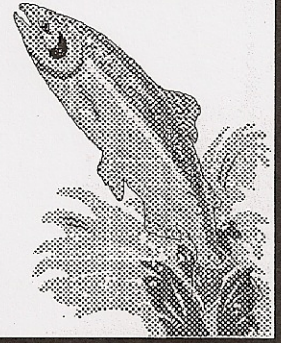




THE SALMON CREEK POST



<http://www.post176.com>

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February 2013 *Salmon Creek American Legion Post176 * Vancouver Wa., * VOL 24 No 137

Commander:

Roxeanne Boose 695-5935

1st Vice Cmdr:

Gary Zilm 576-0774

2nd Vice Cmdr:

Floyd Zwer 828-1874

Adjutant:

Mike Gibson 694-8005

Finance Officer:

Phil Yasson 574-1152

Chaplin:

Jerry Keen 907-9473

Historian:

Edith Levulet 487-6849

Sgt. At Arms:

Charles Jones 887-2270

Jr. Past Commander:

Service Officer:

Jan Wojciechowski 573-3230

Board Members

John Treosti 574-5746

Jonathan Frederick 576-9078

Sally Garcia 735-5007

COMMANDERS NOTES:

January was a slow month for Bingo and for activities happening at the Post. Fortunately we did not have to do any major repairs to the building or to the equipment.

We have an appraisal firm doing an appraisal on the the piece of property that Walgreen's wants to purchase to get the real market value of it before we accept their proposal. As soon as we receive that appraisal, we will take it, along with their offer, to an attorney to have the offer gone through to check for anything we don't understand and for any loopholes or problems that could arise in the future from how it is written and worded. We are trying to do everything we can to protect the property and your rights as members so we can get the best deal.

We had a blood drive for the Red Cross in December that turned out really well. They were happy with the pints given and the number of people who showed up for the time of year it was. Our plan is to continue doing blood drives for them, probably about every three months. There will be more of a schedule in the newsletter when we get it set up. Come on out to the Post and give some blood when you can.

We have had a few more members show up for our monthly membership meetings, which is nice, but we are still low on attendance for them. Our own Commander has been able to come from the hospital and attend some of them and hopefully she will be able to come back and resume her role with us soon.

The American Legion will be having a Spring Conference at Post 14 on St. Johns Road on April 12th. More to come as info is available.

We also have District 5 Roundtable meetings at Post 176 at 1:00pm on the third Saturday of each month. Everyone is welcome to attend and give input. It lasts about an hour.

POST HOURS

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

CLOSED - FRIDAY - SATURDAY - SUNDAY

Our membership renewals are at 290 which is at 74% of the goal Department has given us. Still a ways away from the goal but we can still get there if we can get your renewals in now as you are thinking about dues renewals. Please make every effort to get yours in asap. It makes our Post look good and it also helps pay the bills. Your dues are like our pay-check and when they don't arrive when we need them, then we have to find alternate ways to pay our bills or delay payments, which is also bad for our credit when we have to use it. Thanks to everyone who has paid their dues and I am looking forward to the magic number of 100% members paid for 2013. Check your membership card and if it says 2012 on it, then you need to renew for 2013. You do not need to wait for a reminder from Department to pay your dues. Just send a \$40.00 check with a notation for your dues renewals on it or stop by the Post and pay them. I am usually there from 9am till noon on Mon.- Tue. & Wed.

Gary Zilm 1st Vice Commander / Membership

POST MANAGER

2013, a new year to do all the things we thought we would do last year. We have lots of plans for this year at American Legion Post 176 that will include the membership, as well as the community, even with the economy, unemployment rate and other things that cause us concern.

We have scheduled LIFE LINE SCREENING for Feb. 8th at the Post for CHRONIC DISEASES - Heart Disease, Stroke, Diabetes, COPD, Lung Cancer. Pre-registration is required. Call 1-800-324-1851 (Priority Code HSC4067) for a cost of \$149, or go on line at www.lifelinescreening.com/community-partners to register.

The Post is working on Basic First Aid / Basic CPR training for staff, membership as well as community. No time, dates or cost has been set as yet. More info to follow. It has been recommended that the Post host an Emergency Relief and Disaster Assistance project which is in the planning stage.

Morris Giesler Post Manager

CASHIER

BINGO on Mon.-Tue.-Wed at 11am and 6:30pm. Kitchen and pulltabs also available at those times.

Come in and join us for a day or evening of Bingo, PULL TABS and FOOD. There are monthly specials with BINGO and the Kitchen has special items also. Tuesday is called TACO TUESDAY. Breakfast starts at 9:30am and goes till 10:45am and then lunch till 12:45pm with the evening menu starting at 5pm through the evening session break time.

We have a great group of people that have lots of fun and you could be here doing the same and meeting new friends or running into old friends. We are recruiting more players and continue what we do best and that is play BINGO, PULL TABS, EAT GREAT FOOD AND HAVE FUN! So pass the word around TO COME TO American Legion Post 176 , Salmon Creek.

Cashier Shari Paullin

POST ADJUTANT

In a few more months, it will be time to submit the (CPR) Consolidated Post Report again. This is a time to boast about all the community service and volunteer work.

Each one of us can do our part to help all Veterans by keeping track of all the volunteer work you do throughout the year. The reporting period is June 1st through May 31st.

It is a good idea to start keeping track now of all the volunteer work and community service you have done during this reporting period. I will be asking for your input around June 1st of this year. If you start writing things down now, it will be much easier to submit when the time comes.

Every little bit lends to our collective voice. Our Post's CPR information, together with all the other Post's is used when the National Commander and others testify on behalf of all Veterans. Your input is important.

Mike Gibson Post 176 Adjutant

The Health Nut

Take the Seasonal Flu Challenge: Prevent Flu

As fall and winter approach, the flu season is upon us too. Influenza (flu) presents health challenges not only to us as individuals, but to our VA and hometown communities. Flu is a respiratory illness that spreads easily. It is caused by viruses that can change from year to year. Each year in the U.S. flu causes more than 226,000 hospitalizations and about 36,000 deaths.

Even though most of these cases are among people age 65 and older, anyone can get the flu. That is why it is important for all of us to take the flu challenge and help to stop the spread of flu.

Challenge 1 - Get your flu shot!!!

Challenge 2 - Know how flu is spread

When a person with the flu sneezes, coughs, talks or laughs, the flu virus can spread into the air as droplets from the mouth or nose. These droplets can spread to people and surfaces within 3 to 6 ft. The flu virus can spread to your hands if you touch anything that has the virus on it. If you then touch your eyes, nose, or mouth you can get the flu. Remember, people may be able to spread the flu virus to others 1 day before they feel sick and up to 5 days after getting sick.

Challenge 3 - Know the symptoms of flu

Symptoms of flu include a fever (usually high), muscle aches and pains, headache, feeling tired and weak, chest discomfort and coughing. People with flu may also have a stuffy nose and sore throat. Remember, illness can start 1 to 4 days after you get the flu virus.

Challenge 4 - Keep hands and surfaces clean

Clean hands often by washing with soap and water or by using alcohol-based hand rubs. Clean hands before eating or fixing food, before caring for someone who is sick, before touching your face, mouth or eyes. Clean your hands after using the bathroom, after caring for someone sick, and after blowing your nose, coughing or sneezing. Keep surfaces clean that are touched often, such as phones, light switches, countertops, door and cabinet knobs, keyboards and mouse and TV remotes. Remember, the flu virus can live on surfaces for 24 to 48 hours.

Challenge 5 - Cover your coughs and sneezes

Use tissues to stop germ "droplets" that spread from coughs and sneezes. If tissues are not available, raise your arm and cover your face with your upper sleeve. Remember to dispose of tissues in waste baskets and to clean your hands afterwards.

Challenge 6 - Stay home when sick

Because flu spreads easily from person to person, stay home when you are sick. School and work are well known places that people get the flu. Remember, treat the flu by getting plenty of rest, drinking fluids, and using medicines that reduce fevers.

Sally Garcia E-Board Member

BINGO DAYS & HOURS

Mon - Tue - Wed, 11am & 6:30pm

For your enjoyment we offer Pulltabs on the same days and times as BINGO.

Our kitchen is open at 9:30am for the first session and at 5:30pm for the second session on the same days and times as BINGO.

We have a staff we are very proud of and we would like you to meet them and say "Hello". They truly are the BEST and they will do whatever they can to help you.

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We are again offering the Halls and the Parking Lot for activities you may want to use them for. Call us at 360-573-2331 and talk to Morris Giesler, our Post Manager, and see how easy it is to set up. We will do our best to accomodate you.