



Charles E. Murray
American Legion Post 186

Newsletter

January & February 2013

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COMMANDER

Bruce Carl
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352-666-5496

Happy New Year to all our members! It is hard to believe another year has gone by. I hope everyone had a wonderful holiday season. We are looking at having another great year here at the Post, and hope that all of you are able to come down and join in all the festivities. It is that time of the year where you need to spend less time doing yard work, since the grass is dormant. Take that extra time to come down to the Post and enjoy all we have to offer. In addition to our normal activities, we have several dinners going on every month. We will be holding our 3rd talent show on Jan 20th. Get your acts together and come down to the Post to sign up. It is always a great show, and you never know what to expect. We will also be having our first ever Oysterfest in February. It will be an all you can eat outing, with the menu consisting of shrimp, clams mussels, and of course oysters.

We appreciate all of you who come down to the Post to help support all our programs, but we are always looking for new faces, and some of the old ones that we do not see very often. Your Post has so much to offer, from smiling friendly faces to games, great affordable lunches, good entertainment, and fun and fellowship. What other reasons do you need?

For all you bowlers, we have added a new incentive for you to come down to the Post. Anyone who rolls 4 strikes in a row in a single game, will receive a drink, valued up to

\$2.00. However, it is only good for 1 drink per day per person.

As the 2nd Vice Commander is still out on sick leave, I will update you on the entertainment news. First, I must apologize for the nights the entertainment did not show up. Apparently there was a mix-up on their end with the scheduling. However, I have contacted all our bands and have confirmed all the remaining dates with each band from now through June. There should be no more issues, unless an unexpected emergency should arise. We have karaoke every Wednesday night with the Shoe, starting at 7 PM. Every weekend we have one night of karaoke and one band night. Please make sure to check the calendar for which night is which. You will see some of our most popular bands back over the next two months. Please come out and support these entertainers. They love coming to play here and we always have a good time, but it would be nice if more of our members, including our officers, came out to support them. I can say the same about our dinners too! We have great tasting meals at a very reasonable price, but it would be nice if we had a better attendance. There is no where in the county that offers the prices we do for lunches or dinners.

Stayed tuned for more information over the next month or two, as we are currently in the process of planning a mystery tour bus trip. As soon as the plans are finalized, we will let you know.

If you would like to receive my weekly E-mails, please send an E-mail to the Post, and request to be added. I will get you on the list immediately. The newsletter keeps you up to date on what is happening here at the Post. It is also a quick and easy way to find out about any changes to the

calendar. You can always give me your address at the Post also.

Please remember I am always open to any questions, concerns, or suggestions you may have about the Post. Please feel free to call or E-mail me. If you have any questions concerning the kitchen or bar area, please refer them to Annie, the canteen manager, or her assistant Kathy.

For God and Country,
Bruce Carl

FIRST VICE COMMANDER
Eric (Sox) Hunter
huntersusan@bellsouth.net
352-666-0691 or 352 -650-1547 Cell

Here we are in 2013 already! It must be true that time really flies or maybe it is because we are having so much fun at the Post. I want to thank everyone who has already renewed, we are at 82% and that is fantastic. We are always looking for new members, so if you have any friends or neighbors who want to join the fun, bring them down to the post to see what it is all about. The membership staff hopes everyone had a Merry Christmas and are looking forward to a great New Year. I am here at the post every day from 1:30 to 4:30 for your convenience to renew or bring a friend to join our Post family. If your membership has not been renewed by December 31, 2012 you are delinquent and must renew in order to gain entry to the Post. The new 2013 cards will be required and verified as of January 1, 2013.

For God and Country,
Eric (Sox) Hunter

POST CHAPLAIN
Charles Haig
haigie@aol.com
352-597-1210
Cell 352-610-2051

Here we are in 2013 already! It must be true that time really flies or maybe it is because we are having so much fun at the Post. I want to thank everyone who has already renewed, we are at 82% and that is fantastic. We are always looking for new members, so if you have any friends or neighbors who want to join the fun, bring them down to the post to see what it is all about. The membership staff hopes everyone had a Merry Christmas and are looking forward to a great New Year. I am here at the post every day from 1:30 to 4:30 for your convenience to renew or bring a friend to join our Post family. If your

membership has not been renewed by December 31, 2012 you are delinquent and must renew in order to gain entry to the Post. The new 2013 cards will be required and verified as of January 1, 2013.

The Thanksgiving day meal was once again a great success. congratulations to our color guard. I opened with a thanksgiving prayer, if you missed the dinner go for it next year. The Four Chaplains service will be held on February 10th 2013 at the Mariner United Methodist Church, 7079 Mariner Blvd. We are hoping for a good turnout as it will not affect super bowl Sunday.

The number of Deceased members has risen.
Franklin D Riley
Aurelio Petronella
Christopher Carlin
Joseph W. Smith
Joseph W. Hunter

Sick call
Frank Santoro
Rex Hinkle
Francis Swartz
Fred Sloan
Richard Moore
John Fischer
Prayers for George & Mary Kennedys'
Granddaughter, Jasmine who is still recovering from the attack in the movie theater in Aurora, Colorado.

The Lord is with you all. If anyone has been overlooked please inform me 352-597-1210. Many thanks to Michael Shannon and his wife for their donations. We could use some canes and etc.

For God and Country,
Charles Haig

VETERANS SERVICE OFFICER
MANAS MILLER
15020 MIDDLE FAIRWAY DR.
BROOKSVILLE, FL 34609
352-797-9523
usmcbigm1@tampabay.rr.com

Manny is at the Post every Thursday at 10 a.m.
Appointments for other times may be made by calling him.

Gulf War Syndrome Update 19: Gulf War illness, the series of symptoms ranging from headaches to memory loss to chronic fatigue that plagues one of four veterans of the 1991 Persian Gulf war, is due to damage to the autonomic nervous system, a study released 26 NOV shows. "This is the linchpin," said the study's lead author, Robert Haley, chief of epidemiology at the University of

Texas Southwestern Medical Center in Dallas. "The disease itself is so difficult to express and to understand," Haley said, explaining that veterans described simply that they "don't feel well" or "can't function," without being able to further explain a disease that affects the automatic functions of their bodies, such as heat regulation, sleep or even their heartbeats. "Docs don't know what the disease is, so they can't help," Haley said. "But if you can figure out what the disease is, the other problems will fall in line."

Researchers spent 15 years researching a hypothesis, and then "we planned the ultimate study that proved that hypothesis," Haley said. Along with Steven Vernino, chief of the neuromuscular division at Southwestern, Haley sent 97 veterans through 25 tests, including brain imaging, in seven days. The group had been drawn from a sample of 8,000 Gulf War veterans. "Veterans have high faith in Dr. Haley's dedicated and informative research," said Paul Sullivan of Veterans for Common Sense and a Gulf War veteran. "This finding is important because for the first time physicians who care for Gulf War veterans now have a medical explanation for many of the unusual symptoms." The team conducted several studies, and then built a theory based on the results of that work. The doctors had funding from Congress until 2010, when they were dropped by the Department of Veterans Affairs after being accused of wasting millions of dollars in research money. That came directly after a 2009 study from Haley showed that neurotoxins such as anti-nerve agent pills, insect repellent and the nerve agent sarin caused neurological changes to the brain, and that the changes seem to correlate with different symptoms.

After they lost funding, Haley and the other researchers continued their work on their own time. "This is the most important study of all," Haley said. "The veterans want to know what's wrong with them. Now, for the first time, all the doctors in the country can say, 'Oh, maybe these are autonomic symptoms.' If you're not thinking autonomic, the symptoms can sound kind of flaky." For years Gulf War veterans have been told the symptoms were all in their heads, which Haley and other researchers say isn't true. There is no known treatment for Gulf War illness, Haley said, but a diagnosis can lead to clinical trials and a possible solution. Veterans of suffering from Gulf War illness tend to fall in three categories:

- Syndrome 1, or cognitive and depression problems.
- Syndrome 2, or confusion ataxia, which is similar to early Alzheimer's disease.
- Syndrome 3, or severe chronic body pain.

Haley said studies released in the next several weeks will include theories as to what caused the syndromes. The

study should encourage Congress to devote more money for Gulf War illness research, Sullivan said. The disease affects up to 250,000 veterans, according to the Institute of Medicine. "Knowing the medical basis for a disease focuses the search for specific treatments and makes it possible to test them in clinical trials," Sullivan said. "If VA continues to be reluctant to fund research, then Congress should hold hearings that prompt VA to do the right thing for our veterans." [Source: USA TODAY | Kelly Kennedy | 26 Nov 2012 ++]

**For God and Country,
Manas Miller**



**COLOR GUARD COMMANDER
Jimmy Schultz
jschultz6@tampabay.rr.com
352- 686-0454**

Fellow Legionnaires and members of Post 186, your Color Guard presented the Colors at the following ceremonies on Veteran's Day:

11 Nov 2012, 11:30 A.M., at Post 186. This ceremony was attended by the largest group of members I've seen in a long time. We can't forget our Brothers and Sisters Veterans that served our country in the past, those who are presently in harm's way and the men and women who will protect our freedom in the future.

11 Nov 2012, 11:15 P.M., Heartland, Brooksville.

11 Nov 2012, 02:30 P.M., Forest Oaks.

17 Nov 2012 (Saturday), we had our annual Thanksgiving Day Turkey and Jambalaya Dinner.

We had a full house and everyone enjoyed it. Special thanks to Joanne for serving lunch, and Laura and Carol for serving dinner and doing a great job cleaning the kitchen for us. We also thank Larry Sciacitano for helping carve the turkeys and Brett Hernandez and his

friend Antonio Deniz for washing pots and pans. Finally, we want to thank Mike and Judy Shannon and Mike Cullen for their donations towards the cost of our dinner.

It's an honor to Command a group of men whose loyalty, dedication, and teamwork enables us to function as we do. We have 14 men in our Color Guard and all of them are disabled. Yet when called upon, they rise to the occasion. We wish Steve Small a speedy recovery after his motorcycle accident.

We hope everyone has a Merry Christmas and a Happy, Safe and Healthy New Year.

For God and Country,
Jimmy Schultz



ALR
Director
Steve Tyler
potwarp@hotmail.com

Cooler temperatures signal that we are truly in the fall season with winter fast approaching. One benefit is that the weather has been dry and clear and great for riding. As I never know when this newsletter will reach you dear readers, I will attempt to cover both events that may have transpired by the time you see this and those to come.

I hope you all had a wonderful Thanksgiving and will enjoy a great Christmas or whichever holiday you may celebrate. I want to thank all those who contributed to our Thanksgiving baskets with donations of food or money. We distributed the baskets to 23 deserving families on November 16th. We have received notes of thanks from several of the recipients expressing their gratitude for the gift of a family dinner for the holiday.

We are collecting additional donations for Christmas dinners that will be distributed on December 22nd, which is also the day of the Riders Turkey Dinner, for which tickets are currently on sale. We will also be picking the winner of our "Basket of Fun" which is a weekend getaway to St. Augustine. As with the Thanksgiving baskets, anyone who brings a food donation on Tuesday at Bingo will receive a free extra sheet.

I want to mention what a great celebration we had on Veteran's Day. Thanks to all who attended the ceremony and brought food to share for the cookout afterwards. I also want to give kudos to the Color Guard for their most excellent Turkey Fry dinner. I had to take some home it was so good.

In the coming months we have several events planned. We are trying to get our previously cancelled poker run going for the new year, possibly in February. We have our scrumptious lasagna dinner scheduled for Jan 26th. We hope you all will attend and support our fund raising efforts. One of our new programs is to establish a scholarship for one cadet each from Central and Springstead High Schools' JROTC programs. I recently attended the Central High School review and was incredibly impressed by the NJROTC corps of cadets who number over 300 and are number one in the nation.

There have been several inquiries from some of our non-riding post members about joining the Riders group. I will be researching this issue with Department and National Rider's officers to see if there is any provision for membership in a non-riding capacity. We would love to grow our group with people who want to join but don't own or ride motorcycles. Many of you are great supporters of our programs and we know you would like to be able to wear the patch.

Again, I don't know when you will receive this, but I want to let you know that we will again be participating in "Wreaths Across America". We have purchased 20 wreaths and on December 15th we will be joining hundreds of people in wreath laying ceremonies at the Florida National Cemetery in Bushnell. This is a wonderful event and I hope we will have good representation from Post 186.

I want to wish all of you and your families a most blessed holiday season and a very happy New Year.

For God and Country,
Steve Tyler

Canteen News
Canteen Manager
Anna Pellegrini
(352)597-9995
canteen186@bellsouth.net

It doesn't seem possible 2013 is here, time just flies by when you are having fun in life! Talking about fun please check your calendars the Legion has planned many fun events for the winter months! On Feb. 3, 2013 –the Canteen will sponsor a Super bowl Party – the Kitchen will have trays of Wings and everyone is asked to bring a dish! The Commander Bruce and I have started making plans for a Mystery ride to visit other post and we are planning this trip for early March! Watch for Flyers and also in the Commanders newsletter! At this time I would

like to thank all of Post 186 Staff for another great year of hard and dedicated work to your Post and Members!!!

For God and Country,
Anna Pellegrini



AUXILIARY PRESIDENT
Claudia Fischer
352-686-9247
ceejay523f@yahoo.com

The Holidays are over and we hope that everyone had a joyous and safe holiday. Now it is time for a Happy New Year..2013!! Hard to believe another new year is here. The Auxiliary will be continuing to work hard on Auxiliary programs this new year. All our programs benefit veterans and children, and that is what it is all about. Contrary to what some believe, our Community Service Committee is one of the hardest working in our Auxiliary AND with all its hard work, it raises more money for the benefit of our Veterans. Our Auxiliary prides itself in using our money raised to benefit Veterans and children in need.

On January 16th the Auxiliary will have a Girls State Dinner, the money raised from this dinner helps us to send 2 Junior High School girls to Girls State in Tallahassee. These girls who are selected spend 10 days at our State Capital, learning about our Legislature and how it works. Please come out and support this great program on January 16th at 6:00 pm.

On February 9th, the Auxiliary Valentine's Dinner at 6:00 pm, come join us and bring your favorite guy or gal for a nice dinner. Our Americanism Committee puts this dinner together and it helps to give out awards to children who write essays on "America". Looking towards March we will have be having another Yard Sale on March 9th and there will be another 15th District Meeting on March 2nd at Post 99 in Brooksville.

Finally, on a personal note I would like to sincerely thank all the Auxiliary members who sent myself and John cards and well wishes. We really appreciated it and meant a lot to us.

For God and Country,
Claudia Fischer

FIRST VICE PRESIDENT
Margaret Hernandez
Membership Chairman
352-688-0818

Dear fellow members, I have the 2013 Membership Cards. The dues this year are \$30.00. I will be at the Post every Tuesday from 1 to 5 p.m.

You can also mail it to the Post or leave it at the Canteen.

For God and Country,
Margaret Hernandez

AUXILIARY CHAPLAIN
BETTY LOU BENNETT
352-835-1156

Sick Call
Judy Hulce

Deaths
None Thank You God
Prayer

May you have a wonderful New Year. May God Watch over our troops everywhere. Bless our American Legion Family and Peace and Good will to all.

For God and Country,
Betty Lou Bennett

CHILDREN & YOUTH
Chairperson
Carole Babicz

We had a very successful youth Christmas party in December with a guest list of over 100 children who received gifts and a pizza lunch at the Post. The highlight of the party was, of course, Santa Claus (BUBBA) who distributed gifts and posed for a ton of pictures. In addition, holiday tunes were provided by the merry young elf- THE SHOE who volunteered his time again ! I would like to take this opportunity to thank everyone who either donated their time or gifts or contributed donations for this project !!! We could NOT have taken on such a huge endeavor without YOUR support.

For God and Country,
Carole Babicz

