



THE SALMON CREEK POST



<http://www.post176.com>

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August 2011 * Salmon Creek American Legion Post 176 * Vancouver Wa.. * VOL24 No 121

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|----------------------------|----------|
| Commander: | |
| Roxeanne Boose | 695-5935 |
| 1st Vice Cmdr: | |
| Greg Whitson | 695-5456 |
| 2nd Vice Cmdr: | |
| Sally Garcia | 735-5007 |
| Adjutant: | |
| Mike Gibson | 694-8005 |
| Finance Officer: | |
| Phil Yasson | 574-1152 |
| Chaplin: | |
| Jerry Keen | 907-9473 |
| Historian: | |
| Edith Levulet | 487-6849 |
| 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 |
| | |
| Gary Zilm | 576-0774 |

COMMANDERS NOTES:

Legionnaires,

AWESOME, we are skipping the usual membership meeting in August and for our ANNUAL POST PICNIC - YEA!!!! It's time to notify your family to hold the date open, gather up your lounge chairs and picnic blankets, find your sun hat and suntan lotion and plan to join the fun on Saturday, August 13th. Be sure to put it on your calendar, invite your kids, grandkids and great - grandkids. Starting at NOON we'll have a wonderful afternoon of games, music, food and socializing. This year we are very fortunate to have the Fruit Valley Community Center for our event. It's easy to find. Go West on Fourth Plain to Fruit Valley Road and turn right, (North), You will see the park on the left side of the road. There's a children's play area, basketball court, and we'll have use of the center so no need to worry about the weather. The center has parking right in front (West) of it, a wheelchair ramp, bathrooms and trash cans. There are also paved walkways in the park. I'll be bringing my portable stereo so bring your favorite music, CD's please, and we'll play a variety of music. We'll take our big grill from the Post over to the park and put it right beside the center. We're planning the typical BBQ type foods - hamburgers, hotdogs, chips, beans, soda, etc. We would like to invite you all to bring a favorite dish of yours that you would have if you were having a picnic of your own, to share with everyone. We'll need to pack our food in coolers with ice and haul it over there, so if you can help out, please contact the Post and volunteer - many hands make the work lighter!

Unfortunaetly, we wont be seeing our Post Operations Manager, Morris, at the picnic. Morris has accepted another position and will be leaving Post 176 on August 3rd. If you get an opportunity between now and then, I encourage you to stop by the Post and thank him for his good work and wish him well. As for filling this position, the executive board is looking at and considering options - stay tuned!

August has some interesting events so make sure you check out the events calendar in this issue. September 8th we'll have our general membership meeting and our potluck/social beginning at 6pm. Meeting at 7pm. Please come and join us, there are lots of ways to be involved with the Post and the community.

Roxeanne Boose', Post 176 Commander

POST HOURS

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

CLOSED - FRIDAY - SATURDAY - SUNDAY

EVENTS CALENDAR

- Aug 5 - Ridgefield Post 44 is hosting a cruise-in from 3-9pm. For details on how to participate or other info, please contact Bruce at 360-607-9848. This is an open community event.
- Aug 11 - Oregon Military Support Network (OMSN) meets at the Wolf's Den at noon. Everyone is invited to come, have lunch and share information in the interest of assisting Veterans.
- Aug 11 - Post 176 regular membership meeting is CANCELLED. We will be having the Post yearly picnic instead.
- Aug 12 - CMAC meets at the 40 et 8 at 8:30am. All are invited to attend and for \$6 you may participate in a wonderful breakfast buffet beginning at 6:30am.
- Aug 13 - **Post 176 Post Picnic** will be held at the Fruit Valley Community Park beginning at noon. Bring the family!
- Aug 20 - Combat Veterans International (CVI) is sponsoring a motorcycle "Remembrance Run", proceeds go to support Gold Star families. The ride begins at Love's outpost in Ridgefield at 8:30am and ends in Woodland with door prizes, music, food and a 50/50 drawing. This family oriented event is open to cars as well.
- Aug 26 - CMAC meets at the 40 et 8 at 8:30am.
- Sept 5 - Labor Day Holiday.
- Sept 9 - CMAC meets at the 40 et 8 at 8:30am.
- Sept 11 - Patriot Day, Grandparent's Day.
- Sept 11 - Freedom Walk sponsored by Operation Homefront will be held at Fort Vancouver.
- Sept 13 - 92nd Promenade Nationale of the Forty & Eight will begin.
- Sept 14 - MIA/POW Day Observance.

OPERATIONS MANAGER

"Hot August Nights". The staff has been working hard to get everything ready to have some fun and celebrate summer. Everyone is invited to come out on the 24th of August; play BINGO, pull tabs and have a good BBQ dinner.

We have had a little issue with the construction as they hooked the water meter as well as the natural gas line.

The water was put back in service within an hour or two but the gas line took a little longer as we found a leak or two that we have had for some time that we did not know about. All has been fixed and is working well now.

We have worked to clean up the grill as well as the kitchen floor and other areas that needed some tender loving care to help make the Post a better place. Your staff works very hard to maintain the Post and invites any suggestions you may have for improvements.

We are playing BINGO on Monday, Tuesday and Wednesday each week at 11:00am and 6:30pm, so come in and have some fun and meet the staff.

Road construction on the Salmon Creek Interchange is on schedule. Most of it may be completed by September.

Morris Giesler, Post 176 Operations Manager

POST 176 CAR SHOW

To co-incide with the **Hot August Nights** on August 24th, the Post is sponsoring a car show and will be showcasing Hot Rods, Custom, Restored Classics, Pick-ups and other vintage vehicles. If you have an old motorcycle you would like to show, bring it too, along with any tricked out cycles or Trykes.

The show runs from 3pm to 5pm or later, depending on the participants and people attending. Everyone who registers for the show will receive a free BBQ dinner.

There will be plaques for 1st - 2nd - 3rd place vehicles so shine them up and make them sparkle. You could win a plaque as a memento and meet some nice people.

The American Legion Opposes changes to Agent Orange law

The American Legion has voiced its strong opposition to a cost cutting proposal by U.S. Senator Tom Coburn of Oklahoma that would, in words of the Legions national commander, "undo the good work of two decades," in establishing service-connection benefits regarding "Agent Orange".

Sen Coburn has introduced a proposed ammendment to the fiscal year 2012 Military Construction Appropriations (MilCon/VA) Bill that would, in the Legions opinion, possibly deny benefits to many deserving Veterans who have been exposed to the notorious Vietnam-era "Agent Orange" and other toxins. The MilCon/VA bill is the legislation that funds not only military construction but the Department of Veterans Affairs (VA) as well.

As it stands, the VA has the responsibility to establish a "positive association" between a Veteran's compromised health condition or disease and exposure to the toxins. Sen. Coburns ammendment would instead require proof of a "casual relationship" between the two.

The language sounds subtle and harmless enough", said the Legion's national commander Jimmie L. Foster, "but the effect of it is anything but". What this means is that veterans would have to absolutely prove that a current health condition - such as diabetes, heart disease or

cancer - was caused directly by exposure to a toxin while he or she was in the service. That is an unrealistic standard and in my opinion, changes the 'presumption' of service-connected harm to a 'requirement of proof' beyond doubt. This means that, in a quest to save the payments of benefits to some, many other Veterans who fully deserve compensation for their sacrifices could be denied

"If adopted, Senator Coburn's amendment would essentially undo the good work of two decades," continued Foster. "It flies in the face of years of careful scientific research and passionate advocacy."

"You can't take it with you"

First and foremost, when you have had a recent death of an immediate family member, there is the emotional luggage that seemingly is attached. Secondly, death in the USA is big business....

When a loved one dies, the last thing on most people's minds is money. Only later do grief-stricken survivors find out that dying in America is expensive.

The average funeral in the United States costs \$6,500, according to the National Funeral Directors Association. The true sum can easily exceed \$10,000 once a burial plot, flowers and other costs are included.

You needn't go into debt to honor the dead, however. In many parts of the country a loved one can be laid to rest with dignity for less than \$800 by choosing cremation and using some creativity. Even those who favor a traditional funeral and burial can save hundreds or thousands of dollars by taking a few simple steps.

Plan ahead. Talk about death with your spouse/parents. Know what they want and commit those wishes to paper. Do they want to be cremated shortly after death with no ceremony? Or do they want a large funeral, but absolutely no fancy headstone? Lack of communication is costly.

Know your rights. The Federal Trade Commission's "Funeral Rule" requires mortuaries to present a price list of services to consumers before showing them products, such as caskets. So, before you have your mind set on the mahogany casket, check out that price list.

Shop around. Many survivors don't shop around for deals because they consider bargain hunting an affront to the dead. Getting fleeced, however, is hardly a tribute. Even a few quick calls to compare prices once a relative dies can be worthwhile and save you money.

Most people choose a funeral home for the wrong reasons: it's close to their house, or it has served their family in the past. Just remember the range of prices offered by various funeral homes for comparable services is incredibly wide. The same funeral package that costs \$6,000 at one mortuary can be \$2,500 across town.

Though prices vary widely around the country, consumer advocates say a \$800 funeral is possible in most places. It requires cremation, however, which now occurs in about a third of all deaths.

Choose "direct cremation." Direct cremation simply means that the deceased is promptly cremated, without a

Direct cremation usually includes transport of the body, cremation and a cardboard or plastic container for the ashes. Embalming - the temporary preservation of the body by injecting chemicals is usually unnecessary if the body is promptly cremated. Avoiding this expense can save several hundred dollars. Be sure to ask if the cost of direct cremation includes the crematory fee; that can cost an additional several hundred dollars. Even cremation prices can vary a lot. In a 2007 survey of prices at 170 funeral homes in Western and Central Washington state, the nonprofit People's Memorial Association found that the price for simple cremation in the Seattle area ranged from \$425 to more than \$2,800.

Select the simplest. Buying a \$5,000 casket if a loved one is soon to be cremated makes little sense. The Funeral Rule requires a funeral home to offer a cost-effective alternative such as an unfinished coffin or a heavy cardboard enclosure to house the body for its trip to the crematorium. No state or local law requires a casket for cremation. Ask if a casket can be rented if the body is to be viewed before cremation.

If the price you get for direct cremation is \$1,000 or more that is not a fair price. In most places the price should be close to \$600.

Avoid a big ticket urn and columbarium. Vessels used to store the ashes can cost hundreds - sometimes thousands of dollars. Some funeral homes try guilt-tripping you into buying an expensive urn by stamping "temporary container" on the box the remains are returned in. Scattering the ashes at a favorite place of the deceased, or keeping them at home, can save thousands of dollars for a burial plot or columbarium, a building that holds ashes.

Create your own memorial service, without the body, in a place that meant much to the deceased. Instead of lavish flowers, decorate with mementos of the person's life and maybe some favorite foods for refreshments afterwards.

Donate to science. There may be no cost to donate a body for medical research or organ harvesting. Be sure to donate to a legitimate medical school's body donation program and ask whether it is a profit or non-profit group and to whom it distributes tissue, for medical or cosmetic needs.

Some people need to physically say "goodbye" to a loved one. If relatives live nearby, it costs nothing to have them gather around the body at the time of death, instead of at the funeral home, which requires embalming for formal viewing.

There are many factors in the arrangements after a death. There are various customs that drive what we do. These tips can help save you money at a difficult time.

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

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

AUXILIARY NEWS

August 2011 -- It's time to rejoice, be happy, enjoy birds chirping, flowers, etc.

GREETINGS FROM PRESIDENT DEBRA HATHAWAY

It's my great joy to greet each of you and wish you a pleasant fun summer. I have two special reminders for you. Please free your schedule and come to the annual picnic. This year it's on Saturday, August 13, starting at noon at Fruit Valley Center with wonderful picnic foods provided by the Post. We do not have an Auxiliary meeting in August. Please come Thursday, September 8, to our first fall meeting with potluck at 6 p.m. and meeting at 7. We need you ladies to attend as we will have election of officers. Come and help us plan and bring forth projects that benefit our Veterans. I look forward to seeing you.

--Debra Hathaway

THELMA HATHAWAY RECEIVES AWARD AT CONFERENCE

The State Conference for American Legion Auxiliary was held in Spokane Valley WA, July 14-17. Past President Anita Stadey from District 5 presented an individually signed card and nice award to our own Thelma Hathaway to honor her for 20,000 volunteer hours at the VA Hospital in 50 plus years. "I certainly appreciated it and was surprised," said Thelma who plans to show her award at the September business meeting. Our member Lucille Harwood was Conference musician.

SPECIAL THANKS to the men and women who worked at the southbound Gee Creek Rest Stop, June 27-29 and to those who provided cookies or donated cash to the project that was organized and directed by Thelma Hathaway. One volunteer worked a shift with his wife and then returned later to help close up that evening. Was he ever riding a nice motorcycle.

CHAPLAIN'S COLUMN by 5th District Chaplain

A woman I saw at the Convention in Spokane Valley uses a walker and continues at her advanced age to volunteer at a Veteran's facility. Twice at the Convention as the day's session ended she stood up, hung onto her wheelchair and said loud and clear something like, "We must all be positive in our thinking. Quit the negative and believe we can accomplish something good each day." She's right, isn't she? Kindness, smiles, and a listening ear are gifts money can't buy.

--Lucille Harwood