

LIBERTY NEWS

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COMMANDER'S MESSAGE

Volume 29 Issue 5
August/September 2010

Greetings

I open this letter by first saying that it is an honor to serve as your commander again. As usual, there are some ongoing issues that have to be addressed. These come up each and every year. Most of you know that the major item is the help in the kitchen or lack thereof. I realize that some of our membership are still employed and do not have as much time as others. I must remind you of the fact that there are over 600 members in the post and I believe that most of you can spare approximately 3 hours in the kitchen per month to help your post. The key word here is YOUR POST!! It does not belong to any one of us, it belongs to us and without the help of each of you things are not going to happen. Because a person holds an office within the post does not mean that he or she is the only one that is expected to do all the work. It takes each and every one of us pulling in the same direction to insure that this post has a successful year. Please do your part as a member and help. I want to congratulate Jim Zipler on a successful year of service to the post and wish him well as our new District Commander. I am looking forward to working with him in the coming year. Also I congratulate Gypsy Faulkner on her election to the high office of District President. I know they will serve us well. I am looking forward to seeing all in the post through out the year.

**Yours in service,
Larry Faulkner
Commander**

WE ARE FAMILY FOR GOD AND COUNTRY

AMERICAN LEGION POST 152 LOUNGE HOURS Phone (813) 920-3282

MON-THURS 10:00AM-11:00PM SUN 11:00AM-10:00PM FRI-SAT 10:00AM-1:30AM HAPPY HOUR M-F 4:00PM-7:00PM

*EXCEPTIONS: HOURS WILL BE EXTENDED FOR SPECIAL EVENTS (I.E. SUNDAY NITE FOOTBALL, ETC.)

POST OFFICERS 2010/2011

Commander	Larry Faulkner
1st Vice Commander	Troy Pazos
2nd Vice Commander	John Carter
Finance Officer	Buzz Bullock
Chaplain	Bill Scott
Historian	Open
Sgt. at Arms	Joe Cooper
Adjutant	Todd Hardy
Judge Advocate	Cliff Anderson
Service Officer	Charmaine Zimmerer

Executive Committee

3 Yr. Member	Patrick Maguire
2 Yr. Member	Bob Lair
1 Yr. Member	Don Pierson
	Rick Montemayor
Immed. Past Commander	Jim Zipler

Appointed Committees

Boys State	Debbie Lair
School Medals	Bill Seemann
Red Cross (Blood Bank)	Mike McIntosh
Lounge Committee	Jim Dawson
	Todd Hardy
	Bob Lair
Pull Tab Machine	Larry Faulkner
	Buzz Bullock
	Bill Taylor
	Bob Lair
Disciplinary	Keith Tinsley
	Richard Brown
	Jim Zipler

AMERICAN LEGION AUXILIARY OFFICERS 2010/2011

President	Kathy Driggers
1st Vice President	Sheryl Kinsler
2nd Vice President	Kim Engelhardt
Secretary	JoAnn Lathers
Treasurer	Jeanne Kerens
Chaplain	Margaret Holtz
Historian	Linda Campbell
Sgt. at Arms	Gypsy Faulkner

EXECUTIVE COMMITTEE

Romaine Taylor	
Anna Richter	
Vicky Irby	
Imm. Past President	Joyce England

Unit 152 Auxiliary Chairman

Children and Youth	Kathy Driggers
Girls State	Mary Perkins
Poppies	Jeanne Kerens
VA & R	Shirley Patz
Past President's Parley	Jeanne Kerens

AMERICAN LEGION AUXILIARY OFFICERS 2010/2011

Commander	Open
1st Vice Commander	Open
2nd Vice Commander	Open
Finance Officer	Open
Advisor	Open
Adjutant	Open
Chaplain	Open
Historian	Open
Sgt. at Arms	Open
Adjutant	

The Liberty News is Published Monthly By:

American Legion
Town & Country Memorial Post 152
11211 Sheldon Road
Tampa, FL 33626

Members may receive a free copy through USPS or pick one up at the Post.

“Credibility is fragile. It takes a lot of work to build it up but only one careless mistake to bring it down.”

-- Cary Millsap



A.L.A. PRESIDENT'S MESSAGE

I would like to thank everyone for the electing me Auxiliary President for the year 2010/ 2011. For some reason the phrase "Play It Again Sam" keeps running through my mind. I am looking forward to Unit 152 having a great year.

We would also like to thank Marie Taylor and Joyce Dudley for an awesome year last year. As you can tell by all the awards we received at the state convention in July that Unit 152 really worked hard to support the American Legion Auxiliary programs.

Unit 152 has a wonderful group of officers and chairmen on board

this year. We actually have several members that have come forward and agreed to be an officer or a chairman for the 1st time. We would like to thank Kimberly Engelhardt for taking the office of 2nd Vice President and Shirley Patz for taking the chairmanship for VA&R. Of course we are glad for the returning officers and chairman and know their knowledge and support will continue to make us a productive unit.

Kimberly could really use help with members signing up to do a Wed. night dinner. She doesn't know many people and this would be a great way for her to meet more. Please, please consider doing a dinner the 3rd Wed of the month. I know a lot of you are fantastic cooks and have a meal recipe you could share. Many of you have cook for large family gatherings in past and this should be no problem for you. You are not expected to

take on the cost of the meal and are reimbursed for all expenses. If you would like to do this, but unsure about it please let Kimberly or I know and we will be glad to help you out. With all the members we have, we should be able to cover 12 dinners easily. You may find out you enjoyed doing it. Also this is one of the ways we are able to make money to support our VA&R, Children & Youth and Charities.

Our meetings are still the 3rd Monday of the month at 7:00. This year we are planning each quarter to have one different type meeting. The 1st one will be on Sept. 20th and we will be having a Wii Game Night. Hope to see some new faces at the meetings.

Yours in Service to God and Country,

**Kathy Driggers
President**



CHAPLAIN'S CORNER

A TEACHER

I read this in an old magazine thought it was good and wanted to share it with you.

Back in September of 2005, on the first day of school, Martha Cothren, a social studies school teacher at Robinson High School in Little Rock, did something not to be forgotten. On the first day of school, with the permission of the school superintendent, the principal and the building supervisor, she removed all the desk out of her class room.

When the first period kids entered the room they discovered that there were no desks.

Ms Cothren, where our desks? She replied, You can't have a desk until you tell me how you earn the right to sit at a desk. They thought, Well maybe it's our grades. No she said. Maybe it's our behavior. She told them no.

And so they came and went, the first period, second period, third period. Still no desks in the class room. The final period of the day came and as the puzzled students found seats on the floor of the desk less classroom, Martha Cothren said no one was able to tell me just what he/she has done to earn the right to sit at a desk. At this point she went over to the classroom door and opened it.

Twenty-seven (27) U.S. Veterans, all in uniforms, walked into that class-

room, each one carrying a school desk. The Vets began placing the school desks in rows, and then they would walk over and stand alongside the wall. By the time the last soldier had set the final desk in place those kids started to understand, perhaps for the first in their lives, just how the right to sit at those desks had been earned

Martha said you didn't earn the right to sit at these desks. These heroes did it for you. They placed the desk here for you. Now it's up to you to sit in them. It is your responsibility to learn, to be good students, to be good citizens. They paid the price so that you could have the freedom to get an education. Don't ever forget it.

**Bill Scott
Chaplain**

SUPER BOOSTERS

- Jim and Theresa Zipler..... 07/10
- R. Desort..... 09/10
- Barbara Moritz 09/10
- Cliff Anderson 10/10
- Bobby & Linda O'Harold 11/10
- Annette Hughey..... 01/11
- Mr & Mrs Claus 04/11
- George & Joyce England..... 10/11
- Rick & Jean Montemayor 11/11
- Marilyn Yeager 01/12
- Fred & Margaret Holtz..... 04/12
- TJ & Shirley Ramsey 04/12
- TN & Donna Hair 07/12
- Duck Green..... 03/13
- D.W. Green 04/13
- Phyllis Veihmeyer..... 12/16
- Jack & Geraldine Billett, Sr..... 07/18
- Gypsy & Larry Faulkner 08/19

If you would like to be a Super Booster, please pay your \$10.00 dues to the Post Finance Officer. The Post appreciates the support of all the Boosters.

A special thanks to the SAL & Auxiliary for their monthly donation towards our printing costs.

WE ARE LOOKING FOR A NEW EDITOR FOR THE LIBERTY NEWS AND A NEW WEBMASTER FOR POST152.COM.

If you are interested in either of these roles, please contact the Commander or Cliff Zimmerer at service152@tampabay.rr.com.

Give the Gift of Life

The life you save might be your own

Did you know if you need blood, you can make a "withdrawal"? Just give the medical staff the Post152 Florida Blood Services account number – 03008.

Give the gift of Life. **The life you save might be your own.** The blood mobile will be at Post 152 on August 28th from 11 - 6.



To members of the Sons of the American Legion Squadron 152

This is to inform all members of this squadron that a meeting will be held at 11:30 am on the 15th of August to discuss the future of this squadron. In the past 2 years we have had zero activity within the squadron and if this trend is to continue we will have no choice but to turn in the charter and transfer all members to other squadrons in the area. I know that you do not want this to happen, so please show up at this meeting and help us retain the charter by volunteering for offices and assistance in the various areas needed.

George Pinner
S.A.L. Commander

Members Helping Members

While we do not endorse any of the services listed, we are providing this service to match those members who provide a service to those who are in need of help. If you would like to be added to the list, leave a note with the bartender addressed to "Liberty News".

Service Provided	Name	Phone
Bookkeeping and Accounting	Ray Calliari	813-375-0107
Automobile Repair	Lenny Quartararo	813-885-3522
Contractor	Homer Claytor	813-886-2563
Handyman	Thomas Schmidt	813-241-5884
Handyman	Steve Barger	813-435-5468
Pre-Paid Legal Service	Armond LaFramboise	727-251-9294
Reverse Mortgage and Home Loans	Armond LaFramboise	727-251-9294

August 2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 Commander's Breakfast 8:30-10:30 Dart tournament 3:30 PM	2 Free pool all day TEXAS HOLD'EM 7:00 PM	3 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM	4 Member Dinner 6:00 PM – 7:00 PM Bingo 7:15 PM	5 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM TEXAS HOLD'EM 7:00 PM	6 Commander's Fish Fry 6:00 PM – 7:00 PM Music & dancing with Maurice	7 Steak shoot John No Karaoke
8 Legion Breakfast 8:30-10:30 Dart tournament 3:30 PM	9 Free pool all day AUX E-board Mtg 7:00 PM	10 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM	11 Commander Dinner 6:00 PM – 7:00 PM Bingo 7:15 PM	12 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Legion E-board Mtg 7:00 PM	13 Fish Fry 6:00 PM – 7:00 PM Music & dancing with Double Density	14 Steak shoot Larry Karaoke - Patty 8:00PM – 12:00P
15 Breakfast 8:30-10:30 Dart tournament 3:30 PM	16 Free pool all day AUX General Mtg 7:00 PM	17 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM	18 Aux Dinner 6:00 PM – 7:00 PM Bingo 7:15 PM	19 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Legion General Mtg 7:00 PM	20 Past Commanders Fish Fry 6:00 PM – 7:00 PM Music & dancing with Maurice	21 Steak shoot John Hall rented daytime Karaoke - Patty 8:00PM – 12:00P
22 Legion Breakfast 8:30-10:30 Dart tournament 3:30 PM	23 Free pool all day TEXAS HOLD'EM 7:00 PM	24 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM	25 SAL-Legion Dinner 6:00 PM – 7:00 PM Bingo 7:15 PM	26 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM TEXAS HOLD'EM 7:00 PM	27 Boy Scouts Fish Fry 6:00 PM – 7:00 PM Music & dancing with Double Density	28 Blood Mobile 11 - 6 Steak shoot Larry Karaoke - Patty 8:00PM – 12:00P
29 Past Presidents Breakfast 8:30-10:30 Dart tournament 3:30 PM	30 Free pool all day TEXAS HOLD'EM 7:00 PM	31 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM				

Protect Yourself **Heat Stress**



When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

Factors Leading to Heat Stress

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers.
- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularly.
- Drink lots of water; about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.

What to Do for Heat-Related Illness

- Call 911 (or local emergency number) at once.

While waiting for help to arrive:

- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.

Our Fight: Keeping Social Security Strong

The longer we wait to strengthen the system, the more painful the changes will be.

by: AARP | from: AARP | June 2010

For 75 years, Americans have been paying into Social Security so they can collect on their contributions when they're ready to retire. But because Americans are living longer and the number of retirees per worker is increasing, Social Security is projecting a long-term shortfall. To ensure that Social Security will always be able to pay adequate benefits, Congress needs to make some small adjustments to the program.

AARP believes that any changes must ensure that:

- You will receive the benefits you've earned over a lifetime of hard work if you pay into Social Security.
- Your Social Security benefit will keep up with inflation for as long as you live.
- You will receive a benefit if you become disabled and can no longer work.
- Your family will be protected if you die.

Our Future: No Immediate Danger

Social Security is in no immediate danger of "going broke." With the retirement of the boomers on the horizon, the Social Security Administration began building a cushion to help see this generation through its retirement years. Thanks to that planning, the Social Security Trust Funds hold more than \$2.4 trillion in U.S. Treasury bonds, which earn interest every year. Without any changes, Social Security will be able to pay 100 percent of benefits until 2037 and more than 70 percent of promised benefits after that. Only paying 70 percent of promised benefits, however, is not acceptable.

Our Challenge: Addressing the Future Shortfall

The country can take some simple steps now to begin making a down payment on the future Social Security shortfall. For example, AARP supports the following change:

Gradually raise the cap on the amount of wages that are subject to Social Security's payroll tax to cover the same share of wages as in the past. That would increase the taxes that support Social Security on those wages above today's cap of \$106,800.

This step alone won't fill the entire future gap, but it would make substantial headway toward solving the problem.

The Wrong Direction for Changes

Some people have recommended taking some of the money people pay into the system and diverting it into private accounts. Because less money would then be flowing into Social Security, the guaranteed and inflation-adjusted lifetime benefits would be put at great risk for cuts. Any new private account would be subject to the risks of the market.

As witnessed by the significant ups and downs in the stock market that heralded the current economic crisis, private accounts can lose money just as fast as they can make it. And, unlike Social Security, with money invested in the markets, you run the risk of outliving your savings. You lose the protection against inflation. Further, private accounts are expensive. Most of us would have to pay twice to create this new system — first to keep our commitments to current retirees and again to pay into the private accounts.

Therefore, AARP opposes private accounts that are financed out of the Social Security payroll contribution. By contrast, AARP supports having private retirement accounts — such as individual retirement accounts (IRAs) and 401(k) plans — to supplement Social Security and help you provide for your personal retirement.

Social Security: More Than You Might Think

Many people do not realize how valuable Social Security is to them. On average, an individual would have to save an additional \$225,000 while working to replace the benefits Social Security provides in retirement. Independent investments, pensions, IRAs and 401(k) accounts are all important parts of retirement savings, but Social Security is the guaranteed base of retirement security for most Americans. In fact, couples on average can expect about \$22,000 per year in Social Security benefits.

Social Security is the most successful program in our nation's history, and we need to make the modest changes necessary to strengthen the guaranteed benefit for both current and future generations.

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