



**Commander  
Fred Bergman**



**American Legion Lakeshore Post 137  
Meeting EXE. 9 am GEN. 10 am Second Saturday**



**Auxiliary Pres.  
Anita Lee**

**Editor: Nora Marcantel  
NALPA, FALPA**

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APRIL 2009**

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**\*\*USMCCA\*\*  
Director  
DENNIS GLISSON**

**Office hours  
Mon, Wed and Fri  
1 : 30 PM - 5:00 PM**

## COMMANDER'S REPORT

March was a good month for the Post. We had lots of festivities and supported many of our Veteran's and Community Programs.

The Executive Committee approved a \$200 donation for the Hyde Park Elementary School that was delivered to them during the March 9<sup>th</sup> Advisory Council meeting of which Joann Kelley and Fred Bergman are members representing Post 137. As usual, the St Patrick's day party was a huge success and the hall was nicely decorated. The Police/Fire Fighter dinner was outstanding as was the Legion Birthday. My thanks to everyone that helped make these occasions such a success.

I would like to thank Bob McVeigh, Justin Hammack (new SAL member), and Alex Melendez for the work they did in the Moon Bldg. Bob McVeigh donated tile for the bathrooms floor and Justin and Alex did the installation. It really does look good, if you have not seen the Moon Bldg lately please make a point to do so.

As you may know during the April General Assembly meeting nominations for Post Officers for the 2009-2010 Legion year will be called for. This is your chance to make your desires known. During the May General Assembly meeting final nominations will be made. Elections will be held in June. I urge all Legionnaires to take part in this process and attend our meetings. When you attend monthly meetings your voice will be heard and you can make a difference.

We are constantly making improvements to our post. I look forward to the summer months and the many functions we have planned for our members. Please plan on spending some quality time with us at the Post.

Thanks to everyone for your support let's keep up the good work an all have a safe April.

As always, don't forget our men and women in the Armed Forces in your prayers.

For our Members, Fred Bergman [commander@americanlegion137.com](mailto:commander@americanlegion137.com)

# ANNOUNCEMENTS

**HAPPY EASTER.** Dads and Moms, granddads and Grandmothers remember **the** Children's Easter Party on Sunday April 5<sup>th</sup> 2-4 pm Moon Bldg.

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**SOCK HOP:** Our Annual Sock Hop will be April 25<sup>th</sup>. Covered dish please, Vicki Lee will be performing. There will be prizes for the hoola hoop contest and the best dressed. So dig out your 50's and 60's clothes and plan to attend. It will be FUN! Diane Congressi,

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**HEY GUYS and GALS the Color Guard** is still looking for a few good Legionnaires to fill some shoes. If you think you got what it takes call JJ O'Brien. He doesn't Bite or Bark at you, like your old 1<sup>st</sup> Sergeant did. You may even have a little fun parading around. Why not try it....

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Another reminder 3rd Annual Veteran's Car Show in May plan to attend. It is a sight to see.

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At the legion meeting in March the members voted to purchase a new fire suppression system for the Post Kitchen. I guess that means I can't cook any more. Oh well!!!!

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Now look here folks, you gotta remember that you can't sell your personal stuff on the Post grounds. It makes sense and you know it. What if one day all several thousand of us showed up to sell something. Can you picture that mess. Get real, have a yard sale like the rest of us smucks.

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The new fence at the curve of Lakeshore sure looks nice. I bet the vehicle that hit it doesn't. Speaking of looking nice, the Post home is getting all spruced up. New plants around the buildings, Moon Bldg has new interior paint, restroom floors are tiled, Landscaping at the front, our flag pole area is no longer a huge ashtray for smokers butts, (that didn't come out exactly right), the entries on both sides of the Post are looking real good. I can't wait for a real rain to come just so I can go into the post and not wade through ankle deep water. **Hats off to the Commander and all his helpers. We are looking good.**

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**HAPPY BIRTHDAY:** March 21<sup>st</sup> -April 20<sup>th</sup>. Have you recently met an unusually friendly person with a forceful manner, a firm handshake and an instant smile? Get ready for a dizzy rush around the mulberry bush. They are always busy. You have probably just met an Aries/Ram.

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**GET WELL SOON** To all our members not feeling to well. We wish you a fast recovery. You are missed here at the Post and we want you up and at it again real soon.

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**"DO ALL THINGS WITHOUT GRUMBING AND DISPUTING" Philipians 2:14**

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If you are a gardener be careful don't get ahead of yourself. There is always a chance of **frost before Easter**. Mr. Bob N. how are your citrus trees doing? Folks tender plants may be damaged if put into the ground to soon. We just planted our deeper seeds as the soil is warm and they should be fine. 'Til next month my friends may God Bless each of you and keep you safe. Editor

## SUNDAY. APRIL 19, 09 BLOOD DRIVE FREE BREAKFAST TO DONORS

### **FRED'S NOTES:**

**Unlawful turning into and out of the Post from San Juan Ave:** I hope everyone is aware of the double yellow lines on San Juan Ave in front of the Post. It is unlawful to make a left turn when leaving the Post as well as a left turn when entering the Post. This has always been a problem and some members have received a citation for crossing the double yellow line. Recently, Jerry LePore (our man of action) requested that the city change the markings to allow left turns into and out of the Post. The city informs us that due to the close proximity to Lakeshore Blvd and the width of San Juan Ave, there is not enough distance to move the turn lane. Therefore, the solid yellow lines must remain in their current location.

### **Social Security:**

A newspaper article by the VFW cited an American Legion Magazine article concerning Social Security entitlements. You may qualify for a higher Social Security payment because of your active military service from 1940-2001. Up to \$1,200 per year of earnings credit can be applied at the time of application, which can make a substantial difference in Social Security monthly payments upon your retirement. You must take your DD-214 to the Social Security office, and **you must ask for this benefit to receive it.**

### **Post swimming pool**

I am sure everyone has questions about the condition of the swimming pool. As discussed during the November General Assembly meeting the pool is old and so are the mechanical components. The recent cause of "Green slime" was due to a 40+ year old pump that had failed. A new pump was purchased and installed. Then, as we admired the crystal clear water, the pump motor burned out. Currently our experts are working hard to get the pool back on line.

### **Front Entrance**

The front entrance project is still underway. The overhead awning and fence replacement project began March 9th. More next month!

### **U.S.M.C.C.A.**

The USMCCA was very proud to assist in the Past Commander's and President's Dinner on Saturday March 28<sup>th</sup>.

Our Post Home is very welcoming with the new plantings at the front entry. Thanks to Commander Fred and wife Lina for their hard work in this project. The Main Hall 'looked very nice, the food was delicious and best of all the Ladies were lovely.

We want to Thank Commander Fred Bergman for asking USMCCA to help with the Event. "Thank You" to all the Past Commanders and Presidents for your dedication to our American Legion Post. Thanks to everyone, you did a fine job in helping us serve our guests.

Dennis Glisson, President U.S.M.C.C.A.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>KARAOKE</b> w/ Bill Scott 7:30 pm	2 <b>Auxiliary</b> Exe Mtg. 6:30 P Gen. Mtg. 7:30 p	3 <b>DINNER C &amp; Y</b> <b>RIBS 5:30 pm</b>  <b>PEGGY</b> <b>&amp; HOSS</b> 8 pm	4 <b>A L Riders Mtg</b> 10 am  <b>PEGGY</b> <b>&amp; HOSS</b> 8 pm
5 <b>BREAKFAST</b> AUX. 8-11 am 5 <sup>h</sup> Dist. Mtg. 2 pm Post 54 <b>CHILDREN'S</b> Easter party Moon Bldg 2-4 p	6 <b>ROD &amp; POLE</b> MTG 7 pm  <b>BINGO 6:30</b>	7 Steering Cmty 6:30 pm Color Guard 7 pm <b>DARTS</b> Sign-up 7pm Play 7:30	8 <b>KARAOKE</b> w/ BILL Scott 7:30 pm	9 <b>S.A.L. Mtg.</b> 7:00 pm  <b>TRIVIA</b>	10 <b>ROD &amp; POLE</b> <b>FISH FRY 5:30</b>  <b>G-MAN</b> 8 pm	11 Leg Exe Mtg 9 am Gen Mtg 10 am  <b>G-MAN</b> 8 pm
12 <b>BREAKFAST</b> 8:30 -11 am <b>LEGION</b>	13  <b>TRIVIA 7 pm</b>	14  <b>DARTS</b> Sign-up 7 pm Play 7:30	15 <b>KARAOKE</b> w/ Bill Scott Covered dish 7:30 pm	16  <b>TRIVIA</b>	17 <b>Dinner CABANE</b>  HAM 5:30 pm  <b>JIM CRAFT</b> 8 pm	18 <b>Seminar: Final</b> <b>Arrangements 11 a</b> <b>MOON Bldg</b> <b>See flyers at Post</b>  <b>JIM CRAFT</b>
19 <b>BREAKFAST</b> 8:30-11 am <b>ROD &amp; POLE</b>	20  <b>BINGO 6-30</b>	21 <b>Color Guard</b> Mtg.7 pm  <b>DARTS</b> Sign-up 7 pm 7:30 Play	22 <b>KARAOKE</b> w/ Bill Scott 7:30 pm	23  <b>TRIVIA</b>	24 <b>U.S.M.C.C.A.</b> <b>STEAK 5:30 pm</b>  V.A.V.S VISIT4:30  <b>VICKI LEE</b> 8 pm	25 <b>COVERED DISH</b> 5:30 pm <b>SOCK HOP</b> <b>VICKI LEE</b> 8 pm
26 <b>BREAKFAST</b> Auxiliary 8:30-11 am	27  <b>TRIVIA 7 pm</b>	28 <b>Cabane</b> <b>Rondezvous</b> 7 pm  <b>DARTS</b> Sign-up 7 pm Play 7:30	29 <b>KARAOKE</b> w BILL SCOTT 7:30 pm	30  <b>TRIVIA</b>	<b>APRIL 2009</b>	

## 1<sup>ST</sup> VICE REPORT

Hello Legionnaires: Time marches on; only now, I think it's riding a fast horse. We have arrived at the beginning of the 4<sup>th</sup> quarter of the Legion year. Some might say the beginning of the end but since my glass is three quarters full, I am happy to have what I have.

I am going to make one last membership drive in this last quarter. I still haven't given up on that 2000 Legion membership goal for 2009.

We have annual reports to do yet and it would be nice to bring some trophies home from Department Convention.

We are still on track with our membership level requirements but we have to keep the pressure on. We have two more plateaus to make before it is over. I really want to see that "2009" on the board outside the office door and one more ribbon on the Legion Banner in the hall.

I am continuing my recruiting efforts with Project Stay Active, Requests for Transfer and Florida Post 400 DMS. Responses are still slow but my hopes are still high. We need to cultivate administrative talent among the current membership and the newcomers. I know the experience and talent is out there. We need to recognize it and get in into harness.

Continue to welcome the newcomers into our Legion Family and put them to work.

For God and Country,

Harvey D. Finn

## 2<sup>ND</sup> VICE REPORT

Folks it has finally happened. Yep! "Spring has Sprung." I feel better already.

The post is looking sooo good. The weather is feeling real good also.

I want to invite you all to enjoy the Post Home again. I know when it gets cold you "sorta, wanta" stay home, but now, we will really be looking for you.

Come on out, Breakfast Sunday before Church, Bingo and Trivia on Mondays check the Bugler Calendar, Tuesday, Darts, Wednesday Bill Scott and all of us really great singers will entertain you at Karaoke, Thursday Trivia again. Are you smart or just think you are. Fridays Delicious dinners and music to push your partner around the floor and if she or he is still talking to you after Friday come on back Saturday and do it all over again! We will be LOOKing for you.

For GOD and Country, Danny Grant

## 3<sup>RD</sup> VICE REPORT

Hello everyone. The Children's Easter Party will be on Sunday April 5<sup>th</sup>, 2-4 pm. We will have an egg hunt, prizes and sack races. "Lots of fun and food." The Easter Bunny will join in for all to enjoy. Try to attend with your children and grandchildren

I know it is a little early but try to remember the Third Annual Veteran's Car Show on May 16<sup>th</sup>, Armed Forces Day. Pre 1970 cars only. We are expecting 70-80 cars, some worth as much as \$100,000.00. Registration starts at 8 am, judging at noon. Awards will be presented at 3 pm. The post will be open to all. There will be a D.J. The TIKI and pool will be open. There will be food in the screened room. All proceeds go to Veteran's Affairs in support of VAVS. Invite your friends and join us for a great day.

For GOD and Country, Barry Congressi

## 4<sup>TH</sup> VICE REPORT

On February 27, 2009 members of Post 137 and Voiture 304, 40/8 made our monthly visit to Lake City VA Hospital. The following members of our organization Participated

Lewis & Ann Gray, Carl & Myra Jowers, Al & Josi Scarratta, Jim (JJ) & Debbie Jennings. As always I want to personally thank each of the above mentioned, and very dedicated members for their support, month after month for our V.A.V.S. program.

After a slow trip (because of a wreck on I-10) we made it to Lake City a little after 5:30 pm. We ate dinner at Beef O' Brady's Restaurant.

We started BINGO at 7 pm. "THANK YOU" Carl Jowers for doing a great job calling BINGO. We gave out \$100.00 in coupon books to the BINGO GAME WINNERS. We had 40 patients present for the activities.

Refreshments were served after the BINGO GAMES, by Post 137 Aux. and Cabane304, 40/8.

The following is a breakdown of money spent and credits given to us for miscellaneous items: Coupon Books: \$100.00, Refreshments: \$55.00, Lap Robes: \$\$350.00, Books: \$\$200.00, Playing Cards: \$6.00, Phone Cards: \$7,000.00, V.H.S. Tapes: \$36.00, Wheel Chair Bags: \$120.00, Gas Allowance: \$80.00.

Grand Total \$8,447.00, Total Hours 40, Total Miles 968.

Just for general information, our VAVS visits are scheduled for the 4<sup>th</sup> Friday every month, except for Nov., because of Thanksgiving and the Dec. visit is scheduled for the first Friday of the month. (Christmas Visit). On some occasions during the year, trips may be canceled due to weather, Holidays or for American Legion, or 40/8 activities that are given priority. Even though we are not present on those occasions, BINGO is still conducted by V.A. Hospital personnel.

Our next scheduled visit to Lake City V.A. Hospital will be April 24, 2009. We will depart Post 137 at 4:30 pm. If you would like to donate books, magazines ( new) or other items drop them off at Post 137 and mark them for VAVS. If you would like to participate in our VAVS program let me know. Your help is always needed.

Remember, it is up to us Veterans to help Veterans. Someday it could be one of us sitting in that wheel chair. THINK ABOUT IT!

Yours in Service, Lewis E. Gray

## Club Managers Report

[clubmanager@americanlegion137.com](mailto:clubmanager@americanlegion137.com)

Spring is here and our Tiki Hut will be opening Friday April 17<sup>th</sup> at 5 PM. Come on out and support your Tiki. This season we will continue our Sunday Music.

Saturday the 25<sup>th</sup> is our Sock Hop with music by Vickie Lee. We will be having food and fun dancing to the oldies. Covered dish Please.

Don't forget there is always something going on at your club Monday Bingo, Tuesday Darts, Wednesday Karaoke, Thursday Trivia, Friday Dinner, Friday & Saturday Live Music, Sunday Breakfast & NASCAR, and starting this month TIKI all Weekend.

Serving Veterans & our Members Daily, Bill Kelly

## AUXILIARY NEWS: Hello Ladies,

Since my March report got lost in cyberspace I will give you an update in this report.

We had a wonderful Sweetheart basket that was raffled for Special Olympics. The lucky winner, was Linda Keil, Congratulations. The Valentine Dance was fantastic, and the food was great.

The ROTC medals are in and ready to be presented to the schools.

Unfortunately, the coupon program has been suspended until later in the year. Please do not send any coupons to the Post. The pill bottle program, on the other had, is still hopping. Please bring your bottles to the Auxiliary or Legion meeting.

On April 10<sup>th</sup> we will raffle a handmade, by Jack Manning, bird feeder. All the proceeds are for the Wounded Warriors program. Please see Jerry Keil or myself for tickets. Steve Doocy wrote a book entitled Tales from a Dad Side and has donated more than \$25,000.00 to the Wounded Warriors. If you want to know more about the book or send an email to thank him for all he has done you can go to his website at <http://dadside.com/send.html>.

We are still collecting stuffed animals for our Police & Firemen They can be brought to the Auxiliary or Legion meeting. Membership has met all goals except for the first.

On a sad note, our charter has been draped for Lorraine Davenport who has passed on. For all you having a birthday in April "Happy Birthday". Anita Lee

## AUXILIARY 1<sup>ST</sup> VICE MEMBERSHIP

We are having Initiation of new members at our April 2<sup>nd</sup> meeting! If you are a new member and have not been initiated please plan to attend.

Like the American Legion we can process BACK DUES. We have processed Dues as far back as 2006 this year. Please help me out Ladies bring your dues current. If you paid and have not received your 2009 Card that means that you owe Back Dues.

Thanks, Jeri West ph.777-0393

## CHAPLAIN'S REPORT When you need to forgive!

“For I will forgive their iniquity, and their sin. I will remember no more.” Jeremiah 31:34

In this hectic world we live in we find it necessary that we communicate and enjoy each other's company. To fellowship (to enjoy the companionship of individuals in a congenial atmosphere) and spend time with people, to love one another as GOD loves us.

It's not always that easy but the results are gratifying.

Forgive one another, Hey, this is what many people say they cannot do. I believe too many people hold back their feelings because they say “ I cannot forgive someone for something that happened in the past.” Here it is folks. To forgive is not to forget but to “LET IT GO” let it not be a source to cause you grief. We may not forget but its not causing us the pain in our heart. We are the ones to suffer if we do not forgive. A thought to remember- SIMPLE Courtesy, Your Courtesy to others may not ever be returned or remembered, but your discourtesy will.

“Father I have more than one burden that has become heavier and heavier through the years, let me forgive and cast it away”.

Amen.

It is my sad duty to report the following Legionnaires who have transferred to Post Everlasting.

*WILLIAM T. FRENCH*

*HENRY M. PLAYER*

Keep these Legionnaires and their families in your thoughts and prayers. Remember our sick and confined at home or in the hospital. MAY GOD BLESS YOU ALL.

For GOD and Country, Tony Romano

## 40/8 Voiture: 304 News

Nurses training, Director Locale Carl Jowers is preparing to launch a Nurses Training Scholarship Campaign. This scholarship Program is a 5 year effort and he will need all the support we can give him. If you wish to help, check with Carl for details.

Our efforts to establish a web site were temporarily slowed. We are moving forward again and should be up in the next month.

The final step has been taken toward the Regional Wreck Association and we should soon know if it is going to come to fruition.

**Events:** April 17,2009 will be a 40 and 8 dinner at Post 137.

**Elections and Nominations:** The first reading of nominations for Officers has taken place. Second reading will be on April 2. Elections on May 8.

**Awards Ceremony:** Announced in May. **Grande Promenade and Rendezvous:** June 11-13

**Membership :** Renewal notices have been mailed out. Membership is at 96%. See Chef de Train Ray Runyan and he will take care of getting you renewed if you haven't done so already.

Yours in Service, Ron Garland Chef de Gare

## CABANE 304

There's not a lot going on this month for the Cabane. April 17<sup>th</sup> we are planning a ham dinner. Please support our programs and Voyagers by attending and enjoying the meal. Merci to Voyager Ray for taking on 2 meals in March for the Dames and Voyagers, very much appreciated. Merci, to Dame Connie and Voyager Jack for all the support, with April's meal and, to all our helpers. Merci to Dame Bobbie for doing my pictures at the Grande Presidente's homecoming for my Grande History Book and for presenting our gift to La Presidente. Rendezvous is the 28<sup>th</sup> please attend, starts at 6 pm with conversation and drinks, come and enjoy.

Merci, La Presidente, Sandy Gentry

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## WARNING

**It has come to our attention via several e-mails that we are all living with a potential hazard in our kitchens. Ladies and Gentlemen please go and check the dates on any cake, pancake, Bread, muffin and or other mixes of any kind that has yeast in them. If out dated it could have a fatal mold growing in it and could be deadly. Editor**

## Service Officer Report.

Teresa has been doing an outstanding job as the Assistant Post Service Officer. She can be reached through the Post 137 Office. If the office is closed, don't hesitate to leave a message and **don't forget to include a phone number** so you can be called back. Does your spouse, family or significant other know where your DD-214 or discharge papers are? If not, please insure that they have copies. At some point, they may need a copy to prove you are a Vet. At the Post 137 office, a "Survivor's Checklist" is available to you free of charge. If you prefer, I can email you a copy. Just email me at [cjowers@comcast.net](mailto:cjowers@comcast.net) and reference "Survivor's Checklist." Carl Jowers Post 137 Service Officer.

## School Medals Reports.

43 Westside schools have asked to participate in this year's School Medals program. Almost every Westside School will be participating. A list of schools is posted at the Legion. The School Medals program is the one program that introduces the American Legion to a large number of students, their families and their teachers as well as Vets that are in the audience. Please be a Presenter this year. The schools really appreciate the School Medals Awards Program and all prefer to have a Vet present the Medals. Most of the Awards Ceremonies will be in late May or early June. The School Medals presentation takes about 5 - 10 minutes of your time. The experiences you have will last much longer...Everything needed for the presentation is provided for you including the script. If you would like to present the School Medals or would like to know which schools are still available please call Myra or me at 553-1848 or email me at [cjowers@comcast.net](mailto:cjowers@comcast.net). Carl and Myra Jowers, Co-Chairs. School Medals Programs.

## **Sons of the American Legion Lakeshore Squadron 137**

[sonsoftheal137@aol.com](mailto:sonsoftheal137@aol.com)

**Meeting Thursday April 9<sup>th</sup> 7PM**

Your Sons membership is currently at 70%. We need all of our Legion Family Members to encourage any member who hasn't renewed to please do so, and if anyone knows any past members or someone new please ask them to stop by our business office we would be happy to sign them up.

Please try to make our meetings on Thursday we want and need the participation of all of our members to make this Squadron again, The Outstanding Squadron in the Detachment of Florida.

Thanks to our Legion Family for all their hard work with putting on the Legion Birthday Past Commander's and President's Dinner. Job Well Done.

For God, Country & our Legion Family

Bill Kelly, Squadron Commander

## HISTORIAN'S REPORT

If memory serves me, the old song goes "Sweet heart, sweet heart...", doesn't that relate to the biggest day in February? Yes, Valentines Day!!!! On Feb. 14th the Post held its annual Valentines Day Dinner. There were many "sweethearts" there to eat, dance and just enjoy the evening. Couples were holding hands, hugging and there was a kiss here and there. Valentines is for that special someone you love.

If you weren't there, you missed out.

Also during February the Post held its annual Four Chaplain's Ceremony. The Ceremony went very well. It was the first time to be held in the newly renovated Moon Building. The new sound system made the program much easier to hear.

After the Chaplain's

Program.

the dinner was well



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**"Ask About It At Work"**

attended at the Post Main Hall. It was a good day. Pictures of both events have been loaded onto the digital picture frame. If you weren't there you can't be part of this history. For GOD and Country, Rick Wiggs

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Please visit my web site:  
[jerrycroley.com](http://jerrycroley.com)

Loyal Order of Moose

American Legion Post 137  
Veterans of Foreign Wars  
Fleet Reserve Assoc.

## PATRIOTIC GUARD

The Patriot Guard is a function of the American Legion Riders and we stand ready to honor all veterans and active duty personnel. That honor might be a "Send Off", a "Welcome Home", a funeral or to escort the body of a slain soldier to the funeral home. We serve only to organize an event at a moments notice and then to invite all to participate in a ceremony. Recently it was mentioned that too many American Legion members don't know how to get in touch with the Patriot Guard Riders. That has been remedied. In the Post Office and lounge there is web-site information. I can be contacted at [rswiggs52@comcast.net](mailto:rswiggs52@comcast.net) or 703-0601 and I will put a person in contact with local Ride Captains. We are there for all veterans and active duty!!!

During the month of February there were many calls through out the district into Georgia and Alabama. The most significant was an Escort Ride to Daytona. Early on Feb 26th over 250 bikes gathered to escort the Veterans Memorial Wall on its journey to Daytona, Fl. The Patriot Guard organized the ride, but there were groups from various parts of the state. Even a large group of riders from Daytona came up to escort the wall back to the Speedway. Rolling Thunder led the riders and other groups filed in behind them. This was a police escorted ride and the police did an excellent job of closing roads and seeing that the Wall made a safe journey. Remember, the Patriot Guard Riders are here to serve. If you know of a veteran's FAMILY who needs us, call. We will be at the airport to welcome home an active duty soldier or do a surprise "Ride By" at the home Call us and someone will be there. It is our honor to honor those who serve to protect us.

**SYMPTOMS OF STROKE** Doctors say a by-stander can now tell the symptoms of a stroke by asking three simple questions. **S T R:** **S** ask them to **smile**. **T** ask the person to **talk**, a simple sentence. **R** ask them to **raise** their **arms**. Another good thing to ask the person is to **stick out** their **tongue**.

**TRI CARE for LIFE** It has a nice ring to it, especially if you are military retired or the spouse of same. It has come to my attention that our promised benefit for life may come under attack if certain items in the Congressional Budget Report are voted on and changed. **The item of interest to retired military is Article 189.** If this is **approved by Congress** it could be **bad news for us**.

If you have time to think about it maybe call your **congressman** and let him know you have some **concerns about this particular Article**. Ask him or her what they think about it and make up your own mind as to how it could affect you and yours. **One thing I do know is if we, as we, get older sit on our laurels and don't pay attention to things that will have a direct impact on our lives, health and well being, we will surely be losers**. Remember all the promises that were made to us/ our husbands and /wives when they joined the service. How many benefits do we still have that were promised? Tri-care for life was one way to fix **some broken promises**. Lets not allow our medical care promise get broken again. It is up to us P.S. **YES I AM YELLING!!!**