



THE AMERICAN LEGION



Harry White Wilmer Post 82

6630 Crain Highway, PO Box 441, La Plata, MD 20646

July 2024

www.Alpost82.org

301-934-8221



Commander's Message

Hello, Post 82 Family! I am hoping this newsletter finds everyone safe, happy and excited for summer.

This will be my last newsletter input as your Commander, and I would like to start off by saying Thank You to our Post members both old and new. Together we had a very productive 2024 Legion Year and we could not have accomplished our goals without all our members working together.

Of course, as your Commander I could not have been successful without a great team so I would like to take this opportunity to thank them.

Appointed Officers:

Service Officer George Hawley, thank you so much for being there for our members and non-members to give advice and help them find the resources they need.

Chaplain Paul Stockman, I cannot say enough about the outstanding job you did this year as our Post Chaplain. From the families of our members that went on to Post Everlasting and every member of our Post, Thank You.

Historian Cheryl Wedding, thank you for always being there to help when needed.

At Large Elected Officers:

Buddy Hindle, Norm Shelton, David Quade and Harry Tafe, thank you all for the guidance and leadership you all shared to help us make the hard decisions and run our Post the best we could. Could not have done it without all of you.

Elected Officers:

Sergeant-At-Arms Jerry Higdon, thank you for staying this year with us and providing that strong focus and smile to our meetings.

Judge Advocate Bod Striegel, always the man of sound judgement, thanks for the research and advice.

Finance Officer Bill Rees could not have done it without your financial and overall knowledge of the Post and everything that has come before us. Thank you.

2nd Vice Commander Chris Laquay, I gave you some big tasks this year and you took them on without hesitation. Thank you.

1st Vice Commander David Abildgaard, thanks for stepping up and stepping in. With your leadership our membership is stronger and better than ever. Thank you.

Adjutant John Flatley saved you for last because the adjutant is the right hand of the

Commander and is the driving force behind the Post. Not sure how we got this lucky, but we have the BEST Adjutant in the State of Maryland and I dare say Nation. Thank you for always being there to share ideas with me and for being a great friend.

What a great team and most of them will be staying on with our next **Commander Buddy Hindle**. We all know Buddy well and of course he brings a vast amount of knowledge to the position, so I expect our Post to keep building on the momentum from this past year.

Reminder: We will not have Executive or General Membership meetings this month as our members prepare for the Department Convention, 15 – 19 July and summer vacation. The next Executive meeting will be held on August 6th at 7pm and the General Membership meeting will be August 13th at 6pm.

Post 82 sponsored 10 boys for Boys State, we should all be very proud of this.

In June our Post hosted the Statewide Gold Star Legacy Ride, providing a dinner and send-off to start this year's ride.

Your post also hosted the 2024 PVA Bass Tournament Championship (Capital Clash), which was a huge success thanks to the leadership of Buddy and Angle Hindle.

Our Post Induction Ceremony is scheduled for July 28th beginning at 4pm, tickets are \$10 each and can be purchased in the lounge. The deadline for buying tickets is July 17th so don't delay.

Looking forward to seeing you all at the Post.
Your Commander
Always Serving
Jamie Zayas

At Your Service with George Hawley

So far, this Legion year I've been able to assist 60 veterans and family members with various concerns. As the Post Service Officer, I am here to offer resources to all veterans and their families. Please contact me at 240-267-6489 or ghawley83@gmail.com.

*George Hawley
Service Officer*

AMERICAN LEGION Legion Membership Report



David Abildgaard
1st Vice, Membership Chair

In 2024 we added a cumulative total of 113 members to our ranks here at Post 82. That is an 115% increase making 822 active Legion members. I want to thank everyone who encouraged their friends and family to join and especially the team of folks who spent several months sending texts, emails and making phone calls.

With numbers comes strength and our membership along with the rest of the Department of Maryland members combined with all of our national and international brothers and

sisters carries weight in Washington. This past year our influence accomplished much, chief of which was the passage of the PACT ACT. Each of us gets credit for this groundbreaking legislation that protects and provides for veterans from all eras impacted by chemicals they used during their service. Thank you all for making a difference for all veterans. Together we accomplish great things!

Respectfully,

David D. Abildgaard, 1st Vice Commander
Membership Chair



Chaplains Corner

How was your month of June? How many of the literally 250+ daily holidays in June did you celebrate, such as Father's Day, U.S. Army Birthday, D-Day, Juneteenth, Take Your Cat to Work Day, World Motorcycle Day, and National Bingo Day?

Did you observe any of the weekly or monthly observances such as Stepparents' Week, National Tennis Week, Animal Rights Awareness Week, Caribbean American Heritage Month, Pride Month, or National PTSD Awareness Month?

On a personal level, I only celebrated Father's Day and World Motorcycle Day, as I had little idea of, or connection with, most of the other celebratory days and observances. The one that I became aware of this past month that really hit home was that of June being PTSD Awareness

Month. It seems to receive so little recognition on social media and in the press.

This struck me as tragic when I learned that in the United States alone, there are about 12 million people battling posttraumatic stress disorder. Not all of them are adults, nor are they all veterans. Many are civilians, survivors of sexual and/or physical assault, serious accidents, or any number of other traumatic life events.

According to the US Department of Veterans Affairs, there are effective PTSD treatments in existence, but most victims of PTSD don't get the treatments they need due to a lack of awareness of them or reluctance to admit or recognize their need for it. The failure of military veterans to get treatment for PTSD contributes significantly to the figure of "22 a day", the average number of American military veterans committing suicide on a daily basis.

What are the symptoms of PTSD?

PTSD symptoms usually start soon after traumatic events, but they may not appear until months or years later. They also may come and go over many years. If the symptoms last longer than 4 weeks, cause you great distress, or interfere with your work or home life, you might have PTSD.

According to the VA, there are four types of PTSD symptoms. To be clinically diagnosed with PTSD, you need to have each type. That said, everyone experiences symptoms in their own way.

1. Reliving the event (also called re-experiencing symptoms). Memories of the traumatic event can come back at any time. They can feel very real and scary.
2. Avoiding things that remind you of the event. You may try to avoid situations or people remind you of the trauma event.
3. Having more negative thoughts and feelings than before the event. The way you think about yourself, and others may become more negative because of the trauma.

4. Feeling on edge or keyed up (also called hyperarousal). You may be jittery, or always alert and on the lookout for danger. You might suddenly become angry or irritable.

By being aware of these symptoms and in turn recognizing them in yourself or others, hopefully you would seek help for yourself as needed, or encourage others who need to seek it, to do so. For basic information regarding this potentially tragic condition visit the VA's website at <https://www.ptsd.va.gov/index.asp>.

For information about two powerful and holistic approaches to the treatment of PTSD, I encourage you to check out two exceptional programs, both offered free of cost to veterans and their families.

Warfighter Advance

<https://www.warfighteradvance.org/> which employs changes to the trajectory of the warfighter's post-deployment life, so that rather than an existence characterized by an endless cycle of mental illness diagnoses, medications, medical appointments and disappointments, the warfighter has a life characterized by pride, productivity, healthy relationships, continued service, and advocacy for the same outcomes for their fellow service members.

Boulder Crest Foundation

<https://bouldercrest.org/> the home of **Posttraumatic Growth (PTG)** and the global leader in the development, delivery, study, and scale of PTG based programs. They exist to transform the way that our society thinks, feels, and acts when it comes to notions of mental health and struggle, so that we live in a world that is fueled and founded in notions of PTG, not PTSD, diminishment, diagnosis, or dysfunction.

Having gained this knowledge, I have added those in general who are suffering from PTSD to my prayer list, and I encourage you to do so as well. Additionally, I offer a prayer for them below.

*Heavenly Father,
Please hear our prayers for your blessings on the men and women who have served in the United States armed forces. We ask you to answer our plea for your healing mercies on the veterans and active-duty personnel who have been wounded in body, mind and or soul.*

We seek a special measure of your healing powers on active-duty personnel and veterans alike battling posttraumatic stress disorder. Guide them to the resources available and bless them with the strength to pursue them. Please grant them and their loved ones a sense of your perfect peace that transcends understanding as they travel the journey to healing.

*In the name of the Prince of Peace,
Amen*

As always, if you or your family have any needs with which I can assist, please don't hesitate to contact me.

Yours in Christ,
Paul Stockman Chaplain
301.768.2514
papastockman@yahoo.com



When's the last time you made a Buddy Check on a fellow veteran or Post 82 Family member? The American Legion established Buddy Checks as a program in 2019 <https://bit.ly/albuddycheck24>. However, we don't need a program to reach out to our buddies, do we? With suicide attempts on the rise, it's critical that we all take responsibility to help each other out. Take time this week to reach out to a fellow veteran and check in on them. Your Post 82 Family stands ready to assist if needed.

SONS OF THE AMERICAN LEGION

S.A.L. Monthly Meetings are held the First Tuesday of Each Month at 1800hrs

At the Squadron meeting on June 4, Lenny Hanson was elected Squadron Historian for the 2024-25 Administrative Year.

On June 14, Flag Day, the Squadron held a Flag Retirement Ceremony in front of the Post Memorial. Six hundred forty-seven flags of our Country were honorably retired from service.



Pictured above (L-R) are Advisor David Quade, (I), Commander Dave Tatman, 1st Vice Commander Gale Willett, Lennie Lentz, Chaplain Roy Yanosh, and Adjutant Gary Shupe.

Gale Willett and Gary Shupe worked the floor at the Southern Maryland Region bingo at the Charlotte Hall Veterans Home on June 17. Thirty-two residents participated and \$200 in prizes was handed out.

The Squadron hosted a baby back rib dinner on June 21. Seven residents and two staff members from the Charlotte Hall Veterans Home were guests of the Post 82 family. Thanks to Gale Willett, Alana Lentz, David Quade, Kathleen Quade, Roy Yanosh, Kevin Earl, Carol Karpiak, Cindy Moruzzi, Lennie Lentz, Cathy and Kevin Bryant who volunteered their time.

I represented the Squadron at the 51st Annual Convention of the Sons of The American Legion Detachment of Maryland in White Marsh on June 21-23. During the business session on June 22, Squadron 82 received a number of awards including the Commander's Award for Community Affairs, the Top Donor Award for the Child Welfare Foundation, and Certificates of Appreciation for "outstanding efforts and support of" the Children's Miracle Network, the Fisher House Foundation, Boys State, the Children & Youth Committee, the VAVS Commission, and the Detachment Commander's Project, American Legion Southern Maryland Region Youth Camp in Cheltenham.



Pictured above, Commander Tatman receiving the Squadron 82 Top Donor Award for the Child Welfare Foundation from Mark Sprucebank (I), Children & Youth Commission Chairman and Detachment of Maryland Commander Joe Lohman

The Squadron also received a Four-Star Membership Award. This award is presented for exceeding the previous year's membership. I am proud of the fact that this the 26th consecutive year the Squadron has received this award. Thanks to all the blue cap members and a special thanks to Adjutant Gary Shupe, our membership chairman, for a job well done. In addition, I was pleased to accept the Detachment of Maryland Southern Maryland Region First Responder Police Officer Award for Charles County Sheriff's Officer Vernon Karopchinsky. Officer Karopchinsky was nominated for the award by

the members of Squadron 82. On Sunday morning, I attended the Detachment of Maryland Squadron Everlasting service. Included in the many Squadron members recognized during the service were two of our own, Andy Bowalick and Ed Yatty.

The Squadron will host a Baby Back Rib dinner on July 19. Check the flier on the website www.alpost82.org.

The next Blood Drive will be on July 22.

Yours in Service, Dave



David Tatman
Commander, Squadron 82
tatman_david@comcast.net



**ALR Meetings are held the
Second Thursday of Each Month at 1800hrs**

On Saturday May 25 we had excellent weather for the 3rd Annual SoMD Gold Star Legacy Ride. There were 112 motorcycles participating. The winning poker hand went to Mark Stanley of The Keepers motorcycle club and the worst hand was won by or own Pat Markley. A good time was had by all. Again, lots of praise and thank you to our many Riders, Vendors, Volunteers and Evoke Purpose for making this year's fundraiser a huge success.

On Sunday May 26, I presented Keith Scaife of Waldorf, this year's winner of our Gun raffle, with his choice of \$750 cash. He purchased the winning ticket from Rider Joel Jones. I would like to thank all my Riders who either sold or bought tickets, you all collectively made this year's Gun Raffle a huge success.

On Thursday June 6, Post 82 and The Riders hosted 50 Bikers and 20 Post members at the Kick-Off Dinner for The 9th Annual Maryland Gold Star Legacy Run. Right after the delicious spaghetti dinner served up by the Riders, Joe Gladden started off the ceremony giving a brief description and background of The Veterans and Children Fund which will be receiving the donations gathered from Legion Riders Chapters across the country at this year's National Convention in New Orleans.

This year's ride goal for Maryland was 100K. At the end of the evening over 59K was raised and the ride hadn't even begun! Your Riders and Post family along with individuals, contributed over 27K. By the end of the ride on Sunday we had raised over 150K with the 9-year event totaling over 750K raised for American Legion charities. I'm honored and so proud of our Post 82 Family.

On Saturday June 15, Randy Markley and crew spruced up around the ALR cabin at Camp Merrick. The group also pressure washed the deck and will soon be applying sealer to clean up finished deck project. Thank you, Randy, for spearheading and staying on top of the maintenance of the ALR cabin.

On Saturday June 15, Shotgun and I enjoyed going to the spring get together for all MD State ALR Chapters at the Lewiston Social Club in Thurmont MD. About 12 ALR Chapters were present. It was also a fundraising event for Post 11 in which they raised over \$1200 for next year's Gold Star Legacy Run.

On Weds June 19, Road Captain Mama G lead a small contingent of members to The Marine Corp Museum in Quantico VA. Good weather and a safe ride was enjoyed by all.

Below is a list of your newly elected ALR Board members for 2024-2025

Director- Kevin Bryant
Vice Director- Jeff Coombs
Secretary- Randy Markley
Treasurer- Karen Himmelheber
Sargeant at Arms- Bernie Fitzpatrick
Road Captain- Vivian Gedeon
Chaplain- Paul Stockman
Historian- Vivian Gedeon
Safety Officer- Kevin Buckner

There will be no July meeting of the ALR due to the state convention and vacations. We will resume our regularly scheduled meetings on August 8. Please enjoy your summer and always look twice for motorcycles while out on these roads.

Upcoming Rides:
Sat. July 13- Bay Loop Ride

Next ALR meeting is Thursday August 8, 2024 @ 1800

Respectfully Submitted,

**Kevin "Big Sexy" Bryant
Director
ALR Chapter 82, MD**