



The American Legion

Bruckenthal - Cann Post 385 Newsletter



Serving Weston, Pembroke Pines, Miramar, Davie, Southwest Ranches & Sunrise

Summer 2011

Organized June 16, 2005 Website: www.alpost385fl.com

Volume 5 Number 2

Adjutant's Report

My Fellow Post 385 Legionnaires,

I like to start off by congratulating Alberto Darby as our new Commander, James Tewes and Vince Mancusi as our new Vice Commanders. And we now have a new Publicity Officer, Yolanda Santos.

This year has been a very good years with lots of accomplishments. During April & May we awarded 14 School Award medals, 12 JROTC Awards and 4 Americanism Award Medals.

We also have our first Boys State student from West Broward High School, and two students from Flanagan High School and Pembroke Pines Charter School participated in this year's Oratorical Contest. For the next two years we already have students interested in Boy State.

During the year several members participated in the Veteran's Day and Memorial Day ceremonies with the City of Pembroke Pines and the Wreaths Across America ceremonies held at the South Florida VA National Cemetery in Lake Worth.

This year we also awarded our first scholarship to a first year college student, something we hope to do every year if possible when monies are available. The scholarships we will have for the future will be made available to Post 385 members who have children and grandchildren.

All of the above has been made possible by the 5 dates we had at Walmart with Poppies and the 50/50 Marlins cash draw. Next year we look forward to doubling our Walmart dates with the opening of the new Walmart store near the corner of Flamingo and Pines. Please help us and bring your children when we do these Poppies dates, we will have Post 385 polo shirts and caps available.

At the District Constitutional held June 5th, Post 385 took First Place in the JROTC Award, Second Place in the School Medal Award, our own Ray Aguiar was awarded the Service Officer First Place Award and Joe Motes was awarded the Adjutant of the Year Award.

Currently we have two programs going on, one is the ink & toner and cell phone recycling program to raise money for the Post (so far about \$100) and the collection of worn American Flags to be retired properly by our local JROTC Battalions, if you have any of these items please save them and we will arrange a pick up, please call me anytime at 954-559-3202 to set up a pickup.

As for membership, this year we were down 32 members for non renewal, some have moved, several have passed away, and others probably due to economic reasons; we ended the year with a 94% membership. But this year also brought in over 50 new transfers from Post 400; this is the first time Post 400 members have been released for transfer to local posts in past two years.

This coming November 6th, Sunday, we will be hosting our first 5-K Run to benefit Post 385, we are probably the only Post in Florida to achieve this task. We are looking for sponsors - businesses or personal. As of this printing, we have two major sponsors so far, car dealership AutoNation and the Seminole Indian Nation. We need your help, please bring this idea to your employer to see if they would be interested, all sponsors will receive a tax deduction letter from our Post for their donation. For more details, please check on our website and click the 5-K Run link. Also Bob Nagle has booklets available to show to potential contributors, call him at 954-558-3460 to get them.

And DON'T forget the race date – Sunday, November 6th – early that morning at the Shops at Pembroke Gardens (at the SE corner of Pines Blvd and Interstate 75. WE NEED VOLUNTEERS for a couple of hours to help.

For God and Country,
Joseph Motes, Adjutant

Special Thanks to Chaplain Bob Nagle for the printing of this newsletter.

OUR MEETINGS FOR THE 2011 & 2012:

SEPTEMBER 6, 2011
OCTOBER 4, 2011
NOVEMBER 1, 2011
DECEMBER 6, 2011
JANUARY 3, 2012
FEBRUARY 7, 2012
MARCH 6, 2012
APRIL 3, 2011
MAY 1, 2012

Our Post meets on the 1st Tuesday of each month at 7:00pm

at the YWCA Pembroke Falls Aquatic Center

Please check our website for the map or call me for information on each months meeting.

954-441-8735 or 954-559-3202.

REMEMBERING OUR FALLEN POST 385 MEMBERS

Our Post 385 Commander would kindly request that all Post members make arrangements for relatives or friends to notify the Post upon your passing so that we can properly honor your military service and membership in the American Legion.



For God and Country

AMERICAN LEGION POST 385

Ink & Toner and cell phone Recycling Program

Save your ink and toner cartridges from printers, faxes and copiers From home, office and businesses.

We are also asking for old USA Flags.

Bring them to the meetings or call Joe Motes at 954-559-3202 to arrange a pickup and We'll recycle them for CASH to help Post 385.

They must be original name brands such as HP, Dell, Xerox, Lexmark, Brother, IBM Canon, Ricoh, Sharp, Pitney Bowes, etc.

Remember Cell Phones Too
(Sorry, NO previously refilled or remanufactured)



The McDonald Team BUY, SELL OR RENT

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of the United States Armed Forces



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VA Adds Chat Feature to Online Application for Health Benefits

WASHINGTON – Veterans will find it easier and faster to apply for their health care benefits now that the Department of Veterans Affairs has enhanced and streamlined its online Form 10-10EZ, "Application for Health Benefits."

"VA is committed to tapping into the best that technology has to offer to ensure Veterans receive the benefits they have earned," said Secretary of Veterans Affairs Eric K. Shinseki. "We continue to look for new ways to improve access to care and benefits and engage Veterans."

This revised online application now features a chat function which will allow Veterans to receive live assistance while they are filling out the form. Additional enhancements to the process include simplification of questions relating to military service in Southeast Asia during the Gulf and in the Vietnam wars. Several additional minor enhancements make the application easier and faster for Veterans to complete.

The 10-10EZ application is divided into six different sets of information, including personal information, insurance information, employment, military service, and a financial assessment. Since November 2000, nearly 400,000 Veterans have already used the online 10-10EZ to start receiving health care benefits from V. Future enhancements to the online application will include a 10-10 EZR Health Benefits Renewal Form for Veterans to update their personal information and a special 10-10EZ designed specifically for demobilizing military service members.

Veterans may complete or download the 10-10EZ form at the VA health eligibility Web site at www.1010ez.med.va.gov/sec/vha/1010ez.

Veterans may also contact VA at 1 (877) 222-8387 (VETS), visit the VA health eligibility Web site at www.va.gov/healtheligibility or apply for health care benefits at any VA medical center at <http://www2.va.gov/directory/guide/home.asp> with the help of a VA health care eligibility specialist. Veteran Charities Update 16: You may have seen people dressed in camouflage fatigues outside your local mall or grocery store. They are part of a group called VSO Veterans Support Organization that collects money for veterans. However, where the money actually goes raises questions about their creditability.

The state of Tennessee is moving forward with its own investigation of VSO. The state wants answers to questions first raised by Nashville's NewsChannel 5 Investigates, questions about how the group is raising money and spending it. The state sent a letter to the national headquarters of the Veterans Support Organization asking them to turn over all of their records regarding their operation in Tennessee.

The Veterans Support Organization claims to help needy veterans. One of their fundraisers told News Channel 5 undercover teams, "We're collecting donations for our veterans today, needy and homeless veterans." Another fundraiser said, "Twenty bucks will help get a homeless or needy veteran off the street." But the team's investigation found that the VSO keeps most of what you give to pay for its own expenses and that what VSO fundraisers will say to get donations isn't always true.

Todd Kelley, director of the state Division of Charitable Solicitations and Gaming, said, "I'm very concerned about the News Channel 5 report. It's illegal for a charity to misrepresent itself. In fact, one of the VSO fundraisers told me that he was volunteering to stand out in front of a Mt. Juliet business and ask for donations. He insisted that he was not getting paid. We later discovered that he received 30 percent of everything he collected". Kelley added, "Obviously when one of the individuals said he was a volunteer when, in fact, we know they were paid, that's a concern." When we asked a VSO fundraiser how the donations would help veterans, he told us that the VSO was building a shelter in Madison. "Our shelter will just be for veterans who are homeless," he explained. And that statement also caught the attention of state regulators because, as it turns out, there is no shelter in the works. "It's a concern when they misrepresent the fact that there's going to be a homeless shelter that's going to be built with the money they're raising," Kelley said.

Another concern was how a VSO fundraiser told us donations would be used to help the Fisher House build housing for veterans' families in Murfreesboro. "It's a \$2 million dollar project. We're still working on it. It's going to happen. We're going to help fund that."

The fundraiser also specifically mentioned the Fisher House by name even though the Fisher House Foundation had asked the VSO not to. Now, the national office of the Fisher House Foundation informed News Channel 5 Investigates,

"We were horrified to find out how they were raising funds." The group goes on to say that it's now completely cutting ties with the VSO and will no longer accept donations from them. But questions remain about just where your donations are going. Hank Edney, the chief administrative officer of the Tennessee Chapter of the VSO, said, "We just had a certified public audit done...and our current donation rate is at 65%." But we got a copy of that audit and it says last year, the VSO donated just 16 cents out of every dollar to other programs that assist veterans. Refer to <http://ftpcontent.worldnow.com/wtvf/PDF/2009%20VSO%20FS.pdf> for a copy of the report. So where did the VSO get the 65 percent figure? According to the VSO, they count the money they spend on uniforms for their fundraisers, rent, and auto expenses. They also count the money they pay their solicitors, even though some of these men are not veterans. Todd Kelley from the state's Charitable Solicitations Division said of that practice, "I think that's creative accounting." Kelley also admitted that he was surprised to see that last year the VSO spent nearly \$800,000 to pay the salaries of its fundraisers. "So almost twice as much money went to the people who were raising the money than actually went to the programs that they say they're supporting," Kelley remarked. "I think if I were giving my money to that organization that would give me great pause," he replied. Another concern of the state is that when the VSO registered to solicit money in Tennessee, the VSO maintained that it did not have an office or chapter there. The group now has both, but has never informed the state that they do. The group has now put out a statement saying it uses people with PTSD and other mental health problems as fundraisers and that we should not have relied on the information they were giving out. The state though says charities are responsible for what their employees say. For information on VSO refer to <http://www.theveteranssupport.org/>

[Source: NewsChannel5.com Jennifer Kraus story 11 Mar 2010 & MYFOXNY.COM 3 Feb 2011 ++]

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Veterans Day Nov 2010 at Fletcher Park attended by Carol Fraser, Ray Aguiar and Joe Motes.



Post 385 Oratorical contestant Rabia Mirza from Flanagan High School place second place in the District.



Robert Kaupp from West Broward High School is our first Boy State student for Post 385. Robert is also the cadet Lt. Col. In charge of the school's JROTC Battalion commander.

Wreaths Across America December 11, 2010 South Florida National Cemetery, Lake Worth



Eugene V. Palermo



John V. Sexton, Jr.



Frank E. Dingfelder



Stewart Abbott Fraser

Wreaths Across America December 11, 2010 South Florida National Cemetery, Lake Worth



Helen G. Franz



John B. Franz



Sunday, Nov. 6, 2011 @ The Shops at Pembroke Gardens

SE corner of I 75 and Pines Blvd.

Presented by

The American Legion - POST 385

We need volunteers for the race

Save that day

HUEY Helicopter Retired After 52 Years

By Bob Nagle, Chaplain

More than 100 people assembled at Fort Myer's Summerall Field to say goodbye to an old friend, one who served the United States for more than 50 years. The UH-1 Iroquois, or "Huey," helicopter was retired after 52 years of serving America's servicemembers.

The Huey began flying Oct. 20, 1956, as a new helicopter intended for medical evacuations, instrument training and a general utility aircraft. It was originally named the HU-1, which was shortened to "Huey." By the time it was redesignated UH-1, the name stuck.

More than 7,000 Hueys served in the Vietnam War, and it became synonymous with conflict, both for its signature rotor sound and the image of it transporting troops to and from the battlefield.

In October 1970, the Huey was given to the Army National Guard, where it provided 39 years of service until its retirement.

In attendance at the ceremony Oct. 2 were aviators and their families, most of whom had flown the helicopter at one time or another during their careers.

Three helicopters were placed on the north end of Summerall Field, a UH-60 Black Hawk, the Huey and a UH-72A Lakota, which will serve as the Huey's replacement.

Maj. Gen. Raymond Carpenter, acting director of the Army National Guard, told a story about taking a Huey to Fort Monroe, Va., and as they passed over Hampton, Va., the chip indicator light came on.

They had to make a hasty landing, and Carpenter recalled seeing a large sign as soon as they landed, a sign for the Good News Baptist Church. "And it was certainly good news indeed," Carpenter said, getting a big laugh from the crowd. Brig. Gen. Alberto Jimenez, the senior Army National Guard aviator, spoke of the helicopter as a fellow service member, one who played an integral part in his long, successful career. "It is a great honor to be here, not just to say goodbye to an old friend, but to the memories that over forty-some years I have carried as an Army aviator," Jimenez said. "I can attest to you that it was not just a machine. It became part of us. It was our lives, it was our friend, it was the aircraft that took us in and out of Vietnam and it was also the aircraft that saved countless lives."

A few others, mostly former aviators, spoke about their memories of flying the craft. Nick Lappos, the senior vice president of Bell Helicopter Textron, remembered his days as a Soldier, when a fleet of 50 Hueys were on their way to a landing zone, the tension palpable as 600 Soldiers thought about the battle they were about to take part in.

As they were about to land, another aviator called over the

radio for all to hear, "remember folks, your aircraft was built by the lowest bidder."

"You could see the formation ripple, all the pilots began to laugh," Lappos said. "Then we settled back down and went to work."

After the remarks, an announcer introduced four Soldiers who were to take the Huey on its final flight. Chief Warrant Officer Mike Miles was one of those Soldiers, and it was his last flight as well. Miles approached the podium and asked Carpenter for permission to retire the UH-1 Iroquois "Huey." When he was given the affirmative, he made his way to the chopper. As Richard Wagner's "Ride of the Valkyries" started up, the Huey made its last takeoff, and slowly flew south across Summerall Field and disappeared into the early evening sky.

Carpenter summed it up perfectly in his closing remarks, commenting that even though the Huey is out of service, the memories will never be.

"The helicopters displayed tell the story of an innovative human spirit. The story told by the talent and experience in this audience is one of Soldiers, veterans and supporters alike, of service and sacrifice and accomplishment of the mission," Carpenter said. "The UH-1 has been a valuable tool, a tool that contributed immeasurably to that mission accomplishment. This helicopter may fly away here today, but for you here today, for the aviators, for the crews, for the supporters and those who were supported; their memories and your service will not fly away."

Combat Stress and PTSD Symptoms

The Warrior Combat Stress Reset Program aims to treat combat stress and APTSD symptoms before they worsen and cause dysfunction. Early treatment is needed to prevent further deterioration of function.

Symptoms of combat stress and PTSD include:

- Avoidance of places and activities.
- Intrusive thoughts and memories.
- Hyper-activity to specific triggers.
- Poor sleep and nightmares.
- Irritability and anger.
- Feeling jumpy or on-edge.
- Impatience.
- Poor concentration.
- Inability to relax.
- Feeling ineffective.

Continued on page 9

2011 JROTC, Americanism, & School Medal Awards



Cypress Bay High School Award Medals



Boca Raton CAP Americanism Award Medal



Cypress Bay High JROTC Medals



Crystal Lakes CAP Americanism Award Medal



Stranahan High JROTC Medals



Everglades High JROTC Medals



Blanche Ely High JROTC Medal



Everglades High JROTC School Award Medals

2011 JROTC, Americanism, & School Medal Awards



Flanagan High JROTC Medals



West Broward High JROTC Award



Flanagan High JROTC Medals



West Broward High School Award Medals



Flanagan High School Award Medals



Stranahan High JROTC Medals



Memorial Day May 30, 2011 at Fletcher Park was attended by Ray Aguiar, Carol Fraser, Alberto Darby, Stan Cohen, Bob Nagle and Joe Motes.

**Nathan Bruckenthal - Adam Cann Memorial
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Pembroke Pines Civil Air Patrol awards

Continued from page 7

What are you worth?

Volunteers are an invaluable resource for the Department of Veterans Affairs. It is impossible to calculate the amount of caring and sharing that VAVS volunteers provide to veteran patients. VAVS volunteers are a priceless asset to the Nation's veterans and to the Department of Veterans Affairs.

If you have free time on your hands check it out, it's rewarding.

<http://www.volunteer.va.gov/apps/VolunteerNow/calculator.asp>

Ray Aguiar, Service Officer