



# Post 304 News

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*“There is always one more thing we can do to make a difference!”*

## COMMANDER'S NOTES

COMMANDER BOB KOZORA



**Serving our  
Armed Forces Members**

Happy Independence day to all, hope it is safe and enjoyable.

Well, it's officer installation month at your Post and pages 4 thru 7 gives all the details, as well as a listing of all new officers for each of the Legion families. The Legion is still in need of an adjutant to be appointed, so if you are interested in serving your Post in this capacity, contact me and I will give you the details.



At the time of this writing, we do not have any special guests, but I know that Brandon House Karaoke will be back and possibly Roger "Hurricane" Wilson. All of our events are posted on our Facebook page "Members of LZ304". If you are not social media savvy, look for the weekly happenings which are sent out via email and on our FB page.



Our change of hours to summer ones, has proven effective in helping our volunteer staff and bartenders and cutting overhead expenses as well. Monday thru Saturday we are open 4 PM till close, with the Kitchen serving from 4 to 8 PM. Sunday hours are 12:30 PM to 5 PM, with the weekly Queen of Hearts drawing at 4:30 PM. A number of individuals have stepped up to help in the kitchen, but we do need someone to cover Saturday's. Let me know if you're interested.



Make sure you stop by your Post and you might just be surprised at special menu items, like Deep Fried Corn on The Cob, Steak sandwiches, Commander Burger and of course Brownies and Chocolate Chip Cookies. Hope to see you at your Post.



In closing I wish all of our family of officers a great year ahead and please remember to keep our members in need of prayers at the top of your list.

Thanks and God Bless!

# The Adjutants Additions

It is with honor and great humility I'm writing this letter to all the remarkable people who have done so much to make this country and world a better place to live. Through your dedication to God, our country, and family you have made this possible. It is my pleasure to wish you all a safe, happy, and thankful July 4<sup>th</sup>. Please celebrate each day and pause to REMEMBER the sacrifices of so many. Let us NEVER FORGET our POW's and MIA's.

The Department of Defense POW/MIA Accounting Agency announced 06/01/2018 the return of (1) one U.S. serviceman to his family for burial with full military honors and to bring closure to his loved ones.

*Navy, Gunner's Mate 3rd Class Marvin B. Adkins of Arizona, USS Oklahoma, Lost on 12/07/1941---Accounted for on 04/11/2018  
---Pearl Harbor/WWII*

The Department of Defense DPAA POW/MIA Accounting Agency announced 06/08/2018 the return of (4) four US servicemen to their families for burial with full military honors and to bring closure to their loved ones.

*Navy, Gunners Mate 3rd Class Marvin E. Adkins of Arizona, USS Oklahoma, Lost on 12/07/1941---Accounted for on 04/11/2018--  
--Pearl Harbor/WWII*

*Army Air Force, SGT Alfonso O. Duran of New Mexico, 724th Bombardment Squadron (Heavy), 451st Bombardment Group, 15th Air Force, Lost on 02/25/1944---Accounted for on 05/22/2018---Germany/WWII*

*Naval Reserve, Lt Commander Larry R. Kilpatrick of Stone Mountain, GA, Attack Squadron One Hundred Five (VA105), Lost on 06/18/1972---Accounted for on 05/18/2018---Ha Tinh City/North Vietnam*

*Navy, Musician 1st Class Henri C. Mason of California, USS Oklahoma, Lost on 12/07/1941---Accounted for on 03/26/2018---  
Pearl Harbor/WWII*

The Department of Defense POW/MIA Accounting Agency announced 06/15/2018 the return of (5) five U.S. servicemen to their families for burial with full military honors and to bring closure to their loved ones.

*Marine , Sgt Meredith F. Keirn of New York, Company F, 2nd Battalion, 7th Marine Regiment, 1st Marine Division, Lost on 11/30/1950---Accounted for on 05/22/2018---Toktong Pass, North Korea*

*Marine Corps Reserve, PFC Paul D. Gilman of Colorado, Company A, 3rd Battalion, 8th Marine Regiment, 2nd Marine Division--  
-Lost on 11/20/1943---Accounted for 05/17/2018---Tawawa Atoll/WWII*

*Navy Reserve, Fireman 1st Class Lewis F. Tindall of California, USS Oklahoma, lost on 12/07/1941---Accounted for on 03/26/2018---Pearl Harbor/ WWII*

*Navy, Electrician's Mate 3rd Class Charles H. Harris of Louisiana, USS Oklahoma, Lost on 12/07/1941---Accounted for on 04/26/2018---Pearl Harbor/ WWII*

*Army, Cpl Morris Meshulam of Indiana, Battery D, 82nd Anti-Aircraft Artillery Battalion, 2nd Infantry Division---Lost on 12/01/1950  
---Accounted for on 06/04/2018---Sunchon, North Korea*

The Department of Defense POW/MIA Accounting Agency announced 06/22/2018 the return of (1) one U.S. serviceman to his family for burial with full military honors and to bring closure to his loved ones.

*Army, Sgt James K. Park of Texas, Company I, 26th Infantry Regiment, 1st Infantry Division, Lost on 11/23/1944----Accounted for on 06/20/2018---Hurtgen Forest, Germany/ WWII*

The Department of Defense POW/MIA Accounting Agency announced 06/29/2018 the return of (3) three U.S. Servicemen to their families for burial with full military honors and to bring closure to their loved ones.

*Navy, Seaman 1st Class Daniel L. Guisinger of Washington, USS Oklahoma, Lost on 12/07/1941---Accounted for on 05/22/2018  
---Pearl Harbor/WWII*

*Navy, Fireman 1st Class Walter F. Schlceiter of Ohio, USS Oklahoma, Lost on 12/07/1941---Accounted for on 05/18/2018---Pearl Harbor/WWII*

*Marines, PFC Roger Gonzales of California, Company F, 2nd Battalion, 7th Marine Regiment, 1st Marine Division, Lost on 11/29/1950---Accounted for on 04/04/2018---Chosin Reservoir/North Korea*

TOTAL TO DATE----84  
WWII-----61  
KOREA-----18  
VIETNAM-----5

July begins the Ron Asby North Cobb American Legion Post 304 early bird membership renewal for 2019. Please see the Senior vice Commander or Post Adjutant.

As Americans, Legion members, free citizens, parents, grandparents, and those that are in authority and under authority, I leave you with some food for thought this month:

“Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.”

Mahatma Gandhi

Respectfully Submitted,

Michael Lefevre

Senior vice Commander and Adjutant for the members of American Legion Post 304

Just a note from the Commander:

A Special thanks to Mike Lefevre for performing his duties as Senior Vice Commander and Adjutant in an outstanding manner. Going to be hard to fill those shoes.

Sincerely, Commander Bob



American Legion Officers for 2018-2019 as follows:

Commander:	Bob Kozora
Sr. Vice Commander:	Jim Smith
Jr. Vice Social Quarters:	Veronica Dace
Jr. Vice Assembly Hall:	Todd Wilson
Jr. Vice Property:	Alan Finch
Jr. Vice Programs:	Jack Kimmich
Adjutant:	To be Appointed
Finance Officer:	Ed Jackson
Service Officer:	Greg Vassilious
Judge Advocate:	Doug Middleton
Chaplain:	Michael Smith
Sergeant at Arms:	Alan Finch
Sergeant at Arms:	George Tymchyshyn
Historian:	Veronica Dace

Installation will be held on Thursday, July 19th at 7 PM.

Installation officer will be our new 5th District Commander: James Fultz



New Officers for 2018-2019 as follows:

President:	Lynda Asby
1st Vice President:	Pennie Groover
2nd Vice President:	Shari Tate
Secretary:	Mary Zelle
Treasurer:	Stacy Robinson
Chaplain:	Karen Lekan

Officers will be installed on July 18th, at their regular meeting

Installing Officer will be Mary Breeding, 5th District Auxiliary President



New Officers for 2018-2019 as follows:

Commander :	Danny Townsend
1st Vice Commander:	Howard Kanour
2nd Vice Commander:	Don Akers
Adjutant:	Charles Nash
Finance Officer:	Woody Rhody
Chaplain:	Charles Angel
Sergeant at Arms:	Charles Nask

Officers will be installed on July 19th, along with the Legion and ALR.



For the year July 2017 to June 2018:

We accumulated 34,838 miles, to include 3685 volunteer hours.

We currently have 24 active members as of 30 June.

We currently have \$2,331,00 in our bank account.

Elected Officers for the next term are:

Director:	Larry TUG Hale
Assistant Director:	Jack Talley
Treasurer:	Woody Rhody
Secretary:	Sue Talley
Sgt-At-Arms:	Charlie Nash
Road Captain:	Dan Burnett
Chaplain:	Herman Turner
Historian:	Howard Kanour

Our Officers will be installed with the Post Officers, 19 July, by the Department of Georgia ALR Director, Tony Propst.

Our next ALR meeting is set for 12 July, 7 PM.



## **A note from your Post Service Officer**

This article is adapted from the VA website and is offered for those people who are living with someone who is suffering from PTSD. This article is by no means offered as an authoritative diagnosis or plan for treatment but is offered as information to assist those who seek information.

### **What is Post Traumatic Stress Disorder? \*\***

Just what is Post Traumatic Stress Disorder? PTSD is an anxiety disorder. The diagnosis of PTSD is made when a Veteran has been exposed to a traumatic event in which **both** of the following have occurred: 1) The Veteran experienced or witnessed an event that involved actual or threatened death or serious injury 2) The Veteran experienced a threat to the physical well-being of him/herself or others, and the Veteran's response involved intense fear, helplessness or horror.

Treatment can include individual therapy and/or group therapy, sometimes medication and most recently there has been an upsurge in the use of trained Service Dogs to relieve the stresses encountered in everyday living.

**Physical changes** to those suffering from PTSD may include difficulty staying or falling asleep; irritability or outbursts of anger; physical reactions — such as profuse sweating, increased heart rate and rapid breathing — when exposed to internal or external cues or reminders of the traumatic event. Additionally, intense distress may be experienced when exposed to internal or external reminders of the event such as certain sounds or smells; Many sufferers of PTSD tend to avoid any activities, places or people that remind them of the trauma.

Living with those suffering from PTSD you may observe **mental changes** that may include: recurring and intrusive thoughts about the event; recurring and distressing dreams of the event; acting or feeling as if it the traumatic event were recurring — also known as having flashbacks; being unable to recall an important aspect of the trauma; difficulty concentrating; and efforts to avoid thoughts, feeling or conversations associated with the trauma.

**Emotional changes** may include intense distress when exposed to internal or external reminders of the event such as certain sounds or smells; a noticeable lack of interest or participation in important activities; feelings of detachment or estrangement from others, veterans often refer to this as the thousand yard stare; limited ability or inability to show affection or love; feelings of a bleak future, such as limited career or family opportunities, and shortened life span; overly alert or on guard — also known as “hyper-vigilance” — and/or exaggerated response when startled.

### **What is the impact to those living with the victims of PTSD?**

One of the ways in which those living with someone suffering with PTSD is a change is in your social life. The Veteran you care for may become uncomfortable in large crowds or unfamiliar places, and so you may find yourself feeling more socially isolated, losing friends, family and support networks. You will begin to feel the need to compensate for the Veteran you care for in social situations that are uncomfortable for him or her while providing support and encouragement at the same time. You may also have to handle the stigma that is associated with mental health disorders by others.

You will probably also notice a difference in your relationship with the Veteran you care for. It is important to understand that it may be harder to communicate with the Veteran because of the changes in his or her behavior and/or communication style.

In addition, if the Veteran is experiencing difficulty managing his or her anger, you may feel like you live in an atmosphere of constant tension and chaos. If the Veteran you are living with is your spouse or partner, you may experience additional changes in your relationship. This might include feeling worried that your Veteran is no longer emotionally or physically attracted to you due to emotional unavailability, or a decreased interest in physical intimacy and sexual activity. In addition, due to sleep disturbance (for example, insomnia, waking-up frequently, nightmares), many couples choose to sleep in separate beds (and rooms), which may cause further feelings of emotional separation.

At times, you may experience your own feelings of sadness, anger, frustration, discouragement and loss when the Veteran you care for experiences symptoms of PTSD. These reactions are normal but can be challenging

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to deal with on your own. Consider seeking help either by confiding in a friend, participating in a support group or consulting a professional mental health practitioner.

## Caregiving Tips

Learn as much as you can about PTSD by reading, going to lectures, talking with others in similar situations, and talking with the Veteran's treatment team.

If the Veteran you care for decides to seek treatment, encourage and fully support that decision. It's important for both of you.

Request to be part of the Veteran's treatment. If the Veteran you care for agrees, talk with the mental health providers regularly. Ask questions.

Recognize the Veteran's social and/or emotional withdrawal is due to his or her own issues and not **your** relationship. A Veteran with PTSD will have good days and bad days. Foster relationships with family, friends, and others for you to stay connected and get support.

Learn coping skills to manage stigma sometimes associated with mental health disorders.

Pay attention to warning signs of a potential relapse, including an increase in symptoms or other changes in behavior. **Keep the psychiatrist and/or therapist, local crisis team, Veterans Crisis Line, and other emergency phone numbers handy.**

If any Veteran talks about suicide, **take it seriously and seek help immediately. The Veterans Crisis Line is 1-800-273-8255 (Press 1 for Veterans).**

Don't forget to pay attention to your own needs. Visit your doctor regularly and get plenty of rest so you can stay strong. Your health is essential to your ability to keep providing for the Veteran you care for.

## If you have more questions. Where can you go for help?

The VA knows that being a Caregiver can be both rewarding and hard. You can always find more information at [www.caregiver.va.gov](http://www.caregiver.va.gov), including contact information for the VA Caregiver Support Coordinator nearest you.

You can also call VA's Caregiver Support Line toll-free at 1-855-260-3274.

Caregiver Support Line is open Monday through Friday, 8:00 am – 11:00 pm ET, and Saturday, 10:30 am – 6:00 pm ET.

## Call to talk to caring professionals who can:

- Tell you about the assistance available from VA.
- Help you access services and benefits.
- Connect you with your local Caregiver Support Coordinator at a VA Medical Center near you.
- Just listen, if that's what you need right now.

\*\* American Psychiatric Association: *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*. Washington, DC, American Psychiatric Association, 1994. Sherman, M.D. (3rd ed.) (2008). *SAFE Program: Mental Health Facts for Families*. Oklahoma City, Veterans Affairs Medical Center).

\*SAFE Program: *Mental Health Facts for Families*. Oklahoma City, Veterans Affairs Medical Center).

For information and assistance your local Georgia Department of Veteran's Affairs would be glad to help you with this

as well as other matters pertaining to your veteran's benefits.

Georgia Department of Veterans Services  
320 W. Cherokee Ave.  
Suite 105  
Cartersville, GA 30120  
(770) 387-3746

[www.veterans.georgia.gov](http://www.veterans.georgia.gov)

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Support Combating PTSD by playing  
Find the  
**Queen of Hearts**  
Jackpot now at \$2223.00



**Drawings: Sunday's at 4:30pm**

Ticket donations are \$3.00 each

**Available now!**

Complete Rules of the Game available at  
the bar in LZ304

25% of each weekly ticket donations goes to the  
Combating PTSD Fund.

**Multiple chances to win besides the Jackpot!**

# July Birthday's

Make sure you wish them the best!

- 1— Gilbert Dailey, Westley Gridley, Joe Seagle and Carl Weinberg
- 2—Jere Akin and Nicholas Golowich
- 3—Haven Johnson and Arlo Pitstick Jr
- 6—Jeremy Brey
- 8—Robert Davis Jr
- 10—Larry Ayers, Neil Galloway and Lonnie Monroe
- 11—Grady Hester
- 12—Bob Kozora
- 13—Donald Dihel
- 14—William Fogarty, Robert Hodnett and Robert Hughes
- 18—Daniel McCarthy
- 19—Edward Christie
- 22—William Schuler
- 23—Albert Selvaggi
- 24—Carl Kruger
- 27—Benjamin Asby
- 28—Joseph Fuller
- 29—Charles Holmes
- 31—Marion Campisano

*If we missed your Birthday, please let us know so we can update our list.*



Kiwanis Club Meeting is every Wednesday at 11 AM

ABA Morning Jolt Every 2nd and 4th Tuesdays at 7:30 AM

# JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Independence Day POST CLOSED	5	6	7
8	9	10 SAL Meeting	11	12 ALR Meeting	13	14
15	16	17	18	19	20	21
	E-Board Meeting	Lions Club Meeting	Auxiliary Meeting and Installation	General Meeting and Installation		
22	23	24	25	26	27	28
29	30	31	1	2	3	4