



Ron Asby Post 304 News

4220 S. Main Street
Acworth, GA 30101
(678) 217-5738



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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

Welcome to the month of June and certainly warmer days. This is my last edition of the newsletter as I pass the gavel over to John Dowdy who has stepped up and voted to be the new Commander. I wish him nothing but the best, along with all of the new family officer's..

Sad, that as we ended the month of May, we lost another one of our brothers. Jay Thomas passed away. There will be a celebration of his life on Tuesday June 4th at the post from 7:30 to 8:30 PM

As some of you are aware, the hot water heater died in the last week. We are taking steps to replace it, but it is an unexpected expense, so if you would like to contribute toward the replacement, please let me know. It's going to cost us around \$1300.00 even with post support from Bobby Baker and Dwight Whitmore doing the labor. As soon as we get this task complete, everything should be back to normal....I know, don't speak too soon. LOL.

With Henry stepping down from kitchen duties we need others to step up to fulfill kitchen duties on certain afternoons and evenings as well as covering the ABA Morning Jolt, the Lion's Meeting and the Kiwanis Meetings. If we cannot get anyone to step up, the kitchen will be closed certain days because of lack of staff volunteers. Sorry but we have no alternative. The new incoming board's need your support!

Step up and help your Post grow!

Don't forget to remember Dad on the 16th.

ALR Blood Drive on Saturday the 8th 10 AM to 2 PM.

Lots to read so please take the time to do it.

Thanks for supporting your Post and God Bless!

Don't forget to visit our website for all the latest information:





BITS AND PIECES

Auxiliary President Lynda Asby



June brings summertime—school is out, vacations are being planned, and it is already hot!

During the month there is a flurry of special dates: D-Day is the 6th; Flag Day is the 14th (National Flag Week is from the 9th to the 15th—fly your flag with pride!); and Father's Day is June 16th. Each one of these dates has a special meaning to our great country. May you enjoy the time with your family in recognizing these special days.

The Auxiliary has a special date in June: The installation of the Officers for 2019-2020, at the meeting on the 19th, at 7:00 p.m., in the Assembly Quarters. Mary Breeding, from the 5th District, will be swearing in the officers. All members are invited to attend the installation and the social time with light refreshments afterwards.

Please join us in supporting our officers, Mary Breeding and the Auxiliary.

2019-2020 Officers:

President – Lynda Asby
1st Vice President – Betty Wilkinson
2nd Vice President – Vivian Gulledge
Treasurer – Stacy Robinson
Secretary – Mary Zelley
Chaplain – Karen Lekan

Working together we will continue in service, not self,
Lynda

Happy Birthday to our Auxiliary members in the month of June:

5th – Beth Holder
12th – Vivian Gulledge

The Adjutants Additions



Membership:

A quick update on membership for the 2019 legion year.... As stated in previous newsletters and Post meeting minutes, our goal for this year is 510. National HQ has our current membership at 493, or 97%. This is a terrific number, but at the Post level we are tracking right at 510 or 100%. The delta is due to transactions that are either in progress, or due to members transferring in or out throughout the year. Several manually processed renewals and transfers are not accounted for at National yet. So, all-in-all, we have done a great job of retaining our membership and adding many new members this year. Thanks to all who have participated in recruiting, especially Chuck Volk who has signed up numerous new members for our Post and Legion Family organizations.

And remember, July 1st starts the new 2020 Legion year, so we start the renewal cycle all over again soon.

MyLegion.org:



Did you know that you can create your own online account at the “MyLegion .org” website? You might be asking why you should consider doing this and I don’t blame you. But there are a number of benefits to you for doing so. Once you create your login and fill out your profile, you will have access to various topic areas. You can even print out a copy of your membership card for the current year if you need one. I find this is a very useful feature.

In the Subscribe section you will see information about discounts available to you, you can subscribe to email messages on topics such as National Commander Messages, Legion Rider information, Career Center, Legislative News, and even Flag Half Staff notices.

In the Magazine section you can read and even download past issues of the Legion monthly magazine.

There is a Giving section to make donating to various Legion causes simple and painless.

In the Membership section you can set up automatic payments for your annual dues, or have your renewal notices sent via email.

And finally, in the Contact section you can find information on how to contact various Legion departments and do so through online communications.

So, try it out and see if MyLegion.org has some benefit for you. Just go to mylegion.org and select the “Members” site to create your account and set up your profile.



Suicide Prevention: A Guide for Military and Veteran Families – Reprinted from a VA Bulletin

If you think a loved one is suicidal, you may be feeling scared and helpless. But you and other family members are often able to tell when a loved one is in crisis, because you know that person best. And there are ways you can help. ***This guide will help you recognize when someone is at risk for suicide and understand the actions you can take to help.***

1. Be Supportive, Active and Aware

Helping a person through a suicidal crisis is a team effort. Professionals can provide your loved one with guidance and therapy.

Your role is to:

- Be aware of warning signs
- Know how to contact emergency help when needed
- Be supportive and non-judgmental to your loved one
- Stay involved, ask questions and express your concerns to professionals

2. Know the Common Warning Signs for Suicide

There are sometimes signs that warn that a person has an increased chance of attempting suicide in the near future. If you see one or more of these **DIRECT** warning signs, your loved one needs to see a professional **right away**.

Writing or talking about suicide, a wish to die, or death

“I would be better off dead.”

“I have no reason to live.”

“Everyone would be happier if I weren’t here.”

Buying or storing things that can be used for suicide

The purchase or collection of medications, guns and ammunition, or other weapons

Searching the internet for methods of suicide

Preparing for their own death

Making sure that children, pets, elderly parents will be cared for

Updating wills, making financial arrangements for paying bills

Saying goodbye to loved ones

Giving away possessions

These signs are even more dangerous if the person:

Has attempted suicide before

Has a family member or close friend or battle buddy who died by suicide and/or

Plans to use, and has access to, an effective method (e.g., gun)

Or if you see one or more of these **INDIRECT** warning signs should cause concern, your loved one needs to see a professional **right away**.

Substance use - increase or excessive use (alcohol, drugs, cigarettes)

Hopelessness - like nothing can be done to improve a situation

Purposelessness - feeling no sense of purpose, no reason for living

Anger - rage, seeking revenge

Recklessness or risky behavior

Feeling trapped or stuck in a bad situation, with no way out

Social withdrawal - staying away from family and friends

Anxiety - agitated or irritable

Mood changes - no interest in things they usually like to do

Sleep disturbances - trouble sleeping or sleeping too much

Guilt or shame

If you or someone you know needs help right away,
call 911! Or contact the Military/Veterans Crisis Line. Dial 1-800-273-8255 (press 1)
If there is any chance that someone might get injured: Remain calm

Remove yourself or children from any danger

If possible, remove items that the person can use in a suicide attempt

3. Learn about Treatment

A person who is actively suicidal or attempts suicide often receives treatment in a hospital. This is the most protected setting. In the hospital, staff can supervise patients closely. Also, patients have limited access to things they can use to hurt themselves. When patients leave the hospital, the staff usually creates a discharge plan for follow-up care. Follow-up may be in a partial hospital program (PHP), intensive outpatient program (IOP), or an outpatient clinic. This discharge plan should include the use of a safety plan.

The Treatment Plan:

A provider will work with your loved one to create a treatment plan that focuses on treatment goals. The plan should spell out how everyone will work together to achieve these goals. The goals can focus on any area that causes your loved one stress. The goals are tailored to each person and could include mental or physical health, relationship, occupational or financial problems. Whenever possible it is best to include family members and loved ones in this plan. These plans change over time as your loved one continues on a path to better health.

Mental health professionals can determine whether a person needs to be in the hospital or another treatment setting. They will always choose the setting that best meets the needs of each patient. Levels of care include:

Inpatient (hospital): Staff can look after patients closely. Patients also receive more intensive care in the hospital.

PHP or IOP: Patients in this setting usually stay in the program during the day. They are on their own overnight and on the weekends. This allows providers to watch patients' response to treatment closely.

Outpatient clinic: Outpatient clinics can also help people at risk for suicide. When leaving the hospital, a person may attend a PHP before stepping down to an outpatient clinic.

4. Help Your Loved One through Treatment Transitions

Transitions between levels of care are times of increased concern for suicide. Therefore, pay close attention to your loved one during transitions. Your loved one can work with his or her provider to create a safety plan to help with periods of transition and throughout recovery. Safety plans help pinpoint personal warning signs and the coping strategies that have been useful in the past. You might become involved in the development of the safety plan. Or you might be asked to support your loved one as they use their safety plan.

A safety plan identifies:

Individual warning signs that may signal an increase in thoughts of suicide
Activities, social supports and/or family members that may help to distract him or her from thoughts of suicide, and focus instead on reasons to live
People he or she can call for help right away
Professionals he or she can call for immediate help
Steps to take that will keep the environment safe and limit any means to self-harm

It is important to check in with your family member and confirm the safety plan.
Strategize how you can work together to help them use their safety plan.
Ask who is included in the plan and what each person's role is.
Certain types of therapies and medications can help a person who is at risk for suicide.
A professional will know what might help your loved one the most.

5. Get Additional Information and Support

Help is always available for you and your loved ones.

Find more information at:

<http://veteranscrisisline.net>

<http://suicideoutreach.org>

<http://militarycrisisline.net>

Our foodbank donations are back. At the end of each month we will be taking our donations to a local food bank. Please give what you can ... stop by and drop off your donations.... to each monthly meeting make it a priority to bring non-perishable items ... each time you come bring a can of food so that others may eat.



For there will never cease to be poor in the land. Therefore, I command you, 'You shall open wide your hand to your brother, to the needy and to the poor, in your land.'

[Deuteronomy 15:11](#)



"This guy
plays some
great Blues!"
— Les Paul —

ROGER HURRICANE WILSON

APPEARING LIVE!

American Legion #304

Friday—June 7th & 21st—6 to 9 PM



**Bushmaster XM15ORC-OR
AR-15 Semi-Automatic Rifle with 30 Round Magazine
Retail Value of \$740
Tickets \$10 each**



**Taurus G2C931-10
9 mm Pistol with 2 x 10 Round Clips
Retail Value of \$280
Tickets \$5 each**

**Tickets available at the bar!
Drawing will be held when 100 tickets are sold for each weapon**

Winner responsible for proper licensing



**Support Combating PTSD by playing
Find the**

Queen of Hearts

Jackpot now at 10,425.00

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!

**Playing Queen of Hearts is available ONLY
to members of the Post 304 Family!**

June Birthday's

Make sure you wish them the best!

- 1—Bryce Talbert
- 2—Leon Coker
- 4—Arthur Dods, Hilliard Minton and Thomas Womack
- 5—Clifton Daniel
- 6—Mike Estrada and William Clements
- 9—Lashunda Smith
- 10—Thomas May
- 11—Donald Janecek and Larry Maxson
- 15—Curran Rau, Lawrence Redding and Charles Volk
- 17—Nils Holton and Ronald Peterson
- 20—James Sensing and Gregory Teal Sr
- 21—Thomas Stenzel
- 22—Douglas Muzik and Joel Scheppler
- 23—Charles Armento, Michael Jackson, Christopher Lowry and Fay Smith
- 24—Henry Alexander, George McDowell and Lindsey Farrell
- 26—Donald Billion, Dennis Collis and Peter Samios
- 28—Raymond Childers
- 29—Walter Goulet Sr, Benjamin Williams and Steven Strawn

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



June Happenings

Kiwanis Club meets at the post every Wednesday at 11 AM

ABA has their **Morning Jolt** every 2nd and 4th Tuesdays at 7:30 AM

Lions Club has their meetings the 1st and 3rd Tuesday's

Every Monday evening is a Dinner Special starting at 5 PM

Monday Poker Night starts at 7 PM

Wednesday Steak Nights—5 to 8 PM

4th—Jay Thomas Celebration of Life 7:30 to 8:30 PM

6th—**ALR Meeting** at 7 PM

11th—**SAL Meeting** at 7 PM

7th & 21st—**Roger “Hurricane” Wilson**
entertains in the Assembly Hall

16th—Father's Day

19th—**Auxiliary Meeting** at 7 PM

20th—**Legion General Meeting** 7 PM

22nd—Mario's Gun Safety Course

Please take some time to join these events and support your Post!