



William M. Randolph, Post 593

Non-Profit Organization

U.S. POSTAGE PAID

Converse, Texas

Permit No. 28

**The American Legion  
Of The United States of America**

326 Legion Drive West, Converse, TX 78109  
(210) 658-1111

Email: Post593tx@yahoo.com http://www.Post593.org  
Post Home Manager: Terry Smith

Hours of Operation

Mon-Thurs: 1pm—11pm  
Friday: 1pm — 1 am  
Saturday: 12pm — 1 am  
Sunday 12pm — 10:30

JULY 2017

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**Post 593 Officers:**

Commander: Chris Reed  
1st Vice: Paul Goymerac  
2nd Vice: Daniel Riggs  
Adjutant: Velma Smith  
Finance: Mike Potter  
Chaplain: Dennis Ducharme  
Judge Advocate: Danny Muth  
Historian: Ken Echerd  
Service Officer: Sebastian Rodriguez  
Sergeant At Arms: Marcelo Buckley  
Hubmaster: Dennis Ducharme

**Members at Large:**

Shad Defenbach, David Elrod, Joe Falco, Peter Paul Johnson, Mike Schumann

**Auxiliary Officers:**

President: Sandy Vinson  
Vice President: Candy Zavala  
Secretary: Michelle Muth  
Treasurer: Sue Buckley  
Historian: Brenda Weeks  
Chaplain: Paula Johnson  
Sgt At Arms: Vacant

**Members at Large:**

Rosie Cherry, Amy Kosler, Gail Zoll

**ALR Officers:**

Director: Brown Zavala  
Asst Director: Mike Schumann  
Secretary: Sue Pearce  
Treasurer: Sandy Vinson  
Road Captain: Ron Pompa  
Membership: Candy Zavala  
Sgt At Arms: Sean Lowder  
Chaplain: Tim Vinson  
Service Officer: Paula Johnson  
Historian: Tim Vinson

**Members at Large:**

Peter Paul Johnson, Sue Pearce, Brad Pierce D.J. Saey

**Sons of the American Legion:**

Commander: Dennis Ducharme  
1st Vice: Henry Creech  
2nd Vice: Joe Falco  
Adjutant: Bill Cox  
Finance: David Paris  
Chaplain: Tim Vinson  
Historian: Ken Echerd  
Sgt At Arms: Joe Falco  
Judge Advocate: Danny Muth  
Members At Large: Dan McGinnis, Rick Moe, Tim Vinson  
Advisor: David Paris

*Commander's Corner*



I am truly honored at the opportunity to be your commander for 2017-2018. I am lucky to be surrounded with a great executive board and am looking forward to working with each of you in this upcoming year.

I have worked as the 1<sup>st</sup> Vice Commander a couple times over the last few years, and I can honestly say that last year was the hardest membership year I have encountered. With dues going up a little, people moving and some other internal changes, it was difficult to get renewals. While doing post revitalization calls I personally had numerous people tell me they would not renew due to the smoking, well as you all know that is no longer an issue, so let's hope those members will return and ones we have will stay. Also we now have a great 'go getter' in that position, Paul Goymerac already has ideas on how to grow membership and how to recruit so we are looking at hitting goals early!

There are a lot of things happening within the American Legion and our Veterans Community in general, and we want to keep every-

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*Auxiliary News*



I would like to start out by thanking our outgoing Unit President Michelle Muth for all the wonderful years in a row of service. Filling your shoes is going to be a challenge but with you by my side

along with our awesome newly appointed Executive Board, as well as all of our great members and Legion family, it will be impossible to fail. It is truly an honor to be given the opportunity to be the Auxiliary President for 2017-2018. Thank you to all that served this past year. You all make service to Community, State, and Nation fun and truly a pleasure and it's been an amazing year. Thank you for all you've done and continue to do!

Now to introduce you to your new 2017-2018 Auxiliary Executive Board:

- President - Sandy Vinson
- Vice President - Candy Zavala
- Treasurer - Sue Buckley
- Secretary - Michelle Muth
- Chaplain - Paula Johnson
- Historian - Brenda Week
- Sgt-At-Arms - Vacant

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one informed on changes, get input for ideas and yes even listen to complaints. With that being said, we ask that you please read (at least scan over) your emails from the Post, District, Department and National. There is often information about changes within the VA, legislature, benefits, discounts and much more. Also, please know that our members at large are there for you, see the list of officers on the front page to find "your go to person".

Reminder July 1<sup>st</sup> we have the Post Picnic, 7<sup>th</sup> is Chicken Fried Steak (SAL), 8<sup>th</sup> is Breakfast, 9<sup>th</sup> is Jam Session (steel guitar association), 14<sup>th</sup>-16<sup>th</sup> is Department Convention in Killeen and the 28<sup>th</sup> is Steak night. The breakfast and Steak night are hosted by all 4 divisions, so please see Daniel Riggs if you want to volunteer.

And finally, I want to say how excited I am about the officers we have in all four divisions. I want to wish Sandy, Dennis, Brown and their executive board's great success. I am looking forward to us all working together for the common good of our Military, our Veterans, their families and the community, state and nation.

For God and Country,

Chris Reed

Commander

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Congratulations and thank you for your service. We are going to have an awesome year!! Please remember that there is no meeting this month so I look forward to seeing you all at our next meeting on August 2<sup>nd</sup>. In the meantime, enjoy your summer and all the upcoming events we have going on for this month at our Post home.

Until then, respectfully yours,

Sandy Vinson

ALA President Unit 593

### ELECTRONIC NEWSLETTERS

To get your name on the electronic delivery list, please send an email to [alpost593newsletter@yahoo.com](mailto:alpost593newsletter@yahoo.com). Thanks for your support to save some dollars\$\$\$.

### **Saving Cans**

Many thanks to those who have been helping us save cans for the past few years. This has brought into the Legion coffers almost \$10,000 in the last 11 years. Aluminum cans, brass, copper wire, and batteries are all salvageable.

No bottles or plastic please.



### *SAL News*

Folks,

Our Sons fishing outing was a success. We had 3 children (plus two of their Dads and two of their Granddads) and 10 adults show up for our first fishing excursion. First place was won by Michael Zurovec who received a new fishing pole and reel. The SAL has decided to make this a biannual event...once in the spring and once in the fall. Keep an eye out for our next tournament.

Our installation of officers was a wonderful evening. Thanks to Detachment Commander Henry Creech and his team for installing us. Our Squadron members are looking forward to another successful year working with our Legion Family.

This month begins the membership early bird period. Please help us get off to a good start by renewing early.

Calling all S.A.L. members of all ages! Please come join us at our next General Membership Meeting on Tuesday, 18 July at 7pm and get to know our members and see what's being planned and maybe even help out! We need your support!

For God and Country,

Dennis Ducharme

Squadron 593 Commander

## **Post Everlasting Ceremony**

**We cordially invite you and your family and friends to attend our Post Everlasting Ceremony. It will be held on Wednesday, July 5th, 2017 at 7:30 pm at the Legion Post Hall.**

**A Post Everlasting is a short dignified ceremony (20 – 30 minutes) that is held by The American Legion to honor our departed comrades. Light refreshments will be served afterwards.**

**Members who will be transferred to the Post Everlasting are:**

**Lawrence Cill**

**Paul A. Crafton**

**John Curtis**

**Fred A. Overly**

**Edward J. Parnell, Jr.**

**Please joinn us as we remember our fellow Legionnaires who reported to the Great Commander of All this past year.**

**Yours in Service,**

**Dennis Ducharme**

**Post 593 Chaplain**

## *Riders Report*



Happy Fourth of July!! Congratulations to the 2017-2018 Riders Executive Committee! Our primary focus this year will be hosting the Legion Riders State Rally, 8-10 Jun 2018. I look forward to working with our entire chapter and Post to make this the best rally yet! Our Rider of the Year for 2017 is Alice Wagener... well deserved! I invite all Riders to join me in Killeen for the Department Convention ALR Meeting on 15 Jul 17. This is a great opportunity for us to show support for the ALR Advisor and get information on ALR Events happening around the State. We are now in the "dog days of summer", so please remember to stay hydrated and wear protective clothing and sunblock when you hit the road!

Riders Rock!!

Keep Your Knees in the Breeze!

Brown Zavala

ALR Director, Post 593



## *Service Officer News and Notes*

Around 8% of the US population will experience PTSD in their life. While it is more common for veterans to suffer from PTSD than the average person due to the variety of stressful situations they experience, the VA estimates that the number of veterans that suffer from PTSD varies by service era.

Research has shown that there are factors that overlap in both disorders which affect and aggravate each other. Overlapping factors include disturbed sleep in combat, excessive sleep deprivation, fragmented sleep, hyperarousal, and chronic stress. Although all of these symptoms contribute to the interaction between sleep apnea and PTSD, the main culprits seem to be sleep deprivation and chronic stress.

The important takeaway message is that if you are a veteran suffering from PTSD, it is important to get a screening for sleep apnea. If you have undiagnosed sleep apnea, you could be suffering from symptoms that can be treated. Reports have also shown that receiving the appropriate treatment for sleep apnea can improve PTSD symptoms. It is also important to be screened for sleep apnea because if left untreated, sleep apnea can lead to the development of other health issues including:

- High blood pressure
- Stroke
- Heart failure, irregular heartbeats, and heart attacks
- Diabetes
- Depression
- Worsening of ADHD
- Headaches

Although sleep apnea is commonly associated in society with older, overweight individuals, the interplay with PTSD has a lot of younger, fit individuals being diagnosed with sleep apnea. At the end of the day, regardless of your demographics, if you are suffering from PTSD, it is important to ask your doctor for a screening for sleep apnea to prevent further complications of your health as well as potentially treat some of your current symptoms.

**Sebastian Rodriguez**

**Post 593 Service Officer**

# July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 July 4 <sup>th</sup> Picnic 2:00 PM
2	3	4 ALR Exec. Mtg. 7:30pm	5 Post Everlasting 7:30 pm (No GMM)	6 Pool League	7	8 Breakfast \$6 8-11
9 Jam Session with Grill 2 PM	10 Shuffleboard League	11 ALR GMM Mtg. 7:30pm	12	13 Pool League Tri-City Flyers Grill 6 PM	14 Chicken Fried Steak Night \$8 6 PM	15 Shuffleboard 4 pm Aux Grill 5:30 pm Dart Tourney 7:15 pm
16	17 Shuffleboard League	18 SAL Mtg. - 7:00 pm	19 Legion Exec. Mtg. 7:00 pm	20 Pool League	21	22
23	24	25	26	27 Pool League	28 Steak Night \$13 7 PM	29
30	31					



**ZUMBA**  
Every Tuesday  
At 6:15 pm - \$3

**UPCOMING EVENTS:**

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We are also on Facebook - Post 593 or American Legion  
Riders Post 593 - CHECK US OUT!!!

Get your Newsletter by email by sending an email to:  
[alpost593newsletter@yahoo.com](mailto:alpost593newsletter@yahoo.com)

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# 4th of July Party

When: Saturday, July 1st

Where: American Legion Post 593

Time: 2:00 pm

We will be cooking hamburgers and hotdogs. Please bring your favorite side dish or dessert to share with everyone! The food will be ready at 2:30 pm.

**We will have a shuffleboard tournament starting at 3:00 pm.**

Invite your friends and family! Gonna be a good time!!





**AMERICAN LEGION POST 593**

**326 LEGION DRIVE WEST**

**CONVERSE TX 78109**

**JULY 8, 2017**



**MONTHLY BREAKFAST**

**2<sup>ND</sup> SATURDAY OF THE MONTH FROM JANUARY – OCTOBER.**

**SERVING FROM 8AM-11AM (OR WE RUN OUT)**

**\$6.00 ALL YOU CAN EAT**

**(NO CARRY OUT ORDERS PLEASE)**



**INCLUDES ALL OF THE FOLLOWING: EGGS TO ORDER,**

**PANCAKES, FRENCH TOAST, HASH BROWNS, SAUSAGE,**



**BACON, BISCUITS, GRAVY, COFFEE AND ORANGE JUICE.**



**OCCASSIONALLY FRUIT AND PASTRIES ARE AVAILABLE.**

*Dates for rest of 2017*

*July 8<sup>th</sup>, August 12<sup>th</sup>, September 9<sup>th</sup>, October 14<sup>th</sup>*

**American Legion Post 593**  
**Chicken Fried Steak Night by the**  
**Sons of the American Legion.**

**Friday, July 14th**

**6:00 pm—7:30 pm**

**(Or until we sell out!)**

**Hand breaded Chicken Fried Steak with choice of green beans or corn, mashed potatoes, and rolls.**

**\$8.00**



**INVITE YOUR  
FAMILY AND  
FRIENDS!!  
OPEN TO THE  
PUBLIC!**

**Come support and meet the local VA patients  
who are hosted each month by the ALR.**



## Converse Texas Post 593

### Monthly Shuffleboard Tournament

Saturday July 15th

Blind Draw

\$5.00 per person

4:00pm start time

First 24 signed up get to play

Signup starts at 3:30

Auxiliary Grill opens at 5:30

Menu to be determined (\$5.00 cost)





**AMERICAN LEGION POST 593**

**326 LEGION DRIVE WEST**

**CONVERSE TX 78109**

**JULY 28, 2017**



**MONTHLY Steak Night and Karaoke**

**Last Friday of the month from January - October.**

**Serving from 6pm – 8pm (or we run out) Singing starts around  
7:30pm**

**INCLUDES ALL OF THE FOLLOWING: 12-14 oz Ribeye, Baked Potato  
(with all the fixings), Vegetable (corn or green beans) salad and roll**



***Dates for rest of 2017***

***July 28<sup>th</sup>, August 25<sup>th</sup>, September 29<sup>th</sup>, October 27<sup>th</sup>)***