



William M. Randolph, Post 593

The American Legion

Of The United States of America
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(210) 658-1111

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Post Home Manager: Terry Smith



Hours of Operation

Mon-Thur: 1pm-11:00pm

Friday: 1pm - 1am

Saturday: 12pm - 1am

Sunday: 12pm-10:30pm

(Hours may vary due to business)

Post 593 Officers:

Commander: Dave Paris
1st Vice: Joe Falco
2nd Vice: Christine Reed
Adjutant: Gary Bartel
Finance Officer: John Orff
Chaplain: Dennis Ducharme
Judge Advocate: Joe Guastella
Historian: Acting: Ken Echerd
Service Officer: Shannon Lynde
Sergeant At Arms: Rick White
Hubmaster: Christy Miller
Members at Large:
Paul Crafton, Shad Defenbach,
Jay McCall, Peter Muth, Velma
Smith, Denny Taylor

Auxiliary Officers:

President: Pati Bennett
Vice President: Denise Yanus
Secretary: Sandy Vinson
Treasurer: Irma Ducharme
Historian: Diane Echerd
Chaplain: Michelle Smith
Sgt At Arms: Brenda Weeks

Members at Large:

Candy Zavala, Hilda Bray, Isabelle
Siepker

ALR Officers:

Director: Jim Bennett
Asst Director: Peter (Dan) Muth
Secretary: Sandy Vinson
Treasurer: Roxanne Muth
Road Captain: Terry Smith
Membership: Pati Bennett
Historian: Butch Rogerst
Sgt. At Arms: Tom Harm
Chaplain: Tim Vinson
Service Officer: Clayton Smith
Members at Large:
Ruben Aguirre, Paula Johnson, Jay
McCall

Sons of the American Legion:

Commander: Henry Creech
1st Vice: Brad Smith
2nd Vice: Billy Feehan
Adjutant/Finance: Henry Creech
Chaplain: Tim Vinson
Historian: Billy Feehan
Sgt at Arms: Ken Tidball

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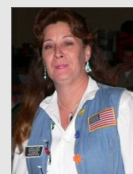


Commander's Corner

First of all, on behalf of myself and the entire elected slate of officers, thank you for the privilege bestowed by the recent election. I promise, once again, to do the job to the best of my ability while keeping the principles of the American Legion foremost in decisions and actions. Installation will be on Saturday, July 16th, and all are invited to attend. Social hour will begin at 5 with the informal program at 6. The actual installation for the Auxiliary and Legion will begin after that. For those unable to attend, it is my proud honor to announce Past Commander Joe Guastella will be the installing officer for the Legion. Hope you can make it.

Many officers, by virtue of the position they hold, put in many volunteer hours. Our Historian, Ken Echerd, has again compiled a wonderful yearbook for submission to the Department for competition and I know it took a lot of his time just shooting pictures, let alone creating the book. This year we will make it easier for all to review. We'll be posting it on our website in adobe format. The convention is at the end of June and I just don't have the results available yet but I'm sure it is worthy of first place!

(Continued on page 2)



Auxiliary News

May I start by saying it is HOT, HOT, HOT. Ok enough for the obvious. I hope everyone is doing their best to stay cool and comfortable whenever possible.

I would like to thank all of those who have shown their faith in me to honor me with the position of President of the Auxiliary for this next year. I'm sure, if we all work together it can be a wonderful 12 months and we will accomplish some wonderful things.

The new executive board has been voted in and I would like to say congratulations to all who have stepped up to a position. Your new Auxiliary board is as follows: President-Pati Bennett, Vice President- Denise Yanus. Secretary-Sandy Vinson, Treasurer-Irma Ducharme, Chaplain- Michelle Smith, Sgt-at-arms-Brenda Weeks, Historian-Dianne Eckerd, Members at large-Candy Zavala, Hilda Bray, and Isabelle Seipker. Once again, congratulations to all.

(Continued on page 2)

(Commander's Corner Continued from page 1)

If you haven't gotten tickets to attend the Sixth Annual Legacy Dinner, please see the bartenders or any of the key sellers listed at the Post. This event supports an extremely needed American Legion national program and is nothing less than a stellar evening of food and fun while raising money.

As many of you are aware, the war on terror has affected our immediate Legion family members. Our thoughts and prayers go to the Wagoner family who have lost their nephew in Afghanistan, and the Mills family who lost their Son-In-Law in the same theater of operation. Never forget there are those who ensure our freedoms continue, but they often come at a great price. Independence Day at the Post, which we will celebrate on Sunday, July 3rd, will be a reminder of those watching over us.

For God and Country,

—David Paris
Commander

Did you know we can make some extra money recycling common household items? Well we can, and we do. Save up your used aluminum cans, batteries, copper, brass and newspapers. Contact John Orff for more information.

(Auxiliary News Continued from page 1)

Breakfast this month was a good time. With the school year just ending, I'm sure there were some folks that didn't make it out due to being on vacation. I am hoping that everyone who does take a vacation has a safe and wonderful time.

Thanks to all who stepped up and helped the crew with Steak Night. Part of the normal crew was away at the Department Convention and it was wonderful to see so many volunteer to help out. That is what this Legion family is all about.

The month of July holds several activities we can all enjoy. There will be a 4th of July celebration for anyone who would like to sign up children and grandchildren held at the post on the 3rd. Also, don't forget, Chicken Fried Steak and Breakfast on the second weekend. Installation of officers will be on the 16th and Steak night will be moved to the 22nd due to scheduling for the Legacy Dinner which is on the 29th. If you have anything you might feel could be used as an auction item, please contact Michelle Smith or Hanna Taylor. Also, If you would like to buy tickets or help sell tickets, please contact myself, Hanna, Michelle, Candy, Velma Smith.

Before I close, I just want to remind all that our meetings are the 1st Wednesday of every month at 7:30. Come on out and meet our newly elected officers and the gals that make our unit so awesome (that would be "U").

Have a great month of July and we hope to see you at the post.

—Pati Bennett
President, ALA Unit 593

Smart phone applications assist Veterans

June 17, 2011 By Bonnie Fletcher, Texas Veterans Commission, Austin

A new smart phone application launched by the U.S. Department of Veterans Affairs (VA) and the U.S. Department of Defense (DoD) in April 2011 is designed to help servicemembers and Veterans manage their adjustment challenges with Post-Traumatic Stress Disorder (PTSD). The application, PTSD Coach, has been downloaded by over 5,000 users in over 25 countries.

The app lets users track their PTSD symptoms and take personal assessments. It also teaches helpful strategies and exercises to manage PTSD from the palm of the user's hand.

Tools include relaxation skills, positive self-talk, anger management, and other common self-help strategies. Also, the tool can be used anonymously.

The application is free and is not only designed for Veterans who may experience PTSD, but also for friends, family or professionals who seek more information about this issue.

"This new tool is about helping Veterans and servicemembers when and where they need it," said Secretary of Veterans Affairs, Eric K. Shinseki. "We are encouraged so many have already downloaded this resource and hope many more will utilize this convenient tool to access VA services."

While the assessments and checklists in the app are valid measures, the app is intended for combined use with professional care. The application specifically states that it will not diagnose PTSD or offer treatment, only a trained professional can do that. It does have useful information about PTSD and tools for managing the stresses that come with life after trauma. Within the first two hours of the app's official launch, a Veteran contacted the Veterans Crisis Line because the app instructed the Veteran to call. The Veteran was immediately set up with an appointment at their local VA medical center.

PTSD Coach can be downloaded for free from the iTunes App Store, on iPhone, iPod touch, or iPad. It will also be available for Android phones soon.

For more information, including instructions on how to download the PTSD Coach app go to: <http://www.ptsd.va.gov/public/pages/PTSDCoach.asp>



Rider's Report

July has finally arrived with the heat dominating every day. But the elections are over and your new board has been elected and will be continuing the excellence that has been the spirit of our Legion Riders since we started.

I want to say thank you to all for a great year and the honor I had to be your Director. Although I had to take a leave of absence for work commitments, you all pulled together and made the ALR State Rally a great success. I look forward to next year in Abilene and let's see if they can outdo the Riders of 593.

This month is our annual Taste of Freedom Dinner on July 29 to benefit the Legacy Scholarship Fund.. This is our other major event of the year and the efforts to make this event a success are done throughout the year leading up to the dinner.

Tickets are still available and it is hoped that all the riders come out for a great evening of food, music, and the auctions.. If you have not yet got your tickets please contact Pati Bennett, Michelle Smith, Hanna Taylor or stop by the canteen to get them.

Let's make this year's event even better than last year with the hopes of raising the funds for the children of our deceased service members.

On the 3rd of July there will be the Legion 4th of July get together for the entire family. There will be food, games for all, and there is the rumor of a balloon toss game. What better way to cool off on a hot July afternoon. Please come out and have some fun.

In closing this last article during my time as Director, I would, as always, ask that each and every one of the riders stay, or become, involved in the things that occur. Many things go on during the year, and obviously no one is expected to make all the events, but I challenge you to make the effort if no more than to do **Just One Thing**. With over 150 members, if everyone participated in just one event everything would be so much better and allow for the fun to occur.

I wish all of you continued success and look forward the coming year.

—Jim Bennett
Director, Post 593 Riders

We would like to fill the picture boards near the pool table with photos our Military family members and ourselves. Please bring in anything you like to share with the Post Membership.

9-11 Anniversary Remembrance



Folks, 2011 marks the 10th Anniversary of the horrible September 11 2001 tragedy. Rudy Guastella is heading up a committee to honor those who gave all on that fateful day. They are in early planning stages and can use your help. Please join Rudy and his group on July 27th at 7:30pm at the Post if you're interested in lending a hand during this service. For more information, contact Rudy at 516-668-6387. Thank you for your continued support of our Legion events and programs.



MILITARY APPRECIATION

~ A SIZZLING SALUTE! ~

\$49 MILITARY PRIME TIME ANYTIME!

Ruth's Chris Steak House \$49 **MILITARY PRIME TIME ANYTIME** Menu is offered daily for Military men & women—active duty or retired—and their families...includes a glass of Murrieta's Well wine for a **SIZZLING SALUTE!** We want our military to enjoy a Ruth's Chris experience and in some small way demonstrate our appreciation for your service to our country.

Enjoy a Complete 3 Course Meal that includes a Starter, Entrée, Side Dish & Dessert & A Glass of Murrieta's Well Wine ~ The Whip or The Spur

Choice of Starter

Soup du Jour

Steak House Salad ~ Mixed greens with grape tomatoes, garlic croutons, red onions & your choice of dressing

Caesar Salad ~ Crisp romaine hearts tossed with Romano cheese & our creamy Caesar dressing

Choice of Entrée

Filet ~ 8 oz. of tender, corn-fed Midwestern beef, broiled to your liking

Stuffed Chicken Breast ~ Oven roasted double chicken breast stuffed with garlic herb cheese

Market Fresh Seafood Selection ~ Your server will describe the seafood our chef has selected for today

Choose One of our Famous Side Dishes

Sautéed Mushrooms

Mashed Potatoes

Creamed Spinach

Choice of Dessert

Cheesecake ~ Creamy cheesecake with a pecan crust served with blueberry sauce

Chocolate Chunk Bread Pudding ~ Chocolate lovers delight with chunks of white & semi-sweet chocolate, mixed with chopped pecans & topped with caramel

Ice Cream or Sorbet

No Substitutions Please!

*Must present Military ID Card



Complimentary Valet Parking & Downtown Shuttle
1170 E. Commerce @ Sunset Station
Call for Reservations 210.227.8847

Complimentary Valet Parking
7720 Jones Maltzberger @ Concord Plaza
Call for Reservations 210.821.5051

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American Legion Post 593



July 2011	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
General Membership Meeting 6 July 7:30 PM	Due to the Legacy Taste Of Freedom Dinner Steak Night will be moved to the 4th Friday, 22 July. There are a few changes for July. Due to the Installation of Officers the Dart Tournament will be moved to the 4th Saturday, 23 July.				 Join us on Facebook Look up Post 593 TX to join	1 Shuffle Board Challenge 7:30 pm	2
Chicken Fried Steak Dinner 8 July 6-8PM	Beginning this month, the price for Breakfast will drop to \$6.00	4 	5 ALR Exec Mtg 7:30 Dart League 7 pm	6 General Membership (Post Everlasting) Meeting 7:30 pm	7	8 Chicken Fried Steak Dinner 6-8PM Shuffle Board Challenge 7:30 pm	9 Breakfast 8-11 am
Breakfast, 9 July 8-11AM	July 4th Picnic. Meat provided. Please bring a covered dish. Kids and adult games planned.	11	12 ALR Gen Mbr Mtg 7:30 pm Dart League 7 pm	13	14	15 Shuffle Board Challenge 7:30 pm	16 Installation of Officers 5:00PM
Installation of Officers 16 July 5PM		18	19 Dart League 7 pm	20 Post Exec Mtg, 7:30 pm	21 Riders Grill 6-8pm Dart League 7 pm	22 Steak Night 6-8PM Entertainment to Follow Shuffle Board Challenge 7:30 pm	23 Dart Tournament 7:30 PM
Steak Night 22 July 6-8PM		25	26 Dart League 7 pm	27 9-11 Memorial Meeting 7:30PM	28 Riders Grill 6-8pm Dart League 7 pm	29 Taste Of Freedom Dinner	30
Dart Tourney 23 July 7:30		31 SAL Installation 4PM	Dart League 7 pm	Dart League 7 pm	Riders Grill 6-8pm Dart League 7 pm		
9-11 Memorial Meeting 27 July 7:30PM							
Legacy Taste of Freedom Dinner 29 July							