



William M. Randolph, Post 593

The American Legion

Of The United States of America
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Post 593 Officers:

Commander: Jack Leanhart
1st Vice: John Orff
2nd Vice: Darrell Goemmer
Adjutant: Gary Bartel
Finance Officer: Dave Paris
Chaplain: Dennis Ducharme
Judge Advocate: Joe Guastella
Historian: Acting: Ken Echerd
Service Officer: Shannon Lynde
Sergeant At Arms: Abram Zavala

Members at Large:

Ruben Aguirre, Joe Falco, Jay McCall, Velma Smith, Rick Stigall, Denny Taylor

Auxiliary Officers:

President: Sarah Toten
Vice President: Pat McLeod
Secretary: Candy Zavala
Treasurer: Irma Ducharme
Historian: Julie Graykowski
Chaplain: Isabel Siepkner
Sgt At Arms: Rose Lewis

Members at Large:

Ada Wear, Loretta Kusek, Melisia Perez

ALR Officers:

Director: Brown Zavala
Asst Director: Rick Stigall
Secretary: Carolyn Putalavage
Treasurer: Kani Nichols
Road Captain: Dennis South
Membership: Debi Aguirre
Historian: Candy Zavala
Sgt. At Arms: Terry Smith
Chaplain: Paula Johnson
Service Officer: Bill Papa
Members at Large:
Ruben Aguirre, Bill Papa, Orlando Perez

Sons of the American Legion:

Commander: Tommy Allmon
1st Vice: Brian Glenn
2nd Vice: Brad Smith
Treasurer: Kenneth Tidball
Adjutant: Kenneth Tidball
Chaplain: Matthew Lacey
Historian: Billy Feehan
Sgt at Arms: Henry Creech



Commander's Corner

As you are reading this, the ballot for officers for 2009-2010 should be finalized. But, in case this newsletter reaches you before the General Membership Meeting on May 6th, you can still add names. As per our By-Laws, our nomination book that is behind the bar is pulled at close of business on April 30th. Then, during the May Gen'l Membership Meeting, nominations will be accepted from the floor. There is one caveat; if someone is nominated from the floor, they MUST be present to accept. If they are not present there is no nomination. Get involved folks! As I am writing this article the nomination book is very "thin." Oh, and do not forget that our voting day is the 1st Wed of June which is the 3rd. It is All Day Voting. If you have some time that you can spare on that day, Joe Guastella needs some assistance manning the voting booth. Let him know.

I would like to extend my personal Thanks to John, Henry, and Dan. They worked VERY HARD on the floor this past month and their efforts are appreciated. The new floor looks OUTSTANDING! Try to think back 9 months and picture what our post looked like. Then take a close

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Auxiliary News

It's time to think about officers for the 2009-2010 year. Auxiliary elections are getting closer. Nominations will be taken from the floor during the May and June meetings with elections taking place during the June meeting. It is great to see so many people nominated for the various offices.

The Children's Easter party went very well with the Easter Bunny (Candy Zavala) arriving just in time to help with the Easter egg hunt. Thank you Irma, Karon, and everyone that donated the food and contributed their time.

If you haven't volunteered to help with the Jubilee please sign up, I understand they are in dire need of volunteers to help in the booths and other positions. Sign up sheets are at the legion, and any help will be appreciated.

We are collecting food coupons at every meeting, and Julie Collier is the chairperson. The coupons will be sent to a commissary overseas and it doesn't matter if the coupon dates have expired, the overseas commissary will honor them.

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look around now. Cleaned and painted ceiling... Carpet is gone... new tile in the main bar area... new chairs... and new surface on the remaining floor areas. After having spoken on many occasions with these individuals, I am confident that they are not done. Yes, we need a new Post Home badly. However, we need to live in the one we have until that time.

Speaking of New Post Home, I sincerely hope that all of you will be able to lend a hand to Dennis Ducharme during the 2nd annual Legion Jubilee this month. There is information about it all over the post, on the video screen, and in this newsletter. Dennis did a great job organizing the event last year and I am sure that this year will be even better. However, he needs each of us to step up and help out. Dennis, in case I don't say it enough, "KEEP UP THE GOOD WORK!"

One last note: One of our Active Duty Members, Jay McCall, recently received orders to Afghanistan and will have already been gone by the time you read this. Please, join me in keeping Jay and Lee in your prayers as we do all service members serving overseas. God Bless our Military!

Until next month...

—Jack Leanhart

Health Tip: One of the hardest things in life to do for most people is to ask for help. But there are times that we all need to talk through our worries or seek advice from others. Also, there are times we need to listen, especially when someone near us needs to share their hardships. Being able to reach out to others or having others reach for you is good for the brain, this interaction with friends and family relieves **STRESS**.

“Chronic stress disrupts nearly every system in your body. It can raise your blood pressure, suppress the immune system, increase the risk of heart attack and stroke, contribute to infertility, and speed up the aging process. Long-term stress can even rewire the brain, leaving you more vulnerable to anxiety and depression.” (Understanding Stress) A person under chronic stress can experience poor memory, moodiness, aches and pains, loss of sex drive, neglecting responsibilities, isolation from others and many more signs and symptoms that can be found at the following web site: http://www.helpguide.org/mental/stress_signs.htm

Each of us handles stress differently. Stress can become a normal way of life; our bodies get use to it. We never know our stresses are out of control and that they are continuing to take over our mind, body and behaviors. This is why it is important to learn how to manage stress, even when we feel good.

Many of us know how to take care of our bodies physically with exercise, diet and hard work. But we neglect to recognize the same efforts have to be put into our emotional well being. Learn to relax. Relaxation exercises such as yoga, meditation and deep breathing help to reach restfulness. Having a network of close friends or family is the greatest protection against stress. Everyday pressures or sudden emergencies do not seem so overwhelming knowing you have people that care for you.

Having that spotless home or working extra hard for that promotion will not do you any good if you are not in charge of your body mentally and physically to enjoy life and people in your life. Just say “no”, kick off your shoes for a walk in the sand, share a cup of coffee with a friend or provide help to a stranger; you'll feel better.

—Velma Smith

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We are 11 away from meeting our membership goal of 327, if you know of someone that would be interested in joining please contact someone at the post for an application.

Our next meeting is on 03 Jun 2009; hope to see you there.

—Sarah Toten

Jubilee Info



Folks, the 2nd Annual Legion Jubilee is finally here!

We still need lots of people to volunteer some of their time to work our event! Please try to come out and work a shift or two. Sign-up sheets are on the wall in the hallway next to the restrooms.

We're trying to hold a TABC class on Sunday, May 3rd. If you'd like to work in the beer booth, you must be TABC certified! The Jubilee committee will pay for your class. Certification is good for two years. Those that took the class last year are still certified!

If you have any questions or comments, give me a call on my cell at (210) 630-0655.

See you at the Jubilee!!

—Dennis Ducharme

1st Vice News



Most of our interior work is complete, thank you one and all. A special thank you needs to be expressed to Henry Creech. Your maintenance committee also deemed two more projects are of the utmost importance and should be addressed as soon as possible:

- 1. The elevation around the hall needs rework to stop the water from entering .
- 2. The restoration to the Friesenhan Pavilion.

At our last Executive Committee meeting our American Legion Riders donated \$1000 toward the completion of these projects. Labor and some donations are still needed. Peter Paul Johnson is the Foreman in charge of the elevation to stop water leakage and will appreciate all volunteer help. I will keep you posted and beg for help on the pavilion. We also need monies for 8 more bar stools.

We are approximately 35 members away from reaching our membership goal. I know you all have heard the phrase hug somebody it will make you feel good, so I am asking everybody to hug somebody then invite them to join our legion family. Thank you for all you have done for our Post.

—John Orff

Jubilee Schedule

Thursday, May 7th: 5 – 11 pm: Family Night!

(No alcohol on sale tonight and no Arts & Crafts booths)
Carnival, 5 pm – Closing, Wrist Bands only \$15 Today!
Legion Food Booths, 5 pm – 10 pm
Entertainment: Karaoke, 6 pm – 10 pm
Obedience Dog Training Demo by Four Paws Inn, 7 pm
Teen Square Dancers, 7 pm (by pool)

Friday, May 8th: 4 pm – 12 am

Carnival, 4 pm – Closing
Live Entertainment: Rock Night, 5 bands!!
Food Booths, 4 pm – 11 pm
Arts & Crafts Booths, 4 pm – 11 pm

Saturday, May 9th: 10 am – 1 am

Carnival, Noon – Closing
Live Entertainment: Country Night, 7 bands!!!
Car Show, Registration from 9 am – 12 pm
Arts & Crafts Booths, Open at 10 am
Children Fingerprinting by Converse P.D., 10 am – 2 pm
Converse Pet Shelter, 10 am – 6 pm
Health Fair, 10 am – 8 pm
Food Booths, 11 am – 11 pm
Silent Auction Bids / Raffle Tickets on Sale
Motorcycle Run, 1st Bike out at 10 am
Dunking Booth, Noon – 6 pm
Opening Ceremony, 1:00 pm – 1:15 pm
Square Dancers, 1:15 pm – 2 pm
Martial Arts Demonstration, 3 pm
Police Department Dog Demonstration, 3:30 pm
Motorcycle Run, Last Bike in 3:30 pm
Car Show Awards, 4:30 pm
Motorcycle Show, Judging at 4:30 pm
Bike Run and Show Awards at 5:30 pm

Sunday, May 10th – Noon to 6 pm

Chili and Bean Cook Off, Registration Begins at 7:30 am
Carnival, Noon – Closing
Live Entertainment: 3 bands!!!
Food Booths, Noon – 5 pm
Converse Pet Shelter, Noon – 5 pm
Arts & Crafts Booths, Noon – 6 pm
Face Painting, Noon – 4 pm
Dunking Booth, Noon – 4 pm
Cloggers Demonstration, 1 pm – 1:30 pm
Horseshoe Tournament, Starts 1 pm
River City Gymnastics Demonstration, 2:30 pm
Chili and Bean Cook Off, Turn-In at 2:30 pm
Chili and Bean Cook Off, Awards at 4 pm
Silent Auction / Raffle Drawing, 4 pm
Fire Department Demonstration, 4:30 pm
Flag Retirement Ceremony, 5:15 pm
“My Mom is the Best” Essay Contest Awards, 5:30 pm
Closing Ceremony, 5:40 pm

Band Schedule

Thursday – Family Night

6 pm – 10 pm
Karaoke by Billy Feehan

Friday – Rock Night

5 pm – 6 pm
Jar of Flies
6:30 pm – 7:30 pm
Purple Sage
8 pm – 9 pm
Rhyme Mind Theory
9:30 pm – 10:30 pm
Jumping Munks
11 pm – Midnight
Dick Wiggler & the Cattleguard

Saturday – Country Night

2 pm – 3 pm
Emmerson Biggins
3:45 pm – 4:30
Chris King
5 pm – 6 pm
Eric Scott
6:30 pm – 7:30 pm
Jack Levitt
8 pm – 9 pm
Syx
9:30 pm – 10:30 pm
Tina Y & Grupo Tormenta
11 pm – Midnight
Ashlee Rose

Sunday - Potpourri

Noon – 1 pm
Indian Summer
1:30 pm – 2:30 pm
Paul Eason / Beverly Hensley
3 pm – 4 pm
Buster Jiggs

**FREE ADMISSION AND
PARKING!!**

(Schedule subject to change.)



WILLIAM M. RANDOLPH

Post No. 593



AMERICAN



LEGION

JUBILEE
CONVERSE CITY PARK

MAY 7—10, 2009

CARNIVAL ■ LIVE MUSIC ■ GREAT FOOD ■ CAR SHOW
MOTORCYCLE RUN ■ GYMNASTICS AND DANCE DEMOS
ARTS & CRAFTS VENDORS ■ FLAG RETIREMENT ■ KARAOKE
CHILI & BEAN COOKOFF ■ RAFFLES ■ DUNKING BOOTH
SILENT AUCTION ■ CHILDREN FINGERPRINTING ■ AND MORE!

THURSDAY, MAY 7TH	FRIDAY, MAY 8TH	SATURDAY, MAY 9TH	SUNDAY, MAY 10TH
5 PM – 11 PM FAMILY NIGHT!	4 PM – 12 AM ROCK NIGHT!	10 AM – 1 AM COUNTRY NIGHT!	NOON – 6 PM MISC ARTISTS!

ON FAMILY NIGHT NO ALCOHOL SOLD AND WRIST BANDS ARE ONLY \$15!

FREE ADMISSION & PARKING ALL WEEKEND!

CALL US OR VISIT OUR WEBSITE TO RESERVE YOUR FOOD OR VENDOR BOOTH, OR TO SIGN-UP FOR THE CAR SHOW, MOTORCYCLE SHOW, MOTORCYCLE RUN, OR THE CHILI COOK-OFF!

(210) 658-1111 WWW.POST593.ORG



LEGION JUBILEE



1ST ANNUAL CHILI AND BEAN COOKOFF

MAY 10^T, 2009

CONVERSE CITY PARK

Chili Cook-off rules

\$10.00 Entry Fee

May not include beans, rice or fillers of any kind

Coarsely ground or finely chopped meat

"Floaters" not accepted

Bean Cook-off rules

\$10.00 Entry Fee

Must be Pinto Beans

Any spices, any meat allowed

All cooking on site

Registration will begin at 7:30 am May 10th

Anyone may start setup after 8:00 am. Turn in time is 2:30 pm. Any and all cooking will be onsite. You must supply any and all equipment necessary. No electricity on site. Must be prepared out in the open in as sanitary a manner as possible, we encourage small cups with spoons for guests to be able to taste. No limit on how much is prepared but you must have at least 16-20 oz to turn in for judging. All judging will be according to Tolbert Rules.

For a complete description of rules and judging rules, visit

www.post593.org "Chili Cook-off"

