The American Legion ——

TIREY J FORD POST 21 16701 E. 40 HIGHWAY INDEPENDENCE, MO 64055-5328 816-373-0221

MARCH 2017



HOME POST OF PRESIDENT HARRY STRUMAN CHARTERED MAY 1, 1921

BUSINESS OFFICE HOURS: MON-FRI 9:00 AM - 3:00 PM ADJUTANT OFFICE HOURS: MON - FRI 9:30 AM-3:00 PM Lounge Hours:

Monday - Saturday 2:00 P.M. - 9:00 P.M.

Sunday - 11:30 AM - 7:00 PM

POST EVENTS FOR MARCH

AUXILIARY E-BOARD MEETING MARCH

POST MEETING - MARCH 2nd @ 7:00 PM AUXILIARY MEETING - MARCH 2nd @ 7:00 PM SAL MEETING - MARCH 1st @ 7:00 PM

ALR MEETING -MARCH 9th @ 6:30 PM

HOUSE COMMITTEE MEETING MARCH 15th @ 6:30 PM

POST E-BOARD MEETING MARCH 16th @ 7:00 PM

DANCE LESSONS EVERY FRIDAY @ 7:00 PM

RICH CATES IN THE LOUNGE EVERY FRIDAY @ 7:00 PM

DANCES 4 Dances in March- See Page 3

BINGO - Mondays & Tuesdays at 6:30 PM-Doors and Snack Bar open 4:00 PM.

U.S. POSTAGE PAID Permit No. 151

Non-Profit Organization

Independence, MO

Moved or Moving?

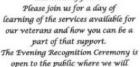
New Address:

Add your new address above. then cut out this page and return it to the Post at the address listed on the upper left side of this page





For our 2nd Annual Event we are celebrating all Veterans that have served and are currently serving this country in times of war and times of peace. Please join us for a day of









Outdoor Public event

1000 -1700

door Recognition

Ceremony 1800

For more information on becoming part of this event please contact Leslie Tuttle 816.898.5960



THE TIREY J. FORD POST 21 NEWS



MARCH 2017

POST OFFICERS - EXECUTIVE COMMITTEE

Commander Mike Feliciano 1st Vice Commander **Ed Murray** 2nd Vice Commander Noel Tyler 3rd Vice Commander Ed Witthar Adjutant Tom Tanner Finance Officer Sylvia Tanner Judge Advocate Wes Blake Historian **David Cary** Service Officer James Harris Chaplain Kerry Boardman Chris Wehr Sergeant-at-Arms Phil Greco Past Commander

COMMITTEE CHAIRPERSONS

Americanism Chris Wehr Athletic Boyd Lighthill Bingo Gary Pace **OPEN** Boy's State **Budget & Finance** Denis Proctor Cadet Patrol Norman D'Angelo Wayne Keller Dance Home Improvement **OPEN**

Kitchen Cynthia Stephenson
Newsletter Editor Ed Murray
Oratorical Ralph Buchanan
Patriotic Council Archie Hughes
R.O.T.C. Mark Clark
Salvation Army Tom Tanner
School Awards OPEN

HOUSE COMMITTEE

Don Decker Dir. of Bldg. Oper, Bill Nash, Michael Keene, Dennis Mooney, Chuck Wilhelm

AUXILIARY OFFICERS

President Gayle Metzinger
Vice President Suzanne Proctor
Secretary Marsha Mooney
Treasurer Lana Butler
Historian Linda Clark
Chaplain Fran Myer
Sergeant-at-Arms Linda Vetter

SONS OF THE AMERICAN LEGION

CommanderDaryl WimmerVice CommanderJim WilliamsAdjutantKeith ConstanceFinance OfficerLee MeyerHistorianDaryl WimmerChaplainKent GroomSergeant-at-ArmsLeroy Brugioni

AMERICAN LEGION RIDERS OFFICERS

Director Bob Ford Assistant Director James Harris Suzanne Proctor Secretary Ed Witthar Treasurer **Everett Ellis** Judge Advocate Historian **David Cary** Chaplain Don Leming Dan Orr Sergeant-at-Arms

MINUTES OF POST MONTHLY MEETING

Commander Mike Feliciano called the regular monthly of the Tirey J Ford Post 21 to order at 7:00 PM, 2 Feb. 17, at the Post Home. Commander Feliciano conducted the opening ritual. 1st Vice Ed Murray placed the POW/MIA Flag on the empty chair.

Chaplain Kerry Boardman gave the opening prayer. There were 11 officers and 34 members present.

Finance Officer Sylvia Tanner read the Finance Report for the month of Jan. A motion was made by Mark Clark to accept the Finance Report as read. 2nd by Everett Ellis. Motion carried. A copy of the last report is posted on the bulletin board in the Lounge.

The Executive Committee meeting minutes from 15 Dec 16 and 19 Jan 17 were read. A motion was made by Mike Sweeney to approve Cynthia Stephenson as kitchen manager. 2nd by Kerry Boardman. Motion carried.

A motion was made by Kerry Boardman to allow the ALR to conduct 2 Craft Fairs a year without having to resubmit a request every year. 2nd by Mark Clark. Motion carried.

A motion was made by Kerry Boardman to allow the Auxiliary to have a paddle auction once every quarter. 2nd by Mark Clark. Motion Carried.

·A motion was made by Mark Clark to approve the Executive Committee minutes. 2nd by Kerry Boardman. Motion carried. Commander Feliciano stated the Post will be hosting a Health Fair on April 27 from 9 am until 3 pm. There will be various health services available.

Commander Feliciano stated that the early bird program will be starting up again and will be spread out over a 12 month period. The value of the early bird program will be \$7.00. Commander Feliciano stated that the soup and sandwich lunches will begin in March. Lunch will be served from 11:30

until 2:00. The cost for lunch will be \$5.50. New members and transfers were read. A motion was made by Kerry Boardman to accept the new members and transfers. 2nd

by Everett Ellis. Motion carried.

There were 11 deceased members for the months of Dec and

Jan.

- · The Adjutant read correspondence.
- Officer Reports:

Adjutant Tom Tanner gave the membership report: as of 27 Jan17, 1358 members have renewed giving the Post an 83.72% of the goal as per Department.

- Bob Ford gave the Riders' report.
- Committee Reports:

Gary Pace gave the Bingo report. Gary presented the Post with a \$4000.00 check.

Continued on page 7



Friday, March 17th - 6:30 PM

Tirey J. Ford Post 21

16701 E 40 HWY, Independence, MO

A FUN AND INEXPENSIVE WAY TO GET GREAT STUFF!



\$3

Food and beverages available for purchase

50/50 Raffle

per paddle

CRAFTERS/VENDORS WANTED!

\$25 for Vendor Space 5:30 - 6:30 pm - Setup

For more info or to reserve your spot, email: AmericanLegionauxfundraiser@gmail.com

OPEN TO THE PUBLIC

AUCTION



If you desire your newsletter via e-mail Contact: adjutantpost21@gmail.com

TAPS

ARTHUR H BELL, VERNON KIMM, NORMAN D OTT, STEVE ROSE, A.P. SOLDANELS

With reverence, we commit these, our comrades, to the Post Everlasting

THE COMMANDER'S CORNER

Well we all enjoyed the NFL football season and the Superbowl. Many thanks to the members that supported the lounge activities from week to week.

Many members have asked what happens to the \$45.00 membership fee.

The following is the breakdown of the membership fee.

\$45.00 Membership Fee

\$27.50 Minus \$27.50 to Department

\$.50 Minus .50 to District per member

\$7.00 Minus Early Bird Meal/Activity

\$1.04 Minus Cost per member to

receive monthly News Letter

\$8.96 Total left after all deductions.

\$8.96 X 1363 = \$11970.56

The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.

William Arthur Ward

Commander Mike Feliciano

MARCH 2017 DANCE SCHEDULE

4 Dixie Cadillacs

11 Reddymen

18 Sweetwater

25 Reddymen

Doors open at 5:30 P.M.

Beverage & Snack Bars Open at 5:30 P.M.

Dance Time - 7:00 P.M.-10:30 P.M.

Admission to Saturday Dances \$7.00

AUXILIARY NEWS

Spring is in the air and the Unit 21 Auxiliary is rolling up our sleeves and getting busy to serve our veterans and their families. Our first project is the paddle auction on March 17th. The kitchen

will be serving corn beef and cabbage in celebration of St. Patrick's Day so come early for dinner and enjoy the paddle auction.

We had a disappointing tail-gating totals with a profit of \$400 for the season. Ten games plus one play-off shows a lot of work for little profit. The Auxiliary may not sponsor this next year. We will discuss this later in the year.

Lana and Marsha are doing a great job as BINGO Co-chairs and Jean as BINGO treasurer. We have been having good attendance on Monday nights. We still need help from the auxiliary to work just one Monday a month. Please see Lana or Marsha for details.

We are @78.6% of membership goal. As a reminder, if you have not paid your dues as of January 1, you are delinquent. National has sent out late notices in January so please take care of your membership dues if you have not done so. We want you to keep your continuous years of membership and other benefits as provided through Auxiliary membership.

Suzanne and Carolyn are setting up Poppy distribution with HyVee (details to follow) and Marsha has begun working on Girls State. Both of these pillars are important to National Security as related to Children and Youth and providing support to our Veterans.

5th District will be March 15th at the DAV building at 8787 Old Santa Fe Road (87th and Blue Ridge Blvd.) Try to attend one meeting in the near future.

There will be no Executive Board meeting this month.

In support of our Poppy days please bring in empty cans of Pringles potato chips. We will use them as collection points.

"Bless your little Irish heart and every other Irish part."

Irish Blessings quotes.

Gayle Metzinger
Auxiliary Unit 21 President

Auxiliary New Members, Transfers, Deaths

New: Diana Bray, Kathleen Draper, Helen Maier,
Patricia Miller, Sherry Snyder, Denise Umphenour

AMERICAN LEGION RIDERS



Greetings Fellow Riders, Legionnaires, Auxiliary, and SAL,

Wow, two months of 2017 are already gone! One thing I have noticed is the older I get,

the faster time seems to go by. The good news is we will be into Spring before to long. It has been yet another easy Winter for us but I for one am ready for some steady warm temperatures.

February saw the Riders busy with many different missions and events. We attended two funerals for Homeless/Family-less Veterans at Higginsville Veterans Cemetery . We as their brothers stand in as their family. We also attended the Extreme Ice Racing event at the Silverstein Eye Center as a group. Watching motorcycles race on ice with no brakes made for an exciting evening. We were honored to participate in a Vietnam 50th Anniversary Pinning Ceremony at both Offices of Homeland Security this month. Four of our Riders were selected to represent us. Another great job completed.

We decided that our monthly dinner ride would take place at the post in February. Many of our members assembled in the lounge to enjoy another one of the great meals now being served by our kitchen staff. Just another way we can support the post.

Congratulations to our Historian David Cary. David has received the honor of being Department of Missouri, American Legion Rider of the Year! David has been instrumental in participating in almost all of our rides and missions as well as many other programs such as the "Tour of Honor" for Missouri and Kansas, "Run for the Wall" from California to Washington DC and many others too numerous to list here. My nomination to the state for David was three pages long. Well deserved David! "Bravo Zulu". (Sorry, only the Navy Vets might know what that means).

Volunteers needed! We need volunteers in all areas at Post 21. Please consider donating some time. Talk to Commander Mike, Kevin our new office manager, Tom Tanner, Marsha Mooney, me or anyone to see where you can help. If we can get several to commit to 4 hours a month that would help a lot. Please don't just read this and move on. Think about giving some time. Thank you.

Thank you Riders for all that you do. You make me look good.

Bob Ford - ALR Chapter 21 Director



SONS OF THE AMERICAN LEGION

MEETING TIMES HAVE CHANGED!



NEXT MEETING WEDNESDAY MARCH 1ST AT 7:00 PM.

Our meetings going forward will be on the 1st Wednesday of every month at 7:00 PM in the main hall. This will allow our Dual Members to attend both the SAL and the Legion meetings every month. Come on in share your ideas and thoughts. All members, and potential members are welcome.

Your Sons of the American Legion squadron has lots of plans for the coming year: BBQ's and cookouts, raffles supporting local veterans charities, and helping kids. More information will be forthcoming as we plan out the year.

Membership is currently at 71, with over 30 - 2017 renewals still pending. If you haven't renewed, now is a good time. If you have, Thank you!!!

As some of you already know, the SAL does a 50/50 raffle every Monday during the Monday bingo sessions. We could sure use some additional volunteers to help with the raffle and other activities.

Camp Valor is hosting their annual fundraiser on May 13th, 2017. They host their Patriots Ride and Silent Auction that day. Its one of the biggest fund raiser they have to help the PTSD and wounded Veterans. They are getting ready for the spring fishing. If interested in checking out their activities, their website is www.campvaloroutdoors.org.

Your SAL group had a great year last year enabling us to pay \$1660 so 4 young men can attend Boys State this year. Boys State provides opportunities for high school students to enhance their knowledge of Missouri State government and participate in lots of other learning activities. It's a "learning by doing" method of teaching leadership and citizenship. We are proud to provide these young men this valuable experience.

A nominating committee is being formed to select SAL officers for the next year. If you are interested, please let us know at the meeting. We are also going to need some positions to be filled. We all work together and help each other, so come be a part of your SAL group!

......Daryl Wimmer, SAL Commander



ST. PATRICK'S DAY MARCH 17, 2017

FOOD SERVICE MENU FOR MARCH

Monday from 5pm to 7pm	
3/6 Chicken sandwich fries or tots	\$5.75
3/13 Chili Dog , fries or tots	\$5.25
3/20 Brats, tots & 16 oz. Soda	\$6.00
3/27 Cheeseburger, fries & 16 oz. drink	\$6.50
Tuesday from 5pm to 7pm	
2/7 Taco Tuesday \$2.00 each or 2 for \$3.00	
Burrito	\$5.00
3/14 Taco Tuesday \$2.00 each or 2 for \$3.00	
Burrito	\$5.00
3/21 Taco Tuesday \$2.00 each or 2 for \$3.00	
Burrito	\$5.00
3/28 Taco Tuesday \$2.00 each or 2 for \$3.00	
Burrito	\$5.00
Wednesday from 5pm to 7pm	
3/1 Meatloaf, mac & cheese, corn, roll	\$8.50
3/8 Lasagna, salad, garlic bread	\$8.50
3/15 Bacon Cheese burger or Mushroom Swiss	
Burger, fries, tots or onion rings	\$6.00
ALR COOKS - F <u>REE TO VETS!</u>	
3/22 Meatball sandwich, salad	\$6.50
3/29 Pork Roast, mashed potatoes, apple sauce	\$7.00
Thursday from 5pm to 7pm	
3/2 Tenderloin, chicken or fish sandwich, fries or	
tots.	\$6.50
3/9 Chili with the works	\$6.00
3/16 Fish and Chips	\$7.50
3/23 Potato soup, grilled cheese	\$7.50
3/30 Beef stew, salad & roll	\$7.00
<u>Friday</u>	
3/3 Catfish & More	
3/10 Shrimn & Crah Boil	

3/10 Shrimp & Crab Boil

3/17 Corned Beef & Cabbage or Rueben & fries

3/24 Chef John Fried Chicken Dinner

3/31 Chef's Surprise

NOTE: The Snack Bar Menu Available On Monday & Tuesday

TRICARE Podcast 381 Prescription Refills | Energy Drinks

Prescription Refills — Did you know you THAT beneficiaries don't have copays for prescription drugs at military pharmacies? Military pharmacies can fill prescriptions written by military or a civilian provider for up to a 90-day supply of most drugs. Military pharmacies stock most drugs on the basic core formulary and many brand name maintenance drugs on the uniform formulary. Be sure to check with the pharmacy first to make sure they carry your drug. You just need to bring your prescription to a military pharmacy to have it filled. Or your civilian provider can send the prescription electronically, saving time and cutting down on potential errors from using paper prescriptions.

If you're picking up a prescription for a family member, then you may need to bring their ID card or a photocopy of the front and back of the card, and a written consent of release if your family member is under 18 years old. Ask your specific military pharmacy what you'll need to bring with you to fill a family member's prescription. You can find the military pharmacy closest to you at www.TRICARE.mil/MTF.

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Energy Drinks — Caffeinated drinks promising an energy boost when you're feeling sleepy may seem like a great idea, but too much can be harmful. Consuming high amounts of caffeine can lead to increased blood pressure, panic attacks, heart palpitations, anxiety, dehydration and insomnia. You shouldn't consume more than 200 milligrams of caffeine every four hours. These drinks are also loaded with sugar, which can increase blood sugar levels and lead you to gain weight. And never mix energy drinks with alcohol. According to the Centers for Disease Control and Prevention, if you mix caffeine with alcohol, you may not realize you're drunk and may be more likely to binge drink. Though you might start using energy drinks to make up for a lack of sleep, the CDC reports that those who drank three or more energy drinks per day were more likely to say they slept less than four hours per night. Their sleep was also disrupted. You should stop all caffeine consumption at least six hours before bedtime. Learn more about healthy living, including tips on getting a better night's sleep, at www.TRICARE.mil/healthyliving.

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The above is from the TRICARE Beneficiary Bulletin, an update on the latest news to help you make the best use of your TRICARE benefit. [Source: http://www.tricare.mil/podcast | January 20, 2017 ++



GIRL SCOUT COOKIE SALES

SATURDAY THE 4TH 10 AM til 7 PM

MONDAY - TUESDAY

MARCH 20 - 21 & 27 & 28

FROM 4 PM till 7 PM

IN THE LOBBY

FROM THE ADJUTANT'S DESK

Membership renewals are still coming in however the renewal pace has slowed. The Post is at 83.72% of the goal as set by National. That gives us approx. 1358 members renewed for the New Year. We have a long way to go to reach 100% of our goal before the end of the Legion year. If you have not renewed your membership yet please do so. I have also started sending out letters to all of the Post 1000 members in an effort to transfer them to the post. If you know anyone that has not paid their dues please get them to come and pay their dues.

Starting in March we will be serving soup and sandwiches in the lounge from 11:30am till 2:00 pm. The cost will be \$5.50 for lunch. The bar will also be open.

We are converting to a new data base to be used to help track our membership. In order to have a complete data base I ask that every member send me the name of your spouse, emergency contact information, email address, date of birth, correct phone number, branch of service and war era. If you have moved within the last 6 months would you please provide me with your new address.

Emails are still a problem. I have been getting a lot of emails bounce back to me for whatever reason. If you feel that you are not receiving emails from the Post, PLEASE check your spam settings to ensure correct delivery of the emails. If your spam settings are correct please ensure I DO have your correct email address. If you have changed your email address or have not provided the post with an email address, please send it to me.

If you would like to receive your monthly newsletter by email please let me know. We would like to increase the number of newsletters sent out by email rather than by regular mail. The post sends out over 1700 newsletters a month which is very costly.

If you have anything you would like to submit to be included on the Post web site, please email either myself or Ed Murray with the details. The monthly newsletter is now available on the web site. You can also print it directly from the web site.

The e-mail address for Post is adjutantpost21@gmail.com.

-Tom Tanner, Post 21 Adjutant

adjutantpost21@gmail.com



Continued from page 2

No Dance report given.

New Business:

Mark Clark discussed the revitalization that was held at the Post. It was a successful day. We were able to transfer several members into the Post.

Mark Clark discussed the Post will be hosting a Veterans Appreciation Event on 30 March. More information to follow. 2nd annual Car Show will be held on 27 May 17. More information to follow.

The 1st Vice Commander removed the POW/MIA flag from the empty chair.

The Chaplain gave the closing prayer.

Commander Feliciano conducted the closing ritual and the meeting was adjourned at 8:00PM.

The next regular scheduled meeting is 2 March 2017, at 7PM.

-Tom Tanner, Post 21 Adjutant adjutantpost21@gmail.com

NEW MEMBERS

William L. Boyles, Jody A. Cates, Bradley J. Jackson, John D. Speedone, Dennis L. White

TRANSFERS:

Charles F. Beyer, Robert L. Bloom, Robert L. Clark, Larry D. Harris, Benny C. Hines, John Katchmarik, Peter Loughlin, Gregory L. Olson, Charles Peyton, Donald W. Puhr, George T. Ringer, Terry L. Roettele, Regina Slade

MARCH 2017 BIRTHDAYS

"Happy Birthday and Best Wishes"
We have 86 members with March birthdays.
We hope you enjoy your special day!
1@95, 1@94, 2@93, 1@92, 2@91
The youngest will turn 40 this month.

WEB SITE TO OBTAIN DD-214

www.archives.gov/veterans/military-service-records/

VA AL Service Officer @ VA Medical Center, Ron McBee, (816) 922-2883 Phone or Fax (816) 922-3381 Hours of operation 9:00 - 3:00 PM M-F



As stated elsewhere in this newsletter we are asking
 members who live out of state and want to continue
 receiving the newsletter you have 60 days to do so.

After the time limit expires and we haven't received any correspondence from you, you will be dropped from the mailing list.

The reason, postage increase.

Thank you for your cooperation

EDITOR



Post 21 Website: www.moalpost21.org Webmaster Barbie Daum

EDITOR'S DISCLAIMER

Not responsible for any incorrect content in this newsletter. I only print information given to me.

The business below donates to and supports our Legion programs

