

American Legion

Lloyd E Hutcheson

Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

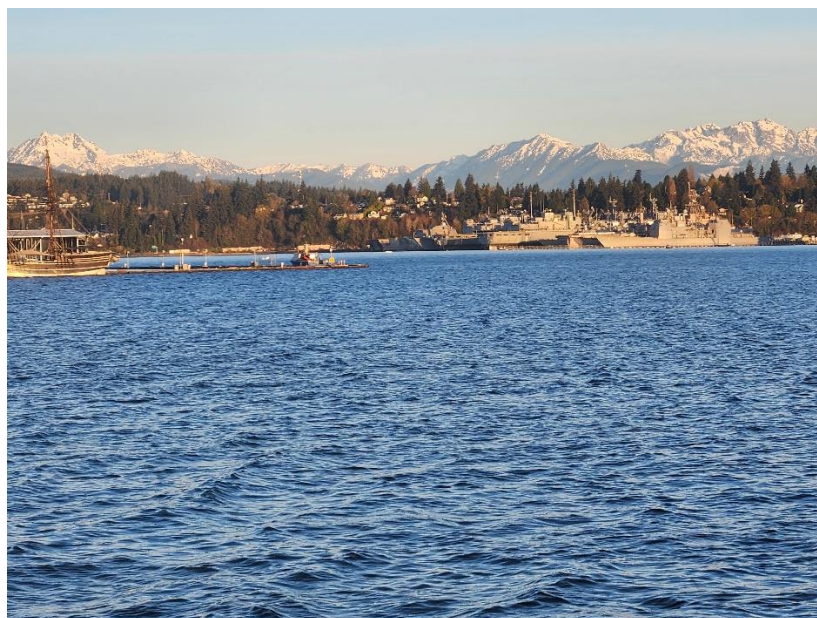


Volume 5, Issue 4, April 2024



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IN THIS ISSUE:

Commander's Corner
Chaplain's Corner
Honor Guard
Scouts
Radio Club
Officer Reports

AND MORE

April 1, 2024 – Puget Sound Naval Shipyard at Bremerton

This Month's Events

(kitchen remodel may impact some events)

- April 3 - Post Potluck Dinner @ 1730
- April 9 – SAL Squadron Meeting @ 1800
- April 16 - Post Dinner @ 1800 and Meeting @ 1900 with Elections
for Post 113 Officers for 2024 – 2025
- April 20 – HAM Radio Testing @ 0900
- April 24 – HAM Radio Club Meeting @ 1900
- April 25 – American Legion Riders Meeting @ 1730
- April 27 – Lloyd's Koffee Klatch @ 0900 - downstairs
- April 27 – American Legion Aux @ 0900 - upstairs

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 2

Commander's Corner – Ralph Cavalieri

It's April Fool's Day as I am writing this, but I won't start with a gag message – there are too many great things happening at the post to use space in that way.

Kitchen Update

If you have been by the post recently you undoubtedly have noticed the enormous change in our kitchen and canteen area. The wiring and plumbing are done, the wallboard and FRP have been installed, and as of today, the concrete floor has been prepared for the application of the new epoxy floor coating. As soon as that is done, the new-to-us three-compartment stainless steel sink will be installed, and the reassembly of the kitchen will proceed. We have managed to make it through March without the kitchen, but its completion will be welcomed by all who use it. Many thanks to Mark Grothe, the Duty Officers, and others who have helped with the project.

New Format For Post's Monthly Meeting

We tried a new procedure at the March meeting and the report from those present was quite positive. To keep the meetings to approximately one hour, I've asked all those who routinely provide reports to the Post to write their report so it will be in the Newsletter or sent along with the meeting agenda. At the meeting, the presenters may highlight the most significant items in their reports, but primarily they will ask if there are any questions regarding their written reports. We tried this in March and the meeting lasted just slightly more than an hour. For this procedure to work, please read the reports in the Newsletter and those attached to the email with the meeting agenda that will be sent on approximately March 13.

The April meeting will include the election of officers for the Post. Nominations remain open until closed at the April meeting.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 3

Commander's Corner (Continued)

At the March meeting, the following individuals were nominated:

Elected Positions:

Commander – Ralph Cavalieri
First Vice Commander – Dan Pruett
Second Vice Commander – Ernest Cook
Finance Officer – Rich Johnson
Service Officer – John Brekke
Sergeant at Arms – Al Carlson

Executive Committee Members – Doug Hanks, Mark Grothe, Jay Romlein

Appointed Positions:

Adjutant – Rich Dees (effective April 1, 2024)
Chaplain – Dan Pruett (continuing)
Historian – Doug Foote (effective March 19, 2024)

I wish to give special tribute to Susan Barnett, who has served as Post Adjutant for about two years. Her outstanding efforts were instrumental in achieving our membership renewal goals, instituting increased written communication with our members, and ensuring the myriad administrative details associated with operating the Post were handled in a professional and timely manner. I have enjoyed working with her this past year and wish her well.

District 3 Spring Meeting

Please note that the American Legion Department of Idaho District 3 will meet on April 27th at the Scottish Rites building in Boise at 9 AM.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 4

Commander's Corner (Continued)

Meals and Other Social Events

As noted last month and reiterated here, we have added to our list of meals and social events in several ways. First, thanks to Susan Barnett, we now include breakfast with our once-per-month Lloyd's Koffee Klatch on the fourth Saturday morning of each month. Susan has initiated the breakfasts and they have been well received. We also have added a Potluck meal on the first Wednesday of each month at 5:30. Those who have come have enjoyed the camaraderie at such events and have had some culinary surprises. If you haven't been able to make it, please give it a try. And, of course, I can't forget the meals at 1800 before our monthly Post meetings. Susan has been our host along with Janet Cook from the Auxiliary and once a quarter we are hosted by the Scout Troop. We hope to increase activities like these as our kitchen becomes more usable.

Watch for Upcoming Events

We recently recognized our Vietnam veterans on March 29. Another recognition is coming on Memorial Day in May with the Rock of Honor and other observances. Please watch the Post 113 FaceBook page for announcements of special events.

I hope to see you at our meeting and other events.

Very Respectfully,

Ralph Cavalieri

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Post 113 Bugle Gazette

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Page 5

Chaplains Corner - Dan Pruett



April 2024
"National Child Welfare Month"



April is designated as National Child Welfare Month by the American Legion.

During this month, the American Legion focuses on supporting programs and initiatives that benefit children and promote their well-being.



Advocating for Children's Rights: National Child Welfare Month serves as a platform to advocate for the rights of children, including their right to education, healthcare, and a stable and loving home. It encourages individuals, communities, and policymakers to prioritize children's needs and to work towards ensuring their rights are upheld and protected.

In the context of the American Legion, National Child Welfare Month aligns with the organization's commitment to supporting youth and families in their communities. The American Legion often partners with other organizations, government agencies, and community groups to promote child welfare and to advocate for policies and programs that benefit children and families. By raising awareness and acting during National Child Welfare Month, the American Legion and its members contribute to creating a brighter and safer future for all children.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 6

A Message from The Chaplain:

Dear Veterans, Members, and Friends,

As we welcome the month of April, a time of renewal and reflection, let us take a moment to honor the sacrifices and service of our brave men and women who have served or continue to serve our great nation.

April reminds us of the sacrifices made during times of conflict, from the Civil War to the present day. It is a time to pay tribute to our fallen heroes, to remember their courage, dedication, and unwavering commitment to preserving our freedoms.

As we gather in our communities and homes this month, let us also remember to support one another, especially those who may be struggling with the challenges of military service or the transition to civilian life. Let us offer a helping hand, a listening ear, and a heart full of compassion to our fellow veterans and their families.

May this month be a time of unity, healing, and renewed commitment to our shared values and ideals. Let us continue to uphold the principles of honor, service, and sacrifice that define the American Legion and the brave men and women we represent.

Wishing you all a blessed and meaningful April.

In Service and Faith,

Dan Pruett, Post 113 Chaplain

A Place of Spiritual Exploration At its core, a church is a place for spiritual exploration and connection. It offers individuals an opportunity to seek answers to life's big questions, find comfort in times of hardship, and celebrate moments of joy and gratitude. Whether you're interested in exploring Christianity, learning about other faith traditions, or simply engaging in philosophical discussions about life's meaning, a church can be a welcoming space for exploration and discovery.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 7

Chaplains Corner (Continued)



ThisDays
Thought



"Embrace the power of positivity. Even in challenging times, a hopeful mindset can light the path forward and inspire resilience."

Morning Prayer For Your Confessions!

Hold me steady Lord.
Let not winds or storms erode my roots.
Let me be strong, like an oak tree, tall and grace filled,
Budding with expectant shoots.
Bending gently, through each season,
Waiting patiently for change.
Upright, righteous, full of life,
Giving shade and shelter with each bough.
Pushing roots so deep with growth,
Quenching thirst from eternal streams.
Hold me steady Lord, strong and healthy,
Let my mind be close to thee.

www.lords-prayer-words.com

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Lloyd E Hutcheson
Post 113 Bugle Gazette**

For God and Country, We Associate Ourselves

Page 8

Chaplains Corner (Continued)

If you know of someone who is recovering from a illness, has any health related issue or a death in the family



please contact me at :

208-890-3384 Cell

dan@anywhereusa.org

208-202-5737 X103

American Legion Post 113

And one last thing:



That is all for this month but remember to always:

**Be Grateful, Give Thanks, Be Honest, Stay Humble, Be Kind,
Laugh, Dream Big, Be You and always Love One Another.**

Blessings from Chaplain Dan Pruett

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 9

Membership - Dan Pruett



April 2024
Membership
Report

Membership Status as of 04/01/2024

<u>Legion</u>	<u>(As of This Date)</u>	<u>SAL</u>
Dept = 95.40%		Dept = 97.37%
Area B = 98.96%		Area B = 88.32%
Post 113 = 112.83%		Post 113 = 61.11%
Goal 374 Actual 422		Goal 36 Actual 22

We are continuing to beat our 2023-2024 membership goal. I want to thank everyone for their hard work in making this come true. Our reward from the Dept. of Idaho was a check for \$1,000 and it sure will help us with remodeling our kitchen.

Staff Duty Officer:

We are seeking dedicated volunteers to serve as Staff Duty Officers for our organization. This is a crucial role that helps ensure the smooth operation and security of our facilities during the 1000 to 1400 hours that we want the post open. Volunteers will play a vital part in maintaining safety and readiness.

Requirements:

- Availability during the 1000-1400 hours.
- Strong sense of responsibility and commitment.
- Ability to handle emergency situations calmly and effectively.
- Excellent communication skills.

Responsibilities:

- Monitor and secure premises during designated shifts.
- Respond to any security or safety incidents as they arise.
- Maintain accurate logs of activities.
- Make a pot of coffee and hot water for hot chocolate!
- Serve as a point of contact for any inquiries or emergencies.
- The link below is to our calendar for Staff Duty Officer.
Please click on the link and pick a date to volunteer for Staff Duty Officer.
<https://calendly.com/meridianamericanlegionpost113>
- Then, click on the Post 113 Duty Officer and pick a date that is available.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 10

Membership – (Continued)

Benefits:

- Opportunity to demonstrate leadership and responsibility.
- Gain valuable experience in security management.
- Appreciation and recognition for your contribution to Post 113.
- **Even 1 day a month will be tremendously helpful.**
- **If we are going to be successful at this, we must have more participation.**

Or if you are interested in volunteering as a Staff Duty Officer, you can contact:

Dan Pruett at 208-890-3384 email post113.1stvice@gmail.com or
Ernest Cook at 408-858-1995 email post113.finance@gmail.com.
Training will be provided for selected volunteers.

Thank you for your dedication and commitment to keeping our American Legion Post 113 open, safe, and secure!

Have you let your membership lapse?

Here is what you need to know about the 3-year membership:

- *Multiyear membership sign-up is only available on the national American Legion website.*
- Renew now with a three-year membership by visiting <https://www.legion.org/renew>
- Join now with a three-year membership by visiting <https://www.legion.org/join>
- Legionnaires already renewed for 2024 will soon be able to renew under the multi-year membership starting with the 2025 membership year.
- Payment for the three-year membership will be upfront.
- Over 10,00 people have used the 3-year membership nationally.

Please note: the multiyear membership will work just like PUFL. Whatever rate the member renews at is the what the post/department/national will receive for the duration of that timeframe. Once the member renews after the three-year renewal is up, the renewal rate will adjust to the rate at that time.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 11

Membership – (Continued)

Membership Dues Raised:

- It has been voted on and passed by all at the October Post 113 meeting to raise our dues by \$10.00 to \$55.00 per year starting 7/1/24. National increased their dues by \$5.00 and Post 113 voted to increase their dues by an additional \$5.00.
- The dues increase comes at a time when the need for American Legion advocacy, expertise, influence, services, and programs are needed in every corner of our nation and because of the current membership standings and economy. This is a time to continue supporting The American Legion's ability to serve veterans, members of the U.S. armed forces and young people.
- The American Legion's Post 113's ability to succeed over the next decade depends on positive cash flow and the ability to invest in the future.
- Our post survives on that money. Money is very tight now and we will suffer tremendously if we don't raise our dues.
- We are aware of what this does to our veterans. But the post simply cannot survive on the money we would be getting if we hadn't voted to raise the dues.
- **This is why it is so important to attend the meetings and be able to cast your vote. We always have a delicious dinner before the meeting starting at 6pm. Please come!**

Incentive Program Passed:

- A **\$5.00 discount** for renewing in the month of **July 2024**, if you renew your membership through our adjutant at the Post.
- Look for more Incentives in the coming months.

Buddy Check Week :

- We are featured by National at Legion.org. Here is the link to that <https://www.legion.org/buddycheck/260287/idaho-post-every-week-buddy-check-week> (Copy & paste in your browser).
- You can find the on-line interview for our Post Buddy Checks here <https://www.youtube.com/watch?v=-PuBOI3GIwI> (Copy & paste in your browser).

As Duty Officers rotate each day, they will continue to do Buddy Checks. We will start the calling over and try to get those that we left messages.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 12

Membership – (Continued)

Members who have renewed (As Of The Dates): Thank you!

- **02/28/24**
 - o Gerry J Ulwelling, Dale Ruch, William A Patten III, Albert Tikker, Raymond Stevens, Floyd F Reichert, Terrance L Yeager
- **03/29/24**
 - o James M Davis, Larry Bonham
- **03/30/24**
 - o Ted Wheeler (2023 & 2024), Lynn C Jones, Ian Winfrey

Members who have been Repatriated as of 04/01/24:

Heavenly Father hold them in your hands and give them peace for eternity!

- Alcario V Flores – PFC WW2 – US Army – 157 Inf 45 Division – France – 3/1/24
- Frank Benak – CPL WW2 – US Army – 128 Inf – 32 Division – Northern – 2/2/24
- Kwack K Woo – PVT WW2 – US Army – 318 Inf – 80 Division – Germany -3/13/24
- Donald Shutts – PVT WW2 – US Army – 30 Inf – 3 Division – Italy – 3/14/24
- Edward K Pyle – S Sgt – WW2 – US Army – 436 Bombardant Sqn – Yangon – 3/14/24
- James C Loyd – PVT – WW2 – US Army – 7 Inf – 3 Division – Italy – 3/19/24

One of the last Pearl Harbor Attack victims has died

- Richard ‘Dick’ Higgins – Radioman Patrol Squadron – Hawaii Naval Base

That is all for this month but remember to always:

Be Grateful, Give Thanks, Be Honest, Stay Humble, Be Kind, Laugh, Dream Big, Be You and always Love One Another.

Blessings,

Dan Pruett

1st Vice Commander

American Legion

Post 113 Meridian ID

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 13

HONOR GUARD – Doug Hanks



POST 113 HONOR GUARD
MARCH 2024 HONORS
By DOUG HANKS



Honors March 2024 “5”
Total for Fiscal Year 2023-2024 “66”
Hours March 2024 “58” Fiscal Year Total “854”
DONATIONS MARCH 2024 “\$350.00” TOTAL YEAR “\$3360.00 “

A LOT OF HARD WORK, TIME, AND EFFORT MAKES YOUR HONOR GUARD THE BEST
SOME HISTORY OF THE RIFLE YOUR HONOR GUARD USES TODAY.

History of the M1 Garand

By Bob Seijas, Senior Editor



In 1888, an American named Hiram Maxim invented the machine gun, a wonder of the age: a gun that used the power of the bullet to extract and eject the empty brass casing, feed another bullet into the chamber, re-cock the hammer, and fire again as long as there was ammunition. All over the world, arms designers scrambled to adapt the auto-loading principle to rifles and pistols. Because of the low power of its small bullet, the pistol was relatively easy, and semi-automatic handguns began to appear five years later. The rifle, however, was much more difficult, because the power of the cartridge was so strong it usually broke the rifle after only a few shots.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 14

HONOR GUARD (Continued)

WWI taught the Army the value of heavy firepower, and as soon as the war ended in 1918, U.S. Ordnance began to search aggressively for an auto-loading infantry rifle. Over the next ten years, many inventors submitted designs for testing, but none proved acceptable. If they could stand up to the punishment, they were too heavy, and if they were light enough to be portable, they had to be in a small caliber.



One of the more promising designs was submitted by a young, Canadian-born inventor named John Cantius Garand. He was quickly employed by the main U.S. arms factory, Springfield Armory in Massachusetts, to develop his design further. Although promising, this rifle eventually reached a dead end, and the self-taught Garand set about on a new design. His new rifle derived the power to operate by tapping off the propellant gases of the fired bullet and using it to cycle the rifle. This design eventually beat out all the competition and was adopted as the standard U.S. infantry rifle in 1936.

Mass production of the M1 Garand began at Springfield Armory in 1937, and the first rifles were delivered to the Army in 1938. Production rates gradually increased and early bugs were worked out in these pre-war years.

In 1940, a second source was enlisted when the Winchester Repeating Arms Company was contracted to manufacture the M1 Garand. The expanding war in Europe and the increasing tensions with Japan increased the sense of urgency to equip our forces with this modern rifle. When Japan attacked Pearl Harbor in December 1941, the M1 Rifle became a top priority. Both Springfield and Winchester operated around the clock, producing more than 4,000,000 M1 rifles by the end of the war in 1945.

The United States was the only country to equip its troops with an auto-loading rifle as the standard infantry weapon of WWII. It gave our troops a tremendous advantage in firepower, and led General George Patton to call the M1 Garand, "The greatest battle implemented ever devised."

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 15

HONOR GUARD (Continued)

After the war, many M1 Garand rifles were mothballed and put into storage. Others were loaned to allies as the Cold War with the Soviet Union heated up. When North Korea attacked South Korea in 1950, M1 rifle production was resumed. Although the primary source remained Springfield Armory, two new manufacturers were contracted: International Harvester Corporation and Harrington & Richardson Arms. Almost 1,500,000 new M1's were produced in the 1952 – 1957 period. It was the main United Nations infantry weapon of the Korean War.



In the early 1950's, U.S. Ordnance began developing a new infantry rifle, one that would have a larger capacity magazine and selective fire capability. That is, it could be fired fully automatically like a machine gun, in addition to semi-automatically like the Garand. After much trial and error, an updated M1 was adopted in 1957 as the M14 Rifle. Although the M1 Garand was officially obsolete from that time forward, it remained in service around the world through the Viet Nam era. It was and is truly an amazing rifle, and its inventor John C. Garand ranks among the very best of patriots. A 2008 article in NRA's American Rifleman magazine rated the M1 Garand the #1 infantry rifle of all time.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 16

HONOR GUARD (Continued)

HONOR GUARD REPORT MARCH FIS YEAR 2023-2024

#	Date	For	Location	Req. by	people	Hours	Miles	Donations		
1	29-Feb-2024	VICTOR PAUL, USARMY	CLOVERDALE CEMETERY	CLOVERDALE CEM	7	14	151	\$50.00		
1	8-Mar-2024	DAVID STEAR, USNAVY	ISVC	BOWMAN FUNERAL	6	12	126	\$150.00		
1	22-Mar-2024	JOHN REDD, USARMY	ISVC	IANG HG	6	12	138	\$50.00		
1	25-Mar-2024	RICHARD BURMAN, USARMY	HILLCREST MEMORIAL	IANG HG	6	12	148	\$50.00		
1	28-Mar-2024	CARL TURNER, USARMY	ISVC	SUMMERS FUNERAL	4	8	72	\$50.00		
						Honors	Hours	Miles	donations	
						Month total				
						accumulated totals to date				
						61	796	8899	\$3,010.00	
						Honors	Hours	Miles	Donations	
						5	58	635	\$350.00	
						Total Honors-fisc year	66	854	9534	\$3,360.00

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 17

Boys State – Doug Hanks



March 31st, 2024



American Legion Boys State is among the most respected educational programs of government instruction for high school students. Each participant becomes a part of the operation of his local, county and state government.

Boys State has been a program of The American Legion since 1935.

At American Legion Boys State, participants are exposed to the rights, privileges, duties and the responsibilities of a franchised citizen. The training is objective and practical with city, county and state governments operated by the students elected to the various offices. Activities include legislative sessions, court proceedings, state and local dignitary presentations, assemblies, bands, chorus and recreational programs.

High school juniors are selected by local American Legion Posts to attend the program. In most cases, expenses associated with attending this program are paid by a sponsoring American Legion Post, a local business or another community-based organization.

GEM BOYS STATE

Idaho's Boys State "GEM BOYS STATE" will be held again this year at Gowen Field, June 2nd to June 7th. This will be the 73rd year for Idaho. There will be approximately 100-120 boys. The cost this year is still \$400.00, with Post 113 contributing \$300.00. We expect applicants to kick in \$100.00.

Post 113 at present time, has 5 applicants for Gem Boys State. Hope to have some more before April 15th

If you know of any young man, a Junior in high school, who would be interested in participating, please contact us.

Doug Hanks

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 18

Scouts – Mark Grothe

The Scouts will be serving dinner, for the post on April 17th. Please join us for this event, since the Scouts look forward to being of service to us.



208Medical is returning from Lewiston to provide another discounted medical certification class. Don't miss out on this great opportunity to get certified before summer camps and high adventure events.

1st class: Heartsaver First Aid, CPR and AED 9:00-12:00 at a cost of \$50.00.

2nd class: STOP the Bleed 1:00-3:30 for \$75.00.

If you wish to take both courses, the combined discounted price is \$100.00

Credit for portions of First Aid MB will be given for applicable training.

Please go to this link to register and pay the fee for the class and AHA certification online prior to the course: <https://208medical.org/class-schedule/>

The password: *boyscouts2024*

Contact ASM Heather Heckart (hheckart73@gmail.com) if you have any issues registering.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 19

Post Meeting Minutes - Susan Barnett



AMERICAN LEGION POST 113

MEETING MINUTES

March 19, 2024

Officers Present: Commander	Ralph Cavalieri
1 st Vice	Dan Pruett
2 nd Vice	Rich Dees
Adjutant	Susan Barnett-excused
Chaplain	Dan Pruett
Finance Officer	Ernest Cook
Service Officer	John Brekke
Sergeant at Arms	Harold Carlson

1900 hours: Opening ceremonies: Invocation, Pow/Mia, Pledge of Allegiance, and preamble.

Meeting called to order at 1904 hours by Commander Cavalieri.

Roll call of Officers conducted: All present except Susan Barnett who was excused. A quorum was met.

Guests: Jinks...The Labrador Retriever

Chaplain - Sick Call –Dan Pruett:

Herb Killiam

Paul Bauder

Daniel Foote

Adjutant – Susan Barnett – Rich Dees assisting

Minutes of our last meeting provided at the door.

Mark Grothe moved to accept minutes as distributed. It was seconded and passed unanimously.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 20

Post Meeting Minutes (Continued)

Commander noted he was going to try to keep meetings to one hour. He asked, if at all possible, reports need to be submitted in written form so they can be published.

REPORTS:

1st Vice Commander – Dan Pruett:

Membership Reports written and published. Dan noted that we were at 112% of our goal with 421 members. The Department was at 93% of goal. SAL Squadron was at 61% with 22 members. SAL Department was 95% of goal.

Repatriation of Veterans: None

Buddy Check: On hold because of kitchen remodel

2nd Vice Commander – Rich Dees:

Rock of Honor Memorial Day event: Doug attended a meeting with the City of Meridian and the Kliner Park Committee. Dan is giving prayer, honor guard doing rifle salute and there will be echo taps by our buglers. The Mayor of Meridian will be a guest speaker.

Radio Club Report: In newsletter

Finance Officer – Ernest Cook:

Report printed and provided at entrance. Bottom line \$63,000 in the bank with \$52,000 not designated for depreciation. Spent \$1,751.71 outside the planned improvements. Once the walls were exposed, it was discovered that the electrical in the Kitchen needed to be upgraded. That will be an additional expense. Doug Foote moved the report be accepted. It was seconded and passed unanimously.

Building Manager - Mark Grothe:

Kitchen improvements are proceeding. Unanticipated electrical costs were \$1,400 for improvements. Plumbing inspection passed. Once walls are complete, sinks will be installed. Sheet rock installation in progress.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 21

Post Meeting Minutes (Continued)

Service Officer – John Brekke:

Report provided at entrance. Signing up for VA health care now more open with the passage of the Pact Act.

Honor Guard – Doug Hanks:

Report in the Newsletter

Boys State – Doug Hanks:

Report in the Newsletter. Only signed up one person, but have some contacts. Anticipate people will be applying.

Legion Riders – No report

Scouts - Mark Grothe:

Two Court of honor ceremonies next month. Have had two camp outs. Have eight scouts working on Eagle projects.

Lloyd's Koffee Klatch – Ernest Cook:

There will be coffee and doughnuts rather than a breakfast this month.

Ernest thanked Dan Pruett for his efforts. He also noted that Dan Pruett volunteered to make cabinets for the Canteen area. Ernest moved that we approve \$500.00 for wood to complete the project. It was seconded. During the discussion Al Carlson asked if we can afford the project. Ernest cited the account balances we have in the treasury. We have over \$53,000 available. Motion passed unanimously.

Department of Idaho, District 3 – Doug Foote:

Annual Spring Meeting coming up on 27 April, 2024 at the Scottish Rite Building in Boise. Hosted by Post 2, the meeting begins at 9:00 AM.

On Saturday, March 16, 2024 at Post 113, District 3 hosted a “watch party” for the christening of the USS Idaho. The event was attended by 27 people.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 22

Post Meeting Minutes (Continued)

Post 113 American Legion Auxiliary - No report

Post 113 Sons of the American Legion – No Report.

UNFINISHED BUSINESS: None

NEW BUSINESS and CORRESPONDENCE:

Nomination of Post officers

Doug Hanks formally nominated the following to the positions indicated.

Nominations will be open until next meeting.

Commander – Ralph Cavalieri

First Vice-Commander – Dan Pruett

Second Vice-Commander – Ernest Cook

Finance Officer – Rich Johnson

Sergeant-at-Arms -Al Carlson

Service Officer – John Brekke

Appointed Officers:

Adjutant – Rich Dees

Chaplain – Dan Pruett

Historian – Doug Foote

Executive Committee additional members –

Doug Hanks, Mark Grothe, and Jay Romlein

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 23

Post Meeting Minutes (Continued)

FOR THE GOOD OF THE LEGION:

Member brought up that considering we have members who belong to the Ada County United Veterans Council, it would be good to have a report of their activities. Commander noted he would institute that next month. John Brekke is our representative. Also, the Ada County United Veterans Council will not be building the building contemplated for many years. The funds set aside for the building is therefore available. The Council formed a committee and will be asking the Ada County Commissioners to use the money for Veterans projects including restoring the memorials in Veterans Park, and any funds left over, for the Ada County Memorial Building, which is our Post. Apparently, we have two weeks to provide input to the committee.

Ernest noted that with the executive board permission, he created a path for people to donate to the Post using Pay Pal. The link is on our Facebook page.

Jay Romlien reported that the 116th Cav will have a horse drawn color guard that will be in the Veterans Day Parade. Additionally, the Idaho Civil War Volunteers are constructing a Horse drawn caisson to pull a Napoleon cannon for the Veterans Day Parade in November.

Upcoming events

- a. March 23 - Lloyd's Koffee Klatch – Coffee and Donuts 9-11:30 AM
- b. March 29 – Vietnam Veterans Recognition Day – Kleiner Park 1-3 PM
- c. April 3 - Post Potluck Dinner (possibly)
- d. April 16 - Post Dinner and Meeting with Elections

Drawings: No Drawing. There will be two next month.

Meeting was adjourned at 2007 hrs.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 24

Amateur Radio Club -

Greetings All,

By now, if you went to the March Club meeting, you know we talked about emergency comms in our club. As of this writing, I'm not sure how the club wants to proceed, but I assume we will do something. That means you need to stay tuned! It could be that our Post will become an ARES or AUXCOM group with our own Emergency Manager.

Field Day is a go...sort of. We decided to do a limited Field Day in David Hunter's back yard. We will have a barbecue, a bunch of rag chewing (chit-chat), and oh-by-the-way work a little Field Day activity. The event starts at noon on June 22, 2024 and goes onward until 4:00 PM. Everyone and their families are welcome. The barbecue will be a pot luck affair, so stay tuned for the list of goodies to bring.

Elections are in April and nominations for officers are now open and will remain so until the April meeting. The nominees so far are: Rich Dees (Yers Trooly) for president, David Hunter for Vice President, and Alicia Bunnell for Secretary. Jonathan Hoffmeier is the Newsletter Editor. This is an opportunity to get involved a little deeper with the club. Up for consideration is President, Vice President, Secretary/Treasurer, Club License Trustee and Membership Chairman. Combined, these officers shall be considered to be the Executive Committee of The Club.

A couple of years ago, K9TAL, the operating arm of The American Legion Amateur Radio Club, or TALARC ceased operations because there was no one to operate the station or carry on with the groups. Recently, a group in Texas decided to reenergize TALARC and have done so through a weekly net hosted on Echo Link. I check in each week and listen to the activity. So far, they are just getting organized. I'll let you know when substantive issues emerge.

Elmer in the House continues to help amateur get their radios programmed along with providing a lot of "how to" information. The last two times we had the event, it was well attended so the group decided to make it a regular feature. The date of each Elmer in the House event is the first Sunday after an exam session. The activity for April begins at 2:30 PM on the 21st.

There is a fox hunt slated for May 25, 2024 right after the Post 113 Koffee Klatch. The event begins right after we finish breakfast at the Post.

There are also two swap meets in the local area hosted by local radio clubs. The first is May 4, 2024 at Star Riverwalk Park in Star beginning at 9 AM. Another one is on May 11, 2024 at Peace Valley Charter School again starting at 9 AM.

73

Rich



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Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 25

Post Adjutant - Susan Barnett

Money handled by Post 113 Adjutant					
3/1/2024-3/31/2024					
Post Account	Amount			invoice #	
3/22/2024	\$150.00	check	bowman funeral- for Honors David Stear		deposited 3/30/2024
3/22/2024	\$100.00	check	From Ryan Kelley for Boys State		deposited 3/30/2024
3/22/2024	\$45.00	check	Dues (1)	2403300118	deposited 3/30/2024
3/22/2024	\$50.00	Cash	From Alexandra Garcia for Hat		deposited 3/30/2024
3/22/2024	\$26.00	cash	Post dinner donations (pizza)		deposited 3/30/2024
3/22/2024	\$18.00	cash	Coffee donations		deposited 3/30/2024
3/29/2024	\$49.00	cash	Coffee donations		deposited 3/30/2024
3/29/2024	\$45.00	check	Dues	2403290137	deposited 3/30/2024
3/29/2024	\$90.00	check/cash	Dues (1) for 23/24	2403300118	deposited 3/30/2024
S.A.L. account	Amount			invoice #	
Radio Club account	Amount				
Building Account	Amount				

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 26

Finance Report – Ernest Cook

As of March 22... Operations and maintenance was at: \$2,936 of the \$3,000 authorized for this fiscal year

Materials Purchases for the kitchen project was at	\$2,362.18
Plumbing Contractor (estimate)	\$14,789.00
Electrical contractor	\$ 1,102.50
Contractor total	\$15,891.50

Total kitchen cost at March 22 was **\$18,253.68**

That leaves approximately \$1,746.32 in the budget so it makes sense to look deeper now to see how we need to operate in order to come in on budget.

Work items not included in the above are:

- * Flooring - floor stripper & Epoxy paint approx \$150-\$300
- * Wall finishing - texture rental, paint for 4 walls (3 in kitchen and 1 in canteen) as well as the ceiling
- * Cleanup / Move in- While we have made great efforts to clean as we go I am certain that after the above major work is complete a significant work party will need to happen to move the space from construction to kitchen. With the operations budget already strained, we are planning to allocate money to this area as well.

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 27

Finance Report (Continued)

5:35 PM

03/15/24

Accrual Basis

AMERICAN LEGION POST 113

Organization position

As of February 29, 2024

	Feb 29, 24	Feb 28, 23	\$ Change	% Change
ASSETS				
Current Assets				
Checking/Savings				
BLDG ACCT at ICCU	29,435.40	15,572.39	13,863.01	89.0%
Ham Radio	2,057.51	1,387.51	670.00	48.3%
POST ACCT at ICCU	29,462.12	23,062.48	6,399.64	27.8%
SAL	570.73	679.68	-108.95	-16.0%
SAVINGS at ICCU	1,924.03	1,922.82	1.21	0.1%
Total Checking/Savings	63,449.79	42,624.88	20,824.91	48.9%
Total Current Assets	63,449.79	42,624.88	20,824.91	48.9%
Fixed Assets				
Furniture and Equipment	0.00	0.00	0.00	0.0%
Land	1,000.00	1,000.00	0.00	0.0%
Total Fixed Assets	1,000.00	1,000.00	0.00	0.0%
TOTAL ASSETS	64,449.79	43,624.88	20,824.91	47.7%
LIABILITIES & EQUITY				
Liabilities				
Current Liabilities				
Credit Cards				
Divvy	952.38	0.00	952.38	100.0%
Total Credit Cards	952.38	0.00	952.38	100.0%
Total Current Liabilities	952.38	0.00	952.38	100.0%
Total Liabilities	952.38	0.00	952.38	100.0%
Equity				
Designated Assets	10,000.00	6,000.00	4,000.00	66.7%
Unrestricted Net Assets	31,528.84	35,471.17	-3,942.33	-11.1%
Net Income	21,968.57	2,153.71	19,814.86	920.0%
Total Equity	63,497.41	43,624.88	19,872.53	45.6%
TOTAL LIABILITIES & EQUITY	64,449.79	43,624.88	20,824.91	47.7%

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 28

Finance Report (Continued)

5:32 PM

03/15/24

Accrual Basis

AMERICAN LEGION POST 113

Budget vs Actual

July 2023 through February 2024

	Jul '23 - Feb 24	Budget	\$ Over Budget
Ordinary Income/Expense			
Income			
Unknown Deposit slips	43		43
Dues Income	5,045	1,800	3,245
Honor Guard	3,190	2,000	1,190
Ada County Contribution	20,000	10,000	10,000
Rental - building useage	6,850	4,667	2,183
Other Types of Income	1,685		1,685
Total Income	36,813	18,467	18,347
Expense			
Facilities			
Building Cleaning Services	500	4,000	(3,500)
Building Insurance	2,480	1,400	1,080
Building MGR	1,200	1,200	
Lawn	896	750	146
Operations and Maintenance	2,636	2,000	636
Remodel and Repairs	726		726
Utilities	3,825	3,565	259
Total Facilities	12,243	12,915	(673)
Post Operations			
Accounting Costs	0		0
Insurance - Liability, D and O	257		257
Office Miscellaneous	1,441	100	1,341
Post Office Box Rental	176	134	42
Postage, Mailing Service	264	187	97
Web site	99	121	(22)
Total Post Operations	2,237	522	1,715
Program Expenses			
Post gatherings, net	(114)	500	(614)
Commanders Discretionary fund		333	(333)
Badges, awards, patches, etc	171	333	(162)
Donations	98	700	(602)
Honor Guard	99	600	(501)
Membership fees	25	25	
Raffles	132		132
Youth Programs			
Boy Scout Projects		200	(200)
Halloween Event	100		100
Youth Christmas Party	318	300	18
Oratory Contest	327	600	(273)
Total Youth Programs	744	1,100	(356)
Total Program Expenses	1,156	3,562	(2,436)
Travel and Meetings	150	180	(30)
Total Expense	15,786	17,209	(1,423)
Net Ordinary Income	21,028	1,258	19,770
Net Income	21,028	1,258	19,770

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 29

Service Officer's Report – John Brekke

The following summarizes the March 2024 Service Officer announcements for American Legion Post 113

Urgent Care Services

The Veterans Administration (VA) provides urgent care services at VA medical centers and in network community providers,

- ✓ If you're a veteran enrolled in VA health care and
- ✓ You received care at a VA or in-network provider sometime in the past 24 months. Check your eligibility by contacting your local VA health facility. Or call 1-800-MyVA411 (1-800-698-2411) (TTY: 711). Select option 1, then option 3, then option 1. Family members can't use your urgent care benefit. When you arrive at a community urgent care provider:
 - ✓ Confirm that the provider is in VA's network. Check for a posted sign or ask a staff member. If you go to an out-of-network urgent care provider, you may have to pay for the full cost of care. By law, the VA can't pay claims for out-of-network providers.
 - ✓ Show your VA Health Identification Card and fill out the provider's intake form.
 - ✓ Tell the provider you want to use your VA urgent care benefit.

https://news.va.gov/128934/everything-to-know-about-va-urgent-care/?utm_id=13MAR2024

New! Eligibility for VA Health Care - March 5, 2024

Beginning on March 5 of this year the VA announced that all veterans who were exposed to toxins and other hazards while serving in the military — at home or abroad — are eligible to enroll directly in VA Health Care. This means that all veterans who served in the Vietnam War, the Gulf War, Iraq, Afghanistan, the Global War on Terror, or any other combat zone after 9/11 will be eligible to enroll directly in VA health care without first applying for VA benefits! No longer do veterans need to apply to receive VA disability compensation benefits to become eligible for VA health care. Additionally, veterans who never deployed, but were exposed to toxins or hazards while training or on active duty in the United States are also eligible to enroll. The VA encourages all eligible Veterans to visit [VA.gov/PACT](https://va.gov/PACT) or call 1-800-MYVA411 to learn more and apply for VA health care.

<https://news.va.gov/press-room/veteran-toxins-hazards-serving-eligible-va/>

Reducing Falls by Focusing on Your Hip Muscles

Three million older adults find themselves being treated in emergency departments annually for injuries related to falling. Falls are the leading cause of injury-related death and non-fatal injuries in those 65 and older. Doctor Odessa Addison is a physical therapist and research health scientist at Maryland VA's Geriatric Research Education and Clinical Center. *"As people age, the muscles in the hip change faster... the muscles in the hip that aid hip abduction (the process of using the abductor muscles to move legs out away from the body) change faster than other muscles. Hip abduction is an important part of moving and walking around."* As the hip abduction muscles grow weak or fatigued with age, it can impact gait and balance and cause falls. Some of the best workouts to address this issue are performing a variety of squat exercises.

<https://news.va.gov/128916/reducing-falls-by-focusing-on-hip-muscles/>
<https://www.strengthlog.com/abductor-exercises/>

American Legion
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Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 30

Service Officer's Report (Continued)

Military Health Records

If you received care at military hospitals or clinics since January 2004, you may have a DoD electronic health record available. If you retired or separated after Jan. 1, 2014, paper copies of your Service Treatment Records (STRs) were digitized following your retirement or separation from the Armed Forces. If your STRs don't contain information classified as sensitive, they'll be available via your Patient Portal, either MHS GENESIS or TRICARE Online (TOL). Note: You may access your historical health records on TOL until 1 October 2024. All new health records will be available on the MHS GENESIS Patient Portal. To request a complete copy of your health record, you need to submit a Request Pertaining to Military Records (SF-180) to the applicable organization as identified on the form. Requests can also be made in person to your last home military hospital or clinic. The military medical facilities transfer retiree records to the National Personnel Records Center (NPRC), generally after 1-5 years of inactivity. If possible, contact your last medical treatment facility to determine if your records have been retired to the NPRC before sending a request for them.

<https://www.tricare.mil/records>

<https://www.va.gov/find-forms/about-form-sf180/>

\$369.3 Billion Spending Plan for FY-2025

The Department of Veterans Affairs is proposing a \$369.3 billion spending plan for fiscal 2025. That is about 12% higher than last year and includes nearly \$25 billion for a toxic exposures fund that compensates veterans diagnosed with medical conditions from contact with burn pits, radiation and other environmental hazards. The overall budget is \$33 billion more than the FY-2024's spending plan and prioritizes increased funding and resources for health care, disability compensation and upkeep at VA facilities. The VA spending plan anticipates a reduction in VA staff in 2025. The administration's request is for 448,170 full-time employees, which is 10,000 fewer workers than 2024 estimates. The spending plan identified decreases in areas that include medical services, medical support and medical facilities, among others. The budget also requests \$2.8 billion for updating and improving VA health care facilities, including some hospitals that are more than 50 years old. Two-thirds of the VA's \$369 billion budget is for mandatory funding, which is government spending required by law. For the VA, mandatory funding spans health care, disability compensation payouts and pensions, housing and insurance programs, as well as medical facility leases for a total of \$210 billion. Mandatory funding is expected to total more than \$235 billion in 2025, a 21% increase from the \$182 billion requested in 2024. The VA expects to provide disability compensation benefits to 7 million veterans and their survivors in 2025. It also will administer pension benefits to more than 224,000 veterans and their survivors. The budget includes \$3.2 billion for various programs to end homelessness among veterans — up by \$42 million from 2024. The VA described suicide as its top clinical priority. Prevention efforts span \$583 million in outreach programs, up by \$11.6 million from 2024.

<https://www.stripes.com/veterans/2024-03-11/veterans-affairs-budget-burn-pits-staffing-homeless-13288252.html>

American Legion
Lloyd E Hutcheson
Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 31

American Legion Auxiliary – No update this month

American Legion
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Post 113 Bugle Gazette

For God and Country, We Associate Ourselves

Page 32

Misc #1 – Mark Grothe

The Daughters of the American Revolution will be preparing the meal for our meal in May, on May 21st.

Misc #2 – John Brekke

FEEDING AMERICAN HEROES

WEDNESDAY
APRIL 10TH
1PM - 4PM
VA HOSPITAL
500 W FORT ST, BOISE, ID 83702

PROVIDING ESSENTIAL FOOD ITEMS AND SUPPLIES TO HELP VETERANS STAY SAFE AND STILL BE ABLE TO MEET BASIC NEEDS DURING ANY NATIONAL EMERGENCY, CATASTROPHE, OR PANDEMIC.

DRIVE-THRU EVENT



VETERANS & FAMILIES
HOT FOOD UNTIL WE RUN OUT
RECEIVE VOUCHERS
FOOD FROM TACO EL RAY

SPONSORED BY







Registration link - <https://www.eventbrite.com/e/feeding-american-heroes-boise-tickets-827619100007>

Volunteer link - <https://www.eventbrite.com/e/8276296014172aff-eddtcreator>

Post 113 Officers for 2023 – 2024

Commander	Ralph Cavalieri	208/336-0012	rpcavalieri@gmail.com
Adjutant	Richard Dees	208/888-1343	rdees@aol.com
1 st Vice Commander	Dan Pruett	208/890-3384	dan@anywhereusa.org
2 nd Vice Commander	Richard Dees (aka Yers Trooly)	208/888-1343	rdees@aol.com
Finance Officer	Ernest Cook	408/858-1995	post113.finance@gmail.com
Service Officer	John Brekke	801/989-6764	John.Brekke25@gmail.com
Chaplain	Dan Pruett	208/890-3384	dan@anywhereusa.org
Past Commander	Richard Dees	208/888-1343	rdees@aol.com
Sgt-At-Arms	Al Carlson	208/320-7264	alcarlson72@gmail.com
Historian	Doug Foote	208-890-2907	doug.foote@eagleid.com