



THE POST

Website: www.orlandpost111.org

Volume IX Issue IX

September 30,, 2009

I N M E M O R I A M

IN THIS ISSUE

1. IN MEMORIAM
2. From the Desk of the
Commander
Adjutants Call
Prayer Corner
3. American Legion Day
4. Number removal from
ID Cards
From the Senior Vice
Commander
Exercise for people
over 50
5. Vietnam Veterans
6. Therapy
Change in Eligibility
for VA Health Care
7. Agent Orange Quilt of
Tears
8. Quilt of Tears (cont)
9. AD Page

Orland Memorial Post 111 joins with the Village of Orland Park Veterans Commission in mourning the passing to Post Everlasting of our friend and fellow Legionnaire John Hennessy. John epitomized all that a Legionnaire should be. Always there when needed John participated in every activity from spring poppy days to organizing the annual Salvation Army Bell Ringers. Gail Blummer Veteran's Commission Secretary offered the following thoughts and memories "He was instrumental in kicking off the Commission's veteran video taping interview program, helping me with logistics in planning the Veteran Steak Frys every year, was always available to me when I had questions and sought advice regarding veteran and military issues, he helped us decide on a sign design, as well as everything else the Veterans' Commission did. He never volunteered to do anything that he didn't follow through with.....if he said he'd help me find steak prices, two days later he had the research done and delivered it to me. If he said he'd help me research a sound system, the paperwork along with 3 price quotes were completed and delivered to me. He was a wonderful man, a true patriot and friend. I've been choked up all day and can't get him off my mind. I'm so terribly sorry for the Legion's loss – he was one of the best. I'm heart sick."

Requiem in Pace

Dear Friend

FROM THE DESK OF THE COMMANDER

It is with a great amount of sadness that my contribution to this month's newsletter begins with the sudden passing of legionnaire John Hennessy. Besides being a proud member of our organization John served on the Orland Park Veterans Commission. He was a retired Chicago policeman and was a veteran of the United States Navy. John epitomized the values of our organization. He had a strong spirit of giving. Whenever someone was needed for an activity John was always there to lend a helping hand. Men like him cannot be replaced. Our deepest sympathies go out to his loving wife of 48 years Kathleen and to his entire family.

One of the sad facts of our membership is that we are an aging organization. Time as we know stands still for no one. While we lose many a good friend we must remember to honor their memory by adhering to the common values that have grown out of our military service to our country. With that in mind we must continue to be a strong force in the community. Words like duty, service, and loyalty should be the actions we take in our activities that personify our Legion creed.

Organizations like the American Civil Liberties Union (ACLU) just don't get it. They think by championing the cause of a disgruntled parks worker who wanted to erect a buddhist statue by a Veterans monument built in 1934 by survivors of the horrific trench warfare of WW1 they are the protectors of the separation of church and state. After careful scrutiny of the historical record I can find no trace of a buddhist regiment in the WW1 archives. I have nothing against Buddhists but we are a nation founded on Roman-Judeo-Christian values and English law.

At the end of the day our forefathers did not fight for "Buddha and Country". They stood for "God and Country". Even if the Supreme Court of this land says that this monument must come down this simple truth remains "Honor and Glory stay with you forever, Mediocrity and Obscurity will plague you to the grave". Men and Women of this country who have made the ultimate sacrifice choose the former over the latter. We shall cede the latter to the ACLU.

Dean Morrell

Post Commander

ADJUTANT'S CALL

PLEASE PAY ANY UNPAID DUES ASAP.

Department has sent out renewal forms on July 1, They will be sending them out on October 1, 2009, January 10, March 15, and May 1 2010. Some times even if you have paid your dues you will get one.

Please make sure that any notice you get is addressed back to the Post at P.O. Box 413, Orland Park, Il.

PRAYER CORNER

Father Leo Lyons	John Cranston
Sean Kasper	and family
Arlene Manring	(wife of Ray)
John O'Rourke	Richard Parker
Gene Sinclair	Bob Lewis

Ralph Bechtold
All our brothers and sisters far from home and in harm's way and their loved ones

R.I.P

Albert 'Toots' Morrell	Robert Suhs Jr.
Kathy Sharp	(wife of Victor Sharp)
Harold Moss	Eugene Pertile
John Hennessy	

NUMBER REMOVAL FROM I D CARDS shared by Matt Piwowski

The Department of Defense is beginning to remove Social Security numbers from its identification cards.

The removal is being done in phases. Phase One is under way and involves removing the family member's number and replacing it with "XXX-XX-XXXX on the card. Sponsor's card will remain for for now.

Phase Two involves removing all printed Social Security numbers beginning later this year. From both sponsor and cardholder numbers and replaced with XXX_XX_XXXX.

Phase Three, set to begin in 2012, will involve removing Social Security numbers embedded in bar codes.

In January 2010, retirees with an indefinite expiration date on their card can begin requesting a new card without a printed Social Security number. Family member ID cards will change when the cardholders' expired cards are renewed.

FROM THE SENIOR VICE COMANDER

NO REPORT

EXERCISE FOR PEOPLE OVER 50

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags.

Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level.)

After you feel confident at that level, put a potato in each bag.

Vietnam Veterans

News

Agent Orange Overview

Over 2 million American servicemembers served in Vietnam during the Vietnam era. Agent Orange was the most common herbicide used in Southeast Asia by the U.S. Armed Forces during the Vietnam War from 1962-1971. Its use was controversial at the time, and anti-war protestors heavily criticized the military for defoliating large swaths of Vietnam with Agent Orange. However, the military commanders who ordered its use, even today, claim that it saved many more American lives than it cost.

Agent Orange was contaminated by the carcinogen dioxin (2,3,7,8-tetrachlorodibenzo-para-dioxin [TCDD]), although that fact was unknown to the military at the time of its initial use. Scientific studies have linked human exposure to dioxin and certain diseases, particularly cancers. Congress, in the Agent Orange Act of 1991, therefore presumed that all Vietnam veterans were exposed to dioxin for the purposes of filing for VA disability compensation.

For help with claims, contact an [American Legion Department Service Officer](#)

Diseases Associated with Agent Orange Exposure

The government dragged its heels on investigating the health effects from Agent Orange exposure, so Congress shifted the responsibility away from federal agencies and to the National Academy of Sciences Institute of Medicine (IOM). IOM formed an expert, independent panel in 1992, and it has produced three reports since then. The reports review all the available scientific literature and judge which diseases may be associated with Agent Orange exposure. The Department of Veterans Affairs can then pay disability compensation to any Vietnam veteran who develops that disease. The list of diseases follows.

Chloracne

Non-Hodgkin's lymphoma

Multiple myeloma

Respiratory cancers

Lung

Trachea

Larynx

Bronchus

Prostate Cancer

Soft Tissue Sarcoma

Hodkins disease

Porphyria cutanea tarda

Peripheral neuropathy

Therapy

A husband and wife came for counseling after 15 years of marriage. When asked what the problem was, the wife went into a passionate, painful tirade listing every problem they had ever had in the 15 years they had been married.

She went on and on and on: neglect, lack of intimacy, emptiness. Loneliness, feeling unloved or unlovable, an entire laundry list of unmet needs she had endured over the course of their marriage.

Finally, after allowing this to go on for a sufficient length of time, the therapist got up, walked around the desk and, after asking the wife to stand, embraced and kissed her passionately.

The woman instantly shut up and quietly sat down as though she was in a daze. The therapist turned to the husband and said, "this is what your wife needs at least three times a week.....can you do this?"

The husband thought for a moment and replied,.. "Well, I can drop her off here on Mondays and Wednesdays, but on Fridays, I play golf!"



VA eligibility rules changed on June 15, 2009, making it easier for more Veterans to enroll in VA's health care system. Under this new regulation, VA relaxed income restrictions on enrollment for health benefits. While this new provision does not remove consideration of income, it does increase income thresholds. A [web-based calculator](#) is available for Veterans to enter their income information, dependents, and zip code to assess if their income would fall within the proposed income threshold adjustments. Veterans are encouraged to contact VA's Health Resource Center at 1-877-222 VETS (8387) or visit the [VA health eligibility website](#) for more information.

Hello Friends & Loved Ones,

It's that time again where we are thinking about Veterans Day approaching soon. My thoughts immediately bring me to the grand participation that we had last year with the first Veterans Day Agent Orange Balloon Release & I am really humbled as I looked through the pictures from last years event. I honestly cannot think of a more touching experience & look forward to doing it again this year! Thanks so much to everyone that participated last year & I hope that you can encourage others to join us this year.

Please check out our event page for all the details of this years event at:

<http://www.agentorangequiltotears.com/Events.html>

In preparing for this years event I took most of the pictures from last year & combined them all in a video. You can find it on the page

(<http://www.agentorangequiltotears.com/Events.html>) or by going directly to this link: [2008 Agent Orange Balloon Release](#) I left some of last years photos on the Event Page along with some beautiful videos that others made to share. I've also attached a flyer that you can forward or print out to share.

I've also attached the 2009 Patches Walk poster which is a very worthy cause & I encourage everyone to spread the word on this also. To find out more about it you can refer to an article done on War In Terror News last year at This link:

<http://waronterrornews.typepad.com/home/2008/11/patches-walk-for-vietnam-veterans-of-agent-orange-.html>

This is a very brief history about Stephen's father who died from A/O related illnesses:

""In his ten months his Ranch Hand Aircraft were hit 500 times by ground fire. Eleven Airman and nineteen officers being supervised by Major. Hay-Chapamn were awarded 10 Purple Hearts, 12 Distinguished Flying Crosses and 12 Commendation Medals. While flying Patches he took the most hits and always came back unharmed.

He also initiated action in conjunction with the Vietnamese to airlift tons of food-stuffs and clothing for the orphanages located in remote areas of Vietnam.

He turned over the Command to Major. Russell Mahoney. He was instrumental in many ways on how the eventually conducted the sorties by reducing the hit ratios.

He retired after 27 years in Oct 1970, while the going was good and fought to the last day trying to get a 100% disability due to Agent Orange. He did get it just before he passed away from diabetes in what was a lengthy process of amputations starting with a toe and eventually losing both legs. ""

We will be leaving this evening headed up to Illinois for a Quilt display at the Seven Circles Heritage Center in Edwards, Illinois where The Gathering Of Veterans Pow Wow will be held this year, where we are proud to be sponsored by The Tazewell County 40 & 8. The links are included at the bottom of this email for further information. If anyone is in the area please stop in to say hello & to see the beautiful A/O Quilt Of Tears.

Hugz & Prayers to all,
Shelia & Henry Snyder

We now have T-shirts & decals for any that may be interested Check it out! Click Here

The Agent Orange Quilt Of Tears will be on display
September 18th, 19th, 20th 2009 at
Gathering of Veterans PowWow
Seven Circles Heritage Center Edwards, Illinois <http://www.7circlesheritage.org/calendar.htm>

Agent Orange Victims & Widows Support Network
Home Of The Agent Orange Quilt Of Tears
<http://www.agentorangequiltotears.com/>

“THINK OF IT THIS WAY”

A clunker that travels 12,000 miles a year at 15 mpg uses 800 gallons of gas a year. A vehicle that travels 12,000 miles a year at 25 mpg uses 480 gallons a year. So, the average Cash for Clunkers transaction will reduce US gasoline consumption by 320 gallons per year.

They claim 700,000 vehicles so that's 224 million gallons saved per year. That equates to a bit over 5 million barrels of oil.

Five million barrels is about 5 hours worth of US consumption. More importantly, 5 million barrels of oil at \$70 per barrel costs about \$350 million dollars. So, the government paid \$3 billion of our tax dollars to save \$350 million. We spent \$8.57 for every dollar saved.

Can't wait to see what they do with Health Care!!!!

Available Call Matt 708-308-5369

INK SMART

For all Your Printer Ink Needs
9979 W.151st. St.



Allstate
You're in good hands.

24-Hour
Customer Service

John Garrett, LUTCF
Exclusive Agent



Allstate Insurance Company
7620 W 159th Street
Orland Park, IL 60462-5401

Phone 708-614-0770
Claims 800-255-7828
Fax 708-614-9901
johngarrett@allstate.com

Mon-TH 9-6, Fri 9-5 or by appt.
www.allstate.com/johngarrett



Classic Realty Group
MATT PIWOWARSKI
Realtor

15545 S. 71st Ct., Suite 202
Orland Park, IL 60462
Email: matthewpiwowarski@yahoo.com
www.chicagofinest.com

Phone: 708.645.8500
Fax: 708.645.8098
Cell: 708.308.5369

 

Available Call Matt 708-308-5369

Available Call Matt 708-308-5369

Available Call Matt 708-308-5369

Available Call Matt 708-308-5369

EVENTS ON THE HORIZON

- Oct 19 Officer's Meeting 8PM
 Veteran's Center
- Oct 28 General Membership
 Meeting 8PM Veteran's
 Center
- Nov 8 Veterans Commison
 Steak Fry Civic Center
 DETAILS FORTHCOMING

Federal Benefits Booklet (2008) for Veterans and Spouses is currently on line at: www.va.gov



Orland Memorial Post 111
P.O. Box 413
Orland Park, IL 60462