

The American Legion Winter Park Memorial Post 112 Family



Winter Park Memorial Post 112
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www.wpflpost112.org
407.671.6404

2018—2019 Officers

Commander
James Middlekauff

1st Vice
Commander
Stephen Miglionico

2nd Vice
Commander
James Middlekauff

Adjutant
Bob Colbert

Finance Officer
Bob Colbert

Sgt. at Arms
Russell Kraeger

Judge Advocate
OPEN

Asst. Judge Adv.
Terry Brown

Service Officer
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Ted Costello

Chaplain
Cliff Buhrow

Historian
Lawrence Wartell

Sons of the Legion
Commander
Jim Carten
Auxiliary
President
Marge Berrios

Sea Cadet Liaison
Gerard (Jerry) Dress

Newsletter Editor
Nell Colbert

Website
[http://
www.wpflpost112.org](http://www.wpflpost112.org)

COMMANDER'S MINUTE

Greetings fellow Post 112 members:

I hope everyone is doing well, but if not and you need some assistance please contact us and we will be glad to give whatever assistance we can.

Things are moving on well as far as improvements at your Post. We now have the sidewalk in place for travel from the Handicapped parking area to the front ramp. The only remaining job is making a Handicapped gate from the parking spot and I am working with TDK to get this accomplished prior to our next meeting in May. Parking will continue to be in the back of the Post and along the North fence line.

Our next ceremony will be Memorial Day (day to be announced later) so come on out and see your Post or even participate. We are working on an annual schedule of events and will be posted soon so everyone can plan better.

Our next meeting will include a Post Everlasting ceremony for those who we have unfortunately lost. If you have not attended one yet, please come and share your respects with us. I will schedule these for May and November each year.

We are currently starting our annual school awards presentations so if you want to assist, we will be glad to have your help. Just contact our Adjutant and we can get you on the schedule to suit your time availability. The children (and parents) really appreciate our efforts. Our first presentation will be April 18th at the Army ROTC at UCF and I will do that presentation. They are always glad to have us attend and the cadets are also appreciative of our efforts.

We are still trying to get a program together to replace our Pancake Breakfast; however, we need some volunteers to help with this effort. We suggest having a donut/bagel/coffee for our VA Veterans. If you would like to assist with this, please

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May—June 2019

YAHOO! GROUPS

**See Bob to
sign up!**

Do you

YAHOO!

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contact us or SAL Commander Carten.

Again, I ask that Past Commander Costello get some assistance with the Boys State program as he has done an outstanding job coordinating this effort for over twenty (20) years! This has taken a toll on him and I can totally understand his reluctance in asking for help, but he does need it. Please contact him or any of our officers if you wish to learn how to orchestrate this annual Post program with his assistance.

Our monthly "Post work Day" has proven to be a great asset in getting the Post cleaned up and more presentable. I Thank all those who have been able to assist including the FRA Branch 117 members and our Auxiliary Unit members. April will be the last one for now, unless something of urgency comes up that would require a group effort. There are still some other outside issues I would like resolved; however, I feel it is beyond our membership capabilities.

Our membership renewals are going well and we are up to 81% currently, but we still need others to renew or new members to join in able to reach our 100% goal. We have achieved this milestone for many years, so let's keep it going. Our 1st Vice Miglionico is doing a great job assisting with membership and is much appreciated, but it should not be all up to him. The American Legion has many benefits for Veterans and spouses, so talk to your fellow Veterans.

The Eagle Scout project in the works to honor the Four Chaplains that will be permanently on display when completed out by our flag pole. He does need to raise \$2200 to complete this task, so if you wish to donate or know of an organization that would help him, please contact us. We do not have a completion date for this, but it will be a really nice presentation.

Our American Legion Post is going well; however, it is only as strong as the membership. I do greatly appreciate the efforts of the members who are able to assist. Be safe and glad to see more members at our meetings and the Post. If you have suggestions for guest speakers, please contact us.

For God and Country,
Jim Middlekauff

2019 Legion Dues are now being accepted!
Please send your \$38 check to
PO Box 910, Goldenrod, FL 32733
TODAY!

.....



Notes From the Adjutant's Desk

Our fiscal year is coming to a close and that means several things:

- First, we will have nominations for the 2019-2020 Officers at the May meeting. The elected positions in the Post are: Commander, 1st Vice Commander (Membership), 2nd Vice Commander (Program & Property), Finance Officer, Chaplain, Sgt at Arms and Historian. There are several "Chairman" positions available, so you don't need to feel left out in case you don't want to run for office but want to help. The Adjutant is the head of our nominating committee, so call, email or meet with him to find out more about any position that you may want to apply for.
- Second – This will be the last newsletter for the 2018-2019 Fiscal year. If you missed any newsletters and have internet access, the archive of all newsletters for the past several years is available at: <http://www.wpfpost112.org/newsletters/newsletters.html>. The archive goes back to 2009-2010 fiscal year.
- Third – Our 2020 Membership campaign will be starting on 01 JULY 2019. Remember, the renewal notices that you will get are for 2020. Your 2019 membership card will allow you access to ANY American Legion Post in the world until 31 DEC 2019. BUT, we try to have everyone renewed before the end of the year so that you aren't caught with a 2019 card when the new year starts.

We have had a good year. We have a new fence, the building has been painted, the building has been re-piped, the lighting has been updated with brighter and less expensive to operate LED lights, the two power poles have been replaced and the power drop to the building has been raised. There were more improvements and more to come.

The Department Convention will be at the end of June. If you want to attend and learn more about the Legion, this is the place to go. The only cost

is for parking and that is probably going to be \$5/day. You do not have to attend all four days, but the Convention Agenda will tell you what classes will be held and when they will be held.

School Medals are at hand! By the time this is published, we will have already started handing out School Medals to some of our schools. The presentation is not difficult, but many are scheduled by the schools for the same date and it is difficult for one or two people to be able to present the medals at 2 or more schools on the same day. **I need your help.** I will have a list with me at the May meeting and will be looking for help in distributing these medals to the deserving children. These medals mean something to the youngsters. The owner of the lawn service that had been cutting the Post's lawn was a recipient. One of our SAL members was also a recipient. They do remember getting them! This is the lasting effect that we hope to have on the youth and you can help.

We can't thank our Commander enough! Commander Middlekauff has been the driving force on getting the improvements done around the Post. From having to "bird dog" the fencing, sidewalk and painting issues with the builder next door to organizing the work to be done around the property like getting the air conditioner unit changed out and the building re-piped, he has been spearheading the efforts. Thank you, Jim, for the hard work and your tireless effort! When you see him, thank him for the hard work and the fine job that he has done. A little "thanks" goes an awfully long way! By the way, Jim has agreed to stay on as Commander for another year, if we elect him.

While we are thanking people, don't forget Stephen Miglionico, 1st Vice Commander, and Russell Kraeger, Sgt-At-Arms. These two gentlemen have been the Commander's "right hand" men in making the changes around the Post.

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Each issue, we publish a "birthday list" to wish those of our Post Family a Happy Birthday. If your birthday comes up in May or June and you are not on the list, that means that we do not have your birthday on file. You can call me at 407-619-9611 and give it to me or you can email it to bcolbert@usa.net and I will update our file. We don't publish the year in the newsletter because everyone is still young at heart!

I can leave without reminding you that this newsletter is published six times a year on the

"Odd" months. But, the WEB page is updated as many times as two or three times a week and has much more detailed information about coming events. So, if you have a computer, be sure to go to <http://www.wpflpost112.org> to look at past newsletters or the calendar and other news.

We also have free Wi-Fi available here at the Post for those that are using smart phones or tablets. Check with the Adjutant or Commander for the password to the system.

The newsletter is still being mailed to about 60 members

each month. Most of these members do not have internet access and we do not suggest that they get it. However, if you are getting the newsletter by mail and you do have internet access, please let me know what your email address is so that we can send the newsletter to you by email. It is costing your Post over \$1 per issue to mail each copy and we would rather see that money spent in other ways to help our veterans and local community. Plus, the emailed version of the newsletter is in color while the printed version is only black and white.

See you at the May meeting!

Son's of the of the Legion—Jim Carten

Your SAL Squadron has been quietly working on a few things leading up to the summer. Two of our members have been working diligently on the 5 Star Program of Service. The plan is to award these medals and pins (for the first time in this Squadron) during our annual installation ceremony in July. We will be working with our other Legion Family members - the Post and Auxiliary - to put on a memorable and solemn Memorial Day ceremony for those who gave all for our country

One event we are trying very hard to restart into the monthly Pancake breakfasts. It's very gratifying to serve our veterans and guests, but it takes a bunch of us to pull off this event. If you are interested in helping us, please contact me.

The end of June is the Legion Family Reunion - Convention time! Once again this event will be held at the Orlando World Marriott on June 28 & 29. There is no cost to attend but you do have to register. Come out and join a few thousand members of the Legion family!

Thank you for everything that you do...

For God and Country

Jim Carten
Squadron Commander

HAPPY
FATHERS DAY



ADVERTISING INFORMATION

Would your business like to advertise in our Post newsletter? This newsletter, with distribution via email and USPS to over 200 members and organizations, is now accepting advertising for our monthly newsletters.

Advertising rates per issue are as follows:

Business card size - \$ 6.00 (3 3/4"w x 2 1/4"l)
1/4 page - \$ 10.00 (3 3/4"w x 4 3/4"l)
1/2 page - \$ 18.00 (7 3/4"w x 4 3/4"l or 3 3/4"w x 9 3/4"l)
Full page - \$ 30.00 (7 3/4"w x 9 3/4"l)

If paid in advance for FIVE ISSUES, THE SIXTH ISSUE IS FREE!

Copy MUST be emailed to the editor as a jpg or Publisher file but payment MUST be mailed to the Post's PO Box or hand delivered to the Post by the 15th of the month preceding publication.

COPY DEADLINES:

Jan-Feb issue—15December
Mar-April issue—15February
May-June issue—15April
July-August issue—15June
September-October issue—15August
November-December issue—15October

QUESTIONS—Contact the editor at 407.401.8360 or email nell.colbert@communimatics.com.

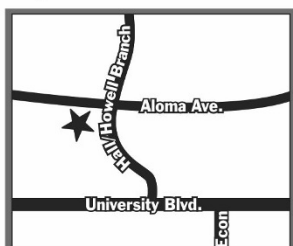
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Our Happenin' Auxiliary—Nell Colbert

We are very **EXCITED!**

This month we welcomed **two** new members to our Unit, Sharon Brown, wife of our Post Assistant Judge Advocate, Terry Brown, and Lucy Loveitt, whose Dad was a WWII veteran. Welcome ladies—we're so very glad to have you as part of our team.

2019 Membership

A BIG thanks goes out to everyone who has paid their 2019 dues. As of April 15th, we are at 86.96% of our membership goal, with 20 paid members. We only need three more paid memberships to make our 100% goal. If you know of eligible ladies who would make awesome Unit members, please bring them to our next meeting on May 21st. If you have not sent in your dues yet, please drop your check in the mail today as your Auxiliary membership has expired! Dues for 2019 should be sent to :

ALA Unit 112
PO Box 2246
Goldenrod, FL 32733-2246

Senior dues are \$36 and Junior dues are \$12. As of 4/15/19, the following members have paid their 2019 dues:

Marge Berrios, Theresa Berrios, Sharon Brown, Nell Colbert, Rory Colbert, Christine Costello, Takako Cunningham, Cathy Diehl, Mary Doyle, Staci Klinger, Cheryl Knapp, Amy Martin, Pamela Martin, Sharon Leimer, Lucy Loveitt, Aunita Padgett, Joanne Russell, Virginia Saunders, Debi Shan-

non, and Pat Telson.

Girls State



We interviewed four very talented young ladies from local high schools at the end of February. We selected our delegate and our alternate and have recommended the other two girls to the Department of Florida for consideration for other Units unable to select delegates. As of this date, both our delegate and alternate have attended the mandatory orientation and our alternate was selected to be a delegate representing Kissimmee Unit 10. Both young ladies plan to share their experiences in August with members of the Unit and the Post.

Americanism Essay Contest

We received about 70 entries from three different elementary schools for our essay contest. We spent a good part of our March meeting reading the essays and selecting our winners which were forwarded to Department for the State contest. The winning essay writers will receive an essay medal at the end-of-the-year graduation ceremonies

Scholastic Achievement Medals

We have begun the process of getting student names from the eight elementary schools at which we present these medals. **We need help making the medals presentations!** Most of the Orange County schools schedule their 5th grade awards for the same day and at the same time. These are fun and easy to do. If you would like to help, **please call Nell** so we can add you to the schedule.

As always, we welcome new ladies who would like to actively support our military, our youth and our community through our community service projects. To become involved, please call us at 321.578.8612.

Check out our Facebook page at:

<https://www.facebook.com/ALA112FL>

or our website at:

www.AmLegionAux112FL.com
to see what we've been doing.



Notes from Our Service Officer

Last year, Defense Department officials estimated that about 11 percent of active-duty troops — some 235,000 — were rated as non-deployable. Almost half of that number were individuals missing medical exams or paperwork, troops nearing retirement and women service members who were pregnant. But the remaining 126,000 faced a range of short- and long-term injuries, or simply failed to meet military fitness standards. Military officials said those individuals would be given up to 12 months to prove their deployability or be pushed out of the services. Pregnant, recently pregnant and combat-wounded troops are exempt from the standards. Each of the services has also revamped their classification and reporting requirements, to more accurately track troops' readiness.

VA MISSION Act, which was signed into law by President Trump in June 2018.

The eligibility criteria are projected to go into effect in June 2019 after final regulations are published and effective, so the criteria are not yet final. In addition, key aspects of community care eligibility include the following:

- Veterans must receive approval from VA prior to obtaining care from a community provider in most circumstances.
- Veterans must either be enrolled in VA health care or be eligible for VA care without needing to enroll to be eligible for community care.
- Eligibility for community care will continue to be dependent upon a Veteran's individual health care needs or circumstances.
- VA staff members generally make all eligibility determinations.
- Veterans will usually have the option to receive care at a VA medical facility regardless of their eligibility for community care.

Meeting any one of six eligibility criteria listed below is sufficient to be referred to a community

provider—a Veteran does not have to meet all of them to be eligible. (Real-world examples of when a Veteran would be eligible for community care are included in the eligibility fact sheet linked at the end of the article).

Eligibility Criteria:

1. Veteran Needs a Service Not Available at a VA Medical Facility
2. Veteran Lives in a U.S. State or Territory Without a Full-Service VA Medical Facility
3. Veteran Qualifies under the "Grandfather" Provision Related to Distance Eligibility for the Veterans Choice Program

For this element, there are a few different ways that a Veteran could be eligible for community care. Initially, the following two requirements must be met in every case:

- Veteran was eligible under the 40-mile criterion under the Veterans Choice Program on the day before the VA MISSION Act was enacted into law (June 6, 2018), **and**
- Veteran continues to reside in a location that would qualify them under that criterion.

4. A Cannot Furnish Care within Certain Designated Access Standards

The specific access standards are described below. (**Important:** Access standards are proposed and not yet final).

Average drive time to a specific VA medical facility

- 30-minute average drive time for primary care, mental health, and non-institutional extended care services (including adult day health care)
- 60-minute average drive time for specialty care

Appointment wait time at a specific VA medical facility

- 20 days for primary care, mental health care, and non-institutional extended care services, unless the Veteran agrees to a later date

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in consultation with their VA health care provider

- 28 days for specialty care from the date of request, unless the Veteran agrees to a later date in consultation with their VA health care provider

It Is in the Veteran's Best Medical Interest

A VA Medical Service Line Does Not Meet Certain Quality Standards

In this scenario, if VA has identified a medical service line is not meeting VA's standards for quality based on specific conditions, Veterans can elect to receive care from a community provider with certain limitations.

This year marks the 75th Anniversary of the original GI Bill. This landmark legislation created low-cost home loans, education and vocational training benefits, and other programs and services for Veterans. Since 1944 the Servicemen's Readjustment Act, also known as the GI Bill, has impacted the lives of millions of Veterans and their families.

Agent Orange Exposure in Vietnam Waters (Blue Navy Veterans)

The Blue Water Navy Vietnam Veterans Act, which would make naval veterans who served on the shore of Vietnam

during the Vietnam War eligible for compensation through the Department of Veterans Affairs for health conditions associated with exposure to the herbicide Agent Orange, passed in the House with a 382-0 vote. If you served on a Blue Water Navy ship on the **inland waterways** of Vietnam between January 9, 1962, and May 7, 1975—or you ever came ashore in Vietnam—you likely had contact with Agent Orange. The U.S. military used this toxic chemical to clear trees and plants during the war. Find out if you can get disability compensation or benefits for illnesses believed to be caused by contact with Agent Orange.

If you served on the **coastal waterways** of Vietnam between January 9, 1962, and May 7, 1975, and you came ashore, you may have had contact with Agent Orange. We'll need additional information from you to determine if you may be able to get disability benefits. So far, this applies to 140 ships and 51 classes of vessels.

Can I get disability benefits from VA?

Yes, if you have one or more illnesses believed to be caused by Agent Orange and you meet one of the requirements listed below.

One of these must be true:

Your military record shows that you were aboard one of the

U.S. Navy and Coast Guard ships that entered Vietnam's inland waterways,
or

You came ashore in Vietnam

Cancers believed to be caused by contact with Agent Orange

Chronic B-cell Leukemia: A type of cancer that affects your white blood cells (cells in your body's immune system that help to fight off illnesses and infections)

Hodgkin's Disease: A type of cancer that causes your lymph nodes, liver, and spleen to get bigger and your red blood cells to decrease (called anemia)

Multiple Myeloma: A type of cancer that affects your plasma cells (white blood cells made in your bone marrow that help to fight infection)

Non-Hodgkin's Lymphoma: A group of cancers that affect the lymph glands and other lymphatic tissue (a part of your immune system that helps to fight infection and illness)

Prostate Cancer: Cancer of the prostate (the gland in men that helps to make semen)

Respiratory Cancers

(including lung cancer): Cancers of the organs involved in breathing (including the lungs, larynx, trachea, and bronchus)

Soft Tissue Sarcomas (other than osteosarcoma, chondrosarcoma, Kaposi's sarcoma, Cont'd on Page 9



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or mesothelioma): Different types of cancers in body tissues such as muscle, fat, blood and lymph vessels, and connective tissues

Other illnesses believed to be caused by contact with Agent Orange

AL Amyloidosis: A rare illness that happens when an abnormal protein (called amyloid) builds up in your body's tissues, nerves, or organs (like your heart, kidneys, or liver) and causes damage over time

Chloracne (or other types of acneform disease like it): A skin condition that happens soon after contact with chemicals and looks like acne often seen in teenagers. Under our rating regulations, it must be at least 10% disabling within 1 year of contact with herbicides.

Diabetes Mellitus Type 2: An illness that happens when your body is unable to properly use insulin (a hormone that turns blood glucose, or sugar, into energy), leading to high blood sugar levels

Ischemic Heart Disease: A type of heart disease that happens when your heart doesn't get enough blood (and the oxygen the blood carries). It often causes chest pain or discomfort.

Parkinson's Disease: An illness of the nervous system (the network of nerves and fibers that send messages between your brain and spinal cord and other areas of your body) that

affects your muscles and movement—and gets worse over time

Peripheral Neuropathy, Early Onset:

An illness of the nervous system that causes numbness, tingling, and weakness. Under our rating regulations, it must be at least 10% disabling within 1 year of contact with herbicides.

Porphyria Cutanea Tarda: A rare illness that can make your liver stop working the way it should and can cause your skin to thin and blister when you're out in the sun. Under VA's rating regulations, it must be at least 10% disabling within 1 year of contact with herbicides. If you have an illness you think is caused by contact with Agent Orange—and you don't see it listed here—you can still file a claim for disability compensation. You'll need to show that you have a disability and include a doctor's report or a hospital report stating that your illness is believed to be caused by contact with Agent Orange.

Can I get disability benefits from VA?

You may be able to get disability benefits if both of the below descriptions are true for you.

Both of these must be true:

- You have an illness believed to be caused by Agent Orange, **and**
- You came into contact with Agent Orange while serving in the military

Who's covered?

- Veterans
- Qualified dependents

You may have had contact with Agent Orange if you served in any of these way

On C-123 Airplanes

Between January 9, 1962, and May 7, 1975

On Thailand Military Bases

Between January 9, 1962, and May 7, 1975

In Vietnam or Korea

Between January 9, 1962, and May 7, 1975

Outside of Vietnam or Korea

Between January 9, 1962, and May 7, 1975

In Testing and Storage Areas Outside of Vietnam

Between 1944 and a yet-to-be-determined date

On U.S. Navy and Coast Guard Ships in Vietnam

Between January 9, 1962, and May 7, 1975

As many as 90,000 ailing "Blue Water Navy" veterans are likely to have to wait for a new Congress to see legislation passed that would make them eligible for Agent Orange-related disability compensation and VA-paid health care.





April Guest Speaker—Ed Burford

We had a tremendous speaker for our April Legion meeting and if you were not there, you missed getting a lot of very insightful information from our guest, Seminole County's Veteran Service Officer, Ed Burford. Ed spoke about the services offered by his office as well as sharing updates concerning Veterans services that are available. If you have questions about your benefits or you need help with filing a claim, please contact Ed at 407-665-2300 or visit his office at 534 West Lake Mary Blvd, Sanford, 32773-7400. Ed left some materials for us to share—please visit the Post to pick up items like the 2019 Florida Veterans Benefit Guide, information about Agent Orange, the Camp Lejeune Contaminated Water healthcare benefits, the Cape Canaveral national Cemetery, and Gulf Water Illnesses. There are limited copies of these materials so these will be available on a first come, first served basis until they are gone.





Happy Birthday to YOU!

*Happy Birthday to YOU!
Happy Birthday to you!
Happy Birthday dear _____.
Happy Birthday to YOU!*

MAY

1 Richard Devasto
4 Willie Newsome
6 Fred Shipman
9 Kerry Piltz
13 N. James Turner
17 Charles Muller
20 James Brower
21 Glenn Finch
22 Benton Bonney
23 Arthur Sprague
24 Alfonso Colon

28 Richard Telson
30 Paul Finn

JUNE

4 Jimmy Arocho
5 John Fleming
5 Michael Yaroma
6 George Bruneau
6 Leonard Cole
7 Mark Gagne
8 Aurora Colbert
13 James Council
14 Robert Cunningham
21 Ramon Reyes
23 Floyd Mishoe

25 Ronald Brown
29 Samuel Culver



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CALENDAR

May

- 7 S A L Meeting - 7 PM - Nominations
- 12 Mother's Day
- 14 Executive Board Meeting - 6 PM
- 14 General Post Meeting - 7 PM - Nominations
- 21 Auxiliary Meeting - 7 PM - Elections
- 27 Memorial Day - 11 AM

June

- 4 S A L Meeting - 7 PM - Elections
- 11 Executive Board Meeting - 6 PM
- 11 General Post Meeting - 7 PM - Elections
- 16 Father's Day
- 18 Auxiliary Meeting - 7 PM
- 27-30 Department Convention - Orlando

Please see our website for additional dates and more detailed info about each event.

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