



## VFW

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## JULY 2010

I.P. "Sarge" Bell Memorial Post 3377  
And Ladies Auxiliary  
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## NEWS

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### Commanders Message

Comrades,

I just returned from Department Convention where Quartermaster Bob Whitaker and I were honored to accept the All-State Post plaque for Post 3377. As the All-State Posts were introduced, the convention emcee stated, "Comrades and Sisters, these are the 25 best Posts in Texas." On the 2<sup>nd</sup> day of the convention, I was called forward to accept the Honor Roll Post plaque for Post 3377. Both of these honors are indeed a tribute to all the hard work by so many members of Post 3377. Thank you.

With the installation of our new Department Commander, Wayne Depute, on Saturday, June 26<sup>th</sup>, our 2010-2011 VFW year began. It will no doubt be a busy year, so lets dig in and get started.

Saturday, July 3<sup>rd</sup>, we will participate in the Shady Hollow 4<sup>th</sup> of July parade. Yes, the 4<sup>th</sup> of July parade is on the 3<sup>rd</sup> of July. We would like maximum participation to ride on the float, toss candy to the little ones along the way, and then join us for our Open House following the parade where will have our usual hamburgers, hot dogs, and many wonderful sides prepared by our ladies. The float will depart from the Post Home at 9am. So if you want to ride over in the float, please be at the Post Home prior to 9.

Comrades, it will soon be that time of year. You guessed it; our 2010-2011 Membership Drive will be in full swing. If you are currently a Life Member, you need to take no action; however, if you are a Continuous Member, you will soon receive your 2011 Dues Notice. That does not mean we want you to wait until 2011 to pay. Membership is the lifeblood of all volunteer organizations, and the VFW is no different, so when that Dues Notice arrives, I want you to please do a couple things. First, I want you to seriously consider purchasing a Life Membership. If you can't pay it all at once, there is a payment plan, but I urge you to seriously consider going Life. If you have questions about the payment plan, please contact our Quartermaster, Bob Whitaker. Secondly, I would ask that you pay your dues right away. Whether you're going Life or remaining a Continuous Member, please send in the dues.

In closing, I want to thank all Post and Ladies Auxiliary members who contributed to our successes last VFW year. Y'all are the best!!

Turning the page, our new year is here, and I look forward to working as your Post Commander for another year. I again solicit your support in the programs and projects of the VFW.

Yours in Comradeship,

Ed Fitzgerald  
Post Commander

**"Aim High"**

## Americanism Quote

Every citizen should be a soldier. This was the case with the Greeks and Romans, and must be that of every free state.

Thomas Jefferson

## Auxiliary Presidents Message:

Hello Ladies!

I would like to thank each and everyone one of you for a wonderful year. You should be very proud for all you accomplished this past year. I enjoyed being able to serve you as President and look forward to working for you another year. Congrats to all the newly elected officers!

Not much to go over, just a few reminders:

June 24 - 27 is State Convention in Dallas, Texas, information available if needed.

July 4th Parade WILL BE ON THE 3RD, anyone needing a ride should be at the Post by 8:45 am (Open House to follow).

July 17 is Statewide Training in Geronimo, anyone interested should let me know as soon as possible.

Registration to be turned in by July 8th.

August 14th is District Training with (our own) District President, Glenna Alexander, to be held at our Post; more details to follow.

Our next meeting will be held on July 15th at 7:30 pm.

Remember sisters, as long as there are fighting men and women, we have work to do. Let us pray for our troops and their families.

Tully Rogge-Groteluschen

VFW Post 3377 Auxiliary President

## Post Notes

### Bingo

As always I want to thank those Comrades that serve as Bingo Operators for the Post. You do a super job! If you can spare one night a month for four hours as the Bingo Operator, please contact me at 786-6661. Your help would be greatly appreciated.

Terry B. Burkett - Bingo Chairman

### Safety

As the hot summer months approach, it is important for all of to remember to stay hydrated-which means drink a lot of clear fluids-I don't mean just beer! With that said this month I have provided some ways to prevent us from getting dehydrated

Summer heat puts us all at risk of dehydration. Dehydration is defined as "the loss of water content and essential body salts needed for normal body functioning." Children and the elderly are the most susceptible to dehydration. Every cell in our body needs water to function. In fact, water is the nutrient we need in the greatest

amount. Individuals can, and have, survived as long as six weeks without food, but we can't survive more than a week without water.

80% of the body's water loss is by perspiration. Without the proper replacement of fluids, the cardiovascular system becomes impaired and can't deliver the oxygen and nutrients needed to keep muscles functioning without undue strain. This can result in fatigue. In addition, if fluid is not replaced, the body can't maintain its cooling mechanism, resulting in cramps, headaches and nausea. More severe symptoms of dehydration include accelerated heartbeat, seizures, permanent brain damage, low blood pressure, shock or even death. According to the American College of Sports Medicine, a fluid loss of 5% can result in mild dehydration. A loss of 10 to 15% is serious and needs immediate medical attention.

How to avoid dehydration:

- Take frequent water breaks throughout the day.
- Drink water or electrolyte replenishment drinks such as Gatorade or Power Aid before, during and after physical activity.
- Avoid coffee, tea, caffeinated sodas and alcoholic drinks. These are all diuretics and increase the rate of dehydration.

Preventing dehydration can be accomplished by controlling the factors that cause it. Stay Safe!

Tito Sabana - Post Surgeon/Safety Officer

### **Webmaster**

To find out information about the Texas Capitol Vietnam War Monument, please visit [www.buildthemonument.org](http://www.buildthemonument.org). This monument honors the warrior.

Terry B. Burkett - Webmaster

## **Auxiliary Notes**

### **Department Convention in Dallas...**

Thanks to Vivian Schwendeman, Rita Fitch and Beverly Thompson for attending the Convention. Commander Ed Fitzgearld, Bob Whitaker, and Terry Burkett were attending for the Post.

Our Post was one of the top Outstanding Post in the State. Way to go !!!!!!!

In the Business meeting of the Ladies Auxiliary, a motion was brought on the floor to raise the State of Texas dues by adding a \$1.00 make the our portion \$4.50 . This did pass and starting January 1, 2011 anyone paying their dues they will be 1.00 extra.

There was a discussion on the floor concerning the Uniform. As you know they are expensive and we can only get them from one place. The new Uniform would be a Navy Blazer and Kiwi Pants. If this passes, you will be able to purchase one from Sears, Target, Wal-Mart, etc. at an affordable price. This will be voted on at the National Convention in August.

I had the Honor of being installed as your New District 28 President and hope that I will serve you all with Pride and Never forget why we are here, To Support All Veterans.

Glenna Alexander  
District 28 President

### **Membership..Glenna Alexander**

It is time to start thinking about getting your dues paid-they are \$11.00 for continues members. (Remember if you get them in after December 31, 2010 it will be \$12.00-solets get busy and have them in early.) You can mail them to me at: PO Box 786, Manchaca, TX 78652

Cancer Grants---Several have asked about the Cancer Grants, you can now go on line at the ladiesauxvfw.org and look under Programs , print the grant forms with all the information. If you don't have a computer, please call me at 512-496-3123 and I will copy it off and send it to you.

### **National Home for Children – Myrt Roberts**

Wonderful things are happening at the National Home. Military families are finding comfort living at the National Home as they await the return of their loved one so their family can be whole again.

Disabled veterans are keeping their families whole while in vocational rehabilitation.

Single parent families are learning to cope with a recent crisis and working on a plan to give their children a quality life.

National Home is providing hope to these children and families of veterans and active-duty military when they need it most.

Myrt Roberts  
Auxiliary Chairman

# July 2010

July 2010							August 2010						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
4	5	6	7	8	9	10	1	2	3	4	5	6	7
11	12	13	14	15	16	17	8	9	10	11	12	13	14
18	19	20	21	22	23	24	15	16	17	18	19	20	21
25	26	27	28	29	30	31	22	23	24	25	26	27	28
							29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				July 1	2	3
					7:00pm Bingo 7:30pm Burkett	Open House 11:30AM (Post H 8:00am 4th of July Parade (Shady Hollow)
4	5	6	7	8	9	10
			Coast Guard B'Day 7:00pm Bingo 7:00pm Mckinney	6:00pm House Committee Meet 7:00pm Exectuive Meet	7:00pm Bingo 7:00pm Solverson	
11	12	13	14	15	16	17
			7:00pm Bingo 7:00pm Linville	7:30pm VFW/A Gen. Mtg	7:00pm Bingo 7:00pm Blasczyk	Newsletter Deadline
18	19	20	21	22	23	24
			7:00pm Bingo 7:00pm Burkett		7:00pm Bingo 7:00pm Burkett	
25	26	27	28	29	30	31
			1:30pm M.S.C 7:00pm Bingo 7:00pm McKinney		7:00pm Bingo 7:00pm Desrochures	

# August 2010

August 2010							September 2010						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	5	6	7	8	9	10	11
8	9	10	11	12	13	14	12	13	14	15	16	17	18
15	16	17	18	19	20	21	19	20	21	22	23	24	25
22	23	24	25	26	27	28	26	27	28	29	30		
29	30	31											

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 1	2	3	4	5	6	7
			7:00pm Bingo		7:00pm Bingo	
8	9	10	11	12	13	14
Officer Training Seminar, Aus			7:00pm Bingo	6:00pm House Committee Meet 7:00pm Executive Meet	7:00pm Bingo	8:00am District 28 Training (Post Home)
15	16	17	18	19	20	21
			7:00pm Bingo	7:30pm VFW/A Gen. Mtg	7:00pm Bingo	Newsletter Deadline
22	23	24	25	26	27	28
			1:30pm M.S.C 7:00pm Bingo		7:00pm Bingo	
29	30	31				