

LIBERTY NEWS

www.post152.com



COMMANDER'S MESSAGE

This is the first of our new Bi-monthly newsletter. Having a newsletter published Bi-monthly will result in an approximate monthly savings of \$500.

Volume 29 Issue 2
February/March 2010

I would like to take this time to thank the Auxiliary for the fine job in support of the Ride-2-Recovery that stopped at our Post in December. I would also like to thank all those that were involved in putting together the Christmas baskets and the delivery of the baskets to those in need. They were greatly appreciated by those receiving the small gift.

Well the holidays are over and it was a very busy couple months for the Post. We had a good turn out for the New Year's party. I would like to see other functions with this involvement. Happy Days will be here again on Friday, Jan. 15th, 2010. If you have not had the privilege of seeing their show you are in for a treat, hope to see a great turnout. February 13th we will be having a Valentine Dance and Dinner. Tickets will be for sale at the bar. Get your tickets early so we can get a count for dinner, Prime Rib with all the fixings. This will be a semi-formal event. (Shirt and tie).

We are getting more members getting involved in the Wednesday meals; this has been a relief for those that have been doing most of the work lately. The additional help is appreciated. If there are any meals members would like to see prepared bring it to our attention for consideration.

I hope everyone survived the recent cold weather we just witnessed. One or two days are nice for a change, ten days were downright miserable. You were able to recognize the Snow Birds, shorts and short sleeve shirts, been there done that, while the regulars were all bundled in heavy sweaters and jackets.

I need to remind the members that the current year is winding down. I have not heard much about new officers for the upcoming year. It is that time to start thinking about the new regime for 2010-2011.

Yours in Service

James E Zipler, Commander

WE ARE FAMILY FOR GOD AND COUNTRY

AMERICAN LEGION POST 152 LOUNGE HOURS Phone (813) 920-3282

MON-THURS 10:00AM-11:00PM SUN 11:00AM-10:00PM FRI-SAT 10:00AM-1:30AM HAPPY HOUR M-F 4:00PM-7:00PM

*EXCEPTIONS: HOURS WILL BE EXTENDED FOR SPECIAL EVENTS (I.E. SUNDAY NITE FOOTBALL, ETC.)

POST OFFICERS 2009/2010

Commander	James Zipler
1st Vice Commander	Bill Taylor
2nd Vice Commander	John Carter
Adjutant	Troy Pazos
Finance Officer	Theresa Zipler
Chaplain	Bill Scott
Historian	Open
Sgt. at Arms	Todd Hardy
Judge Advocate	Debbie Lair
Service Officer	Charmaine Zimmerer

EXECUTIVE COMMITTEE

3 Yr. Member	Bob Lair
2 Yr. Member	Don Pierson
1 Yr. Members	Patrick Maguire Rick Montemayor
Immed. Past Cmdr	Joe Lavoie

APPOINTED COMMITTEES

Boys State	Debbie Lair
School Medals	Bill Seemann
Red Cross (Blood Bank)	Mike McIntosh
Americanism	Buzz Bullock
Disaster Preparedness	Glen Lathers
Law and Order	James Zipler
Lounge Committee	Glen Lathers Joe Cooper Larry Faulkner Patrick Maguire Cathy Huett
Pull Tab Machine	Larry Faulkner Bill Taylor Theresa Zipler James Zipler
Disciplinary	Armond LaFramboise Jim Dawson Art Rios

AMERICAN LEGION AUXILIARY 2009/2010

President	Marie Taylor
1st Vice President	Joyce England
2nd Vice President	Christy Christian
Secretary	JoAnn Lathers
Treasurer	Jeanne Kerens
Chaplain	Margaret Holtz
Historian	Kathy Driggers
Sgt. at Arms	Gypsy Faulkner

ALA EXECUTIVE COMMITTEE 2009/2010

Elaine Myers
Anna Richter
Vicky Irby

UNIT 152 AUXILIARY CHAIRMEN

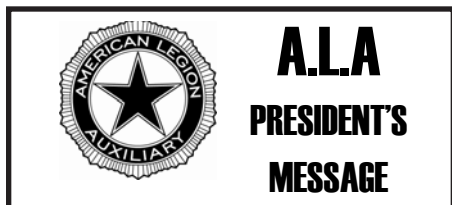
Americanism	Gypsy Faulkner
Children and Youth	Kathy Driggers
Girls State	Mary Kelly Perkins
Girls State Co-Chair	Cathy Huett
Hospitality	Christy Christian
Junior Activities	Kathy Driggers
Membership	Vicky Irby
Poppy	Kathy Driggers
VA & R	Vicky Irby
Leadership	Jeanne Kerens
National Security	Romaine Taylor
Community Service	Joyce England
Public Relations	Kimberly Engelhardt
Constitution & Bylaws	Anna Richter
Past President's Parley	Gypsy Faulkner

SAL OFFICERS 2009/2010

Commander	George Pinner
1st Vice Commander	Open
2nd Vice Commander	Open
Finance Officer	Open
Advisor	Open
Adjutant	Open
Chaplain	Ed Stickell
Historian	Open
Sgt. at Arms	Fred Herrick, Jr.

The Liberty News is Published Monthly By:
American Legion
Town & Country Memorial Post 152
11211 Sheldon Rd.,
Tampa FL 33626

Members may receive a free copy through USPS or pick one up at the Post.



February is going to be slightly busier than January. February 6, from 11:00 to 1:00 we are hosting a luncheon for our Lady Legionnaires. We would appreciate all that can, to please attend. You know who you are, and we are having ham, scalloped potatoes, veggie, and salad. If you know of a Member of our Post and they are not aware of this event, please pass this along. We want to honor them for their Service they were so willing to provide for our Country.

The Post is going to host a Valentine Dinner on February 14th, and Prime Rib is the main course. Please get

your tickets early, as we need to know how many to plan for in order to be prepared. See Commander Jim if you have any questions about this dinner. District 15 is going to have a District Initiation at Post 5 on February 21st, at 2:00 pm.

On February 19th, we will have the Department of Florida President, Mary Kelly Perkins and her Officers here for dinner. This will be during our regular Friday night dinner so it will not be formal or any expectations, just a quiet visit, and friendly evening planned. On the Saturday, the 20th, there will be another Birthday Bash! This will be for anyone who's Birthday is in February. Please advise the Lounge Manager if you're not on the list that will be posted in the Lounge. Patty will play for us and I am sure we will have some fantastic

Singers! November was a hoot!

Remember we are discussing going to a Newsletter every other month, so just in case that turns into reality, I am going to remind everyone now of the ALA Annual Rummage Sale scheduled for March 5th and 6th. Get your donations in by Wednesday March 4th so we have time to set up and price everything. We also need volunteers for this couple of days. If you can write prices on a tag, you can help. Please do not wait for an individual invitation. Consider this our request. Thank you all and don't forget elections coming up, we need new blood in here, run for an Office and be heard!

**Yours in Service,
Marie Taylor
ALA President**



BE HAPPY WITH WHAT YOU HAVE

Even though I clutch my blanket and growl when the alarm rings. Thank you Lord, that I can hear. There are many who are deaf.

Even though I keep my eyes closed against the morning light as long as possible. Thank you Lord, that I can see. Many are blind.

Even though I huddle in my bed and put off rising. Thank you

Lord that I have the strength to rise. There are many who are bedridden.

Even though the first hour of my day is hectic, when socks are lost toast is burned, tempers are short, and my children are so loud. Thank you Lord for my family. There are many who are lonely.

Even though our breakfast table never looks like the picture in magazines and the menu is at times unbalanced. Thank you Lord for the food we have. There are many who are hungry.

Even though the routine of my job is monotonous. Thank you Lord, for the opportunity to

work. There are many who have no job.

Even though I grumble and bemoan my fate from day to day and wish my circumstances were not so modest. Thank you Lord, for life.

**Yours in Service,
Bill Scott
Chaplain**



SUPER BOOSTERS

TJ & Shirley Ramsey	03/10
Robert Springston	03/10
James & Ruby Harris	03/10
TN & Donna Hair	03/10
Armond & Marti LaFramboise	03/10
Dick & Virginia Meeker	04/10
Bill & Pat Seemann	04/10
Arsenio Trivin	04/10
Harry & Lilo Bryant	04/10
Marlyn Yeager	04/10
Bob & Debbie Lair	04/10
Bill & Marie Taylor.....	04/10
Tommy and Theresa Carson.....	04/10
Buzz & Linda Bullock	05/10
George & Jeannie	06/10
John & Freida Hopkins	06/10
Cliff & Charmaine Zimmerer	06/10
Jim and Theresa Zipler.....	07/10
R. Desort.....	09/10
Barbara Moritz	09/10
Cliff Anderson	10/10
Bobby & Linda O'Harold	11/10
Annette Hughey.....	01/11
Mr & Mrs Claus	04/11
George & Joyce England.....	10/11
Rick & Jean Montemayor	11/11
Marilyn Yeager	01/12
Fred & Margaret Holtz.....	04/12
Duck Green.....	03/13
D.W. Green	04/13
Phyllis Veihmeyer.....	12/16
Jack & Geraldine Billett, Sr.....	07/18
Gypsy & Larry Faulkner	08/19

If you would like to be a Super Booster, please pay your \$10.00 dues to the Post Finance Officer. The Post appreciates the support of all the Boosters.

A special thanks to the SAL & Auxiliary for their monthly donation towards our printing costs.

Entertainment Notes

For the foreseeable future we will not have bands every Friday night. Please check the calendar for play dates. Any changes will be posted on the large calendar in the lounge.

Meal menus will be posted to the large calendar in the lounge.

** Any Officer, and the bar manager, that wishes to have input into our entertainment events should be at the entertainment meeting (see calendar for date). Come out and enjoy and I hope everyone has fun.



Members Helping Members

While we do not endorse any of the services listed, we are providing this service to match those members who provide a service to those who are in need of help. If you would like to be added to the list, fill out the form below or leave a note with the bartender addressed to "Liberty News".

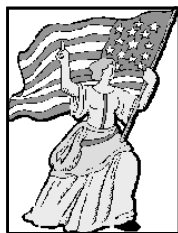
Service Provided	Name	Phone
Automobile Repair	Lenny Quartararo	813-885-3522
Contractor	Homer Claytor	813-886-2563
Handyman	Thomas Schmidt	813-241-5884
Handyman	Steve Barger	813-435-5468
Pre-Paid Legal Service	Armond LaFramboise	727-251-9294
Reverse Mortgage and Home Loans	Armond LaFramboise	727-251-9294

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Free pool all day TEXAS HOLD'EM 7:00 PM	2 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM	3 Member Dinner Tater tot casserole 6:00 PM – 7:00 PM Bingo 7:15 PM	4 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM	5 Commander's Fish Fry 6:00 PM – 7:30 PM Music & dancing with Maurice w/light show	6 Steak shoot Jim Lady Legion lunch 11 – 1pm Karaoke - Patty 8:00PM – 12:00P
7 Commander's Breakfast 8:30-10:30 Dart tournament 3:30 PM	8 Free pool all day AUX E-board Mtg 7:00 PM	9 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM	10 Jeanie York Dinner Chicken&Yellow rice 6:00 PM – 7:00 PM Bingo 7:15 PM	11 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Legion E-board Mtg 7:00 PM	12 Fish Fry 6:00 PM – 7:30 PM Music & dancing with No Band	13 Steak shoot John Val Day dinner 6-8pm - Prime rib, potato salad Karaoke - Patty 8:00PM – 12:00P
14 Legion Breakfast 8:30-10:30 Dart tournament 3:30 PM	15 Free pool all day AUX General Mtg 7:00 PM	16 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM	17 Aux Dinner Jeanie K. Catfish, mac/chz & Cole slaw 6:00 PM – 7:00 PM Bingo 7:15 PM	18 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Legion General Mtg 7:00 PM	19 Dent & Dist Pres Dinner 6:00 PM – 7:30 PM Music & dancing with Double Density	20 Steak shoot Bill Birthday Bash Karaoke - Patty 8:00PM – 12:00P
21 Aux Breakfast 8:30-10:30 Dart tournament 3:30 PM	22 Free pool all day TEXAS HOLD'EM 7:00 PM	23 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM	24 SAL Legion Dinner 6:00 PM – 7:00 PM Bingo 7:15 PM	25 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM Ent mtg 7:30pm	26 Boy Scouts Fish Fry 6:00 PM – 7:30 PM Music & dancing with No Band	27 Steak shoot Jim Karaoke - Patty 8:00PM – 12:00P
28 Legion Breakfast 8:30-10:30 Dart tournament 3:30 PM						

March 2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Free pool all day TEXAS HOLD'EM 7:00 PM	2 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM	3 Member Dinner Bob & Linda O'Harold Country Fried Steak Mashed Taters, Gravy Green Beans, Salad 6:00 PM – 7:00 PM Bingo 7:15 PM	4 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM	5 Commander's Fish Fry - Rummage Sale 9 - 2pm 6:00 PM – 7:30 PM Music & dancing with Maurice w/light show	6 Steak shoot John Rummage Sale 9 – 2pm Dist Golf Tr lunch @ 139 Karaoke - Patty 8:00PM – 12:00P
7 Commander's Breakfast 8:30-10:30 Dart tournament 3:30 PM	8 Free pool all day AUX E-board Mtg 7:00 PM	9 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool touney 7:15 PM	10 Commander's Dinner 6:00 PM – 7:00 PM Bingo 7:15 PM	11 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Legion E-board Mtg 7:00 PM	12 Fish Fry 6:00 PM – 7:30 PM Music & dancing with Shout	13 Steak shoot Bill Jeanie York Corned Beef & cabbage Karaoke - Patty 8:00PM – 12:00P
14 Legion Breakfast 8:30-10:30 Dart tournament 3:30 PM	15 Free pool all day AUX General Mtg 7:00 PM	16 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool touney 7:15 PM	17 Aux Dinner Christy & Marie Sloppy Joes 6:00 PM – 7:00 PM Bingo 7:15 PM	18 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Legion General Mtg 7:00 PM	19 Past Commander's dinner 6:00 PM – 7:30 PM Music & dancing with No band	20 Steak shoot Jim Dist mtg 138 Karaoke - Patty 8:00PM – 12:00P
21 Aux Breakfast 8:30-10:30 Dart tournament 3:30 PM	22 Free pool all day TEXAS HOLD'EM 7:00 PM	23 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM	24 SAL Legion Dinner 6:00 PM – 7:00 PM Bingo 7:15 PM	25 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM Ent mtg 7:30pm	26 Boy Scouts Fish Fry 6:00 PM – 7:30 PM Music & dancing with No band	27 Steak shoot John Karaoke - Patty 8:00PM – 12:00P
28 Legion Breakfast 8:30-10:30 Dart tournament 3:30 PM	29 Free pool all day TEXAS HOLD'EM 7:00 PM	30 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts Pool tournament 7:15 PM	31 Kathy's Dinner 6:00 PM – 7:00 PM Bingo 7:15 PM			



Service Officer Message

I recently found this information on the VA website. You can look at the website yourself or contact me for more information.

Yours in Service,
Charmaine Zimmerer, Service Officer

Home Telehealth: I Just Called to Say . . . Here's My Blood Pressure

With a quick phone call to VA Telehealth staff and a transfer of vital signs through the phone line, a VA care coordinator is able to immediately assist patients and get them to the medical center to stabilize their condition.

Telehealth is the delivery of health-related services and information via telecommunications technologies. Home Telehealth is a key component of the Veterans Health Administration's Telehealth program, designed for Veterans with chronic diseases in need of constant monitoring. The home-based patients can record and send health vitals to their primary care staff by means of a home telephone.

Care coordinators are the immediate contacts for Home Telehealth patients. They provide information and support for Veterans, working closely with patients' primary care physicians. Each coordinator is a qualified nurse practitioner, registered nurse or social worker who helps patients and their caregivers.

Caregiver Support is an additional feature of Home Telehealth. It is tailored for caregivers of Veterans participating in the program.

The goal of Home Telehealth is "to make the home into the preferred place of primary care, when it is appropriate to do so," said Dr. Adam Darkins, Chief Consultant of Care Coordination Services at the VA.

"Chronic disease is a very prominent healthcare issue, so we provide case management, coordination of care, and self management education to manage that disease in the Veteran's own environment," added Patricia Ryan, Associate Chief Consultant for the VA Office of Telehealth.

The VA is a world leader in Home Telehealth technologies and currently provides care to over 40,000 patients, which is projected to expand to 75,000 by the end of 2011.

More information about Telehealth can be found on the VA web site.

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