

# LIBERTY NEWS

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## COMMANDER'S MESSAGE

I would like to thank Patty and Joseph for the beautification of our Flag Pole Base. It looks great and was completed with

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July 2011

no cost to the Post. Thanks to the grounds crew for upkeep of the grounds. Thanks to Geoff and Alan for giving their time to grade the back grounds to keep water away from the building. Thanks to all members that donated their time for all of our events.

I am going to be blunt about this one. We can not survive with the limited number of members that are volunteering. I have an open Friday Dinner, Wednesday Dinner, and a Sunday Breakfast. We are in need of a few good teams to assist with these or I will have no option other than cancellation.

Please come and support your Post.

Thank you,

**Troy O. Pazos**

**Commander Post 152**

## Congratulations to the newly elected 2011/2012 Post Officers!

### POST OFFICERS 2011/2012

Commander	Troy Pazos
1st Vice Commander	Dale Madrishin
2nd Vice Commander	Open
Finance Officer	Bob Lair/ Theresa Ziplier
Chaplain	Bill Scott
Historian	Open
Sgt. at Arms	Jim Dawson

### Executive Committee

3 Yr. Member	Cliff Zimmerer
2 Yr. Member	Patrick Maguire
1 Yr. Member	Bob Lair Theresa Ziplier

**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 2010/2011**

Commander	Troy Pazos
1st Vice Commander	Geoff Gionet-Sauve
2nd Vice Commander	John Carter
Finance Officer	Buzz Bullock
Chaplain	Bill Scott
Historian	Open
Sgt. at Arms	Jim Dawson
Adjutant	Todd Hardy
Judge Advocate	Cliff Anderson
Service Officer	Charmaine Zimmerer

**Executive Committee**

3 Yr. Member	Patrick Maguire
2 Yr. Member	Bob Lair
1 Yr. Member	Don Pierson
	Rick Montemayor
Immed. Past Commander	Jim Zipler

**Appointed Committees**

Boys State	Debbie Lair
School Medals	Bill Seemann
Red Cross (Blood Bank)	Mike McIntosh
Lounge Committee	Jim Dawson
	Todd Hardy
	Bob Lair
Pull Tab Machine	Buzz Bullock
	Bill Taylor
	Bob Lair
Disciplinary	Keith Tinsley
	Richard Brown
	Jim Zipler
Newsletter/Webmaster	Cliff Zimmerer

**AMERICAN LEGION AUXILIARY OFFICERS 2010/2011**

President	Kathy Driggers
1st Vice President	Sheryl Kinsler
2nd Vice President	Kim Engelhardt
Secretary	JoAnn Lathers
Treasurer	Jeanne Kerens
Chaplain	Margaret Holtz
Historian	Linda Campbell
Sgt. at Arms	Gypsy Faulkner

**EXECUTIVE COMMITTEE**

Romaine Taylor	
Anna Richter	
Vicky Irby	
Imm. Past President	Joyce England

**Unit 152 Auxiliary Chairman**

Children and Youth	Kathy Driggers
Girls State	Mary Perkins
Poppies	Jeanne Kerens
VA & R	Shirley Patz
Past President's Parley	Jeanne Kerens

**SAL OFFICERS 2010/2011**

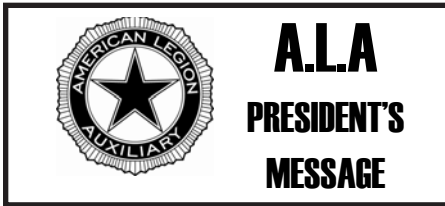
Commander	Scott Hudson
1st Vice Commander	Mike (Cowboy) Vaughn
2nd Vice Commander	Fred Brown
Adjutant	John Taylor
Sgt. at Arms	Tommy Harwick
Finance Officer	Bob Lair
Advisor	Open
Chaplain	Open
Historian	Open

**The Liberty News is Published Monthly By:**

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Town & Country Memorial Post 152  
11211 Sheldon Road  
Tampa, FL 33626**

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

*For many men, the  
acquisition of wealth does  
not end their troubles, it only  
changes them. ~Senec*



Hope everyone had a safe and wonderful Memorial Day weekend. Thanks goes out to everyone that helped out with the Poppy distribution this year. Also to everyone that wore their poppy in remembrance of the Veterans that have served as well as the men and women still serving.

I would at this time like to introduce your newly elected officers for the 2011/2012: President: Sheryl Kinsler; 1st Vice-President: Erin Pritchard; 2nd Vice-President: Kimberly Engelhardt; Chaplain: Margaret Holtz; Treasurer: Jeanne Kerens; Historian: Kim Williams;

Secretary: JoAnn Lathers and Executive Committee: Romaine Taylor, Phyllis Roman and Shirley Davis-Patz.

Please support our new officers and help out anyway you can to support your Auxiliary Unit.

Please remember to see Kimberly about signing up to just to do ONE Wednesday night dinner for the coming year or maybe helping out with breakfast. (You may even want to do more than one.) Of course if you don't feel you could handle a dinner how about volunteering to help out at one.

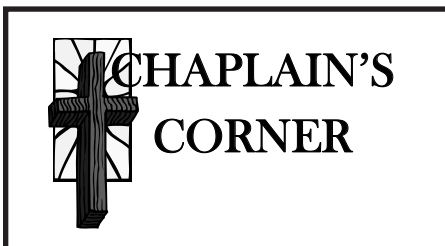
We will no longer be participating in the Coupon cutting and thanks to everyone that did a great job of submitting these coupons. We are still collecting box tops for

education as well as beads for Faces of Courage.

Since this is my last letter as your Auxiliary President, I would just like to thank everyone for giving me this opportunity. I would also like to thank everyone for all the help and support given to me this year. It hasn't been an easy one and without you ladies doing as much as you have to promote our programs a lot of things wouldn't have gotten done. After reading the reports that were submitted by our different chairman you should be very proud of Unit 152. We do a lot to support the Veterans as well as the Community.

**For God and Country,**

**Kathy Driggers  
President**



## **BITTERNESS BE GONE**

A lot of people are trying to improve their lives by dealing with the external aspects. They are attempting to rectify their bad habits, bad attitudes, bad tempers, or negative and sour personalities. Trying to change the fruit of their lives is noble, but unless they get to the root, they will never change the fruit. As long as a bitter internal root is growing, the problems will persist. You may be able to control

your behavior or keep a good attitude for a while, but you can't be free.

You have to go deeper. Many people attempt to bury the hurt and pain in their hearts or their subconscious minds. They don't realize it, but much of their inner turmoil is because their own heart is poisoned. The Bible says, "Keep thy heart with all diligence; for out of it are the issues of life" (Prov.4:23 kjv). In other words, if we have bitterness on the inside, it's going to end up contaminating everything that comes out of us. It will contaminate our personalities and our attitudes, as well as how we treat other people.

If you are harboring anger, ask

yourself why. If you have trouble getting along with other people, if you're always negative about yourself, about others, about life in general dare to ask yourself why this is. When you get to the root, you'll be able to deal with the problem, overcome it, and can truly begin to change.

**ONCE THE BITTER ROOT IS GONE, YOU WILL BE ABLE TO BREAK FREE FROM YOUR PAST.**

**Yours in service**

**Bill Scott  
Chaplain**

# SUPER BOOSTERS

George & Joyce England.....	10/11
Tommy Hardwick.....	11/11
Rick & Jean Montemayor .....	11/11
Frank & Myra Ward .....	12/11
Marilyn Yeager .....	01/12
F. S. Fallon Jr. ....	03/12
Mike & Phyliss Corr .....	03/12
Fred & Margaret Holtz.....	04/12
Harry and Lilo Bryant.....	04/12
Cynthia Martell .....	04/12
TJ & Shirley Ramsey.....	04/12
Jim and Theresa Zipler.....	05/12
TN & Donna Hair .....	07/12
Buzz & Linda.....	09/12
Bill & Pat Seeman.....	10/12
George & Jeannie .....	11/12
Cliff and Charmaine .....	11/12
Arsenio Trivin .....	01/13
Duck Green.....	03/13
D.W. Green .....	04/13
Phyllis Veihmeyer.....	12/17
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.*

## Colin Powell's Rules

General Colin Powell, the former JCS Chairman has over the years collected thirteen rules or thoughts to line by. He keeps them on a small white card labeled "Colin Powell's Rules".

1. It ain't as bad as you think. It will look better in the morning.
2. Get mad, then get over it.
3. Avoid having your ego so close to your position that, when your position falls, your ego goes with it.
4. It can be done!
5. Be careful what you choose. You may get it.
6. Don't let adverse facts stand in the way of a good decision.
7. You can't make someone else's choices. You shouldn't let someone else make yours.
8. Check small things.
9. Share credit.
10. Remain calm. Be kind.
11. Have a vision. Be demanding.
12. Don't take counsel of your fears or naysayers.
13. Perpetual optimism is a force multiplier.

***God didn't promise days without pain, laughter without sorrow, sun without rain, but He did promise strength for the day, comfort for the tears, and light for the way.***

### 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, leave a note with the bartender addressed to "Liberty News".

Service Provided	Name	Phone
Air Conditioning	Billy Krauk	813-447-4445
Bookkeeping and Accounting	Ray Calliari	813-375-0107
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

# VA/DOD Smart Phone App Helps Veterans Manage PTSD

WASHINGTON – Veterans dealing with symptoms of Post Traumatic Stress Disorder (PTSD) can turn to their smart phones for help anytime with the PTSD Coach application created by the Department of Veterans Affairs (VA) and the Department of Defense.

“This is about giving Veterans and Service members the help they earned when and where they need it,” said Secretary of Veterans Affairs Eric K. Shinseki. “We hope they, their families and friends, download this free app. Understanding PTSD and those who live with it is too important to ignore.”

PTSD Coach lets users track their PTSD symptoms, links them with local sources of support, provides accurate information about PTSD, and teaches helpful individualized strategies for managing PTSD symptoms at any moment. The free PTSD Coach app is now available for download from the iTunes store and will be available for Android devices by the end of the spring.

“This application acknowledges the frequency with which our Warriors and Veterans use technology and allows them to get help when and where they feel most comfortable,” said Assistant Secretary of Defense for Health Affairs Dr. Jonathan Woodson.

The PTSD Coach is primarily designed to enhance services for individuals who are already receiving mental health care, though it is certainly helpful for those considering entering mental health care and those who just want to learn more about PTSD.

“This is a great service we are providing to Veterans, Service members, their families and friends, but it should not be seen as a replacement for traditional therapy,” said VA’s Under Secretary for Health Dr. Robert Petzel. “Veterans should utilize all of the benefits they have earned with their service and one of the best things about this app is it will get Veterans connected to the places that are out there to provide help.”

The application is one of the first in a series of jointly designed resources by the VA National Center for PTSD and the Defense Department’s National Center for Telehealth and Technology to help Servicemembers, Veterans, their families and friends manage their readjustment challenges and get anonymous assistance. Given the current popularity of mobile devices, VA and the Defense Department hope to reach tens of thousands of Veterans, Servicemembers, and their family members with the new suite of apps.

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## Thank You American Legion Post 152

On behalf of the Board, staff, and members of the Tampa Bay Thunder Drum and Bugle Corps, we thank you for your support of the 2011 season. Many of the staff members of the Thunder have had previous relationships with American Legion Posts and I can’t begin to tell you the excitement that we are experiencing by having you be a part of our team!

The 2011 season will be a very busy time for the Thunder in the month of July. On July 2nd, we will be traveling to Manassas Park, Virginia to compete against other DCA drum corps then on July 3rd the Thunder will be going to Arlington National Cemetery to commemorate the military by having a soloist playing taps with our honor guard present.

July 4th The Thunder will be participating in five parades in the greater Washington D.C. area.

On July 16th, The Thunder will be sponsoring a competition called Drums along the Suncoast. Ticket prices are \$10.00 for general admission and \$25.00 for V.I.P. reservations. Ticket purchase and information can be found at [tampabaythunder.org](http://tampabaythunder.org).

If you should have any questions or comments, feel free to contact either myself or David Hobbs anytime. Again.....Thank you!

Sincerely,

**Robert Adams**  
**Tampa Bay Thunder**

# MOTHERS WHO SERVED WORLD WAR II - PRESENT

By Kate Hoit

In honor of Mother's Day, the U.S. Department of Veterans Affairs is celebrating the women who have served our country and taken on one of the greatest roles in life: motherhood. In doing so, we reached out to mom Veterans and their family members for photographs and stories. We've received photographs and stories that stretch beyond the current conflicts in Iraq and Afghanistan back to World War II. Each mother has a unique story, united by their service. Below are photos and excerpts of stories of mothers who served in World War II to Iraq and Afghanistan. Happy Mother's Day!

*BELOW YOU WILL FIND A PICTURE OF ONE MOTHER WHO SERVED. BLESS THEM ALL.*



*Submitted by Jeffrey Wollberg, son*

This is a picture of my mom (left) taken on her 90th birthday. She is now 92. She was a WAVE during World War II and did secretarial work for the Navy. After her Navy enlistment was ended she continued in secretarial work and personnel management until she retired from her position as the president's secretary from US Checkbook. Her services and my father's service must have had some influence on our family. My two sons shown in this picture are in the Air Force, one in the Air Guard and the other active duty. They both graduated the same day from basic. I served in the Army Reserve 1986–1992 and Active Reserve 1992–2002.

## Notice Notice Notice:

Approved amendments/additions to the house rules effective immediately:

### Change 1 - Paragraph 3 J 3

There will be a \$50.00 charge, plus a service fee equal to any bank charges incurred for returned checks. Service may be denied until the check(s) and fees have been recovered. Check cashing privileges will be terminated for a second returned check, unless proper cause for restoring privileges can be shown to the Executive Committee.

### Change 2 - Paragraph 5

#### 5 SMOKING:

- a. Smoking is not permitted in the hall during scheduled meals. "Scheduled meals" includes Sunday breakfast, Wednesday and Friday dinners as well as special event dinners (i.e. Thanksgiving, Christmas, St. Patrick's Day etc.). A "No Smoking" sign will be posted near the person taking money when the ban is in effect. The smoking ban starts 30 minutes prior to the scheduled start of the food serving time and ends when food is no longer being served.
- b. Meals involving finger foods and/or food served or eaten in the lounge (i.e. chili cook offs) are not included in the smoking ban.
- c. The smoking ban does not apply to the lounge or areas outside the building.

# June 2011

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 Member Dinner 6:00 PM – 7:00 PM  <b>Bingo 7:15 PM</b>	2 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM  <b>TEXAS HOLD'EM 7:00 PM</b>	3 Commander's Fish Fry 6:00 PM – 7:00 PM  <b>Music &amp; Dancing to Del &amp; Gary</b>	4 Steak shoot SAL
5 Commander's Breakfast 8:30-10:30	6 Free pool all day  <b>TEXAS HOLD'EM 7:00 PM</b>	7 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts  <b>Pool tourney 7:15 PM</b>	8 Slum-gullion, Salad etc. Dinner by Charmaine  6:00 PM – 7:00 PM <b>Bingo 7:15 PM</b>	9 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM  <b>Legion E-board Mtg 7:00 PM</b>	10 Fish Fry 6:00 PM – 7:00 PM  <b>Music &amp; Dancing to Misty</b>	11 Steak shoot Jim  <b>Karaoke - Patty 8:00PM – 12:00PM</b>
12 Legion Breakfast 8:30-10:30	13 Free pool all day  <b>AUX E-board Mtg 7:00 PM</b>	14 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts  <b>Pool tourney 7:15 PM</b>	15 AUX Dinner 6:00 PM – 7:00 PM  <b>Bingo 7:15 PM</b>	16 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM  <b>Legion General Mtg 7:00 PM</b>	17 Past Commanders Dinner 6:00 PM – 7:00 PM  <b>Music &amp; Dancing to Rich Kelly</b>	18 Steak shoot Pat  <b>Karaoke - Patty 8:00PM – 12:00PM</b>
19 Aux Breakfast 8:30-10:30	20 Free pool all day  <b>AUX General Mtg 7:00PM</b>	21 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts  <b>Pool tourney 7:15 PM</b>	22 SAL Dinner 6:00 PM – 7:00 PM  <b>Bingo 7:15 PM</b>	23 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM  <b>TEXAS HOLD'EM 7:00 PM</b>	24 Boy Scouts Fish Fry 6:00 PM – 7:00 PM  <b>Music &amp; Dancing to Open Juke Box</b>	25 Steak shoot SAL  <b>Karaoke - Patty 8:00PM – 12:00PM</b>
26 Legion Breakfast 8:30-10:30  <b>SAL MTG 11:00 AM</b>	27 Free pool all day  <b>TEXAS HOLD'EM 7:00 PM</b>	28 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM Boy Scouts  <b>Pool tourney 7:15 PM</b>	29 Kathy's Dinner 6:00 PM – 7:00 PM  <b>Bingo 7:15 PM</b>	30 Draft beer 75 cents 25 cents off drinks 10:00 AM – 7:00 PM  <b>TEXAS HOLD'EM 7:00 PM</b>		

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06/10



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08/11



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