

AMERICAN LEGION

Chapin American Legion Post 193

November 2022

Commander



I pray this letter finds you well. This is the Christmas season. Family activities abound. Many also find sadness in this season: recalling lost loved ones, family separation, and loneliness. Please take care of your comrades. Check on them. Invite them to coffee and ask about how they are doing. Sometimes life's struggles don't look hopeful. If you lack hope, call a comrade and see how they are doing. Helping others is a sure way to give yourself a lift. Lord knows we all need a lift too and you might be the voice that gives us hope.

Come by the Post for breakfast on Monday. Come by the Post and have a drink, play cards, watch football, or tell and listen to Sea/Land/Air service stories. Ask someone to have coffee or a beer at a local coffee house or pub. Attend the Christmas party. Comrades are willing and able to be there.

It is a season of hope in our Lord Jesus' promise of a future and His return. We all can share this hope.

Mark Harvey/For God and Country/In Service

Activities (see Post Calendar on www.americanlegionpost193.com website)

Post Building is open 1000-1400, M-W-F (except 16 Dec)

25 Nov: **Post open** 1000-1400

28 Nov: **Veteran Breakfast** 0730-1000; Post open until 1400

30 Nov: **Post open** 1000-1400; Due date for **We Care Christmas** presents/gift cards delivered to Post

2 Dec: **Post open** 1000-1400; Theater show 1700-2300

3/4 Dec: Theater show 1300-2000

4 Dec: **ALR** US Marine/Blue Knights Toys For Tots / Reg. 1100 SC Military Museum / KSU 1300 to Colonial Life Bldg/1 unwrapped child's gift per person/Ride from Post KSU 1100

5 Dec: **Veteran Breakfast** 0730-1000; Post open until 1400

7 Dec: **Post open** 1000-1400

8 Dec: **[Chg] Exec Committee mtg** 1815-2000

9 Dec: **Post open** 1000-1400; Theater show 1700-2300

9 Dec: **ALR** The 3rd. Annual Schimsa Christmas Extravaganza / 365 Living Inn Rd. / 1900 - till the liquor runs out

- 10 Dec: **ALR** Newberry Boys Farm Toy Run/Rally Point Boland's Ace Hardware 1200/Stage for the ride 1300/KSU 1400/Lunch served at Newberry Shrine Club/Bring unwrapped gift for infant to college age
- 11 Dec: **ALR** Dorn VA Christmas Run / Rally Point Carolina Honda/KSU 1400/Ride from Post KSU 1230
- 10&11 Dec: Theater show 1200-2300
- 12 Dec: **Veteran Breakfast** 0730-1000; Post open until 1400; Theater disassembly and removal
- 13/14 Dec: Post setup for Christmas Party
- 13 Dec: **Aux Christmas Party** 1300-1800; **BINGO** 1730-2200, The Ole Oak Barn, 1900 sharp start
- 14 Dec: **Post open** 1000-1400
- 15 Dec: **Post Christmas Party** 1800-2200+; one child's toy per person for admission
- 16 Dec: **Post CLOSED**
- 17 Dec: **ALR** Richard Strobel Memorial **Wreaths Across America** Escort/Rally Point Hardees Ballentine KSU 0630/Pilot Travel Center at Hwy 321 Cayce (meet trucks) KSU 0730/FJNC arrive 0800
- 19 Dec: **Veteran Breakfast** 0730-1000
- 26 Dec: **Veteran Breakfast** 0730-1000

Adjutant



November has been a very good month with our Post participating in many activities and events. I along with Legionnaires Jasper Lykes and Bill Larochelle were honored to participate in a Quilt of Valor presentation led by Our Auxiliary Vice President Jodi Donnelly on the 5th of November at a church in Columbia, where we presented six beautiful quilts to some very deserving Veterans. Although our Chapin Veterans Day Parade was rained out I along with Commander Harvey, Betsy Harvey, Rich Chamberlain, and Dave Schimsa were still able to participate in a couple of ceremonies honoring Veterans at two assisted living facilities. The Veterans we visited with were grateful for our presence and we were all honored to be with them for the Veterans Day presentation and Wall of Honor dedication.

On Sunday the 20th of November, Jason Shough, Jim Schafer, and I had a great time with Scout Pack 870 going over U.S. Flag protocol and speaking with them about our Military Service and continuing to serve in the community. This was certainly time well spent in helping to develop and mold our youth.

Thank you to everyone that have renewed their membership and to all of you who are working hard to recruit new members to our Post. Membership renewals are steadily coming in, we are now at 79.29% of our membership goal of 338 members for the 2023 membership year. If we continue at this pace, we may reach our goal before the end of 2022.

Remember that if you have never turned your DD 214 into the Post Adjutant please do so asap. If you

need to get a copy of your DD 214 and need assistance I can help. I will be available to assist anyone that asks. Requesting military documents is an easy process and takes just a few minutes.

Steve Goulet/For God and Country/"We Can Build It"

First Vice Commander



BE THE ONE

Our "Buddy Check" and "Be the One" efforts have begun, and we need your help! Please read the "Buddy Check" email sent last week.

As a SC Patriot Guard Ride Captain, I have stood for too many Veteran Funerals. At many, a level of comfort is taken as the Veteran lived a normal life, and it is an honor to stand at his/her final formation. However, when I stand at the funeral of "one of the 22", I am overwhelmed by sadness because this brother or sister's life ended too soon. The sadness is compounded as the family and children of the lost look into my eyes with the unanswerable question of "why". As if their loss was not crushing enough, many now experience "survivors' guilt," with many unanswerable questions. Those left behind are forever victims of each Veteran suicide. Our American Legion and other Veteran groups are addressing this tragedy head-on by teaming the "Buddy Check" and "Be the One" initiatives.

We are actively recruiting Post members to be a member of our own "Buddy Check" Team. This team will receive training and will gather at the Post to call every member, active or not, to conduct a telephone "Buddy Check".

We are also recruiting those who can be called upon for general life assistance. The basic qualification is willing to help. We will ask about your skills or what areas you are willing to help and match them to the needs as they arrive.

To be a member of our "Buddy Check" team and to "Be the One" contact 1st Vice Commander Tom Yeoman via email (try3sc@gmail.com).

Thomas Yeoman/For God and Country

The Quickest Way to Get Help in an Emergency

If you are a Veteran in crisis, resources are available 24 hours a day, 7 days a week:

- Call **988** and press **1**
- Text **838255**
- Visit the VA Crisis Line website: <https://www.veteranscrisisline.net/>

Facility Manager/NBC



Join us for The Monday Morning Veterans Breakfast. Coffee is on at 0730. We will now serve breakfast from 0830 through 0915. You do not have to be a Post member to attend, but you must be a Veteran. As a reminder, this is a **Veterans-only** breakfast.

New Building Committee Chairman

We will be having a clean-up day at our new Post site in early December. Stand by for the date and time.

David W. Schimsa/For God and Country

Auxiliary



Diane Yeoman is taking memberships for the 2023 membership year, we are currently up to 28 paid members with our final goal for the year being 35 members. Please contact Diane Yeoman to renew your membership and continue to recruit new members into our Unit. Even if you can't attend all meetings and events your membership does matter. In December we will be working with Francis Bissett and once again participate in the "Cookies for Soldiers" Program. This program provides the basic training soldiers that stay behind at Ft. Jackson during Christmas break with cookies and other goodies donated by the Auxiliary and other organizations. All cookies will be delivered to the Post on the 19th

of December between 4:00 and 5:30 p.m. and can also be dropped during the Post open hours on that day. If you would like to participate (make cookies), please email me at cgoulet08@gmail.com for details. I need a person to head the Americanism Essay contest at one of our local schools. Please let me know if you are interested and want more details about what the program entails. The Auxiliary will be setting up the Christmas tree and decorating the Post for our Christmas party, please let me know if you can assist. The Post-Christmas party is a potluck, each person will need to bring a dish and one toy per person attending. Please note that you can make gluten-free and vegetarian options as those types of dishes are needed as well. Marthelyn Schimsa is selling t-shirts at the Holiday Market in Chapin, and we hope that we will be able to sell the rest of the shirts. If you would like one of the t-shirts, please contact Marthelyn at 803-315-1051 and she can get you your color and size. Please do this asap as we would like to close out the ordering.

Carmen Goulet/President

Chaplains Corner

Wrestling with God



God doesn't always give us what we want, at least not right away. Have you noticed this? You pray and pray and pray for something, but there seems to be no answer. Sometimes we become discouraged or angry with God because it appears that he's not listening. We might even conclude that God doesn't love us!

To accuse God of not loving us is a sin of the highest order. God is love. He showed that love when he sent his Son to die on a cross as payment for our sins. God's love for us is greater than any other love we can imagine.

So, why doesn't God give us what we want when we want it? Sometimes he gives us the opportunity to exercise our faith by being persistent in prayer. Wrestling with God in prayer is a way to demonstrate that we trust he will do what is best for us, in his own time and in his own way.

We won't wrestle God physically the way Jacob did in this unusual story from the Bible (. But we do wrestle with God spiritually in our prayers. Like Jacob, be bold and persistent in asking for God's blessing. Then, trust that the God of love will answer in whatever way is best for you.

Chaplain Jude Peck/For God and Country

Comrade Care List

As we remember our Comrades before the Lord, have you noticed that there is never a busy signal on God's line? Pray for these listed here on our care list. Remember them daily as you go about your routine chores.

As we remember our Comrades before the Lord, have you noticed that there is never a busy signal on God's line? Pray for these listed here on our care list. Remember them daily as you go about your routine chores.

Friend Erin (Clark) Goshea – Cancer has returned, and she is undergoing Chemo again
Zoltan Krompecher – Zoltan's recovery from Sept left arm surgery with right arm is scheduled for November

Peter Prim's - friend John Fisher struggling with Parkinson's (his wife DeDe)

Jim Schafer – Aug 11th tear duct surgery with follow-up scheduled in December

Gerald White – his two brothers and two sisters' health significantly declined in Aug

Don Culver – is back home now (Nov 26) after a stint at Lex Med Center

Claire Fincher – former commander Tom's wife with long-term health needs

Steve Kelley whose veteran Colorado friend's wife died Sept

Wes Moore whose veteran friend Gary Adams is at Augusta's burn center with a 4th-degree burn

Dennis Blaszczynski injured his ankle Sept 2022

Collins Mullinax who is recovering from 3 stints put in Oct

Rick Gibson – District 13's commander's wife recently diagnosed with cancer

David Graham – his family mourning his recent death

Bill Larochelle - celebrating his wife Donna's successful back surgery that enables her to walk for the first time in five years.

Joe Ferreira – recovering at home from Oct 21 shoulder surgery and pneumonia

Richard Mullinax – November loss of his 48-year-old stepson Jason Schultz, Pat's son

Also, his brother-in-law York veteran Bud Deitz who has cancer

Mike Mancari expects to be back at breakfast after Jan 1 while dealing with a broken leg, fluid on his lungs and a UTI

Heidi Donnelly (now Prosser) who married David on November 19th

Jude Peck recently discovered his prostate cancer

Our "Buddy Check" "Be the One" efforts have begun, and we need your help! Veteran suicide is an ongoing national tragedy. Depending on what numbers/sources are utilized, nationally, we lose between 14 and 50+ Veterans a day to suicide - "22 *per day*" is commonly heard. **One is too many.** This ongoing tragedy makes no differentiation between age, service, war zone/period, or the outward visibility of their wounds. The VA and DOD are trying, and succeeding, in making some progress, but the very personal tragedies continue.

The American Legion Veteran Suicide prevention program is called "Be The One". See <https://www.legion.org/betheone>

"Be the One" that cares for a comrade and gets them the help they need, minor or crisis.

In the next couple of months, our Chapin American Legion Post 193 will begin our intervention efforts to prevent Veteran suicide and/or provide support for those veterans not in crisis but who need a helping hand. We will make "Buddy Check" phone calls to all of our Post members, active and "lapsed".

Using resources from American Legion National "Be the One", the **QPR Institute®**, and local resources we are creating/building an appropriate training program for our "Buddy Check" Team. The training will include telephone conversation "scripts", strategies, and resources.

QPR stands for **Question-Persuade-Refer**. **Question** is a way of thinking and a series of questions that helps identify a veteran in crisis. **Persuade** tells them they are of value – we and others value them and want to help. **Refer** is the help we connect them with to stabilize their value. Think of it like **CPR** and/or our basic military combat first aid; Stop the bleeding, Start the Breathing, Protect the Wound, Treat for Shock, to keep our fellow service members alive until the Corpsmen or Combat Medic can work their magic and evacuate the individual to a proper medical facility. **QPR** is first aid necessary to keep our comrades alive and get them to a proper facility for help <https://qprinstitute.com/>

Most of our "Buddy Check" calls will be buddy chats, a "how are you doing?" call. If a veteran needs some assistance, the assistance needed will mostly be VA or DOD retirement information, assistance getting to appointments, or some yard job that they cannot accomplish safely.

Unfortunately, not all veterans just need minor support.

We are not crisis counselors, we provide **QPR** first aid. We care about our comrades and work to get them mental health and medical resources. We then follow up to see that the resources are providing the help needed and continue to let them know we care about them. Our "Buddy Check" program will include **QPR** training on how to question, encourage/persuade, and provide resources to those comrades that are struggling or in crisis.

All team members will take a 60-minute+/- online course, the **QPR Gatekeeper®** training. The online **QPR Gatekeeper®** training is training to recognize the warning signs of suicide, how to offer hope, and how to get help and save a life. Several of the Executive Committee have taken the course either in person or online. We have found the course very instructive and of value.

We are now actively recruiting Post members to be a member of our own "Buddy Check" Team. This team will receive training and will gather together at the Post to call every member, active or not, to conduct a telephone "Buddy Check". We have prepared scripts to initiate the "Buddy Check" conversations.

We are also recruiting those who can be called upon for general life assistance. This group will grow over time as we identify needs. The basic qualification is "willing to help". We will ask about your skills or what areas you are willing to help and match them to the needs as they arrive.

To be a member of our "Buddy Check" team and to "Be the One" contact 1st Vice Commander Tom Yeoman via email (try3sc@gmail.com).



Jason Shough, Steve Goulet, and Jim Schafer conducted a flag etiquette familiarization class for Cub Scout Wolf Den 870.



Keith Ostrander and his friend relaxing at the Trunk or Treat



Monday morning breakfast participants put out flags in Chapin for Veterans Day



Quilt of Valor presentation 5 Nov 2022 at 7th Day Adventist Church in Columbia