

The Orr News

Volume 9, Issue 03

Horace Orr Post # 29, Marietta, Georgia 770-427-5900

March, 2009

Over 700 paid members so far this year!

SAVE A TREE, AND REDUCE PRINTING COST!

RECEIVE YOUR NEWSLETTER BY E-MAIL!

SEND REQUEST WITH YOUR E-MAIL ADDRESS TO:

alpost29@gmail.com

Inside this issue:

CALENDAR	2
AUXILIARY	3
SONS OF THE LEGION	4
CHAPLAIN	4
AMERICAN LEGION RIDERS	5
SOCIAL QUARTERS BIRTHDAYS	6
OFFICERS	8

From Your Commander

As with every newsletter that I write, I ask that everyone stop, give thanks and say a prayer for the brave men and women who are or have returned from being in Harms' way to insure, as many of us and our forefathers did, we have the freedom to enjoy this great country.

It seems that we are still fighting for our rights. I'm talking about our veteran's rights. Presently in Congress, there are some bills that would curtail some of those rights. I implore all of you to contact your representative in Washington and make your voices heard. As one, we have the power to make them or break them.

After the March meeting, the Chairperson of the election committee will place the sign-up book for the upcoming elections in the Social Quarters. If you know that you can meet the challenges, please place your name of the office of your choice.

Our membership is going great! There are still a number of members who have not renewed their membership as of yet. Time is getting short, don't lose your years as members.

We will have a guest speaker in our March meeting. It is a representative from the Veterans Administration who will be speaking about benefits that we as veterans are entitled to. If you have any questions, please show up and ask them.

Our Legion family is doing an outstanding job. The Ladies, as usual, are providing mouth-watering dinners. Feel free to thank them. The SAL is doing great with their breakfast on the third Saturday of each month. Come out and support them. The Legion Riders, again, had a successful fundraiser. This time, it was for themselves. They are always doing fundraisers for somebody else. Please support them in any future activities that they do.

One last thing, our organization is for the vets. We help and support all vets. If you know of any vet that is in need of assistance, please bring it before the Board or at the General meeting. If you know of any vet that just returned and needs help let us know.

"Serve with Pride"
Post 29 Commander
Amador Rodriguez, Jr.

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Free Lunch	5 Membership Auxiliary Meetings	6 Band 8pm - 12am	7
8 District Meeting At Post 29	9	10	11 Free Lunch	12	13 Band 8pm - 12am	14 Spring Conference Buford, GA
15 ALR Meeting	16	17	18 Free Lunch	19 GVVA Meeting	20 Band 8pm - 12am	21 SAL Breakfast Blood Drive
22	23	24 SAL Meeting	25 Free Lunch	26 EC Meeting	27 Band 8pm - 12am	28
29	30	31				

★ MEETINGS ★

- 5th @ 6:30 pm - Dinner
- 5th @ 7:30 pm - Membership and Auxiliary Meetings
- 8th - District Meeting - Post 29
- 14th - Spring Conference - Buford - 8:30 am
- 19th @ 7:00 pm - GVVA Meeting
- 22nd @ 2:00 pm - ALR Meeting
- 24th @ 7:00 pm - SAL Meeting
- 26th @ 5:30 pm - EC Meeting

BINGO

Friday & Monday @ 7:30 pm
 Sunday @ 7:00 pm

Hall Rental Info. Call: 770-427-5900

☺ **UPCOMING EVENTS** ☺

- 6th - Band - Southern Jam
- 13th - Band - The All Stars
- 14th - Spring Conference - 8:30am
 Lake Lanier Islands Legacy Lodge
- 20th - Band - South Paw
- 21st - SAL Breakfast - 8am to Noon
 AYCE - \$5.00
 Blood Drive - 9am to 1 pm
- 27th - Band - Black Diamond

SOCIAL HALL HOURS

Monday through Saturday: 11:00 am to 10:00 pm (Fri. till 1 am)

Sunday : 1:00 pm to 7:00 pm

Live Music every Friday from 8:00 pm to Midnight

Free Lunch every Wednesday from 11:00 am until it runs out!

LADIES AUXILIARY



Many thanks to everyone who prepared food for our February meeting. It was great!!.

A special thanks to all the ladies who prepared food, sold tickets, served food and cleaned up on February 7th, for the Legion Riders Dance.

Our next meeting will be March 5th, dinner at 6:30P.M. and the meeting at 7:30P.M. The entree will be corned beef and cabbage. Please bring a side dish.

We have had several new members this month, since I don't have all their names at this writing, I want to welcome all of you to our Unit and hope you will attend our meetings.

If you have renewed your membership for 2009 and have not received your card, please contact me at 770-926-3468 or email me at janeal1@yahoo.com

Thanks to all who have renewed and to all the new members. Our membership is not at 100%, but with everyone's help we should be there very soon.

Just a reminder, on March 8th, the 5th District

meeting will be held at Post 29. We will discuss our menu and other plans at our March meeting. We need everyone's help to make this a special day for our guests.

Our 2009 Spring Conference will be March 14 -15, at Lake Lanier Islands (Buford) Ga.

If you have not made reservations for lodging, you need to contact Larry Diehl **ASAP**.

Please keep the following ladies and their families in your prayers, Helen Camp, Margaret Carlile and Loray Gilbert. They have recently been ill.

The way you live your **LIFE** is your gift to others. **MAKE IT A FANTASTIC ONE.**

For God and Country

Jane Lawrence
[Janeal1@yahoo.com](mailto:janeal1@yahoo.com)

MISSING WORLD WAR II MEMBERS

Post 29 pays the membership dues for all World War II members. We have 4 members we have not been able to find or communicate with. We have made phone calls and wrote letters but no response. These members are:

1. James Barrett
2. Jim Gray
3. Nils Royem
4. Charles Spear

If you are or know the whereabouts of any of the above named members please contact Bill Beaudin, Membership Chairman at 770-919-7109 or email at:

legionbloodhound@bellsouth.net

Filmmakers to document story of The American Legion

The American Legion has signed a contract with a California-based production company to produce a documentary on the history of the nation's largest veterans service organization.

"The American Legion not only wrote the original GI Bill, we have been a leading voice for veterans and the military since 1919," American Legion National Commander David K. Rehbein said. "From the elevation of the Department of Veterans Affairs to cabinet-status to the administration of some of the most successful youth programs in the country, The American Legion has too many noteworthy accomplishments for me to mention here. Moreover, we

continue to be as relevant and influential as we have ever been".

The Project is expected to be completed by the end of the year. It will then be available for purchase on DVD, with a portion of the proceeds being allocated to The American Legion Legacy Scholarship Fund, Child Welfare Foundation and National Emergency Fund. Members will be able to purchase the DVD at www.legion.org or at the 2010 National Convention. Information will be provided in The American Legion Magazine when the product is available.

With a current membership of 2.6-million wartime veterans, Legionnaires work for the betterment of their communities through more than 14,000 posts across the nation.

SONS OF THE AMERICAN LEGION



For this month's news, I would like to use this space to thank a few people who have worked side-by-side on the monthly SAL Breakfasts. They include: Lyle Chapman, Larry Kessner, Bill Willford, Randy Wright, Neal Burke, Ron Gore, Gary Brown, Mark Bessette, Tom Bell, Bill Norton, John McCartity, Milton Dickson, Regina Chapman, Tommy Blackburn, Bob Jackson, Doug Townsend, and Ed Potrzuski. A BIG THANK YOU TO ALL!!! If it wasn't for this group of people, the SAL Breakfasts would not be as successful as they have been. Look at the list of names. There are Legion members, Ladies Auxiliary members, and the SAL. I am happy and proud to be associated with these people. I would also like to thank Don Liner for donating a new omelet station and gas hookup. I would be remiss if I didn't thank Julia Carter for her understanding, patience and usage of banquet ware. Finally, I would like to thank our breakfast guests for supporting the SAL. We look forward to serving you in the future.

For God and Country

Steve Kiessling

SAL Commander

FROM THE CHAPLAIN

It is with great sadness that I have to inform you that we lost one of our own recently. Robert Linton Jr. of Marietta, passed away on Dec 24th. He was a former United States Marine who served during the Korean War. Robert was a fine Legionnaire and he will be sorely missed by all. Please keep the families and friends of Robert in your prayers and thoughts during this difficult time.



Please keep "Andy" Anderson and Mark Fruchie in your prayers. Both are still in the recovery stage. May the Lord assist them in their recovery soon. We miss seeing these guys.

As we come into March, let us reflect on the 1st, when we observe Four Chaplains Sunday. At sundown on the 9th, our Jewish members will be observing Purim. This holiday celebrates the victory over oppression, which is recounted in great detail in the "Esther Megillah" (The Book of Esther). On the 17th, we observe St Patrick's Day. This day is not only for wearing green ties and drinking green beer, but it is a day our Christian brothers observe and it is an annual [feast day](#) which celebrates [Saint Patrick](#) ([circa](#) 385-461 AD), as one of the [patron saints](#) of [Ireland](#).

"And they that know thy name will put their trust in thee: for thou, LORD, hast not forsaken them that seek thee."

Psalms 9:10

Please remember in your prayers those serving in defense of this country and their families as well. May the Lord watch over and protect us all, our families and this country and keep us safe.

For God and Country,

CHUCK

Chuckj007@BellSouth.Net

AMERICAN LEGION RIDERS



We held our first event on February 7, 2009 it was a Pre-Valentine party and fundraiser for ALR. There were several Legion members present along with many people from the community. The winners of the liquor basket raffles included a lady named Chrisy who came to celebrate her birthday with us. She and her and husband enjoyed the party and the people so much that she told me, "This is our kind of crowd. How do we join?" In talking to her I decided she would qualify to join the Auxiliary so I gave her the proper form to fill out and return. The other winners each got a phone call from Rick Cope telling them they won. The winners included a guy named Ron and a guy named Tim. Both men stopped by the Legion on Sunday to pick up their prizes. Thank you to everyone who helped make this event a great success.

In our March meeting we begin making plans for our annual Boobalicious event to raise money for Breast Cancer. Riders, come to the meeting prepared to select a date and a location to hold this event. We would love to make this an even bigger event than last year.

.....

A note from our Department Commander to ALR Membership:

Date: Friday, February 6, 2009, 10:20 AM

I am proud to forward the message below regarding our Legion Riders in Georgia. I have pulled out the information regarding the National Commander visit to make a separate note. Thank you to all that rode in the cold weather and helped to make OUR National Commander welcome in Georgia.

**Fae
Department Commander**

To those of your who were available to participate in the National Commander's escort **THANK YOU!** Your expertise and professionalism did not go un-noticed. We had a fantastic time and were able to show the Department of Georgia American Legion what a valuable asset you ALR are to the department. In short, the run was a **HUGE** success! It was great to see you all. Pictures are on the Department website and *www.usalr.org* [<http://www.usalr.org/>](http://www.usalr.org/)

.....

Riders please make plans to attend our next meeting on March 15, 2009. We meet in the Social Quarters at 1:30PM, we then adjourn to our business meeting upstairs at 2:00 PM.

If you would like to join, have any questions, or would like to attend a meeting of the Legion Riders, please contact Rick "White Boy" Cope @ 770-560-8924 or e-mail him at harleytrucker6918@yahoo.com or contact Michael "Dick" Willis at Michael_willis18@yahoo.com.

For God and Country,

**Olga T. Noel olgatn521@yahoo.com
Secretary and Membership
ALR Post 29 Marietta**

BIRTHDAYS



1 Bob Beaudin	7 Albert Nordin, III	13 William F. Getch	19 John A. Mitchell	26 Everette L. Hodge
1 Charles C. Dowick, Sr.	7 Mark J. Schubert	13 Paul Groskreutz	19 Nicole G Mundin	27 Ivan G. Addington
1 Marilyn King	8 Jim Baskin	13 Lucky Lakatos	20 David L. Adams	27 William D. Beverley
1 Rolland N. Stokes	8 Peter W. Faucetta	13 James W. Pickens	20 Jeffrey C. Jaeger	27 Edward J. Cook, Jr.
1 James W. Stolle	8 Eric C. Johnson	13 Hazel Wood	20 Thomas C. Townsend	27 Larry C. Hanson
2 Dean Bradley	9 Boyd T. Baxter	14 James M. Holiday	21 Matthew C. Difabio	27 Kenneth D. Means
2 Ruthie F Depner	9 James E Glenn	14 Jeff Shapiro	21 Eugene Essex	27 Thomas M. Unger
2 Richard Raney	9 Chris J. Kallas	15 Ronald D Hidalgo	21 Larry Wills	29 Linda G Simmons
3 Joseph Domain	10 Joshua Booth	15 Lloyd Tarter	22 David T. Brown	29 Howard Stith
3 Lloyd E. Drake	10 Todd A. Kramer	16 James D. Carroll	22 Paula Kittiah	30 Terry Bellah
4 Matthew Casale	11 Robert H. Davis	16 Julia Carter	23 R. E. Craver	31 Carol Patton
5 Jim H. Brideau	11 Mark Griffith	16 Mark Frutchey	23 James E. Mortimer	31 Thomas A. Townsend
6 J. C. Clark	12 Lysa J. Cunningham	16 Mary Hughes	23 Bob A. Reitz	
6 Norman A. Frese	12 Gary A. Winckler	16 John McCarthy	23 Ernest W. Smith	
6 Michael E. Potrzuski	12 Shoanna Woodham	16 Frank Nixon	24 Charlie O. Popp	
6 Helen Sefers	13 Jim K. Barker	17 Glenn F Neal	25 Walter A. Cusick, Jr.	
6 Dennis R. Sewell	13 Mary Becker	18 Jeff Settle	25 Kent D. Hansen	
7 Thomas J. Micheli	13 Patrick A. Doogan	18 Steven Stallings	25 Malcolm B. Rutledge	

SOCIAL QUARTERS



Just a reminder to everyone that this year we are changing things up for St. Patrick's Day. We will be hosting a Corned Beef and Cabbage dinner instead of a lunch. We ask that everyone please bring a side dish to the event so there will be plenty to eat! We will be eating at 6:00 p.m. Come celebrate the Irish with us! (Tuesday, March 17th)

Sorry about the short notice on the peanut butter day cancellation this year. Hopefully next year will be better for the peanut butter industry and our holiday.

We would like to invite everyone to participate in "Pizza Day" in the social quarters on Saturday, April 4 at 2:00. This, it turns out is not a real holiday, but it should be and we are going to celebrate with style! We ask everyone to make a pizza and bring it in to share. Whatever you like; breakfast pizza, dessert pizza, onion and turnip pizza! What is your favorite? Heather Holcomb brought a peanut butter pizza in for peanut butter day and it was incredible! Get creative and have fun! That's what it is all about! We can't wait to see what our members come up with!

We invite everyone to come out and join in our adult Easter Egg Hunt on Saturday, April 11th at 2:00. We will be hiding eggs and other goodies for our members to find and enjoy! Hope to see you there!

We would also like to remind our members that we will be closed for Easter Sunday (April 12th). We hope that everyone enjoys their Holiday!

The band line-up for March is as follows:

- **Friday, March 6th – Southern Jam.**
- **Friday, March 13^h – The All Stars.**
- **Friday, March 20^h – South Paw**
- **Friday, March 27th –Black Diamond.**

All bands start at 8:00 and play until midnight! There is no cover charge.

We have a free lunch every Wednesday. Please be sure to check the bulletin board by the door for the menu. Lunch is served at 11:00 until it runs out.

For God and Country,

Milton, Jack, and Julia

VA REP TO SPEAK AT POST 29 MARCH MEETING

A representative from the Veterans Administration (Healthcare) will speak at our next membership meeting Thursday March 5th at 7:30 PM. Write down your questions and mark your calendar, don't miss this meeting. Find out what benefits you are eligible for. The VA is going through some changes and you need to hear the latest. VA Healthcare is now second to none.

ARTHRITIS UPDATE

There are 27 million Americans who suffer from the most common form of arthritis called osteoarthritis. According to Dr. John Klippel, president and CEO of the Arthritis Foundation, "Many tend to think of this as more of a nuisance. They think of it as only aches and pains and not the serious problem that it actually is -- the leading cause of disability in this country." Part of the misconception has to do with all the myths surrounding the disease. Following are the 5 most common:

- **Myth 1: Arthritis is a disease of the elderly:** While older people do develop arthritis, children and teenagers can get certain forms of the condition. The Arthritis Foundation reports two-thirds of people with doctor-diagnosed arthritis are under age 65. Researchers don't know the exact cause of arthritis, but they do know what puts people at risk. These include aging, heredity, joint injury, obesity and lack of fitness.

- **Myth 2: Cracking your knuckles causes arthritis:** Despite what your grandmother told you, experts say cracking your knuckles is not a risk factor for arthritis.

- **Myth 3: Predicting the weather:** Researchers have studied the claims, but concluded there is no scientific evidence to suggest arthritis flare-ups occur during bad weather. Klippel also doesn't buy the argument that arthritis patients are better off if they live in a warmer climate. "If you live in a warmer climate, you're simply more active for more months of the year and that's probably why people feel better. It probably has very little to do with the weather itself," Klippel said.

- **Myth 4: Exercise aggravates arthritis:** Staying active actually is one of the most important ways to prevent and ease the pain of arthritis, Klippel said. It also helps with weight control. For people with arthritis, it hurts to exercise, but over time, the post-exercise pain actually diminishes if you push through it. Joint-friendly exercises are recommended such as walking, biking or swimming. In addition to putting ice on an aching joint, Klippel suggested taking nonsteroidal, anti-inflammatory medication before or after exercising to help relieve the pain.

- **Myth 5: Nothing helps:** A proper diagnosis can lead to a host of possible treatments, including the latest prescription medicines for pain and rehabilitating aching joints through physical therapy. People should not wait until the pain is unbearable before seeing a doctor. If aches and pains persist for more than four weeks, that's a time to pay attention. [Source: CNNHealth.com Judy Fortin article 26 Jan 09 |

Accident ?

Need Crutches or a walker ? We can loan you some. Call the post and ask for Milton the Service Officer @ 770-427-5900

Post 29 Member Featured at Book Signing

Roy Lantz, Post 29 member and Marine Corps Vietnam veteran, will be signing his newest book, *Never Beat the Boss at Horseshoes...*, on Saturday, March 7th, from 11 a.m. until 3 p.m. at the Daily Grind Coffee House, Marietta.

Never Beat the Boss... contains a number of veteran related stories and received a glowing cover testimonial from the late General Raymond Davis, Medal of Honor winner and former Assistant Commandant, USMC. The Daily Grind is located at 2595 Sandy Plains Rd., at the corner of Piedmont Rd., right across the street from Sprayberry High School. For more info contact Roy at 678-560-1082

Employment

We made up a list of Job Search Website Links on our POST 29 Website. Just click on the "Employment" tab on the left hand side at: www.galegion29.org. If your viewing this on your email newsletter: just click on this link: <http://www.galegion29.org/content.php?id=90>



The American Legion
Horace Orr Post # 29
921 Gresham Ave. N.E.
Marietta, Georgia 30060-2121

Non-profit Organization
U. S. POSTAGE PAID
Permit No. 99
Marietta, Ga.
30060-2121

ADDRESS SERVICE REQUESTED

TIME DATED MATERIALS, CONSIDERATIONS APPRECIATED

Veterans Still Serving Veterans, The Community, and America

POST # 29	SAL	AUXILIARY	ALR
COMMANDER: Amador Rodriguez Jr.	COMMANDER: Steve Kiessling	PRESIDENT: Jane Lawrence	DIRECTOR: Rick Cope
ADJUTANT: Mariano Lopez	ADJUTANT Bill Willford	1st VICE PRESIDENT: Marilyn Huebner	ASSISTANT DIRECTOR: Michael Willis
SR VICE COMMANDER: Bill Beaudin	SR VICE COMMANDER: Randy Wright	2nd VICE PRESIDENT: Heather Holcomb	SECRETARY: Olga Noel
JR VICE COMMANDER: Tommy Blackburn	JR VICE COMMANDER: Mark Bessette	SECRETARY: Nita Robinson	TREASURER: Mike Willis & Olga Noel
FINANCE OFFICER: Craig Campbell	FINANCE OFFICER: Ron Gore	TREASURE: Regina Chapman	CHAPLAIN: Arnold Grizzle
JUDGE ADVOCATE: Larry Heilmeier	JUDGE ADVOCATE: Lyle Chapman	CHAPLAIN: Sherry Dill	HISTORIAN: Dave Noel
CHAPLAIN: Chuck Johnson	CHAPLAIN: Bob Huebner	Historian: Ellen Golliver	SERGEANT-AT-ARMS: Kevin Pickett
HISTORIAN: Neal Lawrence	HISTORIAN: Max Jones Jr.	SERGEANT-AT-ARMS: Joan McIntosh & Olga Noel	RIDE COORDINATOR: Mark Talley
SERVICE OFFICER: Milton Dickson	SERGEANT-AT-ARMS: Neal Burke	PARLIAMENTARIAN: Kitty Barrett	
SERGEANT-AT-ARMS: Bill Monte			

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Free Lunch	5 Membership Auxiliary Meetings Dinner @ 6:30 Meetings @ 7:30	6 Band Southern Jam 8pm - 12am	7
8 District Meeting At Post 29	9	10	11 Free Lunch	12	13 Band The All Stars 8pm - 12am	14 Spring Conference Buford, GA @ 8:30 am
15 ALR Meeting @ 2pm	16	17	18 Free Lunch	19 GVVA Meeting @ 7 pm	20 Band South Paw 8pm - 12am	21 SAL Breakfast 8am to Noon Blood Drive 9am to 1pm
22	23	24 SAL Meeting @ 7 pm	25 Free Lunch	26 EC Meeting @ 5:30 pm	27 Band Black Diamond 8pm - 12am	28
29	30	31				