

# KILDUFF-WIRTANEN LEGION POST 74



• 38 Main Street •  
PO Box 761 Brookline, NH 03033-0761

## November 2016 Newsletter

Kilduff-Wirtanen American Legion Post 74, Brookline, NH meets the 4<sup>th</sup> Thursday of the month\* at 38 Main Street Brookline.

Meetings begin at 1900 hours (7PM). \*Nov meeting held 3<sup>rd</sup> Thursday.

If you wish to join or have questions about the American Legion, please call one of the Post Officers.

### Next Meeting:

**17 November at 7:00 PM**

### October Meeting Minutes

Meeting called to order at 7:04 PM by Commander Dave Larkin. 6 members present and one guest.

Colors advanced, prayer offered, POW/MIA empty chair recognized, prayers offered for those lost and unaccounted for and the Preamble recited.

MEMBERSHIP: Nothing to report.

MINUTES: Minutes of the September 2016 meeting were read. Bruce Moran made a motion that the Minutes be approved as read; seconded by Bob Glover and unanimously approved.

TREASURERS REPORT: The Treasurer's Reports for October 2016 was read. Bob Glover reported the Post received income from dues and he paid the electric bill for \$31.28 and fill the oil tank for \$287.84. Bruce Moran made a motion that the Treasurer's Report be approved as read; seconded by Jim Pope and unanimously approved.

#### SICK CALL AND EMPLOYMENT:

- Commander Larkin's father passed away last month.
- Del Porter fell recently and tore his rotator cuff, chipped a tooth and needed stitches. He is doing better but his shoulder needs to be immobilized for a while.

#### OLD BUSINESS:

- Flag Deposit Box: Bruce Moran made a motion that the Post purchase, in an amount not to exceed \$30, a magnetic decal to place on the Flag Deposit Box; seconded by Greg d'Arbonne and unanimously approved.
- Pam Walker stated she spoke to Janet Foster who has agreed to do the audit. Pam will coordinate with Janet and Bob Glover to get this done soon.
- Greg d'Arbonne stated he has not had time to get with Clarence Farwell about putting the light on the flag pole but will try to do this soon.
- Repair and Winterization of the Post building: Greg d'Arbonne stated he went to Home Depot to ask about how nonprofit organizations can get funds or assistance from Home Depot. He was told they have a procedure where organizations submit a letter explaining what they would like to do with any funds or assistance they receive and the Home Depot organizations decides on the request. The members discussed what needs to be done and repairs to the window sills downstairs; leaks in the concrete and stone foundation; sealing foam; a cover for the well; and fixing the electrical plug near the well need to be listed. Greg will put a letter together to submit to Home Depot.

CORRESPONDENCE: Nothing to report.

#### NEW BUSINESS:

- The Veterans Day activities for the area were covered.

#### FOR THE GOOD OF THE POST:

- Bob Glove reported the District Holiday Party will be 7 PM the 8th of December at Post 23, Milford.

- Greg d'Arbonne reported he attended the screening of the New Hampshire Veterans Cemetery Association film "Our Living Memorial", the story about the New Hampshire Veterans Cemetery. HE stated this film will be shown at the new Veterans Heritage Learning Center that is being planned for the cemetery. Greg said it was a very well done video and encourages everyone to visit the cemetery.
- Bruce stated there is a program in New Hampshire called "Ask The Question" (<http://askthequestionnh.com/>) that is an initiative geared toward First Responders and others who interact with Veterans, many times in stressful

situations. He and Greg d'Arbonne are familiar with this program and are willing to speak to EMS personnel about this program if they are not familiar with it.

- Dave Larkin stated he recently did a Veteran Pinning Ceremony where a Veteran who is terminally ill is presented with a pin and a salute from fellow Veterans to thank them for their service.

There being no further business, the closing prayer was said and the colors retired. The meeting adjourned at 8:30 PM. The next meeting is 17 November at 7 PM.

## **News For & From Members**

### **Passing of Commander Larkin's Step-Father**

Dave Larkin's Step-Father passed away last month. Dave was very close to him as he had a great impact on his life. We send our condolences to Dave and his entire family.

### **Ron Merryman Sends His Regards**

*Ron Merryman, one of our Post members, is currently serving in the Navy overseas and sends the following:*

Greetings to Post 74. Been on AD (Active Duty) since end of July. BOG (Boots on Ground) for just over 2 months now. Took 3 weeks to acclimate to the heat. Right now, it actually feels "cool" at 11pm my time -- temp is 81°. Wife said it was in the upper 40's back home - can't imagine that weather now.

Nothing exciting which is a good thing. Long days, 6 twelves a week + scattered hours on Sunday. Makes the time go by.

I'll let the post know if the family needs any assistance.

Take care, -Ron.

### **Penny Arsenault Retires from the Middle School**

Penny Arsenault, who served for many years as the person "driving the train" at the Middle School, especially for all activities related with Veterans, has retired. All of us wish her the best in retirement. We cannot thank her enough for her years of dedicated service not only to the school but also to us veterans. Penny was the one who sent us the letters inviting us to the various activities; ensured we were taken care of while we were there; got the food for breakfast and lunch; and coordinated all the events. She will be missed but has promised to attend all the events she can. A great big thank you to Penny from all of us Veterans!

## **News of Interest to Veterans**

### **STROKE: Remember the 1st Three Letters - STR**

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ...she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 PM Jane passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

## RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- S \*Ask the individual to SMILE.
- T \*Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. Chicken Soup)
- R \*Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

*New Sign of a Stroke -----Stick out Your Tongue!*

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

## **Points To Ponder**

*The views expressed in the following article were deemed interesting enough by me to include in the newsletter. I take full responsibility and the content does not reflect the opinion of the members of the Post. Please contact me if these articles offend you. – Greg d'Arbonne*

## **Women Think Differently**

Husband's Text Message to wife: "Honey, I got hit by a car outside the office. Karen brought me to the Hospital and the doctors are presently doing tests and taking X-rays. Suffered a severe blow to my head but it might not have any lasting effects. A severe laceration to my back required 49 stitches to close, and I have three broken ribs, a broken arm and compound fracture of the left leg. Amputation of the foot is a possibility. Love you...."

Wife's Response: "Who the hell is Karen?"

## The Next President and the Nuclear Codes

I attended a speech where the speaker declared “Ladies and Gentlemen the head of Joint Chiefs has assured me that should Donald Trump win the election the “nuclear football” will only consist of a briefcase full of shiny knobs and flashing lights that won’t actually do anything. So, no worries for ever launching a nuclear attack.”

I said to the speaker, “That's terrible, the President should have the launch codes should he need to launch a strike!”

He said, “I don’t know what you are worried about, it’s the same briefcase we have given the last five presidents.”

### Post Officers

**Commander:** David Larkin - 603-801-9752, [drlark2004@yahoo.com](mailto:drlark2004@yahoo.com)

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### *Do You Have an E-mail Address?*

*If you have e-mail access, send a message to Greg ([Gdarbo6844@aol.com](mailto:Gdarbo6844@aol.com)). Addresses are for the use of the members to pass information and not to be sold or freely passed to others without formal consent of the member. No funds solicitation is authorized via e-mail.*