






























THE AMERICAN LEGION

ERNEST M. SCHULTZ III – POST 351 – www.alp351.com

December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sal Car Wash 11-3 PM 	2 No Dues...No Booze!!!!  Dec. 31, 2013	3  free WiFi	4  Darts – 7:00 PM	5 Challenge coins are here!!! \$10.00 	6  Fish Fry 5:00PM –7:30PM	7 1941 Japanese Bomb Pearl Harbor!
8 Ceiling Tiles  \$30.00	9  I Think.....	10 	11 Darts – 7:00 PM 	12 Auxiliary Meeting 6 PM	13  Fish Fry 5:00PM – 7:30 PM	14 Calusa Vets @ 1.00 PM Entertainment by Rick Norris
15 SAL Meeting 11:00 AM	16 1944 -Germans launch Battle of the Bulge!	17 Enjoy the new  bowling game..	18 Darts – 7:00 PM 	19  December 21	20  Fish Fry 5:00PM –7:30PM	21 Exc. Meeting 10:00 am Legion Meeting 10:30 am
22 	23 Doty's Ditty's I used to be schizo but we are ok now!	24  Twas the Night before Christmas ...	25  Merry Christmas Dinner @ Noon	26  Post 351 Coffee Mugs on sale \$5.00	27  Fish Fry 5:00PM –7:30PM	28  Welcome Snow Birds..
29  Save those Pill Bottles..	30  Snow Day! Just Kidding...	31  NEW YEAR'S EVE	 Happy New Year 2014	New Beer Prices..... Draft -\$1.25 Half Pitcher \$3.00 Full Pitcher \$6.00	 Ho Ho Ho!	Lan Mac Pest Control is proud to sponsor Post 351 Newsletter... 

Commander's Corner

Howdy All,

First and foremost I want to wish everyone a very Merry Christmas and a Happy New Year. I want to say thank you to those people that made the Thanksgiving dinner at the post. It was an exceptional meal I am sure the Christmas dinner will be just as good.

Our vets from Calusa Harbour will be at the post on Dec.14, come out and join the fun Rick Norris will be playing.

Please keep our troops and their families in your thoughts and prayers.

Bill Hauser

Class Always Shows



A doctor had his TV on in his office when the news of the military base shootings at Ft. Hood , TX came on. The husband of one of his employees was stationed there.

He called her into his office and as he told her what had happened, she got a text message from her husband saying, "I am okay." Her cell phone rang right after she read the message. It was an ER nurse," I'm the one who just sent you a text, not your husband.

I thought it would be comforting but I was mistaken in doing so. I am sorry to tell you this, but your husband has been shot 4 times and he is in surgery."

The soldier's wife left Southern Clinic in Dothan , AL and drove all night to Ft.Hood. When she arrived, she found out her husband was out of surgery and would be OK. She rushed to his room and found that he already had two visitors there to comfort him.

He was just waking up and found his wife and the visitors by his side. The nurse took this picture:

What? No news crews and cameras? This is how people with class respond and pay respect to those in uniform.

I sent my cousin in Fayetteville , N.C. (Retired from Special Forces) that picture of Geo. W. visiting the wounded at Ft. Hood . I got this reply:

What is even better is the fact George W. Bush heard about Fort Hood, got in his car without any escort, apparently they did not have time to react, and drove to Fort Hood. He was stopped at the gate and the guard could not believe who he had just stopped. Bush only asks for directions to the hospital

*then drove on. **T**he gate guard called that "The President is on Fort Hood and driving to the hospital."*

The base went bananas looking for Obama. When they found it was Bush, they immediately offered escort. Bush simply told them it was o.k. and to let him visit the wounded and the dependents of the dead.

He stayed at Fort Hood for over six hours, and was finally asked to leave by a message from the White House.

Obama flew in days later and held a "photo opportunity" session in a gym, and did not even go to the hospital.

All this I picked up from two soldiers here who happened to be at Fort Hood when it happened.

This Bush/Obama/Ft.Hood story is something that should be sent to every voter in the US . Those who wanted "change". You certainly got it.

*Someone, **PLEASE**, show me anything that will tell us that Obama has ANY respect for the country he leads! I'm **l**ooking for just a little sign of respect.*

**AMERICAN
LEGION
AUXILIARY**

Hello All...

Happy Holidays!

Thanks to all who helped with the yummy Thanksgiving dinner. Special thanks to Mary Ellen for baking, Judy W. for the pies, Cindy See for the rolls and green bean casserole, Wayne for making the delicious gravy, and Cindy B. for the deviled eggs, and all for your help. It was greatly appreciated.

We served Calusa Harbour Veterans this month with turkey breast, scalloped potatoes and all the goodies! Fun was had by all. We had the dance floor going! Thanks to Carrie, Mary Ellen, Cindy B. and all the rest of the ladies! Saturday, December 14, we will be having Ham, sweet potatoes, veggie, rolls and desert. Remember you can eat lunch for only 3 bucks!

2014 membership cards are here!! Officers must obtain their cards ASAP.

The next Auxiliary meeting will be December 12, 6 pm. We will be discussing the upcoming holidays, and our first chili cook off! Look for more information on that in the next newsletter.

Welcome Kelly D. as our newest member!

SAVE those tabs and empty pill bottles.

The troop tree was a success and as of this writing the items will be counted then sent off. This year we have troops in Afghanistan, Korea and Turkey that we will be sending too. I know from experience that the men and women serving our country greatly appreciate the packages and knowing that those at home pray for them daily.

Look for us on Facebook! <https://www.facebook.com/pages/American-Legion-Auxiliary-Post-351/554176084626114>

Service Above Self
For God and Country
Dawn Burgener
President

Sons of the American Legion

A big THANK YOU to all of the members who support our car wash. Without you, it would be a huge wash out!!

For all you SAL members out there: The SAL meetings are held at 11:00 AM on the Sunday prior to the general meeting (usually the second Sunday of the month). The meetings are usually pretty quick and always fun. Your participation would be greatly appreciated. Come on in early enough to have a couple of bloody Mary's while they're on special.

Monthly Car Wash, Dec.1 from 11:00 AM to 3:00 PM at Post 351. The cost is \$5.00 a car and includes wash, dry and vacuum.

Car Washes will be held on the first Sunday of every month afterwards. The Car Washes are being held to support our American Legion Post and the SAL.

Bruce Glover SAL Commander

Kitchen News

The kitchen will be serving Friday night fish dinners from 5:00 PM to 7:30 PM.

Please come and enjoy dinner and support the post!

Editor – Perry White



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Mayo Clinic Water and Heart Attacks

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!!

Heart Attack and Water - Drink 1 glass of water before going to bed avoids stroke or heart attack! I never knew all of this! Interesting.....

Something else I didn't know ... I asked my Doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor - Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

I can also add to this.. My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Mayo Clinic on Aspirin -

Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008, issue of the Journal of the American College of Cardiology.

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.

The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. Aspirin lasts a really long time in your medicine chest; for years. (when it gets old, it smells like vinegar).

Please read on.

Something that we can do to help ourselves - nice to know.

Bayer is making crystal aspirin to dissolve instantly on the tongue.

They work much faster than the tablets.

Why keep Aspirin by your bedside? It's about Heart Attacks -

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by.

- Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival andDO NOT LIE DOWN!

A Cardiologist has stated that if each person after receiving this e-mail, sends it to 10 people, probably one life could be saved!

I have already shared this information. What about you?

"Life is a one time gift"

