

American Legion Post 318
1000 Savanna Club Blvd
Port Saint Lucie, FL 34953



NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
FORT PIERCE, FL.
PERMIT No. 499



The Post Messenger

The American Legion Post 318
1000 Savanna Club Blvd.
Port Saint Lucie, FL. 34925-3347



February - 2018

Richard Feldman, Commander
Phone: 772-878-0655
Fax: 772-878-0625

Visit us @ www.americanlegion318fl.org

Sally Zimmerman
Post 318 Editor
post318editor@bellsouth.net

Member NALPA & FALPA Issue No. 294

It's not the price you pay for your membership, it's the price you have already paid to be eligible.

The Post Messenger is published monthly by American Legion Post 318, 1000 Savanna Club Blvd, Port Saint Lucie, FL 34952

Commander's Message

HELLO American Legion Family:

Happy New Year to everyone. In January the Post had several events worth noting. The Post celebrated Mel Brown's 104th Birthday Celebration with a great turnout. The Post also hosted our Florida Department Commander Steve Shuga, who awarded a Certificate of Appreciation to our Post Members, as well as participating in the Post 1 p.m. Sunday practice of playing the Star Spangled Banner and salute to the flag. He also gave a thank you speech to the members.

The First Meeting of the United States Submarine Veterans, Buva Base was held at the Post. Welcome and we know you will enjoy being part of the Post.

As of this writing our Legion membership renewals have reached 80%. As of February you must have a 2018 membership card to enter the Post. 2017 membership cards will not be honored. Please renew if you have not done so as yet.

February will have several special events for all, starting with the Super Bowl. The Ladies Auxiliary Valentine's Day dance will be on February 10th, on February 24th, the Post will have a Vietnam Veterans Reunion and of course we have our regular entertainment. Come out and enjoy all we have to offer our members.

As your Commander I am awed by how many of our members volunteer and do great things for our Post. This last month we had a new grinder put in our waste system, which as many of you know has not been up to par. Thanks to Daryl Bowie who coordinated the electrical and ordering, and Tyler Schmeer who did the hours of installation. It is now done and working.

At every buffet Terry Sullivan, Mary Briggs, Patty Farmer, Maddy Lanigan, Ed Abott, and Ben Briggs are there working, cooking, and serving. You all are great. Thank you.

There is a little lady who volunteers at every special occasion, as well as other times, to go and ask you to participate in our 50-50. She is a joy to all with her smile. As Member of the Month I nominate Josephine Farinacci. Thank you for all your volunteer efforts.

If any member has concerns or suggestions for the betterment of the Post, I am available by phone or at the Post.

For God and Country,
Richard Feldman, Commander 772-342-2394

~ In Memory Of ~

| | | | |
|---|--|--|---|
| February 2018 Frank Cafiso by Constance M. Cafiso | April 2019 William Gass by Donna Gass | December 2019 Donald Lee Holley by Josie & Gene Nagele | August 2021 Bill Yeager by Capt. Sal Bagnara of the Viking Princess |
| March 2018 Daniel Knorrston by Teresa Knorrston | August 2019 Mary McLaughlin by Thomas Jr & Nicole Kearn | December 2020 Geraldine Malaband by Philip DelToro Burton T. McInerney by Rose Mary McInerney | March 2024 Moose Horan by Linda MacKenzie & Lee Caldwell |
| May 2018 Ken Baker by Kay & Bonnie Baker | December 2018 William T. Hawes by Lorraine & Deborah | March 2021 Dick Boulette, Dennis Cush, Roy Gulbrandsen, Bill Yeager, Garin Salisbury, Conrad Tutelo by Post 318 Honor Guard | October 2026 Ed Black & Steve Wisor by S.A.L. Post 318 |
| August 2018 Edward Zikus Jr. by Edgar & Jana Johnson | January 2019 Al Nalbandian by Shirley Nalbandian | | |

~ The name of a loved one or friend can be added to the "In Memory Of" for only \$15.00 a year ~

AMERICAN LEGION POST 318 DUES RENEWAL 2017 - 2018

FILL IN THIS FORM AND SEND IT TO AMERICAN LEGION POST 318, 1000 SAVANNA CLUB BLVD, PORT ST LUCIE, FL 34952 or drop it off at the Post Canteen. The bartenders will be glad to make sure your Membership Chairman gets it.

NAME _____
MAILING ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE NUMBER _____
MEMBERSHIP NUMBER: _____

_____ LEGION \$45.00 _____ AUXILIARY \$30.00 _____ SON'S AMERICAN LEGION \$30.00

Please make checks payable to appropriate organization:

American Legion Post 318 American Legion Auxiliary Unit 318 American Legion S.A.L. Squadron 318
For God and Country

First Vice

I hope everyone enjoyed their New Years and welcome back to our snow birds. We are now into our second month of the new year and our membership stand at 80%. For those who have not renewed, please do so now and if you know anyone who qualifies to join try to get them to join. If you have any questions about membership please call me.

Martin Motherway, First Vice Commander
772-237-2476 or 516-695-4867

2nd Vice Report

Happy Groundhog's Day. We are in the midst of our annual Florida Good Times and seasonal fun.

Post 318 will be having several events beginning with our annual Super Bowl gathering on the 4th of February and do not forget on February 10th, the Ladies Auxiliary Valentines Dance. Tickets are available at the canteen. Come on out and support our events.

Fri. 2 Alita
Sat. 3 Karaoke with Jimbo
Fri. 9 Shepard & Green
Sat. 10 Chubby Bones (Valentine Dance)
Fri. 16 Sonny D
Sat. 17 Karaoke with Jimbo
Fri. 23 Johnny & Santiago
Sat. 24 60's & 70's music with Jimbo (Vietnam Reunion)

Arnie Thompson, 2nd Vice Commander

Chaplain Report

I would like to thank the Legion members who have been helping me with my duties as Chaplain. I have been sick and having a tough time. I will not run for election this spring.

Our Post had two transfers this month to Post Everlasting, Henry Mclaughlin and Salvatore Bagera. We ask our heavenly father to welcome them to Post Everlasting. Thank you Father we love you.

God bless our friends and family with cancer. Lord, bring them close to you, have them reach for you when needed.

Pray that when you talk to your Heavenly Father, you let him know what you want. Amen.

John Dunn, Chaplain

Service Officer Report

The following is an excerpt from an opinion posted on Military.com, December 15, 2017:

Traumatic brain injury (TBI) is the signature wound of today's conflicts, affecting more than 370,000 service members, and emerging evidence suggests troops may be exposed to hazards to the brain during training as well.

TBI can come from many causes: falls, vehicle accidents, bullets, shrapnel, etc. In recent years, researchers have begun to understand that the primary blast pressure wave from explosions can also damage the brain, although the specific mechanism of injury from blast pressure is poorly understood.

Most concerning, emerging evidence suggests that service members may be exposed to significant levels of blast overpressure when firing heavy weapons, such as recoilless rifles, even in training.

Recent Defense Department studies have found that blast exposure from firing heavy weapons in training is associated with short-term cognitive deficits.

Other DoD studies have found higher rates of concussion and post-concussion associated symptoms among individuals with a history of prolonged low-level blast exposure from breaching and shoulder-fired weapons.

The study's authors concluded that the findings "support the hypothesis that there is a positive relation between the amount of blast exposure and reported symptoms." They noted that those repeatedly exposed to low-level blasts from breaching or shoulder-fired weapons could face "a potential occupational medicine concern."

As with other occupational hazards that service members face in the service of their country, the effects of blast exposure will take years to understand.

Unfortunately, in all of these cases, it has taken years for the DoD and VA medical community to fully understand these occupational hazards. In many cases, veterans still struggle to receive the care they require and deserve.

The 2018 National Defense Authorization Act (NDAA) requires a longitudinal study of service member exposure to blast pressure during training and combat.

The NDAA also requires the DoD to consider the feasibility of a blast exposure log for service members to keep individual records of blast events, which is critical if the VA ultimately determines injury from blast exposure should be covered.

These NDAA requirements ensure the DoD is doing all it can to improve its understanding of blast exposure. It also lays the groundwork for current active-duty service members to have a record of their exposure so that if they later develop symptoms, they can receive the proper care and compensation.

The NDAA provision will ensure the DoD takes the necessary steps today to supply medical researchers with the data they need to understand the health effects of blast exposure.

The opinions expressed in this op-ed are those of the author and do not necessarily reflect the views of Military.com. If you would like to submit your own commentary, please send your article to opinions@military.com for consideration.

Matt Dunleavy, Post 318 Service Officer



BUDGET Graphics
ONE COLOR TO FULL COLOR

- BUSINESS CARDS
- BROCHURES
- FLYERS
- POSTERS
- ENVELOPES & LETTERHEADS
- MCR FORMS
- POST CARDS
- NEWSLETTERS

BUSINESS CARDS STARTING AT \$29*
772.879.0048
*DESIGN & TAX NOT INCLUDED



E.G.A. Home Services, LLC
(772) 379-2277
Veteran Owned and Operated

Handyman Services, Pressure Washing,
Home Watch Services, Hurricane Prep & Clean-up,
and a whole lot more!


For estimates or to schedule an appointment, call Sean.
Insured No Job Too Small



Frank Cavery
Treasure Coast
(772) 489-0025
Palm Beach County
(561) 347-2930
www.haggertypestservices.com
Member Post 318

Dedicated to Safety, Service & Satisfaction
LICENSED * INSURED * BONDED

We have spaces available for ads
Post 318 Members: \$200.00 year
Non-members: \$250.00
If interested, make your check payable
to American Legion Post 318, include
a business card
Please leave with the Bartender



LOTUS GUNWORKS
FIREARMS • RANGE • ARCHERY
Jensen Beach, Florida

3558 NW Federal Hwy
Jensen Beach, FL 34957
Phone: 772-232-6470
www.LotusGunworks.com

Largest Gun Store and
Gun Range on the Treasure Coast
Family Owned
Conceded Cary Courses
Private or Group Lessons
16 Firing Lanes
Over 1500 Guns in Stock

BUY • SELL • TRADE

Licensed SOC# 131158586 Insured



Master Craft
Aluminum Products
Local - Family Owned and Operated
Serving St. Lucie County since 1972
www.mastercraftaluminum.com

(772) 335-1177
(772) 335-0880 FAX
mastercraftaluminum@gmail.com

Richard Moore
1634 S.E. Niemeyer Circle
Port St. Lucie, FL 34952

DeBor's Antiques & More
8743 S US 1 • Port St. Lucie, FL 34952
~ 772-777-4587 ~

- Antiques • Collectables • Paintings
- Military Memorabilia • Exotic Glass
- Home Decor • Books • Records
- Holiday Decorations • Porcelains
- Unique Gift Items • Miscellanea

Open: Wed to Sunday 10 am to 4 pm (Summer Hours)
Please Come In And Browse!
** Veteran Owned and Operated **



LSO JEWELERS & REPAIR INC.
WHERE TRUST IS A FAMILY TRADITION
LSOJEWELERS.COM

LARISSA OPRYSK
OWNER

906 SW ST. LUCIE WEST BLVD
PORT ST. LUCIE, FL 34986
772-621-7881

CUSTOM DESIGNS
FULL SERVICE REPAIRS
WE BUY JEWELRY & GOLD

Auxiliary Report

Hello Ladies: Welcome February. This month is our Valentines Dinner Dance on February 10th. Dinner is Surf and Turf and all the fixings. Tickets are on sale now for 18.00 per person. Tickets are limited and no sales at the door. See Barbara Mileto for tickets.

Also we have our ongoing 50/50 Super Raffle, 5.00 per ticket. Drawing will be on March 17th. Don't forget our February Auxiliary meeting on the 19th at 6:45PM.

Yours in Service,
Sue Pfohl, Auxiliary President 772-293-9999

S.A.L. Children's Christmas Party

Post 318 Christmas Party



Be a Booster-\$20.00 per year

Newsletter Boosters

February 2018

Constance M. Cafiso

July 2018

David A. Lapone

November 2018

Patricia Bonham
Frederick Thompson

February 2022

Dallas Black

March 2018

USAF Maj. Joseph Lyons
Ed & Pat Carey

October 2018

Robert Seip
Nancy Hughes

December 2018

Lee Caldwell
Paul & Susan Brennan

November 2024

Jewish War Veterans

May 2018

Kay & Bonnie Baker

May 2019

10-13 Club

**American Legion Post 318
Vietnam Veteran's Reunion**



Sat. February 24th
Music by Jimbo
7 - 11 PM

Dinner 5 - 8 PM
Menu:

Burger or Hot Dog w/Fries or
Onion Rings \$5.50

Basket of Fries or Onion
Rings \$4.00

Basket of Loaded Fries \$4.50

Root Beer Floats \$2.00

COME AND JOIN THE FUN!



Rider Report

In late December and during the month of January, Members of the Post provided 75 Angel Tree Children with Christmas Gifts. The Legion Riders worked with the Salvation Army distributing these gifts to needy families. In addition, Santa Claus was escorted to Post 318 for the S.A.L. Kids Christmas Party. The Riders delivered clothing as well as blessing bags that were donated by the Port St. Lucie Elks to the Veterans Homeless Program in West Palm.

Did you know that homeless veterans make up approximately 11% of our nations homeless population? With that being said, this year the Legion Riders at Post 318 will be focusing on enhancing our "Homeless Veterans Program" to help veterans become self-sufficient and independent. We are extremely thankful for your ongoing support.

Beginning Wednesday, February 28th the Riders will be changing their dinner to Stuffed Peppers with mash potatoes and a vegetable or Chicken Francoise and pasta. Dinner is served from 5:00 p.m. to 7:00 p.m. Continued thanks to everyone who purchases our dinners and to the volunteers that make, serve and clean-up this dinner.

It is my hope that the new year brings the Riders continuous growth and camaraderie with all the groups within our organization. The next ALR meeting will be on Saturday, February 3, 2018 at 9:30 a.m.

**FOR GOD AND COUNTRY,
Bob Staneruck, Rider Director**



Valentine's Day Dinner Dance

Saturday, February 10th

Cocktail Hour 5 - 6PM

Dinner 6:00 PM

Surf and Turf

Filet Mignon Stuffed Shrimp

Baked Potato, Veggie and Dessert

\$18.00 pp

Chubby Bones 7:30 PM

Tickets available at the Canteen

Limited tickets

Raffle & Special Guest

Super Bowl Sunday

February 4, 2018

Buffet 6 - 7:30 PM

Finger Sandwiches

Cheese & Cracker Tray, Veggie Tray

Chips & Dip

Baked Ziti Meatballs

Sausage, Peppers, & Onions

Deviled Eggs

SEE YOUR BARTENDER FOR TICKETS

\$6.00 pp





American Legion 318 Calendar of Events

February 2018



| SUNDAY | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|---|
| | | | | 1 Kitchen Open 11:30 - 8 Ace of Hearts - 7 PM Trivia - 7:30 - 9:30 | 2 Kitchen Open 11:30 - 5 Fish Fry 5 - 8 PM Alita 7 - 11 PM | 3 Kitchen Open 11:30 - 8 Legion Riders - 9:30 AM Baked Ham \$8.00 And Open Menu Jimbo. Karaoke 7 - 11 PM |
| 4 Breakfast 8:30 - 11 AM 9 - Noon \$2 Bloodies/ Screwdrivers Kitchen Open 11:30AM - 3 PM SUPER BOWL | 5 Kitchen Open 11:30 - 3 Marine Corp League - 7 PM | 6 Kitchen Open 11:30 - 3 Service Officer 1 - 4 PM House Committee - 5:30 PM | 7 Kitchen Open 11:30 - 2 Dinner 5 - 7 PM Pot Roast \$9.00 Karaoke by Jimbo 6:30 PM | 8 Kitchen Open 11:30 - 8 Ace of Hearts - 7 PM Trivia - 7:30 - 9:30 | 9 Kitchen Open 11:30 - 5 Fish Fry 5 - 8 PM Shepard & Green 7 - 11 PM | 10 Kitchen Open 11:30 - 4 PM Legion E-Board - 9 AM General Meeting - 10:30 AM Valentines Day Dance Chubby Bones 7:30 - 11 PM |
| 11 Breakfast 8:30 - 11 AM 9 - Noon \$2 Bloodies/ Screwdrivers Kitchen Open 11:30AM - 5 PM | 12 Kitchen Open 11:30 - 3 No S.A.L. Meeting 6:30 PM | 13 Kitchen Open 11:30 - 3 Service Officer 1- -4 PM Honor Guard - 6 PM | 14 Kitchen Open 11:30 - 2 Dinner 5 - 7 PM Home made Lasagna \$9.00 Karaoke by Jimbo 6:30 PM | 15 Kitchen Open 11:30 - 8 Ace of Hearts - 7 PM Trivia - 7:30 - 9:30 | 16 Kitchen Open 11:30 - 5 Fish Fry 5 - 8 PM Sonny D 7 - 11 PM | 17 Kitchen Open 11:30 - 8 PM Shrimp, Mussels & Crab Fra Diavolo over Spaghetti \$10.00 And Open Menu Jimbo, Karaoke 7 - 11 PM |
| 18 Breakfast 8:30 - 11 AM 9 - Noon \$2 Bloodies/ Screwdrivers Kitchen Open 11:30AM - 5 PM | 19 Kitchen Open 11:30 - 3 Auxiliary E-Board 5:30 PM Regular Meeting - 6:45 PM | 20 Kitchen Open 11:30 - 3 Service Officer 1- -4 PM Sub Vets Meeting - 7 PM | 21 Kitchen Open 11:30 - 2 Dinner 5 - 7 PM Meatloaf \$9.00 Karaoke by Jimbo 6:30 PM | 22 Kitchen Open 11:30 - 8 Ace of Hearts - 7 PM Trivia - 7:30 - 9:30 | 23 Kitchen Open 11:30 - 5 Fish Fry 5 - 8 PM Johnny & Santiago 7 - 11 PM | 24 Kitchen Open 11:30 - 8 PM MCL Auxiliary - 11 AM Vietnam Veterans Reunion 60's & 70's Music by Jimbo 7 - 11 |
| 25 Breakfast 8:30 - 11 AM 9 - Noon \$2 Bloodies/ Screwdrivers Kitchen Open 11:30AM - 5 PM | 26 Kitchen Open 11:30 - 3 10 - 13 Club - 7:30 PM | 27 Kitchen Open 11:30 - 3 Service Officer 1- -4 PM Honor Guard - 6 PM | 28 Kitchen Open 11:30 - 2 Dinner 5 - 7 PM Chicken Francaise or Stuffed Peppers \$9.00 Karaoke by Jimbo 6:30 PM | March 1 Kitchen Open 11:30 - 8 Ace of Hearts - 7 PM Trivia - 7:30 - 9:30 | 2 Kitchen Open 11:30 - 5 Fish Fry 5 - 8 PM Entertainment 7 - 11 PM | 3 Kitchen Open 11:30 - 8 Legion Riders - 9:30 AM Entertainment 7 - 11 PM |
| 4 Breakfast 8:30 - 11 AM 9 - Noon \$2 Bloodies/ Screwdrivers Kitchen Open 11:30 AM - 5 PM | 5 Kitchen Open 11:30 - 3 Marine Corp League - 7 PM | 6 Kitchen Open 11:30 - 3 Service Officer 1- -4 PM House Committee - 5:30 PM | 7 Kitchen Open 11:30 - 2 Dinner 5 - 7 PM Pot Roast \$9.00 Karaoke by Jimbo 6:30 PM | 8 Kitchen Open 11:30 - 8 Ace of Hearts - 7 PM Trivia - 7:30 - 9:30 | 9 Kitchen Open 11:30 - 5 Fish Fry 5 - 8 PM Entertainment 7 - 11 PM | 10 Kitchen Open 11:30 - 8 PM Legion E-Board - 9 AM General Meeting - 10:30 AM Entertainment 7 - 11 PM |