



AL233FL Newsletter



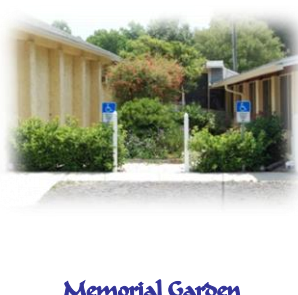
Volume 14, Issue 7

'SMOKE FREE POST'

July 2014



Our Post Home



Memorial Garden



Commander Louis 'Pappy' Martin Pavilion

560 N. Wilderness Trail ~ Ponte Vedra Beach, FL 32082

Legionnaire meetings, first Thursday each month, 7:00pm

Auxiliary meetings, second Thursday each month, 7:00pm

Son's meetings, third Thursday each month, 6:30pm

Rider's meetings, first Sunday each month, 11:00am

Canteen hours:

MON-FRI: 10am until ?? hrs.

SAT: 9am until ?? hrs. (Event days) **Happy Hour 3-7pm**

SAT: 3pm until ?? hrs. (No event planned) **Happy Hour 3-7pm**

SUN: 9am until ?? hrs. **Happy Hour 3-7pm**

(St.Johns County - closing hour is 2:00am)

Monday-Friday: Lunch 11:00am-1:00pm

Wednesday: Dinner 6:30pm-8:00pm

Friday: Dinner 6:30pm-8:00pm

Sunday: Breakfast 9:00am-11:30am

Website: www.AL233FL.org

Facebook: www.facebook.com/groups/AL233FL

Email: info@al233fl.org

Post telephone: 904.285.2484



We are a Smoke Free Post, 24/7



Smoking only allowed outside

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NEVER FORGET ~ POW's & MIA's



2014

OFFICERS

2015



Cdr. Roy Havekost



1st Vice Cdr. Dan Wortmann



2nd Vice Cdr. Don Mills



3rd Vice Cdr., Adjutant & Service Officer
Sheri Martinez



4th Vice Cdr. Charlie Walker



Chaplain Wilbur Burnett



Finance Tom Leppeard



Sgt. at Arms Robert Scarlett



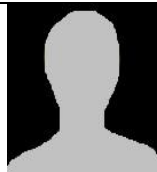
Service Officer & E-Board
Maury Lazenby



E-Board Jim Durnal



E-Board Mike Eatmon



E-Board Ted Veber



E-Board Mike Williams

Vacant

Historian



Judge Advocate Ric Smith



Auxiliary President
Judy Mills

AUXILIARY:
1st V. President Kathy Helmlly
2nd V. President *vacant*
Treasurer Allyson Bass
Secretary Angie Kees
Chaplain Celeste Sheble
SAA Sylvia Bass
Historian *vacant*
E-Board Dee Durnal
E-Board Debbie Eatmon
E-Board Patty Williams



SAL Cdr.
Jeff 'Tex' Ward

RIDERS:
Asst. Dir. Kevin Terranella
Treasurer Kathy Church
Secretary Virna Waldron
Chaplain Linda Williams
Road Capt. Bill Marshall
SAA Kevin Terranella
Historian Virna Waldron
Historian Kathy Helmlly



Riders Director
Bill Marshall

Happy Birthday
America!

SAL:
1st Vice Cdr. Howard Sheble
2nd Vice Cdr. John Paparelli
Adjutant & Treas. Steve Willis
SAA Mike Shaar
Chaplain Will Hurley
Historian John Gabbard

Happy Birthday
America!



Canteen Mgr. Rita Connolly

BARTENDERS:
Anita
Allyson
Beth
Debbie
Lauren
Mike

Commanders corner:

Ok, we are all back from the 96th Annual Florida State Convention in Orlando. Many instructional courses were offered and taken by Post 233 Legion, Auxiliary and SAL attendees. I am proud to report that our incoming 3rd Vice Commander Sheri Martinez attended the two day Service Officers class and is now a Certified Service Officer in the Post. She will be assisting our current Service Officer Maury Lazenby with those duties.

At this years convention I was asked to conduct a class on social media and the internet, which for me was a first. The class size was set at 100 and the day of the class, we ran out of standing room. This was a great experience for me and will continue as I have been appointed the Department of Florida Social Media Chairman for 2014-15. More information will follow in the Legion Link newsletter which is published monthly by Department and available at www.floridalegion.org

For God and Country,
Roy Havekost, Commander

Post installation of officers will take place on **Sunday, July 13th at 11:00am**. Legion officers are requested to wear Legion caps and your class B Freedom Polo shirts or a class A white or blue uniform shirt. Let's LOOK SHARP and BE SHARP! All four entities will be installed.

Members are reminded that you will be receiving information in the mail from the American Income Life Insurance Company. The Legion voted to accept their offer of a free \$3,000 Accidental Death and Dismemberment Policy. You will also be receiving other offers from this company that you may choose to investigate further. Remember the \$3,000 policy is yours free, and you can choose to make Post 233 your Legacy Beneficiary on this policy.

For God & Country,
Dan Wortmann, 1st Vice Commander

Welcome to our new Officers and Executive Committee members for the 2014-2015 year. We are looking forward to working with our District and State Officers lead by our Commander Jay Conti Sr. A big thank you to all who served last year, you do make a difference.

For God and Country,
Ric Smith, Judge Advocate

Hello my name is Mike Williams and I will be serving on the executive committee for 2014-2015. I am honored to be on this committee and am looking forward to an exciting and eventful year serving Post 233!

Thank you,
Mike Williams
AL Executive Committee

Officers Country:

Legion incoming officers must have your 2015 dues paid before installation of Officers on July 13th. The new dues cards were picked up at convention and I will begin to accept dues for the new year (2015) when I return from vacation on July 2nd. This year I plan to schedule regular office hours during the week for the collection of dues and as an Accredited Legion Service Officer, I can offer advice and guidance to veterans who need to deal with the Department of Veterans Affairs.

Sheri Martinez, 3rd Vice Commander/Post Service Officer

Members are reminded to please contact me with the names of any member who is sick or distressed so that I may visit them and provide spiritual guidance when necessary.

God Bless our Troops and Our Country

Wilbur Burnett, Chaplain

AT THE POST

We are still working on renovations within the Post, so please be careful when entering during the day as you will be coming into a construction area. We will remain open during renovations and we aim to make any inconvenience as little and short as possible.

Thank you for your patronage and understanding.

Don't forget the next K9's for Warriors Graduation Thursday July 24th at 5:30pm
This will be an ALL female warrior graduation!

HAPPY HOUR HAS BEEN CHANGED TO:
Saturday's & Sunday's
3:00pm to 7:00pm
All drinks discounted!



HAPPY BIRTHDAY AMERICA
Celebrate with us July 4th from 3-9pm

CONGRATULATIONS

Department Commander Jay Conti Sr.; a Legionnaire from Post #155 from Crystal River, was elected State Commander of Florida at the 96th Annual Department Convention in Orlando on June 14, 2014. Commander Conti earned his eligibility through his 21 years of Service in the United States Navy from 1981-2001. Commander Conti was born on September 25, 1962 in Mineola, New York to the late Alfonso and Antoinette Conti. He has lived in Florida for the past



45 years as his parents moved from New York when he was 7 years old (1969). He has been married to his Citrus High School Sweetheart the former Toni Bruns of Inverness, Florida for 33 years. They have 2 daughters, 1 son and 1 Grandson. Mrs. Conti is an active member of the American Legion Auxiliary and just completed a term as American Legion Auxiliary; 4th District President.

Commander Conti entered the US Navy on March 3, 1981. After completing basic training in Orlando, FL and Operations Specialist School in Dam Neck, VA he and Toni were married at Our Lady of Fatima Catholic Church in Inverness, FL. Commander Conti was not only Sailor but also a leader in many ways. He Managed, Supervised and operated the Navy's most sophisticated Radar and Communications equipment in the Combat Information Center "WAR ROOM" of the many Naval Ships he served as well as being one of the United States Navy's "TOP" Air Intercept Control Supervisors. He controlled numerous United States and its Allied Fighter Jets and had over 3,000 live successful career Intercepts in both Combat and Training Missions. He honed his skills as an Air Intercept Controller while stationed at Naval Air Station Key West, FL, then the home of the U.S. Navy's East Coast "TOPGUN" School.

These Tours of Duty took Commander Conti around the world numerous times. He deployed on many ships on Six Mediterranean, one Persian Gulf and one South American Deployments as well as other Deployments to Europe, Central America, Africa and the Caribbean. He has seen service in the Atlantic, Pacific and Indian Oceans as well as Sailing in the Mediterranean, Black, Red, Norwegian, Aegean, Caribbean, Arabian, Baltic, North, Irish and Celtic Seas including the Gulf of Mexico and Persian Gulf as well as other water ways and dodging Ice Burgs of South America (Chilean Inner Waterway) and sailing the Panama, Suez, Kiel (Germany) and All-Burg (Denmark) Canales. Commander Conti Retired from active service as a Senior Chief Petty Officer on November 19, 2001.

Commander Conti has served in many positions over the years including Post Commander, Post Vice Commander, Adjutant, Finance Officer, District Vice Commander, District Commander and is a Graduate from the National American Legion College Class of 2009. Commander Conti, a member of the National Security Council, has also served at the Department as Department Sgt-At-Arms (2012-2013) and Department Vice Commander (2013-2014).

As a Life member of VFW #4337, AMVETS #447, DAV #70, Fleet Reserve #186, ANAVICUS, Citrus County Veterans Association, Forty & Eight Voyager #1219, and the Legion Riders, Commander Conti has made a point to encourage initiatives across the Veterans Community throughout the State.

Commander Conti is dedicated to fighting and advocating for veteran's rights, with great attention to the needs of our veterans, servicemen and woman still in uniform and their families. The Commander's motto, "Full Speed Ahead for Veterans" he has been a mainstay within the Veterans Community in the State of Florida by providing support and assistance since his retirement from the US Navy.

With current membership of 130,000 veterans in the state of Florida and 2.5 million members worldwide, The American Legion is the Nation's Largest Veterans Organization. The American Legion was founded in 1919 on the four pillars of a Strong National Security, Veterans Affairs, Americanism, and Youth Programs. For more information on how you can be involved with The American Legion or for an interview with Commander Conti, please contact The American Legion Department of Florida at 407.295.2531 x229 or through email at Commander@floridalegion.org.

State Commanders Charity for 2014-2015

My charity of choice is "**Breast Cancer Awareness**", The Susan G. Komen Foundation. Breast Cancer has touched every one of our lives at one time or another. My life most recently, two of my sisters came down with breast cancer and I lost one less than two years ago. We need to find the cure as well as helping those who don't have the money to get a Breast Examination. ALL of the money that is donated for this Fundraiser will stay in Florida to help pay for needed exams, surgery and research for better procedures as well as medicine.

Commander Jay Conti Sr.



Congratulations is also in order for newly elected Department of Florida 3rd Vice Commander Robert 'Bob' Brewster. Bob is a Post 373 Orange Park member and Past Vice Commander for the 5th District, 2013-14. Bob has an exemplary record in the Legion, too numerous to mention here, and his accomplishments in Legion programs, membership and training in the future can only benefit all members, as he climbs the Department ladder. Vets helping vets!

**HAPPY BIRTHDAY
AMERICA**

From our support teams:



I would like to thank all Auxiliary members for a great 2013-2014 year and I am looking forward to another even greater year.

The month of July is our 4th of July celebration it will be great with games, dunk tank, food, and music so come out and celebrate with us from 3 till 9pm, then you can go and enjoy your favorite fireworks, just please be careful and have a safe 4th.

The Auxiliary will be cooking Wednesday night dinner the menu to follow so plan on coming to the Post and enjoying a great meal and supporting your Auxiliary.

We then have installation of officers on Sunday July 13 the time will follow, please come out and support your officers as they are installed, there will be food to follow.

The next Executive Committee meeting will be held on July 3, 2014 at 6:30pm, the next regular meeting will be held on July 10, 2014 at 7:00pm please try to make this meeting for we have a lot to plan for a large event coming up in August.

FOR GOD AND COUNTRY

*Judy Mills President
Auxiliary Unit 233*



Gentlemen,

Thanks to Howard Sheble we were represented at the 2014 June Convention in Orlando. Howard attended all the meetings - and hospitality suites! I know he learned alot and will share his experiences at the July meeting.

Believe it or not it is renewal time for membership. Due to an increase in the State fees we have to increase our dues to \$30. Officers are required to be financial before installation on Sunday the 13th of July. Please try to pay your 2014-2015 dues a.s.a.p. as again our goal is 100+% membership.

We are still responsible for one Wednesday dinner a month (usually the 3rd Wed.). Please help us by volunteering at least once a year. That is not asking too much, is it? Even if you can't help out at least be there to buy a meal and support your Squadron and Post. Or, if you cannot afford the time to volunteer you can always contribute as a Gold Sponsor with a \$100.

This will help pay for the food and someone to cook it. Many thanks to Chef Mike, Howard, T. J., Steve Hard and Charlie Weeden for your help on June's Wed. dinner. The herb crusted Tilapia was delish!! The next S.A.L. dinner is Wednesday, July 23rd. Any ideas?

The S.A.L. will be spearheading the July 4th celebration (Friday 7/4) at the Post. This is going to be huge! It will be outside with the pavilion in play along with BBQ, music (bands), raffles, auctions, water sports(?), etc.

There are many fun and exciting events and fundraisers coming in the near future so keep your eyes on the newsletter, visit the website (www.al233fl.org) and Facebook page (*palm valley post 233 american legion*) or better yet, come in to your Post and have a drink and see what is happening!

cont'd. top of next column ↗

If you have any questions or suggestions regarding our Squadron or Post 233 issues, or are not receiving my email updates please contact me on my phone (904-233-0976) or email (flagman49@yahoo.com) – or better yet, attend the meeting and share your thoughts with the rest of us! **The next S.A.L. meeting is Thursday, July 24th @ 6:30pm.**

We now have our own squadron Facebook page. If you are a social media aficionado go to **Sons Of The American Legion Squadron 233** and join the group. This will be a convenient and fun way to stay informed.

REMEMBER: *It is a privilege to be a member of the Sons of the American Legion organization! As descendants we are honoring our forefathers who have served in the Armed Forces and in many cases sacrificed their lives for their country. Now is the time to give back! If the same names keep showing up in this column it is because the same people are doing the volunteering.*

Please continue to keep all of our service men and women and their families in your thoughts and prayers.

God Bless Our Troops

Jeff "TEX" Ward

Commander – Squadron 233



Sheri Martinez, Lola, Cdr. Roy Havekost, Debbie Eatmon 2014 Teacher of the Year, Mike Eatmon, ALA President Judy Mills and Kathy Helmy

**2014 Teacher of the Year
American Legion
Department of Florida**



Congratulations Debbie Eatmon

Canteen Report



Make your plans to join us for our Old Fashioned Fourth of July Celebration and Fundraiser from 3pm to 9pm on Friday, July 4th. Proceeds from this event will be donated to the Children of Fallen Patriots and the Post's Building Fund. Music on our outdoor stage will be from 5pm until 9pm performed by "Seventeen South". Food, fun, games, raffles and a 50/50 drawing. Food will be served from 4pm to 6 pm. Come join the fun!

Friday, July 11th will be our usual fantastic Steak or Fish Dinner with entertainment beginning about 7:30 pm by the Beach Street Boogie.

Sunday, July 13 will be the Installation of all 2015 Legion, Auxiliary and S.A.L. Officers at 11:00 am. Please join us for brunch. Our regular breakfast will not be served.

Friday, July 18th, following our usual Steak or Fish Dinner, Frankie Martin, Jr. will be hosting karaoke.

On Thursday, July 24th, we will host the K-9 For Warriors graduation at 5:30 pm. All members are welcome and encouraged to attend this heart-warming ceremony.

Special thanks to my helpers on Wed., June 25th, Judy and Don Mills, Ben Mills, Sue Middleton and Bill Pinto. I couldn't have done it without your help.

For God & Country, Rita

During the week:

Monday's, Trivia Night 6:30pm
Tuesday's, Texas Holdem' 6:30pm
Wednesday's, Dinner Night 6:30-8:00pm
Friday's, Steak or Fish Dinner 6:30-8:00pm

Entertainment on Fridays & Saturdays

The Post 233 calendar of events is online at:

<http://www.al233fl.org/ecalendar.htm>



To our members:

This newsletter is published monthly and is made available to all of our members via email, as a download or just to view via our website or you can pickup a copy at the Post (for those members w/o internet/email). If any member would like to contribute information to this publication please send your article to newsletter@al233fl.org or drop off a copy in the Commanders mailbox by the 25th of the month for inclusion in the next months edition.

This is your newsletter, please contribute.

1971 - 2016

Post 233 will be 45 years old in 2016. Let's start giving this some serious thought now for a celebration then.

Warning Signs:

Heat Exhaustion vs. **HEAT STROKE**

Heat-related illness is **Preventable!**
Stay somewhere cool
Drink plenty of water
Avoid sugar, alcohol & caffeine
Wear light clothing

Paleness
Tiredness
Weakness
Dizziness
Headache
Fainting
Muscle cramps
Heavy sweating
Nausea or vomiting

Extremely high body temperature (103°F+)
Red, hot, dry skin (with no sweating)
Rapid, strong pulse
Throbbing headache
Dizziness
Nausea
Confusion
Unconsciousness

STOP
If you recognize symptoms of heat stroke, it is **LIFE THREATENING**. Get the person somewhere cool and seek medical attention **IMMEDIATELY**.

Watch out!
If left untreated, heat exhaustion can progress to

Michelle L. Holshue, 2012
Data on heat-related illness via CDC:
<http://emergency.cdc.gov/disasters/extremeheat/>



JULY BIRTHDAY'S

1	Harry Frisbee
	Shelly Collier
2	Donna Wagener
	Margaret Peters
4	Patty O'Callahan
	Ann Krawiec
5	Robert A. Bacom
6	Bruce Provin
7	Amiee Umstadt
8	Gail Coe
9	Phyllis Crotty
12	Bob McAfee
	Gill Cloer

16	Debbie Huffman
17	Danny Cowgill
18	Ben Meyers
	Dodie Bing
19	Paula Reynolds
20	Eileen Greco
24	Dan Wortmann
26	Norma Rolph
29	Sharon Peet
30	Patty Williams

Your birthday can be listed here by sending your name, month and day to webmaster@al233fl.org or call Roy @ 287-6909

IMPORTANT NOTICE

We appreciate donations to the Post. In the past members have dropped off outdoor furniture, tables and chairs. We appreciate your contributions but we ask that before you bring them and drop them off, please contact a Legion officer first. Thank you.

POST 233 "MEAL DEAL" SPONSORSHIP PROGRAM

Are you one of those people who would love to volunteer to help your Post but you don't trust your culinary skills or aren't able to manage the kitchen duties?

We've got a DEAL for you! There are others willing to do the work for you and better yet, you get all the credit. Become a Post 233 LEGIONNAIRE MEAL SPONSOR and all the planning, shopping, cooking, service and clean-up will be taken care of and you will be honored as that Wednesday evening's Meal Sponsor. Your dinner will be on the house and you can even request a favorite meal you would like to have prepared.

There is a Sponsorship Level for everyone and your Sponsorship is a tax deductible donation to American Legion Post 233. Your donation will be used to offset the food cost and compensate the evening's Chef for their time and effort on your behalf.

GOLD SPONSOR - 100.00 - SILVER SPONSOR - 50.00 - BRONZE SPONSOR - 25.00



Planning an outdoor Party ?



Consider renting our pavilion area for your next birthday, anniversary, family gathering, business meeting or picnic.

For details contact our Canteen Manager or any of our bartenders for more details.

Go to AL233FL.org for pix. Call 285-2484.

Smoking is permitted outside and at the pavilion bar.

POST 233 is a FREE WiFi spot

SUPPORT THE BUSINESSES THAT HELP SUPPORT YOUR POST

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www.palmvalleygolfing.com

\$25.00 per year to advertise your business card on both the monthly newsletter and Post website.

Make check payable to American Legion Post 233.

Your check and business card can be left in the Commanders mailbox.

Business cards that missed the payment deadline will be posted immediately to the website when your payment is received.

More business card advertising available here...



June 2014 GRADUATING CLASS



Thank you for your service and welcome home!

←----- This citation was presented to Shari Duval, President of K9s For Warriors -----→

**Citation
for
Exemplary Service**

For loyal, dedicated service toward, and an outstanding record of the training of K9s to be paired with veterans as service partners, and the dedication shown in helping our military veterans with disabilities in obtaining a sense of acceptance in today's society. Therefore Palm Valley American Legion Post 233 Department of Florida awards:

**K9's For Warriors
Palm Valley, Florida**

this Citation in grateful recognition thereof

Palm Valley Post #233
The American Legion
560 N. Wilderness Trail
Ponte Vedra Beach, FL 32082

PLACE
U.S. POSTAGE
HERE



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ADDRESS CORRECTION REQUESTED