



# Dewitt B. Tilden Memorial American Legion Post 316

1127 Atlantic Boulevard, Atlantic Beach, FL 32233-2516  
Offices/Club (904) 249-0202 /Fax (904) 249-2058  
E-Mail is [alpost316@bellsouth.net](mailto:alpost316@bellsouth.net)  
Web site: [alpost316fl.org](http://alpost316fl.org)  
CHARTERED 1974



**HOME POST OF FLORIDA'S FIRST AMERICAN LEGION NATIONAL COMMANDER 2009-2010 - CLARENCE E. HILL**

October 2022  
VOL. 35 NO. 10  
CIR:283sm789em18pu

*Legion and Auxiliary meetings, second Monday of the month at 8pm.  
Post Hours: 8am - midnight Mon -Thurs; 8am - 2am Fri - Sat; 1pm - midnight Sun*

## Commander's Corner

October is here, Halloween, Veterans Day, Thanksgiving and Christmas are right around the corner. Start planning accordingly. Don't forget we have steak night every Friday night so come on out and join us. We are always looking for volunteers to help out with steak night and other projects around the Post. If you can grill, we can form a team around you.

The House Committee is planning to begin fence work this month by replacing the gates. **Lots of help will be needed.** To volunteer, let either myself or House Committee Chairman Jim Bright know, or just come out and help. Further info is on page 3.

We had the final reading of an amendment to our Constitution that deals with quorums at meetings. **The amendment passed**, so now our quorum at an Executive Committee meeting is 2/3 of the offices filled. **The quorum for any form of General Assembly meeting is now 7 members.** The amendment is still posted on the bulletin board. We really need more members to attend these meeting so your ideas and opinions can be considered.

**Elected Post Officer positions availability are still 2nd, 3rd and 4th Vice Commanders and Historian.** Appointed positions open are Adjutant, Service Officer and Judge Advocate. Please consider attending a meeting and stepping forward. Let me know if you are interested in an appointed position. We could use an Adjutant. Your help and ideas are needed. This is your Post and needs your help, ideas and participation.

**Plans are in place for our annual Pearl Harbor Day Golf Tourney which is held the first Saturday in December, and hole sponsorships are coming in.** Please consider sponsoring a hole for \$50, getting your company to sponsor a hole or forming a team and entering the tournament. Individual registration is \$70, teams are \$280. The base has upped our team allowance to 15 this year. Your fee includes breakfast, lunch and door prizes.

**Greg White**

## Executive Committee and General Assembly

**Approved money for the fence-no amount given**

We welcome these new members and thank them for choosing Post 316 as their Legion home:

**New:** Teresa Baldwin, Charles Estes, Scott Gieselman, Tyler Hill, Thomas Lewis, John McKittrick, Mark Swan, Doug Weikert

**Transfers:** Lucien King

**Taps:** Basil Chandler, Edward Haste

## **Booster List**

The booster list is for members and member's businesses only. **Gold boosters are \$25 annually.** Thank you to these Gold Boosters:

**In Remembrance USS Stark 2/23 Alison McCann 2/23**

**Regan Askwith 4/23**

**Bob Shellenberger 10/23**

**Lynn Murray 3/25**

**Penny Swiebel 5/26**

**Clarence & Liz Hill 8/23**

**B. W. Pete Wait, III 10/23**

**Lance H. Davison 4/25**

**Eddie George 1/27**

**Membership Cards**

National has greatly revised the membership program this year. No roster was provided, so we had to make our own. There are a lot of issues with what was provided, but our procedure hasn't changed. You will note changes to the renewal notice you receive from National. **Please remember, the Post has no control over what National does. Ignore the line that says "Member since 2022"**-it is on every renewal notice no matter how long you have been a member. Note that the card they have put on the back of the renewal notice is a **sample card** so it also has a 1 for continuous years. They have also removed the blanks for updating/providing your email address and phone number. If you are mailing your dues to the Post, feel free to provide that info as well as your war era and birthday on the back of the renewal notice. The notice provides a procedure for paying online. **Two things are important when you pay online: make sure you are paying for 2023 unless you are behind and want to catch up your years and do not click on the \$23 option.** This is the new member option. **If you choose this option, the system will make you a new member starting with one year, a new membership number and put you in the headquarters post 400 in Orlando. Post 316 will lose you and get no credit for your renewal.**

## **Be the One Campaign**

The American Legion launched this campaign to encourage American Legion Family members, servicemembers and others **to take action when they believe a veteran is at risk of suicide.** The National Veteran Suicide Prevention Annual Report indicates suicide is the No. 1 issue facing veterans and 17 veterans die by suicide daily, which is more than 6,000 each year. The rate of suicide for veterans is 50% higher than that of non-veteran adults. This campaign will: destigmatize asking for mental health support creating opportunity for those with mental health issues to speak freely and get the support they need; provide peer-to-peer support and resources in local communities; and deploy FDA-approved therapeutics for veterans to identify issues and find resources for support. Those who are not veterans may have family members or friends who are veterans and may be the first to recognize signs that help is needed. This campaign encourages you to Be the One to: ask veterans in your life how they are doing; listen when a veteran needs to talk; reach out when a veteran is struggling; pledge to Be the One at [betheone.org](http://betheone.org) by signing up for email updates. If you are a veteran and are feeling stressed, The American Legion encourages you to Be the One to: talk with others about how you are feeling; ask for help when you know you need it; know there are millions of people ready to help you; remember that your family and friends care. **A new and simpler number went into effect in July. You can access the VA resources that are available 24 hours a day, 7 days a week: call 988** and you will be connected to a counselor at one of the more than 200 National Suicide Prevention Lifeline network crisis centers across the country.

**POST 316 IS A FREE WiFi HOTSPOT.**

### Post Officers

Commander	Greg White
1st Vice Commander	Clarence Hill
2nd Vice Commander	<b>VACANT</b>
3rd Vice Commander	<b>VACANT</b>
4th Vice Commander	<b>VACANT</b>
Finance Officer	Randy Casey
Adjutant	<b>VACANT</b>
Chaplain	Joe Nolan
Service Officer	<b>VACANT</b>
Judge Advocate	<b>VACANT</b>
Historian	<b>VACANT</b>
Sergeant-at-Arms	Al Yardley

### House Committee

Chairman: Jim Bright

### SAL Officers

Commander	David Keasler
Adjutant	Clarence Hill
1st Vice	Tom Horn
2nd Vice	Kevin Berton
Finance Officer	Clarence Hill
Chaplain	Will Oliphant
Historian	<b>VACANT</b>
Sergeant-at-Arms	Tom Mari

### Executive Board

John Tinsley, Thomas Root  
Jim Bright, Steve Bartelt  
Les Saunders

### Legion Riders

Director: John Tinsley

### Auxiliary Officers

President	Virna Luke
1st Vice President	Liz Hill
2nd Vice President	<b>VACANT</b>
Secretary	Suzanne Lamonica
Treasurer	TracyLynn Jenkins
Chaplain	Diane Conrad
Historian	<b>VACANT</b>
Sergeant-at-Arms	Kathy Deem
Asst. Sgt-at-Arms	Tammy Knowles
Membership	Suzanne Lamonica

### Auxiliary Executive Committee

Brenda Sahioun, Annie Anderson

Montana Jenkins

Club Manager Liz Hill

## **Legion First Vice Vibes**

**Please see the important note on page 1** concerning paying your dues online. The 2023 cards are available, so please pay your dues. **Please Note: We cannot accept credit card payments as Department will not process them for us.** Please pay your dues by check, money order or come in and pay cash.

**National went to a new system on April 1st. You can create an account by visiting [legion.org/renew](http://legion.org/renew).** You can also register for the Automatic Annual Renewal Program. **You can only Pay Up For Life online and the \$100 discount is still in effect.** See Page 3 for details on establishing an account.

**Dues are \$40 for ages 59 and younger (\$35 for Early Bird until Veterans Day), \$32 for 60 and older (year-round).** Our 3-year renewals are \$100 for 59 and younger and \$90 for 60 and older. **If you pay online to national, you will be charged \$40-national only recognizes our official dues.** You only get discounted rates by paying \$32 or \$35 utilizing the renewal notice.

## **Clarence Hill**

### **AUXILIARY PRESIDENT'S PROSE**

Thank you to our wonderful volunteers that helped with our steak nights in September: TracyLyn, Suzanne, Ragan (Legion), Greg (Legion), Patricia, Lisa and Kevin (Sons). We need a steak team for Oct 7, if you can help, contact me. Auxiliary 2023 Membership Cards are in! Dues are: \$30 for under 60, but Early Bird is \$28 if paid before November 11, 2022, \$25 for over 60 and \$5 for Juniors. Dues can be mailed in or dropped off in the Auxiliary box at the Post (next to the front door); for administrative purposes, please write your name, membership number, and call back number on the envelope. Contact Suzanne Lamonica (Membership Chairman) to pick up your card(s) and with any questions you may have related to membership. Email to Suzanne at [suzlamonica@comcast.net](mailto:suzlamonica@comcast.net). Auxiliary steak nights are Friday the 7 and 21. Adult Halloween Party with Witches Brew is on Oct 29, costume contest, bring a dish to share, music and cake walk (donate a cake if you can)! 5th District Auxiliary meeting is at Post 283 (Fort Caroline Rd) at 2pm on Oct 9, all members are welcome. Our next Unit 316 General Meeting is Monday, Oct 10 at 8pm. Please attend, and let's plan some events to support our Veterans, military and their families, children & youth, and our community.

For God Country,

**Virna Luke, Socialalr5thFl@gmail.com, 817-791-3583**

*From the Bar:*

Monday-Men's Night-7 PM-\$50 off drinks  
Monday-Bingo 6:30—8:30 **Riders serving food-volunteers needed**  
Tuesday Bingo 2-4 PM-**volunteers needed**  
Tuesday **Tap Trivia** 7 PM  
Wednesday-Ladies Night-7 PM-\$50 off drinks  
Wednesday-**Pass the Trash 7 PM-volunteers needed**  
Thursday-Bingo 2-4 PM-**volunteers needed**  
Thursday-Luck of the Draw Darts-7 PM  
Friday-Steak Bingo at 6:15 PM by the 40 & 8  
Friday-Queen of Hearts drawing 8:00 PM **volunteers needed**

If you know of any family needing help with food, please let Liz know. Thank you for all your support in 2022.

**Lost & Found.** If you are missing any item, like jackets, cell phones, car keys, etc., please see Liz.

**Customer Consideration:** Please do not move other customer's drinks, money or property at the bar as this causes issues and accusations. If you want their seat, please ask them or ask the bartender to ask them.

The **Queen of Hearts** contest is conducted every Friday night with the drawing held at 8:00 PM. **You must be present, be a 2022 regular member of a VSO (no associate members can play and no signed-in guests can play) have your membership card on you, & pick the Queen of Hearts to win.**

**DO NOT USE Handicap parking spaces for overnight parking.**

All kitchen workers (lunches, Friday steak crews, Saturday dinners, Monday meal nights) are volunteers who depend on tips. Please remember to tip them.

Monday Bingo is at 6:30 with a progressive lucky ball jackpot. **The Riders serve a variety of different items, so the price varies based on your order.** Tuesday and Thursday Bingo is at 2 PM with a progressive lucky ball jackpot.

**Pass the Trash** is Wednesday night at 7 PM. Come early to get a seat at the bar. **If you would like to deal, please let Liz know.**

**Red shirt Friday drink specials are served every Friday. You must be wearing a RED shirt to get the special.**

**Wear official NASCAR clothing on Sunday race day and get drink specials or official NFL clothing on Sunday game day and get drink specials.**

**We ask your cooperation in not bringing in or ordering outside food during times someone is serving food.** Remember, they are donating their time and effort to prepare, serve and clean up. **The meals are fund raisers for our various programs. If you do not wish to buy the meal, please eat before you come to the Post or wait until the meal is done. Please do not bring in your own snacks, sodas, water, or any item we sell at the bar at any time.** When ordering food from outside the Post, please be sure to order plates and cutlery if needed. We will be locking the storage room at 6:00 PM nightly and on the weekends.

When you sign in a guest, that guest must leave when you leave.

**Steak Bingo** is conducted by the 40/8 at 6:15 PM every Friday steak night. Eight games are conducted-7 for steaks and 1 for road kill (ribs).

As a reminder, **the bartenders' priority is serving drinks to customers at the bar and in the line. If you wish to be served, use the waitress station-do not stand at the end of the bar or between people sitting at the bar.** If you want to redeem or buy a ticket for any machine, you will have to wait until the bartender finishes with drinks. **The Post has 72 hours to pay out on the machines and the bartenders cannot pay tickets of \$501 or more, or prior day tickets. You are limited to redeeming \$1,000 a day. If the bartender runs out of money, you may have to return later. The Manager will only redeem tickets Monday through Friday during normal business hours.** Seats at the games are for player only. Players are restricted to playing one game at a time.

**Liz Hill**

### Legion Riders

Well October is upon us, do you feel the crisp in the air yet, wait a few more months, but at least we can celebrate Oktober fest with a decent beer. I want to thank Denny Luke for organizing a successful event for the MIA/POW Memorial ride, even with the rain, it definitely shows the community that The American Legion does care. I hope the riders are up for another goo ZOMBIE run this year, it is set for the 29th of October, remember it takes all of us to make it a success. As always I want to thank all of the Monday night volunteers for their time and efforts, as has been said before they need a break, so if you have a secret recipe that you want to try out step up and pick a night. Our meeting is October 1st at 0900 with the E board meeting at 0830. And yes there will be a ride after the meeting, some greasy spoon somewhere. Thank you,

**John Tinsley**

### 2nd Vice Reverbs

Please remember those deployed service members and their families.

**VACANT**

### Chaplain's Corner

If you know of any sick or distressed Legionnaires please feel free to contact me at anytime 223-8053.

**Joe Nolan**

### From the House Committee

The House Committee will meet October 4th at 1830. Saturday, September 17th, the House Committee cleaned up the parking lot & back yard, removing the fallen tree branches and palms. We also removed all the yard waste from the north fence to the road for pick-up. We are going to start rebuilding the gates. We have purchased the material and are raring to go. Anybody wanting to assist please show up and lend a hand. Thank you in advance. I am also still seeking volunteers to serve on the Committee. Three of the five smoke eaters' filters were changed and the units cleaned.

**Jim Bright**

### Service Officer

**VACANT**

### History Tidbit

1980s: 8/26/82, the Legion presented a \$1 million check to the Vietnam Veterans Memorial Fund for construction of the Wall in DC, thus becoming the largest single contributor to the project. 7/21/83, the Legion announced its sponsorship of an independent study on the effects of Agent Orange exposure on Vietnam Vets. Congress received the results in 1989 and the VA started acting. 1/1/89, the Veterans Administration is elevated to Cabinet level as the Department of the VA. The Legion's winning effort was that Vets deserved representation at the highest level of government. 10/16/89, the long-standing objective of the Legion to improve adjudication procedures for Vets claims is achieved when the U.S. Court of Veterans Appeals became operational. The law contained most of the provisions the Legion wrote and introduced to Congress in 1988.

**VACANT**

### TRICARE Hoax

A viral social media post promising free baby formula is inaccurate. Alerts have been posted on all TRICARE.mil websites. TRICARE covers formulas and vitamins for enrollees with metabolic disorders, but doesn't cover regular baby formula for otherwise healthy infants, and doesn't ship baby formula to beneficiaries. Parents with children who have a medical need for specialized formulas should work with their pediatrician, primary care manager, or specialist if they can't get the formula they need. Officials are concerned that scammers are preying on parents desperately seeking formula for their infants.

### Online Legion Account

To register in MyLegion.org, [you must have your email attached to your name in the online National roster](#). If it is not in your profile, the account you establish will be a non-Legion account. See 1st Vice Clarence Hill if you are not sure. To establish the account, go to [mylegion.org](#) and select "Register." Enter the email in the [Register window](#) and click next. Then follow the prompts. After you create your password, the email must be verified. The system will send you a one time password (OTP) to verify it. Once your account is established, click on "My Account" and your information will be displayed to you and you can make additions or corrections as needed. With this system, you can print your own replacement cards if you lose yours.

### Sons of The American Legion

The 2023 membership cards are in and have been mailed to all who have years left on their 3-year payment. We had to produce a roster for this year as National didn't provide one. So we can record your payment and mail the cards when payment is received. Thank you to the September 9th steak team. Our steak night is the 14th this month.

Dues are **\$15 for 20-years and younger and dual members, \$20 for 21 and older. We offer 3-years at \$35 for 20 and younger and dual members, \$50 for 21 and older.** If you pay by mail, your card is mailed out the next day. If you pay in person, it will either be handed to you or be in the box behind the bar.

**Our meeting is the 1st at 1030.** This is your SAL, so please attend the meeting. Please consider joining the team. We are still looking for a Historian. New faces and new ideas are needed. We need more members to get involved with SAL activities.

### David Keasler

**VA is processing claims for six new presumptive conditions related to environmental exposures during military service. They are: bladder cancer, hypothyroidism, Parkinsonism associated with Agent Orange exposure, asthma, rhinitis and sinusitis (to include rhinosinusitis) associated with particulate matter exposure during military service in SW Asia/certain other areas.**

**VA has also extended the presumptive period for qualifying chronic disabilities resulting from undiagnosed illnesses in Persian Gulf War Veterans to Dec 31, 2026. VA presumes certain medically unexplained illnesses are related to Gulf War service without regard to cause. These include: chronic fatigue syndrome, fibromyalgia, functional gastrointestinal disorders, and undiagnosed illnesses with symptoms that may include but are not limited to: abnormal weight loss, cardiovascular disease, muscle and joint pain, headache, menstrual disorders, neurological and psychological problems, skin conditions, respiratory disorders, and sleep disturbances. A wide variety of symptoms can qualify a Gulf War Veteran for presumptive service-connection. Veterans who are experiencing unexplained medical issues are encouraged to file a claim**

### PACT Act

The bipartisan Sergeant First Class Heath Robinson Honoring Our Promise to Address Comprehensive Toxics (PACT) Act was signed into law 8/14/22 by President Biden. The law will allow vets to obtain disability compensation for their exposure related injuries without having to prove respiratory illnesses or cancer diagnoses were related to their service-related exposure to open-air burn pits. In the past, the VA stuck to strict scientific evidence before granting presumptive status for illnesses linked to military service, and some 70% of claims were rejected due to lack of evidence. The law will [allow the VA to provide benefits and care to vets suffering from some 23 toxic exposure-related respiratory illnesses and cancers](#) to be phased in over the next 3 years. Vets will also see their VA medical coverage on discharge increase from 5 years to 10 years. 2017 discharged Vets will automatically be increased, while those discharged between 2014 and 2017 may apply for the increase. Vietnam Vets exposed to Agent Orange, presumptive status for monoclonal gammopathy of undetermined significance (MGUS) goes into effect immediately, while high blood pressure benefits won't go into effect until late 2026. There is also funding for the VA to hire more people to process the increase in claims. Info is available at [VA.gov/PACT](#) or by calling 1-800-MyVA411 (1-800-698-2411).

### Habitat for Humanity

The Beaches Habitat has received a generous donation from Lowes this year that they have set aside for Veterans in the Beaches area that have emergent repair need or need to add a wheelchair ramp. This is only for the Beaches Area which extends to San Pablo Road and includes Ponte Vedra. For information or assistance, contact their CEO, Steve Gilbert, at [sgilbert@beacheshabitat.org](#) or by phone at 904-241-4310.



Dewitt B. Tilden Memorial  
 American Legion Post 316  
 1127 Atlantic Boulevard  
 Atlantic Beach, FL 32233-2516



October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Riders Mtg 0900 SAL Mtg 1030
<b>2 WHISKEY</b>  @ Eagles 1 PM	<b>3</b> Liver or Meatloaf <b>Bingo 6:30-8:30</b> Riders Food Men's Night 7PM	<b>4</b> Chicken or Veal Parmesan <b>Bingo 2:00-4:00</b> House Com Mtg 6:30 Tap Trivia 7 PM	<b>5 Yom Kippur</b> Tuna Noodle Casserole Ladies' Night 7PM Pass the Trash 7 PM	<b>6</b> Italian Hoagie <b>Bingo 2:00-4:00</b> Luck of Draw Darts 7	<b>7</b> Taco Salad <b>Aux Steaks 5—8</b> <b>Steak Bingo 6:30</b> Queen of Hearts 8	<b>8</b>
<b>9 WINE</b> Firefighter Memorial Day Breakfast 0900 5th District 2 PM Arlington Post 283 Texans 1 PM	<b>10</b> Columbus Day Hot Turkey Sandwich <b>Bingo 6:30-8:30</b> Riders Food Men's Night 7PM Mtg Night 8 PM	<b>11</b> Lasagna <b>Bingo 2:00-4:00</b> Tap Trivia 7 PM	<b>12</b> Chicken Alfredo Ladies' Night 7PM Pass the Trash 7 PM	<b>13 Navy B-Day</b> Meatball Subs <b>Bingo 2:00-4:00</b> Luck of Draw Darts 7	<b>14</b> Potato Soup Grilled Ham & Cheese <b>SAL Steaks 5—8</b> <b>Steak Bingo 6:30</b> Queen of Hearts 8	<b>15</b> SUBVETS 1100
<b>16 BEER</b> Maintenance Day 1000 @ Colts 1 PM	<b>17</b> Stuffed Pork Chop <b>Bingo 6:30-8:30</b> Riders Food Men's Night 7PM	<b>18</b> Chicken Enchilada <b>Bingo 2:00-4:00</b> Tap Trivia 7 PM	<b>19</b> Fish or Shrimp Ladies' Night 7PM Pass the Trash 7 PM	<b>20</b> Sloppy Joes <b>Bingo 2:00-4:00</b> Luck of Draw Darts 7	<b>21</b> Chef Salad <b>Aux Steaks 5—8</b> <b>Steak Bingo 6:30</b> Queen of Hearts 8	<b>22</b> Oktoberfest Dinner
<b>23 RUM</b>  Giants 1 PM	<b>24</b> Baked Ham <b>Bingo 6:30-8:30</b> Riders Food Men's Night 7PM	<b>25</b> Philly Cheesesteak <b>Bingo 2:00-4:00</b> Tap Trivia 7 PM	<b>26</b> Chicken Pot Pie Ladies' Night 7PM Pass the Trash 7 PM	<b>27 Navy Day</b> Patty Melt <b>Bingo 2:00-4:00</b> Luck of Draw Darts 7	<b>28</b> Bean Soup Ham Sandwich <b>Legion Steaks</b> <b>Steak Bingo 6:30</b> Queen of Hearts 8	<b>29</b> Adult Halloween Party Witches Brew Dinner
<b>30 VODKA</b> Breakfast 0900 London game vs Broncos 0930	<b>31 Halloween</b> Beef Stew <b>Bingo 6:30-8:30</b> Riders Food Men's Night 7PM					