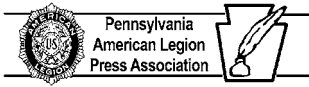


## The Legion in the Woods



# POST 245 NEWSLETTER

1950 PINE HALL RD., STATE COLLEGE, PA 16801

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WEBSITE: [WWW.POST245.COM](http://WWW.POST245.COM)

**JUNE, JULY AND AUGUST 2018**

## FROM THE COMMANDER,

Everybody likes a birthday party, cake, ice cream, and balloons!!! Well I need YOUR help planning the party. Next year Nittany Post 245 will be 100 years old. Anyone that has old pictures, stories from the old Post home to now and would like to share them get a hold of the Centennial Committee. We want to make this a celebration for all to remember.

June is election month for Post officers. Class A members please come out vote and give us your ideas to help the Post grow. Nominations from the meeting are: Commander Rich Seifert, 1st Vice Ron Quinn, 2nd Vice John Hammond, Adjutant Larry Hess and Treasurer Larry Hess. Yes you see Larry's name twice that's why we need your help too. We need you to become part of Your Post. Meetings are 45 to 60 minutes long (I keep it short and sweet) once a month. Please give it some thought.

Flag Day is coming up on 6/14, the Elks along with the Post have a Flag retirement ceremony. Its held at the Military Museum in Boalsburg at 6pm. It lasts about an hour so come out and support Your flag. Also in June is Fathers Day remember your Dad's.

There are a lot of fun events planned for the summer check out the calender and come join us for fun and games. Have a fun safe summer while on vacation.

Commander, Rich Seifert



### **Club Hours:**

11 am - 11 pm, Daily

### **Kitchen Hours:**

**Grill:** 11 am-9 pm daily

**Fryers:** 11 am - 10 pm daily

**Happy Hour:** Monday 7-9pm

### **EVENING SPECIALS NIGHTLY!**

#### **FRIDAY**

Wings, \$7.50/dozen or  
\$4.25/ ½ dozen, 6-9pm

**Like Us On  
Facebook** 

## American Legion Centennial Celebration

Most of us know that The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. But did you also know that OUR Post 245, The Legion in the Woods, also received its charter that same year? Folks, our post has been around almost 100 years!!! Think how much has happened in that time, and the history and memories that come with it. Well now it's time to plan a celebration! Your help is needed to make sure we show our respect and appreciation for our Post ancestors, and all that the Legion has done for veterans and our community. Please - share your ideas, memories, photos, mementos - anything you feel is worthy to celebrate. Look for updates at the Post, and in upcoming newsletters.

Internet savvy folks can go to <https://centennial.legion.org/> to learn more or email me at [goodsludge@yahoo.com](mailto:goodsludge@yahoo.com), or call me at 814-769-6702.

Jim DeWolfe, Historian, Post 245

### **Tickets on sale!**

Club Picnic to be held  
August 4th from 11 am-7pm  
\$10 each - no limit on guests.



## NEWS FROM THE LADIES AUXILIARY...

We would like to extend a huge welcome to our newest members: Laurie Dohnalele, Alexa Lobins, Carley Gates, Karen Hughes, Melanie Kurtz, Kathy Force, Jacqueline Hughey, Victoria Armstrong, Katelyn Mullen, Dana Graupensperger, Christine White, and Kassandra Fetzer. We are so happy that you have joined and hope to see you at a future meeting or event. Please keep in mind that there will NOT be an Auxiliary meeting in June or August. The next meeting will be held Tuesday, July 10th at 7:00 p.m. Please consider joining us!!

An election of officers was held at the May 8th, 2018 meeting. All positions remained the same as last year. The Auxiliary officer positions are as follows:

- Rhonda Spear: President
- Penny Dry: 1st Vice
- Donita Gibboney: 2nd Vice
- Secretary: Kathy Croyle
- Treasurer: Tina Johns
- Sergeant at Arms: Karen Jackson
- Historian: Tina Joy
- Chaplin: Jean Folk
- Events Coordinator: Brandi Hartman

Now that the weather is getting nice and summer is rapidly approaching, we look forward to seeing everyone at a club event and hope you get to enjoy the lovely patio area!!

Donita Gibboney, Auxiliary 2nd Vice-President



## NEWS FROM THE SAL...

Hello everybody, this spring was a cold wet one but the SAL was busy with the pig roast / cash party on May 5. We had a great turn out once again and everyone had a great time. We raised a lot of money for the Legion baseball team. All the money raised at this event goes to the ball team for uniforms and supplies. Big thanks to all that came out to be a part of this event and also the Ladies Auxiliary who are instrumental to our success every year.

The SAL will be participating at the special Olympics at Penn State again this year June 1st at 6pm. If you can help its a great time and a rewarding event. Jigs and Moe are doing the flag retirement at their camp on June 2nd. If you haven't done this you need to do it. They will feed you and make sure you enjoy yourself. July and August are pretty quiet for the SAL activities. Don't forget there will be no SAL meeting in July. Have a great summer and hope to see you at the club.

Brian McMahan, S.A.L. Commander

## ~In Memorial~

**Peter B. Muller and George F. Novosel**



## NEWS FROM THE AMERICAN LEGION RIDERS...

Hello everybody,

Looks like riding weather is finally here and we are vey excited.

Over the summer we will hosting bike nights on the first and third Wednesday of the month. Our first one will be June 6th. We will have food specials available as well as 50/50 and give aways. Come out and join us on the patio for a relaxing evening.

July 7th is our Car and Bike Show. Come on out and check out all the great entries and vote on the winner. Food specials will be served on the patio. There will be lots of vendors to shop and tons of Chinese auction items to bid on!

Just a reminder our meetings are the 1st Thursday of the month at 7 pm. (no meetings in February or July). We'd love to see as many members as possible there.

Have a safe and happy summer.

Scott Spear, ALR President

## NEWS FROM THE SPECIAL EVENTS COMMITTEE...

Make sure that you pay close attention to the post calendar that is posted in the shadow box at the entrance of the club. It has all the events that are going on at the club. Also, please post on your fridge the "List of Events" on the last page of the newsletter. It will also keep you informed of upcoming events.

We sincerely hope that you enjoyed the events that we sponsored for your entertainment this last three months. Jeopardy was a big hit and we are glad that all who took part had a great time. The WOWY Sock Hop was also a great success. There are a lot of things going on not only by our committee but sponsored by the S.A.L., Auxiliary and the Post. Please try to attend each event if you can during the year so, again, pay attention to the calendar of events so you don't miss anything that may interest you.

Last, Chris Ruble and his band will be playing at the Legion on Saturday, June 9th from 8 to 11 PM. This is open to the public at 6 PM and should prove to be a great time for all. Chris has performed at our Veterans Day dinners in the past and this time he is bringing his band. Please support this event for a fun evening of entertainment. As always, see you at the Legion.

Larry Hess – Chairmen  
Bob McCool – Co-Chairmen



## VICE COMMANDER'S NOTES

Last time that I wrote I addressed the need of new members being encouraged to attend their first meeting for their induction. This requirement is in the American Legion bylaws, but it is rarely ever enforced, and because of this lack of enforcement, many of the tasks that are needed by the post fall upon a merciful few. No organization can operate in this manner.

New members need to come to a post meeting. It's as simple as that. If you never attended a meeting, please make up for lost time and come. For those that haven't come to a meeting in a while, same thing please come. Why? For the simple reason that we want to know our members, and we want the members to know their posts. This post is an advocate for the veteran and for the community that we live in. Bottom line, advocacy requires participation. Many of our members look at our post as an inexpensive watering hole, and I'm here to tell you that is not how we should be defined.

We have many programs and events coming up, and lately the trend has been to call out for volunteers 2-3 weeks prior to an event, which many times leaves the events understaffed and disorganized in the eyes of the community that we serve. Many of you may not realize that we have a Centennial celebration coming up this year. Our post is 100 years old, and while we all would love to celebrate it, only a few have stepped up to organize it.

Therefore, to help with organizing events like the Centennial, we will be publishing in our newsletter very soon a volunteer sign up list that goes a year out, so that willing volunteers can sign up and be notified far enough in advance, before other matters capitalize your schedules. While many in our organization wear 3 or 4 hats, it would be a great help if other members could spend just a little time with their post, and the first step to help you with that is to please come to a meeting (3rd Thursday of each month except July). New members please come to that meeting. We really want to get to know you.

I will say right now that many of you will answer the call, and in anticipation, I say thank you.

Vice Commander Ron Quinn Jr. Vice Commander

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## BINGO NEWS!

We held a Bingo at the VA Home, MacArthur Hall on February 20th for the residents, sponsored by Nittany Post 245. The volunteers we're Bill Klucher, Bill Long, Dean Dreibelbis and Rick Dills. Rick is a SAL 245 Past Commander and helps us out when he can.

On March 20th a Bingo was held at the VA home in Hollidaysburg. Volunteers we're Bill Klucher, Ernie Harpster, Bill Long and Rick Dills.

On April 17th we sponsored a Bingo at the Hollidaysburg VA Home. Volunteers we're Bill Long and Ernie Harpster. All the participants thanked our Post for the prize money and Bingo sponsorship.

On May 15th Bill Klucher, Ernie Harpster and I held a Bingo at MacArthur Hall Hollidaysburg Veterans Home. We gave a special Bingo prize away to one Lucky winner. Mike's Court from Altoona donated a \$10.00 lottery ticket which we gave away as the special Bingo prize. The resident who won the lottery ticket did win \$10.00 on the scratch off ticket.

**We could use additional Bingo volunteers to be put on a call list as needed.**

**Please Contact Bill Long if you are interested in helping out!**

### ***Health & Fitness***

**Aging** they say, is not for the faint of heart.

Do you find yourself bumping into things unintentionally more? Are you stumbling around the house tripping where you never tripped before? Have you felt like a drunken sailor when you walk? You're not alone!

One of the conditions that plague seniors is the inability to maintain their balance and move gracefully. Muscle stiffness and weakness in the hips and legs effects your posture putting a stress on maintaining stability and balance. It's the leading cause of falls that result in fractured hips.

There are ways to increase and maintain your stability and balance so you feel confident in getting around. And there's no prescription drugs needed. The only requirements are a willing to want to age gracefully and keep active to enjoy life. The challenge is the discipline to do the exercises required to accomplish your goals.

I prescribe to the notion, "You **can** teach old folks new tricks"

**James F. Sweeney is a licensed Massage Therapist** who has been in the field of massage therapy for over 30 years providing health care for those seeking relief from discomforts due to stresses on their bodies. He works with athletes from recreational to professional backgrounds, as well as those who are physically challenged.

His many years of playing and coaching organized sports like baseball, fast pitch softball, and golf provided the skills needed to understand the importance of good body mechanics in all activities individuals are involved in.

Massage therapy is a proven modality used to enhance your well-being.

**CHAPLAIN'S CORNER...**

Remember a time when Sunday or the Sabbath, belonged to God? Would it surprise many of you to know that the NFL (and back in the day the AFL) decided to start their game broadcast on Sundays at 1:00 PM because they did not want to compete or interfere with families going to church on Sunday mornings? Yes, religion had a lot of sway back then. People didn't have to decide between worshipping the Almighty and being ordered to work. Stores and businesses would close, yes even the retail giants would close in honor of the sabbath. Some restaurants would be open, on the busier travel ways to support travelers, along with gas stations when they were really gas stations, and not yet morphed into the convenience stores that they primarily are today. People would go to their place of worship, and later relax with family, because at the very least you were covering two commandments: Keep holy the sabbath, and honor your mother and father (family). As a society we were better rested for it, and then more productive during the rest of the week. My how the times have changed.

Now except for banks, and other professional offices, everything is operating full speed 24/7. Something we should ask ourselves, is what we are gaining by working so much and when demanded worth the cost of making God a lesser priority? I would point to Chik-fil-a who still close on Sundays unapologetically, and still prosper. So is there really the need to place work above God? That is a question that each of us have to ask ourselves. However, corporate America doesn't help in making that decision.

Until there is such a time that we see the error of our ways and society returns to the old ways of using the sabbath as a time to honor our Lord, and take a day of rest, try this. Back in the days of Jewish slavery, even the Egyptian masters recognized the conflict between the Jewish slaves' desire to worship their one true God, and the productivity of work. So the Egyptians would tell the Jewish community to designate an elder that could lead the slaves in prayer while they worked. This is where giving our labors to God stems from. While we work we can still keep God on our minds, in our hearts, and in our souls.

Maybe as those who do have a respect for our Creator become business owners and heads of organizations, they will come to realize that the most productive organization encourages and accommodates their working members of faith to be able to have some time for worship. Until then if you have to work, offer your labors to the God who always loves you. And to the corporate powers that be, there is still plenty of time for production, after all the game doesn't start until 1:00 PM still.

Thank you, and as always, God bless our country, our Legion, and Post 245.  
Ron Quinn Jr., Post Chaplain



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**PINE HALL CEMETERY - FLAGS RAISED / LOWERED**

6/14 (Thur) 7am - Flags Raised ( Full Staff ).....7pm - Flags Lowered  
7/4 (Wed) 7am - Flags Raised ( Full Staff ).....7pm - Flags Lowered  
9/3 (Mon) 7am - Flags Raised ( Full Staff ).....7pm - Flags Lowered  
9/11 (Tues) 7am - Flags Raised ( Full Staff ).....7pm - Flags Lowered

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**FROM THE EDITOR...** The deadline for the Sept, Oct, Nov 2018 edition is **Friday, Aug 17th, 2018**  
Comments and suggestions are welcome and can be emailed to [mayesb76@icloud.com](mailto:mayesb76@icloud.com)

If you **DO NOT** want your newsletter mailed, please fill in the form below and send it in.  
If you know of a member without computer access, please pass this information along to them.

Becky Mayes, Editor

**NO! I do not want the newsletter (4 issues per year) mailed to me.**

**Member Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Please mail completed form to:** American Legion Post 245 ~ 1950 Pine Hall Rd. ~ State College, PA 16801  
Attn: Newsletter Editor **Or Email:** Becky Mayes w/complete info at [mayesb76@icloud.com](mailto:mayesb76@icloud.com)

**POST OFFICERS**

Meets 3rd Thursday, 7 p.m.  
Commander Rich Seifert  
1st Vice Ron Quinn  
2nd Vice John Hammond  
Adjutant Carl Lauck  
Treasurer Larry Hess  
Sgt.-At-Arms Gerry Thompson  
Chaplain Ron Quinn  
Service Officer – Bill Long  
Judge Advocate – Justin Bish  
Historian - Jim DeWolfe

**AUXILIARY OFFICERS**

Meets Tuesday before BoD, 7 p.m.  
President Rhonda Spear  
1st Vice Penny Dry  
2nd Vice Donita Gibboney  
Secretary Kathy Croyle  
Treasurer Tina Johns  
Sgt.-At-Arms Karen Jackson  
Chaplain Jean Folk  
Historian - Tina Hoy  
Sp. Events Coord. – Brandi Hartman  
Post Liaison – Vacant

**SAL OFFICERS**

Meets 3rd Thursday, 6 p.m.  
Commander Brian McMahon  
1st Vice George Fye  
2nd Vice Cody McMahon  
Adj./Treas. Jigs Poorman  
Sgt. At Arms Guy Williams  
Chaplain Mike Boonie  
Historian Mike Wirtz  
Post Liaison – Vacant

**POST 245, INC. OFFICERS AND DIRECTORS - Meets 2nd Wednesday @ 6 p.m.**

**Class of 2019**

Barry Dickman  
Rich Seifert - Secretary  
Don Hartzell

**Class of 2020**

Dan Verdoorn - President  
Kim Selmer-Larsen  
Lewis Watt - Treasurer

**Class of 2021**

Larry Hess  
Gerry Thompson  
Chris Solo - Vice President

Ex-Officio: Aux. President, Rhonda Spear; Social, Bob Carson; SAL Cmdr., Brian McMahon;  
Club Manager, Crystal Myers

**AMERICAN LEGION RIDERS 245 – Meets 1st Thursday @ 7 p.m.**

President: Scott Spear  
Treasurer: Jeff Gonet

Vice-President: Randy Weaver  
Chaplain: Brian McMahon

Secretary: Rhonda Spear  
Road Captain: Samantha Hartman  
Randy Weaver

**COMMITTEE MEMBERSHIP LISTS**

**BUDGET & FINANCE**

Meets as required  
Vacant

**HOUSE RULES & BY-LAWS**

Meets as Required  
Dan Verdoorn (Chairperson)

**SPECIAL EVENTS**

Meets Monday before BoD @ 6 p.m.  
Larry Hess (Co-Chair)  
Bob McCool (Co-Chair)  
Crystal Myers, Karen Jackson,  
Bud Yohe, Tina Johns, Luke Arble

**BUILDING & GROUNDS**

Meets as required  
Barry Dickman (Co-Chair)  
Don Hartzell (Co-Chair)  
Bud Yohe  
Gerry Thompson

**HOUSE**

Meets 1st Thursday @ 6 p.m.  
Dan Verdoorn (Co-Chair)  
Larry Hess (Co-Chair)  
Bud Yohe, Rich Seifert,  
Crystal Myers, Rhonda Spear,  
Brian McMahon, Jigs Poorman,  
Chris Solo

**DONATIONS**

Meets Monday before BoD @ 7 p.m.  
Larry Hess (Chair)  
Bob McCool (Co-Chair)  
Karen Jackson, Rich Seifert,  
Bud Yohe, Crystal Myers, Tina Johns

**LCB RULES & REGS**


Meets as Required  
Dan Verdoorn (Chairperson)

**MEMBERSHIP**

Meets as Required  
Larry Hess (Chairperson)  
Rich Seifert

**NEWSLETTER**

Meets as Required  
Larry Hess (Chairperson)  
Becky Mayes (Editor)  
Karen Jackson



**Are YOU interested in volunteering?**  
Please do the following:  
1. Go to <http://www.post245.com>  
2. Click on the Volunteer Form link  
3. Print it out and fill it in and drop off completed form at club

## American Legion Post 245 Upcoming Events

<b>J U N E</b>	6/1	6pm	.....Special Olympics / Penn State / SAL
	6/1	11am - 7pm	....Miss PA Agriculture / Spaghetti Dinner Fundraiser
	6/6	6pm - 9pm	.....ALR / Bike Night
	6/9	8pm - 11pm	....Chris Ruble Band / Open to Public * *
	6/10	5pm	.....Past Commanders Dinner
	6/14	6pm	.....Flag Day Ceremony / Boalsburg Military Museum
	6/14	7am	.....Flags Raised ( Full Staff ) Pine Hall Cemetery
	6/14	7pm	.....Flags Lowered Pine Hall Cemetery
	6/17	10am - 1pm	....Father's Day / Father's Day SAL Brunch
6/20	6pm - 9pm	.....ALR / Bike Night	

<b>J U L Y</b>	7/4	7am	.....Flags Raised ( Full Staff ) Pine Hall Cemetery
	7/4	7pm	.....Flags Lowered Pine Hall Cemetery
	7/4		.....CLUB CLOSED / Independence Day / July 4th
	7/4		.....NO ALR / Bike Night
	7/7	10am - 3pm	....ALR / 3rd Annual Car and Bike Show
	7/18	6pm - 9pm	.....ALR / Bike Night
	7/21	7pm	.....Doors Open 7pm Hitchcock Railroad Band **

<b>A U G</b>	8/1	6pm - 9pm	.....ALR / Bike Night
	8/4	11am - 7pm	....Post 245 / Club Picnic
			.....Lunch 12pm to 1:30pm and Dinner @ 530pm
	8/15	6pm - 9pm	.....ALR / Bike Night

<b>S E P T E M B E R</b>	9/1		.....PSU Football Tailgate / Appalachian State (H)
	9/3		.....Labor Day
	9/3		.....CLUB OPEN / Kitchen Closed /Labor Day
	9/3	7am	.....Flags Raised ( Full Staff ) Pine Hall Cemetery
	9/3	7pm	.....Flags Lowered Pine Hall Cemetery
	9/7	8pm	.....Jeopardy / Trivia Game Show
	9/8		.....PSU Football Tailgate / Pittsburgh (A)
	9/11		.....Patriot's Day
	9/11	7am	.....Flags Raised ( Full Staff ) Pine Hall Cemetery
	9/11	7pm	.....Flags Lowered Pine Hall Cemetery
	9/15		.....PSU Football Tailgate / Kent State (H)
9/21		.....PSU / Illinois (A)	
9/29		.....PSU Football Tailgate / Ohio State (H)	

**\*\* NON SMOKING EVENTS**

**Organization Meetings:** (Post: 6/21, 8/16) (Auxiliary: 7/10)  
 (SAL: 6/21, 8/16) (Riders: 6/7, 8/2)