



VETERANS OF FOREIGN WARS
POST 10804
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NEWSLETTER: January 2018

Well, it's 2018 and good things are coming for Post 10804, YOUR Post. There will be plenty of opportunities for getting involved and you can start by coming to your first meeting of the year on January 13th at 11AM. If you are an Auxiliary member, your meeting starts at 10:30AM.



This is one of our two "Meal Team 6" teams that prepares, cooks, serves, and cleans-up during our Second-Sunday-of-the-Month Brunch. This is just one of the many activities you can get involved in in YOUR Post.

WELCOME: Newest members of our Post: *Lawrence King, Thomas Bauder and Fred Kuntzman.* We hope to see you at YOUR Post real soon and that maybe you'll get involved in one of the many things going on at the Post.

COMMANDER'S CALL: HAPPY NEW YEAR ! HOPE 2018 WILL BE A GREAT YEAR FOR EVERYONE!

This past December was a tough one for our VFW family with the passing of Bob Flanagan. He was a life member and avid supporter of this Post and loved by all who knew him. He put together our annual Patriots Golf Tournament and taught Allen Rundall the ropes. Bob will truly be missed! Salute! On the bright side, our Post and its Auxiliary provided \$500 in Walmart gift cards to our WWII and other heroes living at Summit Place. We wish our vets of "the greatest generation" good health and happiness in the coming year.

We truly have a great VFW family. I am proud to be a member of this post. No matter what happens, no matter what we need at the post, I am always amazed of everyone who just steps up and makes it happen. I am truly thankful that I can count on everyone of you !

Hopefully, by the time you read this newsletter, we will have completed to landscaping and resealing of our parking lot. This could not have been done without our grant from Home Depot and the labor and help from our neighbors at the Wyndham Resort in N. Myrtle Beach. With the gift of community service and support from Wyndham, we will see many improvements in the Post this year. In addition to the resurfaced parking lot and landscaping, we can look forward to installation of energy-saving lights, improvements to our air conditioning, kitchen cleaning and painting, and perhaps even a new coat of paint on the exterior of the Post. We have a lot to look forward to in the new year!

Now is the time for you to consider joining in to help us help others. The House Committee is in need of volunteers as we always need help with set up, break down, kitchen, the door, selling 50/50 and more. If you're interested, please contact Bill LaMonte of the House Committee. We'll also be organizing an Honor Guard at the end of the month and we need members who can make themselves available for funeral duties as necessary. My thanks go out to Dan Farley, Frank Fogner, Bob Wasden, Allen Rundall, Leon Hull, Frank Shields, and Walt Duncan for demonstrating our commitment to comrade Bob Flanagan at his funeral service on the 22nd of December. If you are interested and helping us with future funeral details, please contact me. I'm sure that all of you EXPECT to have your VFW comrades at YOUR funeral.....so don't you think you can provide that same honor to others?

Finally, we are always open to a great idea or suggestion. There's a suggestion box in the canteen on the table under the bulletin board. We're always looking for new ways to have fun!!! Till next time.....Have a great January and may God bless each and everyone of us!! Remember our brothers and sisters living and serving far from home!! Have an awesome month and please.....Come out and support YOUR POST!!

— Nick

YOUR VFW POST'S YEAR IS ½ OVER.....and the single most obstacle to YOUR Post receiving any recognition at the Department (state) or National level is **MEMBERSHIP!!** It is relatively easy for Post's with small membership numbers to meet their 100% in membership or to show impressive percentages above their 100% requirement. EX: A Post with 50 members needs 4 members to get back to 50 by years end. They get 10 members, meet their 100% requirement with the 4 and show a growth of 12% with the extra 6.

NOW....take YOUR Post with a membership of over 500 and it currently needs 68+ renewals to get back to 100%. You can see that YOUR VFW membership has a tough row-to-hoe to meet membership requirements, let alone, showing any kind of growth.

Where do YOU come in? Every one of you knows, or knows of a veteran who is a candidate for VFW membership or is a current member, or is a member who has not renewed their dues for 2017/2018. Unfortunately, there are way too many members who renew their dues on an annual basis rather than being a Life Member. YOUR Post needs YOU to talk to these veterans and to try and get them to renew or start a new membership.

Any delinquent membership member, who is not past the two year mark, can renew their membership with a simple payment to the Post or National. If that member is more than 2 years delinquent, they are treated as a new member and have to go through the full membership application process.

YOUR Post leadership is working hard to make YOUR Post the best it can be. It takes members to make that happen. Can YOU/will YOU help???????????

TINNITUS vs HEARING LOSS...Are they the same? **NO WAY!** Tinnitus is the NUMBER 1 VA service connected condition with over 1.6 million veterans tormented by that constant 'ringing of the ears'. The bad thing about Tinnitus is there is NO CURE for it! To a small degree it can be treated, but that's all. Tinnitus does NOT cause hearing loss.

TINNITUS is a neurological condition in which you have a 'perception of sound' where NO external noise is present. Those noises include 'a sensation of' buzzing, hissing, whistling, swooshing and clicking. Most often Tinnitus is a result of noise exposure, long-term, or one sudden loud noise event. There is NO definitive test or general blood test or hearing test that can properly determine who has, who does not have Tinnitus.

The VA reported over 150,000 cases of service-connected Tinnitus in 2016. Since no one can prove exactly where, when or how they first were effected by Tinnitus, it is very difficult for a veteran filing a VA claim to prove their Tinnitus problem is 'service-connected'. The key here is persistence and use of outside doctors if necessary.

HEARING LOSS, is just that, a condition where your ability to hear any kind of noise/sound slowly or rapidly goes down-hill. There are 1 million veterans with service-connected hearing loss. Over 77, 000 new cases were diagnosed in 2016.

Hearing loss is can be caused by one sudden noise event, a long-term series of noise events, even medical conditions.

You need to get with your local VA Clinic or Hospital to determine your eligibility for treatment of either condition.

ARE YOU AWARE of the fact that VA Clinics/Hospitals are making very good use of “Acupuncture Treatments” as an alternative to prescribing addicting opioids and drugs. You might ask your VA Doctor about this if you are being treated for constant pain.

HERE’S A LITTLE HISTORY FOR YOU.....Bet you didn’t know that during WWII. The Native American population was around 350,000. Of that 42,000 Native Americans served in WWII. Many served with distinction. One (Pascal Cleatus Poolaw of the Kiowa Nation) served in the Army in WWII, Korea and Vietnam and earned 42 medals and citations during his military career. He is the most decorated American Indian soldier in history! American Indians believe that it is their responsibility to protect the land. They meet that responsibility by serving in the military.

America is finally getting around to recognizing the American Indian contribution to service to our country . Their National Memorial will be designed, named and built (on the National Mall) by the end of 2020. If you want to help, contributions can be made to the National Military American Indian (NMAI) Memorial Fund through the Smithsonian Institute.

ARE YOU....FEELING FRISKY, YOUNG AT HEART, ATHLETIC??? Do you still participate in any sport? Were you an athlete of any kind in your younger days? Well do I have something for you!

It’s called **THE NATIONAL VETS GOLDEN AGE GAMES (NVGAG)** and it is for any veteran 55 or older (the oldest competitor last year was 92 and he participated in track events) who is receiving health care from the Veterans Administration. This event is billed as the world’s largest senior veterans sporting event.

NVGAG will be held in Albuquerque, NM from August 4th to 8th . Competitive events include:

Air Rifle	Boccia	Cycling	Horseshoes	Powerwalk
Swimming	Track & Field	Badminton	Bowling	Golf
Nine Ball (pool)	Shuffleboard	Table Tennis		

NOTE: Other events may be added as deemed necessary by the organizers.

Some of these events are tailored to the blind, wheel-chair bound and vets with missing limbs.

They will provide you all the help you need including a training & physical fitness program for any event you wish to participate in.

For all the details just go to the National Vets Golden Age Games web browser.

DID YOU KNOW....That various ageing organizations say that ***VOLUNTEERING*** helps you live longer and also improves your brain function. Don't want a structured schedule, by volunteering you can set your own hours and do something good for yourself, other people, your organization or community.

IN CASE YOU'RE NOT AWARE....You got an average of \$27.00 raise (2%) in your Social Security starting in January. For those paying Medicare out of SS, if yours is like mine the Medicare deduction went up from \$108 to \$134. Don't spend that \$1.00 SS raise all in one place.

ARE YOU ARE A CARE-GIVER, a recipient of care-giver services, or do you know of someone in South Carolina receiving care-giver services? South Carolina recently started a new web-site called GetCareSC. It is a cover-all when it comes to care-giver help. The site includes information from state agencies, private organizations, advocacy groups and care providers. It can provide help as close as your local zip code. It will give you your Area on Aging phone number and provide other help.

FYI: The median annual cost of providing a private room in a nursing home in S.C. is \$79,147. You can find out more about care-giving by going to aarp.org/Itssscorecard.

REMEMBER....This is YOUR Newsletter. If you have/know of items of interest for veterans. Please contact me to put your info in a future edition of this newsletter.

HAPPY NEW YEAR!!!

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