



THE LEGION TIMES

Official Newspaper of The American Legion, Department of Texas

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*Do you have an article or
announcement for
The Legion Times?*

*If so, please send all
submissions to times@txlegion.org by the
20th of every month and it will appear in
the following issue*

Message from the Commander

Legion Family, when you read this issue my term in office as your State Commander will be over. It was a great experience and I thank you for the privilege and honor.

I want to encourage you to promote the American Legion in your communities. Our communities and our schools need to know about our Legion programs as they are the best that we can offer our communities, state and our youth. I was privileged to attend Boys State at the University of Texas in Austin and Girls State at Texas Lutheran University in Seguin in June. What an experience it was to see and talk to our young men (800 of them) and our young ladies (300 plus) that gave up a part of their school vacation to come and learn about our government. My hat is off to Boy State Chairman Robert Jackson and his many volunteers and to Girls State Director Connie Bridges, Chairman Ann Doan and the many volunteers that give up a week of their lives to be there for our youth. If you have an opportunity to see these programs in action you will understand and be proud of how great our youth are. These young men and women will be our leaders of tomorrow.



Our membership has to grow so that we can be stronger for the future of our organization. We must continue to take the Department Training School to our members but as members we also need to participate by attending. The department staff has done a great with their presentations and we members are never too old to learn so let's make it a point to support these trainings when they come to your area.

I was also very proud to have been invited to attend the dedication of the Brownsville Home Post (43). It took 16 years to complete but now they have a Post Home and they are so proud of it.

Last but not least, remember the W-W-W- of the American Legion. What we do – Why we do it – Who benefits. That's what we do for this great organization.

On behalf of Frances and myself we thanks you for the courtesies extended to us during our travels. God bless the American Legion Family, God Bless America and all our military.

For God & Country,
J. G. (Lupe) Garza
State Commander

THE LEGION TIMES
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The Legion Times assumes no
responsibility for material
submitted and reserves the right to
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The American Legion Specialty License Plate
Now Available

The application form is online at www.dot.state.tx.us, but since this is what is called a "qualifying" license plate, you cannot order the American Legion license plate online.

You can place an order by using the application or by visiting your local tax office, you will be required to show proof that they you are a current paid member of The American Legion or the American Legion Auxiliary or the Sons of The American Legion. This is why the license plate cannot be ordered online.

The application form for specialty license that is currently displayed online has not yet been revised to show American Legion (VTR-415 form) on the application. At this time, writing American Legion on the application in the "Special Plate Choices" area is acceptable.

The American Legion specialty license plate will be available for the following classes of vehicles:

Passenger - Less/Equal 6000 pounds, also available to be personalized.
Passenger - more than 6000 pounds; also available to be personalized
Truck - Less than or equal to 1 ton; also available to be personalized
Truck - More than 1 ton; also available to be personalized
Motorcycle; also available to be personalized
Trailers; also available to be personalized
Travel trailers; also available to be personalized



2011-2012 DEPARTMENT OFFICERS

J. G. Garza, Department Commander
James Fleming, Department Vice Commander
Jim Prendergast, National Executive Committeeman
Paul Dillard, Alternate National Executive Committeeman
William West, Department Adjutant
Charles Edwards, Department Chaplain
Walter Ivie, Department Treasurer
Daniel Corbin, Department Judge Advocate
Cyndi Miller, Department Historian
Sandy Kousman, Department Sergeant-at-Arms
Terry Bigley, Assistant Sergeant-at-Arms
Ken Mueller, Immediate Past Department Commander
Michael Simon, Director of Internal Affairs
Edward Reyes, Department Service Officer
Michael Lacy, Department Service Officer
Rebecca Hollingsworth, Department Service Officer
Donald Bridschge, Department Service Officer

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Linda Reed, 1st Division Commander
Ashton Thomas, 2nd Division Commander
Connie Jo Popham, 3rd Division Commander
W. L. Fleming, 4th Division Commander

DISTRICT COMMANDERS

Jimmy Walker, 1st District Commander
Charles Denson, 2nd District Commander
Michael Croson, 3rd District Commander
Robert Bunch, 4th District Commander
Jeff Perkins, 5th District Commander
James Osborne, 6th District Commander
Everett Ison, 7th District Commander
Bryan Coleman, 8th District Commander
Glen Moody, 9th District Commander
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Harold Lehnick, 18th District Commander
Bill Youngren, 19th District Commander
Fred Vasquez, 20th District Commander
Johnnie Washburn, 21st District Commander
Jerry Blaylock, 22nd District Commander
Robert Hester, 23rd District Commander

ARTICLE SUBMISSION GUIDELINES

Do you have an article or news announcement to share with the rest of the Department of Texas? If so, please follow these basic guidelines for submissions.

- Submit your text in Microsoft Word format (.doc) or as a text file (.txt or .rtf). **No ".docx" files please, as these are often problematic.** Save your file as the same name of the article, so we can easily keep track of it. And be sure to make it clear who the author is, whether it's you or if you are just forwarding it to us.
- **WE LOVE ARTICLES WITH PHOTOS**, or any other kind of images! Include photos and/or artwork for articles *separately* (NOT embedded in the article) as high resolution (300 dpi, or better) JPGs. Please name these files accordingly so we can track them along with

your article. Let us know in your e-mail of any corresponding captions, and/or name of the photographer if necessary.

- Spell check everything! Especially people's names, web addresses, etc. We do our best to catch typos, but sometimes they still slip by. You can help us greatly here by simply running your spell check function in your word processing program.

- **E-mail everything directly to us at times@txlegion.org by the 20th of every month for it to appear in the very next issue.** This way we have plenty of time to work with in case we need to clarify anything with you.

We hope you enjoy this issue, and hope you continue to help us grow The Legion Times!

Flag Day in District 12

FLAG RETIREMENT AT HALTOM CITY TEXAS POST 655



On June 13, 2012 Haltom City Post 655 provided the location and support to North Richland Hills Boy Scout Troop 321 for their American Flag Retirement Ceremony. The event was organized and conducted under the direction of Eagle Scout Candidate Bridger Planz. Members of Troop 321 with assistance from members of Troop 308 inspected and separated the stripes and field from over 600 flags prior to destruction. With the quantity of flags Bridger chose to use five fires simultaneously. He arranged them in a star pattern representative of the five military branches: Army, Air Force, Navy, Marine Corps, and Coast Guard. Pictures of this outstanding ceremony and names of the key participants are posted at www.kencox.us/scrapbook/20120613post655/

The American Legion Post 297 in Benbrook Texas and Boy Scouts from Troop 519 started early this year because of the large number

FLAG DAY 2012 AT BENBROOK TEXAS POST 297



of flags to be honored. This is the second ceremony for the post this year after they inherited the flags turned in to near by VFW post that closed. Following a short but very impressive formal ceremony the participants worked into the night until the mission was completed. Pictures of the ceremony are posted at www.kencox.us/scrapbook/20120614post297/

Submitted by Ken Cox, District 12 Hubmaster

VA Continues PTSD Outreach with AboutFace Campaign

Veterans Provide Video Testimonials on Experiences with PTSD

WASHINGTON – In observance of June as PTSD Awareness Month, the Department of Veterans Affairs National Center for Post-Traumatic Stress Disorder (PTSD) has begun a new online initiative, AboutFace, focused on helping Veterans recognize PTSD symptoms and motivating them to seek treatment.

“We must do all we can to help Veterans identify possible indicators that they may be suffering from PTSD,” said Secretary of Veterans Affairs Eric K. Shinseki. “It requires a comprehensive, multi-faceted approach to be effective. We hope that this initiative, while just one aspect of our program, will play an important role in that effort.”

The AboutFace campaign introduces viewers to Veterans from all eras who have experienced PTSD and turned their lives around with treatment. Through personal videos, viewers will meet Veterans and hear how PTSD has affected them and their loved ones. Visitors will also learn the steps to take to gain control of their lives.

AboutFace, which is PTSD specific, was designed as a complementary campaign to VA's current Make the Connection (www.MakeTheConnection.net) campaign. Make the Connection uses personal testimonials to illustrate true stories of Veterans who faced life events, experiences, physical ailments, or psychological symptoms; reached out for support; and found ways to overcome their challenges.

“VA is committed to ensuring the men and women who bravely served our Nation can access the resources and services tailored for them that can lead to a more fulfilling life,” said Dr. Robert Petzel, VA's under secretary for health. “We want Veterans to recognize themselves in these stories and to feel optimistic that they can overcome their challenges with proper treatment. We set aside this month of June to urge everyone to increase awareness of PTSD so those in need can get effective treatment that will enable them to lead productive, fulfilling and enjoyable lives.”

AboutFace launched in June in time to help bring attention to PTSD Awareness Month. It is located on the National Center for PTSD website, www.ptsd.va.gov. There viewers will watch as Veterans candidly describe how they knew they had PTSD; how PTSD affected the people they love; why they didn't get help right away; what finally caused them to seek treatment; what treatment is like and how treatment helps.

VA provides effective PTSD treatment and conducts extensive research on PTSD, including prevention. Those interested in further information can go to www.ptsd.va.gov to find educational materials including courses for providers on the best practices in PTSD treatment and the award-winning VA/DoD PTSD Coach Mobile App for electronic devices, which provides symptom management strategies.

These campaigns are part of VA's overall mental health program. Last year, VA provided quality, specialty mental health services to 1.3 million Veterans. Since 2009, VA has increased the mental health care budget by 39 percent. Since 2007, VA has seen a 35 percent increase in the number of Veterans receiving mental health services, and a 41 percent increase in mental health staff.

In April, as part of an ongoing review of mental health operations, Secretary Shinseki announced VA would add approximately 1,600 mental health clinicians as well as nearly 300 support staff to its existing workforce of 20,590 to help meet the increased demand for mental health services. The additional staff would include nurses, psychiatrists, psychologists and social workers.

For more information on AboutFace, visit www.ptsd.va.gov/aboutface/ or contact the National Center for PTSD at (802) 296-5132.

A WORD ABOUT LEGIONNAIRE INSURANCE TRUST



LEGIONNAIRE INSURANCE TRUST

Over Four Decades of Partnership for a Healthy America

The Legionnaire Insurance Trust (LIT) was formed in 1966 with two primary goals: to provide Legion families with low-cost insurance protection, and to provide a source of revenue to participating Legion Departments.

The Trust has been so successful in its forty-three years that today over 2,000,000 Legionnaires in 48 participating Departments are enrolled in this unique program.

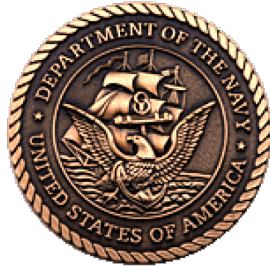
Also, in the same period of time, hundreds of millions of dollars in claim benefits have been paid to Legionnaires and their families through the LIT; and over \$52 million in allocations have been paid to participating Legion Departments.

The first Trust insurance plan to be offered was the Hospital Income Protection plan, a program designed to pay fixed dollar amounts for periods of hospital confinement. Over the years, other insurance coverage offered included: Cancer, Accidental Death, Travel Accident, Critical Illness, Disability Income, Emergency Assistance, Long Term Care, Medicare Supplement, Discount Cards, Dental, Whole Life, Auto, Homeowners, Identity Theft, and Home Health Care.

Since its creation, AGIA has worked closely with the Trust to develop insurance programs especially designed for Department members and their families. We are proud to serve you through the Trust and invite your inquiries and suggestions on any aspect of our activities.



Army



Navy



Marine Corps



Air Force

Front Side(s)



Reverse Side

Order on-line at **www.vetcoin.us**

The coin that honors all American Veterans

This commemorative coin should be in the hands of every American who ever donned the uniform and solemnly swore
“that I will support and defend the Constitution of the United States against all enemies, foreign and domestic.....”

Who should own the Vetcoin?

The Vetcoin was designed to honor all American Veterans from all branches of service, both men and women, who served honorably in WWI, WWII, Korea, Vietnam, Iraq and Afghanistan, as well as stations, posts, bases and abroad ships around the world.

Perfect Memento

A perfect memento for reunions, special veteran events, relatives, friends or even strangers who have served honorably. A memento like this will be a family heirloom to be passed down from generation to generation.

Giving Back

A portion of the proceeds from the sale of the Vetcoin will be used for scholarship awards to children and dependents of those veterans killed in action or permanently disabled.

About the coin

The inscription on the reverse side is encircled with a laurel wreath representing distinction and honor and joined together with a ribbon representing those who paid the supreme sacrifice. The five stars represent the five Armed Services of the United States.

If you prefer to order by phone or mail, call 405-842-6548 or write Vetcoin, PO Box 20303, Oklahoma City, OK 73156

The Vetcoin is not authorized or endorsed by any member of the Armed Forces or any other component of the Department of Defense

THE LEGIONNAIRE INSURANCE TRUST (LIT)

Over Four Decades of Partnership for a Healthy America

Your Single Benefits Source for
All Department Insurance Plans

Do not buy Insurance until you learn about the
full range of high-value plans negotiated for you by the LIT!

LIT FAST FACTS:

- ★ Founded in 1966 to provide Legionnaires with high-quality insurance products at low group rates.
- ★ Serves 48 American Legion Departments.
- ★ Over 675,000 members enrolled.
- ★ As of 2010, paid over \$500,000,000 in claim benefits to Legionnaires and their families.
- ★ As of 2010, paid over \$55,000,000 in allocations back to participating Departments.
- ★ Your Department has its own representative called a Trust Director who actively oversees the workings of the LIT.
- ★ Managed and administered by A.G.I.A., Inc.

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*Product specifications and availability vary by state. Specific information on all benefits and exclusions will be mailed to you along with eligibility details.

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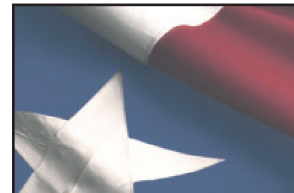
FEATURED PLANS:*

- ★ **Emergency Assistance Plus** — 24-hour emergency and medical back-up plan to help Legionnaires handle almost any crisis away from home that health insurance usually will NOT cover. This includes Medical Evacuation, Medical Assistance, Travel Assistance, and Assistance for Companions.
- ★ **Hospital Indemnity** — Pays Legionnaires for hospitalization resulting from a covered injury or illness. Benefits help pay for the expenses not covered by primary insurance.
- ★ **Cancer Care** — Pays Legionnaires benefits for the treatment of cancer, including coverage for hospital room and board, chemotherapy, drugs and medicine, radiation therapy, nursing care, surgery, and much more.
- ★ **Travel Accident** — Pays death benefit for travel-related accidents. Also pays a daily benefit for hospitalization resulting from a travel-related accident.
- ★ **Accident Protection** — Pays benefits for covered accidents. You get round-the-clock protection — 24 hours a day, anywhere in the world.
- ★ **Medicare Supplement** — Pays Legionnaires age 65 and over benefits to supplement what Medicare doesn't cover, such as deductibles and co-payments.
- ★ **LifeLock** — LifeLock, the leader in identity theft protection, helps protect Legionnaires' identity — even if your information falls into the wrong hands. As a LifeLock member, if you become a victim of identity theft because of a failure in LifeLock's service, they'll help you fix it at their expense, up to \$1,000,000.
- ★ **Long Term Care** — Pays cash benefits for nursing and/or home health care. Benefits pay for skilled, intermediate or custodial care in a nursing home.
- ★ **Auto and Homeowners** — Valuable automobile coverage for all your vehicles. Choose liability limits, and receive discounts for a safe driving record, low mileage, multiple vehicle coverage, and for being over age 50.



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From The American Legion,
Department of Texas

Department Sponsored Insurance Programs

The Legionnaire Insurance Trust has been The Department of Texas's sponsored member benefits program for 7 years and continues to fulfill our members needs while being the only such program to benefit our Department.

For more information on the products and services provided by the Legionnaire Insurance Trust,

Call: **1-855-297-2218**

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