



AMERICAN LEGION CSM GARY W. CRISP, POST 289

P.O. Box 2641 | CLARKSVILLE, TN



NEWSLETTER FOR APRIL 2019 | VOLUME 1, ISSUE 4

POST 289 WEBSITE: TNPOST289.ORG
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POST MEETING EVERY 3RD TUESDAY OF THE MONTH, 1800 HOURS, AT DAYMAR INSTITUTE ON TRENTON RD.

COMMANDER: WILLIE SMITH

ADJUTANT: BILLIE ZEVENEY

Up Coming Calendar of Events for April

April – Children and Youth Month

1 st – 7 th	American Legion Child Welfare Week
2 nd	Executive Meeting – Daymar Institute at 1800 Hours
Every Friday	Honor Guard Practice, 1800 Hours at Sykes Funeral Home & Crematory, 424 Franklin St, Clarksville. The Honor Guard meeting will be every Friday until further notice.
4 th	JROTC Awards Presentations - Rossvie High - 1600hrs - RHS Cafeteria – Larry Johnson JROTC Award Presentations - Northeast High - 1800hrs - NEHS Commons Area – David Zeveney
6 th	United States enters WW I
6 th	Blue and Gold Banquet - Anniversary of the Founding of BSA1 – 4:00 – 6:00PM – 1230 Little Bobcat Rd., Clarksville (Cub Scouts)
11 th	JROTC Award Presentations - Clarksville High - 1800hrs - CHS Gym – Carmen Cherry
15 th	Monthly Auxiliary Membership Meeting, 1800 Hours at Daymar Institute
16 th	Post Membership meeting, 1800 Hours at Daymar Institute. Come early for a potluck and fellowship with post members
18 th	JROTC Awards Presentations - Montgomery Central High -1630hrs - MCHS Theater – Robert Lamon
25 th	JROTC Award Presentations – West Creek High – 1800hrs – WCHS Theater – Ernest Schmidt
27 th	6th District Convention and Meeting in Hendersonville at 1:00PM - 1125 12th Ave. S. Nashville, TN

May – Children and Youth Month

Every Friday	Honor Guard Practice, 1800 Hours at Sykes Funeral Home & Crematory, 424 Franklin St, Clarksville
7 th	Executive Meeting - Daymar Institute at 1800 Hours
8 th	V-E Day
10 th	JROTC Awards Presentations – Northwest High - 0830hrs - NWHS Main Gym – Willie Smith
15 th	Peace Officer Memorial Day
12 th – 18 th	National Law Enforcement Week
18 th	Armed Forces Day
18 th	Fort Campbell Retiree Appreciation Day 10:00AM
19 th – 25 th	American Legion Boy's State - Tennessee Tech University, 1 William L Jones Dr, Cookeville, TN 38505
20 th	Monthly Auxiliary Membership Meeting, 1800 Hours at Daymar Institute
21 st	Post Membership meeting, 1800 Hours at Daymar Institute. Come early for a potluck and fellowship with post members
22 nd	National Poppy Day
27 th	Memorial Day

NEXT MEETING

The Post meeting is every 3rd Tuesday of the month and starts 1800 hours at Daymar Institute. We encourage you to come early and enjoy the potluck along with the fellowship with Post members.

ARBOR DAY AND POST GET TOGETHER

Arbor Day is one of 5 holidays recognized by the American Legion under Pillar III -Americanism.

Our post helped plant trees on Fort Campbell in early March and we adopted a new grove of trees, and we have been invited back!

The Arbor Day event is on the 26th of April will begin at 4:30pm at Wilkes Park located just inside Gate 6 on Fort Campbell. The Fort Campbell Commanding General (CG) will thank our volunteers and read the Arbor Day proclamation at 5pm.

The Post Forestry Services and Environment Division will be displaying equipment and areas set up to discuss their expertise to guests. We hope that you will come and join a few of the American Legion Volunteers for this day out at the park, bring a picnic dinner and enjoy the evening! This is a family friendly event for children, Girl Scouts, Boy Scouts, and those that are interested in Forestry and Environment.



HAPPY BIRTHDAY AMERICAN LEGION 100 YEARS YOUNG

We celebrated March 15th – 17th the American Legions' 100th birthday. The American Legion came to life in Paris, France March 15-17 in 1919. 100 Year of Service after Service!

AMERICAN LEGION NATIONAL COMMANDER VISIT

American Legion Posts 7 and 289 in Clarksville TN, were honored to host The American Legion National Commander Brett Reistad as he visited the Clarksville, Montgomery county area.

This is the first known visit to Clarksville by an American Legion National Commander.

While at the nursing home, National Commander Reistad toured the facility with the residents. He received a briefing by Director Warren Jasper and his staff.



National Commander Reistad met several community dignitaries to include Colonel Scott Kirkpatrick, 101st Airborne Division Assistant Chief of Staff. He was presented a proclamation that March 17, 2019 American Legion 100th Anniversary Day by Kyle Johnson, Montgomery County Chief of Staff. Clarksville Police Department representative Captain Scott Thornton presented Commander Reistad with a key to the city. Also, in attendance was Department Commander Steven Weissman, Post 7 Commander Chuck Clark, Post 289 Commander Willie Smith, and Department Auxiliary President Ms. Kathy Leedy and Unit 289 Auxiliary President Dawn Schmidt.

AMERICAN LEGION NATIONAL COMMANDER VISIT – cont...

Triple "555" Nickle Elester Garner Chapter honored the ceremony by posting and retiring the colors. Cub Scout Pack 510, Webelos and Lions were led by Eagle Scout Rafael Gatto, Boy Scout Troop 101, Fort Campbell, Ky led the Pledge of Allegiance.



Unit 289 Auxiliary President Dawn Schmidt, and other charter members were surprised by the presentation of the Unit Charter by The Department Auxiliary President Kathy Leedy.



Monica Rios, Unit 289 Auxiliary member, and Boy Scouts Committee Chair received a Certificate commemorating her for rendering CPR and first aid at the scene of an accident which helped save the citizens life.

Refreshment were served after the ceremony at Kenwood High School in the cafeteria.

Kudos must be given to Fae Casper, Committee Chair and its members for their hard work which resulted in a well planned and executed event. The committee members were Fae Casper, Astra Eaglin, Sue Johnson, Dawn Schmidt, LeAnne Fry, Robert Lamon, Larry Johnson, David Zeveney, Monica Rios and many others contributed to allow the visit run smoothly.

AMERICAN LEGION POST 289 SPONSORED SCOUTS SUPPORTED THE NATIONAL COMMANDERS VISIT

It was a historical day for Troop 289 Pack 510. Everyone looked good, everyone helped, the scouts were above and beyond doing a great job, we received nothing but great comments from everyone there on our Scouts. A job well done. All the scouts did a great job in front of a National Audience today. Thank you to our Troop leadership, Scoutmaster Blu, Josh, Jeff, Melody, Monica and all for a great job!! We could not have done this without your support and our great parents help too.



CENTENNIAL DANCE

The Centennial Dance was a success. There was a great turnout. Many of the members and guests dressed up in different eras from World War I through today's military uniforms. There was plenty of food and drinks to go around. We had dessert and best dressed era contests. We even had door prizes donated by several community organizations and businesses given away.



If you went to the Centennial dance and had photos taken you can contact Morgan at: morgan.stubblefield@gmail.com. If anyone that came to the dance and took pictures of their own, please upload them to your Facebook page or email them to Bob Grigsby at bob.grigsby62@gmail.com. He will upload them to the Post website under photos 2019.



AMERICAN LEGION CSM GARY W. CRISP, POST 289 FAMILY ALBUM

We are building a "family album" of our legionnaires. We are asking that all members submit a Brief bio or yourself to be added to the book. It is a way to know our current members and in 10 years or more look back at our American Legion Post 289 family. We want to continue to build upon it in the years to come. Knowing our members, is like knowing our neighbors building a community of strength.

Please include name, branch of service(s), service periods, immediate family, military history to include highest rank, highest award and any significant units, accomplishments, American Legion history, (how long you've been in, posts you've been in, positions you held). And personal history, who are you what are your hobbies. Please add a picture of you "then" and "now" or somewhat recent. Send to: americanlegion.post289adjutant@gmail.com or to P.O. Box 2641 Clarksville, TN 37042.

VIETNAM VETERANS PLEASE SHARE

MOAA Chapter member and APSU Professor LTC Dewey Browder reports that his colleague Dr. Zieren is having his students conduct interviews with Viet Nam veterans as part of the ongoing APSU Oral History Project. Any Viet Nam veteran who is willing to be interviewed by one of these APSU students should contact Mrs. Dusty Coates at 931-220-9572 or DCOATES1@MY.APSU.EDU.

2019 AMERICAN LEGION 100TH ANNIVERSARY COMMEMORATIVE COIN PROGRAM

The American Legion coin is now available! Starting on March 14 at 12 pm EST, please visit or call 1-800-USA-MINT (872-6468) to order your coins. Introductory prices are in effect until April 15, 2019 at 3: P.M EST, after which regular pricing will take effect. Orders for the gold coins will be limited to two per household for the first 24-hours of sales. Go to <https://centennial.legion.org/coin> or <https://www.usmint.gov/>

POST 289 BUDDY CHECKS!

The week of March 11-18, 2019 was declared Buddy Check Week by National Commander Brett Reistad. During this week, posts across the nation were asked to call comrades that have not been making it to meetings or were not up to date with their membership and check on them.

We are pleased to report due to the efforts of a group of Post 289 members, 92 comrades were contacted during the week. Two were identified that need assistance with VA benefits. One was identified that had been hospitalized for almost 90 days that no one knew about. Several were found with their phone number disconnected that will also have to be followed up on.

We should all be able to agree that this is something that we should do all during the year. It's important that none of our comrades fall through the cracks and do not know of the support that the American Legion offers for them.

AMERICAN LEGION FAMILY

Are you familiar with the American Legion Family? Legion, Auxiliary, Riders, and Sons of the Legion. Beyond the members our post has an Auxiliary who is looking for members. There has been a strong interest in a Riders, but we need a few riders to step forward and start this up. Only 5 riders are needed to add to the family.

PARKER PLACE – VETERANS TRANSITIONAL HOUSING PROGRAM INC.

Guest speaker Astra Eaglin talked about Parker Place. The mission of Parker Place is to provide the newly out-processed Veterans and their families with transition housing, employment assistance, information to help them to navigate the VA Healthcare system, Right and Benefits for the educational opportunities available to them.


Parker Place networks with the USO, American Legion, Triple Nickle, Buffalo Soldiers, Mason, Operation Stand Down and many other organizations to provide the most up to date referral information.

Veterans Transitional Housing Program Inc, Parker Place is participating in the **"The Big Payback"**.

The Big Payback, annual giving day is on Thursday May 2nd. The Big Payback is hosted by The Community Foundation of Tennessee. The community wide giving day celebrates Middle Tennessee spirit of generosity and supports the life-changing work of the area non-profits.

The kickoff will start at midnight on Thursday May 2nd. The 24 hours on line giving day helps organizations like the Veterans Transitional Housing Program – Parker Place raise much needed funds and bringing awareness to pressing needs in our community

Since its inception in 2014, Middle Tennessee's annual day of giving has raised more than \$12.5 million dollars for nearly 1000 area non-profits, including schools, and religious organizations. Participating organizations have received gifts from 24,716 NEW donors we may have not otherwise reached.



VETERANS TRANSITIONAL HOUSING, Inc. "PARKER PLACE" IS PARTICIPATING IN THE BIG PAYBACK.

The Big Payback annual giving day is returning on Thursday, May 2, and Veterans Transitional Housing Program "PARKER PLACE" is excited to take part in this monumental event.

The Big Payback, hosted by The Community Foundation of Middle Tennessee, is a community-wide giving day that celebrates Middle Tennessee's spirit of generosity and supports the life-changing work of area nonprofits.

Kicking off at midnight on Thursday, May 2, the 24-hour online giving day helps organizations, like Veterans Transitional Housing Program, "Parker Place" raise much-needed funds and bring awareness to pressing needs in our community.

Gifts made to participating organizations during The Big Payback are amplified by incentives and awards and may help us qualify for special prizes and bonuses throughout the day.

Since its inception in 2014, Middle Tennessee's annual day of giving has raised more than \$12.5 million for nearly 1,000 area nonprofits, including schools and religious institutions. Participating organizations have received gifts from 24,716 NEW donors we may have not otherwise reached.

We hope you'll support Veterans Transitional Housing Program, "PARKER PLACE" and our mission to provide housing to Veterans and their families on Thursday, May 2 during The Big Payback.

For more information, contact us or visit www.TheBigPayback.org and givingmatters.com.

Thank YOU for your support!

Astra Eaglin, Chairman (931) 249-5689 Office (931) 249-5767 Mobile	Ed Eaglin, Co-Chairman (931) 249-5689 Office (931) 249-5768 Mobile
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The Veterans Transitional Housing Program – Parker Place hopes you'll support our mission to provide housing to Veterans and their families on Thursday May 2nd during The Payback.

For more information, contact us or visit www.TheBigBack.org and the www.givingmatter.com.

Points of Contact for Parker Place:

Astra Eaglin, Chairman
Office: 931-249-5689
Cell: 931-249-5767

Ed Eaglin, Co-Chairman
Office: 931-249-5689
Cell: 931-259-5768

SELF-MANAGEMENT AND RECOVERY TRAINING (SMART)

Nikki Prodomos was another guest speaker at the membership meeting. She is the Director/President of "The S3Shop. She talked about Self-Management and Recovery Training (SMART). The SMART Recovery is a four-point program.

1. Helps building and maintaining motivation
2. Coping with urges
3. Managing thoughts, feelings, and behavior
4. Living a balanced life

SMART Recovery advocates choice, so that those seeking recovery choose what works best for them from a variety of options.

The SMART Recovery goal is for one to achieve a healthy, positive, and balanced lifestyle and to graduate when one feels their addictive behavior is behind them. Upon graduation, many SMART participants volunteer as meeting facilitators or in another capacity to help "pay it forward" the gains they achieved.

Got the SMART Recovery website for information. <https://www.smartrecovery.org/>
What's great about this program. IT'S FREE.

Point of Contact for Nicki Prodomos
Phone: 270-881-8378
S3 Shop website is: <http://www.s3shop.org/>

SMART Recovery meets every Monday and Tuesday at Daymar Institute on Trenton Rd. from 1700 to 1900.

CANDIDATE NOMINATION RESOLUTION

Willie Smith our commander has put his name on the ballot for 6th District Commander. We are asking everyone to support him. Elections will be on April 27th at the 6th District Conventions dinner and meeting at the Operations Stand Down in Nashville TN.

VETERANS CANTEEN SERVICE

Veterans Canteen Service (VCS) is excited to announce a new benefit. On November 13th, 2018, VCS launched ShopVCS.com, an online shopping site exclusively available to Veterans and their families.

Veterans enrolled in VA Healthcare can shop VCS online at ShopVCS.com. This new exclusive shopping experience offers deals on thousands of products from hundreds of top brands with the ability to easily and securely shop from any device. The site features an expanded catalog of products to include: Veteran-Owned brands, Made-in-USA items, military items, sportswear, jewelry, health and beauty, home goods, electronics, outdoor gear, travel options, event tickets, and much more.

Registration is free and Veterans enrolled in VA and their family members eligible to register at ShopVCS.com as authorized customers. Proceeds from your purchases are given back to the Veteran community in support of VA programs such as: National Rehabilitation Adaptive Sports Games, Vets Crisis Suicide Prevention, Fisher House, Women Veteran Programs, National Disaster Relief, Homeless Veterans programs, and much more.



Discover the Power of Choice! SMART Recovery® Self-Management and Recovery Training

Welcome to SMART Recovery, a science-based addiction recovery support group—where participants learn self-empowering techniques to aid their recovery through mutual help face-to-face and online meetings and services. No matter what your addiction, SMART Recovery tools and techniques can help you overcome the behavior.

Here are three SMART Recovery® tools:
SMART Recovery uses tools based on scientifically-proven methods for addiction recovery such as Cognitive Behavioral Therapy and motivational interviewing.

The SMART Recovery 4-point Program:

- ✦ #1 - Building and Maintaining Motivation
- ✦ #2 - Coping with Urges
- ✦ #3 - Managing Thoughts, Feelings, and Behaviors
- ✦ #4 - Living a Balanced Life

Some of the tools used in the program are outlined to the right in "Some Specifics."

What Makes SMART Recovery Different?

SMART Recovery advocates choice, so that those seeking recovery can choose what works best for them from a variety of options.

The SMART Recovery goal is for you to achieve a healthy, positive and balanced lifestyle and to "graduate" when you feel your addictive behavior is behind you, not to remain a permanent participant in the program. Upon graduation, many SMART participants volunteer as meeting facilitators or in another capacity to help "pay forward" the gains they achieved.

When Can I Start?

TODAY! Visit the SMART Recovery website for introductory information, slide shows and videos, articles, meeting locations, online meetings, chat sessions, discussion message boards and much more. All the tools are there for you to explore. And... it's all FREE.

Some Specifics:

Here are some of SMART Recovery tools that can help you in your recovery journey.

CHANGE PLAN WORKSHEET: This is a chart in which you list your goals, how you will attain them, the ways in which you will overcome obstacles and challenges, etc. The very process of completing a Change Plan Worksheet will clarify both your goals and the roadblocks to attaining them.

COST-BENEFIT ANALYSIS: Often called "CBA," this tool is especially useful for increasing your motivation to abstain from your addictive behavior.

The ABCs of EBT: This tool from Rational Emotive Behavior Therapy, founded by Dr. Albert Ellis, helps identify our irrational beliefs, which in turn lead to poor consequences.

DISARM (Destructive Imagery and Self-talk Assessment and Reframing Method): This tool exposes the thoughts and images which urge us to pursue our addiction as intrusions, excesses and neutralizations.

REINFORCING: This technique is often used in face-to-face and online meetings. A participant introduces a question or problem. Other participants then offer ideas and/or suggestions without any judgment involved.

ROLE-PLAYING/REHEARSING: This tool is used mostly in groups. An example would be rehearsing how to avoid addictive behavior at a wedding or other high-risk upcoming event with group members playing various roles.

SMART Meetings:

SMART Recovery conducts face-to-face meetings in locations around the world plus daily online meetings. Click the "Meetings" link on the SMART Recovery website for times and places most convenient for you.

Local Meeting: Mondays & Tuesdays 1700-1900 @ Daymar; 2691 Trenton Rd
POC: Nikki Prodomos 270-881-8378

VISIT SMART RECOVERY ONLINE - www.smartrecovery.org

COMMUNITY EMERGENCY RESPONSE TEAM (CERT)

National Security is one of the American Legion's 4 pillars. Disaster Preparedness falls under this pillar. If you would like to be more involved in the community the Montgomery County offers training.

To attend a **Community Emergency Response Team (CERT)** course, email Rodney Grimsley and you will be put on the contact list for the next class. The course is usually done over 6 nights (6-9 PM) and a Saturday morning exercise. Only one night can be missed since it is FEMA based training.

Course Overview

The CERT Basic Course is delivered in the community by a team of first responders, and other qualified volunteers. The organization and timing of training and meeting varies from program to program. It is often broken up into two to four-hour blocks over a series of evenings or weekends.

- Disaster Preparedness: Addresses hazards specific to the community. Materials cover actions that participants and their families take before, during and after a disaster as well as an overview of CERT and local laws governing volunteers.
- Fire Suppression: Covers fire chemistry, hazardous materials, fire hazards and fire suppression strategies. However, the thrust of this session is the safe use of fire extinguishers, controlling utilities and extinguishing a small fire.
- Medical Operations Part I: Participants practice diagnosing and treating airway obstruction, bleeding and shock by using simple triage and rapid treatment techniques.
- Medical Operations Part II: Covers evaluating patients by doing a head to toe assessment, establishing a medical treatment area and performing basic first aid.
- Light Search and Rescue Operations: Participants learn about search and rescue planning, size-up, search techniques, rescue techniques and rescuer safety.
- Psychology and Team Organization: Covers signs and symptoms that might be experienced by the disaster victim and workers, and addresses CERT organization and management.
- Course Review and Disaster Simulation: Participants review and practice the skills that they have learned during the previous six sessions in a disaster activity.

During each session participants are required to bring safety equipment (gloves, goggles, mask) and disaster supplies (bandages, flashlight, dressings) which will be used during the session. By doing this for each session, participants are building a disaster response kit of items that they will need during a disaster.

**If you want to be a member of our CERT Team (after taking the class) I must do a background check on each person before they can make meetings/training or be used in a disaster/emergency as one of our EMA Volunteers.

Contact Rodney A. Grimsley, Assistant Director Montgomery County Emergency Management, 931-648-5702, ragrimsley@mcqtn.net

Let him know you are a member of Post 289

For more information on the American Legion Disaster Preparedness: <https://www.legion.org/publications/160967/disaster-preparedness-guide>

RAFFLES

Questions have been asked if it's legal in the state of Tennessee to have Raffles in the Post. Here is a list of frequently asked questions.

Are raffles or other games of chance allowed in the State of Tennessee?

Raffles and games of chance are considered gambling, which is prohibited in Tennessee. However, certain charitable organizations are allowed to apply to have one raffle, reverse raffle, cakewalk or cake wheel each year if that event is conducted in accordance with the procedures set forth in the Tennessee Charitable Gaming Implementation Law.

Who is allowed to hold a raffle?

Only a qualified 501(c)(3) or 501(c)(19) organization that has submitted an application to the Division of Charitable Solicitations and Gaming and that has been approved by the Tennessee General Assembly can hold a raffle.

What is a qualified 501(c)(3) or 501(c)(19) organization?

A qualified 501(c)(3) or 501(c)(19) organization is a group that has been recognized by the Internal Revenue Service (IRS) for at least five years as a tax-exempt organization and which has been in continuous and active existence in the State of Tennessee. 501(c)(3) and 501(c)(19) tax-exempt status can only be granted by the IRS. To learn more about the application process for tax-exempt status, please visit the IRS's web page for Charities & Nonprofits.

What types of gaming events are 501(c)(3) or 501(c)(19) organizations allowed to hold?

Raffles, reverse raffles, cakewalks, or cake wheels.

What is a raffle?

A raffle is a game of chance in which a participant is required to purchase a ticket for a chance to win a prize, with the winner to be determined by random drawing.

How do I know if a gaming event is approved?

The Division of Charitable Solicitations and Gaming maintains a list of approved events on its website at Gaming Events.

What gaming events are not allowed?

Bingo, poker games and/or tournaments, pull-tab, punchboards, video lottery games, instant and online lottery games, keno and games of chance associated with casinos including, but not limited to slot machines, roulette wheels, and the like. Events such as bingo or "casino nights" that are purely recreational in nature and in which participants are not required to pay to participate with the promise of a prize, jackpot, or "winner-takes-all" would not fall into this category.

What are the consequences for holding an unauthorized event?

If the Division of Charitable Solicitations is notified of an unapproved event, the Division will notify the local district attorney general. Conducting an unapproved game of chance may be a violation of the criminal gaming statute, and local law enforcement has jurisdiction to investigate and prosecute the individuals responsible for the event.

If I don't call it a raffle or sell tickets, but ask for donations for a chance to win a prize, is that allowed?

No. An event is considered a raffle if someone must pay for a chance to win a prize and would be a violation of law. It does not matter that the payment is called a "donation."

I am not raising money for a charity; I can conduct a raffle, right?

No. Only qualified 501(c)(3) or 501(c)(19) organizations that have applied and been approved are allowed to hold a raffle. Holding a raffle would be a violation of law and subject to criminal prosecution.

Are political candidates and campaigns allowed to conduct raffles or other games of chance?

No. The law only allows qualified 501(c)(3) and 501(c)(19) organizations to hold gaming events. Political candidates and campaigns for public office are not considered 501(c)(3) or 501(c)(19) tax exempt organizations.

If the political candidate or campaign asks for a donation to be entered into a drawing, is that allowed?

No. If someone is required to pay for a chance to win a prize, it is considered a raffle. Only qualified and approved 501(c)(3) and 501(c)(19) organizations may hold a raffle. It does not matter that the payment is called a "donation."

Whom do I contact if I find out about a game of chance that is not approved?

Please contact the district attorney for the county in which you believe the game of chance is taking place or contact the Division of Charitable Solicitations at (615) 741-2555 and the Division will notify the appropriate authorities.