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Post Calendar

MAY 10 ~ 7 PM

POST MEETING

Mont Village Golf Club ~ Grill
 Room (around back, downstairs)

MAY 20 ~ 1 PM

Department Executive Committee Meeting

American Legion Post 71
 Oakland, MD

**May 27 ~ 6AM (kickstand up
 6:30)**

Rolling Thunder

Meet-up at Krispy Kreme
 14919 Shady Grove Rd
 Rockville, MD
 Call 240-505-4660 so we know
 you are coming.

JUNE 2 ~ 4 PM

SMD Reception for District Commander Bob Ouellette

American Legion Post 82
 La Plata, MD

June 14 ~ 7 PM

POST MEETING

Mont Village Golf Club ~ Grill

Greetings Legion family,

Our effort to raised much needed funds is underway. For a \$10 donation, you will be provided with a coupon for a chance to win 1 of 2 Apple iPads. We NEED YOU to help sell tickets as we cannot do it alone. Ask friends if the are interested. When 1000 tickets are sold we will draw the winner.

Do you have an Army Class A uniform that you don't need, donate to Post 295 for the Honor Guard. At the regular Post meeting on May 10th, it was decided that some changes to the Color Guard & Honor Guard uniforms needed to be made to accommodate more participation. The changes are outlined below.

Gaithersburg Post 295 baseball is quickly approaching, more info in the coming weeks.

If anyone is interested in attending the So MD District roast our District Officers we have seats at our table remaining. Contact me ASAP.

Bob Ouellette, Commander

Legion commends House defense of DoD budget

Bill's passage shows Congress is listening to Legion's nation al security concerns.

WASHINGTON (May 11, 2012) - The leader of the nation's largest wartime veterans organization expressed gratitude today after the U.S. House of Representatives passed legislation that seeks to protect the Department of Defense from massive budget cuts as Washington struggles to find answers= to the federal deficit crisis.

"This is a measure that echoes The American Legion's firm belief that a strong and properly funded military is vital to our nation's well being," American Legion National Commander Fang A. Wong said in response to the May 10 House vote on the

Room (around back, downstairs)

Sequester Replacement Reconciliation Act= (H.R. 5652). The measure passed by a 218-199 vote.

June 24 ~ 1PM

SMD Caucus
Post 295
Clinton, MD

"It is heartening to know that the men and women of the House, by virtue of their action, are truly concerned about the negative, possibly disastrous, effects that massive, automatic cuts in our nation's defense funding would have on our security," Wong said. "If history teaches us anything, it is that a nation unprepared for emerging threats, such as we face today, will ultimately pay a higher price in blood and treasure. House members, by and large, appear to have heeded this lesson. The act is excellent in principle and a good and necessary argument in the vital debate over our military's future."

July 5 ~ 6PM

Bethesda Big Train Non-Profit of the Night Shirely Povich Field

The measure would provide protections for the DoD budget in fiscal 2013, the first year of automatic cutbacks due to be imposed in order to reduce the federal deficit.

Cabin John Regional Park
(100 Free Tickets - Just ask - donations accepted)

Throughout its 93-year history, The American Legion has steadfastly supported a strong national defense. In a 500-word resolution originally adopted last fall and reiterated recently, The American Legion argued, in part, that "...a strong, adequately funded American military is essential for global peace and prosperity in the 21st century... leadership within the Department of Defense (DoD) has continually warned that significant reductions in defense spending pose serious risks to the future security of the United States (and) further cuts to the DOD budget will do irreversible and irreparable harm to the military capability of the United States to defend the nation." The resolution concludes, "that The American Legion demand Congress and the Administration cease all efforts to reduce the defense budget from its current level."



Sponsor this newsletter for \$300 a year or \$150 for 6 Months. Other opportunities available.

The Legion's stand against undue cuts in defense spending was recognized by Speaker of the House John Boehner, R-Ohio, in a statement following the vote. "House members... are joined by a broad coalition of veterans organizations who believe it is critical that we not jeopardize support for our troops and their families," he said. "They also know it is critical for those who take an oath to defend America (that they receive) every advantage possible and every tool available to accomplish that sacred mission."

Jobs for Maryland Veterans

Thursday is Jobs for Maryland Veterans Day! When MDVA receives notices from employers who are interested in hiring veterans, these notices will be posted in a weekly Job Board email. Please do not contact MDVA regarding any of the listed opportunities. Employers should be

The Sequester Replacement Reconciliation Act will now be considered by the U.S. Senate, where it is subject to debate and revision before a vote.

With a membership of 2.4 million wartime veterans, The American Legion was founded in 1919 on the four pillars of a strong national security, veterans affairs, Americanism, and youth programs. Legionnaires work for the betterment of their communities through more than 14,000 posts across the nation.



Post 295 Honor Guard and Color Guards

Post 295 has organized a volunteer Honor Guard /Color Guard

contacted directly. These are the postings for May 3rd.

BALTIMORE CITY COMMUNITY COLLEGE COMMUNITY JOB FAIR

Friday, May 11th

9:00 a.m. - 4:00 p.m.

Student Affairs Wing - Atrium
BCCC Job Fair

D.C. NATIONAL GUARD ARMORY JOB FAIR

SPONSORED BY JOBZONE

WEDNESDAY, MAY 16, 2012

10 a.m. - 2 p.m.

Hosted by

D.C. NATIONAL GUARD
ARMORY

2001 East Capitol Street, S.E.
Washington, D.C. 20003

- Free parking guaranteed for all exhibitors.
- Limited parking is available nearby; Metro is recommended (Metro is walking distance to the Armory).
- www.dcnationalguard.com

Job Seekers:

Pre-registration is recommended. For more info, contact JobZone 434-263-5102. To pre-register, send e-mail to

Janet.Giles@JobZoneOnline.com and attach your resume as Word document plus add "DC National Guard" in subject line.

Partial listing of employers and positions at the job fair.

[D.C. National Guard Job Fair Position Listings](#)

WELCOME HOME CELEBRATION

May 19th & 20th

8:00 a.m. - 4:00 p.m.

DC Armory

2001 East Capitol Street, SE
Washington, DC

(hereafter called a "Guard"). Members must be a member of the Post 295 American Legion family e.g., Post 295, Squardon 295 or Unit 295. A Standard Operating Procedure (SOP) has been developed and is available on the Post 295 website. The SOP defines the standards and procedures for the training, certification and use of the Color Guards and Honor Guards.

What are the differences between the Color Guard and Honor Guard?

The **Color Guard** carries, escorts, displays, posts, and recovers the national color and any other appropriate flag(s) during a ceremony. It may be armed or unarmed. A Color Guard will not fire salutes.

The **Honor Guard** performs the ceremonial function of honoring an individual or group, living or deceased, by standing guard, assisting, escorting, firing salutes, or otherwise participating in a ceremony or activity without use of the national or state color. It may be armed or unarmed. Exception: when a national or state color is a part of a funeral or burial ceremony as a casket drape or a folded veterans' flag, its handling may be a part of the responsibility of an Honor Guard.

Guards will be equipped at limited expense to Post 295. Individual members are required to purchase and care for their uniforms. At some point in the future it is planned that Post 295 will have enough uniforms available to issue.

Berets should be purchased through Post 295 to ensure uniformity,

Class A or Battledress uniform may be worn as appropriate. White pistol belt and cotton gloves may be worn with the Class A and battledress uniform. The uniform must be consistent among all member of the Guard. Bloused boots will be worn by the Guard with the Class A and battledress uniforms. The wear of bloused boots is an not an option, it is a requirement

Class A consists of US Army dress green uniform, coat and pants, [American Legion long sleeve white shirt](#), Army Brass Black Belt, bloused [black boots](#) and [black beret \(with 5 SF Flash\)](#) and balck tie. Additional items needed available from Emblem Sales; [Collar Emblems \(3 ea\)](#),

Battledress consists of Vietnam era Reproduction Type 3 or 3rd Pattern (Slanted Pockets) Ripstop Jungle Fatigue shirt and pants. Olive drab (OD) green t-shirt and OD green socks (if visible), bloused black boots and black beret. These uniform items are available [here](#).

Flag carrier devices be white in color.

The carrying of Firearms must, in all cases, be consistent with state and local civilian laws. Participation in a Guard extends no privileges to any member not otherwise granted by the law. Side arms (handguns) will not be carried. Only U.S. service rifles, M1

Welcome Home Celebration

RECRUIT MILITARY HIRING OUR HEROES

May 24th

11:00 a.m. - 3:00 p.m.

M & T Bank Stadium

1101 Russell Street

Baltimore, MD

Join the #1 job board for military veterans and their families. Sign up for FREE today!

www.recruitmilitary.com

Hiring Our Heroes

HELP WANTED? HIRE A VET!

As part of their series on veterans and jobs, Patch.com has begun posting veterans' resumes on Patch. Please check out the following link to find out how to post your resume. It lists what additional information should be included in your posting.

Contact Whitney Teal, at whitney.teal@patch.com for additional information.

[Help Wanted? Hire a Vet!](#)

VETERANS RETRAINING ASSISTANCE PROGRAM (VRAP)

The VRAP program offers 12 months of retraining assistance to Veterans who are:
Unemployed
At least 35 but no more than 60 years old
Have an other than dishonorable discharge
Not eligible for any other VA education benefit program
Not in receipt of VA compensation due to Individual Unemployability (IU)
Not enrolled in a federal or state job training program

Garands, issued by the Department of Defense Civilian Marksmanship Program equipped with blank adapters of the following patterns may be carried. In all cases all weapons carried by a Guard must be identical. Under no circumstances will firearms be carried loaded with ammunition, blank or otherwise. Magazine-type weapons will be carried without magazines. Honor Guards firing salutes will load with blank ammunition only immediately prior to firing. Immediately prior to beginning any ceremony which involves firing a blank salute, the person in charge of the Guard will personally inspect every cartridge, every magazine, and every magazine pouch to ensure that no live rounds, or magazines with live rounds, were inadvertently mixed with the blanks.

FM 22-5, Drill and Ceremony, will be the basis for all training. The manual will not be supplemented. Training may be done at any suitable location. However, drill with the use of blank ammunition will only be done on or a firing range, so as to keep the sound of firing to a minimal disturbance. At no times will firearms be discharged inside a building NRA firearm safety rules will be followed to ensure the safe handling of normal drill times, however, Guard activities may not supplant or hinder individuals' regular responsibilities.

Upon successfully completion the training needed to execute the functions of an Color Guard or Honor Guard, and participation in a successful function members will be awarded an Honor Guard Tab. On completion of five missions an a gold aiguillette will be awarded for wear on the class A uniform.



Legion/SALPost 295 Fundraiser

Contact us and we will gladly send you some tickets to sell. Here are some incentives to sell some tickets. Tickets may be purchased online using the button below. There is total of 1,000 tickets, chance of winning 1 in 500. Drawing occurs when all tickets are sold.

Legion/SAL members over 18 years of age
 - First Legion/SAL member to sell 30 tickets (not online sales)
 - gets THREE Free tickets - not transferable

SAL members 15 - 18 years of age
 - First THREE Legion/SAL members to sell 20 tickets (not online sales)
 - gets TWO Free Tickets - not transferable

SAL members up to 15 years of age

Enrolled in a VA approved program of education offered by a community college or technical school Application process begins May 15th!

VRAP Factsheet

American Legion Extension Institute now available online

The American Legion's official training program for officers, members, Legion College applicants and those who simply want to expand their knowledge of the nation's largest veterans service organization is now available online.

The American Legion Extension Institute has been rewritten, updated, streamlined and enhanced with videos, digital photos, clickable links, a historical timeline and additional features. To register and take the course, visit www.legion.org/alei. The program is designed to take less than two hours to complete. It is divided into six sections, with a quiz at the end of each, followed by a final exam.

The sections closely follow the Four Pillars of service for the organization. They include:

- History & Organization
- Veterans Affairs & Rehabilitation
- National Security
- Americanism
- Children & Youth

The online course is \$4.95 for members of The American Legion and Sons of The American

WIN



The new iPad

With the stunning Retina display.
5MP iSight camera. Ultrafast Wi-Fi + 4G LTE. 64GB

\$ 10 Donation

Chances of winning - 1 in 500



For the benefit of American Legion Post 295 Vietnam Veterans Memorial Catonsville, MD

- First SAL member to sell 10 tickets (not online sales)
- gets ONE Free Ticket (not transferable)



An Abingdon, Va., student has been named The American Legion Eagle Scout of the Year for 2012.

INDIANAPOLIS (May 9, 2012) - An Abingdon, Va., student has been named The American Legion Eagle Scout of the Year for 2012.

Jason E. Dreyzehner, 18, a senior at Abingdon High School, earned the award and a college scholarship worth \$10,000. The award was announced during The American Legion's board of directors meeting here.

The award recognizes Dreyzehner's practical citizenship at school, scouting, and his passion and commitment to community service. Dreyzehner's Eagle Scout project consisted of

Legion. The registration fee is \$9.95 for non-members. Payment can be accepted securely and conveniently on the course registration page.

The American Legion Extension Institute online training program replaces the series of printed booklets that had been printed and sold through National Headquarters.

Start Training Now

researching the location, planning, and building a commemorative marker bed identifying the site of a fort built in Abingdon by Revolutionary War Patriot Captain Joseph Black. Working with the town council, the Historical Society, the town planner and a geologist, he pinpointed the location and then designed and built a raised triangular bed made of railroad ties to closely match a current bed nearby with a steam locomotive engine at the head of the Virginia Creeper Trail. Using funds supplied by Black's descendent, David Black of Maryville, Tenn., the completed project was unveiled by Mr. Black during the Virginia Highland's Festival with dignitaries from the Town of Abingdon, members of DAR and SAR chapters in period dress, and a 21 gun salute firing a volley in memory of those men who fought for freedom in the Revolutionary War. Dreyzehner periodically maintains the landscaping with his Venture Crew which meets nearby.

Dreyzehner's commitment to community service has been recognized with the President's "Call to Service"; Lifetime Award for over 4,000 hours of community service, the President's Volunteer Service Gold Award, and the Congressional Award Gold Medal which was presented to him in 2010 on Capitol Hill in Washington D.C.

In 2007, he was awarded Scouting's National Heroism Award for rescuing a 10-year-old child in the Atlantic Ocean off of Fort Fisher Beach, N.C., who had been pulled out by a strong riptide during high waves associated with Hurricane Dennis.

Fascinated with science, technology and mathematics from an early age, he attended Space Camp at NASA in elementary school. In high school, he joined and became deeply involved with the Technology Student Association and Relay for Life, a national service project, exposing him to cancer's devastating impact on people. As a Relay for Life team captain, he learned about the disease and research efforts which led him to seek the field of cancer research as a career goal.

As an "All A Honor Roll" student, Dreyzehner placed 1st overall at the 2011 International Space Olympics in Korolev, Russia with his research project on a genetically engineered cure for cavities for use in space exploration; the competition included tests in math, physics and computer.

Dreyzehner plans to major in nanomedicine and conduct undergraduate research at the University of Virginia and to eventually become an entrepreneur, developing solutions to complex medical problems.

The American Legion also awarded a \$2,500 scholarship to Jonathan Z. Chapman, III of Germantown, Tenn.; Robert J. Kawecki of Charlotte, NC; and Sean R. Chmielewski of Salem, Conn.

The American Legion has supported scouting since its first national convention in 1919. Legion posts sponsor more than 2,500 scouting units, serving more than 68,000 young people, at a cost of more than \$1.7 million.



VA testing whether meditation can help treat PTSD

by Steve Vogel

Seeking new ways to treat post-traumatic stress, the Department of Veterans Affairs is studying the use of transcendental meditation to help returning veterans of Iraq and Afghanistan.

Veterans Affairs \$5.9 billion system for mental-health care is under sharp criticism, particularly after the release of an inspector general's report last month that found that the department has greatly overstated how quickly it treats veterans seeking mental-health care.

VA has a huge investments in mental-health care but is seeking alternatives to conventional psychiatric treatment, said W. Scott Gould, deputy secretary of veterans affairs.

The reality is, not all individuals we see are treatable by the techniques we use, Gould said at a summit Thursday in Washington on the use of TM to treat post-traumatic stress suffered by veterans and active-duty service members.

By some estimates, 10 percent of veterans returning from Iraq and Afghanistan show effects of post-traumatic stress disorder, numbers that are overwhelming the department.

Conventional approaches fall woefully short of the mark, so we clearly need a new approach, said Norman Rosenthal, a clinical professor of psychiatry at Georgetown University's medical school.

Rosenthal told the gathering that TM, a meditative practice that advocates say helps manage stress and depression, is possibly even a game-changer in how to treat PTSD.

VA is spending about \$5 million on a dozen clinical trials and demonstration studies of three meditation techniques involving several hundred veterans from a range of conflicts, including Iraq and Afghanistan. Results from the studies will not be available for 12 to 18 more months.

But Gould said he was encouraged by the results of other trials presented at the summit. Two independent pilot studies of Iraq and Afghanistan veterans showed a 50 percent reduction in symptoms of post-traumatic stress after eight weeks, according to the summit's sponsor, the David Lynch Foundation, a charitable organization founded by the American filmmaker and television director.

Results from the initial phase of a long-term trial investigating the effects of TM on 60 cadets at Norwich University, a private military college in Vermont, have shown promise, school officials said at the summit.

Students practising TM at Norwich showed measurable improvement in the areas of resilience, constructive thinking and discipline over a control group not using the method. The statistical effect we found in only two months was surprisingly large, Carole Bandy, an associate professor of psychology who is directing the Norwich study, said at the summit.

For us, it's all about the evidence, said Norwich President Richard W. Schneider, who added that he was a skeptic before the trial began.

Operation Warrior Wellness , an initiative of the David Lynch Foundation, is providing TM training to troops recovering from wounds at Joint Base Lewis-McChord in Washington state. Soldiers report dramatic improvements in sleep, according to the foundation, as well as significant reductions in pain, stress and the use of prescription medications.

Lynch, the director of Blue Velvet, Mulholland Drive and the television series Twin Peaks, is a longtime practitioner of TM. The VA is very interested in what this can do, Lynch said in a telephone interview Thursday. He acknowledged that many in the military are wary of transcendental meditation, with its New Age and mystic connotations.

Big-time, Lynch said. They're skeptical until they start hearing stories, or experiencing it for themselves.

Learn Transcendental Meditation

Studies show that TM can reduce the effects of PTSD by 50% in as little as 8 weeks. It is incredibly easy to learn and helps with everyday stress.

Contact [Ralph Emmerich](#), Center Administrator

Bethesda, MD

11300 Rockville Pike, Suite 408, Rockville, MD 20852

301-770-5690

[Read More](#)



Paid-Up-For-Life

Members who enroll in the Paid Up For Life program become, as the name implies, American Legion members for life. Through PUFL, Legionnaires pay a one-time fee to gain lifetime membership in the Legion. To enroll, Legionnaires must be in good standing and must have held a valid membership card for the current year. Post adjutants certify members' good standing before forwarding PUFL applications.

PUFL is not a discounted membership and was only established for convenience. Enrollment costs are based on two factors: applicants' age and the current annual dues of the post the applicant wishes to join. Total post dues include the department and national per capita, plus a portion retained by the post. PUFL membership fees are non-refundable.

Applications for PUFL membership must be completed and submitted to the post adjutant or finance officer. Payment should accompany the application, which the post reviews and endorses, then forwards to department headquarters. From there, the application is sent to national headquarters for final processing. Additionally, an option has been added to give the member the opportunity for automatic monthly credit card billing.

Members may still pay the full amount at the time of application.

To calculate the total cost of a PUFL membership, the member (or post officer) will need to find the monthly payment on the rate chart and multiply it by 36. Please note: The total fee must be entered on the front of the application, regardless of whether the member is paying in full or choosing the Time Payment Plan.

Each PUFL member receives a permanent plastic card, as well as an annual paper card to verify continuing membership in The American Legion. The annual card is mailed in June or July of each year. Upon request, a replacement card can be provided at no charge.

All PUFLs are processed through the Post Adjutant. Print and mail to American Legion Post 295, PO Box 690, Germantown, MD 20875.

Examples: A Legionnaire who is 50-54 would pay \$914 to be a Paid-Up-For-Life member.

A Legionnaire who is 65-69 would pay \$662.4 to be a Paid-Up-For-Life member.

[Read More](#)

American Legion Post 295, Vietnam Veterans Memorial
/ PO Box 690 / Germantown, Maryland 20875 / 2405054660

\$25



FILL OUR TABLE , 8 seats at the

Southern Maryland District Reception
for

DISTRICT COMMANDER BOB OUELLETTE

Saturday, June 2, 2012



Hosted by: Harry White Wilmer Post 82
6330 N. Crain Hwy, La Plata, MD 20646

301/934-8221

www.alpost82.org

Purchase your ticket here.

Offer Expires: Purchase by May 20th

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