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# THE RISING STAR

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DISNEY-BELL POST 66 NEWSLETTER

OCTOBER 1, 2004

## The Listening Cure

On September 5<sup>th</sup>, the Washington Post carried an article by Paula J. Caplan titled, "For Anguished Vets, the Listening Cure". I will take the liberty of borrowing from her article to share her thoughts with you.

The item begins with a story about "Robert" who, in his late twenties, joined the Army Reserves in 1996. His duties were not too demanding until 9/11/01 when his life was totally disrupted. First assigned to airport duty, eight months later he was assigned to Kabul. Six months later he returned home to discover that people around him acted like he never left. His feelings of turmoil were only made worse by an uneasy sense that he had no right to his discomfort, as his unit received hostile fire only once.

Feelings of despair filled his days and his sister suggested a therapist. After all,, we sent many Viet Nam and Gulf War vets to shrinks to heal all wounds. We, as a nation, have not yet realized that although therapy clearly helps some soldiers, there is only so much emotional damage from war that can be easily mended. "Simply sending frightened, angry soldiers off to therapists conveys disturbing messages: that we don't want to listen, that we're afraid we're not qualified to listen, and that they should talk to someone who gets paid to listen."

According to U.S. Army reports, the suicide rate for American soldiers in Iraq is 17.3 per 100,000, nearly five times the rate for Gulf War and 11 percent higher than for Viet Nam. Clearly, the emotional consequences of this war are high.

The tremendous chasm between life in the states and life on the war fronts, be it Iraq or Afghanistan, have made relationships between soldiers and loved ones difficult, at best. The Army increased its counseling programs after three soldiers back from

Afghanistan were accused in 2002 of killing their wives. The pain of having their children not recognize them on their return to the States has been more than many have been able to handle.

We need to let returnees say they were scared and let them know that's not crazy. We must also allow them to tell proud war stories when they want to. When they wish to talk, we must find non-psychiatric, not-pathologizing opportunities for them to do so openly, while also supporting them if they chose to see a therapist.. And when they need silence, we must respect that, too."

Far too many soldiers in need of therapy do not seek treatment or feel that it may harm their careers. A full 65% felt that to do so would make them seem weak. Realistically, these barriers to therapy won't be overcome any time soon. So we citizens, especially we veterans, must accept the social responsibility of telling returnees not only that we will listen, but that we will listen for as long as they want to talk about their experiences over there and their lives back on the home front.

Ms. Caplan closes her article with the following: "If we fail to do this, then we become complicit in concealing some of the war's most devastating consequences. And to refuse to face these fully is to increase the chances that we will go to war again."



### 2005 Dues Reminder

On October 1, 2004, National began sending the second 2005 dues renewal notice to all members of the Department of Maryland whose dues have not been received and processed by the August 2004 cutoff date. If you have paid your dues and have your 2005 membership card, you should ignore the renewal notice. If you have not renewed, now is the time to do it. The cutoff date for the third mandatory mailing is November 10, 2004. That is, your renewal must have reached National and been processed by them before November 10<sup>th</sup> to prevent a third notice from being sent. Also, remember that November 11<sup>th</sup>, Veterans Day, is the cutoff to qualify as a Post 66 "Early Bird" and be eligible to attend the Early Bird dinner on November 20.

James L. Pritchett, Jr.  
Adjutant



## We're Back!

**T**he 2004-2005 Turkey Shoot season is here and begins Sunday, October 24<sup>th</sup> at 9:00 a.m. and we are all set for another great year. Super Shoots, Winner-Take-All Pots, Scatter Shots and some other ideas we haven't even thought of yet. And, naturally, there will be hundreds of pounds of turkeys, hams, bacon and probably even those Girl Scout cookies we love so much. And, while the cost of living continues to rise, along with gas prices and taxes, the cost for a shoot package of 18 shoots is still only \$50. This price hasn't changed in six years. And, you may preregister by signing up at the bar anytime during the week before the shoot. Sign-ups on the day of the shoot begin at 8:00 a.m.. The Auxiliary will be serving breakfast



Post 66  
Monthly Meeting  
Wednesday, October 27  
7:30 p.m.

(also starting at 8:00 a.m.) and lunch with their world famous homemade soups. Even if you don't shoot, you can't beat a great breakfast for a fantastic price.

Clean up your shotguns and break out your long johns and join us for a great time. In case of inclement weather, call the Post at 301-464-5425 for cancellation information. Oh never mind...we never cancel shoots.



## Unit 66

## Report

**A**lthough we did not attend the National Convention, from August 28<sup>th</sup> to September 2<sup>nd</sup> Toni King, Juanita Thompson and I drove to Nashville, TN to see Sandi Dutton from Greenbelt Post 136 installed as National President for the year 2004-2005. The Maryland Delegation was well represented and we all marched in together to see Sandi take her oath of office. Later that afternoon we attended a reception in the Magnolia Ballroom and lots of pictures were taken. We ran into Anna Thompson several times who, as usual, was working very hard on making this a success. Congratulations to Sandi Dutton whose theme is "Catch the Wave."

The theme of the Americanism Essay contest for this year is "My Letter to a Person in the Armed

Services.” The school children will soon be working on these and after judging they will receive their awards at the Unit, District and Department level. More on this later.

On September 18th, Toni King, Betty Mullen and I traveled to Charlotte Hall for their annual carnival. The theme this year was "A Salute to the Armed Services" and we had lots of veterans coming through to play the games and receive their certificates and money. Each even got a pair of socks. It is always nice to see so many ROTC students there to help out.



Auxiliary Monthly Meeting  
Wednesday, October 20  
7:30 p.m.

Fall Conference is on October 22, 23 and 24th at the Holiday Inn Select in Timonium MD. This has always been a learning experience and all the Units throughout Maryland attend. Going from Unit 66 will be Linda Healy, Toni King, Anna Thompson, Juanita Thompson and Priscilla Sprehe. I will report on the meetings in the November newsletter.

On October 30th the Halloween Party for the children will be from 3:00-5:00 p.m.. There will be games, prizes on costume judging and a "haunted house." Refreshments will be served. This will be jointly hosted by the American Legion Auxiliary and DAV Auxiliary.

The Unit has decided to hold another craft bazaar this year on November 6, 2004 from 9:00 a.m. to 4:00 p.m.. Set up time will be 7:30 a.m.. I will be taking the calls so if you would like to rent a table (\$25.00) please call me at 301-262-4733 and I will see that an application is sent to you.

On October 8th, our Friday night dinner will be lasagna, Italian bread, salad, ice cream and cookie.

Priscilla Sprehe, President

Friday Night Dinner  
Schedule and Menu  
October 2004

October 1st (**Honor Guard**)  
Grilled Steak (Cooked to Order) Baked  
Potato, Salad and Dessert (\$10.00)

October 8th (**Auxiliary**)  
Lasagna, Salad, Bread, Dessert (\$8.00)

October 15th (**SAL**)  
Pork Chops, Potatoes, Veggies, Dessert  
(\$8.00)


October 22nd (**Honor Guard**)  
Oktoberfest (\$8.00)

October 29<sup>th</sup> (**Honor Guard**)  
Tacos (\$8.00)

All dinners are served from 6:30 to 8:00 pm.  
"Doggie" bags provided. Call Post for  
reservation Wednesday before dinner.

Thought for the Day

Life is not a journey to the grave... with the  
intention of arriving safely in a pretty and  
well preserved body, but rather... to skid in  
broadside, thoroughly used up, totally worn  
out, and loudly proclaiming -- WOW -- **What  
A Ride!**

| Sun   | Mon   | Tue       | Wed   | Thu       | Fri   | Sat  |
|---|---|-----------|---|-----------|---|--|
| <h1>October 2004</h1>                             |   |           |   |           | <b>1</b><br>Honor Guard<br>Steak Dinner<br>6:30 - 8:00 p.m.<br>\$10.00          | <b>2</b>   |
|   |   |           |   |           | <b>3</b>  | <b>4</b>   |
| <b>10</b>   | <b>11</b><br>SAL Meeting<br>7:30 p.m.<br><br>PGCC Mtg.<br>Post 136<br>7:30 p.m.     | <b>12</b> | <b>13</b><br>Executive<br>Committee<br>7:30 p.m.<br>USN Est.<br>(1775)      | <b>14</b> | <b>15</b><br>SAL Pork Chop<br>Dinner<br>6:30 - 8:00 p.m.<br>\$8:00              | <b>16</b><br>SAL Crab<br>Feast   |
| <b>17</b><br>SMD Meeting<br>1:00 p.m.<br>Post 226 | <b>18</b><br>November<br>Newsletter<br>Items Due                                    | <b>19</b> | <b>20</b><br>Auxiliary<br>Meeting<br>7:30 p.m.                              | <b>21</b> | <b>22</b><br>Honor Guard<br>Dinner<br>Oktoberfest<br>6:30 - 8:00 p.m.<br>\$8.00 | <b>23</b>  |
| <b>24</b><br>Turkey Shoot<br>9:00 a.m.            | <b>25</b>   | <b>26</b> | <b>27</b><br>Post General<br>Membership<br>Meeting<br>7:30 p.m.<br>Navy Day | <b>28</b> | <b>29</b><br>Honor Guard<br>Dinner<br>Tacos<br>6:30 - 8:00 p.m.<br>\$8.00       | <b>30</b><br>Children's<br>Halloween<br>Party<br>3:00 -5:00 p.m.<br><br>Re-Set Clocks? |
| <b>31</b><br>Turkey Shoot<br>9:00 a.m.            |  |           |   |           |   |  |

| Sun                                    | Mon                                  | Tue  | Wed   | Thu  | Fri   | Sat  |
|--|--------------------------------------|--|---|--|---|--|
| <h1>November 2004</h1>                 |                                      |  |   |  |  |  |
|  | <b>1</b>                             | <b>2</b><br>Election Day                   | <b>3</b>  | <b>4</b>   | <b>5</b><br>Honor Guard<br>Steak Dinner<br>6:30 - 8:00 p.m.<br>\$10.00              | <b>6</b><br>Auxiliary Bazaar<br>7:30 a.m. - 4:30<br><br>SAL<br>Comedy Nite<br>7:00 -<br>10:00 p.m. |
| <b>7</b><br>Turkey Shoot<br>9:00 a.m.  | <b>8</b><br>SAL Meeting<br>7:30 p.m. | <b>9</b><br>Berlin Wall<br>Opens<br>(1989) | <b>10</b><br>Executive<br>Committee<br>7:30 p.m.                | <b>11</b><br>Veteran's Day<br>Ceremony<br>11:00 a.m.<br>Bowie Veterans<br>Park | <b>12</b><br>Auxiliary Dinner<br>Chili Dogs<br>6:30 - 8:00 p.m.<br>\$7.00           | <b>13</b><br>Shrimp Nite<br>6:30 - 8:00 p.m.<br><br>Viet Nam<br>Memorial Ded.<br>(1982)            |
| <b>14</b><br>Turkey Shoot<br>9:00 a.m. | <b>15</b><br>Newsletter<br>Items Due | <b>16</b>                                  | <b>17</b><br>Auxiliary<br>Meeting<br>7:30 p.m.                  | <b>18</b>  | <b>19</b><br>SAL Dinner<br>Roasted<br>Chicken<br>6:30 - 8:00 p.m.<br>\$8.00         | <b>20</b><br>Early Bird<br>Dinner<br>5:00 - 7:00 p.m.  |
| <b>21</b><br>Turkey Shoot<br>9:00 a.m. | <b>22</b>                            | <b>23</b>                                  | <b>24</b><br>Post General<br>Membership<br>Meeting<br>7:30 p.m. | <b>25</b><br>Thanksgiving  | <b>26</b><br>Honor Guard<br>Dinner<br>Spaghetti<br>6:30 - 8:00 p.m.<br>\$7.00       | <b>27</b>  |
| <b>28</b><br>Turkey Shoot<br>9:00 a.m. | <b>29</b>                            | <b>30</b>                                  |   |  |   |  |



American Legion  
Disney-Bell Post 66  
9605 Old Laurel-Bowie Road  
Bowie, MD 20720  
Tel: (301) 464-9814  
Fax: (301) 805-6832  
Website: [www.alpost66.org](http://www.alpost66.org)

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**Turkey Shoots Return!**  
**Sunday**  
**October 24, 2004**  
**9:00 a.m.**

**Sign-Ups Begin October 16**  
**18 Shots/\$50**