



Arnold Greenwood Post 8349

Volume: 2

26 River Street
Methuen, Ma. 01844
(978) 687-9465

Issue: 1

January 2009

Newsletter

Post Officers 2008—2009

Commander	Ebb Morris
Senior Vice Commander	Randy McCrillis
Junior Vice Commander	Steve Paine
Quartermaster	Henry Dube
Adjutant	Frank Shimko
Officer of the Day	George Laverrier
Judge Advocate	Bob Franz
Guard	Bushy Abdallah
Chaplain	Angus McPherson
Surgeon	Nick Varitmos
Trustee 1 Year	R. Emond
Trustee 2 Year	B. Dufresne
Trustee 3 Year	R. Alcamisis

Board of Directors

Chairman	Ebb Morris
Treasurer	Henry Dube
Clerk of the Board	Frank Shimko

Board Members

David Trask
Ray Becotte
Arthur Goulet
Bob Christenson
Bob Franz
George Laverrier

Other Positions

Ladies Auxiliary President	Elli Shimko
Bar Manager	Paul Cuniff
Chairman Club 8349	Jill Morris
Newsletter Editor	Ebb Morris

For hall rental Please contact our Bar Manger at
(978) 687-9465.

WELCOME!

I hope everyone had a Very Merry Christmas/
Happy Holidays! Hopefully your New Year is starting
out well despite the current economy.

I would like to wish everyone the Best of New
Years, and I look forward to seeing everyone at the "V".

Thank You for your time and support!
Ebb

NOTICE !!

Due to the touch economic times for all we will be stop-
ping the Karaoke on Thursdays indefinitely. If things do start to get
better, we will re-visit the idea of starting Karaoke back up on
Thursday.

Thank You for understanding.
Ebb

Voice of Democracy

Every year the VFW Sponsors a program call the Voice of
Democracy. This involves the High School students from the local
schools. Angus McPherson is the Committer Chairman for this
event and has been doing an outstanding job for a number of years
now.

Created in 1947, the Voice of Democracy (VOD) scholar-
ship program is an audio-essay contest for high school students in
grades 9-12 that annually provides more than \$3 million in scholar-
ships. The first-place winner from each Post, who competes with
all the first-place VFW Department winners, receives a \$30,000
scholarship that is paid directly to the recipient's American univer-
sity, college or vocational/technical school.

This year our Post winners were:

Meghan A. Obrien	1st Place
Bethany G. Dyer	2nd Place
Grace M. Hajj	3rd Place

Our First Place winner with her parents was able to attend
the Banquet on January 4th with Angus and Joyce C. Our winner
did not place at the State competition.

You can go to:

<http://www.vfw.org/index.cfm?fa=cmtty.level&did=150>

For more information about the Voice of Democracy.

If you have any questions about this program, you can see Angus
or any post officer for more information.



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Post Happenings!

This is where you will find events listed that are happening at/for our Post. So mark your calendars so that you can attend all of them. Look forward to seeing every one there.

B.O.D. Meeting	February 2, 2009	7:00 pm
Bean Supper	February 7, 2009	4:30 pm till 6:30 pm
Auxiliary Meeting	February 12, 2009	7:00 pm
Post Meeting	February 19, 2009	7:00 pm
Four Chaplains Sunday	February 1, 2009	10:00 am
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B.O.D. Meeting	March 2, 2009	7:00 pm
Bean Supper	March 7, 2009	4:30 pm till 6:30 pm
District 10 Meeting—Swampscott	March 8, 2009	1:30pm
Auxiliary Meeting	March 12, 2009	7:00 pm
St. Patrick's Day Dance	March 14, 2009	7:00 pm till 11:00 pm
Post Meeting - Nomination of Officers	March 19, 2009	7:00 pm
Penny Social	March 28, 2009	6:00 pm
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Bean Supper	April 4, 2009	4:30 pm till 6:30 pm
B.O.D. Meeting	April 6, 2009	7:00 pm
Auxiliary Meeting - Nomination and Election of Officers	April 9, 2009	7:00 pm
Election of Officers	April 16, 2009	10:00 am till 7:00 pm
Post Meeting	April 16, 2009	7:00 pm
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Bean Supper	May 2, 2009	4:30 pm till 6:30 pm
District 10 Meeting—Methuen	May 3, 2009	1:30 pm
B.O.D. Meeting	May 4, 2009	7:00 pm
Auxiliary Meeting	May 14, 2009	7:00 pm
Post Meeting	May 21, 2009	7:00 pm
Installation of Officers	May 23, 2009	7:00 pm

Meat Raffle every Saturday 2:00 pm till 4:00 pm

Friendly Reminder to All Members

Just a short reminder to all. When you come to our Post, you are required to have your membership card with you. The white card you were given is only a key card. It is not proof of membership. **ALL** members, VFW, Ladies Auxiliary, and Club 8349 are required to have their membership card on you when you come to the post. If you do not have it on you, you will need to be signed in by another member. There are no exceptions to this rule. We are required by Massachusetts Liquor Commission to follow this rule. Also if you sign in a guest, your guest must leave when you do, unless they can get another member to sign them in. Thank You for your continued support of our Post.

Respectfully, your Commander, Ebb Morris



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Honor Guard News

In October the V.F.W formed a new post Honor Guard. It has been an honor to perform services at the rededication of the Lawrence Vietnam Veterans Memorial in October 2008, then marching in the Veterans day Parade in November 2008, Methuen Santa Parade, Haverhill Santa Parade, and ending the year representing the post in the Salem, N.H. Christmas Parade winning 1st place in the Honor Guard category. The group consisting of Quartermaster Henry Dube, volunteer special events coordinator Dave Goulet, new post members Alex McCann, Ben McCann, Bo Walters, Dan Cotnoir and myself Senior Vice Commander Randy McCrillis. This group of guys has come a long way in a short amount of time, drilling regularly, on a weekly basis, and the improvements show. After a short break in January, we will begin working on funeral details in February. We would like to express our thanks to the post for providing the new uniforms they look very sharp!

Respectfully,
Randy McCrillis
Senior Vice Commander

Energy Saving Tips for your home this winter.

There are always different ways to save on your energy costs at home. Many are not very expensive to do and can be done by most home owners themselves. Here are a couple of ideas.

One energy saving thing you can do is to hang heavy curtains over your windows and doors. This will help to reduce the cold draft coming in around the doors and windows.

You can save some money on lighting by using the energy efficient compact fluorescent bulbs. They put out more light for less watts used. Also there are now some newer type bulbs using the LED type lights. These are much cheaper to use than regular bulbs. You see these currently being used more and more in your automobile lights. They use less electricity, are usually brighter and last much longer than regular or fluorescent bulbs.

If you have any energy saving tips of your own, please let me know and I will put them here. In these times of high energy costs and hard economic times, we can all use some help to save money.

You can also ask your energy company, N-Star, Bay State Gas, National Grid, ect., to inspect your home and help provide tips to reduce your energy costs. This is a free service by most of these companies. They have many programs that can provide some free energy saving products and ways to help reduce your cost of purchasing energy efficient heating and cooling systems. For those that are renting, you can still have this service and it may be free to you and your landlord. Contact your energy service for more information.

You can go on-line to many websites such as: <http://www.home-energy-saving-tips.com/energy-saving-tips.html> or <http://www1.eere.energy.gov/consumer/tips/> for more energy saving tips.



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Sick List

This is where I will post any information about any of our members who are sick. We can all use a little company when we are feeling down. You will also find more current information posted on the sick call board inside the Post. It is located on the wall to the right as you come in the main entrance about 15 feet inside the door.

Jack Baker	Wingate Nursing Home, Haverhill, Ma.	Room 14
Roger Becotte	Lawrence General Hospital	Room 509
Marge Sweeny	Lawrence General Hospital	

Free Nicotine Patches For Vets

For Veterans trying to kick the cigarette habit, now is the time!

A new veteran smoking-cessation program, launched by the state's Joint and House Senate Committee on Veteran's Affairs, provides a free four-week supply of nicotine patches.

During World War II, the Korean War and the Vietnam War, it was standard practice for soldiers to receive cigarettes in their rations. As a result of this practice, and other addiction risks, "veterans are disproportionately affected by smoking-related illnesses," according to the Department of Veterans Affairs. In Massachusetts, approximately 24 percent of the veteran population smokes—more than 100,000 veterans.

All Massachusetts veterans, National Guard members and families are eligible for the free nicotine patch program, which is sponsored by the Massachusetts Department of Public Health in collaboration with the state's Department of Veterans Services.

The nicotine patch giveaway program will run through June 30.

For additional information about the Quit Smoking Initiative, call 1-800-TRY-TO-QUIT or visit www.makesmokinghistory.com.

This article was in the Methuen Life paper dated, January, 2009, on page 42.

DVDs4VETS

If you would like to donate DVDs to our Veterans, we have two ways to participate. You can send your DVDs directly to DVDs4Vets or to the nearest VA facility to you. Donations received at our office will be forwarded to the VA facility nearest the donor location, or to the facility where the need is greatest, unless otherwise requested by the donor. We will make every effort to accommodate special requests.

Portable DVD players are greatly appreciated.

To be listed on our Honor Roll, we request your donation be sent to the DVDs4Vets office.

We suggest using USPS Media Mail as this is the least expensive shipping method.

DVDs4Vets
173 Halstead Avenue
Harrison, NY 10528
(914) 835-3673 or dvds4vets@aol.com

The website is: <http://dvds4vets.org>

If there is anyone interested in donating a DVD player or DVD movie for this cause, please see Ebb



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Veteran Services

Feel Free to keep this posted at home so that you will have these numbers when needed. Contact your local Veterans Service's office for any specific questions you may have. Their numbers are below. All of these Service Officers will be glad to help you.

Methuen Veterans' Services Office Website: http://www.ci.methuen.ma.us/	Contact: Thomas Hargreaves Click on "City Departments" Then select "Veterans Services"	978-983-8585
Lawrence Veterans' Services Office Website: http://www.cityoflawrence.com/Pages/index	Contact: Francisco Urena Click on "City Departments" Then select "Veteran' Services Department"	978-620-3282
Haverhill Veterans' Services Office Website: http://www.ci.haverhill.ma.us/	Contact: Michael Ingham Click on "Departments" Then select "Veterans Services"	978-374-2351 x32
Andover Veterans' Services Office Website: http://andoverma.gov/	Contact: Michael Burke Click on "Department Directory" Then select "Veteran's Office"	978-623-8218
North Andover Veteran's Service Office Website: http://www.townofnorthandover.com/Pages/index	Contact: Edward Mitchell Click on "Town Departments" Then select "Veterans Services"	978-688-9525

Veterans Administration Website: www.va.gov

Haverhill Outpatient Clinic	108 Merrimack Street, Haverhill, Ma	978-372-5207
Lowell Outpatient Clinic	130 Marshall Road, Lowell, Ma	978-671-9000
Bedford VA Hospital	200 Springs Road, Bedford, Ma	800-422-1617 or 781-687-2000
Manchester VA Medical Center	718 Smyth Road, Manchester, NH	800-892-8384 or 603-624-4366

Massachusetts State Veterans Online Information www.mass.gov Click on Residents Tab, then go down to Veterans link. Lots of good information for Veterans.

Veterans of Foreign Wars Website:	http://www.vfw.org/
American Legion Website:	http://www.legion.org/
Disabled American Veterans (DAV) Website:	http://www.dav.org/

If you know of any other website or office that helps Veterans, please let us know and we can publish it here.



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Entertainment

We have Karaoke every Friday and Saturday nights. I will list who is scheduled to be here listed in this section. Please remember that sometimes our Karaoke Hosts have to cancel and someone else will fill in. If there is a change, it will be posted in the club. See the board for each weekends Hosts.

January 23	Bob & Gayle	February 6	Richard	March 3	Joe H.
January 24	Joannie	February 7	Richard	March 4	Joannie
January 30	Joannie	February 13	Dave G.	March 10	Bob & Gayle
January 31	Bob & Gayle	February 14	Dana	March 11	Joe H.
		February 20	Ebb	March 17	Joannie
		February 21	Dave G.	March 18	Joe H.
		February 27	Richard	March 24	Ernie
		February 28	Richard	March 25	Bob & Gayle

Social Network Links Vets

There is an article in the January 2009 issue of the VFW magazine (page 8) about an online social Web community for veteran's, their families, and supporters. It is called *MyVetwork*. It is a non-profit site.

It is a free online information exchange. It can be used for social interaction, professional networking and mentoring.

Taken from the website:

"MyVetwork is our community--open to active duty, retired, and veteran, and to our families, friends, and supporters--where we help each other navigate our world every day of the year."

This site also has a job list posting where an employer may look for veterans to fill positions they have and for those who are looking for employment. As we all know many employers like hiring veterans because most veterans are very responsible employees and normally show up to work on time. The military has made many an individual a much more responsible and dependable individual.

The website is: <http://www.myvetwork.com/>

Check out the article in the January 2009 issue of the VFW Magazine on page 8.

If you wish to have a Veterans related article published in this newsletter, please submit it to a Board of Directors Member or the Editor Ebb Morris. It will be reviewed and if acceptable published in the next newsletter. The articles can be about benefit changes, health issues, VFW information and/or service changes, or anything that will affect/help veterans. This is your newsletter and we can use it to help get the word out to our members.

Also if you would like to have this newsletter e-mailed to you, please give your e-mail address to me and I will e-mail it to you.

Thank You for all you do!! Ebb