

Commander's Message.

Happy New Year to One and All

First of all I hope all Legionnaires and their families had a joyous and safe Holiday Season.

The Trim the Tree Party was well attended and so was the Ladies Auxiliary Christmas Party. I do believe that everyone enjoyed themselves, I know I did. Thanks to the Steward for the excellent food and to the Auxiliary for their food.

I wish to take this opportunity to thank the Volunteer Workers who have helped this past year. Lets hope we can get a few more new ones this coming year.

During the Holiday Season everyone is friendly and feeling good. Let's extend this feeling out for the whole year.

I also wish to thank my Officers and Committees for a job well done. Please keep up the good work for the rest of the year 2003.

Read your newsletter to see what's happening at the Post....Lets all work together.

Very Sincerely, Charles L. Rummel, Commander.

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1st Vice Commander's report:

Welcome to New Members and Transfers since the last newsletter.

John J. Szmanski, Edward A. Rodier, Robert LeMay, Raymond L. Reed Jr., Glen A. Reely, James L. Shore, Stanley M. Arnold, R. Hunter Phillips, Thomas Foley.

As of this writing we have (666) paid for 2003.

Keep up the great work, Frank Hoover, 1st Vice Commander.

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Service Officer's Report.

SICK CALL Get well and speedy recovery wishes go out to all on our sick call list since our last newsletter.

George Webb, Mary McNulty, Kathy Debee, Chubby Hastings, Mrs. Ed Sacha, Seymour Bridge, John Sauer, William Russell, Dan Burkhardt, Jim Lampe, Charles Clarke, Elmer Muth, Mike Cover, Martin Price, Ronald Smith, George Bert Cropper, Cliff Tompkins, Charles Sewell, Charles Rummel, Herb Miracle, Larry Smith, John Nichols & Joe McNulty.

After each newsletter we get calls asking us why so & so was not mentioned in the newsletter as they had been ill or in the hospital? I say again to you all, If we do not know about it we can't respond. Please have a family member or a friend call us, my number is 1-302-436-4010. Or call the Legion and leave me a message 410-289-3166.

Legionnaires or members of their families who have been transferred to Post Everlasting since our last newsletter. Edward D. Tatum, Cyril S.

Turner, John H. Bunting, George Ambrose, Douglas Johnson, William F. Griese Jr. Kenneth E. Hermann, Robert M. Cremen, & Mrs. John Staley.

Our most sincere sympathy to their Families & Friends. For God and Country, Ed George, Service Officer.

Special Notice; If you have not paid your 2003 dues by the time you receive this newsletter you are a delinquent member. Your 2002 card is NO LONGER VALID. You have 30 days to pay 2003 dues before you are dropped from the membership rolls.

Joe's Corner. VA Maryland Health Care System News!

One of the goals of the Staff of the VA health care system is to provide safe medical care to our veterans. The most important thing you can do to promote safe medical care is to be involved in decisions about your health.

Take part in every decision about your health care. Ask questions; understand your treatment plan.

Tell the Doctor about all the medicine you take, not just prescriptions but over-the counter medicines, vitamins and any herbal products.

Be sure you clearly understand how to take any medicine prescribed and how long you must take it. Ask if you should avoid any types of food or drink.

Make sure your Doctor knows about any allergies.

When you pick up your medicine read the entire label so if you have any questions you can ask the pharmacist right then.

If you are in the Hospital consider asking all health care workers who have direct contact with you whether they have washed their hands.

This may save you from a serious infection.

Speak up if you have questions or concerns, you have a right to question anyone involved with your care!

Know that more is not always better; ask why a test or treatment is needed and how it can help you.

Learn about your condition and treatments.

No matter who is taking care of you the buck stops with you, your health care is your responsibility, be totally informed.

I usually attend all Legion meetings and would be glad to help any of my fellow Veterans, if I don't know what you need to know, I will send you to someone who does. A Happy and Healthy New Year to all, your fellow veteran, Joe Sangermano.