



THE AMERICAN LEGION FIRST

UTICA POST 229 CALL!

ANTHONY PALLADINO, COMMANDER

MARCH 2011

JACK LAPAGLIA, MEMBERSHIP

POST MEETINGS ARE FIRST THURSDAY OF THE MONTH AT 7:30 P.M. (OPTIONAL DINNER AT 6:15)

WELCOME ABOARD NEW MEMBER!

Robert Derosa

INSIDE

Commander's Call	2
Membership Update	2
Pasta Dinners in March	2
March Dinner Dance	2
Chaplain's Corner	3
Mid-Winter Conference	4-5
Nominating Committee	6
Bingo Report	6
Auxiliary President	7
Dept. President's Project	7
Valentines for Troops	7
Auxiliary Membership	7
Troops Like Gifts	8

MARCH

- 1 Bingo, 6:30 pm
- 2 Bloodmobile, noon-5
- 3 Post Meeting, 7:30 pm
Post Dinner, 6:15 pm
- 5 Dinner Dance, 5:30-12
- 8 Bingo, 6:30 pm
- 14 Vietnam Vets of Am., 1
- 15 Bingo, 6:30 pm
- 16 Bloodmobile, noon-5
- 17 Executive Board, 7 pm
- 19 DAV, noon
- 22 Bingo, 6:30 pm
- 23 Pasta Dinner, 4:30-7:30
- 29 Bingo, 6:30 pm
- 30 Pasta Dinner, 4:30-7:30

APRIL

- 5 Bingo, 6:30 pm
- 6 Bloodmobile, 12-5 pm
- 7 Post Meeting, 7:30 pm
Post Dinner, 6:15 pm

MISSION HELPS VETS



Rev. Bill Dodge

The February post meeting featured the Rev. Bill Dodge of the Rescue Mission of Utica, who spoke of the mission's work with veterans and others in need -- plus an awards presentation thanking Burger King and Byrnes Dairy for support of the Children's Christmas Party. PAGE 3.



A FEW HIGHLIGHTS FROM FEBRUARY MEETING



Albert Alteri
Praised Legion's partnership with USAA, which can save members money.



Dave Manore
Appealed for more adult and youth involvement in Cub Pack; hope to eventually start Scout Troop.



Vincent Zaleski
Circle April 14 on the calendar for the Scholarship Spaghetti Dinner at the Post.



Paul Wojcik
Appealed for volunteers to join the Memorial Day Committee to plan the parade and wreath-laying.

VETERANS LOOKING FOR BIGGER MEMORIAL DAY PARADE

Organizers are looking to increase the size of Utica's Memorial Day Parade.

"We are inviting organizations to join us in remembering those who sacrificed their lives in service of their country," said Memorial Day Committee

Chair Paul Wojcik.

The annual parade is set for 2 p.m. Monday, May 30. It is co-sponsored by the City of Utica and Utica Post 229. The parade's theme is: "Honoring Our Past to Ensure Our Future: A Grateful Nation Remembers."

Interested participants may contact Wojcik at 315-735-7938, or Committee Secretary-Treasurer Joe Fraccola at 315-794-5296. Interested parties may also contact the committee via email at parade@uticapost229.org.



JACK LAPAGLIA

Have you renewed your membership yet for 2011?

We hope so, because if you haven't, you've been suspended from the post activities. The suspension will continue until June 30. At that time you will be dropped from the rolls.

Are you one of the few who are saying WHAT?! If you are, send in your dues now. Remember, it's not the price you pay to belong; *it's the price you paid to be eligible to belong!*

HAVE YOU given out any membership applications to those you know who were in the military? What's that you say? You don't have any applications?! If you need one or two, call us, email us. We'll get them out to you STAT. You can also go online to uticapost229.org.

Questions? Leave me a message at 793-9377 or email me at jack.lapaglia@uticapost229.org.

FINALLY, to all those who helped us attain 100%, *thank you!*

For God and Country.



Jack LaPaglia

COMMANDER'S CALL

ANTHONY PALLADINO



We have members who primarily show their support through their annual membership dues.

We really appreciate your support and your pride in being a member of The American Legion.

If you get a chance, please feel welcome to attend some of our events and activities – even an occasional monthly dinner meeting. We like to see members get involved, bring their suggestions forward, and enjoy a great meal to boot.

I WOULD LIKE to extend a sincere thank you to the Rev. Bill Dodge for spending some time with us in February and giving a

briefing on what the Rescue Mission of Utica does for veterans and others in need. It's amazing to see all the good work that the Rescue Mission does. The number of people they assist is impressive, and one little statistic rang loud for both post and auxiliary members – that 67 percent of women seeking help there were veterans.

A HEARTY thank you goes out to **Byrne Dairy** and **Burger King** for their support of our children's parties. As the Legion, we're grateful to be able to partner with the community for the benefit of children (especially since children and youth are one of the Legion's four pillars).

WE'RE ACCEPTING nominations for Oneida County Senior Legionnaire of the Year. Please send your nominations for oldest member of our post to my attention at the post (409 Herkimer Rd., Utica, NY 13502), or via email to tony.palladino@uticapost229.org. Include nominee's date of birth.

A FEW dates for March:

- 3/9 Ash Wednesday,
- 3/13 daylight savings time,
- 3/17 St. Patrick's Day,
- 3/20 spring begins.

PLEASE keep our military and their families in your prayers.

Until next time... *for God and country.*

All-You-Can-Eat Pasta On March 23 and 30

ENJOY FEAST AND HELP NJROTC & BALL TEAM, TOO

Pasta dinners will be featured at the post on **Wednesday, March 23, and Wednesday, March 30. They will run from 4:30 to 7:30 p.m., featuring all-you-can-eat pasta, plus a serving of salad, meatballs, and dessert. The cost is \$7 for adults and \$4 for children 12 and under. Extra meatballs are \$1.**

Notre Dame High School Navy Jr. ROTC cadets will serve and benefit from the March 23rd dinner, and the post's Legion Baseball Team will serve and benefit from the March 30th dinner.

NOTE: The pasta dinner originally scheduled for March 9 was rescheduled to March 30 to avoid conflicting with Ash Wednesday.

DINNER DANCE IS MARCH 5

Give you sweetheart a night out at Utica Post's Dinner Dance on Saturday, March 5. It all starts at 5:30 p.m., with open bar and hors d'oeuvres. An Italian buffet starts at 7. Dancing is 8 to midnight, with music by Jeff Glatt.

The cost is \$18 per person. For reservations, contact event chair Rose Coniglio at 735-9091.

GIVE BLOOD

The American Red Cross bloodmobile is at Utica Post 229 every first and third Wednesday of the month from noon to 5 p.m.

RESCUE MISSION HELPS VETERANS IN NEED

Combat veterans are among those receiving help at the Rescue Mission of Utica, Executive Director Rev. Bill Dodge told post and auxiliary members during their monthly dinner meeting Feb. 3.

“Some are in the mental health program. Some are in the Emergency Shelter. Some are in the Addictions Crisis Center. Some are in the Parker House residential treatment program. Others are in the Representative Payee Program” (which provides bill-paying and care management services for people unable to manage their financial affairs).

In fact, he noted, the case manager working with 40 veterans in the Rep Payee Program is a combat veteran himself.

“We are happy to do it,” Rev. Dodge said, “because people coming to us who served their country have an on-going need.”

Typically, one third of people seeking help at Rescue Missions across the country



Rev. Bill Dodge

are veterans, he said, adding that a recent one-day survey at the Utica Mission showed that 13 percent of the men there that day served in the Armed Forces, and 67 percent of the women seeking help were veterans.

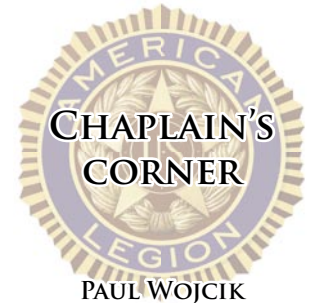
Noting that the post may serve 70 or 90 meals on the monthly meeting night, he said the Rescue Mission served 850 meals at Thanksgiving and 900 meals on Christmas Day.

“We served 130,000 meals last year,” he said. And in December alone, he added, they provided 2,800 food box meals to struggling families in the community. Last year

the mission also provided 20,000 nights of lodging and care to those facing homelessness, and assisted over 1,000 men and women in their battle against substance abuse.

“I’m here with you tonight to thank you (for the Legion’s cash and food donations) because when you help the Rescue Mission, you are also helping veterans and others in need.”

Rev. Dodge was introduced by Post Commander Anthony Palladino, who noted that Utica Post 229 has donated both cash and turkeys to the Rescue Mission for several years.



PAUL WOJCIK

Ever renewing and energizing Creator, come, stir in my dormant spiritual limbs.
Wake up my tired prayer
Revive my weary efforts of care.
Sing hope into my discouragement

Wash my dusty drab attitude
with the cleansing rains of your vision
Go deep to my roots and penetrate my faith
with the vibrancy of your grace.

Warm the buds of my relationships
so they bloom with healthy love.
I give you my trust and my gratitude
as you grace my slowly thawing spirit.
Light-filled Being, my Joy and my Hope
Let the greening in me begin.

REST IN PEACE
Keith B. Snyder

GET WELL
Danny Pieloch



POST THANKS BURGER KING, BYRNE DAIRY

Utica Post 229 presented awards of appreciation to North Utica Burger King and North Utica Byrne Dairy in appreciation of their support of the annual Children’s Christmas Party. The awards were presented at the February meeting by Treasurer Jim Haggerty and Auxiliary President Theresa Jensen. Here, Theresa (r) poses with Bridget Learnard from Burger King.

MEETING DATES
Executive Board
March 17, Apr. 21, May 19
General Meeting 1st Thurs
March 3, April 7, May 6

UTICA POST PARTICIPATES IN MID-WINTER CONFERENCE

The New York Department's Mid-Winter conference, held Jan. 21-23 at The Desmond in Albany, featured informational sessions and workshops on a host of Legion topics – from membership to public relations to youth programs.

HISTORY CAN BE EXCITING

Post and county historians gathered for one of the Friday night sessions, and were urged to put together an annual history book.

"We want more books (for judging) at the department convention," noted Department Historian Raphael "Buzz" Blevins.

Researching and recording history can be exciting, and contributes to a post's legacy, said Mike Duggan, who chaired the session.

PUBLIC RELATIONS CAN BOLSTER POSTS

Duggan also helped to kick off a series of public relations workshops Saturday by talking up the other hat he wears as executive director of the National American Legion



"Knight of the Roundtable" David Valentin mingles with Legionnaires. Knights and their Ladies in Waiting were a hospitality attraction offered by Queens County Legion at the New York Department's Mid-Winter Conference.

Press Association (NALPA).

"Public relations – when you're into it and actually do it, it's very exciting," Duggan said. "The people you meet and the events you get into are outstanding."

When NALPA was started in 1923, it was composed mostly of professional writers and editors, he said. Today membership is largely post editors and post PR persons.

"We in this room are the guys that get the word out to the rank and file," he said,

noting: "We have found that posts with newsletters have a more active membership... Membership goes up because they know what's going on."

For that reason, he said, the press association is "constantly pushing newsletters."

Duggan also plugged the annual awards contest sponsored by the national and New York press associations, with categories for newsletters, editorials and websites.

Bob Stronach from Post 229 led morning sessions on

producing a post newsletter and creating a post website.

The first of two afternoon sessions gave tips on being interviewed by media by Ken Kraetzer, co-host of a Sons of the American Legion (SAL) radio program on WVOX 1460 AM in New Rochelle.

Then, Ken Governor, the Department PR chair who organized the PR workshops, offered a review of PR tools that national headquarters makes available online, and urged posts to take advantage of such tools as sample speeches, position statements and a PR handbook, with everything from news release templates to how to plan a community event.

BE AN EXAMPLE

An ecumenical service and a Roman Catholic Mass took place prior to an evening band concert, reception and dinner.

"Be an example in service to others," thereby drawing "others to our ranks," preached Fr. Robert Sweeney, department chaplain. "We're one in Christ. We're one in the Legion."

POST, AUXILIARY MEMBERS AT MID-WINTER CONFERENCE

Utica Post 229 sent representatives to the New York Department's Mid-Winter Conference. They included Commander Tony Palladino, 2nd Vice Commander Lenny Lascala, Past Commander Frank Cassella, Treasurer Jim Haggerty, Chaplain Paul Wojcik, Service Officer Dave Wilson and Historian/PR Chair Bob Stronach. Attending a simultaneous Auxiliary conference were Auxiliary President Theresa Jensen, Eleanor King, Rose Coniglia and Peggy Kohler.

The conference featured sessions and workshops on all

things Legion, such as membership, legionnaire of the year, public relations, ROTC-JROTC, Americanism (baseball, education and scholarship, bowling, Scouting, oratorical), the summer convention, junior shooting sports, law and order, protocol, economics (employment, veterans preference, energy and conservation), children and youth, Boys' State, Sons of the American Legion, national security, internal affairs, compliance, Legion Riders, rehabilitation, legislative, New York Historians' Association and the New York American Legion Press Association.



Fr. Robert Sweeney
Be an Example

KNIGHTS AND LADIES OFFER HOSPITALITY

Various county Legions offered hospitality suites, with Queens County attracting attention with its Knights of the Round Table and Ladies in Waiting serving up hor d'ouevres and beverages.

The evening culminated with the banquet speaker, National Adjutant Dan Wheeler, reviewing New York's impact on the history of the Legion, starting with such founding fathers as Theodore Roosevelt Jr. and continuing with other influential New Yorkers up to the present day. Wheeler acknowledged Michael Kogutek of Buffalo, who was in the audience, as the last national commander from New York, serving 1980-1981. New York is in the spotlight again as Fang Wong of New York City is the leading candidate to become national commander.

GENERAL SESSION WRAPS UP CONFERENCE

The conference wrapped up Sunday morning with a general session presided over by Department Commander V. James Troiola.

Membership Chair W. Michael Bowen reminded the packed assembly hall that membership is everyone's responsibility.



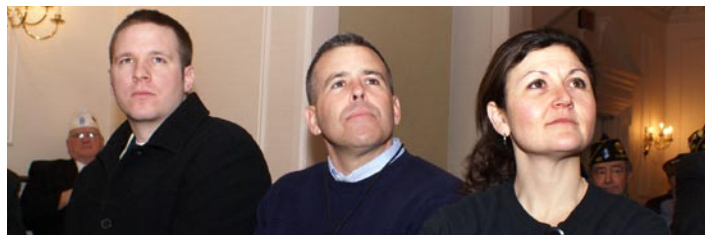
W. Michael Bowen
Just Ask Someone to Join

"There are 23 million veterans out there," he said. "We have 2.5 million. That's 11 percent." The Legion can grow a lot more. "All you have to do is ask. It couldn't be any easier."

Department Adjutant Richard Pedro picked up on that theme, taking umbrage with the notion that the Legion is a dying organization. "We're a growing organization," with over 50,000 new members joining last year. If anything, he said, "we're dying to achieve" new heights.

The department commander introduced Michael Hannan, the newly appointed dean of Legion College, who urged every post to send at least one member to the annual educational experience (which takes place June 17-19 at Morrisville College).

Howard Garrity, veterans business development officer with the Small Business Administration, spoke of initiatives and partnerships with universities – including entrepreneurial boot camps -- to



Jason Davis, Mike Walling and Judy Carbonell
Staffing a mobile vet center to help returning combat vets



Richard Pedro
Dying to Achieve New Heights

help veterans start businesses, especially disabled vets.

James Sheets of the Watertown Vet Center described the VA's commitment to provide readjustment counseling to combat veterans and their families. "We have to be able to help the entire family," he said. Sheets then introduced a mobile vet center team – Jason Davis, Mike Walling and Judy Carbonell – who cover most of the state in a 38-foot Winnebago. "Our whole team – we're all veterans," noted Carbonell, who is also a Legionnaire.

New York Auxiliary President Nancy Kurk, who joined the assembly to a standing ovation, declared her love and support for veterans and spoke of her project to help homeless female vets. She announced that the Auxiliary's socks-for-troops project collected 20,723 pairs of socks at the Mid-Winter Conference, which will be shipped to troops in Iraq and Afghanistan. She then presented a



Nancy Kurk
20,723 Socks for Troops

\$1,000 check to Commander Troiola for the Legion Emergency Fund.

Except for a few closing remarks, the general session wrapped up with some 35 Legionnaires lining up to present contributions to Fang Wong's campaign to become the 2011-2012 national commander. A few drew rousing applause, such as when SAL Detachment Commander John Rogers and Adjutant Robert Avery presented a check for \$10,000, and Robert Morrill, campaign chairman and past department commander, immediately noted that it was the third such donation from the Sons of the Legion, bringing their total contribution to \$30,000.

Harvard Tang, commander of Fang Wong's home post, Kimlau Chinese Memorial Post 1291, was greeted with a standing ovation as he handed over a check for \$50,000 and then returned to the podium to quip: "There will be more checks coming!"

After the presentations, Adjutant Pedro announced that a total of \$85,769 was contributed to the campaign during the conference. As leading candidate, Wong would become the first New Yorker in over 30 years to lead the American Legion.



NOMINATING COMMITTEE TO PRESENT CANDIDATES FOR POST OFFICES

Post members selected a nominating committee at the February meeting to report back at the March meeting with nominations for post officers for 2011-2012. Immediately following the February meeting, committee members met

with Adjutant Jim George and selected Stewart Bailey as chairman. Other committee members are: Dave Manore, Dan Pieloch, Phil Capraro, Cal Anaker, Al Kohler and Stan Zebrowski.

ROME VA CLINIC

Main Number	334-7100
Behavioral Health	334-7110
Suicide Hotline	800-273-8255
24-hour TelCare	888-838-7890
Rx Refills	425-6505
DAV Transport	334-7100 ext 573
Syracuse VA	800-792-4334

BINGO REPORT

Date	Income	Prizes	Expenses	3%	Profit
01/01/11	\$2568.00	\$2020.00	0.00	8.57	276.93
01/04/11	2743.00	2655.00	69.90	.54	17.56
01/11/11	2481.00	2008.00	0.00	14.19	458.81
01/25/11	2438.00	1978.00	84.00	11.25	363.75

No bingo on 1/18.

BINGO WORKERS

- Albert Alteri.
- Stu Bailey.
- Phil Capraro.
- Frank Cassella.
- Mike Cavanaugh.
- Chuck Dailey.
- Wayne Dapre.
- Pat Dodge.
- Tony Famolaro.
- Jim George.
- Jim Haggerty.
- Frank Jakubowski.
- Al Kohler.
- Jack LaPaglia.
- Rich Maloon.
- Dave Manore.
- Jim McGuire.
- Evelyn Muench.
- Tom O'Toole.
- Tony Palladino.
- Dan/Virginia Pieloch.
- Ben Price.
- Scott Sebastian.
- Chris Urban.
- Paul Wojcik.
- Vin Zaleski.



NOTRE DAME CADETS POST COLORS

Notre Dame High School Naval Jr. ROTC cadets helped to open the February membership meeting by posting the colors. Members offered the cadets appreciative applause.

DONATIONS: Utica Unit \$75, Presbyterian and Bowman House turkeys \$414.78, National Vets \$100, Christmas party \$1,135.23.

EXPENSES: Garbage \$180.72, Gutters \$800, transfer to building fund \$5,000.



THERESA JENSEN, PRESIDENT

AUXILIARY

WELCOME, NEW MEMBERS

Patricia A. Bonner
Michele D. Cogswin
Gabiella M. Kelly Jr.
Isabella L. Kelly Jr.
Jamie L. Popiel
Catherine L. Springer

80.7% of Goal

By ROSE A. CONIGLIO

As you may know, our quota for this year is 244. As of this writing, we have 197 paid members and of these there are ten new members. Our percentage to date is 80.7%, leaving 47 more paid-up members to make 100%. We hope we can do it by the end of March. With everyone's help, we can make 100%.

Please get your 2011 dues in as soon as possible. If you are behind on 2010 dues, you need to pay those before I can accept your 2011 dues.

PLEASE send dues to:

Rose A. Coniglio
607 Jay St., Apt. C2
Utica, NY 13501

JOIN JR. AUXILIARY

Any member of the post or auxiliary who would like to register a daughter or granddaughter for the Junior Auxiliary should contact Mary Stronach at 796-9284.

PRESIDENT'S MESSAGE

THERESA JENSEN



Dear Auxiliary Members,

At the February Unit Meeting, a nominating committee was elected to nominate a slate of officers for the coming year, 2011-2012. Elected to the committee were: Gail Greco, Donna Wojcik and Diane Capirice.

The committee will present a slate of officers at the March unit meeting, and at that time, anyone wishing to seek office may be nominated from the floor as long as she is a member in good standing in the auxiliary.

I'd like to wish everyone a Happy St. Patrick's Day.

Thinking of you Rosetta LaPaglia. We all miss you.

DEPARTMENT PRESIDENT'S PROJECT HATS OFF TO HOMELESS VETERANS

By NANCY KURK
Department President

On any given night across our Nation over 154,000 Veterans are homeless. Most have at least a high school education and some have college degrees. It is not just the enlisted man or woman. Those Soldiers have put their lives on the line to protect our freedom. Many lives were drastically changed from the jungles, monsoon rains, napalm and Agent Orange of Vietnam. They fought and were declared a band of brothers, but many suffered emotional scars that you and I cannot see. Our Soldiers - both men and women - who have endured the heat and burning sands of Iraq and

Afghanistan for the sake of democracy are the newest additions to the homeless veterans' population. Yes, my friends, even our most current warriors are experiencing homelessness. Mental illness, drug and alcohol addictions are the number one cause of homelessness.

Every District and most Counties have a homeless shelter in their area. Many of you know where they are and what they do. Many of you even volunteer at these shelters. We need to be more active in our Field Service program, helping Veterans in our communities.

All monies donated to the "Hats off to Homeless Veterans" project will be returned to a shelter in your area. Include

JUNIOR AUXILIARY GIRLS MAKE TROOPS THEIR VALENTINE

The Junior Auxiliary met in February and made over 90 Valentine's cards to send to adopted troops in Afghanistan, reports co-leader Mary Anne Ciccone.

The Junior Auxiliary plans to spend the March meeting baking cookies to send to the troops, reports co-leader Mary Stronach. The March meeting begins at 5 p.m. Monday, March 7, at the Post. Refreshments will be available.

The Junior Auxiliary is for daughters, granddaughters and girl relatives of veterans. Girls, ages 5 to teen, are invited.



Nancy Kurk

with your donations the name and address of the shelter you designate. The Department Secretary/Treasurer will direct your funds to support the homeless initiative in your own community. If you do not wish to designate a shelter, your contributions to the project will still be welcomed and put to good use. Undesignated funds will be directed to Zion House, a shelter serving homeless women veterans from all areas in New York.

**Utica Post #229
The American Legion
409 Herkimer Rd.
Utica, NY 13502**

First Call is a monthly publication of Utica Post 229 American Legion, 409 Herkimer Rd., Utica, NY 13502, whose mission is to serve veterans, members and local communities. Yearly membership includes First Call, published 10 times a year.

**Non-Profit Org.
U.S. Postage
-PAID-
Utica, NY
Permit
No. 566**

Since its founding in Paris in 1919, The American Legion has been an advocate for America's veterans, a friend of the U.S. military, a sponsor of community-based programs for young people and a spokesman for patriotic values.

ADOPTED TROOPS GET 2ND SHIPMENT OF GOODIES



Feb. 10, 2011 -- The adopted troops in Afghanistan emailed photos of themselves opening the latest shipment of goodies provided by Utica Post 229, reports Pat Dodge, Auxiliary member and Post military liaison.

“Thank you for adopting us and for doing what you do,” wrote Sgt. Isabel Tio. “You don’t have to but you sacrifice your time for us and we appreciate it...I know it sounds insignificant but these soldiers appreciate everything.”

The ten boxes of goodies were shipped the last week of January, following a shipment of 12 boxes in

December. The latest shipment included:

- 18 dozen home-baked cookies,
- snacks,
- socks,
- baseball bats,
- magazines,
- toiletries,
- Cracker Jacks,
- books,
- soft balls,
- beef jerky,
- cappucino mixes, and more.

“Many thanks go out to the members of the Post for their generosity and to the families and friends who make donations to the fund,” Pat said, adding:

“I still need home-baked cookies. Also, Rice Krispie treats are their favorites.”