



JUNE 2025 NEWSLETTER (Harry Woodstrom, Editor)

Commander's Chatter By Morrow Krum (Commander)

First and foremost, I want to extend a large thank you for the honor of being re-elected to be your commander. I believe you, the post members, have put together a solid team. We have Dennis Wells as our 1st Vice Commander, Bill Kennison as our Adjutant, Harry Woodstrom as our Finance Officer, Butch Sparks as our Judge Advocate, Robert Crutchfield as Chaplain, Jose Nieto as Sergeant at Arms, Despi Scott as Assistant Sergeant at Arms, Cheyenne Eichelberger as Service Office, Christopher James as Assistant Service Officer, Phil Malsbary as Executive Committee Member at Large, and Cary Snyder as Executive Committee Member at Large. Your Board of Trustees welcome two new members. In the 4-year position is Brent Scott and in the 5-year position is Russ Tolleson. You may have noticed that the positions for 2nd Vice Commander and Historian are open. If you have an interest in being a part of Post leadership, please let us know. There is a lot of expertise in the Post, and no one will be doing a role without leadership support.

We have a lot of things coming up in the very near future. Please keep up with all of the events on our post calendar. You can view it at www.legionpost164katytx.org. Our events only work because of volunteers like you. Please consider giving a little bit of your time to help make our post events successful.

Fireworks sales are a big fundraiser for us. The monies raised are what we use to keep our doors open and our lights on. We are anticipating a big sales period from June 24th through July 4th. We need you! Please consider working at least one slot, two would be better.

Please be ready to recruit, each member of the American Legion is a recruiter. Have your spiel ready when you encounter a veteran. We only grow with your help.



Chatter Continued:

Stay tuned, the post is hosting an American Legion College the end of September. I want to encourage all post, son's, and auxiliary members to attend. If you ever wondered why we do things the way we do here

**"Sighted sub,
sank same"**

Lieutenant

Donald F. Mason

Membership Cards by Bill Kennison (Adjutant)

Recently a member asked where is their 2025 membership card ?

He was sat down and it was explained:

In July of 2024 American Legion National Headquarters mails renewal notices to members at their home address for 2025 dues. They have from July 2024 until the first day of February 2025 to pay their yearly dues. After that date they are considered delinquent. Dues payments will continue to be accepted until the end of June 2025.

This member was current in 2024 but moved in June 2024 and never got their membership dues notice for membership in 2025. No dues were paid and therefore no membership card was sent. There are still about 62 membership cards waiting to be processed by our Post.

If the Adjutant still has your membership card just contact him.



Humor

(From The Official John Wayne Big Book of Dad Jokes)

A lion is sitting on the Serengeti when suddenly a gorilla runs up and slaps him on the face.

The lion roars and tears off after the gorilla. The gorilla runs until he finds a campsite. He throws on a khaki shirt, a khaki vest, a pith helmet and a pair of glasses. Then he sits down by the fire with a cup of coffee, opens up the newspaper and pretends to read. Just then the lion bursts into the camp roaring angrily.

"Grrr, did you see a gorilla come through here?" he asks. The gorilla puts down the paper and looks over his glasses.

"You mean the one who slapped a lion in the face?" "Oh man!" says the lion. "It's in the paper already??"

When was the American Legion incorporated by Act of Congress?



SAL Squadron 164

Gene Britton (Commander)

and Mike Callahan (Finance Officer)

Hosts Their Monthly Dinner

On the last Friday of each month the SAL Squadron 164 hosts a monthly dinner. These are usually very well attended. Meals have ranged from spaghetti to king ranch chicken with all the fixins. They also conduct a 50/50 raffle. This has become a good fund raiser for the Squadron.



Dinner at the Post – Salisbury Steak!

Come by the post on June 27th for a delicious and generous serving of Salisbury Steak and all the fixins. It is an all-you-can-eat affair. You can only blame yourself for going home hungry. We may even have some dessert too (any volunteers?)

This is a great way to see the Post, connect with old friends, and meet new friends. Come and enjoy a meal with fellow veterans. There will be a 50/50 raffle too. You could come away with a few extra dollars in your pocket !

- ←————→
- 1) What is the most abundant gas in the Earth's atmosphere?
 - 2) The Fahrenheit scale and the centigrade system are numerically equal at what temperature?
 - 3) What is the material that will not carry an electric charge called?

Answers on Page 4



Why they don't allow fraternization.

Boys State by Mike Callahan (Boys State Chair)

Wow! What a week for 60+ boys. The Post sent over 60 boys to Boys State on Sunday, June 8. The check - in was a little challenging because of some mixed up drop off times, but we got on the road about 10:00 am. A quick stop at the Buc-ee's in Bastrop then on to Austin. The boys spent the next six days learning about and participating in the full range of the Texas political experience. By the time we picked them up on Friday, everyone was hoarse and slept most of the way back to Katy. All had a great time and learned a lot.

Many news organizations today focus on how the next generation will be a lost generation. I can tell you those organizations are wrong. Spend some time with these boys and you will see this too.

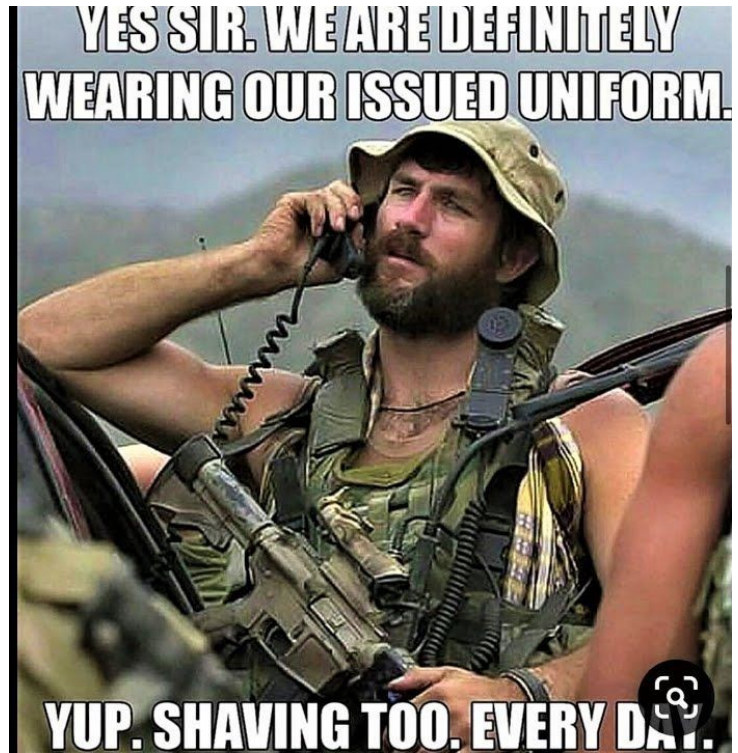
Come out to the post meetings in July and August to meet our statesmen. The boys will attend our meetings and tell us what they learned. Come to one of these meetings and see what the future will hold.

SAL by Gene Britton (Squadron Commander)

The young members of SAL can participate in "The Ten Ideals" program, which helps them learn about the foundations on which the Sons of the American Legion is built. The Sons of the American Legion uphold a foundation of principles that guide our actions and strengthen our community. Among these is the eighth ideal—Courtesy. It reminds us of the importance of treating our comrades, officers, legionnaires and others with respect and politeness. By embracing this value, we foster unity and mutual appreciation within our squadron and beyond. Let us diligently apply ourselves to embody this ideal, ensuring our interactions reflect the dignity and honor of our commitment.

The Detachment Convention will take place in Austin, Texas, on July 11th, 12th, and 13th.

Our Sons of the American Legion are gearing up for our sixth Dinner Night on June 27th at 6pm at the post. Please come out and have some fun.



Congratulations to **Sandy Krum**. His newsletter name "**Veterans Voice**" was voted the winner in the newsletter naming contest. First runner-up was **Glenda Hoffman**. Sandy won a dinner for two at the Saltgrass Steakhouse. Glenda will enjoy a free breakfast at the legion "Breakfast With A Veteran" event held on the first Saturday of each month (7am to 10am).



 **AMERICAN
LEGION**

GRASSROOTS ACTION CENTER

Do you want to find out what legislation is being worked for Veterans? Do you want to know you your legislators are? Do you want to sign up for alerts concerning veterans? Then check out the following website: votervoice.net/americanlegion/home

Answers

- 1) Nitrogen
- 2) -40 Degrees
- 3) Insulator

Unit 164 Auxiliary by Linda Malsbary (President)

Our goal of handing out over 2500 poppies for **Memorial Day** was met! We were able to have both Auxiliary, Post and Sons representatives at our 4 locations and raised just over \$2000, which will be split with the Post.

Soldiers Rest Ceremony was held on Saturday May 24th at 11 am. Thank you to Harry Woodstrom for presenting the Army Wreath, Jennifer Lowry the POW/MIA Wreath and Alana Saboor the Unit 164 Poppy Wreath. Gillian Woodstrom was my trusted sidekick for the ceremony and we had a great guest speaker in retired Major General Richard J Noriega.

Unit Membership: Many thanks to Gillian Woodstrom – 1st Vice in charge of Membership for reaching 101.32%- exceeding the Department goal of 100% by Memorial Day and 77 members strong!

A big thank you to Tina Miller for helping me deliver thank you Amazon gift cards for **Teacher Appreciation Week** to our High School Counselors that have supported our efforts with Girls State 2025.

ALA Unit Officers for 2025-2026

Congratulations to :

Unit President	Alana Saboor
1st Vice President	Jennifer Lowry
2nd Vice President	Maria Wells
Treasurer	Amanda McAuliffe
Secretary	Cindy Fernandez
Chaplain	Stephanie Leyva
Historian	Tina Neel
Sergeant at Arms	Rosemarie Stokely
Member at Large	Tina Miller
Member at Large	Dollie Oday
Member at Large	Janna Krum

Auxiliary Continued

Please join us for our initiation of new members and officer installation at our monthly meeting on June 18th.

Do you have a spouse who is not a member of the Auxiliary? They are too busy or not interested? Please consider that a single membership not only helps us fund our programs with their dues, but helps our representation in Congress too! We would love for them to join in, but if they don't wish to each membership still make a difference.

My thanks to my Legion Family as I step back into being a regular member again of the Auxiliary. It has been an amazing time and an honor to have served as your Auxiliary President for the past four years.

Much appreciation,
Linda Malsbary
...for the last time President, Unit 164.Katy



Jackie Mitchell, one of the first (and only) female players in the major league system, once struck out Babe Ruth and Lou Gehrig in consecutive at-bats. (In a minor league exhibition game against the Yankees)

CHILDREN & YOUTH by Gillian Woodstrom (Unit 164 1st Vice President)

Strengthening and growing our Children & Youth program has been an important part of our Unit's purpose and activities this past year. The young people of Katy have answered the call and volunteered for many of our events. Here's some of what they did to make a difference!

At Wreaths Across America the FFA helped set up tables and chairs; the Young Men's Christian League marked and cleaned up graves; the National Charity League passed out programs; the Boy Scouts and Girl Scout passed out pennies for marking the graves; the Katy Youth Choir opened the ceremony with patriotic songs; the Boys State and Girls State representatives explained the meaning behind the 10 boughs that comprise a wreath; and the Sea Cadets presented the Colors and the Honor Wreaths.

Girl Scouts and their home made posters greeted our Honor Flight veterans and the drive-through participants at the Operation Homefront Turkey Giveaway. As we handed out the turkeys, they entertained the crowd by singing Christmas songs.

In our 8th year of Breakfast with the Veterans and our second year of the Kids Activity Table, we've added student volunteer groups like the Heritage Girls, U of H Veterans Youth Service Group, NHS and Girls State volunteers to our kitchen crew. To encourage family participation we have had visits from Santa and the Easter Bunny.

Our Scholarship Committee awards 3 types of High School scholarships: the Blue Posse scholarship supports the FFA and provides \$250 to help raise an animal to a student with a financial need; we offer two \$250 scholarships to a band or an orchestra student in need of help; and we offer three Higher Education Scholarships of \$500 each that can be used for college, trade school, nursing or any other advanced form of education.



At our 2 major Katy festivals, National Honor Society students apply patriotic tattoos at our booths and also run the parade routes passing out over 5000 American flags to families lining the streets!

Girls State is now at 35 citizens, up from 12 citizens in 2017; and 10 KISD schools up from the original 5 KISD high schools. We raise funds for Girls State scholarships through our annual Wreaths Across America \$5-back program; KISD provides one scholarship per high school and other service organizations also sponsor citizens.

Each year, the American Legion Auxiliary sponsors an Americanism Essay Contest for students in Grades 3-12 and we partnered with Bethke Elementary School. Each student was recognized with a certificate and an American flag pin, and the winner also received a \$25 check.

Operation Bunny Hop is a new outreach to both veterans and senior citizens living at care facilities in the Katy area. Over 500 spring cards were written by Auxiliary members; and students from Duschene Academy, Houston and Epiphany of the Lord Catholic School created hand-made cards for distribution. The Easter Bunny hopped in to wish the residents a very Happy Easter.

WHAT TO KNOW ABOUT THE DIFFERENCE BETWEEN STRESS AND CRITICAL STRESS.

By Robert A. Crutchfield (Chaplain)

A life without stress, as you know, is very hard to find. However there is no one kind of stress and different ways to deal with each kind exist. A good place to start is by understanding the difference between stress (which includes minor everyday stress,) and critical stress which can be more severe, but less long-lasting. There also is a lot of overlap between the two, so they can not be seen as mutually exclusive.

Let's start with a simple definition of each:

STRESS- This is the more general category of the two, and includes the normal stressors of everyday life.

This can include family challenges, bad traffic, a grumpy boss and many other things. General stress can often be resolved by the one experiencing symptoms. General stress can also be more likely to be an ongoing or recurring challenge. The challenge with recurring is you may be returning to the source of the trigger. If this is the case, any relief may be temporary.

CRITICAL STRESS- An intense overwhelming response to events often requiring intervention. This kind of stress can often be tied to a single event or series of events. Things from combat to loss of a loved one would fit this description. However it can also result from general stress that is not effectively treated.

Now I want to explore how symptoms of the two can be different.

Stress – can present itself as fatigue, muscle tension, sleep disturbances, mood swings etc.

Critical Stress- Often presents itself through symptoms such as hyperventilation, severe chest pain, tremors etc.

Common triggers leading to each of these two types can also vary.

Stress: Triggers for this more general type may include, work deadlines, family responsibilities, or financial concerns among others.

Critical Stress- Common triggers for this type can include, Tragic Events, Major Loss, or Life Threatening Conditions.

Finally I want to compare the way management of the two conditions can differ. An important point here is in many cases pursuing the wrong treatment can be more dangerous than no treatment!

Stress- Helpful strategies here include, relaxation techniques, time management, physical exercise, or social support.

Critical Stress- Recovery from this type is more likely to require some level of professional assistance.

Helpful strategies range from therapy, to crisis intervention, or prescribed medication.

One key thing to remember with both is that they are a normal reaction to abnormal circumstances. Stress of all kinds is your mind and body struggling with situations that are more than it can handle. So don't stress yourself more by trying to make it your fault !

DISCLAIMER: THIS ARTICLE IS WRITTEN FOR EDUCATIONAL PURPOSES ONLY, NOTHING WITHIN IT IS TO BE CONSIDERED MEDICAL ADVICE FOR A SPECIFIC PERSON'S CIRCUMSTANCES. If experiencing symptoms please seek competent professional help !

Before they were the Beach Boys, they were the Pendletons, a name meant to pay homage to the famous Pendleton Woolen Mills flannel shirts, a look that was popular among California surfers in the 1960s.

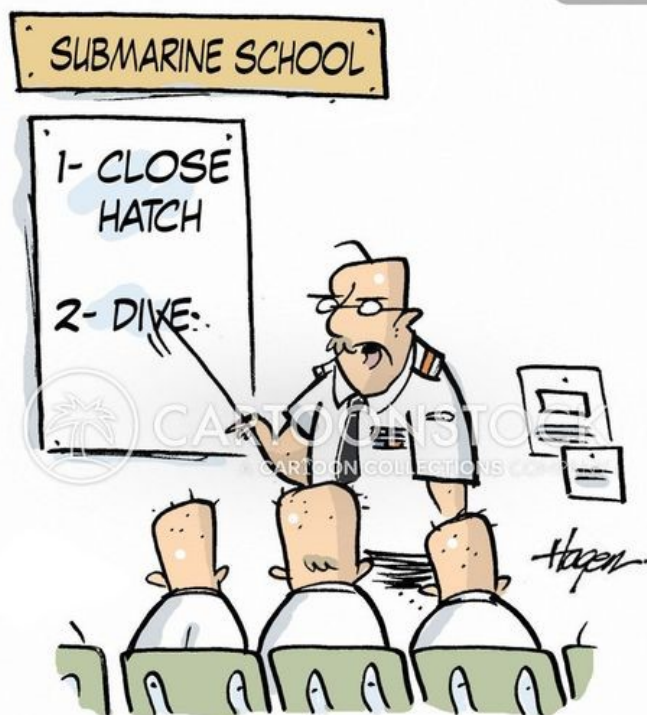
Post 164 visits with Girl Scout Troop 127151

The Commander of Post 164, Sandy Krum, had the distinct honor of speaking to Girl Scout Troop 127151 about who and what is The American Legion and what poppies on Memorial Day is all about. The troop was also presented with a Certificate of Appreciation for their cookie donation to the Post. The girls and parents asked some very good questions afterwards and then asked whether they could be included in any events where we might need extra help.



An Australian veteran and his wife are sitting in the living room. Bruce says, "Just so you know, Shirl, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."

Shirl gets up, unplugs the TV and throws out all his beer.



Food For Thought by Butch Sparks (Judge Advocate)

Have you ever thought about what your spouse or loved one would do concerning your membership with Post 164 if you became incapacitated or even worse? The post is here to assist your family in case of such events or if you pass away. As we provided you with Veteran Benefit information in earlier newsletters, it is also important for your loved ones to have our Post contact information in case they need assistance from your post or if you pass away: The emails are:

commander@legionpost164katytx.org and

adjutant@legionpost164katytx.org

Please include these important emails in the personal emergency contact package you have provided to your loved ones.

