

# VETERANS VOICE

THE AMERICAN LEGION JONATHAN D. ROZIER POST 164 KATY TEXAS



March, 2026 NEWSLETTER (Harry Woodstrom, Editor)

## Commander's Chatter

**By Morrow (Sandy) Krum (Post 164 Commander)**

February has come and gone. Again, we had a busy month. We conducted our monthly breakfast, which was well attended. Our 4 Chaplains Ceremony was a success, and two local civilians were recognized by the 4 Chaplains Foundation for their service to the local community.

Our annual Gary Tilton Memorial Awards dinner was also well attended. We were able to recognize the top EMTs, Police Officers and Firefighters from the Katy PD, Katy Fire Department, and Harris County Emergency Services District 48.

The Oratorical contestant from our post went to the Department contest and came away with 2<sup>nd</sup> place. We look forward to seeing Adelle Rock from Taylor High School back at it next year.

As post members remember that you are the one the public sees and as such, we should always be ready to spend a few minutes talking with any veterans we encounter when we are out and about. Be ready to explain who we are and how to join. If you are afraid you don't know what to say ask a member of the leadership team for ideas.

We have a few things coming up such as New Member Orientation on March 29<sup>th</sup> that can help with figuring out what to say to prospective members. I recommend this to not only to new members but to any post member who has never attended one. We will talk about American Legion structure, what it is and how we impact our community.

Coming up in April we will have ballots for the upcoming post elections, which will be held in May. If you want to try your hand at being a part of the leadership team let 1<sup>st</sup> Vice Commander Dennis Wells know. We will of course accept nominations from the floor. Please consider being an active part of the post activities. Involvement by post members is what helps us to thrive. We are only able to be a part of the community with your help.



"The Navy and Marine Corps are America's away team. We don't get any home games, we're not just in the right place at the right time, We're in the right place all the time. We get on station faster, we stay there longer, we bring everything we need with us."

**Secretary of the Navy**

**Ray Mabus**



## Letter from the First Vice

By Dennis Wells (Post 164 First Vice-Commander)

I had the opportunity to attend the Mid-Winter Conference in Austin. It is always educational, as well as a rewarding experience to attend Legion meetings. There are always new people to meet and of course the regulars that are always in attendance. It is very important that this Post keeps in touch with the happenings and actions of not only the District, Division and Department, but also the National level.

The National Vice Commander, Jan (J.D.) Larson, gave an informative talk on the need to, of course, increase membership, but he also told us to WEAR the cap. What he meant by that was your need to earn your cap. He explained that each level of authority within the American Legion is denoted by different colors of covers. Blue for Post level, Two toned "skunk cap" for District, White for Department and Red for National office. It is an honor to achieve those positions, but they are not honorary. They must be earned through hard work and achievement.

Every level of the American Legion is important. It doesn't matter if you hold an office. serve on a committee, volunteer or just attend. You are an important part of this Post and the Legion.

As Post membership Chairman, I thank you for your membership and achieving our goal of over 381 members. I thank you for being a part of this nation's largest veterans' service organization.



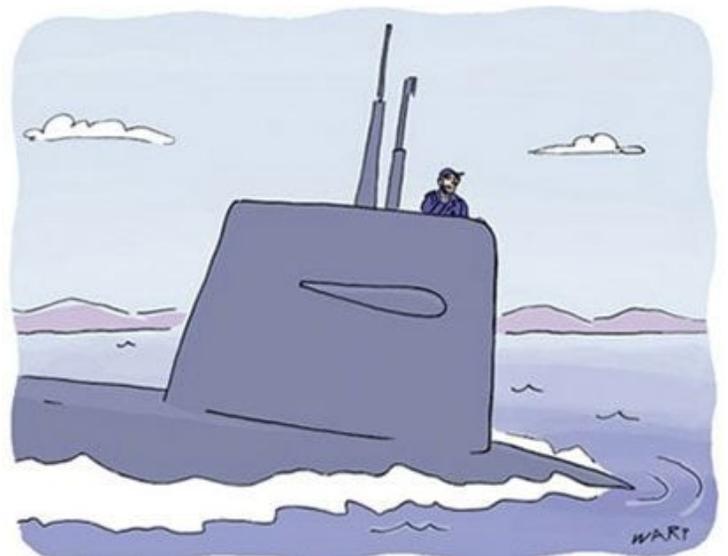
## Why would someone want to join the Sons of the American Legion?

By Gene Britton (Squadron 164 Commander)

For many, membership in the SAL has allowed them to become involved in American Legion programs alongside their fathers. Others join out of respect for their parents' and grandparents' service to our country in the military. Many younger members get involved and learn valuable leadership skills involving organization, public speaking, negotiating, budgeting, and fundraising skills. Membership in our organization also provides individuals with opportunities to forge lifelong friendships with people who share a common bond.

The mission of the SAL is to support veterans and their families and the policies of our parent organization, The American Legion. Virtually everything that involves the SAL could be grouped under three areas: 1) support for veterans and their families, 2) promoting patriotism and Americanism, and 3) promoting programs which benefit the youth of our country.

## From The Readers Digest



"Hey, it's been great talking to you, Mom, but I really have to go."

## **Veterans Peer Support Group**

### **By Deb Watson (Post 164 2nd Vice-Commander)**

The Veterans Peer Support Group has started up again. I would like to share some self help strategies that I have collected as an advocate/service officer. These strategies are used to treat PTSD and used as aids to manage depression, stress and anxiety:

#### **1) Prayer & Meditation:**

A simple prayer, your prayer, or a meditation mantra can be useful tools whenever you are in need of comfort or peace.

#### **2) Practice Mindfulness:**

The practice of purposely focusing attention on the present moment with openness and without judgement, cultivating awareness of thoughts, feelings, and bodily sensations.

#### **3) 4-7-8 Navy Seal Breathing Strategy:**

Breathe through the nose for 4 seconds, hold breath for 7 seconds, exhale slowly through the mouth for 8 seconds.

#### **4) Journaling & Mindfulness:**

Close eyes, breathe deep, pay attention to thoughts as they pass through your mind. Don't become involved and journal, take notes of any patterns. 30 minutes a day, used with CBT.

#### **5) Rubberband Snap Bracelet:**

This strategy is used to improve focus, reduce anxiety, and break habits. The physical sensation of snapping the band against the wrist, acts as a grounding technique to interrupt negative thoughts and redirect attention to the present.

#### **6) The Tapping Solution Book by Nick Ortner:**

This book is a guide to using Emotional Freedom Techniques (EFT), a practice that involves tapping on

specific body meridian points to address emotional and physical issues, stress, pain, phobias, and addictions.

#### **7) Cognitive Behavioral Therapy Books by Seth J. Gilligan:**

These books offer strategies to retrain your brain, to manage anxiety, depression, anger, panic, and worry.

To close, I don't want to omit a few more obvious methods that improve over all health:

exercise, don't drink/limit alcohol, quit smoking, avoid/limit caffeine, prioritize sleep,

eat healthy, breathe deeply to increase circulation, use aromatherapy to improve your mood, and drink chamomile tea to aid relaxation.

Using any of the strategies above could be a game changer for anyone in need of help, and for Vets they could be invaluable. So please use these strategies and pass them on to other Vets.

#### **From The Hero Care Newsletter; Resiliency: Self Talk**

Are you already doubting your ability to fulfil your new year resolutions? Are you thinking about giving up or pushing a goal to another year? Are you saying to yourself:

"Why bother, I am already behind in life. I will never have the skills or money to do this task."

- "It is too cold outside to go for a walk."
- "I feel lazy right now so I am going to stretch / exercise tomorrow."
- "ugh! why am I such a procrastinator!" while you procrastinate. etc.

Well, you are not alone. These are some of the conversations we all have with ourselves occasionally. However, it is important to remember that change starts from within. It is our own internal mindset that is going to give you the confidence and motivation to continue working on your goals. So, how about we re-learn how to talk nicely to ourselves?

## Eagle Scout Project At Post 164



As we continue to support our scouts from Troop 567, Post 164 became the recipient of another Eagle Scout Project. Eagle Scout prospect Wilson Mayfield placed a children's lending library at Post 164. He also placed several others around the Katy area. Thank you, Wilson, it looks great!



Scout Mayfield was able to do the placement and presentation prior to our February membership meeting

## By Alana Saboor (ALA Unit 164 President)

As I reflect on life. I'm most proud of my family. A family of selflessness. A family that has made the ultimate sacrifice. A family of generational Veterans. My granddaughter a student at Taylor High School in Katy had the opportunity this week to play her viola at Pearl Harbor next to the USS Missouri and her fellow orchestra students. They played a number of military songs. I'm not only proud of my granddaughter but all of the students at THS. It brings me great joy to see and hear how proudly they played their instruments. I'm also proud of the students that wake early on our Breakfast with our Veterans days and volunteer their time to feed the Veterans, and the community. I'm proud of our Post family and all that we have accomplished in our many programs. If you haven't had the chance to be part of a program, you're truly missing out. Our websites and social media pages are continually updated. Our Post family wholeheartedly appreciate all of your support.



## My Life Goals

### By Despi Scott (Post 164 Member)

My Life Goal in High School first of all was to make it out of High School. For electives, I wanted to take drafting courses. But my Mom said take typing instead. I also took woodshop as a continuation from Junior High.

I was very athletic in track and softball. I tried out for the boys baseball team and made alternate on the team getting a letterman jacket for it. I joined the Marines JROTC and got my Marine letterman jacket and award (trophy) for top 5 female in the nation for the physical fitness team.

What I wanted to be in life did not always turn out the way I wanted. I went to college for one year and worked for a doctor in family practice while going to college. I felt like I was missing something in my life, so I decided to join the Armed Forces. I have been on Active Duty and spent many years in the State Guard. What we want to be for our future is not always in our cards. Sometimes its something greater.

My life has been a rewarding adventure of many possibilities, one of them being a volunteer and member of the American Legion Post 164. It is now a part of my Family—the brotherhood and sisterhood of camaraderie.



## Humor taken from “The Military Humor Joke Book”

A paratrooper dies and is standing at the pearly gates. St. Peter comes out to meet him with a clipboard, reads down a page and says “You’ve lived a good life, served your country and died for what you believed in, welcome to heaven. What is your desire?”

The paratrooper looks confused and asks, “What do you mean by that?”

“Heaven is what you make of it, what is your idea of heaven?” asks St. Peter.

“Any place there aren’t any Marines.” comes the reply.

With a wave of his hand St. Peter transports them both to a beautiful lake with perfect weather, a beach, snow topped mountains in the distance and beautiful women walking around in bikinis.

“This is perfect, but are you sure there are no leather necks here?” “Absolutely.” replies St. Peter

Just then they both hear the unmistakable sound of an outboard motor at full tilt and they look across the lake to see a marine skimming across the water.

“You lying bastard!” cries the paratrooper. “Of all the people I’ve met I didn’t think you would lie to me. That’s a damn Marine out there!”

“I didn’t lie to you.” replied St. Peter, “That’s not a Marine, That’s God, he just thinks he’s one.”

### Quiz

- 1) How many presidents are not buried in the United States?
- 2) Have any of our president not been born citizens of the United States?
- 3) How many men have been president of the United States?

Answers on page 7

## Defending Freedom

By Neil Hines, (Post 164 Member)

*"The soldier above all others prays for peace, for it is the soldier who must suffer and bear the deepest wounds and scars of war."* --- General Douglas MacArthur

It deeply saddens me that we inhabit a world where the military of a nation is often compelled to take action to safeguard its borders and protect its citizens. The reality of conflict and the need for defense can weigh heavily on the heart. However, amid this somber truth, I find profound happiness and pride in knowing that America is home to some of the most talented and dedicated individuals.

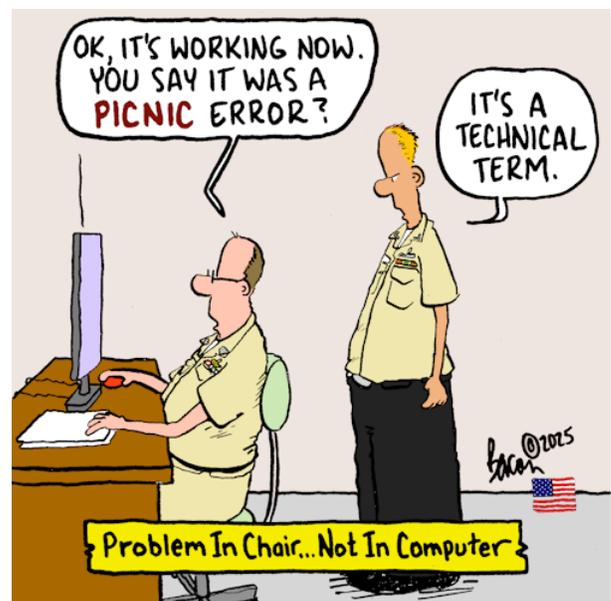
These courageous men and women who voluntarily wear our nation's uniform, dedicating themselves to the noble and often perilous mission of safeguarding the freedoms and values that define our way of life. They step forward not only to protect our rights but also to support those around the globe as they strive for the fundamental liberties that many of us take for granted. Their valor, immense sacrifices, and steadfast commitment to duty serve as a profound source of inspiration and hope, illuminating the remarkable strength and resilience that can emerge in the darkest of times.

In a world where the concept of freedom is often a fleeting dream for many, it is a treasure that we must diligently defend. Numerous regimes resort to oppression and violence, wielding fear and brutality against their own citizens in an attempt to maintain control. These oppressive entities are the embodiments of tyranny that also pose threats to our nation and its people. Without the unwavering resolve of our formidable military and the dedicated individuals who have answered the call to protect our homeland, we risk succumbing to the very oppression we seek to combat. It is paramount that each generation actively renews its commitment to preserving freedom, understanding its fragility and the vigilance required to maintain it.

As we honor and support our brave service members, let us also extend our thoughts and prayers to those individuals around the world who are courageously battling against their oppressors in their relentless pursuit of freedom. They are not alone in their struggle, for we stand united with them, shoulder to shoulder, in the unwavering defense of freedom and justice for all. Together, we embody a collective strength that transcends borders, demonstrating that the fight for liberty is a universal endeavor.

### Quiz Answers

- 1) Five, Bill Clinton, George W. Bush, Barack Obama, Joe Biden and Donald Trump.
- 2) Yes, eight of them. The following presidents were born before 1776 as British subjects: George Washington, John Adams, Thomas Jefferson, James Madison, James Monroe, John Quincy Adams, Andrew Jackson and William Henry Harrison.
- 3) Although Donald Trump is our 47th president, only 45 men have held that office. That's because Grover Cleveland was non-sequentially elected as 22nd and 24th president, and Donald Trump our 45th and 47th president.



## Self Care is a Thing!

**By Robert A. Crutchfield (Post 164 Chaplain)**

In the military we were conditioned to push limits. We were encouraged to think outward, to things larger than ourselves. This was necessary due to mission requirements. However even in the military, and as you transition to civilian life, a self care mindset is critical to your resilience and recovery.

Even before I was a fire chaplain years ago I taught what I called The First Rule of Rescuers. According to that rule, you can't take care of anybody else unless you take care of yourself. As veterans anybody else can include our families, co-workers, fellow Legion members etc. There are more than enough people in most of our circles that we could burn ourselves out, or grind ourselves up if we are not careful !

This quote from the Department of Veterans Affairs website does a good job of putting self care in the proper perspective,

“Although sometimes thought of as something we do to pamper ourselves, self-care is essential to our well-being. Self-care is about developing the skills and support to improve mental health. Veterans who make self-care a priority can better cope with stress, overcome challenges, and achieve goals.”

Or consider what Parker Palmer had to say in *Let your Life Speak: Listening to the Voice of Vocation*: “Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to our true self and give it the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.”

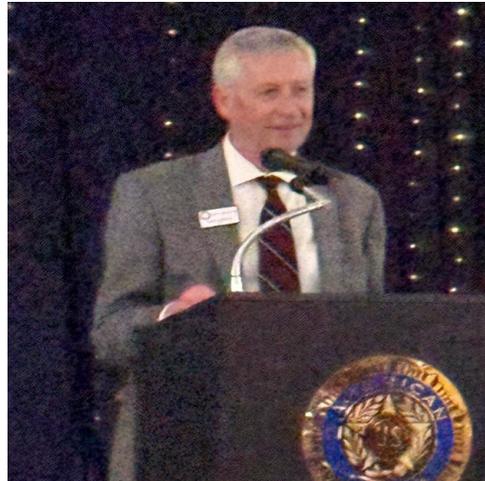
Now for an example from my own experience. Back in the eighties I was under contract to Shell Oil here in Houston. Our project was made up of endless days of reading through files. If one of our big bosses walked by and we seemed dazed or whatever they would send us on a walk around the block ! They didn't care if it wasn't break time. Even many years ago they understood the value of self care. They were more concerned about us, and the quality of our work than the break schedule.

Self care is vital to mission success in the civilian world. Even more it is critical to your health and happiness.

## Gary Tilton Memorial Awards Dinner,

Post 164 held its annual 1<sup>st</sup> Responders Awards dinner on February 21, 2026.

Our Guest Speakers were William “Dusty” Thiel, Mayor of Katy; and State Representative District 132, Mike Schofield After dinner we presented awards to the top performers from the Katy PD, Katy Fire Department, Katy ISD Police and Harris County Emergency Services District 48.



Katy Mayor Dusty Thiel



22<sup>nd</sup> District Vice Commander Jim McGuire announced the award winners.

Table decorations and appetizers courtesy of the American Legion Auxiliary Unit 164.

Dinner donated by Saltgrass

## Different Roads

### By William R. Miller (Post 164 Founding Member)

I read with interest the article, "The High Road," in the past January 2023 edition of *The American Legion Magazine* concerning Japanese-American World War II veterans. The author, Mr. Eric Ballinger, is quoted as saying: "I think it's more important than ever to share that history, to spark a dialogue about racial discrimination ..." The road in question was renamed the Nisei Veterans Memorial Highway and is a forty-one mile stretch of Oregon Route 35. Ballinger continues, the "road connects us to the past and allows us to travel through time to this different place, to give thanks and to heal." In 2022, the road was dedicated to the memory of over four hundred Japanese-Americans (Nisei) soldiers from Oregon who served in World War II, many while their families were incarcerated in relocation camps away from the Pacific coastlines.

Discrimination and bigotry is usually wrong regardless of who it happens to or when it happens but especially when it occurs in the Armed Forces of the United States. Apparently at one time bigotry and discrimination was very prevalent during World War II as evidenced by the above referenced article and many more like it, along with assorted movies, books, and even popular culture.

So, I would like to take the Mr. Ballinger's hypothetical "road" of discrimination to a different place and destination.

My father, Roy Frederick Miller, enlisted in the US Navy shortly after the bombing of Pearl Harbor in December of 1941. He became a Corpsman for the United States Marine Corps and was assigned to the First Marine Division just in time for the invasion of Guadalcanal Island. After a couple of months on the island, he was the last man standing in his medical unit. He stated the last remaining people in his unit, a dentist, a Chief Pharmacist Mate, and a physician, were killed or wounded while watching a dog fight over the island. Everyone had been told not to "rubberneck" because bullets fired in the sky have to come down somewhere. Shortly afterward, he carried a wounded Marine to Henderson Field for air evacuation. One of the pilots on a C-47 yelled at him

and said the patients on the plane needed someone to take care of them. So, his "new job" started and he continued flying for about a year.

He did not keep track of the number of flights or the number of patients he attended. He did say that his flight duty was constant. The majority of the planes he saw duty on were from Marine Air Group 25 but he also flew on planes from the United States Army Air Corps. He thought he was on flight orders but apparently he had also been reported AWOL and MIA on different occasions. His parents even sold his civilian clothes after they were notified of his apparent status. He flew to almost all the islands in the South Pacific that had airfields including those in New Zealand and Australia. The planes usually left the islands with patients and returned with supplies. He was also involved in rigging and air dropping those supplies.

On one occasion, he was asked to vacate the plane and was replaced by a number of rather attractive Navy and Red Cross nurses. After their pictures were taken for Life Magazine as they "tended" the wounded patients on the plane, they and the photographers left, and he returned to his patients.

On 10 September 1943, he was on Munda Air Strip on New Georgia Island when it was bombed by the Japanese. A fellow corpsman was decapitated, and he was wounded in a bomb blast. He took seventeen pieces of shrapnel including one embedded in his knee that was four inches long. He said that there were too many other casualties in the sickbay, so he treated himself which included the removal of the large piece mentioned above. He then took three days "R and R" afterwards.

There are too many stories he related about different flights, actions, and people, to list them all here.

Sometime in November of 1943, a Naval Officer, who was new to the islands, (my dad knew this because he was sunburned, over-weight and sweated profusely) questioned him about his year of absence. My dad thought the meeting was about getting his back pay because he had not been paid for the year, but it turned out to be about something else. In a New England accent, the officer asked him about his German Heritage and if he was trying to damage the war effort by being absent without leave from his unit.

## Different Roads Continued

He was also asked about any involvement with the German Bund, the Nazi Party, and other organizations, including the Communist Party. The officer also deeply questioned his patriotism and loyalty just because of his last name and the area in the States that he came from. To be honest, I was told that my dad's grandparents did not speak English, only German and they came to the United States at the turn of the century. His grandfather's name was Gottlieb Mueller. They later Americanized their name to Miller.

You have to remember that my dad came from a small farming community in Michigan that had been heavily populated by German immigrants. His trip to enlist in the US Navy was only his fifth or sixth time he had ever left that small community and he was never involved in any of the organizations the Naval Officer asked about. He said at that time, he had not even heard of most of them. He was never paid and no further action concerning his absence occurred. He was told later that the Flight Logs from the planes he served on and the citations awarding him the Bronze Star and the Purple Heart, saved him from any further negative action.

Later he returned to the US and served aboard the aircraft carrier CVE 82 Saginaw Bay. As the war ended, he was confused about the "point system" and ended up enlisting in the US Army Reserve. He was in Korea at the start of the Korean War. Later, he was assigned as a Sergeant Major in 1958 to the 55<sup>th</sup> Medical Group at Fort Bragg, North Carolina. While there he was asked why he did not want to go to Jump school. He replied, "I didn't need it the first couple of times I jumped from a plane and I have no plans to jump again."

He retired from the US Army in 1966.

He earned a Bronze Star for his service in Guadalcanal and Solomon Island Campaigns and a Purple Heart for the wounds he suffered.

After retiring, he was a member of the American Legion's Forty and Eight, La Societe des Quarante Hommas et Huit Chevaux. He served as Quartermaster, Service Officer, and Adjutant for the Floyd E. Breedlove Post 9182 of the Veterans of Foreign Wars of

the United States. He was a founding member and served as Chaplain for the American Legion Jonathan D. Rozier Post 164. He served as the Commander, Finance Officer, and Adjutant and was a founder of the Tri-County Chapter 723 of the Military Order of the Purple Heart. He was the Chief of Staff for the Military Order of the Purple Heart for the State of Texas for two years. He was also a founder of a local non-profit clinic that was created to care for area indigent patients in the Katy area.

In 2016, the local Purple Heart Chapter changed its name to the Sergeant Major Roy F. Miller Military Order of the Purple Heart Chapter 723 of Katy, Texas.

Yes it was a different road, now and then.

William R. Miller

Commander 2008 to 2010

Post Adjutant 2001 to 2009

## The American Legion Legacy Scholarship

Eligibility is for children of a parent who lost their lives while honorably serving on active military duty on or after Sept. 11, 2001, or children of a post-9/11 veteran with a combined Department of Veterans Affairs disability rating of 50% or higher. The scholarship is awarded for undergraduate study, graduate study, and trade schools at an accredited institution of higher education. It awards up to \$20,000 for children of the fallen, and up to \$5,000 for children of the disabled.

The Legacy Scholarship is a needs-based scholarship designed to fulfill a financial gap remaining after all federal and state educational grants/scholarships to an eligible applicant have been utilized. The 2026 tuition is capped at \$28,937, which is the maximum amount the VA will pay out per academic year.

**Application deadline is March 25, 2026.**



## **Brotherhood of Warriors**

### **By Neil Hines, (Post 164 Member)**

In today's discussions, many people emphasize the importance of brotherhood and the deep connections that arise from various relationships. While I wholeheartedly acknowledge that we cultivate significant bonds in our everyday lives, whether through friendships, family, or community, there is a unique intensity to the relationships forged in the military that I believe surpasses those of all others.

The experiences shared in service, from the challenges faced on deployments to the camaraderie built during training exercises, create a profound sense of unity among service members. When individuals confront dangers together, overcome adversity, and support one another through both triumphs and tribulations, the ties formed in those moments become unbreakable. The depth of loyalty and understanding between military personnel, shaped by the extraordinary circumstances they endure, fosters relationships that often last a lifetime, making them among the strongest one can experience.

I have had the privilege of speaking with several veterans who served in our military, as well as those from various other countries. During these conversations, I was struck by the remarkable similarities in our experiences and the challenges we faced. Many of them expressed similar complaints about military life, highlighting the shared struggles that transcended borders.

One conversation that stands out was with a German sailor. We delved into the realities of naval service, reminiscing about the often grueling tasks like swabbing decks and chipping paint. It was a moment of camaraderie as we both chuckled at the well-worn phrase, "Join the Navy and see the world." Our laughter reflected a deep understanding of the unique blend of hardship and adventure that defines life at sea, reminding us that no matter where we served, the essence of our experiences often felt strikingly alike.

The narrative surrounding combat veterans often highlights their courageous actions and heroic deeds

in the line of duty. These accolades are indeed well-deserved, as they reflect the immense sacrifices these individuals made in defense of their country. However, it's crucial to remember that daily service in the military, regardless of one's role or whether it involves direct combat, can also be fraught with danger.

Currently, we are facing a troubling average of 1,934 military personnel fatalities each year, which translates to approximately five lives lost every day. These casualties predominantly result from accidents that occur during non-combat situations, highlighting a grim reality that often escapes public scrutiny. The lives lost under such circumstances carry just as much weight and sorrow as those of soldiers who perish in the heat of battle. They represent not only the sacrifices made by these individuals but also the profound impact their loss has on families, friends, and communities. Unfortunately, these tragic incidents often go unrecognized in public conversations about military service and sacrifice. It is crucial to bring awareness to these lost lives and honor their memories in a manner that reflects the true cost of service.

The risks encountered by military personnel engaged in a variety of tasks, be it rigorous training exercises, complex logistical operations, or standard daily duties, are significant and should never be overlooked. These dedicated individuals face a wide array of dangers, including physical injuries, psychological stress, and the potential for loss of life in both combat and non-combat situations. It is crucial to acknowledge the full extent of their sacrifices, which includes not only those who bravely faced enemy fire but also those who tragically lost their lives in accidents during routine operations and training missions.

Recognizing and honoring the contributions and sacrifices of all service members is essential to fully appreciate their commitment and the profound impact of their service on our society. Every life lost, whether in combat or through unforeseen incidents, deserves remembrance and respect, reinforcing our responsibility to support those who have answered the call to serve.

## Brotherhood of Warriors Continued

Let us take a moment to honor all those who have dedicated their lives to serving in our military. The experience of military service profoundly transforms every man and woman who enlists, shaping their identities in ways that often extend far beyond their time in uniform. While some veterans transition back into civilian life with relative ease, many face significant challenges as they seek to reintegrate into a society that may feel unfamiliar after years of service.

These challenges can include navigating new job markets, adjusting to changes in personal relationships, and coping with the mental and emotional scars that can linger long after the uniform is put away. It is essential that we recognize the unique struggles each veteran may encounter and offer them our unwavering support and understanding.

Regardless of the circumstances that any individual veteran may face, we must collectively commit to standing by them. They have fulfilled a duty to our nation and, in doing so, have earned our deepest respect and gratitude. The sacrifices they have made for our freedom and safety create a bond that transcends individual experiences; they are part of a larger brotherhood and sisterhood that deserves our recognition and compassion. We owe them a debt that goes far beyond what we can ever repay, and it is our responsibility to ensure that they receive the care and support they need as they navigate the complexities of life after military service.



## Post 164 competes at the JSSP State Match

Saturday, March 7<sup>th</sup>, Post 164 sent contestants to Bryan, TX., to compete in the JSSP State Match held at Post 159 in Bryan. Post 164 is very proud of Matis Titizian for finishing in 1st place. A very special thanks to Post 159 for hosting this event. Post 164 wishes to thank Legionnaire Mike Roper and his team for the time they spend training our Junior Shooters.



## **March Schedule**

### **14 Mar, Sat**

12pm CAP 179 Honor Guard Training Vehicle Bays & Parking Lot

6pm The American Legion Birthday Party

### **15 Mar, Sun**

11:30am ALR Chapter 164 Katy Rider Skills Practice

6301 S Stadium Ln, Katy, TX 77494

2pm JSSP Class

### **16 Mar, Mon**

8:30am

Post 164 - West Side Maid clean-up

1pm Veterans Support Group

### **17 Mar, Tue**

6pm Post Social Hour Downstairs room

6:30pm Post Training Downstairs room

7pm Post 164 Membership Meeting

Downstairs room

### **18 Mar, Wed**

6:30pm Group Counseling and Bible Study

Upstairs Meeting Room

7pm ALA Unit 164 Membership Meeting

Downstairs room

### **19 Mar, Thu**

7pm Civil Air Patrol

American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA

### **20 Mar, Fri**

7pm Post Game Night

American Legion Post 164, Upstairs

### **21 Mar, Sat**

1pm Training with ESD 48 on CPR & AED

Downstairs room

### **22 Mar, Sun**

2pm JSSP Class

### **23 Mar, Mon**

1pm Veterans Support Group American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA

6pm Post 164 Board of Trustees Meeting

### **25 Mar, Wed**

6:30pm Group Counseling and Bible Study

Upstairs Meeting Room

### **26 Mar, Thu**

7pm Civil Air Patrol Post 164 - downstairs meeting room

### **27 Mar, Fri**

7pm Post Game Night American Legion Post 164, Upstairs

7pm American Legion Riders Chapter 164 Katy - Meeting

### **28 Mar, Sat**

8:30am Civil Air Patrol Color Guard Training

Parking lot and Bay area

1pm Nafud Temple #80 Meeting Upstairs room

### **29 Mar, Sun**

2pm JSSP Class

2pm New Member Orientation American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA

### **30 Mar, Mon**

1pm Veterans Support Group

## **April Schedule**

### **1 Apr, Wed**

6:30pm Group Counseling and Bible Study  
Upstairs Meeting Room

### **2 Apr, Thu**

1pm VA Stakeholder Meeting  
Katy Christian Ministries (KCM), 3506 Porter Rd.,  
Katy, TX 77493, USA  
7pm Civil Air Patrol  
Upstairs meeting room  
7pm Sons of the American Legion Squadron 164  
Meeting

### **3 Apr, Fri**

7pm Post Game Night  
American Legion Post 164, Upstairs

### **4 Apr, Sat**

7am Breakfast with a Veteran  
Katy Elks Lodge, 1050 Katy Fort Bend Rd, Katy, TX  
77493  
7am Legion Riders Skill Practice  
Leonard E. Merrell Center, 6301 S Stadium Ln, Katy,  
TX 77494, USA  
11:15am Honor Guard Practice  
VFW Post #9182

### **5 Apr, Sun**

2pm JSSP Class

### **6 Apr, Mon**

1pm Veterans Support Group  
American Legion Post 164, Katy TX, 22125 Kingsland  
Blvd, Katy, TX 77450, USA  
7pm ALA Unit 164 Executive Committee Meeting

### **7 Apr, Tue**

7pm Post 164 Executive Committee Meeting  
American Legion Post 164, Katy TX, American Legion  
Post, 22125 Kingsland Blvd #164, Katy, TX 77450, USA

### **8 Apr, Wed**

6:30pm Group Counseling and Bible Study  
Upstairs Meeting Room

### **9 Apr, Thu**

7pm Civil Air Patrol Meeting  
Downstairs room

### **10 Apr, Fri**

6pm ALA Unit 164 "Pot Luck" TBD  
Downstairs room

7pm Post Game Night

American Legion Post 164, Upstairs

7pm JSSP Meeting

American Legion Post 164, Katy TX, American Legion  
Post, 22125 Kingsland Blvd #164, Katy, TX 77450, USA

### **11 Apr, Sat**

8am 22nd District Convention  
American Legion Post 521 Inc, 2221 Preston Ave, Pas-  
adena, TX 77503, USA

6pm Kappa Alpha Psi Fraternity Alumni

American Legion Post 164, Katy TX, American Legion  
Post 164, 22125 Kingsland Blvd, Katy, TX 77450, USA

### **12 Apr, Sun**

2pm JSSP Class

### **13 Apr, Mon**

8:30am Post 164 - West Side Maid clean-up

1pm Veterans Support Group

American Legion Post 164, Katy TX, 22125 Kingsland  
Blvd, Katy, TX 77450, USA

## **April Schedule Continued**

### **14 Apr, Tue**

AL Post 164 Newsletter Deadline

### **15 Apr, Wed**

6:30pm Group Counseling and Bible Study

Upstairs Meeting Room

7pm ALA Unit 164 Membership Meeting

Downstairs room

### **16 Apr, Thu**

7pm Civil Air Patrol

American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA

### **17 Apr, Fri**

7pm Post Game Night

American Legion Post 164, Upstairs

### **18 Apr, Sat**

11am District 22 Girls State Orientation

Houston Marriott Westchase, 2900 Briarpark Dr, Houston, TX 77042, USA

### **19 Apr, Sun**

11:30am ALR Chapter 164 Katy Rider Skills Practice

6301 S Stadium Ln, Katy, TX 77494

2pm JSSP Class

### **20 Apr, Mon**

1pm Veterans Support Group

American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA

### **21 Apr, Tue**

6pm Post Social Hour

Downstairs room

6:30pm Post Training

Downstairs room

7pm Post 164 Membership Meeting

Downstairs room

### **22 Apr, Wed**

6:30pm Group Counseling and Bible Study

Upstairs Meeting Room

### **23 Apr, Thu**

5pm JROTC Awards - Mayde Creek HS

7pm Civil Air Patrol

Post 164 - downstairs meeting room

### **24 Apr, Fri**

6pm SAL Dinner

American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA

7pm Post Game Night

American Legion Post 164, Upstairs

7pm American Legion Riders Chapter 164 Katy - Meeting

### **25 Apr, Sat**

12pm Post 164 Family Day

American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA

1pm Nafud Temple #80 Meeting

Upstairs room

5:30pm Honor Flight

Leave from the post to the airport

## **April Schedule Continued**

### **27 Apr, Mon**

1pm Veterans Support Group

American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA

6pm Post 164 Board of Trustees Meeting

American Legion Post 164, Katy TX, American Legion Post, 22125 Kingsland Blvd #164, Katy, TX 77450, USA

### **29 Apr, Wed**

6:30pm Group Counseling and Bible Study

Upstairs Meeting Room

### **30 Apr, Thu**

7pm Civil Air Patrol

American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA