



# FIRST CALL!

CHRIS URBAN, COMMANDER

APRIL 2015

JACK LAPAGLIA, MEMBERSHIP

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

## PASTA DINNER FUNDS POST'S SCHOLARSHIPS

Utica Post 229 will hold its 18th annual Scholarship Fund Pasta Dinner on Thursday, April 23, from 4 to 7 p.m.

This is "our only fundraiser" for the scholarship fund, notes Chairman Vin Zaleski. "Last year's dinner raised over a thousand dollars, thanks to your help."

He adds: "If you're able to attend, you'll enjoy a good dinner with great fellowship." If not, "consider making a donation."

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### APRIL

- 2 Monthly Dinner, 6:15  
Post Meeting, 7:30 pm  
Auxiliary, 7:30 pm
- 7 Bingo, 6:30 p.m.
- 13 VVA, 1 p.m.
- 14 Bingo, 6:30 p.m.
- 18 DAV, noon
- 20 Bloodmobile, noon-5
- 21 Bingo, 6:30 p.m.
- 23 Scholarship Dinner, 4-7
- 27 Bingo, 6:30 p.m.

## OXYGEN THERAPY FOR PTSD IS NY LEGION'S #1 PRIORITY

ALBANY -- If The American Legion has its way, local New York veterans suffering from post traumatic stress disorder (PTSD) or mild traumatic brain injury (mTBI) could get life-changing treatment in the near future.

That's the word from New York State American Legion leaders, who announced March 3 that their number one legislative priority for New York is a hyperbaric oxygen therapy (HBOT) treatment program.



**Harvey McCagg**  
Legislative Chairman

"We're urging Gov. Andrew Cuomo and the State Legislature to create and fund an HBOT treatment program,"

American Legion Department of New York Commander Frank Peters said.

The Legion's state legislative chairman, Harvey McCagg, briefed legislators at the Legion's annual Hill Day legislative breakfast March 3 as well as some 200 legionnaires the evening before.

Pointing to over 300,000 military veterans returning from combat with PTSD or mTBI and a veteran suicide rate described as epidemic, he *Continued on Page 2*



**Department Commander Frank Peters (left) and other legionnaires pow-wow with Assemblywoman Nicole Malliotakis following the legislative breakfast.**

## POST HONORS TOP COPS IN APRIL

Utica Post 229 is honoring two police officers of the year at the April 2 membership meeting.

Law-and-Order Chairman Paul Wojcik said Police Chief Mark Williams, the honorees and

their families will attend the pre-meeting dinner, which starts at 6:15.

Members who would like to attend both the dinner and meeting should contact the post to make reservations (793-9377).

# #1 PRIORITY

Continued from page 1

said HBOT's apparent success indicates it "could be the single most effective treatment" for giving afflicted vets their lives back and for curbing the suicide epidemic.

He said the Department of Defense and Veterans Administration (VA) medical establishments refuse to provide all known effective treatments, including "one of the most promising – HBOT – which has been internationally recognized as a viable treatment for mild TBI and PTSD at an overall lower cost than a lifetime of unproven prescription drugs."

Traditionally they have been treated as psychiatric disorders, but growing evidence suggests mild TBI and PTSD may be the result of multiple concussive exposures and should therefore be treated as medical conditions – "which may be healed by providing extra oxygen to the brain."

He noted: "Successful treatment of mild TBI and PTSD would significantly reduce suicide, homelessness, unemployment, family disruption, and its economic loss among veterans carrying those unseen scars of war. Returning afflicted veterans to productive tax-paying citizens and reducing their dependency on social services is a win-win result for all New Yorkers." He added that the Legion believes that "all avenues of treatment should be explored" and that HBOT should be incorporated with a counseling and rehabilitation program.

McCagg also briefed legislators on two other priority issues:

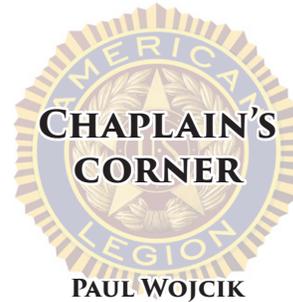
- Establishing State Veterans Cemeteries in areas not adequately served by national or local veterans cemeteries.
- Requiring school districts to offer a veterans tax exemption on their primary residence.

## Renew your membership online

*Please continue to support your fellow veterans, troops, their families, youth and our nation.*

**RENEW NOW**

[www.legion.org/renew](http://www.legion.org/renew)



JUST A TOUCH OF SPRING WILL DO  
TO RESURRECT MY SOUL  
AS BUDS APPEAR UPON THE TRESS  
AND PEWTER SKIES TURN BLUE  
WITH EVERY BLUEBIRD THAT I SEE  
I SAY A LITTLE PRAYER

FOR NATURE BRINGS ME TO MY KNEES  
JUST KNOWING GOD IS THERE  
FOR EVERY TULIP, EVERY BULB  
I THANK THE LORD ABOVE  
FOR EVERY GARDEN HAS BECOME  
A RAINBOW OF HIS LOVE

EVERY BLOSSOM ON EVERY TREE  
IS GRAND BEYOND COMPARE  
YES NATURE BRINGS ME TO MY KNEES  
JUST KNOWING GOD IS THERE

I WILL PRAISE YOU LORD WITH  
ALL MY HEART, I WILL DECLARE  
ALL YOUR WONDROUS DEEDS  
PSALM 9.2

### SOME APRIL EVENTS

- |          |                            |
|----------|----------------------------|
| April 3  | Good Friday                |
|          | Passover begins at sundown |
| April 5  | Easter Sunday              |
| April 22 | Earth Day                  |

## DAV VAN AT UTICA POST ON MAY 4

The DAV van will be at Utica Post 229 from 9 to 4 on May 4 to help veterans file or upgrade claims. All veterans whether a member or not are welcome to stop by and talk with the DAV representatives. Please bring your DD214 and any paper work that may help in filing a claim.

*Paul Wojcik, Commander  
Leo B. Wheeler Stars & Stripes Chapter 82, DAV*

## PETITION URGES NY ON OXYGEN THERAPY FOR PTSD

Auxiliary Unit 229 initiated a petition calling on Gov. Andrew Cuomo and the State Legislature to approve and fund HyperBaric Oxygen Therapy (HBOT) for veterans suffering from Post Traumatic Stress Syndrome and/or mild Traumatic Brain Injury.

Legion Family members and the public are encouraged to sign the petition, which supports the Department of New York's number one legislative priority.

"This oxygen therapy is showing dramatic results in treatments across the U.S. and in Israel," noted Unit PR Chair Mary Stronach. "Some doctors think that exposure to concussive events such as roadside bombs injure the brain, resulting in PTSD and the declining ability to cope. Studies show HBOT treatment allows the brain to heal and enables the patient to better cope. That's why the state American Legion thinks this may become the single most effective treatment."

For a copy of the petition, contact Mary at 796-9284 or [mary@stronachassociates.com](mailto:mary@stronachassociates.com).



ROSARIA HAGGERTY, PRESIDENT

# AUXILIARY



## PRESIDENT'S MESSAGE

ROE HAGGERTY

Dear Auxiliary Members,

The March meeting was very productive. The meeting room was full of energetic auxiliary members.

- We talked about collecting plastic tops, examples are water bottle, soda and all other jar tops. The funds from the recycled plastic will defray the cost of wheelchairs for children. Please bring them to the next meeting.
- Members are joining a team in the Muscular Sclerosis walk in May. If anyone is interested in walking with the team, please let us know.
- Ginger Pielock announced that we will be gathering to prepare the annual mailing of poppies on Monday, April 27 at 6:30. If anyone is interested in helping, please come.
- We finalized plans for the March County meeting held at our Post.
- There is still time to apply for the Heather Ann Haggerty Scholarship. This scholarship is for Utica Post members only who will be attending college in the fall. The application is available on the Post web page or by calling the post.
- We will be circulating a petition urging NYS Governor/Legislators to move forward on Oxygen Therapy for Veterans serving in Iraq and Afghanistan with Post Traumatic Stress Disorder (PTSD).

Our next meetings are on April 2, May 7 and June 4. Please mark your calendars and try to attend. I would like to wish everyone a "Happy Easter" and a "Sunny Spring". Please keep our Military and Veterans in your prayers.

*Yours in service.*

## WELCOME TO NEW JUNIOR MEMBER

A warm welcome to our newest Junior Auxiliary member, Victoria! We are looking forward to seeing you again soon. With new members comes new ideas and renewed enthusiasm!

To date, we have 169 proud members, and are at 80% of quota. We only need 38 more to reach our goal of 207!

Wishing you all a blessed Easter, and a "Spring" in your step.

*Yours in service,  
Rosetta LaPaglia  
Membership chair*

## UNIT'S PROPOSED SLATE OF OFFICERS

Auxiliary Unit 229 announces the following proposed slate of officers for 2015-2016:

President Rosaria Haggerty;  
1st Vice Pres. Donna Wojcik;  
2nd Vice Pres. Pam Vogel;  
3rd Vice Pres. Ginger Pielock;  
Secretary Rosetta LaPaglia;  
Treasurer Dorothy Bailey.

Executive Board:

Ruth Wilcox,  
Geraldine Schisler,  
Theresa Jensen.

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

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members and local communities.  
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*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.*

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**Legionnaires from across New York get a legislative briefing on the eve of the Department of New York's annual Hill Day in Albany, where American Legion leaders announced that the number one legislative priority is to get the state to pass a law providing oxygen therapy for veterans suffering from PTSD and mild traumatic brain injury.**

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**EDITOR:** ROBERT STRONACH. SEND NEWS, ANNOUNCEMENTS AND PHOTOS TO [FIRSTCALL@UTICAPOST229.ORG](mailto:FIRSTCALL@UTICAPOST229.ORG).