



YELLOWSTONE POST 4
1540 BROADWATER AVENUE • BILLINGS, MT



QUARTERLY NEWSLETTER

ISSUE 2-23

April - June 2023

Dates to Remember

- 4/1 – 1st Day of Military Child Month
- 4/5 – Gold Star Spouses Day
- 4/5 - Passover
- 4/9 – Easter Sunday
- 4/9 – Nat’l Former POW Recog. Day
- 4/13 – Thomas Jefferson’s Birthday
- 4/14 – Air Force Reserve Birthday
- 4/18 – Tax Day
- 4/21 – Eid-al-Fitr
- 4/22 – Earth Day
- 4/23 – Army Reserve Birthday
- 4/26 – Admin. Professionals Day
- 4/27 – Take Our Kids to Work Day
- 4/28 – Arbor Day
- 5/1 – 1st Day of Military Appreciation Month
- 5/1 – Law Day & Loyalty Day
- 5/2 – Nat’l Teacher Appreciation Day
- 5/2 – Nat’l Day of Prayer
- 5/5 – Cinco de Mayo
- 5/6 – Nat’l Nurses Day
- 5/6 – Nat’l Explosive Ordinance Disposal Day
- 5/8 – Victory in Europe Day
- 5/12 – Military Spouse Appreciation Day
- 5/13 – Kids of Fallen Patriots Day
- 5/14 – Mother’s Day
- 5/19 – Nat’l Defense Transport Day
- 5/20 – Armed Forces Day
- 5/29 – Memorial Day
- 6/6 – D-Day
- 6/14 – Army Birthday / Flag Day
- 6/19 – Juneteenth
- 6/18 – Father’s Day
- 6/20 – American Eagle Day
- 6/21 – Summer Solstice
- 6/27 – PTSD Awareness Day

IRAQ WAR COMBAT VETERAN HEALS FROM P.T.S.D.

Johnathan M. Lubecky has been through some dark times. Dark enough to attempt to take his own life five times. But thanks to being treated by methylenedioxymethamphetamine (MDMA), Lubecky says those days are behind him.

“After five (suicide) attempts, hospitalizations, everything, I had an intern slide a piece of paper across the desk and say, ‘Don’t open this until you leave. I’m not supposed to tell you about it.’ It said, “Google MDMA PTSD,”” Lubecky said. “I discovered MEPS was doing a clinical trial. Because two people had dropped out before completing the full trial because they felt healed after one or two sessions, there was enough room for me.”

Lubecky said there is a stigma and reputation with MDMA, also known as ecstasy, “But that’s not what this is,” he said. “We’re talking about medicine that is provided in a clinical environment ... a therapeutic environment. Two trained therapists are in the room the whole time.”

Lubecky took his first dose of MDMA in November of 2014. “In 2022 I was healed of PTSD,” he said. “There are not many people on this planet who can say that. One of the biggest lies we were ever told was that PTSD is a permanent condition. Whether it’s MDMA-assisted therapies, regular talk-therapies, other therapies, I am proof that PTSD can be eliminated. ... I knew that the days that I’d lived (before being treated with MDMA) would never come back,” he said. “I still have the memories, and sad things still make me sad. The difference is I decide when I want to think about things. My body doesn’t tell me I have to.”

Dr. Berra Yazar-Klosinski, Ph.D., the chief scientific officer of MAPS PBC, has been working on the clinical development of MDMA-assisted therapy since 2009. “Pending FDA approval, we hope to launch the product in 2024. We have the potential to treat 1.6 million PTSD patients in the U.S. by 2032, and it’s our desire that veterans are right up there in that timeline.”

Full Article: <https://www.legion.org/betheone/258380/iraq-war-combat-veteran-shares-how-mdma-saved-his-life-while-ending-his-ptsd>

COMMANDER’S CORNER

Hello All,

Things are happening at the Post. Some small projects are getting done and a few larger ones are about to happen. With the warmer weather almost upon us, we should be able get even more going.

We are doing some raffles to raise a little extra money for the assistance of our service men and women. Keep an eye out for tickets and maybe purchase one or two.

We now sponsor an air rifle team that is very proficient in their craft. I was recently informed that one member tied the record for the prone position. This is exciting stuff.

As usual the summer season brings out the Legion baseball teams, and we should all take some time to slow down and enjoy a game. Softball season is also starting and our bar staff is working hard at the fields to keep the thirsts quenched.

As you can gather, there are several activities going on around the Post so maybe come around and check a few out and add some input. Always remember: this is your post and we’re here for you.

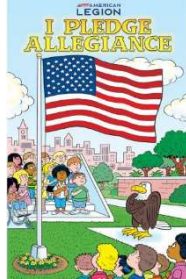
Thank you for your service.

– Jay Adams

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“I Pledge Allegiance” Comic Book



The American Legion’s “I Pledge Allegiance” comic book is the last one to be updated as part of the Legion’s Rally Around the Flag campaign to instill pride and respect for the American flag. The other two comic books that have been recently updated for purchase include “Our Country’s Veterans” and “Our Country’s Flag.”

“I Pledge Allegiance” is a fun, interactive activity book for elementary students that educates on why we recite the Pledge of Allegiance, what each word means and why our flag is important. A group of classmates follow a bald eagle named Abe as he shares these answers, and explains much more such as why we have 50 stars and 13 stripes and how to recite the Pledge properly (hand over heart, etc.). There are a lot of activities included to make this a hands-on learning tool.

“I Pledge Allegiance” is available for purchase through Emblem Sales, Item No. 755.302. The cost is 85¢ ea. or 100 for 69¢ ea.

HONOR GUARD

Post 4’s Honor Guard provided the following Burial Honors for January, February & the first half of March:

Army: Gary Hanks; Robert Weathermon; Antonio Arredondo; Gene James Ziegler; and John Deibele

Navy: Phillip “Al” Miller and Jerry Jones

If you have the time and the constitution to serve on our Honor Guard. It would mean a lot for those sorrowing families to see fellow service members in attendance. Call or email me. Thank you, Al Hager
406.861.8330 bartrlc@centurylinknet



ADJUTANT’S NOTES

Post Officers Elections will be held at the April 17th at the Post, 1540 Broadwater Ave at 1900 hours (7 PM). Nominations will be open until then. Please attend.

The next Commanders Breakfast is April 7th. This is a fundraiser for the Post. We need 3 volunteers on the 6th at 1800 (6 PM) to prep and 3 volunteers at 0530 on April 7th to serve. Please contact me if you can help.

The next Post recruitment table will be at the Gun Show on April 14-15-16. We need a minimum of 2 Post members (Legion, Riders, SAL & Honor Guard). At our Gun Show table each day of show, we will have the raffle prizes and display of The American Legion Family recruitment materials. You will be selling Raffle tickets, sharing with the community what we do, and encouraging new members to join. Please contact me if you can help.

Our Post will be hosting the spring District 11 meeting on Sunday April 23rd. Sign in will start at 8:30 AM; Meeting starts at 9:00 AM. We need to have as many Post members in attendance as possible.

There are still a lot of members that have not paid their 2023 dues. Please get them in as soon as possible.

Thanks, Don Clair

WHAT IS LAW DAY?

Law Day, held annually on May 1, is a national day set aside to celebrate the rule of law. Law Day provides an opportunity to understand how law and the legal process protect our liberty, strive to achieve justice, and contribute to the freedoms that all Americans share. All people of the United States are invited to join in rebuilding trust in our institutions, respect for one another, and willingness to collaborate to address the challenges that face our nation. The (American Bar Association) is pleased to offer this free program (link below), highlighting many ways you can celebrate Law Day, with special emphasis on this year’s theme, Cornerstones of Democracy: Civics, Civility and Collaboration,” said Sharon Gerstman, national Law Day chair. Free Webinar here: https://americanbar.zoom.us/webinar/register/WN_1d2EujgVQV2YB-LSIJhGtQ

POST 4 MONTHLY EVENTS

- American Legion Meeting – Every 3rd Monday at 7:00 p.m.
- Executive Board Meeting – Every 3rd Monday at 6:00 p.m.
- Legion Riders Meeting – Every 2nd Monday at 7:00 p.m.
- Pool League – Every Monday & Thursday
- Dart League – Every Wednesday & Friday

Find us Online!

Like us on Facebook & keep up to date with our Post events ... Search for:
American Legion Post 4

LEGION HALL RENTAL

Post 4 has TWO Banquet Halls (with bar) available to rent for special functions. Please contact Maria Rivera at 406-671-4598 for more info.

CHAPLAIN’S CORNER

2023 2nd Quarter – Welcome Springtime!

April is Children & Youth Month:

The American Legion has been actively involved with children’s issues since the early 1920s. In many instances, The American Legion has been the driving force on behalf of children on the federal, state and local levels.

In 1938, April was formally designated as Child Welfare Month (now called Children & Youth Month) and has continued on an annual basis. During this special time, we encourage each of you to show your community that the American Legion Family is dedicated to America’s youth.

Each year the Committee on Children & Youth focuses on three primary areas of concern. They include: Child health, Child safety and Family Support The following link provides detailed information on how you can support Children & Youth Month: www.legion.org/publications/160931/april-children-youth-month

This quarter, join me as always, in celebrating the ideals of Americanism.

Last but not least Have Fun!

-Dan

AMERICAN LEGION RIDERS

On January 9th, the election of the Riders’ Officers happened and I’m happy to announce I am the new Director for ALR Yellowstone Chapter.

Our meetings are on the 2nd Monday of each month at 7:00 pm. Remember, any Legion, Auxiliary, or Sons of the AL member can also be a Rider. Please like & follow our Facebook page to get updated event information; search for: American Legion Riders Chapter 4 – Yellowstone Chapter.

Trevor Barnhart, Director
Yellowstone American Legion Riders
406-598-5055



Veterans Crisis Line
1-800-273-8255 PRESS 9

STAND BY THEM

Confidential help for Veterans and their families

..... Confidential chat at VeteransCrisisLine.net or text to 838255

NATIONAL LOYALTY DAY

Loyalty Day is on May 1ST each year. It is a special day for people to reaffirm their loyalty to the United States and to recognize the heritage of American freedom. It also falls on the same day as Law Day in the USA. Loyalty Day is an observance but it is not a public holiday in the U.S.. The United States of America was founded by patriots who risked their lives to bring freedom to the nation. The nation’s founders are remembered on Loyalty Day, which is a day when people celebrate their freedom while remembering their responsibilities to continue the legacy of liberty. Loyalty Day was first observed in 1921 as "Americanization Day." On May 1, 1930, about 10,000 Veterans of Foreign War members staged a rally at New York's Union Square to promote patriotism. Through a resolution adopted in 1949, May 1 evolved into Loyalty Day.

WE NEED YOUR HELP!

We would really like to be more inclusive of and see more activity from our Post 4 Legion members. If you have any ideas about how we can achieve this, please let us know by sending us an email:

Adjutant Don Clair: alyellowstonepost4@gmail.com or
Past-Commander Gil Floyd: gils2002hd@yahoo.com

POST 4’s

MESS HALL



KITCHEN HOURS

(new kitchen hours begin in May)

Monday & Tuesday: Closed

Wednesday, Thursday, Friday: 5:00 – 9:00 PM

Saturday & Sunday: 1:00 – 6:00 PM

BAR HOURS

Monday – Friday: 5:00 PM ‘til closing

Saturday & Sunday: 11:00 AM ‘til closing

UPCOMING BAR FUNCTIONS

- April 1 @ 4-8 PM – Scarlet Bingo in Main Bar
- April 9 @ 2 PM – Late Open due to AmLeg District Mtg
- May 12 @ 4-8 PM – Eagle Mount Bingo in the Yellowstone Room
- May 13 – Dart Tournament
- June – Booked with Scheduled Room Rentals

We want to hear from YOU!

Do you have comments or ideas to submit to the newsletter?

Email Gil Floyd at gils2002hd@yahoo.com.

The deadline for the next newsletter is December 10th.

POST 4 DIRECTORY

AMERICAN LEGION OFFICERS

Commander Jay Adams
 Vice Commander Pat Weber
 Adjutant Don Clair
 Chaplain Daniel Stetler
 Finance Officer Rick Friez
 Sergeant-at-Arms John Miron
 Post Historian Gil Floyd
 Lifetime Honorary SAA ... Matt Grandpre

CONTACT INFORMATION

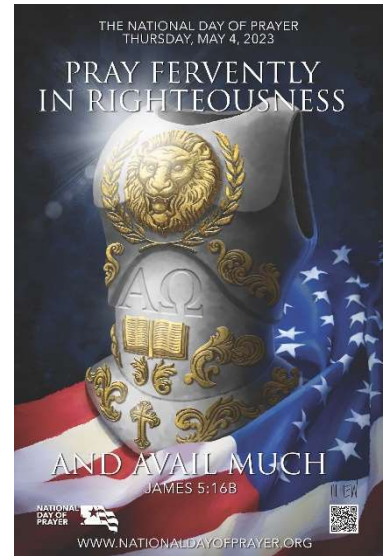
Post 4 Adjutant: Don Clair
 Email: alyellowstonepost4@gmail.com
 Phone: 406-656-1510
 Post Operations Director:
 Maria Rivera
 Email: mluzrivera11@gmail.com
 Phone: 406-656-1510

EXECUTIVE BOARD MEMBERS

Gil Floyd, Past Commander
 Jim Salsbury
 Ryan Parsons



Legion Meetings
 are **EVERY 3rd**
Monday at
7:00 p.m.
Please join us!

NAT'L DAY OF PRAYER: MAY 4TH

2023 Theme: PRAY FERVENTLY IN RIGHTEOUSNESS AND AVAIL MUCH.

James 5:16b "The effective, fervent prayer of a righteous man avails much."