

January Events

February 2019
Volume 5, Issue 2



The American Legion Flanders Field Post BE02

January Events:

Orphanage Party, 19 January



AMERICAN LEGION "FLANDERS FIELD" POST BE02

POST BE02 OFFICERS

Commander: Joseph Schram
1st Vice Commander: Kevin Jordan
2nd Vice Commander: Amanda Hawkins
Judge Advocate: Vacant
Historian: Michael Adubato
Finance Officer: Laura Buckner
Chaplain: Thomas Buckner
Sergeant-at-Arms: William Audretsch

Committees

Americanism: Vacant
Children and Youth: Vacant
Membership: Kevin Jordan
Post Activities: Vacant
Ways and Means: Amanda Hawkins
Graves Registration, Memorial and Ceremonies Committee: Kristine Eetezonne & Phil Colinet
Veterans Affairs and Rehabilitation Committee: Joseph Schram & Thomas Buckner
POW/MIA: Mark Altmeyer
Sons of The American Legion Committee: Vacant

Legion Riders

President: Vacant

Legion Auxiliary

President: Morgan Buckner

Sons of the American Legion

Commander: Paul Vande Walle

American Legion Post BE02's Boys State / Girls State program

The American Legion Post BE02 announces its 2019 Boys State / Girls State program. Boys State and Girls State are summer leadership and citizenship programs sponsored by The American Legion and the American Legion Auxiliary for high school juniors. **Deadline for application is 28 Feb**

POW/MIA Committee



My name is Mark William Altmeyer, I am the appointed POW/MIA Committee Chairperson for the American Legion Flanders Field post BE02.

I live in the Ardennes Region, inside the German border, one of the German jump-off points for the Battle of the Bulge, which was fought in the winter of 1944. My position Includes working with many museums in the area, as a Museums Coordinator for the Patton Alliance.

I look at existing situations for the POW/MIA committee and think of how things might be optimized, to make things more cost effective and efficient in the long term.

Since been given this position, I have given much thought to what I can give to hold up the honor of this very important post. I have come to the conclusion that the both parts of my work portfolio, as important as they are, is overshadowed by one. This is the MIA element, seventy plus Years after the war has ended. The POW element has mainly been accounted for by now, but the MIA situation is still inconclusive for a lot of families.

It is a well known fact that there are hundreds of missing airmen and soldiers and many of these were operating in the Bulge area alone. It is a well adopted US Forces doctrine that, "Nobody is left behind", there are very many circles still in need of closure and loved ones still waiting for their servicemen to come home in the 2nd and 3rd generations now and it does not make the Longing any less.

DPAA is doing a gargantuan task at recovering some of our lost sons, but in the times of failing funds and manpower, it is but the tip of the Iceberg.

I am striving for a co-operation between the DPAA the American Legion and the German Reserves to assist DPAA in bringing our sons home, it would be a win, win situation. With devoted veterans themselves, also actively in the Field, assisting the DPAA, with research and recovery and fulfilling the Promise that, "Nobody is Left Behind".

American Legion Auxiliary



The Auxiliary is looking at the feasibility of crocheting poppies as a fundraiser.

For further instructions on how to crochet these poppies, visiting the YouTube site at:

www.youtube.com/watch?v=o2CUghTifOs

Veteran's Benefits

Sleep Apnea & VA Service-Connected Compensation (part 1)

Sleep Apnea is a very complex medical issue that impacts many military veterans. Unfortunately, it is not simple to prove that sleep apnea is related to your military service, and the VA denies many sleep apnea claims for service-connected disability compensation. Any veteran pursuing a sleep apnea VA disability claim should be ready for the "long-game" when trying to prove to the VA that their sleep apnea is service-connected.

What is Sleep Apnea?

Sleep apnea is a chronic disorder in which the person temporarily stops breathing or takes shallow breaths while they are asleep. These pauses in breathing can last until the person's brain becomes desperate for oxygen that they are jolted awake, gasping for air often after making a snorting or choking

According to VA's Schedule of Ratings, there are 3 types of Sleep Apnea: "Obstructive", "Central", and "Mixed". In "Obstructive" sleep apnea (the most common type) the airway collapses or becomes blocked during sleep. The loud snoring sound that is often associated with sleep apnea is caused by the small amount of air that manages to pass the blockage. In "central sleep apnea," the area of the brain that controls breathing doesn't send the correct signals to the breathing muscles.

This type of sleep apnea can affect anyone but, it is most common in people who suffer from heart conditions/ stroke or in people who are on certain medications like opioids. The "Mix" can occur when "Obstructive" and "Central" Sleep Apnea happen simultaneously.

If left untreated, sleep apnea can increase the risk of heart failure, heart attack, stroke, high blood pressure, obesity, diabetes, migraine head-aches and fatigue-related or driving accidents. If that wasn't enough, sleep apnea can create irregular heart-beats (arrhythmias). Symptoms range from feeling tired all day or dozing off during activities to drastic personality changes such as irritability, anxiety, or depression.

When Can Veterans Claim Service-Connected Sleep Apnea Disability?

There are a number of scenarios that veterans who have Sleep Apnea find themselves in: they may have been denied after being diagnosed in service, they may have been denied after being diagnosed years after their service ended, or they may have been denied because of a lack of diagnosis and may even have in-service medical records that documented sleeping problems. With the right evidence and effort, veterans with similar situations to these may be granted service connection for Sleep Apnea.

In order to be awarded disability compensation, sleep apnea must be connected to a veteran's military service. There are two paths one can take to service connection: Direct or Secondary.

Direct Service-Connection for Sleep Apnea (part 2)

It is more than a current problem – There are three things to prove to show service-connection:

It is a common and often frustrating misconception that veterans believe because they have been diagnosed with sleep apnea and wear a CPAP while sleeping, they are automatically entitled to a 50% compensation rating from VA. While this belief may be well-founded, VA requires us to take a few more steps. In order to be awarded VA compensation for any disability, veterans must show that is related to their service. To show *direct service connection*, veterans must prove (through medical and sometimes lay evidence) the following criteria:

1. They have a current disability (Sleep Apnea);
2. an in-service incurrence or aggravation of a disease or injury; and
3. a nexus (connection) between the claimed in-service disease or injury and the present disability.

The nexus – or connection – can be the hardest part:

Perhaps the most common proof that veterans find themselves missing is the medical evidence of a link or nexus between the in-service event and the current disability. A medical professional is needed to give an opinion, sometimes called a “nexus statement”, linking what occurred in service as the cause of the current condition. However, Sleep Apnea can be difficult for doctors to detect without an actual sleep study. In fact, VA requires a sleep study in order to confirm a diagnosis of Sleep Apnea.

Proving a current condition:

If a veteran has not had a sleep study and therefore does not have any medical records from service that diagnose him/ her with Sleep Apnea, strong lay evidence, like buddy statements from old barracks or ship’s birthing roommates or even someone who slept near the veteran during their time in service, can set the groundwork for a veteran’s service-connected sleep apnea claim. These statements should mention where the veteran and the “buddy” served during their time in the military and which symptoms of sleep apnea the “buddy” remembers the veteran having. It may be even more difficult to detect if the veteran does not actually know they have the disorder. Put it this way, if you don’t share your bedroom or housing situation with someone who can tell you that you are snoring/ choking during sleep, you might not know about it.

Take-Aways

- Combining solid medical evidence with strong lay evidence, like buddy statements, may be crucial in helping prove service-connection for veterans who are suffering from Sleep Apnea.
- VA requires a sleep study that confirms your Sleep Apnea diagnosis. It may not be necessary for your sleep study to have been done in the military but, you need one that confirms a Sleep Apnea diagnosis before you will be granted service-connection.
- The most important piece of the puzzle is a medical nexus opinion that ties it all together by showing that the symptoms a veteran experienced while in service are connected to those he/she still experiences today were and diagnoses them as Sleep Apnea.

Upcoming Activities & Events

Here are the upcoming events for the next 3 months. Your help would be greatly appreciated at any of the following events. Thank you

03 Feb, Sunday	4-Chaplain Sunday exhibit at AAFES PX
22, Feb, Friday	American Legion Night at the 3-Star on USAG Brussels Black History Month—Music Migration
02 Mar, Saturday	Information / Awareness Table at AAFES Px
15 Mar, Friday	American Legion Birthday, Cake & Drinks
Mar, Friday (TBD)	American Legion Night at the 3-Star on USAG Brussels Women's History Month: Putting Women Back into History
06 April, Saturday	Daddy-Daughter Dance, SHAPE

American Legion's National Commander Visit to Belgium

Sat, 1 Jun

- 1300hrs Arrive in Bastogne - McAuliffe Square
Lunch at Wagon Wheel restaurant
- 1430hrs Wreath Laying at Mardasson Memorial
- 1500hrs Bastogne War Museum
- 1700hrs Depart Bastogne
- 1900hrs Arrive Holiday Inn Zaventem Brussels

Sun, 2 Jun

- 0800hrs Depart Holiday Inn Brussels
- 0900hrs Visit to Flanders Field American Cemetery
- 1100hrs Depart to Kemmel
- 1200hrs BBQ with Post BE02 Members
- 1330hrs Tour of "Battle of Vierstraat Ridge"
- 1800hrs Dinner in Ieper
- 2000hrs Laying of Wreaths at the Last Post, Menin Gate, SHAPE Band Performance

Mon, 3 Jun

- 0800hrs Depart Holiday Inn Brussels
- 0900hrs NATO Command Briefing
- 1200hrs Lunch at NATO with servicemembers
- 1300hrs Depart for Paris

The Saga of the Four Chaplains



This year marks the 76th anniversary of the sinking of the U.S. Army Transport Dorchester and the legendary acts of selflessness of four Army chaplains who were aboard. Four Chaplains Day, as U.S. Congress has declared, honors the four chaplains who went down with their ship and gave their life jackets to other passengers. The garrison chaplains and American Legion "Flanders Field" Post BE02 will honor the memory of the four chaplains by hosting an commemorative display Feb. 3 at the Army and Air Force Exchange, or PX, mall from 10 a.m. to 2 p.m. on Chièvres Air Base, Belgium.

HISTORY

It was known as Torpedo Junction, the U-boat infested, icy waters of the North Atlantic during World War II. On Feb. 3, 1943, the USAT Dorchester, an old coastal steamer was slowly making her way through those waters bound for Greenland.

Most of the men were seasick and green with nausea. Because they were in submarine waters, the captain directed the men to keep outer gear and life jackets on at all times. Moving among them were four Army chaplains: George Fox (Methodist), Alexander Goode (Jewish), Clark Poling (Dutch Reformed) and John Washington (Roman Catholic). The chaplains talked with and listened to the men -- soothing apprehensions, offering encouragement or sharing a joke. By their concern, their camaraderie with the men and one another, and their very presence, they brought solace.

An enemy submarine, stalking the ship undetected, fired a torpedo toward the ship's aging flank. The missile exploded in the boiler room, destroying the electric supply and releasing suffocating clouds of steam and ammonia gas. Many on board died instantly. Some were trapped below deck. Others jolted from their bunks and stumbled their way to the decks of the stricken vessel. Taking on water rapidly, the ship began listing to starboard.

Because security reasons prevented the use of distress flares, escort vessels, still close enough to assist, pushed on into the darkness unaware that the USAT Dorchester was sinking.

Overcrowded lifeboats capsized. Rafts drifted away before anyone could reach them. Men clung to the rails, frozen with fear, unable to let go and plunge into the dark, churning water far below.

The four chaplains calmed the frightened men, got them into the spare lifejackets and urged them over the side. The supply of extra jackets ran out with men still waiting. Having decided to remain with the sinking ship, the four chaplains either gave to or forced upon frightened servicemen their own lifejackets.

Too quickly, no more lifeboats could be launched and many men were left aboard, but there was more for the chaplains to do. When last seen, they were standing together on the deck leading the men in prayer. With arms linked in friendship and heads bowed in prayer, they sank beneath the waves. Two of those chaplains were Protestant, one was a Catholic, and one was Jewish. Monsignor John McNamara, former chief of chaplains of the U.S. Navy, said at a Four Chaplains Award Service, "No casting director in Hollywood could have selected a better cast of characters than these four to portray the basic unity of the American people."

The self-sacrifice of the four chaplains was a heroic act. It was not the only heroic act aboard the USAT Dorchester. But it was the identity of these four young men, representing three great faiths of the American people that adds symbolism to their sacrifice.

Origins of Black History Month

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing the central role of blacks in U.S. history. The event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States.

That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing Negro History Week. By the late 1960s, thanks in part to the civil rights movement and a growing awareness of black identity, Negro History Week had evolved into Black History Month on many college campuses.

President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

2019 Black History Month theme is "Black Migrations"

The theme for Black History Month in 2019 is "Black Migrations" tracking the continuous movement of blacks from the American South to the industrialized North and beyond.



Beginning in the early 20th century, a growing number of black industrial leaders and black entrepreneurs emerged as families relocated from farms to cities, and from the South to the more industrialized Northeast and Midwest.

Along with the emergence of new music genres -- like ragtime, blues, and jazz -- the Harlem Renaissance in New York City also signaled a blossoming of the visual and literary arts.

Well into the century, blacks continued to break the color barrier in sports, business and politics, and have recently challenged the traditional bastions of wealth and power to gain popular support at the local, state, and national level.



Black History Month

African-American Music Migration

Friday, 22 February

3-Star Recreation Center
USAG Brussels

Exhibition: 13:00—20:00

Meal: 17:00—20:00

WITH LIVE PERFORMANCES
FROM THE SHAPE
INTERNATIONAL JAZZ
BAND
17:00 TO 20:00



For meal reservations e-mail us at: reservations3star@yahoo.com or call at: 027179822

Paid Up For Life (PUFL)

Current members may now enroll in the Paid Up For Life program online or can print a personalized application and mail in their payment. Pay in full or choose 12 monthly installments.

- No more renewal notices. No more paying annual dues.
- No more worrying, "Did I renew my membership or not?"
- Join the other 180,000 PUFL Legionnaires in saying, "I believe in The American Legion and what it's doing. I'm in this for the long haul."
- Avoid future dues increases. No matter what inflation does, you never have to pay another penny in dues.
- Lifetime subscription to The American Legion Magazine!

Each Paid Up For Life member receives a permanent plastic card, as well as an annual paper card to verify continuing membership in The American Legion. The annual card is mailed in July of each year.

To get your Paid Up For Life membership now:

<http://www.legion.org/join/pufl>

To order your American Legion Official Cap, please follow the directions below.

http://emblem.legion.org/uniform_caps/legion.asp

Step 1: Please select your Department: **France**

Step 2: Please select your style: **State**

Please select your lining: **unlined**

Step 3: Please select your crown: **Regular** or **Fort Knox** (your choice)

Step 4: Please select your cap size: _____

Step 5: Left-side lettering: **FRANCE**

Step 6: Please enter your post number: **BE02**

Step 7: Check here if you want to add right-side lettering: **FLANDERS FIELD** (this is optional and your choice)

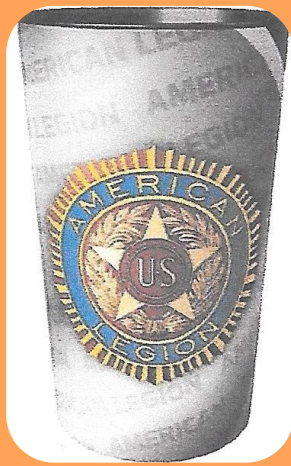
SUBMIT

Preamble to the Constitution

FOR GOD AND COUNTRY WE
ASSOCIATE OURSELVES
TOGETHER
FOR THE FOLLOWING
PURPOSES:

- To uphold and defend the Constitution of the United States of America;
- To maintain law and order;
- To foster and perpetuate a one hundred percent Americanism;
- To preserve the memories and incidents of our associations in the Great Wars;
- To inculcate a sense of individual obligation to the community, state and nation;
- To combat the autocracy of both the classes and the masses;
- To make right the master of might;
- To promote peace and goodwill on earth;
- To safeguard and transmit to posterity the principles of justice, freedom and democracy;
- To consecrate and sanctify our comradeship by our devotion to mutual helpfulness.





American Legion
 “Flanders Field”
 Post BEO2 Spirit Cups
 are available for sale.
 Price \$5 / €5

LINKS

American Legion Post BEO2 Website:

<https://sites.google.com/site/americanlegionpostbeo2/home>

Flanders Field Post BEO2 Facebook page:

www.facebook.com/pages/American-Legion-Flanders-Fields-Post-BEO2/152286224925159

American Legion Riders - Flanders Field Chapter BEO2

www.facebook.com/legionridersflandersbeo2

Flickr account: (Pictures of Post BEO2 events)

<https://www.flickr.com/photos/130086797@N08/sets/>

Flanders Field Post BEO2 Youtube website (Videos of Post BEO2 events):

https://www.youtube.com/channel/UCHayGVazQv_uT-7u7Dy7Z8g

Adopt-a-Grave program’s website:

<http://www.sitemn.gr/adoptagraveflandersfield/HOMECONTACT.php>

The American Legion Centennial Celebration

<http://centennial.legion.org/>

Event Calendar: February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01	02
03 4-Chaplan Sunday Exhibit: Chièvres PX	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22 Black History Month—Music Migration 3-Star Rec Ctr	23
24	25	26	27	28		



ARMAF-B

Association of Retired Members of the Armed Forces - Belgium

Retiree Council meeting

LTC (Ret) Bill Bergman, Retiree Council president, announces the upcoming Retiree Council meeting to be held at 1030hrs, Monday, 25 February, in the command conference room of the USAG Benelux headquarters (Bldg 30) at Daumerie Caserne, near Chièvres Air Base.

ARMAF-B Luncheon and Guest Speaker

Look for the upcoming announcement for the April Luncheon in the Brussels Community

ARMAF-B Membership

Membership Eligibility:

Regular members: persons residing in Belgium who are

- Retired members (all ranks) of all U.S. armed forces
- Widows/widowers of active or retired members of U.S. armed forces
- Active duty members of U.S. armed forces with more than 18 years of service creditable for retirement

Associate members: persons who would otherwise qualify for regular membership

- Do not reside in Belgium
- Although resident of Belgium and having completed 20 years or more years of service creditable toward military retirement from the reserves of U.S. forces, have not yet reached retirement age of 60

Membership: € 20

Advertisements

From Our Supporters



101st Airborne Museum

The Museum, inaugurated in September 2011, is focused on the Battle of Bastogne a chapter of the Battle of the Bulge, December 1944 – January 1945.

The Museum is developed in a former officer's Mess from the Belgian Army. It's a prestigious building dated from 1936 used by the Germans from May 1940 till September 1944 as a Non Commissioned Officer's club for the troops stationed in the area of Bastogne.

The Museum presents a very rich collection of artifacts, weapons, uniforms from the Battle of the Bulge, displayed on four levels. More than 25 very realistic displays are presented with about a hundred of very amazing mannequins. The visitor is very rapidly in the heart of the battle where soldiers and civilians are mixed in that dramatic period.

Our collection is enriched by several authentic uniforms, artifacts and other objects from General George S Patton.

In the basement which constitutes the fourth floor, we touch much more the feelings of the visitor by very realistic scenes representing terrible situations of soldiers and civilians in the worst period of the battle. Are represented; an Aid Station in combat, a hand to hand combat scene between American and German soldiers....

In the basement, the visitor can also make a unique experience in a bombing shelter: it's a special room in which the visitor will be like a refugee in a cellar during a bombing in December 1944. It's absolutely realistic and amazing. All the sounds are original and the visitor will make a real comeback in the past.

We can assure you that the 101st Airborne Museum is really worth to visit.

It's with great pleasure that we invite you to discover the Museum so that you can make yourself an idea about us.

A visit can already been made through our website www.101airbornemuseumbastogne.com

Thank you for visiting us and helping us to preserve history

The 101st Airborne Museum Team

GRATIS BEVRIJDINGS FEESTEN BORLO

Kampementen en reconstructie van een soldatenleven aan Het Pacht Hof en de omgeving van Borlo

Zaterdag 7 september 2019

Zondag 8 september 2019

10u00 Kamp open
10u30 Rondrit
15u30 Battle
21u00 USO Dance

11u00 Ceremonie & Defilé
15u30 Battle



Heb jij nog foto's, kledij, ... uit de oorlogsperiode?
Het museum Winter 1944 wil dit alles graag voor u
bewaren voor het nageslacht.

Van harte welkom, om Borlo terug onder te
dopen in de bevrijdingsfeer 1944.

www.winter1944.com — 011/88.39.23

Thewitstraat 8 - 3891 Borlo — Bezoek museum: €5