



American Legion
Donald C Thompson
Post and Auxiliary Unit 135

United for
Veterans Newsletter

July – August 2024

Volume 48

Post Commander Jan Allbright

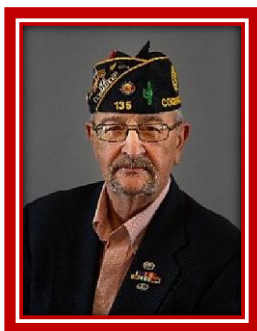


It's Summer and it's HOT!

Stay cool and stay hydrated!
If you have issues with keeping cool, visit areas that are well air-conditioned like libraries. Take a book and soak up the cool. Watch that sun exposure. Wear loose and light clothing whenever possible.

On a "cooler" note, Vice-Commander Golden and I are working the plan for an "open house" BBQ and fire out on the property for a general meet-and-greet. Keep an eye on the Cornville and Post Facebook pages for updates!

For God and Country,
Jan Allbright
Commander



Beef Raffle Winner!



Donna Littlepage of Camp Verde

The winner of the 2nd Building Fund Beef Raffle was Donna Littlepage. The winning ticket was sold by Keith Tucker. Currently, the 3rd raffle is going well and hope to name its winner by July 4.

*Congrats, Donna!!
Watch for the final beef raffle tickets coming soon!*

Local News:

ELECTION

2024

July 30 primary election dates announced

The Yavapai County recorder reminds voters of the following information for the July 30 primary election:

- Early voting began July 3.
(continued to page 4)

COMPUTERS PLUS
BOB THE TROUBLESHOOTER
Computer Consultant
1210 S. Western Dr.
Cornville AZ.
928 202 7560
928 649 8324
FOR ALL YOUR COMPUTER NEEDS

Auxiliary President Phyllis Kennedy

Hello American Legion
Family,

It's hard to believe a new year, 2024-2025, has arrived. I am looking forward to a busy year filled with many opportunities for us to help our community and neighbors.

Our Auxiliary meetings are the first Wednesday of every month at 6:00pm at the Cornville Fire Station on Page Springs Road. I invite you to join us as we plan our activities for an exciting year. Here are just a few of our tentative upcoming events:

- We are hosting our yard sale and flea market (open to vendors) the first Saturday of every month on our property in Cornville starting back up in September
- In July we are collecting school supplies for the Cornville Elementary School and delivering them in August
- On Saturday, August 10th, our District 8 Meeting will be held at Post #25 in Cottonwood. E-Committee meeting is at 11:00am, lunch at 12:00pm noon, and the General meeting at 1:00pm
- AL Post 93 is hosting the District 8 picnic on Saturday, August 17th at the park next to the Camp Verde High School, starting at 11:00am
- On Saturday, September 21st we are hosting our 7th annual car show at RV Galpin in Cottonwood
- In October, we are hoping to plan a community event in Cornville
- In November, we will be honoring our "Early Birds" and volunteers with a luncheon
- In December, we have the Cottonwood Christmas Parade, our Christmas Party, Christmas caroling and, of course, our Christmas families

Please mark your calendars and plan to come out



and enjoy the fun and camaraderie. I am looking forward to seeing you. If you know of anyone in our community that needs a helping hand, please let us know. That's why we're here – to be of service. If you know of anyone who would like to join our American Legion Auxiliary, please reach out to them. We love to welcome new members into our family.

Many Blessing to each of you and I'm wishing you a year filled with success and new beginnings.

For God and Country,

Phyllis Kennedy

ALA Unit President

SCHOOL SUPPLIES NEEDED!

To be donated to Cornville
Elementary School



Contact Sharon Riffle at 607-5610 or
Gabby Howard at 963-4292 on or before
July 27 to make your donation.

Appreciate all general supplies – students are K-8.

MON-FRI: 8-5:30
SAT: 8-4

CORNVILLE

MERCANTILE
HARDWARE, HAY, & FEED
928-634-2575

FAMILY OWNED & OPERATED

4H & FFA
Discounts

PO BOX 790
9420 E Cornville Rd
Cornville, AZ
Cornvillemercantile@yahoo.com

Membership



What you need to know – Multiyear membership open to 2025 renewals

If you renewed for the 2024 American Legion membership year prior to the new multiyear membership rollout on December 4, you can now take advantage of a three-year membership starting with the 2025 membership year!

Visit legion.org/renew for the multiyear membership of 2025, 2026, and 2027. Legionnaires still needing to renew for 2024 or Veterans joining the organization for the first time can also lock-in a three-year membership (2024, 2025, and 2026) by visiting legion.org/renew or legion.org/join.

Or if you prefer – you may want to consider a Paid Up For Life membership – 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 184,000 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!
- 1. Online applications: Visit MyLegion.org to complete an online application.
- 2. Call Customer Service: Members can speak to a customer service specialist by calling 1-800-433-3318 – rates may change. They can answer questions regarding the PUFL program as well as print and mail PUFL applications or take them over the phone.

Jeri

Jeri Strande

Post Adjutant/Unit Membership Chairman

If you haven't paid your 2024 Post or Auxiliary dues there's still time!

Legionnaires \$40

Auxiliary \$25

Mail them to AL Post 135

PO Box 172

Cornville, AZ 86325



**Wanna see your
Business ad here?
Call Jeri @ 928-649-
3374 for more info
and cost!**

Service Officer Notes

Jan Allbright

Tinnitus and Mental Health

That darn ringing in the ears!
It distracts! It interrupts!

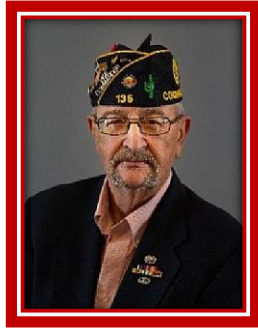
It annoys! And it also can cause you issues with Mental Health. There have been several medical studies that connect Tinnitus and mental health issues such as Depression, Anxiety, and Stress. Now why is this important from a Service Officer point-of-view? Increased compensation! Tinnitus is limited to a 10% compensation. But the associated mental health issues can be rated much, much higher! Frequent Depression can rate 30%. Anxiety can rate up to 70%. But it is important to be able to a) Service Connect the Tinnitus, and b) Connect the Tinnitus to the Depression/Anxiety.

Service Connecting the Tinnitus can be a bit difficult so it is very important that you have access to your military records. Having a Tinnitus diagnosis is essential. Having a Military Occupation Specialty (MOS) that often expose the trooper to high noise levels helps.

Connecting the Mental Health issues to the Tinnitus may be a little harder, but given the large number of medical studies, this should not be that hard. But again, a diagnosis is essential!

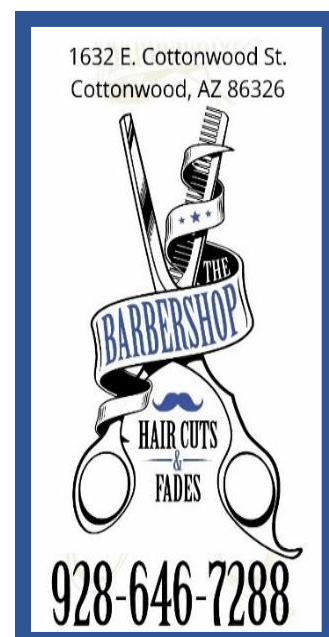
Final message – if you have Tinnitus then the chances are very good it is having a Mental Health impact on your life. Get your hearing checked and sign up for a Mental Health assessment.

For God and Country,
Jan Allbright
Service Officer



(continued from page 1)

- Ballots were mailed to voters request an automatic Ballot-by Mail on July 3.
- Voters may vote early in person or vote a replacement ballot from July 3-26 at the Yavapai County Recorder's Office, 1015 Fair St., Prescott, from 8am to 5pm 7351 E. Skoog Blvd., Prescott Valley, from 9am to 4pm and 10 S. 6th St., Cottonwood, from 8am to 5pm. All locations will be open until 7pm on July 26. Proper identification required.
- The last day to request an early ballot be mailed to you is July 19. Call 928-771-3248 ext. 9 or visit my.arizona.vote to request a one-time early ballot.
- Voters are encouraged to drop ballots in one of the 19 official ballot drop boxes located throughout the county. **Do not mail your voted ballot back after July 23.**
- Voters needing special accommodations can call 928-771-3248 ext. 9 for email voter.registration@yavapaiAZ.gov.
- If any Legion Family member needs transportation to an onsite voting location, please call 602-935-1936 to make arrangements.



Poppy Distribution



Marie Sullivan



James Golden

Just before Memorial Day members of the Legion 135 Family prepare to distribute poppies at various locations, in Cornville as well as Village of Oak Creek (Sedona, Arizona). It's a proven fact that Auxiliary and Post team members do their best in gathering the much-needed funds to support veterans and their family's needs.

Again, this year the team of Marie Sullivan and James Golden collected the highest amount of donations (\$465.50) in comparison to all others that distributed – congratulations! Marie is the Treasurer for the Auxiliary and James is the 1st Vice Commander for the Post.

Memorial Day 2024



The Legion Membership year commences with Memorial Day recognition! Kicking the ceremony off (l-r) Unit President, Phyllis Kennedy, Honor Guard members, Bob Hall and Jeri Strande, giving the invocation is Chaplain, Ken Johnson with Commander, Jan Allbright standing by.



The 2024 keynote speaks was Post 135 Commander, Jan Allbright, who is a Purple Heart Recipient and is serving as a second-year commander for the post.

**Honoring
our
flags!**





Judge or Sponsor?

So, you say you'd like to sponsor a trophy at the car show?????
 Or you're interested in judging the cars. Here's the info you'll need:

Sponsor's Sheet

\$200 or more to be a Trophy for Sponsor and Vehicle winner

\$150 for the Vehicle winner only

Wanna get close to all the entries?! Volunteer to judge!

Contact Jan Allbright or Jeri Strande @ 602-935-1936

The category and open categories follow:

COMMANDER'S TROPHY – not for sale.

Selected by Commander or designee – (beer stein paid for and presented by the post)

PEOPLE'S CHOICE

Selected by participants and visitors


SPONSOR'S TROPHIES

1. Pre-Korean War 1917-1955 – Sold
2. Vietnam War Era 1956-1966 – Sold
3. Vietnam War Era 1967-1975
4. Lebanon, Grenada, and Panama Era – 1976-1990
5. Gulf War/War on Terrorism 1991
6. All year's TRUCKS
7. Farthest Traveled Entry

Calendar of Events

July

August

3	Building Committee Meeting Cornville Fire Station	4:30pm	7	Building Committee Meeting Cornville Fire Station	4:30pm
3	Auxiliary Meeting Cornville Fire Station	6:00pm	7	Auxiliary Meeting Cornville Fire Station	6:00pm
4	Independence Day		11	Cutoff for Sept-Oct Newsletter Articles	
10	Post Meeting Cornville Fire Station	6:30pm	14	Post Meeting Cornville Fire Station	6:30pm
20	Camp Verde Corn Fest (need volunteers to work)		17	District 8 Picnic in Camp Verde (See Jeri for tickets - \$7 adults, kids 10 and under free)	11:00am
26	American with Disabilities Act Signed (1990)				

Post Officers

Auxiliary Officers

Position	Name	Phone	Position	Name	Phone
Commander	Jan Allbright	300-2386	President	Phyllis Kennedy	300-7411
1 st Vice Cmdr.	James Golden	300-4617	Vice President	<i>Position Open</i>	
2 nd Vice Cmdr.	Jeri Strande	649-3374	Treasurer	Jeri Strande	649-3374
Finance Officer	Dale Howard	963-0965	Recorder	Marie Sullivan	516-315-2377
Adjutant	Jeri Strande	649-3374	Chaplain	Jeanette Volk	639-4292
Chaplain	Ken Johnson	805-714-9369	Sgt at Arms	Gabby Howard	963-1656
Sgt at Arms	Keith Tucker	301-2618	E- Committee	Gabby Howard	963-1656
E-Committee	Ken Johnson	805-714-9369		Sharon Riffle	607-5610
	Jerry Wesch		Historian	Judy Miller	301-3844
Service Officer	Jan Allbright	300-2386			
Honor Guard Commander	Keith Tucker	301-2618			

NOTE: Unlisted area codes are 928

Newsletter Editor Jessica Heath 907-602-2825

Email: jessheath92@yahoo.com



Volunteers are needed the 1st Saturday of every month for the Flea Market at the Post Property

Show time: 6:30am to set up tables, signs, put out treasures.

Flea Market Hours: 9 am – 2 pm

Contact Keith Tucker (928-301-2618) or Jeri Strande (928-649-3374) to confirm your participation.

American Legion
Donald C Thompson Post 135
P O Box 172
Cornville, AZ 86325