



The Legionnaire

Tidewater Post 327

705 Lesner Avenue
Norfolk, VA 23518

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JANUARY 2022

POST OFFICERS

Commander: Roger Kelly
1st VCDR: Byron Pinalto
2nd VCDR: Rick McDonald
3rd VCDR: Tony Moore
Adjutant: Evan Glendinning
Finance: David Seate
Service Officer: Bob DeChamplain
Chaplain: Rickey Brown
Sgt-at-Arms: Ian Gorman
Historian: Alex Bascom

Exec Board

Gene Niedholdt
Tim Gonyea
Fred Knall
John (JB) Richardson

LEGION RIDERS

Director: Derrick Johnson
Asst Dir: Shane Kelly
Adjutant: Rob Buckhalter
Treasurer: David Seate
Safety Officer: Keith McCauley
Chaplain: Mike Moranha
Sgt-at-Arms: Vacant
Road Captains: Keith Palmer

Exec Board

Al R. Gnome

SAL SQUADRON

CDR: Fred Vaccarella
1st VCDR: Dave Samson
2nd VCDR Mike Schmidt
Adjutant: James Doty Jr.
Treasurer: Jeff Evans
Chaplain: Rocky English
1st Sgt-at-Arms: Wayne Turner
2nd Sgt-at-Arms: Frank White
Historian: Dan Schmidt

Exec Board

Steve Gower
Milo Cross
Kenneth O'Bryan

AUXILIARY

President: Crystal Cross
Vice President: Yvonne Thibeault
Secretary: Salina Kiel
Treasurer: Jan Dumstorff
Chaplain: Marcia Brothers
Sgt-at-Arms: Kellee McCarty
Historian: Jane Evans

Exec Board

Karen Stull
Patty Hibner
Linda Woody

COMMANDER: Happy New Year! Can't believe that we're now in 2022 already. I hope everyone enjoyed the parties and entire holiday season here at Post 327! Just want to send out a thank you to 2nd Vice Rick McDonald for some great holiday parties. Also JB and Robin for the decorations for all those events. I want to thank everyone for the great year we've had here at the Post, and hoping that 2022 is even better! A big need is still volunteers around the Post. Please if you can donate a couple hours of your time, get ahold of myself or call the Post Office to talk to our Adjutant Evan Glendinning. Hoping to see everyone back healthy, happy, and looking forward to a great 2022! For God and Country, Roger Kelly

UPCOMING EVENTS: Job Fair Jan 15th 11AM – 3PM, Education Fair Jan 22nd 11AM – 3PM, Blood Drive Jan 26th 1PM – 6PM.

FIRST VICE COMMANDER: We are currently at 85% of our goal for 2022. Please renew as soon as possible for the upcoming year as your **2021** Membership card expires on Dec 31st for everyone no matter what your date you joined. Also if you have an entry FOB it will stop working at midnight Dec 31st. **Using MyLegion.org you will need to have an email connected to your account, if you an old email in your account please contact us and we will update your information so that you register or if you have any other problems with your account please contact us.** Anyone that has an **honorable** discharge after Dec 7th, 1941, is able join. For God and Country, Byron Pinalto

SECOND VICE COMMANDER: No input. For God and Country. Rick McDonald

ADJUTANT: Hello everyone! I hope everyone had a safe holiday season. On January 26th from 1 PM to 6 PM, we will be having a blood drive with the Red Cross. You can go to redcrossblood.org, call 1-800-redcross, download their app or talk to me to schedule an appointment. We are also setting up a Job Fair on January 15th, from 11 AM to 3 PM. A Education Fair is also being set up for January 22nd from 11 AM to 3 PM. We are now into the second half of the American Legions "fiscal year". Please keep track of all of your volunteer work. You can turn that information into me, so I can include them in Consolidated Post Reports. I know that we do a lot for the community. It is just that I can't brag about it, unless you tell me about it. If you have any comments, questions or concerns about anything, please reach out. Also, if you haven't done so already, please renew your membership as soon as possible. The membership dues that you pay help fund American Legion Programs and help keep the lights on. Even if you don't frequent the social quarters, paying your dues, helps us help fellow veterans and support our local community.

For God and Country, Evan Glendinning, Post Adjutant
SERVICE OFFICER: During the Month of November service officers spoke with 175 veterans, spent 281 hours and logged 1380 miles. I want to thank all the service officers for the hard work they do. Happy Holidays For God & Country, Bob DeChamplain

TRICARE Pharmacy Network: Walmart Out, CVS In
After three years, Walmart is leaving Tricare's pharmacy network -- a departure that pharmacy benefit manager Express Scripts says is a result of the retail giant's reluctance to offer "more highly competitive discounts" to military health beneficiaries. At the same time CVS Pharmacy will return to the Tricare network after a five-year hiatus, a change Express Scripts spokeswoman Jennifer Luddy said 20 OCT would expand choice within the network.

Effective Dec. 15, 2021, Walmart and Sam's Club will no longer be a part of the Tricare pharmacy network, and CVS will be included among the list of network retail pharmacies where Tricare users can fill their prescriptions. "This change provides more competitive rates for the Tricare pharmacy benefit and expands quality, convenient pharmacy choices nationwide. Meanwhile, CVS, a company that left the Tricare network in 2016, also after negotiations failed, will return to the network, giving beneficiaries access to its nearly 10,000 pharmacy locations, including inside many Target stores. Pharmacy copay's have risen substantially over the past 10 years, in large part due to cost but also as required by Congress as part of a cost-cutting measure to the defense medical budget. In 2011, 30-day prescriptions of generic

medications and brand-name drugs could be purchased at a network pharmacy for \$3 and \$9 copayments, respectively, while medications not in Tricare's formulary cost \$22. The mail-order system offered generic medications at no cost and brand name formulary drugs for a \$9 copayment for 90-day prescriptions. This year, Tricare beneficiaries pay \$11 for a 30-day supply for a generic drug and \$33 for a brand-name medication at retail pharmacies. Non-formulary drugs not listed in Tricare's list of covered medications cost \$60. Copayments for the mail-order pharmacy run \$10 for a generic prescription and \$29 a brand name drug for a 90-day script. And the rates are expected to rise next year.

Luddy said that Express Scripts will be reaching out to patients who take specialty medications to help them transfer their prescriptions without a gap in coverage. According to Express Scripts, the Tricare pharmacy network covers 56,000 stores, including chains such as Walgreens and Rite Aid and supermarkets like Kroger and Publix. Tricare provides coverage to 9.6 million beneficiaries worldwide.

For God and Country, Bob DeChamplain

CHAPLAIN: January 2022, yes it is here. Question, for the readers. What does the New Year mean to you? The older I get(I thank God) the faster the years. I thank Him for the years, and His Word. A healthy New Year to all.

LEGION RIDERS: Merry Christmas and Happy New Year!! The Riders hope you have had a wonderful holiday season. We enjoyed a wonderful Christmas Party and had loads of good food!!

Get your Valentines Cards ready for our annual Valentines Virginia ride! Box will be posted soon!!

For God and Country, Derrick "DJ" Johnson, Rider Director

ATHLETIC OFFICER: Greetings to all, Here's wishing everyone a safe, healthy New Year. As I was talking to some guy in a red suit recently, I gave him my wish list. Hopefully we get enough teams to sponsor the bowling tournament. If we do, we will be needing volunteers the third weekend of February. I wish that we have committed softball players for the spring and fall seasons. I wish I could have a baseball team willing to travel as our team in the Jr. division American Legion baseball summer league. I also wish that we have corn hole players come out on the 2nd and 4th Wednesday at a little before 7 to compete in a small tournament. I wish we had people interested in Thursday night darts. On a side note, I wish for Pete's sake a lot of cooks enter this year's Chili Cook Off. It happens February 5th from 12- 5. Have your pot there by 11:30. If baking is your specialty bring your goodies up for the bake sale. I'm sure there is something else I could wish for but until next month...For God and Country, Jeff Evans, A.O.

SQUADRON COMMANDER: Greetings and Salutations, The SAL wishes all a belated Happy & Healthy 2022! We survived 2021.

1st Vice Cmdr. **Dave Samson** reports that we should be at 69.3 % of our 196 2022 membership goal. *(These figures are our figures. Dept. Stats seem to be laggard in updating).*

1st Vice Cmdr. **Dave Samson** thank all of you for doing a good job on membership renewals and “new” members to the SAL. We have 10 “new” members.

Our dinner night will be January 21st. The Sons will be serving “Cowlicious” Beef Tips on a Bed of Slippery Noodles with Savory Gravy and Colorful Veggies and a Dessert. A guarantee that this dinner will be marvelous. You get all this lip-smacking food for a paltry \$8.00 donation to the SAL Charity Account.

Your support of our SAL dinner night helps us to raise money to help both our Veterans, their Family and our community. Your generous support helps your SAL Squadron to support Legion programs like CWF, NEF, OCW, local VA Hospital, the Community Food Bank, Union Mission, NEST Program, local area schools and other opportunities for giving back to our Veterans and neighbors, particularly those neighbors that are Veterans. It helps us sponsor Boys State candidates. So thank all of you that support the SAL with your pecuniary benevolence.

SAL & Post Cocktologist, **Wayne Turner** says if you don't know the word then look it up!

VA&R/ CDCE: The Hampton VA Hospital Office of Voluntary Services thanks you all for all the 2022 calendars. There are no Stand Downs or Fairs scheduled at this time.

VE&E: VE&E = Veterans Education and Employment, Homelessness. Did you know that Post #327 has been hosting the SAL VE&E Education and Career Fairs at the Post? These two types of fairs are focused on helping our Veterans that are transitioning from Military life and entering the civilian work force. These fairs also function to help the Military Spouses and Family sons and daughters. In January we are planning on having both Fairs at the Post to help kick off 2022. Please remember all of those in need of your prayers. For God and Country, Fred Vaccarella

ALA PRESIDENT: Happy New Year to Everyone! December was another busy month for the ALA and we are planning many events for the new year. If you have not paid your 2022 dues, please due so to continue to help support the ALA and all our efforts to support our Veterans, our Active Duty and their families and our community. I would like to thank everyone in the Legion Family that donated to the Angel tree this year! Our volunteers delivered the gifts to the VA Hospital, and I'd like to thank

Irene Schoenfeld & Larry, Wanda Barton, Anne Starke, and Jan & Mark Dumstorff for making the deliveries. And thanks also go out to Helen Lynam and Anne Starke for helping get the gifts sorted and checked off the list. We will start January with our monthly meeting on the 4th at 7:30pm and we hope to see everyone there to start the year off strong. The ALA dinner will be January 7th with Dawn's yummy homemade cabbage rolls. These are always a sell out so please plan accordingly! Time to start planning for the Chili Cookoff and bake sale that will take place on February 5th. A signup sheet will be put up at the Post and we hope to have a good competition again this year. All chili entries and baked goods will need to be at the Post by 11am on February 5th. We had 14 entries last year, lets make it a bigger event this year. And with that, we are adding another event to take place at the Chili cook off this year and we're excited to announce it. We are bringing a Pennsylvania Unit tradition to our Unit called a Tricky Tray! This event will have a collection of baskets to pick from and will be great to get a gift basket to treat yourself or just in time to get one for your special someone for Valentine's Day. And for the Tricky Tray event, we are requesting donations to help with baskets, either donations of a basket or items to make a basket, examples of baskets include snack, pet, wine, Italian, children's baby, Valentines, Movie, Gift Certificates, automotive, etc. Lots of ideas and we hope to have something for everyone! We will need all donations in no later than January 22nd to allow time for putting together the baskets and getting them assigned a number and putting the baskets together. More information will be sent in the ALA newsletter and put out on Facebook. We hope to have a great turnout for these events on February 5th! There will be more information on the upcoming 75th celebration coming soon and there is a lot to get excited about this year! For God and Country, Crystal Cross, ALA Unit President

HONOR GUARDS CORNER: Happy New Year from all of us in the Honor Guard. The Guard is looking forward to 2022, we have a fundraiser dance in February as well as this year will be the 75th anniversary of Post 327. This will be a great year.

For God and Country, Gene Niedholdt

CLUBROOM MANAGER: Hello everyone! Can you believe it is 2022?! I hope everyone had a wonderful holiday and I wish each of you a healthy and happy new year. Be sure to refer to the newsletter calendar for upcoming events, dinners, lunches and meetings. Breakfast is being served every Sunday from 9:AM until 11:AM. Please try to support all meals. Our volunteers work really hard to prepare and serve these meals. For God and Country, Sandi Wright

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<i>1</i> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;">HAPPY NEW YEAR</div>
<i>2</i> 9:00 AM-11:00 AM Breakfast Kitchen Open - 4:00 PM til ?	<i>3</i> 6:00 PM -10:00 PM Kitchen Open	<i>4</i> 6:00 PM -10:00 PM Kitchen Open 7:00 PM ALA Exec Mtg 7:30 PM ALA Regular Mtg	<i>5</i> 6:00 PM -10:00 PM Kitchen Open 7:00 PM 40/8 Promenade @ Post 327	<i>6</i> 12:00 PM -2:00 PM Lunch Special - Ham Salad Sand & Cup of Soup 6:00 PM -10:00 PM Kitchen Open	<i>7</i> 6:00 PM ALA Dinner - Dawn's Cabbage Rolls	<i>8</i> 6:00 PM -10:00 PM Kitchen Open 7:30 PM Karaoke - Ricky Still
<i>9</i> 9:00 AM-11:00 AM Breakfast 1:00 PM Legion Bowling Kitchen Open - 4:00 PM til ?	<i>10</i> 6:00 PM -10:00 PM Kitchen Open 7:00 PM Son's Executive Mtg 7:30 PM Son's Regular Mtg	<i>11</i> 6:00 PM -10:00 PM Kitchen Open 7:00 PM Post Executive Mtg 7:30 PM Post Reg Mtg	<i>12</i> 6:00 PM -10:00 PM Kitchen Open	<i>13</i> 12:00 PM -2:00 PM Lunch Special - Fish & Chips 6:00 PM -10:00 PM Kitchen Open	<i>14</i> 6:00 PM Dinner by Patty - Meat Loaf	<i>15</i> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;">11:00 AM -3:00 PM Job Fair</div> 6:00 PM -10:00 PM Kitchen Open
<i>16</i> 9:00 AM-11:00 AM Breakfast 1:00 PM Legion Bowling Kitchen Open - 4:00 PM til ?	<i>17</i> 6:00 PM -10:00 PM Kitchen Open 7:00 PM Honor Guard Mtg	<i>18</i> 6:00 PM -10:00 PM Kitchen Open	<i>19</i> 6:00 PM -10:00 PM Kitchen Open 6:30 PM VVA Chapter 48 Reg Board Mtg	<i>20</i> 12:00 PM -2:00 PM Lunch Special - Cabbage Potatoes & Kielbasa 6:00 PM -10:00 PM Kitchen Open 6:30 PM Legion Riders Mtg	<i>21</i> 6:00 PM SAL Dinner - Beef Tips over noodles	<i>22</i> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;">11:00 AM -3:00 PM Education Fair</div> 6:00 PM -10:00 PM Kitchen Open 7:30 PM Karaoke - Ricky Still
<i>23</i> 9:00 AM-11:00 AM Breakfast 1:00 PM Legion Bowling Kitchen Open - 4:00 PM til ?	<i>24</i> 6:00 PM -10:00 PM Kitchen Open	<i>25</i> 6:00 PM -10:00 PM Kitchen Open	<i>26</i> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;">1:00 PM -6:00 PM Blood Drive</div> 6:00 PM -10:00 PM Kitchen Open	<i>27</i> 12:00 PM -2:00 PM Lunch Special - Taco Casserole 6:00 PM -10:00 PM Kitchen Open	<i>28</i> 6:00 PM Dinner by Patty - Smothered Chicken	<i>29</i> 6:00 PM -10:00 PM Kitchen Open
<i>30</i> 9:00 AM -11:00 AM Breakfast 1:00 PM Legion Bowling Kitchen Open - 4:00 PM til ?	<i>31</i> 6:00 PM -10:00 PM Kitchen Open					