



Post 90 Gazette

September 2020

Edited by Amy Ostler and Harvey Hefley

Upcoming Events

First Responders Event

September 11, 2020
from 5:30 PM to 7:00 PM
Town Square in St. George

Virtual Workshop

Tuesdays at 10 AM
Thursdays at 2 PM
Register at jobs.utah.gov

Announcements:

1) If you have already renewed your 2021 American Legion membership Thank You!! If not, and if at all possible, would you renew by **September 6th**. You can go online at mylegion.org and make the annual renewal payment of \$40.00 or mail a check to **PO Box 910931, St George, Utah 84791**. If you need help or are not planning on renewing Please give me a call at 435-668-5770.

2) The American Legion works with the AFJROTC at Dixie High School. Their fundraiser this year which helps all cadets have opportunities that they normally might not have are selling "STARVING STUDENT CARDS". The link to get this card is <https://app.starvingstudentcard.com/referral?code=ded04864e7196589&name=Flyers>

3) On September 11th there will be an event at Town Square in St George HONORING First Responders (Police, Fire, EMT) and their family members. The event will start at 5:30 to 7:00. The program 9/11 Junior Patriots Program honoring First Responders and their families is being sponsored by (Help Patriotism Prevail a nonprofit - Megan Truman, Director), Jeff McKenna - Author "Saving Dr. Warren), American Legion Lester Keate Post 90, and Barney McKenna & Olmstead PC Attorneys.

'The greatest generation': Southern Utah honors its surviving World War II veterans

Approximately 50 friends, family members, and community and state leaders gathered at Washington County Regional Park during a salute to their service. A baker's dozen of local WWII veterans attended the event.

David Cordero, the city of St. George communications and marketing director as well as chairman of the Veteran's Coalition of Southern Utah, took great reverence in the chance to celebrate the lives of the area's surviving vets.

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Commander's Column

Marti Bigbie

Thanks to Post 90 members who have submitted their 2021 American Legion memberships dues, there is still time to help before the Early Bird date of September 10th passes. A second reminder will be mailed out shortly after the 10th by National. You can mail your dues of \$40.00 to our PO Box or go online at mylegion.org

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We will need volunteers to help during this program to hand out water, man the sign in sheets and to help hold flags during the 15-20-minute program. If you are interested please give me a call.

A Police car, Fire truck and EMT vehicle will be on display. Personnel will be on hand to answer questions. Will have donation containers that you can donate and will have a list soon of items that can be donated for the First Responders to have in their vehicles to help when responding.

Please bring/wear a mask and practice the safety distance of 6 feet. Seating is available in the shade. Water and popsicles will be available.

Commander Department of Utah

Marti Bigbie

If we continue sending in the payment from our members at the Post level to the Department and those that have gone online to mylegion.org. We will make our first goal of September 10 the Early Bird goal from National. Thanks to everyone who has made this possible.

Stay safe Please continue the BUDDY CHECKS when you are calling on membership dues. Check to see if all is well or if help is needed.

POST 90 PAID UP FOR LIFE MEMBERS

Bodenhamer, Bob
Breck, Michael D
Bunker, Dale
Bunker, Lyle
Carter, Steven
Christensen, Phil
Davis, Lewis
Franco, Abe
Hansen, John
Harvie, Jim
Johansen, Douglas
Johnson, C (Foster)
Lanier, James
Lovell, Merton
Mata, m Fidencio
Mayer, Willard
McDermott, James
Pendleton, Keith
Putnam, Howard

Rondo, Joseph
Schmitt, William E
Shaner, William E
Smith, Kenneth A
Smith, Melvin T
Steed, Robert
Truman, Spencer
Yeamans, James
Zoltz, Elmer
Ingram, Ski
Daley, Jack
Paxman, John A
Fortin, Carlton
Carter, James E
Cooley Alvin E
Deutermann, Thomas
Horne, Robert O
Larsen, Monte B
Wennerholm, Roy

Carpenter, Ray
Gains, David L
Kamachi, Derick T
Bigbie, Marti
Choate, John
Jennings, John
Madeira, Juan
Lystrup, Thomas F
Hardesty, Brad
Gomez, Lynn
Byington, Alvin
Bartlett Renholm
Huey, Glen
Sattrfield, TJ
Land Richard
Smith, Kenneth W
Delange, Layne A
Myers, Robert
Jensen, Calvin
Dr. John M. Jennings

Our Red, White and Blue

Flag Day was two months ago but I feel it is never too late to honor our Flag. I wish every person in the USA would have the opportunity to read these few short paragraphs about our Flag, the Red, the White, and the Blue. As I go out today to participate in the Military Funeral Honors Ceremonies for two American patriots, one a U.S. Army veteran and one a U.S. Navy veteran I am reminded about a short statement we say at our ceremony about our Flag, our deceased veterans and about why they fight to keep us free. "The RED Stripes remind us of their courage and their devotion to their duty, the WHITE Stripes represent the purity of their unselfish patriotism and the BLUE in that Starry Field recalls their steadfast service, in war and in peace, to their country and to their community. May we always remember their defense of our freedom. May God bless them and may God continue to bless the United States of America".....Terry Dunne

Two hundred and forty years ago, on June 14, 1777, the Second Continental Congress passed a resolution that "the flag of the thirteen United States be thirteen stripes; alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation." From that day forward the flag would become the symbol of America. One doesn't have to be a vexillologist (one who studies flags) to appreciate that the American flag is now one of the most recognized national symbols around the world. It is a symbol of a country that rose from the fiery ashes of a revolution to become a leader among nations.

In 1916, President Woodrow Wilson proclaimed June 14 as Flag Day and in 1949, President Truman signed into law the National Flag Day Act making June 14 the official day to commemorate the observance of the adoption of the American flag.

President Ronald Reagan once said, "Let us never forget that in honoring our flag, we honor the American men and women who have courageously fought and died for it over the last 200 years —patriots who set an ideal above consideration of self and who suffered for it the greatest hardships. Our flag is free today because of their sacrifice."

Yet, there are some of the younger generation, and others, who do not feel the flag should be honored. For example, the student government body at the University of California has decided not to display the American flag at their meetings because to them it "represents capitalism, colonialism and genocide." Maybe these same students should realize they have been given the freedom and luxury of making such a statement and taking such an action, because of those who bled and died serving under that American flag.

These all-wise and all-knowing students who have not made any sacrifice or any contribution to this country, except for their existence, should go to a funeral of a veteran, or a military person that was killed in action, and say to those assembled there that the very flag these men and women sacrificed for, fought for, and died for, has no meaning. These students should watch the military ceremony, then face the wife, or mother, of the one being buried, and tell them it really means nothing to have just been handed the tri-folded American flag "On behalf of the President of the United States, and a grateful nation, as a symbol of our appreciation for your loved one's honorable and faithful service."

These students, like so many, have no regard for the meaning of the flag flying above Fort McHenry during that "perilous fight," or the raising of the flag on Mt. Suribachi where thousands of Americans died defending this nation, or the flag standing in the rubble at the site of the twin towers of 9/11 as a symbol of America's hope, courage, unity and strength.

America has changed. Instead of celebrities standing strong together to defend this nation as they once did, now we have celebrities posing with the flag pretending patriotism, while letting the flag drag on the ground; a photo of a celebrity depicted using the flag to cleanse their backside; a celebrity saying the sight of the flag insults her, or demonstrators desecrating the flag. They should remember, "It is the soldier who gave us the freedom to demonstrate. It is the soldier, who salutes the flag, who serves beneath the flag, and whose coffin is draped by the flag, who allows the protestors to burn the flag."



But, let us all remember, that flag, “Old Glory,” is the symbol of our nation and the very freedoms we enjoy, take for granted, and too often abuse.

June 14 is Flag Day. As President Reagan said, “With the birth of our nation, the cause of human freedom has become forever tied to that flag and its survival.” Therefore, let us honor and respect the flag and be grateful that the “star-spangled banner in triumph shall wave, o’er the land of the free and the home of the brave”

Seven Habits to Carry Forward from The Pandemic

By J. J. Montanaro

Months after it erupted, the COVID-19 pandemic continues to change our lives and economy. At this point, the idea of “back to normal” seems like a pipe dream. Still, we make strides toward a “new normal.”

From a financial perspective, it is an understatement to say things have been tough. But it hasn’t been all bad. The other night as my family gathered in the kitchen, chatting and preparing dinner – a significantly larger part of our routine than during pre-pandemic times – I realized that some of the coping mechanisms we’ve adopted might serve us well going forward.

You probably have your own list, but here are several habits I’ve identified that may have staying power:

- **Meticulously scrutinizing expenses.** With all the uncertainty, “budget” has quickly gone from a noun to a verb in households across the country. Holding off on unnecessary purchases and re-examining everyday spending has become the rule, not the exception. The Bureau of Economic Analysis reports our personal savings rate on a monthly basis and, as I write, the latest number is 13.4 percent – as high as it has been since 1954.
- **Faithfully funding cash accounts.** Regularly contributing to a cash account or emergency fund requires disciplined hard work. But in times of crisis, having cash on hand offers much-needed flexibility and peace of mind.
- **Being deliberate.** A lot of folks I’ve spoken with are taking a more thoughtful approach to their finances. These conversations ranged from individuals carefully weighing the timing of military separation to couples totally reassessing their priorities and goals. Too often the fast-paced nature of our lives makes it difficult for us to be intentional about our plans and priorities. But if we can carve out time to discuss our goals and re-evaluate our progress, we’ll feel certain that we’re on the right track.
- **Creating a solid plan.** This is more aspirational than a pandemic-created habit, but have you questioned, created or updated your plans during the pandemic? With time on our hands, changing circumstances and a lot more togetherness, many people could have cordoned off time to assess their finances from top to bottom: goals, assets, liabilities, income, expenses, insurance, retirement and estate planning. These are all intertwined and should be tied together by a comprehensive plan.
- **Transitioning from overwhelmed to empowered.** At some point during this process, I started to practice what I’ve preached to my children as they’ve grown up: Exert the vast majority of your energy and efforts on what you can truly control, and let the rest be what it will be. Although it may not seem so, there is a lot that you can control, and that’s where you should put your financial focus.
- **Building a consistent routine.** I’ve been blessed to be able to work from home throughout the pandemic. If that’s your situation, you probably have a solid routine. Translating that approach to your finances by consistently saving, monitoring and conducting periodic reviews can be a real positive. That’s one reason why the “pay yourself first” mantra has been around so long. It’s a routine, and it works.
- **Staying positive.** More than a habit, keeping a positive outlook pays dividends for you and those around you. Though we never know what the future holds, if we can stay positive in the present, we’re likely to experience physical and emotional health benefits – two good things to carry into our new normal.

J.J. Montanaro is a certified financial planner with USAA, The American Legion’s preferred provider of financial services.

'The greatest generation': Southern Utah honors its surviving World War II veterans

Written by David Louis

ST. GEORGE — Thursday was a sad, yet special, day for Washington County's veteran community.

In one part of town, there was the sadness as [hundreds paid their respects](#) for Sgt. Bryan "Cooper" Mount, an 82nd Airborne paratrooper and Southern Utah resident who died from non-combat injuries in Syria on July 21.

Amid the sadness, there was cause for celebration in a separate event that paid honor to Southern Utah's last 81 surviving World War II veterans.

Approximately 50 friends, family members, and community and state leaders gathered at Washington County Regional Park during a salute to their service. A baker's dozen of local WWII veterans attended the event.

David Cordero, the city of St. George communications and marketing director as well as chairman of the Veteran's Coalition of Southern Utah, took great reverence in the chance to celebrate the lives of the area's surviving vets.



Duty, honor, country — hallmark sentiments of every serviceman who served during World War II. A group of the last surviving vets from what has been called the greatest generation was honored Thursday for the sacrifices they made during the war. St. George, Utah, Aug. 6, 2020 | Photo by David Louis, St. George News

"This is our chance to figuratively wrap our arms around our veterans and say thank you for their courage, their service and their sacrifice," Cordero said. "But time is nobody's friend."

In 2019, there were about 500,000 WWII vets still living according to the Department of Veterans Affairs. Approximately 350-400 veterans from what is called the greatest generation die every day, according to the National World War II Museum in New Orleans.

"I continually am awed by these men and women," Cordero said. "I've wondered how they have handled the greatest adventure of their lives, many of them leaving their small towns to be shipped out (thousands) of miles away. How did they summon enough courage to make invasions on hostile shores, face fetid jungles of the Southwest Pacific or parachute into enemy territory? At what point did they truly realize that they risked their tomorrow for our today?"

The featured speaker was Hurricane resident and U.S. Army Air Corps Staff Sgt. Roland Hall, who served during World War II as a paratrooper in the 188th Glider Infantry Regiment of the 11th Airborne Division that experienced combat action in the Philippines.

"I was very lucky, fortunate and also blessed to make it without very little damage to my system," Hall said. "We were sent to Luzon where the airborne division suffered about 75% frontline casualties in the battle of Manilla."

To this day, Hall's memories are sharp of the sights and smells of every combat mission.

"It was after dark and you couldn't see what was going on, but the enemy knew what the target was and they started shooting at us. But our troops came prepared and started opening up from behind ... and wrecked the whole mountainside. It was like the Fourth of July."

Prior to the celebration, St. George Mayor Jon Pike paid respect to the surviving WWII vets.

"I think it's important that we learn the stories from as many of these veterans as possible," Pike said. "They are truly members of the greatest



Army Staff Sgt. Roland Hall recalled his harrowing memories during World War as a member of the 188th Glider Infantry Regiment of the 11th Airborne Division. St. George, Utah, Aug. 6, 2020 | Photo by David Louis, St.

generation. We need to do whatever we can do to get perspective from these amazing people who have incredible stories about service to their country that most of us haven't heard."

The best one-liner of the day came from Army vet Cliff Spendlove, who served in the European Theater. When asked what he did during World War II, Spendlove said, "People always ask me that same question. They also ask me if I killed anybody. I don't know for sure, but I might have killed a few — I was the company cook."

World War II vets currently living in Southern Utah

<ul style="list-style-type: none"> • William Anderson • Paul Anderson • Jame Carlos Bishop • Gary Bogenhagen • Kenneth Brown • Ronald Bucher • Lyle Bunker • James Bunker • Joseph Burgess • James F. Cavin • Rupert E. Clark • Don W. Clegg • John W. Combes • Robert Covington • Parke Cox • Jack Davidson • Joseph Ellison • Irvin J. Ence • Paul W. Erekson • Thomas Flenniken • Victor Frei • Nathan E. Goode • Orwin Gubler • Robert Hagenbaugh • Roland A. Hall • Weldon Heaton 	<ul style="list-style-type: none"> • Keith L. Henrie • J.W. Hirschi • George Hoover • Margaret Howell • Wallace Ray Humphreys • Cleo B. Isom • George Kehew • Legrand Kleinman • Russel SD Kreider • Edward Kurtzborn • Scott N. Lee • Richard M. Lee • Roy G. Lobb • Earl D. Lowe • Leona Marck • Darrel P. Miller • Douglas Myers • Leroy N. Nisson • Ned Owens • Joseph Pace • Leroy F. Phipps • Howard Putnam • Jack Reber • Russel Robertson • Joseph Rondo • Roddy L. Roper 	<ul style="list-style-type: none"> • Daniel E. Schmutz • Salvadore A. Sciuto • Laine E. Sevy • Alex Sky • Kenneth A. Smith • Benny E. Smoody • Lamaun Sorensen • Clifton Spendlove • Robert Steed • Robert Stevens • Gerald Stoddard • Ralph Stringham • Doyle Swallow • Robert Thurman • Spencer Truman • Grant L. Twitchell • Burke V. Waldron • Ivan V. Walton Jr. • David Webb • James Weiss • Derold Wertz • Don E. Whipperman • Willard White • Paul Wilson • Lewis Woodland • Charles Woodward • Paul Young
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