



FREE STATE VETERAN

Maryland Free State Post #167 Jewish War Veterans of the U.S.A.

VOLUME II ISSUE 3

MAY - JUNE 2009

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Distribution

Richard S. Udoff Re-elected Commander

The Maryland Free State Post 167 proudly congratulates Richard for serving an excellent year as Commander 2008-09. His leadership assures the Free State Post positive direction, leadership and goals of this Post assigning Officers and Members to participate in active duties and committees for 2009-10 term.

Installation Banquet

The Dinner and Installation of Officers of the Maryland Free State Post 167 and Ladies Auxilliary will be held at the Royal Restaurant (Colonial Village) on Sunday, May 31, 2009 from 6:00 p.m. till 9:00 p.m. Flyers have been sent to all members. Your check is your reservation if received by Sunday, May 24th.

POST MEETINGS

MAY - JUNE 2009

At Veterans of Foreign Wars Post #521
214 Tollgate Road, Owings Mills, MD

Monday, May 18, 2009 - 7:30 p.m.

Monday, June 15, 2009 - 7:30 p.m.

Refreshments will be served following the meeting.

Post #167 CALENDER

Monday, May 18 - POST #167 MEETING

Sunday, May 24 - JWV Memorial Day Ceremony - 1:00 p.m.
Owings Mills JCC

Monday, May 25 - Memorial Day Service - Garrison Farms
Veteran Cemetary - 11:00 a.m.

Sunday, May 31 - Evening at the Royal INSTALLATION DINNER

Sunday, June 7 - Department of Maryland Convention - Ring
House, Rockville, MD. Breakfast will be served
and carpools will leave from the Giant parking
lot at Milford Mill and Liberty Roads. Please
call Steve Mintz for details.

Monday, June 15 - POST #167 MEETING

COMMANDER'S CORNER

Dear JWV Members and Sisters,

Webster's Dictionary defines time "as continuum which lacks special dimensions and in which events succeed one another from past through present to future." My point, time has really flown by this year. When you enjoy what you are doing time never enters the picture. We just have to look at the calendar to keep on schedule.

Listed below are the Nominations of the three top chairs of the Maryland Free State Post #167 for the term 2009-2010.

COMMANDER - Richard S. Udoff
 SR. VICE-COMMANDER - Stephen Mintz
 JR. VICE-COMMANDER - Craig Rabinowitz

Frank Bressler will continue to be Editor of the Newsletter due to his efficiency.

For your information, this Post is planning a bus trip on September 13th to Washington, DC to visit several Monuments and Museums. More specific information in the next Newsletter. If you would like to attend a Post Meeting but need a ride, please call me at 410-356-5696 and I will try to accommodate you. It is a good time to get out of the house and enjoy some comradery for a couple of hours.

Sincerely, Richard S. Udoff, Commander

ELECTION RESULTS

At the April 18, 2009 meeting the following members were nominated and elected to Offices and Committees.

Commander.....Richard S. Udoff
 Sr. Vice Commander...Stephen Mintz
 Jr. Vice Commander...Craig Rabinowitz
 Judge Advocate.....Col. Erwin Burtnick
 Adjutant.....Henry Dickman
 Quartermaster.....Marvin Leventon
 Chaplain.....Gilbert Miller
 Surgeon.....Albert Karchem
 Officer of the Day.....Willie Shavitz
 Sergeant of Arms.....Ben Blum

Trustees

1 year.....Al Karchem Ben Blum
 2 years...Marty Greenberg Syd Cohen
 3 years...Marvin Barrish Sol Shirkin

Department Delegates

Craig Rabinowitz Frank Bressler

Alternate Delegates

Dave Bach - Ben Weinstein - Nathan Shaeffer

IMPORTANT NOTICE

To save costs related to the distribution of the FREE STATE VETERAN it is requested that any member desiring to receive this publication online must notify us by E-mail. Notification should be E-mailed to: Irene and frank@hotmail.com indicating "your" E-mail address. As each future issue is published you will be notified by E-mail of a link to that issue where you can read it online. Your participation in the new program will save this Post expenses of printing and postage. This will allow for more funds to be used for vital Veteran's programs.

Following this issue, the Newsletter will not be sent to anyone who has failed to pay their dues since 2007.

It's Time to Pay Your Dues

Dues notices have been mailed. Please send in your checks as soon as possible to help keep your membership current and keep our records up to date.



**VA LEADS NATION IN ELECTRONIC
HEALTH CARE AND HEALTH INFORMATION**

Veterans can now enroll in the VA My HEALTHe SYSTEM. IPA is a one-time process that takes only 30 minutes to complete and serves as a security measure to verify a user's identity. To register for forms visit: www.myhealth.va.gov (or) www.va.gov/1010ez.htm. Forms can also be obtained from VA's HEALTH BENEFIT CENTER at toll free 1-877-222-VETS (8387). Then print, read and sign the Form 10-5345a and take it to your nearest VA Medical Center. For more information about MY Healthe Vet contact Rachel Jones at 1-800-463-6395 Ext.7045 or Intisar Hassan at 1-800-6296 Ext.6093.

Coming soon to My Healthe Vet will include Prescription Refill. In case of Emergency a convenient electronic log where you can record your emergency contacts. MEDICAL LIBRARY - Two extensive online libraries: Medline Plus and Healthwise. PHYSICIANS and PROVIDERS - Keep track of all your health care providers in one Location. VITALS - Monitor and graph health statistics online. MILITARY HEALTH HISTORY - Keep track of all your military Health information. VA HONORS VETERANS - The VA honors America's veterans through articles and presentations.

LEGISLATIVE NOTICE

Col. Erwin A. Burtnick, AUS (ret) announced that SENATE BILL 898 SALES and TAX - EXEMPTIONS VETERANS ORGANIZATIONS on March 28, 2009 passed by a vote in the Senate 47-0. The bill then went to the House where it failed to come out of Committee. It will be brought up again in the next session.

CONGRATULATIONS

Sydney and Gerry Cohen would like to announce the Engagement of their Grandson Michael Bonderoff to Morgan Friedman of Westchester, N.Y.

Mazel Tov to Marvin and Vivian Leventon on the celebration of their 60th Wedding Anniversary.

Funeral Honors



Veterans who are residents of the State of Maryland and have received a discharge under honorable conditions and their eligible dependents are eligible for burial at one of Maryland's five veteran' cemeteries on a first come, first served basis. There is no cost to the veteran for burial plot, opening/closing, headstone and liner (if used). Veterans are entitled to a Military Honor Guard and a Burial Flag. This must be requested by the family and with proof of service (DD-214 Discharge or Separation Document) must be presented to the Funeral Director. In case of Pre-paid Funeral, it is recommended that the Documents be presented at that time. In addition, members of Maryland Free State Post #167 are entitled to a Jewish War Veteran Honor Guard. This Post will proudly furnish an Honor Guard. Contact Past Commander Martin Greenberg 410-902-0171.

STAMP AND TAB PROGRAM

The Post Stamp program provides cancelled stamps to VA Hospitals Nationwide for use by recreational services for collection and rehabilitative art purposes. The aluminum tabs are given to the Ronald Mc Donald House to recycle for funds to help cancer patients at local hospitals. Please bring to Post meetings or mail them to Martin Greenberg - 9222 Groff's Mill Drive, Owings Mills, MD 21117.

MITZVA CARDS

The perfect way to express congratulations, get well wishes, sympathy, etc.

Anyone having any information regarding a joyous occasion, an illness, a hospitalization or death of a Post Member, should contact: GILBERT MILLER, Chaplain 410-358-3585
Cards can be purchased at Post meetings.

ATTENTION WANTED NEW MEMBERS

Veterans of all wars are invited to join the oldest Veteran Organization in this Nation. Recruit a Veteran to join our post. All members are invited to attend monthly meetings. Your attendance will assure that this Post will remain active and viable. You will find that the new features of "Current Events" and "Front and Center" are informative and interesting. For information, contact - Frank Bressler at 410-486-1707



SUPPORT OUR TROOPS

SUPPORT OF BOY SCOUTS IS ONE OF THE
NATIONAL PROGRAMS OF JWV

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Maryland Free State Post #167

Jewish War Veterans of the USA
c/o Frank Bressler
7 Pomona West #3
Pikesville, Md 21208

FIRST CLASS MAIL

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Submissions of information for publication should be made by the 20th of the month preceeding the month of publication to Editor: Frank Bressler