



North Albany Post 1610

# American Legion

35 North First Street, Albany, New York 12204

July 6, 2009

Dear Legion Family Member and Friends,

Welcome to summertime. Try to fit our meetings into your schedule. The next regular meeting will be held on July 20<sup>th</sup> at 7:00 PM. The August executive board meeting will be held on Monday, August 3<sup>rd</sup>, at 7:00 PM and the August regular meeting will be held on August 17<sup>th</sup>, also at 7:00 PM.

## MEMBERSHIP

As we begin a new Legion year, all members should remember that 2010 dues are now \$30.00 for a regular membership or \$27.00 if you are age 62 and retired. Retirees should disregard the national dues notice indicating \$30.00. Those notices for 2010 dues are in the mail. We do appreciate those that send their dues in promptly. Active duty personnel should also disregard the dues notice as your cards will be sent out within the next couple of weeks.

Members confined to home due to a long-term illness or nursing, assisted living residences should contact the Post at 465-4800 to indicate their present status.

## CHILDREN & YOUTH

### GRADUATION EXERCISES

As is our tradition, we once again presented medals and Scholastic Award Certificates to the graduating classes of our neighborhood schools, North Albany Academy and Philip Livingston Magnet School. The winner of the awards were:

	<b>NORTH ALBANY ACADEMY</b>	<b>PHILIP LIVINGSTON</b>
MATH	Naqi Gibbs	Akeela Makshood
SCIENCE	Austin Fowler	Shakeera Glass
SOCIAL STUDIES	Shaheem Smith	Shardone Traynham
ENGLISH	Serafina Bell	Marquan Chandler
CITIZENSHIP	Jieshi Williams	Latonya Cameron

### ESSAY CONTEST

We also held our essay contest at North Albany Academy for grades five and six. The theme this year was "What Veterans Day means to me." Each student participant received a certificate of participation. The winners were:

#### FIFTH GRADE

Brenda Graves

#### SIXTH GRADE

Kiara Lopez

## VETERAN ACTIVITIES

### HONOR-A-VET

August's Honor-A-Vet ceremony will be held Monday, August 3<sup>rd</sup> at 8:30 AM in the Cahill room, 1<sup>st</sup> floor of 112 State St.

## **POST INFORMATION**

### **WEB PAGE**

The Post web page can be accessed at <http://www.northalbanypost1610.org/>. Among other information, the monthly newsletter, Post history, meeting schedules and current activities are posted on this site.

### **25 WEEK CLUB**

For one dollar a week, for 25 weeks you get an opportunity to win many various prizes. There are weekly prizes as well as larger cash prizes at the outdoor outing August 1<sup>st</sup>. Interested parties should contact Roy VanAmburgh at 465-4800.

### **BARTENDERS NEEDED**

Bar chairman Mick Ryan is looking for a few members - Legion, Auxiliary or Sons – interested in bartending part-time. Anyone interested call 465-4800 and leave a message for Mick.

## **Two disabled veterans earn six gold medals in national sports**

By TERRY BROWN, AP Jul 04, 2009

Diane Sicko of Defreestville and Norman Morey of Malta are golden in sports competition. Sicko earned four gold medals and Morey won two gold medals last month in the 23rd National Veterans Golden Age Games in Birmingham, Ala.

The Team Albany Adaptive Sports members were among more than 700 disabled veterans, ages 55 and older, in more than 30 sports events in the games, sponsored by the Department of Veterans Affairs, Canteen Services and Help Hospitalized Veterans.

While in a wheelchair, Sicko, 58, an Air Force veteran with multiple sclerosis, placed first in bowling, shot put, discus and horseshoe competitions.

Morey, 79, who was disabled when he broke his back during a parachute jump with the Air Force in Puerto Rico, won the quarter-mile cycling and half-mile cycling races.

Sicko has earned more than a dozen other gold and silver medals in previous competitions.

She is determined to earn more -- in the National veterans Wheelchair Games that begin July 12 in Spokane, Wash.

Sicko, a Troy native, graduated from Lansingburgh High School and Samaritan Hospital School of Nursing before she was commissioned as an Air Force first lieutenant in 1976. In 1981 after separation from the Air Force, she became a nurse at Samaritan Hospital in Troy and the Stratton Veterans Affairs Medical Center Hospital in Albany until MS disabled her.

"When I got MS a lot of my friends deserted," she said. "But Albany Team Adaptive Sports does give you a sense of belonging, To be able to do all these things (sports) makes you feel good. The group also is a social outlet."

Despite her disability, Sicko also is a Disabled American Veteran member as well as a volunteer at the VA hospital.

Morey served with the 187th Regimental Combat Team of the 11th Airborne Division in the Korean War and with the Air Force during two Vietnam War tours, He retired as a senior master sergeant after 24 years of service. He served in the Army for seven years and attained the rank of sergeant first class before he re-enlisted in the Air Force. Morey then served as a paramedic, survival instructor and operations superintendent.

The gold medalists' Albany Team meets at noon on the second Wednesday of each month at Stratton Veterans Affairs Medical Center, 113 Holland Ave., Albany. Disabled veterans are welcome. The group, which is 100 percent funded by donations and fundraisers, offers sporting and other programs throughout the year, according to Michele Ferrauilo, recreational therapist at Stratton VA. For information, call Ferrauilo at 626-5804.

Morey and other representatives will be available from 9 a.m. to 4 p.m. Sunday, July 12, at an information table at the Curtis Car Show at Curtis Lumber, Route 67, Ballston Spa.

Donations payable to Team Albany Adaptive Sports can be sent to Stratton Veterans Affairs Medical Center Hospital, Attn: Michele Ferrauilo, 113 Holland Ave., Albany, NY 12208.

### **LADIES AUXILIARY**

Many thanks to all those that supported and helped with our Poppy Distribution. It was a huge success this year. We will be able to help our veterans and theirs families this upcoming year because of everyone's generosity.

Our officers for the 2009-10 year will be; Judy Benner, President, Janice Precopia, Vice President, Diane Maguire, Secretary and Peg Norton, Treasurer.

Our membership for this past year has come to a close. If you are one of the few that did not renew your membership, your continuous years status will be lost. You can still pay your 08-09 dues and restore your continuous years. Mail your \$16.00 to Debbi Heritage, 1 Birch Tree Rd., Albany NY 12205. If you are not sure if you paid your dues, call Debbi at 437-0811. Reminders for the upcoming year will be in the mail the beginning of September.

Have a wonderful and safe summer and hope everyone can make our first meeting on Sept. 1st at 7:00 pm to help plan our activities for the year.

**POST EVERLASTING**

**WILLIAM M. DAVIS  
DONALD E. BRADY, SR.**

For God and Country,

Mike Swezey, Commander

Mike Swezey, Commander	783-9409H, 462-8304O, 330-3938C	<a href="mailto:mike_swezey@ml.com">mike_swezey@ml.com</a>
Charles Johnson, 1 <sup>st</sup> Vice Cmdr	465-4800	
Joe Ferraiolo, 2 <sup>nd</sup> Vice Cmdr	465-4800	
Roy Van Amburgh, 3 <sup>rd</sup> Vice Cmdr	465-4800	
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Harry Harbour, S.A.L. Commander		
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Chuck Kelly, OIC Color Guard	465-4800	