



Knoxville, Tennessee

May 2024

Chartered in 1919

The American Legion Post 2

Legionnaires - The updated Post 2 Constitution & Bylaws proposal had a second reading and a final vote was taken at the April Post meeting, where it passed without objection. I want to thank everyone who attended and voted, but especially the Committee Members who worked diligently on this project for almost a year.

Please remember the May Post meeting will be held on **TUESDAY, May 7th** - and there will be no meal provided, due to the expected low turnout of members due to the date change. The June Post event will be the annual cookout at the Pavilion - so watch for additional details.

Elections are drawing close, and the initial officer nominations were made in April,, with the any final nominations and elections being held at the May Post meeting on **TUESDAY, May 7th**. This will allow time to certify and install the new officers prior to the Department convention in June.

This is an important vote. The members elected will be your leaders for the next year. We need a good turn out for the vote and attendees help will determine how programs are scheduled and funded for the upcoming year.

***** MAY MEETING NEW DATE *****

**Due to the annual ETVMA Medal of Honor Evening
the May Legion meeting is scheduled for**

TUESDAY MAY 7th

**at the American Red Cross Building
6921 Middlebrook Pike**

The Auxiliary will not be serving a meal

**Post members are invited a bring a brown bag meal and the Post will
provide coffee, iced tea and water for social hour beginning at 6pm, with
the meeting following at 7pm.**

legionknox.com

Commander@legionknox.com

865-313-0964

More than a Century of Service

1919-2024

2024 Slate of Officer Candidates

	Current	Nominated
Commander	Mike Testerman	
1st Vice Cdr	Steven Patrick	
2nd Vice Cdr.	Robert Vergith	Kim DiDomenico
3rd Vice Cdr.	Chris Richardson	
Adjutant	Norita Cruz	
Asst Adjutant	Kim DiDomenico	
Finance Officer	Marty Everett	
Chaplain	Steven Sword	
Assistant Chaplain	Bob Dewald	
Sgt at Arms	Joseph Cruz	
Historian	Sean Deal	
Judge Advocate	Ken Irvine	

May is a busy month for the Legion - and I hope that you will take the opportunity to to attend the the various activities sponsored or supported by Post 2.

The annual Memorial Day Ceremony will be held on Memorial Day Monday,, May 27th at the East Tennessee Veterans Memorial at Worlds Fair Park. . Volunteers are needed to help set up, tear down and read the names over the course of the morning.

Many of you may already be aware of some big changes coming to the Knox County Veteran Service Office! With the retirement of Mark Lett and Tom Humphries' pending retirement, Knox County has hired two new County Service Officers - Air Force Veteran, Heidi Paumen and Marine Corps Veteran Gabriel Burns. They are currently attending state training in preparation for assuming their new positions.. Let make sure to extend a welcome when you meet them!

Melia Hall, one of our local Oratorical contestants, has request the assistance of Post Members serve as judges for the Speech and Debate Club Regional Championship May 2 4th at the Central Baptist Church in Oak Ridge. If you are interested in helping out, please contact Commander Testerman for more information.

If you have any comments, questions, or complaints about Post 2, please feel free to contact me at at 865-742-6170 or by email at commanderlegionknox.com

Mike Testerman

CHAPLAIN'S CORNER

Post 2 Chaplain Steve Sword

Breathing Out of the Box.

I've heard people use the term "not a care in the world". I understand in principle what the phrase means. But I don't think I've experienced a single day in my life since I turned sixteen years old that I didn't have some care or concern on my mind. It seems like the older I get, the more concerns I have.

Here lately, life has been particularly tense and stressful. We all have stages in our lives where it seems like the pressures on us feel overwhelming. I want to share a strategy I have recently implemented in my life to help me deal with the anxiety I feel. It's called box breathing.

Box breathing was developed as a form of yoga. It has since been used by many people of all walks of life including the US Navy Seals. The practice of box breathing is rather simple.

First, if able, you should find a comfortable seated position. Trace in your mind a one-dimensional square box. As you imagine going up the first side of the box, inhale through your nose for a count of four. As you count in your head, focus on breathing deeply. Then at the top of the box, hold your breath for another count of four. As you go down the other side of the box, exhale through your mouth for a count of four. Finally, at the bottom of the box, hold your breath for a count of four. Repeat these steps for as long as you like. It can be as short as 1 minute or as long as you want.

I have found this simple exercise helps me calm my mind and I feel re-centered. My stressors are still there, but I am in a healthier state of mind to deal with them and I no longer feel overwhelmed. At least for a while! When I feel the stress again, I go back to my box.

God never promised us that life would be easy. Sometimes we forget that he has called us to come to him with our anxiety because he cares for us. Box breathing is a technique that can help us calm down enough to remember that. Give it try. Peace is not far off.

UPCOMING EVENTS

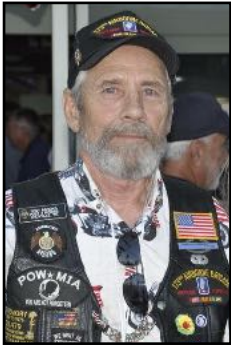
All events are held at the Red Cross Building unless otherwise noted.

- May 7 Post Meeting meal and dinner begins at 6pm, with meeting beginning at 7pm
NO MEAL SERVED
- May 9 Homeless Veteran Funeral Service 2pm at John Sevier Veterans Cemetery
- May 11 Legion Rider's Blessing of the Bikes
- May 18 Legion Riders meet at Knoxville Harley Davidson beginning at 6:30 pm, followed by SAL meeting at 7:30
- May 22 Run for the Wall at World's Fair Park
- May 27th Memorial Day Ceremony at World's Fair Park



AMERICAN LEGION RIDERS

Dan Chipman, ALR Director



The Post 2 Legion Rider family is sad to announce that charter member Tony Brooks lost his battle with cancer on Monday, April 15th. Tony was a proud Vietnam Veteran, serving with the 173rd Army Airborne Division, and, until his illness, was a very active member of both the Post and the Legion Riders.

The Riders were honored to be asked by Dale and the family to serve as escorts and pall bearers to accompany him to his final resting place. Tony smiling face will be greatly missed.

The annual Blessing of the Bikes is scheduled for Saturday, May 11th at St. George Greek Orthodox Church - so invite please your friends to join us for the short ceremony, followed by a lunch ride.

The annual Run for the Wall is scheduled to arrive in Knoxville on Tuesday, May 22nd, and the ALR members will again be at the East Tennessee Veterans Memorial to welcome them and provide lunch before they continue their trip towards Washington, D.C.



AUXILIARY UPDATES

Melina Rogers, Unit President

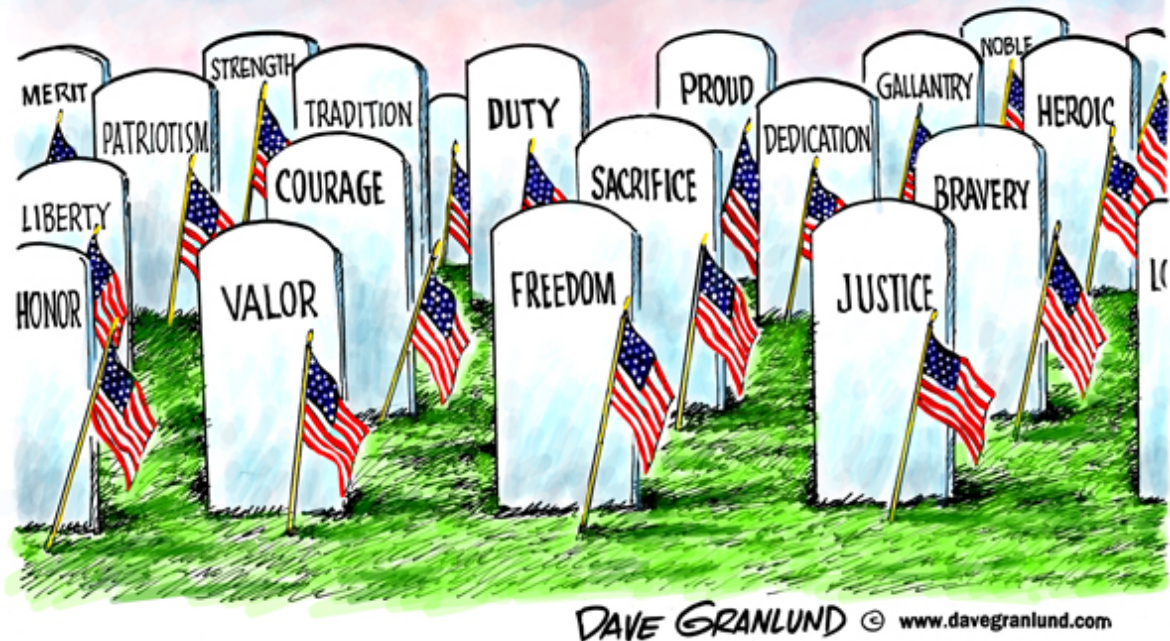
May is ALA election month, and as I mentioned previously, I will not be standing for reelection for ALA Unit president this coming year due to some ongoing health concerns.

Unfortunately, there were no volunteers, nor did the nominations committee receive the names of any additional candidates to fill officer positions for the upcoming year. As a result, Jenny Testerman has agreed to step back into the role of Auxiliary President, with Patrice Collins staying on as Treasurer. Long time Auxiliary member Judy Loveday has accepted the role of Membership Chair, Judy Pitney will remain as Chaplain and Joleen Dewald will continue as Sgt at Arms.

We are still actively looking for someone to serve as Vice President and recording secretary. I would ask that consider serving as an officer or committee chair, as we work to bring the ALA back to our pre covid levels of activity and membership.

Finally, due to this month's post meeting date change, the Auxiliary will not be providing a meal for May, and all attendees are instead encouraged to bring a brown bag meal. The Post will be providing coffee, iced tea and water.

Remember their names...



ETVMA Annual Reading of the Names

Beginning at Sunrise on Monday, May 27th

East Tennessee Veterans Memorial at World's Fair Park

Beginning at sunrise, volunteer readers are needed to read aloud each of the 6,300+ names engraved on the granite columns of the East Tennessee Veterans Memorial.

More than one hundred readers are needed, with each volunteer reading approximately 60 names. Names are read chronologically, by conflict and county. Families welcome!

At the conclusion of the Reading of the Names ceremony, the four newly engraved names will be dedicated, followed by the annual Memorial Day Service organized by American Legion Post 2.

THIS IS A RAIN OR SHINE EVENT



SONS OF THE AMERICAN LEGION

Dan Chipman, Squadron Commander

The SAL members are actively recruiting hole and tournament sponsors for the annual golf tournament - See Dan Chipman for more details.



Sons of the American Legion Post 2 - Knoxville TN

Annual Golf Tournament

July 27, 2024 - 1:30 PM Shotgun

Three Ridges GC

6101 Wise Springs Rd., Knoxville, TN 37918

All Proceeds Benefit Various Youth Organizations

Four Player Scramble - \$65 per Player

Cash Prizes - 1st, 2nd, 3rd Place

Along With Lots of Door Prizes

Also Selling Hotdogs and Hamburgers

- More Information and Registration Contact -

Dan Chipman 865-719-1207

chipmanvttmn@gmail.com



American Legion Riders Post 2 - Knoxville, TN

Bike & Auto Show

October 5, Saturday

10:00 to 3:00 PM

5700 Old Rutledge Pike, Knoxville, TN 37924

**People's Choice Trophy
for**

Top Three Bikes & Autos Winners

Dash Plates for First 50 Cars

\$20 Registration Fee for Each Vehicle

Ken's Firehouse BBQ will have Food & Drinks Available

Vendors are Welcomed & Encouraged!

Vendor Spaces Available, \$25 per Space - Contact Dan Chipman.



- Contact Information -

Dan Chipman (865-719-1207) chipmanvttmn@gmail.com



American Legion
Post 2 - Knoxville, TN



Blessing of the Bikes

Join the American Legion Riders
and the
Saint George Clergy for the
Third Annual Blessing of the Bikes
Saturday May 11 - 11 AM
(Rain Date May 18 - 11 AM)

Saint George Greek Orthodox Church
4070 Kingston Pike,
Knoxville, TN

All Bikes
Welcome

Suggested
Donation of
\$10 per Bike

