



# Rhein Main Post GR05

## Covered in this Months Newsletter:

- Commanders Message
- March Meeting information
- Birthday's!!!
- Piece of the Post's past
- Welcome new members!
- Pictures from last Meeting
- Reminders of Post Laws
- "Life owes me nothing" Story
- Information on COVID-19
- History of our Post

Postfach 2837, Moerfelden Walldorf

March 2020

## Commander's Message

Through good leadership, new ideas, member involvement, and community programs a post can survive and prosper. During our March meeting, my intentions is to initiate 2 new Members that have not gone thru the process. Increased Membership is always a priority of any post. Without current and future members, any post will slowly fade away through attrition. As I have stated many times, it is up to each and every one of us to strive to increase the posts membership. The American Legion National Commander has an incentive program for those that recruit 3 new members or more. Your name will be submitted by the Post Adjutant to National Headquarters and you will receive a Pin of Recognition for your efforts. Please, beat the bushes and find new or potential members.



Commander Santos Alvarado

Happy St Patrick's Day  
on the 17th!



## Elected Officers of Post GR05

- Post Commander: Santos Alvarado
- 1st Vice Commander: Quincy Foster
- 2nd Vice Commander: Stacey Krueger
- Adjutant: Bruce Cole
- Chaplain: John Jones
- Sergeant at Arms: Juan Barrenchea
- Judge Advocate: Stacey Krueger



- Executive committee members:  
Ron Epps, Ernie Cojoe, Michael Blood,  
Dallas Smith, and Walter Becker



Missing Man table at Thanksgiving Dinner

## Upcoming Post Meeting

Our next meeting will be held:

**14 March at 1400**

Location is the Flying Dragon, in Der Trift 5-7, 64546 Walldorf. All Members are asked to arrive at least 30 mins early for social hour, as the meeting starts promptly at 2 pm. The kitchen may not be open until later, so keep that in mind.

If you intend to be late or unable to attend, please RSVP your intentions to me by email or by 0151 14959970. The meeting will also be available by Skype on rheinmaingr05.



## Happy Birthday to members of our Legion Family!



Juan Barrenechea (Mar 3rd)

Michael Blood (Mar 4th)

Darrell Hendrix (Mar 16th)

Richard Vernell (Mar 17th)



Happy Birthday to Comrade's Barrenechea and Blood!

## Piece of our Post's Past!

Before where we are now, at Die Flying Dragon, in Walldorf, American Legion Post GR05 once was located in the building to the right! It was a Post home for many years to us before it demolition in the early 2000's.

Please post on our Facebook of any memories you had here!

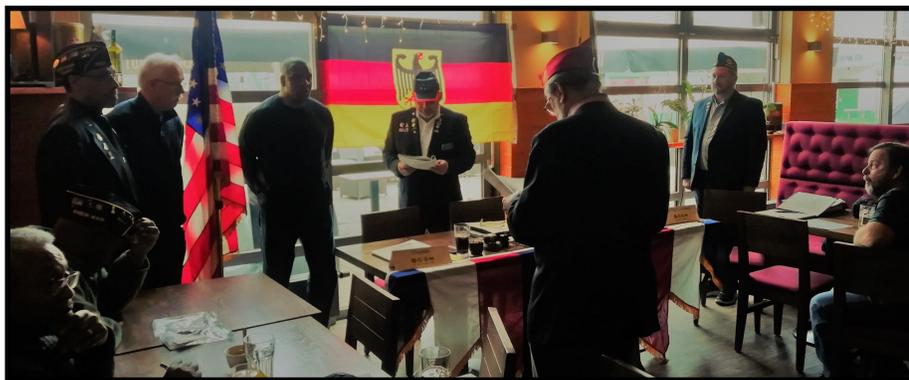


## New Members to our Post



Welcome to our Newest Post Members: Michael Blair and Rob Roberson! Pictured above is GR05's Post meeting in February; what a great turnout!

## Picture's from February's Meeting



### Reminder for the New Post Laws for GR05

Post Fine Schedule	Fee
Foul Language	\$1 or €1
Talk out of Turn	\$1 or €1
Failure to Request Authority to Leave	\$1 or €1
Failure to Request Authority to Return	\$1 or €1
Ring or Sound From a Non Silenced Cellular Phone (Exception Emergency or Exception from Commander)	\$1 or €1
Eating With Cap On	\$1 or €1
Using Hat Instead of Cap When Describing our Cover	\$1 or €1

Following story from The American Legion website, at <https://www.legion.org/honor/248450/life->



## “Life owes me nothing”

The old soldier beamed as about 20 people waved American flags at Gare du Nord station, where he arrived in Paris to be honored as one of the few living veterans who fought with the super-secret forerunner of the CIA during the World War II liberation of France. For Stephen Weiss, 94, the support he received Thursday and on other occasions late in his life has served as a reminder of his struggle to overcome what's now known as post-traumatic stress disorder, which went unrecognized by his unit during the war.

After his arrival, Weiss, a member of France's distinguished Legion of Honor, laid a wreath at the Tomb of the Unknown Soldier during a twilight ceremony at the Arc de Triomphe honoring members of the Office of Strategic Services, or OSS.

It was yet another remarkable chapter in the life of a teenager from Brooklyn who followed the call to defend his country, survived some of the fiercest combat of the war and then learned that battles don't end when the shooting stops.

His story underscores not only the horrors of combat but the nation's continuing challenges in both honoring and caring for the men and women whose sacrifice is incalculable.

Weiss served as a lead scout in the 36th Infantry Division during fighting in Italy before taking part in the invasion of southern France on Aug. 15, 1944.

Ten days after coming ashore on France's Mediterranean coast, Weiss was reported missing in action after he and seven other soldiers were separated from their unit and surrounded by the Germans during a nighttime operation.

After hiding in an irrigation ditch, they dashed through a peach orchard and hid in a family's hay loft, until the French Resistance organized their escape by disguising them as French police officers, then slipped them through Nazi lines and across the Rhone River in wooden boats.

“The Germans were this close,” Weiss said, motioning to about a foot away in the lobby of his Paris hotel. “We should have been caught.”

While behind German lines, the soldiers joined the underground briefly before teaming up with a small OSS operational group harassing Nazi forces in southern France, using guerrilla and special operations tactics.

“Once we did that and I discovered how they fought against the Germans ... I volunteered to stay,” he said of the OSS.

He spent several weeks with the outfit, whose leader was the father figure he'd longed for in the infantry. He cut telephone lines, guarded the OSS radio operator as Nazi tracking vans hunted illicit signals, helped destroy bridges and recovered nighttime supply drops.

“Here there was an altogether different method of fighting that appealed to me,” he said. “Hit-and-run, smash-and-grab.”

He stayed on even after the others from his unit returned, but despite the OSS group's efforts to keep him, he was eventually ordered back to the division when commanders said they needed every possible infantryman.

He made his way hitching rides from Lyon to the Vosges mountain range near the German border, and reported for duty. That, he feels, was a mistake.

“I should have gone to the hospital,” he said.

Most of the infantrymen he knew had been killed, wounded or missing, he said, and none of the leaders seemed to care about signs of potential psychological trauma.

He trembled and couldn't keep food down, but no one offered him a break or any kind of counseling.

“It ruined me,” he said. “I was finished.”

Healing from trauma

He went AWOL twice and returned both times after a few days of rest, turning himself in to the military police.

After he was court-martialed for desertion, he helped build stockades for a few months of a life sentence in confinement until a therapist came, interviewed him and told the Army it had made a mistake.

He soon returned to service, but as a veteran of two theaters he was spared from being sent to the Pacific after Germany surrendered. Instead he lived in a Paris apartment near the Arc de Triomphe while working as an Army photographer and traveling throughout liberated France until he was sent home and discharged.

But Weiss' war wasn't over.

He spent over a decade in therapy for what would later be called PTSD, a condition his father also suffered without treatment after being gassed in World War I.

Through psychoanalysis, Weiss learned to “cut the bullsh—” and live in the present, he said.

In a lesson learned in wars that were to come, Weiss found that the hardest part of treating PTSD was getting people to realize they need help and commit to getting it, he told Bryan Schell, commander of the local American Legion post, who'd served in the Navy in the 1990s and was among the Americans who greeted him in Paris.

## cont... “Life owes me nothing”

Weiss later operated a psychotherapy practice in Beverly Hills for over two decades and still sometimes goes to counseling himself, because he’s “not interested in letting the past contribute” to his current mindset, he told Schell, offering to visit a post event to discuss the issue further with its members.

Still, Weiss is proud of the recognition he has received for his sacrifices and remains focused on continued service to fellow veterans.

As the two Americans and a few others sat in a café near the Arc de Triomphe, Weiss wore decorations he’d earned for his war-time exploits, including the French Resistance Medal, two Croix de Guerre and the U.S. Bronze Star. Around his neck he wore the Legion of Honor, France’s highest decoration for military and civilian merits, established by Napoleon Bonaparte.

In 1999, French President Jacques Chirac made him a knight, the first of the order’s five ranks. He’s been promoted twice since, earning the third-highest rank of commander in 2013, in part for his continued work on issues related to war and PTSD.

After getting his life back on track, Weiss went to work in Hollywood and raised three children with his wife of 23 years, accomplished ballet dancer and teacher Rosemary Valaire.

He earned two master’s degrees and, at age 69, was awarded a doctorate in war studies by King’s College London, where he’s been a lecturer for decades, often drawing on his combat experiences. He is a senior research fellow at the English university.

“I should never be where I am,” he said at the cafe, while sipping a chocolate shake like the ones from his boyhood in Brooklyn. “Life owes me nothing.”

## Questions answered about: COVID-19

- **What is a coronavirus?**

- Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

- **What are the symptoms of COVID-19?**

- The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don’t develop any symptoms and don’t feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. About 2% of people with the disease have died. People with fever, cough and difficulty breathing should seek medical attention.

- **Can the virus that causes COVID-19 be transmitted through the air?**

- Studies to date suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air.

- **What can I do to protect myself and prevent the spread of disease?**

- Wash your hands and don’t touch your eyes, nose, or mouth! Additionally, maintain a 3 feet distance between anyone who is coughing or sneezing.

### MERS-CoV



Consult a health worker if you have fever (38 °C or higher), cough or difficulty breathing. Inform them of your recent travel history



Avoid close contact with people if you are sick



Wash your hands regularly with soap and water and maintain good personal hygiene



Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing

Please submit any announcements or items for the newsletter to Comrade Krueger, Editor.

Request must be submitted no later than by the 20th of the month for the next edition @  
rheinmaingr05@outlook.com

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[Click here to go to our Facebook!](#)



Rhein Main Post GR05 received Temporary Charter on Oct. 18, 1972 then received their permanent charter on Apr 6, 1973 in the German State of Hessen. GR05 has contributed various donations to organizations such as Fisher House, CWF, and Legacy Fund. We currently support veterans from around the Rhein Main area and in addition have members in the United States. I

*Join our FB page to see upcoming photo's from our Post's Past!*

