



# SOUND OFF

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Commander - James T. Randle March 2024 Editor Dan Roper



## COMMANDER'S REPORT

By James T. Randle

March, Spring is coming. The Post must have an Election for Slate of Officers for 2024-2025 for all positions.

The 2023 VA Federal Benefits Booklet is now available online. This booklet is meant for Veterans, Dependent, Survivors and Caregivers. This booklet is important to anyone who needs benefits. Go to va.gov and search for Federal Benefits for Veterans.

Google "Center for Women Veterans" and you will get a monthly list of all recently published research related to Women Veterans.

The post has been looking into AER Defibrillator and the post has purchased one. Thanks to Ray Cross, PC Jack Afonso, and Bill Lorusso.

The Legion lost a member to the Commander of Us All, Ed Steck a 41year member. He served in the Korean War. He was 94 years old. May he rest in peace.

I sent into Department Headquarters form 10D Annual Date Report for Membership year for 2024-2025 starting July 1 2024. Dues will be \$50.00.

The Nassau County Committee will contact Legislators for a grant for Boys State and Girls State for the cost to the Morrisville State College school and Girls State at Brockport State Collage so in the future keeping the cost down. It was in the New York State budget before.

It is time to celebrate as the Northport VA Medical Center welcomes visitors (non-family members} to once again enter the CLC (Convalescent/Nursing), better known as Building 92, to run programs for veterans and their families like Day at the Races. The veterans who reside at VA CLC look forward to our visit. The Veterans Services Committee encourages post Commanders, their members, and Auxiliary Unit to make one (1) trip out to the Northport

## DATES TO REMEMBER

- March 3 Sunday Star Spangled Banner Made U.S. National Anthem (1931)
- March 10 Sunday DayLight Saving Time Begins
- March 11 Monday Executive Meeting 7:00pm
- March 12 Tuesday Girl Scout of USA Founded (1912)
- March 15 Friday The American Legion Birthday March 15, 1919
- March 17 Sunday Saint Patrick's Day
- March 19 Tuesday First Day of Spring begins
- March 19 Tuesday St. Joseph Day
- March 19 Tuesday Auxiliary Unit Meeting 7:00pm
- March 21 Thursday General Meeting 7:30pm
- March 22 Friday Nassau County Committee Meeting Rockville Center post 303 7:30pm
- March 24 Sunday Palm Sunday
- March 25 Monday Congressional Medal of Honor Day
- March 29 Friday Good Friday
- March 29 Friday VietnamWar Veterans Day
- March 31 Sunday Easter Sunday

VA Medical Center's Community Living Center to help run the Day at the Races.

All visitors must wear a mask which will be provided by Mary Norris and Tom Basmachi. They will contact me immediately should Covid, RSV, or the flu become an issue and visits stop. Mary Norris has asked for the post to visit on May 11th Saturday 1:00pm

Post 144 will have a Blood Drive on May 7th Tuesday.

The Military Ball was at Leonard's Palazzo on February 17, Saturday. The post had twelve Legionnaires and Auxiliary attended our meeting.

**Next General Meeting - - Thursday, March 21st, 2024 at 7:30 p.m.**

## DISCOUNTS FOR VETERANS

At the February general meeting of our post we were visited by the manager of the Mitchell Field Commissary (PX) who came to discuss the benefits offered to veterans who would like save money by using the Commissary.

You must have any type current military ID in order to shop there. Request information if needed at the next General Meeting (See below for directions).

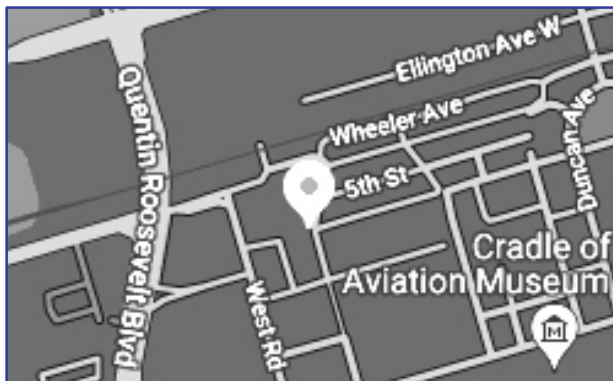


(L. to r.) Jack Afonso, Commissary Manager, Cmdr. James Randle, John Incremona and Eric Spinner.

## Spring Savings at the Commissary



Directions Bldg# 84 West Road



## SAVE A LIFE

Recently our post acquired a very important piece of equipment.....a new defibrillator. Unsure of what we are talking about? It is simply a device that can save the life of someone in cardiac failure.

You may have seen this device on a TV show when



a character in the show suffers a traumatic cardiac event and the show's "Lone Ranger" rides to his aid with only his trusty steed and a defibrillator. He deploys it and thankfully saves that person's life.

*New post defibrillator*

How does it work its magic? It all involves the use of electrical shock to start the patient's stopped heart, but you must have knowledge on how to deploy it.

In the coming weeks the post will be offering training on the usage of our new defibrillator. All Legionnaires are urged to attend this training and become proficient in the usage of this. Knowledge of how to use a defibrillator could prove to be critical in many other situations and in many other venues as defibrillators are becoming more and more common.

When you visit the post please check out the location of our defibrillator. It is located upstairs in the Crystal Room (main ballroom) hanging on the wall between the main room entrance and the bar. It can be moved to any area of the building where an emergency presents itself.

P.S. Don't forget to take your heart meds.....



Our thanks to Legionnaires (r. To l.) Bill Lorusso, Jack Afonso and Ray Cross for their efforts in obtaining funding and our new defibrillator

## NEWS FROM THE AUXILIARY

*by Marilyn Bauman*

President Christine Horvath presided over our February 20th meeting.

Many things were discussed at this meeting one of which is our upcoming Chinese Auction. Items are coming in, however, we still are in need of baskets (filled would be wonderful) and gift cards, gifts from local merchants that you frequent. All items can be brought to the March meeting. If you need a letter to present to a local merchant, please get in touch with Ellen Randle for same. (516.270.6941) April 20th, Cost \$30 for dinner and 25 tickets. Additional tickets are 25 for \$5.00. Let's make this a great fund raiser for the Auxiliary.

Margo Bores, Wellness Ambassador, gave us instructions to help carpal tunnel syndrome. With an outstretched arm, bend your hand at the wrist up and down a number of times. There was also an article in Newsday on Tuesday about helpful fruits.

Gail Cinelli, Community Service Chair, informed us that you can include any or all of the following for her report: helping a neighbor, food donations, working at a blood drive, helping Veterans. Gail can provide any additional categories.

Dianne Karl, absent for quite some time, was at the meeting. Everyone was so glad to see her again. She reported that her contacts at the Henry Viscardi School have informed her that there is still a big need for food. Anyone who wishes to help can leave the donations at Dianne's home and someone from the school will collect it. (516.746.2625 for location).

Ellen Randle, Girls State Chair, reported that State has decided that the parents will have to drive their daughters to GS this year as they don't want to hire buses after a major accident occurred.

Rita Hesse, Legislation Chair, reported that the bills presented to the House of Representatives have passed and now we wait to see if the Senate will do the same.

Pat Lorusso, National Security Chair, is still requesting feminine products for our Service Women. Here is a list to choose from: feminine products (unscented, whenever possible), small packs of napkins and tampons. Female versions of body wash, lotion, razors, face wash, moisturizer, deodorant, hair de-tangler, shampoo, conditioner, dry shampoo. Small bottles of mouthwash,

Q-tips, Chapsticks and foot powder. The troops can also use: sunscreen, AA & AAA batteries, gum, beef jerky and Slim Jims, hard candy, breath mints, protein bars/granola bars, individual packs of cookies/crackers, hand sanitizer, nuts (NO PEANUTS), dried fruits in resealable containers, laundry pods, and Visa and M/C cards (\$25 value). Please NO CD's, DVD's or tapes. When Pat receives enough she will be sending it out. Thank you in advance.

A big THANK YOU TO DAN ROPER, who is always ready to help out the Auxiliary with printing, etc. Thank you, Dan.

After the meeting we enjoyed pizza, coffee, tea, and cookies while we looked over the table to see if there was anything we could use at home and purchase.

Our next meeting will be on Tuesday, March 19, starting at 7 PM.

**GOD BLESS AMERICA, OUR VETERANS AND  
OUR SERVICE MEN AND WOMEN**

### **AUXILIARY NEWS FOR FEBRUARY 27, 2024**

*Mary Ann Busa c/y Chairperson*

A member donated \$12.00 to St. Joseph Indian School. Provides for 200 Lakota Sioux Children each year.

A member donated \$25.00 to Boys Town.

A member donated \$20.00 to St. Jude Children's Research Hospital.

A member donated clothing to Big Brothers, Big Sisters of Long Island.

## **WILLISTON AUXILIARY 144 CHINESE AUCTION**

**APRIL 20, 2024, 2:00 PM**

**PRICE \$30.00**

**PLEASE JOIN US FOR AN AFTERNOON OF  
DELICIOUS FOOD AND MANY PRIZES**

**ALL PROCEEDS SUPPORT  
OUR PROGRAMS FOR VETERANS,  
CHILDREN, AND COMMUNITY**

**PLEASE MAIL CHECKS PAYABLE TO  
ALA WILLISTON 144 AND SEND TO:**

**ELLEN RANDLE**

**106 ROSE LANE**

**NEW HYDE PARK, NY 11040**

# Representing Post 144 at the Military Ball



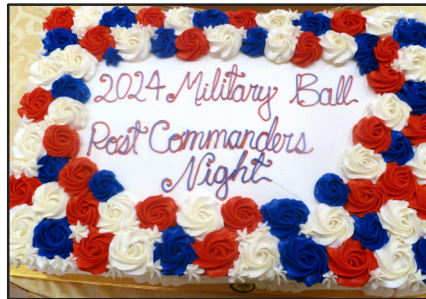
*Frank and Mary Ann Busa and Rosanne Spinner at the Military Ball*



*Bob and Sally Mitchell along with Ellen Randle and Christine Horvath*



*Auxiliary members along with Steve Horvath serve as color guard*



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