



SOUND OFF



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Commander - James T. Randle April 2024 Editor Dan Roper

COMMANDER'S REPORT

By Commander James Randle

Legionnaire Family, hope you all had a Happy Easter and soon on April 22 Passover begins till April 30.

The first meeting with PC Frank Busa for Memorial Day was on March 26. Frank and the committee need help. Legionnaires please step-up. Thanks to Auxiliary Ruth Valentine for her help with the letters to dignitaries that had to be sent to Williston Park Mayor and invited guests and to the families of departed Legionnaires. Thanks to Ruth for setting up the program. Another meeting in April.

Another strong Happy Hour with PC John Lawless and Jim Glynn. Legionnaires come and meet your buddies. Wednesday 3:00 pm to 5:00pm

The nominations for 2024-2025 are: Commander - Eric Spinner, 1ST Vice Commander - Bob Valentine, 2nd Vice Commander - PC Bob Guastella, 3rd Vice Commander - Frank Busa, Treasurer - (book Keeper) - Bob Mitchell. Judge Advocate - open, Sgt-at-Arms - open, Adjutant - Norm Jardine, Chaplain - Bill LoRusso, Post Historian - PC James Randle, Corresponding Adjutant - Norm Jardine, - Trustees PC James Randle, Ray Cross, PC Jack Afonso, Bill LoRusso, PC Bob Guastella.

The Post Blood Drive is May 7, Tuesday. The first blood bank opened on March 15, 1937, and opened at Cook County Hospital in Chicago, Illinois. The bank was founded by Dr. Bernard Fantus, who coined the term "blood bank," and was intended to function as a location for blood to be evaluated, categorized, and stored safely before blood transfusions for patients. Before the development of blood banks, hospitals didn't have many options for blood storage and collection. Which was a problem because healthy, viable blood was often needed in surgical settings. Dr. Fantus's creative approach and vision improved medical practice and patient survival

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DATES TO REMEMBER

- April 1 National Public Health Week
- April 1 Monday Battle of Okinawa (1945)
- April 6 Saturday U.S. Entry into WWI (1917)
- April 7 National Library Week
- April 8 Monday Executive Meeting 7:00 pm
- April 12 Friday National Commander visit at Antun's
- April 14 Sunday Air Force Reserve Birthday
- April 15 Monday Tax Day
- April 16 Tuesday Auxiliary Unit Meeting 7:00 pm
- April 18 Thursday Post General Meeting 7:30 pm
- April 18 Thursday The Doolittle Raid (1942)
- April 22 Tuesday Earth Day
- April 22 Passover Begins at Sundown
- April 23 Army Reserve Birthday
- April 24 Administrative Professionals' Day
- April 26 Friday Arbor Day
- April 26 Friday Nassau County Committee Meeting 7:30 pm
@Rockvill Center Post 303
- April 30 Tuesday Passover Ends at Sundown
- April 30 Tuesday Fall of Saigon (1975)

Reminder

Check the expiration date of your VA Healthcare Enrollee Card. It is not unusual for some of us to overlook renewing it.

Cards can be renewed online, by mail, or in person at the VA in Northport.

Next General Meeting - - Thursday, April 18th, 2024 at 7:30 p.m.

Commander's Report (continued from page 1)

rates all over the world, as many medical professionals used his approach as a model for managing blood donations and transfusions. The impact of this idea was almost immediate, with the concept of improving capabilities to treat wounded soldiers in World War II just years later. Today, hundreds of millions of blood donations are held in banks around the world.

The VA is offering updated COVID-19 vaccines for the 2024 season, including an additional dose for people 65 years and older. Due to changes in the virus, it is important to get the updated vaccine. Vaccines are free for veterans enrolled at a VA Medical Center.

Three Million adults find themselves being treated in emergency departments annually for injuries related to falling. Ask your primary care provider to schedule you for an exercise program to reduce the risk of falling. Also, ask about the Gero Fit program.

National Commander Daniel J. Seehafer is visiting downstate at Antun's Restaurant on Friday April 12th. Daniel J. Seehafer was elected National Commander on August 31, 2023, in Charlotte, N.C. during the 104th National Convention. He likes to say, "it's personal," when it comes to The American Legion's mission of serving veterans and their families. He is continuing the theme of "Be the One," to prevent veteran suicide. He is an ordained minister from Wisconsin, he earned his American Legion eligibility through service in the U.S. Navy and Navy reserve, where he served as a military chaplain of American Legion. He is married to Stacey, who is a member of American Legion Auxiliary.



Among our many missions is the support of Boy Scout and Girl Scout activities. On March 11 we honored two young men from Troop 201 on their occasion of being recognized as Eagle Scouts. Justin Doan is left center and Naman Chordia is right center.



Chilly Spring Parade For Our Little League



Lady Little Leaguers with Parade Banner



Post 144 Color Guard



Cheering our Little Leaguers on were Assemblyman Ed Ra, Past Mayor Doreen Ehbar, Mayor Paul Ehrbar and Little League Coordinator and Coach Frank Scarola



AUXILIARY NEWS FOR MARCH, 2024

by Mary Ann Busa
Children and Youth Chairperson

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

A member donated clothing to Big Sisters of Long Island.

The party for people with special needs is April 21, 2024.
The party will be from 1 to 4 pm.

April is *Children and Youth Month*. I will be collecting donations of toys, clothing for children. Any size, all unwrapped

I want to thank all the members for their help. The Children and Youth Program will not be a success without the help of the Auxiliary members.

Save the Date May 7th Blood Drive

At Post 144 from 1:30pm to 7:30pm

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



*All Legionnaires and Auxiliary members are invited to
enjoy an afternoon welcoming our Special Friends*

NEWS FROM THE AUXILIARY

by Marilynn Bauman

President Christine Horvath presided over the March 19th meeting. Everyone in attendance enjoyed a shamrock cake celebrating St. Patrick's Day.

Mary Ann Busa, Chair, Children & Youth, is requesting baby items and small toys for the April Baby Shower. You can call Mary Ann at 516.741.0493 for additional information.

Mary Ann also informed us that she is planning a Special Friends Party on Sunday, April 21. Needed will be sandwiches and desserts.

Sally Mitchell, Poppies Chair, mentioned that the poppies are in and information will be forthcoming as to assembly of corsages. Watch for more ways to help out.

Dianne Karl, Education Chair, was not in attendance, but in has requested the following: because there is still a need for food at the Henry Viscardi School, Dianne would like each person in attendance at the next meeting to bring in 1 - 2 items of food. If 20 come to a meeting, 20- 40 items of food could be distributed to these families. Dianne's phone - 516.746.2625.

Pat Lorusso, National Security Chair, is still collecting feminine items to be sent to our women in the military. Please refer to past issues for needed items or call Pat at 516.747.6176 .

Margo Bores, Wellness Ambassador, spoke to us about foods that can improve blood circulation. Black colored foods - grapes, mushrooms, kelp. Red - carrots, tomatoes, bell peppers. Spices - scallions, onions, ginger, garlic. Sour foods - lemon, vinegar, pineapple. Fermented foods - miso, kimchi. Healthy fats - fish oil, carmelia seed oil, and extra-virgin olive oil. Thanks, Margo for all the new ideas.

Marilynn Bauman, VA&R Chair, will be going out the the L.I. State Veterans Home, Stony Brook, in May. Please bring in a donation for them in April. Adult coloring books, (with colored pencils or crayons to go with each book), find a word books, jigsaw puzzles and deck of cards. They use lap robes all year round. The size requested is 34 to 36 square. Thank you in advance.

Our Chinese Auction is coming quickly. Please make a basket for this fund raiser. You can also go to your local merchant and ask for a donation. Christine will be putting baskets together with single items donated after Easter. Call her at 516.248.4103 for dates and times to help.

On a great note: One of our members is now a U. S. Citizen - Natalia Piper took the citizenship test earlier in the year and passed. Originally from Ukraine, she is very happy to be here. Congratulations, Natalia.

GOD BLESS AMERICA AND OUR VETERANS

THINGS TO REMEMBER:

SET UP FOR CHINESE AUCTION, SAT, APRIL 20, 9:30-10 AM

BABY ITEMS - SEE PHONE # ABOVE FOR INFO

ITEMS FOR OUR WOMEN IN THE MILITARY - INFO ABOVE

ITEMS FOR THE VETERANS AT STONY BROOK

1 -2 FOOD ITEMS FOR HENRY VISCARDI SCHOOL

NEXT MEETING - APRIL 16 7 PM

Our Judeo-Christian Heritage

Chaplain Eric Spinner

As we progress into April, the sights and sounds of Spring become more apparent. The temperatures begin to rise, the days are longer, and we see signs of blossoms on our shrubs. However, April also brings times of celebration and reflection that we must remember in our daily activities. Easter and Passover both occur at this time, and both have their



beginnings many years ago. While Easter Sunday on March 31st was the culmination of this year's Easter holiday, the background of the holiday go back to the early Hebrew calendar.

One of the teachings of Christianity is that the Last Supper was a Passover seder celebrating the survival of the Hebrews when God wrought havoc on Egypt in the form of the plagues. In particular,

the final plague was when God sent the Angel of Death to smite the first born of the Egyptians and non-believers. The only families spared this loss were those of believers who smeared lamb's blood over their doors and windows to keep death out of their homes. The aftermath of this plague forced Pharaoh to release the Hebrews from bondage. The Passover holiday is named due to the fact that death 'passed over' their homes, and only affected the Egyptians.

At this time, we can all learn the lessons of faith and hope that are part of both holidays, and live the principles set forth by both faiths, two faiths that are very closely aligned. Being a Jewish husband with a Catholic wife has been integral to my understanding of both faiths and their relationship, and I believe we need to be partners in our shared principles.

As we move forward in life, may we be granted all of us the blessings of both holidays. May we all find hope, understanding, humility and fulfillment in our daily lives.

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