



SOUND OFF



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Commander - Eric Spinner November 2024 Editor Dan Roper

COMMANDER'S MESSAGE

Commander Eric Spinner

We're now well into autumn and the leaves are turning- always a beautiful sight. Of course, soon we will only see bare branches and many leaves on the ground. Perhaps we'll be lucky and have another mild winter.

With the arrival of November, we all have the obligation to go to the polling place and cast our votes for our representatives at all levels. I encourage all to do their research and their due diligence before voting, but do not neglect this privilege of citizenship.

We also have a series of Veterans Day events, and we can count on being quite busy. Beginning on November 8th at 10AM we have a visit to Henry Viscardi School where we will be honored by our special friends who honor us despite their many challenges. There is a Town of North Hempstead BBQ at 11AM. At 12:30PM we are invited to Albertson FD for a veteran lunch, and some of us will attend the Veterans Tribute Dinner at Kellenberg Memorial HS in the evening.

On Sunday, November 10, all are invited to attend the UVO Ceremony at the Veterans Memorial in Eisenhower Park at 10AM, and a ceremony at Long Island National Cemetery in Farmingdale at 2PM.

Finally, on Monday November 11 we will have our local ceremony at Williston Park Village Hall at 10:30AM.

Please accept my best wishes for a safe and happy Thanksgiving. In a world where there is much strife and unrest, may you all find reason to give thanks for what blessings we have, and look forward to better days ahead.

DATES TO REMEMBER

November 5	Tuesday	General Election Day
November 6	Wednesday	Vets Service St. Aidan's 12:45PM
November 8	Friday	Viscardi School Parade, 10am
November 10	Sunday	Marine Corps Birthday
November 10	Sunday	American Legion Auxiliary Birthday (1919)
November 10	Sunday	United Veterans Organization Service at Eisenhower Pk 10:00 am
November 11	Monday	Albertson FD Breakfast 12 to 2pm
November 11	Monday	Veterans Day Service VFW at Williston Park Village Hall 10:30am
November 11	Monday	World War 1 Armistice (1918)
November 12	Tuesday	Executive Meeting 7:00 pm
November 19	Tuesday	Auxiliary Unit Meeting 7:00pm
November 21	Thursday	Post General Meeting 7:00 pm
November 22	Friday	Nassau County Committee Meeting 7:30 pm At Levittown Post 1711
November 23	Saturday	US Women's Coast Guard Reserve Birthday
November 26	Tuesday	Veterans Standdown at Freeport Armory
November 28	Thursday	Thanksgiving Day



Our Auxiliary came in numbers to support our "Special Friends" during the post's recent Halloween party. A great big "thank you" to all for the hard work!!!!

General Meeting – Thursday, November 21 at 7:30 p.m.

Executive Meeting - Tuesday, November 12 at 7:00 p.m.

MEMBERSHIP

If there is an opportunity to increase membership, you can be sure that Membership Chairman Bob Valentine and Ruth Valentine will be there. In photo below Bob set up office at the flu shot day at the Post hoping that we would scoop up a few vets for Legion membership.

Bob also hoped that setting up the membership table would also remind Post 144 Legionnaires that membership is an ongoing effort and that we should take every opportunity to broadcast the need to join the Legion so that we may continue to support America's vets.

Please remember to keep an eye out for friends, relatives or neighbors who may have served and do a little recruiting. Bob is a great membership chairman and spends some serious time mailing, emailing and calling in an effort to increase our membership, but you too can help keep the Legion active. Remember "Every day is a good day to recruit a new member."



BOYS STATE RECIPIENT VISITS THE POST



Commander Spinner, PC Busa with recipient Tim Farrell

Reminder

Post members are invited to:
St. Aidan Vets Program Wednesday Nov. 6
Viscardi School Friday Nov. 8

NORTHPORT VA VISIT

Post 144 has once again begun our visits to the Northport Veterans Hospital bringing all sorts of goodies. On each visit we assist in activities like video horseracing where each of the vets can win canteen coupons to get a variety of items. We also bring along a variety of snacks for vets with the munchies.

We will be visiting again in a few months and all Post 144 Legionnaires and Auxiliary are cordially invited.



Visiting the vets.....(l. To r.) Bob Valentine, Ruth Valentine, Rosanne Spinner, Marilynn Bauman, PC Frank Busa and Commander Eric Spinner.

HALLOWEEN FOR OUR SPECIAL FRIENDS

Once again Post 144 has extended our Children and Youth program with an invitation out to our Special Friends in the area and we had a terrific turnout to celebrate. Sandwiches, soft drinks and rockin' music by DJ Eric Spinner made for a great afternoon. It was **Spooktacular!!!!!!**



Bob Valentine and Frank Busa pass on their Limbo skills to the younger generation

NEWS FROM THE AUXILIARY

by Marilyn Bauman

Our October meeting was presided over by President Christine Horvath.

Ellen Randle, Chair of Girls State, introduced our candidate, Emilyn George, a Senior from New Hyde Park, who spoke to us about her experience. She said it was the best experience she has had. She wants to learn more about government and hopes to attend West Point. Emilyn was presented proclamations from Christine Liu, Council Member and Maria Bono, a rep from Gina Silletti's office.

The fundraiser for the spring was brought up but hasn't been decided upon as yet.

Christine informed us that she will be leaving the Presidency in June. Please let Ellen or Chris know if you would like to fill the vacancy by December or January. Thank you.

The Raffle will be drawn at our November meeting. Continue to send in your chances with \$10.00 to Christine.

Margo Bores, Wellness Ambassador, gave us more information about the vagus nerve; by stimulating it, it helps inflammation. Massage the face, neck, behind the ear and the head. Twist the body - right hand on left knee and left hand on right knee. Squats also help build muscle mass. Hold onto something if unsure of balance and do a squat.

Children & Youth Chair, Mary Ann Busa, is requesting toys and clothing, unwrapped, for the organizations she distributes to for Christmas be brought to the November meeting.

Education Chair, Dianne Karl, mentioned that she will be in touch with St. Aidan's school to get the Christmas cards that the children make for the veterans in the L.I. State Veterans Home in Stony Brook. She also mentioned that 4 bags of groceries were delivered to The Henry Viscardi School. Please remember that this is ongoing and cans of any food or toiletries can be brought to the meetings and she and Helen Niemann will see that they get to the school.

The *Henry Viscardi School* will be having their Veterans Day Parade on Friday, November 8th at 10 AM with light refreshments following. All Post members as well as Auxiliary are welcome.

St. Aidan's will have a Salute to Veterans on Wednesday, November 6, at 12:45 PM.

The Scholarship applications are in the Library and also in St. Aidan's bulletin.

Membership dues of \$30.00 are due. Please send application and check to Marianna as per instructions on renewal form.

Legislation Chair, Rita Hesse's report this month was about "V.A. Offer Help to Military Scam Targets." Veterans and families plus active duty military are often targets of scammers. \$477 million dollars have been lost by

former and current service members. The Federal Trade Commission has launched *VSAFE.gov*. The new website and call center 833.38V-SAFE (833.388.7233) will coordinate efforts across the federal government to protect veterans, service members and their families from fraud and scams. Veterans are targeted with imposter scams offering fake jobs and investment schemes. The veterans can call the center to report a scam and they will receive assistance. Last year, military consumers lost a median of \$599 to scams as reported to the Federal Trade Commission which was 20% more than the year before. They should be protected by our country as the veterans have protected us.

Pat Lorusso, National Security Chair, told us about "Adopt a Platoon" which is more personal than just sending toiletries overseas. Notes, birthday cards can be sent to specific military personnel. We are considering this. More information will be forthcoming.

Marilynn Bauman, VA&R Chair, thanked everyone for the donations for the L.I. State Veterans Home, Stony Brook. The donations will be delivered in November, Veterans Month.

Please remember, Scratch Off Lottery tickets can be brought to any meeting. They will be held and used at the next Street Fair.

A REQUEST: A NEW MEMBERSHIP LIST IS BEING FORMED. WE ARE REQUESTING THAT YOU SEND YOUR EMAIL ADDRESS TO BE INCLUDED ON THAT LIST. PLEASE SEND ADDRESSES TO: FREDSFRIEND@VERIZON.NET (RUTH VALENTINE) (EMAIL TO RUTH DOES NOT HAVE TO BE IN CAPS). Thanks in advance.

Our next meeting will be on Tuesday, November 19th, starting at 7:00 PM. See you there.

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



(l. to r.) Maria Bono from Assemb. member Gina Silletti's office, Councilwoman Christine Liu, President Christine Horvath., Emilyn George and Ellen Randle

AROUND THE POST



Thank you to all of our truly wonderful volunteers for their repeated yearly service in keeping our seniors healthy.



willistonpost144.org on the web or **WILLISTON POST144** on FACEBOOK

For the latest Post 144 information

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