



SOUND OFF



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Commander - Eric Spinner April 2025 Editor Dan Roper

COMMANDER'S MESSAGE

Commander Eric Spinner



Spring has finally arrived and, although we are still experiencing a wide range of temperatures, the trend is upward. March is certainly going out like a lamb, and we will have the rains in April to make our world greener and more colorful with the spring blooms.

We have entered the season of miracles, and the holidays will soon be here for each of us to celebrate in our customary ways. We also see the Memorial Day ceremonies in the near future - they will be upon us in no time at all. With the all-hands approach to the events of this solemn holiday, everything is falling into place. My thanks to all of our Legion family who have met to make this all happen. Here's hoping for good weather and a big turnout. Also, since my knees don't lend themselves to a long march, I will once again lead the parade on my motorcycle and hand out flags to the spectators as I go. We have a great community supporting us, and we always show our pride in service.

As we look forward, there are other events that we will hold or participate in beginning with our Special Friends Spring Dance on Sunday, April 6th from Noon until 4pm. It's gratifying to see that our friends with so many challenges are offered this chance twice every year to be entertained. Of course, we always get a special tap dance performance from our special entertainer, Richard Hughes, the highlight of our event.

One special news item is that our Nassau County contestant in our Legion Oratorical Contest has been in the lead and has won the Local, County, District, Zone

DATES TO REMEMBER

April 5	Saturday	Gold Star Spouses Day
April 7	Monday	Executive Meeting 7:00 pm
April 9	Wednesday	National Former Prisoner of War Recognition Day
April 10	Thursday	Nassau County Auxiliary
April 12	Saturday	Passover begins at Sundown
April 13	Sunday	Palm Sunday
April 14	Monday	Air Force Reserve Birthday
April 15	Tuesday	Auxiliary Unit Meeting 7:00 pm
April 15	Tuesday	TAX DAY
April 17	Thursday	Post General Meeting 7:30 pm
April 18	Friday	Good Friday
April 18	Friday	The Doolittle Raid
April 19	Saturday	Holy Saturday
April 20	Sunday	Easter Sunday
April 20	Sunday	Passover Ends at Sundown
April 22	Tuesday	Earth Day
April 23	Wednesday	Administrative Professional Day
April 23	Wednesday	Army Reserve Birthday
April 24	Thursday	U.S. Holocaust Day of Remembrance
April 25	Friday	Arbor Day
April 25	Friday	Nassau County Committee Meeting 7:30 pm Glenwood Landing Post 336
April 30		Fall of Saigon

and Department of NY competitions and is now on her way to the Nationals in May. Katherine Mazerowski is also a Junior Auxiliary member at the Carle Place Unit and a Junior at Sacred Heart Academy in Hempstead.

PC James Randle, who also serves as Historian for Post 144, County, and District, presented the 2024-2025 County History Book to County Commander Kerry Englander at our meeting on Friday, March 28. Having

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General Meeting – Thursday, April 17 at 7:30 p.m.

Executive Meeting Monday, April 7 - at 7:00 p.m.

Commander's Report *(continued)*

been the historian for my prior post, I know the work that goes into this book. Kudos to James for another job well done.

To all our Legionnaires, try to join us at Happy Hour on Wednesdays from 3-5. It's nice to get a little time just to hang out with 'the guys' for a little while. We're growing in size, and we get to know one another again. The period of inactivity during the Covid shutdown broke our stride for a while, but we're getting it back.

Vietnam War Veterans Day was officially celebrated on March 29th to remember the day that our last American troops departed that country. In honor of those who served there, and especially those who did not return, I have added a picture of our monument at Eisenhower Park Veterans Memorial as a tribute to all. With the country severely divided, the inscription on the monument base really says it all: "All they ever had was each other." Let us continue to celebrate that we had men such as these.

Our April meeting will be on Thursday, April 17th at 7:30pm. Come on down and join our meeting. We'll probably have some food and drink after the meeting, too. Let's see if we can build some active participation and restore some of the old vitality that we had before. I look forward to seeing you.



Eisenhower Park Memorial

Dining for a Cause...
Saturday, May 3, 2025 • 12 pm - 4 pm

Omega Diner

**American Legion Auxiliary
Williston Unit 144 Fundraiser**

All proceeds will be used to purchase supermarket gift cards for veterans with food insecurity who visit the Nassau County Veteran Service Agency Food Pantry

Present this flyer to your server and Omega Diner will donate 15% of your check for purchases including dine-in, take-out and all non-alcoholic beverages during these hours.



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TELL THEM TO VOTE YES

Bill A.2965-A (Pheffer- Amato)/S.2058 (Addabbo) will amend the real property law and establish a tax exemption for veterans with a 100% service-connected disability. Please contact your Assembly person and Senator to have them support and vote YES for this bill, which would benefit many of our members and veterans across the state.



On her way to the top.....Katherine Mazarowski, winner of the Local, County, District, Zone and Department of NY competitions of the American Legion Oratorical Contest. Katherine is also a Junior Auxiliary member at the Carle Place Unit and a Junior at Sacred Heart Academy in Hempstead.

NEWS FROM THE AUXILIARY

by Marilyn Bauman

Our March 18th meeting was presided over by President Christine Horvath. Chris mentioned there is a tentative slate of officers. Next month it will be published in the *Sound Off*. Some of the officers will remain, some need to be replaced.

Margo Bores, Wellness Ambassador, presented an article that states: Foods That Look Like the Body Part They Benefit. Walnuts - Brain Eating 30 grams of them a day improved intelligence and attention. They also benefit memory and cognition. Sweet Potatoes: Pancreas. The potassium, beta-carotene and vitamin B6 in them naturally help regulate glucose, reducing the workload of the pancreas. Avocado: Resembling the shape of the female uterus, they enhance the reproductive system. Interestingly, an avocado tree blossom takes about nine months to fully mature into a fruit. Carrot: Eyes - when sliced, they look like the human iris and pupil. The carotenoids lutein and zeaxanthin serve as antioxidants and anti-inflammatory agents that protect the eyes against oxidative vision loss. Carrots are also high in beta-carotene, which the body converts into vitamin A, known for helping maintain good vision. Tomato: Heart When cut open, tomatoes resemble the four chambers of the heart. The well-studied benefits are decreasing cardiovascular diseases because of their high lycopene content. Eaten with olive oil or avocado, the amount of lycopene delivered to the body can increase significantly. Olives: Ovaries You may never look at an olive the same way again. Women whose diets included a lot of olive oil had a 32% lower risk of ovarian cancer. Ginseng: Nerves (Herb) Looks like and supports the central nervous system because of its various brain benefits. Works as cognitive performance and memory enhancers, improving brain cell growth and enhancing neuron survival. Ginger: Stomach It's generally similar in shape to the human stomach. Ginger has been used medicinally for thousands of years, primarily for nausea and vomiting relief. It's been used in pregnancy nausea, motion sickness, relieving side effect of chemotherapy, and reducing colorectal cancer risk. We can always depend on Margo to give us great information. Thanks!

Mary Ann Busa, Children and Youth Chair, informed us that on Sunday, April 6th we will once again have our Special Friends Dance. Sandwiches and desserts are needed. (Please no peanut butter).

Education Chair, Dianne Karl received 12 scholarship applications, 6 were submitted from us and the balance went to Floral Park Unit. She also asked for continued support of the Henry Viscardi School with food, napkins, etc. These items can be brought to the meeting.

Ellen Randle, Girls State Chair, reported that Lia is unable to attend, so our alternative is Raina Gupta.

Marianna Wohlgenuth, Membership Chair, stated we have 58 paid members.

Debbie Robinson suggested a Grocery Bingo for early June with a picnic/summer basket theme. Waiting for a date to be announced.

Rosanne Spinner brought up "Dining for a Cause" where the diner would donate 15% of the check when the customer presents a coupon which we would give them before entering the diner. No cost to the patron. The Omega Diner will once again be participating in this endeavor. The date is Saturday, May 3rd, from Noon - 4PM. Please think about helping out for an hour or so. Let Rosanne know if you are able to participate.

Gail Cinelli will be looking into a date for the members to enjoy a luncheon at Casa di Fratello once again. Date to be announced at next meeting.

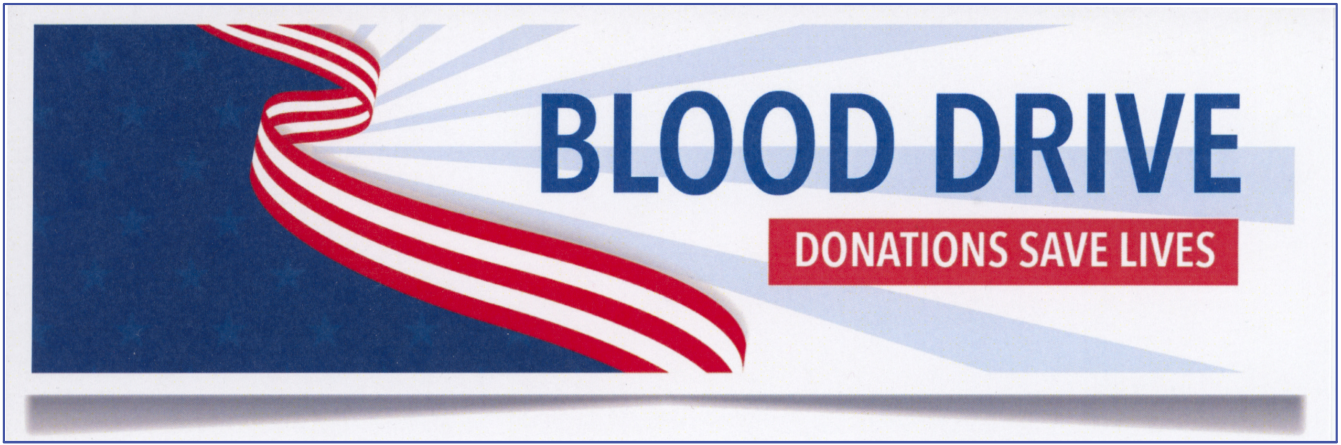
Speaking of our next meeting, it will be on Tuesday, April 15th, 7 PM. This is our Baby Shower meeting where Mary Ann Busa has asked for baby items (new of course) to be distributed to new unwed mothers.

Marilynn Bauman, VA&R Chair, has also requested items for the Veterans at L.I. State Veterans Home, Stony Brook, NY. Find word puzzle books, new jig saw puzzles, note pads, pencils, pens, adult coloring books, crayons or colored pencils, lap robes (if you knit or crochet) new greeting cards (they can send them to family members). Thank you in advance.

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



Past Commander James Randle presents Kerry Englander with the Post Commanders' Military Ball History Book



American Legion Post #144

Tuesday, May 6, 2025 – 1:30pm – 7:30pm

730 Willis Avenue, Williston Park

For an appointment call James Randle at (516) 270-3876

Please have your donor ID # available if you have one

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