#### in our post home >>>

VVnW Commander, Phil Davis 814-282-9737

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2<sup>nd</sup> Vice-Commander, Tom Burbidge

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# POST 52'S NEWS





#### Our Troops >>> Project Support our Troops UPCOMING PACKING:

Tuesday April 24<sup>th</sup> – 5:45 pm Visit us at: <u>https://www.facebook.com/pages/Project</u> <u>- Support-Our-Troops/</u> We are accepting stateside names and addresses, in addition to those deployed! Reach out to your friends and neighbors and let's get as many

soldiers boxes as we can. Please Contact: Kim Lengling at (814) 724-9099 **OR** 

Laurie Davis at (814) 853-8145

We are excited to welcome: Peter Albaugh and Gary Tingley to our membership!



#### **Commander's Comments**

Well, Spring has finally sprung and it's April Fool's day, get ready for the winter storm. I hope everyone is well and getting ready to plant some flowers and get after the yard work.

The Saturday night dinners are doing well but still not quite what they were before Covid 19. Thanks to everyone that supports the Post by coming to dinner and our other activities.

We continue to support our Veterans and their families through our benevolent fund as well as Project Support Our Troops. We have been sending many more boxes because of the recent deployment of our local National Guard Unit as well as the recent request for items for the Naval Aircraft carriers supporting Israel and Ukraine. Thank you to everyone for their help getting needed donations. We have been getting requests for certain items.

If you have some extra time and would like to help the post, please call and let us know what you can do to help.

We have recently been asked to help with wheelchair ramps for some of our veterans. Thank you to everyone involved in setting them up and taking them down when needed. If this is something you can help with let us know.

Thanks for your continued support.

Yours In Brotherhood, Phil *814-282-9737* 



Do you have a special prayer request? Let us know! We'll add you to our list! Do you know a veteran in need? Let us know! We have a benevolent fund! Do you have a suggestion for the post? Let us know! We are listening!

# <u>Post 52 Saturday Night Dinner Menu</u>

#### Deep fried haddock, Baked haddock, Spaghetti and Shrimp basket served every week. See below for weekly feature!

#### **Beer Battered Fried Fish**

Deep fried haddock served with choice of fresh cut French fries or baked potato. Served with side salad, veggie and dessert included.

#### Lemon Pepper Baked Haddock

Haddock seasoned with lemon pepper seasoning, freshly baked served with choice of fresh cut French fries or baked potato. Served with side salad, veggie and dessert included.

#### Spaghetti

Post 52 homemade spaghetti meat sauce. Served with side salad, bread and dessert included.

#### **Shrimp Basket**

8 pieces of golden fried butterfly shrimp served with choice of fresh cut French fries or baked potato. Also served with side salad and dessert included.

#### Feature dinner April 6, 2024

#### **STUFFED PEPPERS**

Homemade stuffed pepper served with mashed potatoes, side salad, veggie, bread and dessert included.

#### Feature dinner for April 13, 2024

#### **PORK CHOP DINNER**

Tender pork chop served with side of stuffing, choice of baked potato or fresh cut French fries, veggie and side salad. Dessert included.

#### Feature dinner April 20, 2024

#### HAM LOAF

Homemade ham loaf served with choice of baked sweet potato, fresh cut French fries or regular baked potato, veggies and side salad. Dessert included.

#### Also, April 20, 2024

#### WINGS

Wing flavors are BBQ, Dry Ranch, Butter & Garlic, Hot or Dry Cajun. Upgrade to a meal add \$5. Includes fresh cut french fries, side salad and dessert.

#### April 23, 2024

#### **ELECTION DAY DINNER -- Please vote**

Hot Roast beef sandwiches served with mashed potatoes, veggie and a homemade cookies. Serving 11 am - 7 pm. Take out or eat in

#### Feature dinner April 27, 2024

#### VEAL PARMESAN

Breaded veal cutlet topped with mozarella cheese on top of a bed of spaghetti topped with Post 52 spaghetti sauce. Includes side salad and dessert.



## \$12

#### \$12

\$1+

#### \$10

## \$12

#### \$10

\$15

\$15

\$15

#### \$12

#### Details and Dates.....

**Troops packings:** Next Troops packing – -- due to primaries the packing will be held the next day, Wednesday, April 24<sup>th</sup>. 5:45 pm. *Items needed for the packing are personal hygiene items: sunscreen, body/hand lotion, shampoo, conditioner, foot powder, body powder, shower scrubbies, shower gel, toothpaste, toothbrushes, eye drops, chapstick, Kleenex packs, wet wipes.* 

#### Lions dinners: - help needed

**Lions dinner 11<sup>th</sup>.** If you can help, please call Charlie Manning 814-333-2519 Workers report for duty at 3:00pm.

#### Post Meetings:

All Post monthly meetings are scheduled for the 3<sup>rd</sup> Monday of the month at 7:00 PM. NEXT MEETING – April 15<sup>th</sup>, 7pm

Executive Board meeting – Wednesday April 17th – subject matter By-laws

#### Primaries are being held Tuesday, April 23<sup>rd</sup>

The Post will have the traditional Roast Beef Sandwich dinner, serving from 11 am - 7 pm. If you can help in the kitchen during any of those times, please contact Phil at 814-282-9737.

#### April 28<sup>th</sup> – small catering job at the Post.

Anyone who is available to help please contact Laurie 814-853-8145

#### Save the Dates for Later in 2024!

> 2024 POW/MIA Vigil – Friday September 20<sup>th</sup>

2024 Ride for Freedom – Saturday September 21<sup>st</sup>
2024 Christmas party – Saturday, December 14th

#### **RENTALS of the POST HOME**

#### Use of Building Only:

- Member Rental Fee \$75
- Non-Member Rental Fee \$100

#### Use of Kitchen with Building:

- Member Rental Fee \$125
- Non-Member Rental Fee -- \$150

Renter is responsible for set up of building prior to event and clean up after event. Thank you!



#### Are you attending a trade school?

Are you a high school senior, accepted to attend a college or other higher education institution in 2024?

Would you like to apply for additional funding?

# Email: <u>Vetspost52@gmail.com</u> to request your application to apply for educational assistance from Post 52 this year!

Requirements will be listed on the application! You don't know until you try!

You've already applied for further training/education, why funding!



not apply for some

#### FROM the VA Tribal leaders discuss care for Native American Veterans

*Tribal and Indian Affairs Committee advises VA Secretary* March 26, 2024, Gina Goodson, Deputy Public Affairs Specialist, Eastern Oklahoma VA



VA's Tribal and Indian Affairs Advisory Committee (TAC) kicked off 2024 with a 3-day meeting at Choctaw National Headquarters in Durant, OK.

The TAC is made up of 15 members from different Tribal Nations across the U.S. and a member who represents Native Hawaiian Veterans. The TAC met to discuss a wide range of topics about issues critical to the American Indian/Alaska Native and Hawaiian Native Veteran populations.

"The purpose of the committee is to provide advice and guidance to the Secretary of Veterans Affairs on all matters relating to Indian tribes, tribal organizations, Native Hawaiian organizations and Native American Veterans," said Mary Culley, tribal government relations specialist. "This includes advising the Secretary on the administration of health care services and if VA is meeting the needs of tribal Veterans."

#### "We ensure our health care needs are addressed."

Committee members heard from Choctaw Nation senior leaders and other VA officials. "Our committee advocates for the needs of American Native Veterans," said Sonya M. Tetnowski, Makah Tribe, TAC Committee chair and chief executive director for the Indian Health Care Center. "We are the voice to ensure we are being represented and our VA health care needs are heard and addressed."

The committee took a tour of the Choctaw Nation Healthcare Center in Talihina, OK, and visited VA staff and toured the campus of the <u>Sam Rayburn Memorial Veterans Center</u> in Bonham, TX.

"It's important for our committee members to see firsthand the facilities providing care to our Veterans," said Culley.

"I enjoy getting together as a committee to discuss issues with the goal of making lives better for our native Veterans," said Kevin Meeks, deputy secretary for the Department of Health, Chickasaw Nation. "VA Secretary Denis McDonough has done a great job of taking our feedback and implementing those ideas within VA."

During the meeting, the committee discussed a wide range of topics, including Native American Direct Loan Program, VA homeless program, suicide prevention, women's domestic violence program, Tribal Veteran Service Officer Representation, Claims Clinic Events in Indian Country and VA's Office of Connected Care.

TAC meetings are open to the public with a public comment opportunity.

"Attending this meeting has opened my eyes to the needs of Native American Veterans," said Larue Guoladdle, Kiowa Tribe member and Kiowa Veterans director. "We need to connect with VA and build partnerships. Many Native Americans are not aware of the benefits and services available to them and our tribal community truly benefits from this type of engagement."

#### FROM the VA

Join the journey: Help carry Old Glory across the country 2024 marks the 10th anniversary of the Old Glory Relay March 26, 2024, Margaret Britten, Director of Marketing & Communications, Team RWB



Editor's note: The sharing of any non-VA information does not constitute an endorsement of products and services on the part of VA. Veterans should verify the information with the organization offering.

On April 19, an American Flag flown by Army Special Operations will embark on a 1,600-mile journey from Pennsylvania to

Illinois. Carried by Veterans, service members, military family members and supporters, the flag's journey marks <u>Team Red</u>, <u>White & Blue (Team RWB)</u>'s 10th

official Old Glory Relay, presented by BMW of North America.

The movement of the flag is highly symbolic, representing the stories of all the Veterans who sacrificed for and served our nation, and aims to remind us that Veterans' best days are ahead of them.

"America's Veterans know firsthand that life is a team sport. There's no better demonstration of that concept than the Old Glory Relay," said Mike Erwin, Team RWB founder and executive director. "We invite all Veterans in the Department of Veterans Affairs network to be part of this epic journey. Let's come together to carry this flag, carry our stories, and inspire our Veteran community to make their physical and mental health a priority."

This event is for Veterans of all eras, whether you prefer to walk, run or bike. It doesn't matter how fast you are — the event is about participation and honor, not speed.

The relay will pass through Pennsylvania, Ohio, Kentucky, Indiana, Michigan and finish in Illinois, offering 30 days for people to get involved. You can also participate virtually from anywhere, picking a day on the map to carry the flag in your own way.

The single American Flag that will be carried was flown by Army Special Operations in January and February over missions in both Iraq and Syria before returning to the U.S. to be carried in the Old Glory Relay. The flag was provided by Allegiance Flag Supply, representing American values and craftsmanship.

The relay supports Team RWB's goal to build the leading health and wellness community for Veterans. Being part of Team RWB helps Veterans focus on their well-being by joining in activities that promote health, connection and a sense of purpose.

Old Glory will make special stops along the route at events like the Yuengling Light Lager Jogger and a Philadelphia Phillies game, among others.

If you're ready to join the movement, sign up here.

#### FROM the VA

VA honors women Veterans Women's History Month March 25, 2024, Abraham Essenmacher, Public Affairs Specialist, Battle Creek VA

Since the Revolutionary War, more than 3 million women have served and sacrificed in times of war, even before the military fully recognized their service. Women have



continued to play crucial roles in the defense of the United States in each conflict.

It wasn't until 1948 when President Harry S. Truman signed into law the Women's Armed Services Integration Act, which allowed—for the first time—women to serve as regular members of the Army, Navy, Air Force and Marine Corps.

Women have served in times of war since the Revolutionary War



Today, there are over 350,000 active service women and 2 million <u>female Veterans</u> in the U.S., the highest number in history.

"Many efforts have been implemented to ensure Women Veterans not only receive VA benefits, but also receive the right type of benefits tailored to their unique needs," said

Ashley Cain, <u>Battle Creek VA</u> maternity care coordinator and Women's Health nurse navigator. "Women have committed themselves to the defense of America and we are committed to providing them the care and benefits."

#### Women Veterans' health care benefits

Cain lists some of the health care benefits VA delivers to women Veterans, including reproductive health, mental health, military sexual trauma care, prenatal care, laboratory work, genetic screenings, imaging and labor/delivery services, as well as maternity and post-partum care services.

For historical context, women provided supportive roles mainly in medical and clerical services in World War I, and their contributions would greatly increase during World War II. About 34,000 women served during World War II in the Navy, Marine Corps and Coast Guard. The Army only allowed women to serve as nurses. In 1971, women made up just 1% of the military services. Ten years later, it was 8.5%. However, women at that time were not allowed to serve in combat military occupational specialties like infantry, artillery and combat aviation.

As society continues to change and open more opportunities for women, additional roles have also become more available within the military. By 2016, the Department of Defense effectively removed all restrictions for women serving in the military and women now represent the fastest growing population of Veterans. This results in Veteran health care continuously examining what needs to be changed and what needs to be added.

#### "They are here and we are here to serve them."

"Collaboration is another key component to providing the best care we can. We understand we may not be able to fulfil all their needs under our roof, so we take pride in our collaborations with other VA and community health partners to meet any needs our women may have. The importance is that they are equal, they are here and we're here to serve them," said Heather Morgan, Battle Creek VA Women Veterans program manager.



Women have played crucial roles in the defense of the United States in every conflict

In addition to services listed above available to women Veterans, Morgan also oversees efforts ensuring that female Veterans are aware of clinical services, such as cervical cancer screening, breast cancer screening, awareness of the Service ACT, Women's Health PACT Teams and social program initiatives, including women's social events and women's recreational activities.

To further ensure the needs of women Veterans continue to be met, Morgan and her staff hold quarterly town hall meetings, focus groups and one-on-one

meetings where they ask women what they would like to see added or improved with female Veterans' health care.

"The more we know, the more we grow," said Cain.

As of Oct. 2022, 231,147 women made up around 18% of VA's work force, and all jobs have opened to them in recent years. About 33% of DOD civilians are women.

Battle Creek VA serves 44,908 Veterans from across 21 counties in Michigan. In 2023, the medical center and its clinic locations provided health services to 4,759 women. Learn more about Women Veteran's Care at Battle Creek VA here.

Thanks for all you do every day of every month!

Commander: Phil Davis

1<sup>st</sup> Vice: Del Preston

2<sup>nd</sup> Vice: Tom Burbidge Master Sgt-at-Arms: Jack Sheets

Trustee: Ken Novosel

Quarter Master: Laurie Davis

Secretary: Marsha Manning



Do you have a special story or memory from your time in the military, when you were returning home, or since you've been home? Is there a special moment when the ugliness of war was overshadowed by a moment of beauty or some small joy? Was there a moment when you felt that humanity still cared? Has there been a recent experience that surprised you with a good memory? Would you like to share that with your fellow post members? Perhaps you'd like to leave a softer legacy

with those who didn't serve, but support you and love you?

Feel comfortable in sending that short story to: <u>post52snews@gmail.com</u>. We promise to treat your short story (250-750 words) with dignity and care.

(Don't stress over word count, the sharing is the important part. You may make a difference in a fellow veteran's life.)



Another ramp project successfully installed for a veteran. Thanks to those who work to install and carry out these projects!

# SPECIALIST ROSS A. MCGINNIS



HOMETOWN Knox, Pennsylvania UNIT 1st Battalion, 26th Infantry Regiment (Schweinfurt, Germany) DEPLOYMENTS Operation Iraqi Freedom

"Ross did not become our hero by dying to save his fellow Soldiers from a grenade. He was a hero to us long before he died, because he was willing to risk his life to protect the ideals of freedom and justice that America represents. He has been recommended for the Medal of Honor... That is not why he gave his life. The lives of four men who were his Army brothers outweighed the value of his one life. It was just a matter of simple kindergarten arithmetic. Four means more than one. It didn't matter to Ross that he could have escaped the situation without a scratch. Nobody would have questioned such a reflex reaction. What mattered to him were the four men placed in his care on a moment's notice. One moment he was responsible for defending the rear of a convoy from enemy fire; the next moment he held the lives of four of his friends in his hands. The choice for Ross was simple, but simple does not mean easy. His straightforward answer to a simple but difficult choice should stand as a shining example for the rest of us. We all face simple choices, but how often do we choose to make a sacrifice to get the right answer? The right choice sometimes requires honor."



Ross Andrew McGinnis was born June 14, 1987 in Meadville, PA. His family moved to Knox, northeast of Pittsburgh, when he was three. There he attended Clarion County public schools, and was a member of the Boy Scouts as a boy. Growing up he played basketball and soccer through the YMCA, and Little League baseball. Ross was a member of the St. Paul's Lutheran Church in Knox, and a 2005 graduate of Keystone Junior-Senior High School.



Ross's interests included video games and mountain biking. He was also a car enthusiast, and took classes at the Clarion County Career Center in automotive technology. He also worked part-time at McDonald's after school. His mother, Romayne, said Ross wanted to be a Soldier early in life. When asked to draw a picture of what he wanted to be when he grew up, Ross McGinnis, the kindergartner, drew a picture of a Soldier. On his 17th birthday, June 14, 2004, Ross went to the Army recruiting station and joined through the delayed entry program. After initial entry training at Fort Benning, Georgia, McGinnis was assigned to 1st Battalion, 26th Infantry Regiment in Schweinfurt, Germany. According to fellow Soldiers, he loved Soldiering and took his job seriously, but he also loved to make people laugh. One fellow Soldier commented that every time McGinnis left a room, he left the Soldiers in it laughing.

The unit deployed to Eastern Baghdad in August 2006, where sectarian violence was rampant. Ross was serving as an M2 .50 caliber machine gunner in 1st Platoon, C Company, 1st Battalion, 26th Infantry Regiment is support of operations against insurgents in Adhamiyah, Iraq.



On December 4, 2006, in Amhamiyah, Iraq, an insurgent positioned on a rooftop threw a framentation grenade into McGinnis' Humvee. Without hesitation McGinnis threw his back

over the grenade and absorbed all lethal fragments and the concussive effects of the grenade with his own body killing him instantly.

Army Decorations: Medal of Honor presented to Tom and Romayne McGinnis on June 2, 2008 (White House Ceremony), Silver Star (awarded for valor exhibited during the events of Dec. 4, 2006, pending processing and approval of Medal of Honor), Bronze Star, Purple Heart, Army Good Conduct Medal, National Defense Service Medal, Iraq Campaign Medal, Global War on Terrorism Service Medal, Army Service Ribbon, Overseas Service Ribbon, and Combat Infantryman Badge.

It's OKAY to Ask for Help! Please utilize this link to sign up and receive updates from the Veterans Administration via email and/or text messages: https://public.govdelivery.com/accounts/USVA/subscriber/new/ **CRISIS LINE – Crawford County 800-315-5721** and Erie County 800-300-9558 Suicide Hotline 800-273-8255 IF IMMEDIATE DANGER, CALL 911 National Resource Directory- www.nrd.gov - online directory to services and resources for wounded troops, veterans and their families. AGENT ORANGE REGISTRY INFORMATION - 412-822-1707 OR https://www.publichealth.va.gov/exposures/agentorange/benefits/registry-exam.asp Herbicide Storage Location Link (OUTSIDE of Vietnam): https://www.publichealth.va.gov/exposures/agentorange/locations/index.asp CRAWFORD COUNTY VETERANS SERVICES OFFICE 814-333-7314 (phone) OR website information: https://www.crawfordcountypa.net/VeteransServices/Pages/home.aspx There is help available 24 hours a day, seven days a week: The Veterans Crisis Line — Call (800) 273-8255, then press 1. You can also text and chat online at 838255. Dial 988 then Press 1 for crisis support 24/7!

Also available is the Women Veterans Call Center, which provides U.S. Department of Veterans Affairs services and resources to women veterans, their families and caregivers. You can also chat online anonymously with a call center representative. Call (855) VA-Women (855-829-6636) 8 a.m. to 10 p.m. on weekdays and 8 to 6:30 Saturdays. Use the same number to text.



The paper edition of Post 52's News is a quarterly publication. The email (e-Edition) is issued monthly.

If you wish to receive a monthly copy, please send your email address to: <u>post52snews@gmail.com</u> <u>Paper Edition/Copy Schedule (subject to changes / extra editions):</u> March, June, September, December. Email Edition Schedule: January, February, March, April, May, June, July, August, September, October, November, December.

Submission Deadline for the Post 52 Newsletter is the 28<sup>th</sup> of each month. Items received after the 28<sup>th</sup> will be held for future issues, printed as time and space permit, and as appropriate.

Lion's Club dinners are listed on our calendar so that members are aware of when we need additional kitchen help; our Post caters the dinners for the Lion's Club. Stop in, lend a hand, and thank the Lion's Club members for their community work!

### What's Happening at Post 52 and around the Globe

			April 2024	1		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 SATURDAY NIGHT DINNER 4-7PM
7	8	9	10	<b>11</b> Lions Club Dinner, help needed	12	<b>13</b> SATURDAY NIGHT DINNER 4- 7PM
<b>14</b> A.B.A.T.E. meeting 11:30am at Post 52	<b>15</b> Tax Day (Taxes Due) Post 52 meeting 7pm	16	<b>17</b> Executive Board meeting	18	19	<b>20</b> SATURDAY NIGHT DINNER 4- 7PM
21	<b>22</b> Earth Day	<b>23</b> PRIMARY ELECTIONS – Dinner at Post 52 11am-7pm	24 Administrative Professionals TROOPS PACKING 5:45PM	25	26 Arbor Day	<b>27</b> SATURDAY NIGHT DINNER 4- 7PM
28	29	30				·
	1	1	May 2024	•		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	<b>4</b> SATURDAY NIGHT DINNER 4-7PM
5 Cinco De Mayo	6	7	8	9 Lions Club Dinner, help needed	10	<b>11</b> SATURDAY NIGHT DINNER 4- 7PM
<b>12 Mother's Day</b> A.B.A.T.E. meeting 11:30am at Post 52	13	14	15	16	17	<b>18</b> Armed Forces Day SATURDAY NIGHT DINNER 4-7PM
19	<b>20</b> Post 52 meeting 7pm	21	22	23	24	<b>25</b> NO DINNER Have a Safe Memorial Day!
<b>26</b> Bike Blessing 1pm	27 Memorial Day	28	29	30	31	

June 2024									
Sun	Mon	Tue	Wed	Thu	Fri	Sat			
						<b>1</b> SATURDAY NIGHT DINNER 4-7PM			
2	3	4	5	6	7	8 SATURDAY NIGHT DINNER 4-7PM			
<b>9</b> A.B.A.T.E. meeting 11:30am at Post 52 /	10	11	12	<b>13</b> Lions Club Dinner, help needed	<b>14</b> Flag Day	<b>15</b> SATURDAY NIGHT DINNER 4- 7PM			
<b>16</b> Father's Day	<b>17</b> Post 52 meeting 7pm	18	<b>19</b> Juneteenth	<b>20</b> Summer Solstice (Summer Begins)	21	<b>22</b> SATURDAY NIGHT DINNER 4- 7PM			
23	24	25	26	27	28	<b>29</b> SATURDAY NIGHT DINNER 4- 7PM			
30						·			