



PASCACKLE

CPL. JEDH C. BARKER MEMORIAL POST 153 AMERICAN LEGION
118 Ridge Avenue, Park Ridge, N.J. 07656 • 201-391-9754

MAY/JUNE 2018

COMMANDER'S MESSAGE

May is the month we proudly honor our Veterans. Memorial Day is an opportunity for all Americans to pay tribute to the great men and women who serve our country and for those who have given their lives so we can be free.

Our Post will pay tribute by participating in the annual Tri-Boro Memorial day parade on May 28th. The parade will be held rain or shine. Gerald Lewis is the Grand Marshall. Jim Miller and Dick Bozzone, once again are the co-chairmen and we have a crew of people working with them to make this a successful event.

The 2018-2019 elections for the Post, the S.A.L. and the Auxiliary were recently held. The names of the elected officers are listed later on in the paper. I wish all these hard working volunteers success in the coming year.

I continue to want to emphasize our need for new members.

Please try to do whatever you can to drum up new members.

The County Commander, Bob Salvini has retired his position and is moving to Florida. He will be missed. Our new County Commander is Maenard Burgess, current Vice Commander. We all wish him well in his new position.

Our next Post meeting is May 10th at 7:30PM in the Post at 118 Ridge Avenue, Park Ridge. It is important to the success of our Post to have more attendees especially since we will be installing the newly elected Post, S.A.L and Auxiliary Officers.

What you leave behind is not what is engraved on your headstone; it is what is woven into the lives of others.

Commander Joseph C. Collery

WANTED VETERANS TO SHARE THEIR MEMORIES

In conjunction with the 100th Anniversary of the American Legion and 100th anniversary of Post 153, we are collaborating with Howard Fredrics of PKRG-TV TV to produce a video and TV program that will relate the combat stories and experiences from veterans from World War II, Korea, Vietnam, Panama, Iran, Iraq, Afghanistan and the War on Terrorism.

If you are interesting in participating and sharing your military experiences, please contact us at the Post (201-391-9754) or Rkelly613@live.com.

CONGRATULATIONS TO ONE OF OUR OWN



Sebastian Szot, USMC veteran and Post 153 member was recently promoted to Sergeant in the Park Ridge Police Department. Congratulations Sgt. Szot.

*Picture courtesy of
Dick Bozzone*

CALENDAR OF UPCOMING EVENTS

May 3 Thurs. S.A.L. Monthly Meeting7:00PM
 May 5 Sat. Annual Auxiliary Poppy distribution.....TBD
 May 8 Tues. Post Executive Board Meeting7:00 PM
 May 9 Wed. Enchiladas Night
 Sponsored by the Auxiliary5:00 to 7:00PM
 May 10 Thurs. Post Meeting
 POST, SAL, ALA OFFICER INSTALLATIONS.....7:30 PM
 May 12 Sat. Annual Auxiliary Poppy distribution.....TBD
 May 16 Wed. Auxiliary Monthly Meeting7:00 PM
 May 23 Monthly Bingo at the Paramus Veterans Home ...7:00 PM
 May 28 Mon. Memorial Service at Post 1538:00AM
 May 28 Mon. Memorial Services in Park Ridge,
 Montvale and WCL9:00AM
 May 28 Mon. MEMORIAL DAY PARADE10:30 AM

Jun 2 Sat. SHAKE-A-CAN at Stores.....9:30AM-1:00PM
 Jun 3 Sun. SHAKE-A-CAN on the Streets.....9:30AM-1:00PM
 Jun 7 Thurs. S.A.L. Monthly Meeting7:00PM
 Jun 12 Tues. Post Executive Board Meeting7:00 PM
 Jun 14 Thurs. Post Meeting.....7:30 PM
 Jun 14 Thurs. Flag Day Ceremony at the Elks.....7:00 PM
 Jun 17-26 Girls State
 Jun 17-22 Boys State
 Jun 20 Wed. Auxiliary Monthly Meeting7:00 PM
 Jun 27 Monthly Bingo at the Paramus Veterans Home..7:00 PM

AUXILIARY NEWS

Our first annual Chili Night fund raiser was held on April 6th and it was a Huge Success! The turn-out was great and we hope it is the beginning of many more delicious meals to come. Our chefs, Dee Mackey and Margie Behr tell us they had a blast cooking and creating the plates. Special thanks go to Sandy Hoffman for her creative posters. More thank-you goes to Lorraine Westrich, Maureen Demes and Barbara Musso for taking care of set-ups and to Lorraine Westrich and Dot Bozzone for serving our guests while Pat Donovan greeted customers and collected the funds.

Back by popular demand, we shall attempt to bring back the Wednesday dinners 'which provide great food and promote and comradery. Menus are being discussed and we hope to live up to our predecessors. All feed-back is welcome. Plans are underway for a May 9th Enchiladas dinner to be held on a Wednesday night. See article on back fold.

On April 10th we hosted the regular monthly meeting of the Bergen County American Legion Auxiliary. Presiding was President Theresa Mickens and approximately 35 members attended. Our Dick Bozzone welcomed the women. Membership was stressed and the county convention was set for July 14th. Refreshments including sandwiches, salads and desserts were served by our Unit.

We shall be distributing poppies on May 5th and May 12th. This is an important fund raiser for us as all proceeds go toward assisting veterans. During this past month Dee Mackey

and Lorraine Westrich shopped for and prepared decorated gift bags of toiletries for the women residents of the Paramus Vets Home. They will be delivered by Maureen Demes and Pat Molina. See the photo below.

At our last meeting, the slate of officers for the 2018 year was approved as follows; Pres.-Annie Whitney, Vice Pres.- Linda Mackey, Finance Officer- Lorraine Westrich, Secretary- Barbara Musso, Historian- Dorothy Bozzone, Chaplain- Patricia Donovan, Sgt.at Arms- Maureen Demes.

We congratulate our winners of the County Auxiliary essay contest. Of our 377 entries from local schools, we had 4 of the 5 division winners.!! We will be sponsoring 4 high school young women to the next session of NJ Girls State. They are from the local area schools. See the article below.

As is usual at our meetings, we sent grocery bags and monetary donations to the Tri-Boro Food Pantry.

Our next meeting is scheduled for Wednesday May 16th at 7:00 PM.

We hope to see you at the Memorial Day Parade on May 28th.

Barbara Musso



Lorraine Westrich and Dee Mackey

Photo courtesy of Al Quackenbush

POEM DEDICATED TO THE AIR FORCE

We fly to make you free
 The skies belong to us
 Making the Blue free
 Be part of the Blue team
 The Air Force: Part of the Red, White & Blue
 The Air Force: Be part of the best
 We make the skies free
 Airmen: Fly with us
 The Air Force: We are the best
 Be Proud. Be an Airman!
 The best airmen in the world
 The best Air Force in the world

Poem written by Dick Bozzone

FROM THE EDITOR

Recently you may have noticed we have expanded our use of photos in the Pascackle. We have been publishing pictures of the Auxiliary, Boy Scouts and SAL members. We recently featured pictures of some of our treasured deceased members. Also, we have been publishing pictures in our **BACK IN TIME** section (see below). We have received many compliments



Happy Times in 2010 when Post members feted Pepe O'Neil (seated in center). Seated Left is Al Quackenbush, seated right is Monty Nee (PC deceased)
Standing left to right: Armand Lucania, Jim Barrett (PC), Al Litke (deceased), Jim Donovan (PC), Fred Musso (PC, deceased), Angelo Pagano (PC), Dick Bozzone (PC)

Picture courtesy of Dick Bozzone



This picture is of members of Auxiliary Unit 153 taken in 1960. Can you name the unidentified lady in the front row? Front Row left to right: Joan Montgomery, Belle Cuneo, Unidentified, and Barbara Musso
Rear Row left to right: Jane Kennard, Ethel Sieb, Betty Stade, Dolly Lewis

Picture courtesy of Barbara Musso



This is a more recent picture (2008) of the Auxiliary Unit 153. Can you identify each member from then?

Picture courtesy of Barbara Musso

on this feature and we encourage you to provide any photos you'd like to see included in the paper. Please contact me at my email address madrut@aol.com or by calling me at 201-391-2623 if you have pictures to share.

Courtesy of Dot Bozzone



Post 153 members continuing their long history of helping by presenting a mobile wheel chair to the Paramus Veterans home in 1998.

Pictured left to right are: Frank Mahon, PC, the late Walter Winfield, Adjutant, Dick Bozzone, PC.

Picture courtesy of Barbara Musso



Installation of Post 153 and Auxiliary Officers, taken in 1994. The Auxiliary members are in front and the Post Officers are in back. How many can you name?

Pictures courtesy of Dot Bozzone



Alfred Musso, commander of Pascack Post 153, American Legion, signs a blood donor card for Dorothy Aste (left) and Lorraine Mathez (right) of Girl Scout Troop 29, Park Ridge. The Girl Scouts of the Pascack Valley are cooperating with the American Red Cross to secure blood donors for the next visit of the bloodmobile, scheduled March 2 and 3 at the Elks Club in Westwood. Each Girl Scout has been asked to secure one donor from her family, relatives, or friends. Pledges will be taken until February 21.

The 1953 picture above was of Dorothy Aste, now Dot Bozzone.
Pictures courtesy of Dick Bozzone

ESSAY CONTEST

At the April meeting of the Bergen County American Legion Auxiliary the annual winners of the Americanism essay contest were announced. Four of the five division winners at the county level were selected from the 377 entries submitted by Unit 153. Students in grades three - twelve attending school in Woodcliff Lake, Park Ridge or Montvale are invited to participate.

This year's winners are:
Division II (grades 5 - 6) - Patrick Tallman - West Ridge

Division III (grades 7 - 8) - Luke Mosca -
Our Lady of Mercy Academy

Division IV (grades 9 - 10) - Kailey De George -
Park Ridge High School

Division V (grades 11 - 12) - Noah Heckel -
Park Ridge High School

These students will be invited to the annual county convention in Elmwood Park in July to receive recognition and their essays will be forwarded to the state contest. During the past several years students representing Unit 153 have gone on to win at the state and national levels. This year's topic was "What can I personally do to promote Americanism in my school or community?"

All students who entered the contest received certificates of participation and first place winners were given blue ribbons and gift cards donated by local merchants. Honorable mention ribbons were also presented to worthy students. When the essays were returned many students had the opportunity to share their comments regarding patriotism. Attending the annual tri-boro Memorial Day parade was also discussed.

We are very proud of our winners and congratulate them as well as their teachers!

Marcia Eisen & Dorothy Bozzone

Barbara Musso

REHAB REPORT

The monthly Bingo Party at the Paramus Veterans Home was held on February 28, 2018. The team consisted of Legionnaires Joe Collery, Al Quackenbush and Andy Demes and Auxiliary members Annie Whitney, Dee Mackey, Allyson Genua and Maureen Demes. The caller was Mark Morris. Fifty-seven residents attended.

The monthly Bingo Party at the Paramus Veterans Home was held on March 28, 2018. The team consisted of Legionnaires Joe Collery, Al Quackenbush and Andy Demes and Auxiliary members Dee Mackey, Pat Donovan and Maureen Demes. Also helping were our volunteers Diane Klinger and Dekota Klinger. The caller was Stan Quinones. Sixty-four residents attended.

S.A.L. REPORT

We would wish everyone a Happy Spring, but I don't know if it will ever come. Our St. Patrick's Day dinner dance was an amazing success. The reason for the success comes down to one word "Volunteers". It was an honor to work closely together with a fantastic group of volunteers from all three branches of our Post 153 family. The Auxiliary decorated the hall and put the finishing touches on the "set up". Thank you to Maureen Demes, Linda "Dee" Mackey, Lorraine Westrich, and Margie Behr for their professional talents and wonderful smiles. Vinny Alfano assisted the Auxiliary and was very helpful. The kitchen crew was unbelievable (and would have made Freddie proud). Led by Larry McKenna our guys made one of the best Corned Beef and Cabbage dinners we have ever had. Special thanks go out to Jim Mescher, John Stewart, and Chef Russell Chapman for all their help and expertise. Scott Hessberger manned the bar along with help from Vinny Alfano and Bob Behr. The bartenders donated their tips back to help pay for the cleanup. DJ Bill was excellent as always and we danced the night away. Special thanks to John Broderick who personally made the "Irish Bird Houses", which were raffled off as door prizes. S.A.L. youngest member Ian Stewart was a food runner under the direction of S.A.L. member Brian McCabe. It was a pleasure to work side by side with such wonderful people so that our veterans, friends and family members could enjoy this traditional event.

Save the Date!!! Monday September 10th we will be having our Annual Charity Golf Outing. Please put it in your calendars now, so you won't forget.

The S.A.L. was recognized by the County and State for their efforts with supporting Camp 4 Heroes project. Congratulations guys. As you will see in another section of this publication, our new 2018/2019 S.A.L. Officers have been elected and will be sworn in at the Post meeting on May 10th. With that being said, very special thanks go out to Commander Scott Hessberger for his two years of leadership. Scott did a great job and took his responsibilities very seriously.

The S.A.L. is planning some summer fun parties, so be on the lookout for our flyers.

For God and Country

SICK CALL

The following Post, Auxiliary and S.A.L. members are ailing and we wish them well.

Jerry Ritz
Fred Parodi
Butch Schroeder
J.J. Fredericks

Robert Bramley
Barbara Lucania
Marcia Eisen

DO YOU HAVE A COMPUTER MONITOR?

We are in need of a monitor for our post computer. If anyone could donate one we would appreciate it. A used monitor in working order is Ok. Our current monitor screen does not display anything.

ANNUAL TRI-BORO MEMORIAL DAY PARADE AND MEMORIAL SERVICES

This year the Tri-Boro Memorial Day Parade will be held on Monday, May 28th, kicking off from Montvale at 10:30 AM, rain or shine, marching through Park Ridge and terminating in Woodcliff Lake. Prior to the parade, memorial services will be held at 9:00 AM in all three towns. In Park Ridge, the service will be at Veterans Park by the railroad station. In Woodcliff Lake, the ceremony will be at the Veterans of Foreign Wars building on Broadway. In Montvale, the public should assemble at East Grand Ave. and Kinderkamack Road. Members of the Cpl. Jedh C. Barker Memorial Post American Legion 153, Auxiliary Unit 153 and the Sons of the American Legion will participate. After four years as co-chairman James Miller has taken on the chairmanship; the former chairman of fourteen years, Dick Bozzone, is acting as his co-chairman. There will be four divisions with the honor division (veterans) leading the way according to Post 153 Commander Joseph Collery. The public is invited to participate and we look forward to your participation. Following the parade, Post 153 will serve our traditional hot dogs. We encourage all members to participate.

Gerald Lewis Named Parade Grand Marshal

Gerald P. Lewis of River Vale has been named the 2018 parade grand marshal by Commander Joseph Collery. A widower, Lewis graduated from Park Ridge High School and was drafted into the US Army in 1962. After training in the Signal Corps he was transferred and served in Thailand. He is thus a veteran of the Vietnam War Era and served for several years after his discharge in the US Army Reserve. He is a 31 year member of the Cpl. Jedh C. Barker Memorial Post American Legion.



Picture courtesy of Dick Bozzone

Knights of Columbus Our Lady of Fatima Council #4486 has for the past few years helped to promote the annual tri-boro Memorial Day Parade administered by the Cpl. Jedh C. Barker American Legion Memorial Post 153. The largest Memorial Day parade in Bergen County is one of several patriotic activities that the knights support. (The picture left to right: Dick Bozzone, a past commander and parade co-chairman., looks on as Vincent Lema and Grand Knight Michael Fitzpatrick present a check to James Miller, 2018 parade chairman)



Photo courtesy of Dorothy Bozzone

DENOYELLES DUGOUT NEWS

ATTENTION ALL!! Current News. Beverages, both alcoholic and non-alcoholic, including fresh coffee, are always available. Come in and spend some time with fellow Legionnaires and guests. There is something for everyone at The Dugout. Hope to see you soon! Thank you for your support!!

**Hours Monday thru Friday
4 PM - 11 PM (Thurs 3:30 PM)**

**Note: Bar will close at 10 PM if no patrons are present
Saturday 1 PM - 8 PM • Sunday 1 PM - 8 PM
Happy Hours Monday thru Friday 4 PM - 6 PM**

2018 POST OFFICER ELECTIONS

The 2018-2019 elections for the Post, the S.A.L. and the Auxiliary were recently held. Their installations will be held on May 10th, at the next Post meeting. The lists below identify those elected.

Post 153 OFFICERS

| | |
|--------------------|-------------------|
| Commander | Joseph C. Collery |
| 1st Vice Commander | John Lynch |
| 2nd Vice Commander | Tom Madru |
| 3rd Vice Commander | Steve Stewart |
| Finance Officer | Bob Kelly |
| Sgt-at-Arms | Al Quackenbush |
| Service Officer | Leigh Hopper |
| Historian | Dick Bozzone |

Auxiliary Officers

| | |
|-----------------|-------------------|
| President- | Annie Whitney |
| Vice President | Linda Mackey |
| Finance Officer | Lorraine Westrich |
| Secretary | Barbara Musso |
| Historian | Dorothy Bozzone |
| Chaplain | Patricia Donovan |
| Sgt-at-Arms | Maureen Demes |

S.A.L. Officers

| | |
|--------------------------|-----------------|
| Commander- | Doug Carey |
| First Vice Commander | Vinny Alfano |
| Second Vice Commander | Brian McCabe |
| Sgt at Arms | Mike Marconi |
| Adjunct/ Finance Officer | Dennis Cosgrove |
| Chaplain | Art DiStasi |
| Service Officer | Larry McKenna |

POST REVITALIZATION 50/50 EVENT

100th Anniversary of Legion and Post Fund Raiser

The April 7 50/50 was another success, as all tickets were sold well prior to the event. We raised a much needed amount of money, almost \$1200, for our 100th anniversary celebration.

Top prize went to Jim Barrett, second prize to Lucky Lou Chellini and third prize to Joe Leichtnam.

Don Eck prepared a sumptuous buffet that all enjoyed.

Watch the Pascackle for details on our next event. There are only a limited number of tickets for this event, so be sure to buy your tickets early so you are not left out. Many last minute purchasers missed out this time.

Thanks to all who supported this important fund raiser.

TD BANK AFFINITY FUND RAISER (AH198)

If you bank with TD Bank you may participate in a no cost to you or the Post affinity fundraiser offered to 501c3 nonprofits. You must designate your accounts (business checking, personal checking, savings, money market, CDs, and retirement accounts) for inclusion in the American Legion Post 153 program. The program code is **AH198**. **TD Bank will provide an annual cash contribution to the Post as outlined below.**

You may designate your accounts for inclusion in the program by visiting the branch at 33 S. Kinderkamack Rd, Montvale bank or contact them at 201 391 0505.

The Post receives \$50 for every new checking account and \$10 for existing accounts. Savings and CD deposits receive 1/10 of 1% of average annual balances. Information on enrolled accounts is kept strictly confidential and will not be shared with our Post.

This is a win-win for our members and the Post. Do not pass it up and enroll today. If you have a TD Bank account, please call the branch and enroll. Thanks again for your support.

BEWARE OF A MEDICARE SCAM

According to a new AARP survey, more than three-quarters of Americans over age 65 know little or nothing about the federal government's initiative to replace their Medicare cards. And that makes them susceptible to scammer's intent on taking advantage of the confusion.

Individuals new to Medicare are receiving the updated card, which displays a unique combination of 11 letters and numbers rather than a beneficiary's Social Security number (SSN). Current beneficiaries will begin receiving their replacement cards next month.

AARP found that 60 percent of those surveyed mistakenly believe they might have to pay for the revamped cards. The new cards are free. And more than half of respondents said they might not be suspicious if they received a call — supposedly from Medicare — asking them to verify their SSNs as a prerequisite to getting a new card. Medicare officials have emphasized that they will never call beneficiaries about the cards, which are being mailed out by the Social Security Administration.

Administration.

"The new Medicare cards are a step forward for fraud prevention, but con artists are working overtime on new ways to scam seniors," says Nancy Lemon, AARP's chief advocacy and engagement officer. Scammers posing as Medicare representatives have already been calling beneficiaries demanding a processing fee. Other fraudsters are telling beneficiaries that they are owed a refund from transactions on their old card and then asking for bank account information to process the reimbursement. Medicare will never ask an enrollee for a bank account number, and no refunds are owed.

AARP's telephone survey reached 800 respondents and has a margin of error of plus or minus 3.5 percent.

AARP's Fraud Watch Network provides more prevention tips and advice on card-replacement and other types of scams. Consumers can also sign up for "Watchdog Alert" emails to get regular updates on new scams.

VIETNAM VETERANS CEREMONY

On Monday, March 26, a brief ceremony was held at Veterans Park in Park Ridge attended by a number of Vietnam veterans and members of Cpl. Jedh C. Barker Memorial Post 153 American Legion. The ceremony was in honor of the Vietnam War Veterans Act of 2017, that was signed one year ago this month by President Donald Trump. The Veterans' Administration estimates that as many as 382 Vietnam - era veterans a day are dying. The act also pays tribute to the families of that controversial war.

The historian for Post 153, Dick Bozzone organized this service as a sincere "thank you for their service and sacrifice." He is a veteran of the Korean War era. Attending the ceremony: (left to right) was Thomas Scheulen, a Sergeant who served in the artillery as part of the Americal Infantry Division. Scheulen served in 1968 during the famous battle known as the TET offensive. Thomas Madru served as a first lieutenant in the US Army. Both are residents of Park Ridge and are recipients of the Army commendation medal. Dick Bozzone is on the right.



Photo courtesy of Dorothy Bozzone

Free mental health services for veterans/reservists/their families at the Steven A. Cohen Military Family Clinic at NYU Langone Health

The Steven A. Cohen Military Family Clinic at NYU Langone Medical Center provides *free and confidential* individual, couples, family, and group therapy for veterans and their family members regardless of discharge status, combat exposure, or era served. We provide treatment for posttraumatic stress, depression, anxiety, readjustment difficulties, relationship problems, along with a variety of other challenges military families may experience. Additional services include treatment for alcohol and substance use as well as assessment and treatment of traumatic brain injury. Our highly skilled clinicians have deep appreciation for and sensitivity to the military culture and its unique strengths and challenges and are passionate about helping veterans and military families. The treatment we provide is flexible and integrative and is rooted in evidence-based principles.

Interested individuals can call our intake line at (855) 698-4677 or e-mail us at: militaryfamilyclinic@nyumc.org.

Visit our website at: <http://nyulangone.org/locations/steven-a-cohen-military-family-clinic>.

Not located in the NYC area? No problem! Our services are available via our telemental health program to veterans/reservists/National Guard/families anywhere in NY state or CT!

TELEMEDICINE

Telemental Health Program at the MFC provides mental health care to veterans, service members (from any era and with any discharge status), and their families in every part of New York State who are unable to regularly commute to therapy. Services are provided via computer or tablet and can be done in the privacy of one's home.

TBI PROGRAM

Approximately 300,000 veterans sustained a TBI as a result of serving in the recent wars in Iraq and Afghanistan; 57% were not evaluated or treated for TBI. Our TBI Program, funded by NYC City Council, is offering services to fill this gap in treatment. The service offers neuropsychological evaluations, which help us to understand the relationship between brain and behavior. These evaluations offer in-depth assessment of memory, thinking visually/verbally, attention, problem solving, planning and mood. The TBI Program also offers cognitive training, to develop strategies to work around cognitive difficulties. The training consists of 10 weekly meetings for 1-2 hours with a neuropsychologist to learn problem solving, organizational strategies and memory and attention techniques. The program also gives the opportunity to learn about how mood, sleep, and headaches can affect cognitive functioning, and strategies to work on these domains. The individualized treatment caters to specific challenges and strengths of each veteran, guided by the neuropsychological assessment.

CHILD/FAMILY PROGRAM

Military children are faced with unique stressors related to relocation, parental separation, family reunification, and reintegration. These stressors may result in disrupted relationships, behavioral problems, and academic difficulties. Many children struggle to adjust to their parent's combat injury (visible or invisible) or deal with a parent's death. The MFC Child and Family Program provides individual child therapy, parent-child therapy, family therapy, social skills groups for children, and parenting support workshops. Expressive arts, games, and play are central components used to address and process con-

cerns that impact the whole family. These services are offered to veterans and current service members as well as families of the fallen.

COUPLES THERAPY

MFC provides support to couples experiencing relational difficulties, including conflict, sense of disconnection, problems with communication, and others. Although the majority of military families are strong and resilient, stress related to military service may affect intimate relationships, at times leading to serious problems such as domestic violence and divorce. Using Emotionally Focused Couples Therapy, our clinicians are here to help couples restore a sense of connection, safety, and intimacy between the partners. Couples do not have to be legally married to qualify for services.

ADHD ASSESSMENTS

We provide adult ADHD assessment and treatment for veterans and their families. Adult ADHD affects approximately 5% of our nation's veterans. It can interfere with one's ability to reach their goals in academics, their job, and even their family life. If you are interested in learning more about our adult ADHD assessment and treatment options call Dr. Spray at 646-754-4822.

DUAL DIAGNOSIS PROGRAM

Our Welcome Back Veterans Dual Diagnosis Program, a program made possible by the McCormick Foundation and Major League Baseball, offers flexible, integrative care for veterans, service members, and their family members struggling with addiction and comorbid mental health problems. Our harm reduction approach provides flexibility in setting treatment plans and goals, which may vary between patients. Goals may include reduced harm associated with use to abstinence, and treatment may include individual therapy, group therapy, and medication management. The option of offering family and couples therapy in the context of dual diagnoses treatment offers patients more comprehensive care and is aligned with research and clinical notions of the importance of attachment and relationships in supporting recovery.

FISHING

The rain had stopped and there was a large puddle just outside the door to the American Legion hall.

A rumpled old Navy Chief was standing near the edge with a fishing line in the puddle. A curious young Marine fighter pilot came over to him and asked what he was doing.

"Fishing," the old Chief simply said. "Poor old chief," the Marine officer thought to himself and invited the old Navy Chief into the bar for a drink.

As he felt he should start a conversation while they were sipping their spirits, the young jet pilot winked at another pilot and asked the Chief, "How many have you caught today?"

"You're number 14," the old Chief answered, taking another sip from his double shot of 12-year-old Scotch, "2 Air Force, 3 Army and 9 Marines."

CPL. JEDH C. BARKER MEMORIAL POST 153

AMERICAN LEGION

118 Ridge Avenue, Park Ridge, N.J. 07656

ADDRESS SERVICE REQUESTED



NEW POST WEBSITE

We have a new website for the Post. It has only been up for short time and it clearly is a work in progress. Please take a look at it and click on Contact if you wish to send us any comments or suggestions. Dan Hoffman is our webmaster and we thank him for getting this website up so quickly. You may view the website at the web address below. www.njalpost153.org

SHAKE-A-CAN FUND RAISER

The Post will hold a shake a can fund raiser on Saturday June 2nd at various stores in the area, and Sunday June 3rd at major intersections in Montvale and Park Ridge. The volunteers will be at these locations from 9:30AM to 1:00 PM each day.

We really could use more volunteers to support these fund raising events. Please sign up at the Dugout if you can participate.

WEDNESDAY NIGHT DINNER

The Auxiliary will be sponsoring 'Enchiladas Night' on May 9th serving from 5:00 until 7:00pm with a cost of \$10.00 per person. The menu includes home-made chicken enchiladas, rice & beans, cornbread with coffee and dessert. No one will leave hungry.

Depending on feedback and turn out will determine if we do more than one Wednesday per month.

We definitely are in the talks for a 'Burger Night' which is a favorite especially with the warmer weather approaching.

We ask everyone to please join us and let us know your thoughts. Come with an appetite. See you soon.