

## THE REPORTER

#### **GRISWOLD TERRY GLOVER POST 803**

MAY 2025 \* 631.765.2276

www.post803.com

#### ★ COMMANDER'S REPORT ★



Comrades,

Before we talk about Memorial Day, I want to take a moment to recognize a few significant days in the month of May.

May 1st – May Day, a traditional celebration of spring and renewal.

**May 5th** – **Cinco de Mayo**, a day commemorating the Mexican victory at the Battle of Puebla and celebrating Mexican-American culture.

May 11th – Mother's Day, a time to honor and thank the mothers in our lives,

especially those who have supported us through service and sacrifice.

As mentioned in last month's report, we are proud to be holding the **Walk 4 Valor on Saturday, May 3rd**, beginning at 8:00 AM at the Legion. Participants will walk to the Orient Fire Department and return to the Southold Fire Department, covering a total of 22 miles.

Why your participation matters: Your involvement helps us fund local veteran initiatives. Donations and race proceeds directly support veteran causes in the surrounding Long Island area—addressing critical needs such as healthcare, housing, and community support. Whether you walk, volunteer, or donate, you are helping make a real impact.

As we step into May, we prepare for one of the most solemn and important moments of our Legion year—**Memorial Day**. This is not just a long weekend or the unofficial start of summer. It is our duty and honor to remember those who made the ultimate sacrifice for our nation. Let us never forget that our freedom was secured at great cost.

Our Memorial Day ceremonies will take place on Monday, May 26th. We will begin promptly at 7:30 AM with a ceremony at the Civil War Monument located in front of the Legion. Following this, we will continue with four additional ceremonies at various war monuments throughout Southold Hamlet.

Then, at 10 AM, American Legion Post 803 will proudly host the **annual Memorial Day Parade**, stepping off at the intersection of **Boisseau Avenue**, **Hobart Road**, and **Main Road** (**Route 25**), and marching up Route 25 to the American Legion Hall. Your presence in uniform, as a marcher, or even standing along the route, shows our united respect for the fallen.

I'm also pleased to report that the **renovations taking place** at the Legion Hall are progressing nicely. The work in the main hall has been completed, and it looks exceptional. The handicap-accessible bathroom is nearly finished at the time of submitting this report, and we are still planning to install sound-reducing acoustic panels on the ceiling of the bar area. All improvements are on track to be completed in a timely manner.

If it were not for all the men and ladies involved who worked tirelessly to get this magnificent work completed, this would not have been accomplished. The American Legion—and our community—greatly appreciates your commitment, dedication, and work ethic to get the job done. **THANK YOU!** 





Our **May Post meeting** will be held on **Tuesday, May 13th at 7:00 PM** at the Legion Hall. We will finalize Memorial Day plans and continue preparation for our summer events. Please try to attend—your ideas and support are always welcome and appreciated.

As always, thank you to each of you who step up, speak out, and serve. It's your continued dedication that keeps our Post strong and our mission alive.

#### For God and Country,

David E. DeFriest, Commander, American Legion Post 803 • www.post803.com • gtgpost803@gmail.com

#### **★★ SONS OF THE LEGION ★★**

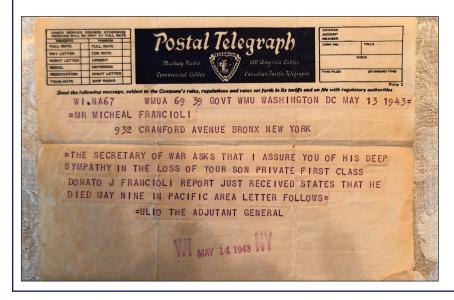
My Memorial Day memory: I was 10 years old when my father, an Army veteran of Korea, told me our cousin Dan had died for his country in the Republic of Vietnam. 1st Lt. Daniel DeSocio Killed in Action June 20, 1970. I Remember standing in awe of the 21-gun salute and the military precision of the Honor Guard. The flag draped coffin, and the sadness on the faces of all my relatives are things I have never forgotten. Later on I learned he wasn't the first in our family to never return. A generation earlier another family member was

killed in WWII. Private 1st Class Donato Francioli. You can only imagine a family's grief when they receive the telegram. I pass on this story with mixed emotions but believe the next generation of Americans must learn from history.

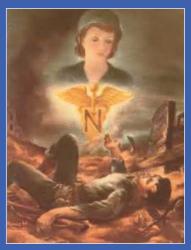
So this Memorial Day, pass on the stories of our heroes that gave their lives protecting our freedoms, "So others may live".

God Bless the United States Military and all that have served and never returned.

SAL Commander, Gary Iorio







## Angels and Patigues

Army nurses serving in Vietnam, often referred to as "angels and fatigues," provided crucial medical care to soldiers in a dangerous and demanding environment, often facing the same dangers as other personnel, and many suffered from PTSD.

About 11000 women served in Vietnam.

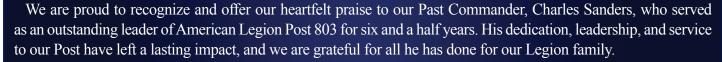






# Honoring Our Past Commander CHARLES SANDERS

**American Legion Post 803** 



Charles has recently advanced to the rank of Lieutenant Colonel in the New York Army National Guard—a significant and well-deserved accomplishment. In June 2025, he will be deploying to the Middle East for nine months in service to our nation.

To honor his promotion and to wish him well on his upcoming deployment,

we are hosting a Going Away Celebration in his honor:

#### FRIDAY, MAY 30, 2025 AT 7:00 PM AMERICAN LEGION POST 803

**Light refreshments** will be served, including sandwiches, salads, snacks, and drinks.

We invite everyone to join us in celebrating Charles's achievements and to send him off with our best wishes for a safe and successful mission.

All are welcome, but it is vital that we receive your RSVP so we can properly prepare.

Leave a voice mail at 631.765.2276, call or text Dave DeFriest at 631.682.8810 or email Dave at ded631@aol.com

Let's come together as a community to support and honor one of our own. We hope to see you there.

Have you ever used a business that placed an ad in our Reporter?

Please make sure to tell them that you saw their ad in the Southold American Legion Post's Reporter publication!

# THE POWER OF TAKING INITIATIVE: HOW CAN WE MAKE A DIFFERENCE?

My article in the April newsletter highlighted Hurricane, the K-9 dog recognized as the most decorated service dog in U.S. history. It then transitioned into the story of a 19-year-old Marine and his combat experience during his first week in Afghanistan. Marine CPL. Jeff DeYoung was on patrol with his bomb-sniffing dog, leading his team of marines. They found themselves in a fierce battle, with bullets flying overhead and witnessing the fatal wounding of two marines. It's hard to fathom the trauma of such a situation!

CPL DeYoung was on the verge of suicide, but his dog's display of love and affection made him reconsider. CPL DeYoung was suffering from Post Traumatic Stress Disorder, PTSD.

The impact of PTSD is debilitating. Additionally, after being away for 3 or 4 years, everything had changed upon returning home. It had become difficult to readjust to the normal life you were familiar with before enlisting.

#### Some of the effects of PTSD:

- 1. Sleep difficulties, nightmares. Loss of R.E.M. quality sleep
- **2.** Flashbacks from situations. A smell or a sound can trigger a reaction.
- **3.** Anger. Difficulty focusing. Concentrating, Maintaining Employment.
- **4.** Many end up homeless, among other conditions.

Reports indicate that 22 returning service members die by suicide each day due to PTSD. After meeting with the VA director and deputy director, I left with a positive feeling that they are doing everything possible to appropriately address this tragic situation.

We will be exploring ways to understand what actions we can take as retired service members of the Legion. Is it possible for us to make an impact? Our Mission? The American Legion National Headquarters in Washington has launched a program called "BE THE ONE".

The Peconic Land Trust runs a farming program on Youngs Ave. in Southold. One of its long-time participants, an Afghanistan veteran, has designed his farm to help local veterans suffering from PTSD. This North Fork initiative should be just the beginning. How can we support the Peconic Land Trust?

To be continued...

John Christina, Historian

# VETERANS A DAY DIE BY SUICIDE SATURDAY, MAY 3 2025

JOIN NATIONAL GUARD OFFICER MAJOR CHARLES J. SANDERS FOR 22-MILES OR CHOOSE SEGMENTS OF THE ROUTE TO WALK.

START AT AMERICAN LEGION POST 803 IN SOUTHOLD AND TRAVERSE ROUTE 25 THROUGH THE VILLAGE OF GREENPORT TO ROUTE 48 STOPPING AT EACH LOCAL FIRE HOUSE AND AMERICAN LEGION TO HONOR THE FALLEN. TURNAROUND AT ORIENT FIRE HOUSE AND END AT THE SOUTHOLD FIRE HOUSE.

WALK4VALOR WILL RAISE AWARENESS AND FUNDING FOR MEASURES TO HELP REDUCE VETERAN SUICIDE AND SUPPORT THE EDUCATION OF MILITARY FAMILIES.

WALK4VALOR IS PRODUCED BY THE BOB FELLER ACT OF VALOR AWARD FOUNDATION, A 501(C)(3) TAX EXEMPT ORGANIZATION.



All net proceeds support scholarships for military families and initiatives that assist veterans in crisis.

Through an alliance with Mission Roll Call, we help advocate for policies that help reverse the trend of veteran suicide in America.

Join us and help create awareness for this tragedy.

WE WALK FOR VALOR!







#### ★★ CHAPLAIN'S REPORT ★★

#### **REST IN PEACE**

HENRY F. SANTACROCE SR, a US Army veteran who served during World War 11 and the Korean War, passed on April 13th at the age of 97. Henry was a dear friend and comrade who was a 57 year member of our Post and a Southold Town Police officer for thirty years. He was part of the group that we remember as The Great Generation growing up during The Depression and two wars. A man whose sense of

love and commitment to his family, his community and his country is something that we should all admire and strive to emulate. We could not possibly ask for any more from anyone. Henry was a true American Hero who will be dearly missed. May his soul rest in peace.

The American Legion Wake service was held at The DeFriest Grattan Funeral Home on April 15th. Special thanks to our Funeral Detail for an outstanding turnout.

Prayer for the Sick -

"O God we lift up all those who are facing illness today. We ask that You bring healing, comfort and peace to their bodies. Calm their fears and let them feel the healing powers of Your love." Amen.

Jeff Chagnon - Post Chaplain 631.456.3258

#### **★★ MEMBERSHIP ★★**

**Post Status:** We currently have **182/190 (95.7%)** paid up members for 2025. I would like to welcome two new members who have transferred to Post 803. Henry Schiell from CT Post 200 and James Nault from NY Post 1089. We still have 20 membership ID cards at the Post for the year 2025. If you need to pay your 2025 dues (\$57) please do so before the end of May. The ID cards for 2026 will be available in the month of July.

Veterans, come join us we could use the help.

Members are welcome: To contact the Post, use P.O. Box 591, Attn. Membership

Legion Auxiliary Attn: Donna St Pierre • Sons of Legion Attn: Gary Iorio

**Post 803 Legionnaire Membership Requirements:** To join Post 803, for Legionnaires you need to submit an American Legion Membership application, a copy of your DD-214 or discharge, and \$57 for annual dues. All membership correspondence should be sent to Post 803, Attn. Membership, and P.O. Box 591, Southold, NY 11971. Thanks for supporting Post 803.

Bob Cochran, Membership Chairman, 631.765.5828

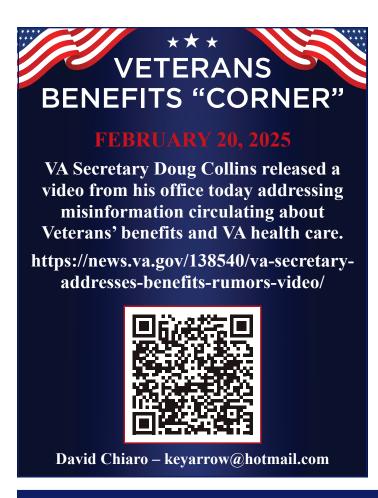
### **VOLUNTEER CORNER**

Earl Brock is looking for volunteers to help start up NIGHT BINGO on Thursdays, from 6 pm - 9 pm. Call Earl at 516.901.3228

Golf Outing - Raffle Sales Volunteers Needed on May 16 and May 17th.
In front of King Kullen in Cutchogue and IGA in Southold.
Times: 4-7 on Friday and 9-12 on Saturday.
Please contact Bob Bittner at 631.680.6244 or navyjan70@gmail.com

The Post is trying to improve lines of communication.

Please provide us your email address. The best way to do this is to send us an email at gtgpost803@gmail.com with your contact information. Or if you want to call, leave your name and email address on the answering machine 631.765.2276, lastly you can mail it to American Legion Post 803, P.O. Box 591 Southold, NY 11971





## STRAIGHT TALK WITH MARYANN

PTSD Most of us know that is the acronym for Post Traumatic Stress Disorder. Many know about stress, we all have stress. But many have not experienced the horror of PTSD, it is beyond our 'normal' day to day stress. The significant distinction identifying PTSD is Trauma. Trauma is a response to real or perceived harm or danger. It is an emotional response to a stressful event to include a multiple range of occurrences such as accident, rape, domestic violence, combat and natural disasters.

Often people will describe their life story events as all inclusive trauma. Well if the presence of real danger to your life was not present, you have not experienced trauma. It may have been bad, but if you weren't in fear for your life, you were dealing with something else.

A common misconception is that everyone who experiences life threatening trauma develops PTSD. Many will be alright. Factors like number and duration of traumatic events and where in particular your emotional grounding is make the distinction of perhaps not developing PTSD.It seems to be malfunctioning

For those experiencing PTSD, the nature of instability increases in your daily life, your workplace, and the impact on your relationships, all symptoms likely leading to anxiety, and depression. And <u>alcohol and drug abuse increases</u> in attempt to sooth the distress.

Symptoms are multiple and full range, each individual experiencing symptoms as unique as themself. Difficulty sleeping, mood, thought and nightmares, aggressive behaviors, flashbacks... the list is long. The distress is not really necessary as now there is true awareness and treatment for PTSD. No one need to suffer as there is no stigma attached anymore.

The Military sanctions two therapies for the treatment of PTSD. Exposure Therapy and EMDR Therapy. As an EMDR Therapist, I attest to the efficacy of EMDR Therapy. It has saved many from the torture of untreated PTSD.

MaryAnn Fleischman, LCSW-R

#### ★ ★ LEGION AUXILIARY POST 803 ★ ★

May is a very important month for the American Legion Auxiliary. This month is dedicated to honoring all those who gave their lives serving our country. One way to honor them is by wearing a paper lapel poppy, especially during Memorial Day Weekend. The Auxiliary distributes them at various locations around town, starting at the Southold Post Office on Saturday, May 17th. We will have our Poppy Drive-Thru on Friday, May 23rd, in front of Post 803 from 11:00AM until 5:00PM. We look forward to seeing you there. Also look for us along the parade route on Memorial Day, which is in Southold this year. A big thank you goes to Vickie for organizing our Poppy Distribution.

The Walk for Valor is scheduled for Saturday, May 3rd. Register online for the walk to Orient and back, or to Greenport, or for the "virtual walk". Many of the Auxiliary register for the virtual walk. We go to the Opening Ceremony at 8:00AM at Post 803, then drive to Jean Cochran Park in Peconic to walk laps according to our abilities. It is a great way to participate in this program. Funds raised through registration are used to help veterans in crisis, and for scholarships.

We welcomed Georgia Buckley to our April meeting. She did an enjoyable and informative presentation on her experiences at Girls State last year. Good job, Georgia!

Our next meeting will be on Wednesday, May 14th, at 7:00PM.

Joan Cochran, President



## **Pop Over For a Poppy**

**Curbside Distribution** 

Friday, May 23rd • 11am - 5pm

Southold American Legion 51655 Main Road, Southold, NY



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TO BE DRAWN
AT OUR
GOLF OUTING
ON JUNE 16TH.

IF WE SELL ALL
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WE WILL GIVE AWAY
A TOTAL OF
TEN THOUSAND
DOLLARS IN PRIZES.
PRIZES DEPEND ON
HOW MANY ARE SOLD.

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GOLF CLASSIC



It'S A GRAND OLD FLAG
MONDAY, JUNE 16TH, 2025

\* ★★ SUPPORT THE LEGION! BUY A RAFFLE TICKET!



\*\*DONATION\*\*

\$20 Per Ticket

\*\*PRIZES\*\*

1ST PRIZE Minimum \$1000

ADDITIONAL PRIZES: BASED ON TICKET SALES

All Prizes and Number of Prizes Based on Number of Tickets Sold

# WHAT'S HAPPENING!

 Ever Ready Battery Joe, Gary the booze server, Bob the master carpenter completed the Main Hall room on schedule. Looking at this picture, it looks like they may have finished some booze from our bar as well! Great Job you Guys! (Gary, Painting Plus, Bob, Carpenter Innovations, Samaritan Plumbing)



2. As we head into Spring, we would like to have our Post offer more reasons for members to get involved. Since FOOD always works, how about a Saturday Brunch 9 to 12?

Having a Bocce ball court on our grounds.

Lectures once a month on a Sunday afternoon? We are currently putting together a lecture, tentatively scheduled for June 7th, by Lt. Joesph Torillo a NYC fireman who was buried alive on 9-11. His inspirational talk is riveting.



Buried in the Rubble Ret. Lt Joe Torrillo

- 3. A questionnaire will be mailed out soon, please respond with ideas. All suggestions appreciated.
- 4. How about all getting together on Memorial Day and having a group picture. Let's share some funny stories we had in the Military.





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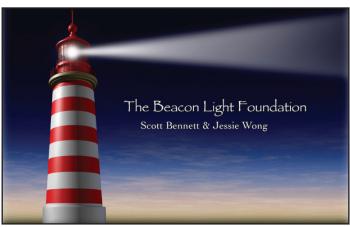




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#### ★★ MAY & JUNE 2025 EVENTS ★★ 05/02 FRI. BAR IS OPEN 6:30PM AND QUEEN OF HEARTS DRAWING 8PM 05/03 SAT. WALK4VALOR 8AM 05/09 FRI. BAR IS OPEN 6:30PM AND QUEEN OF HEARTS DRAWING 8PM 05/13 TUE. GOLF COMMITTEE MEETING 5PM 1 MONTH TO GO, PLEASE ATTEND 05/13 TUE. EXECUTIVE AND BUSINESS MEETING: BAR 6:00PM. DINNER 6:30PM. MEETING 7:00PM 05/14 WED. AUXILIARY MEETING 7:00PM 05/16 FRI. BAR IS OPEN 6:30PM AND QUEEN OF HEARTS DRAWING 8PM 05/16 FRI. GOLF OUTING RAFFLE SALES OUTSIDE KING KULLEN AND IGA 4-7PM 05/17 SAT. GOLF OUTING RAFFLE SALES OUTSIDE KING KULLEN AND IGA 9AM-NOON 05/23 FRI. POPPY DRIVE THRU 11AM - 5PM 05/23 FRI. BAR IS OPEN 6:30PM AND QUEEN OF HEARTS DRAWING 8PM 05/26 MON. SOUTHOLD MEMORIAL DAY MONUMENT CEREMONY AT **LEGION 7:30AM FOLLOWED BY VISIT TO FIVE VETERAN'S MONUMENTS IN TOWN.** 05/26 MON. MEMORIAL DAY PARADE **SOUTHOLD LEGION IS HOSTING 10AM** 05/30 FRI. FAREWELL PARTY HONORING OUR PAST COMMANDER - CHARLES SANDERS 7PM AT LEGION 05/30 FRI. BAR IS OPEN 6:30PM AND QUEEN OF HEARTS DRAWING 8PM 06/16 MON. GOLF CLASSIC AT ISLAND'S END GOLF CLUB 10AM

MADE IN AMERICA

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2nd Vice Commander - David Wilburn

Past Commander - Charles Sanders

Adjutant - Bob Bittner

Finance Officer - Jim Cowan

1st Finance Assistant - Brendan Kelly

2nd Finance Assistant - Vacant

Sergeant at Arms - Neil Rochford

Chaplain - Jeff Chagnon

Post Historian - John Christina

Membership Chair - Bob Cochran

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1st Vice - Rich Feely
2nd Vice - Michael Anasagasti
Adjutant - Jerry Murtha
Treasurer - Brian Hughes
Sergeant at Arms - Jonathan Bittner
Chaplain - Daniel Kaelin

#### **★★AUXILIARY OFFICERS ★★**

President - Joan Cochran

1st Vice Pres - Denise Thilberg Schlacter
2nd Vice Pres - Jeanette Cooper
Treasurer - Patricia Burns
Recording Sec. - Priscilla Devine

ELECTRONIC SERVICE REQUESTED

Griswold Terry Glover Post 803 The American Legion P.O. Box 591 Southold, NY 11971