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THE REPORTER

GRISWOLD TERRY GLOVER POST 803

DECEMBER 2020



Hello Fellow Legionnaires & Friends of the Legion:

2020 is going to go down as one of the oddest years the Legion has every lived through. Post 803 survived and in some ways strived forward despite being faced with a worldwide pandemic and one of the most contentious elections in our history. We lost almost all of our rental income in 2021 and had to cancel our socials where in the past we took the time to connect and break bread together. With all of that going on we still executed our Car Show fundraiser and our Golf Classic along with receiving a lot of individual donations to the Post. We also completed three major goals on our list for 2020. The kitchen hood and suppression



system is finished, the kitchen is painted, our website is updated and looking wonderful and we were able to accomplish our Legion cleanout day on November 14th . We were also able to celebrate the 103rd birthday of our WWII Veteran Dr. Pitman with a community drive-by and our annual Veterans Day ceremony and brunch was a wonderful success.

The pandemic is still a problem in our country but soon a vaccine will be available and COVID-19 will be a thing of the past. Until this occurs we have to be cautious as we plan for 2021. Our 2021 planning meeting is scheduled for Tuesday the 8th of December. If you would like to express your thoughts for the direction of the Post in 2021 then please attend this meeting at 7PM. COVID-19 is picking up speed this winter so we have to make some adjustments to our end of year activities. Unfortunately, the Pearl Harbor ceremony & Foxwoods day is canceled along with our open to the public Pot Luck Dinner Christmas Party. We are going to have a Pot Luck for members only on Friday December 11th during bar hours 6:30PM to approximately 8:30PM but it is limited to 50 people. I have already received RSVPs for this but if you would like to attend and you are a Legion or SAL member you may call our RSVP line at 631.407.5555 or email our RSVP email Post803RSVP@gmail.com.

Once again, the Post is supporting the Toys for Tots program in collaboration with the Town Recreation Center Staff and CAST. Your toys will be received locally and distributed locally to CAST. The CAST team has informed me that they have over 400 families that need gifts this year and we will help provide for these families. You may drop off toys at the Legion each Friday from 6:30PM until the bar closes at approximately 8:30PM. You may also drop toys off at the Southold Town Recreation Center located at 970 Peconic Lane, Peconic during the hours of 8AM and 4PM.

Continued on the next page

★★ CHAPLIN'S REPORT ★★

Rest in Peace

William P. Vogel, a twenty year US Marine Corps veteran who retired as a Major, passed on October 16th at the age of 89. William was an active member of our Post for many years who served on the Bingo Committee and was always there for us when we needed him. The American Legion Wake service was conducted at Calverton National Cemetery on November 9th. Special thanks to Bob DeVito for standing in as the Post Commander. Bob is the Post Commander at the Mattituck Post. Special thanks to Mark Heppner and Mark Solo who attended as representatives of the Knights of Columbus.

Special thanks to all those who participated in our Veterans Day Service. Our Post Commander, Charles Sanders, did his usual outstanding job in organizing and moderating the event. Thank you to the Rotary Club who sponsored, prepared and served a beautiful and delicious brunch for us after the service.

Happy Hanukkah, Merry Christmas and Happy New Year to all!

Jeff Chagnon, *Post Chaplin*
Home: 631.765.6077
Cell: 631.456.3258



"Be gracious unto us, O God, and bless us. As we enter into the holiday season and begin the new year, stretch forth Your protection and guard our country, that we being devoted to Your service may ever be defended by Your power."

Commander's Report Continued

UPCOMING EVENTS

Pearl Harbor Cross Sound Ferry Ceremony & Day at Foxwoods CANCELED I'm sad to say that I was informed that the key organizer of this event Mr. Paul Chase has died. He worked tirelessly each year to ensure this event was successful. Rest in Peace. Foxwoods is also no longer running busses from the ferry dock to the casino due to COVID-19.

2021 Planning Meeting The 2021 planning meeting is scheduled for Tuesday, December 8th. The Bar will be available at **6:30PM and the meeting will take place at 7PM (Change of Time)**. Pizza will be provided at 6:30PM. We want to get the meeting going earlier because we have a lot to cover.

Pot Luck Christmas Gathering The Pot luck is still on for Friday December 11th during bar hours 6:30PM to approximately 8:30PM. Due to COVID-19 we will have to limit this to Legion and SAL Members and their spouses only. If you would like to attend please call our RSVP line at 631.407.5555 or email our RSVP email **Post803RSVP@gmail.com**

BUILDING FUND COMMITTEE

We are holding off on any new projects that require funds until we can get back to normal operations; however, we are forming a **building fund committee** to help plan out our future renovation goals and raise funds toward those goals. If you would like to be a part of this committee please reach out to me via phone or the Post normal email address: gtgpost803@gmail.com.

BINGO

Due to the uncertainty and an abundance of caution the decision has been made to cancel Bingo for the remainder of 2020. We may have been knocked down for 2020 but keep an eye out for 2021 comeback if a vaccine is distributed and COVID-19 dissipates.

REFUNDING OF ST. PATRICK'S TICKETS

If you have not requested a refund for your St. Patrick's Tickets we will assume this is a donation at the end of this year. We have posted this option in the Reporter for months now and all of our phone and emails have been working. Our finance officer Mort Kelly is prepared to send you a check for your St Patrick's dinner ticket purchase. If you paid by check and it never cleared he will be sending your check back to you. If your check did clear or you paid cash he will mail you a refund. All you need to do is send him your tickets with your address and he will send you a refund check back. **Mail to Mort Kelly P.O. Box 391, Southold, NY 11971.** If you do not want a check mailed to you then you will have to wait until the Legion is officially open for business. You will still need to provide us your tickets in order to receive a refund in the mail or in person. We will setup a future time for people to come in and receive a refund face-to-face.

For God and Country, God Bless,
Charles J. Sanders, *Post 803 Commander*
www.post803.com • gtgpost803@gmail.com
Post Number 631.765.2276

★ ★ HISTORIAN ★ ★

This month we have an article from Bob Bittner pertaining to a Long Island Medal of Honor recipient. This man's sacrifice shows how blessed we are to be Americans. We have the freedom to enjoy this Christmas because of the sacrifices made by men and women like Army Spc. 4th Class Lang as depicted in the following:

AWARDED 1971. Army Spc. 4th Class George C. Lang was born on April 20, 1947, in Flushing, according to the Congressional Medal of Honor Society. Lang grew up in Hicksville and enlisted in the Army after graduating from Hicksville High School, according to a 2005 Newsday article. On Feb. 22, 1969, during the Vietnam War, while serving as a squad leader on an offensive mission to test the enemy's strength, Lang's squad found itself under intense fire from an enemy bunker complex, according to the society. Lang put himself in the line of fire while advancing on multiple emplacements from which enemy fire was coming, eventually destroying them with hand grenades and rifle fire. Lang then spotted a large cache of enemy ammunition, and attempted to maneuver his squad to it. However, they were fired upon by a third enemy bunker. Lang destroyed it with his last grenades. When he returned to the arms cache, the squad again came under heavy fire, this time by rocket and automatic weapons. Six squad members were killed or injured. Lang was hit and injured by a rocket, but continued directing his men until his evacuation was ordered, despite his protests. He was left paralyzed from the waist down as a result of being hit in the spine by shrapnel from the rocket, according to a 1993 Newsday article. Lang received the Medal of Honor in 1971 from President Richard Nixon, according to a 2005 Newsday article. Lang would spend the remainder of his life living in Seaford, where he became a celebrated Medal of Honor historian. Lang died from cancer on March 16, 2005. He was 57.

★★ MEMBERSHIP ★★



Post Status: We currently have 152/212 (71.7%) paid up members for 2021.

We had twenty Online Renewals added to the count and their Post 803 Membership Cards have been sent out. I'm told you can print out your Membership Card when you renew online. I sent one from Post 803 wanted to make sure you had one.

Over the last 12 to 18 Months we have lost 18 members, may they all Rest In peace.

We still could improve our 91.0% 213/234 paid up members for 2020. Remember if you miss paying your dues for a year the continuous years of membership starts over. If you skipped a year over the last several years I have been able to forward your membership update with a note to the Department of NY to maintain your continuous years of service.

Membership Issue: We all get Membership Renewal Notices from the American Legion National Committee. Recently I had to return 25 double payment checks to our most loyal members. You are to be commended for your dedication to the Post. There is a delay from the time I send the renewals to the Department of NY and the time the National Committee is updated and it seems to be longer with the current COVID epidemic. *A simple way to determine if you need to pay your dues is to look at your Post 803 Membership Card and if it says 2021 in 2020, you have paid your current dues. If it says 2020 and we are in the year 2021 you owe your dues for 2021.*

New Members: We have gained three new members over the last few months, William Donahue who started with the Coast Guard and retired with the Air National Guard at Westhampton, Dennis Bates who served with the Marine Corps and William Evans who put in twenty years as a U.S. Public Health Service Commissioned Officer. Welcome to Post 803. Hopefully when we return to normal activities we can all get to know each other better.

SAL Membership: Sons of the American Legion Membership issues are handled through the SAL Commander Gary Iorio.

Post 803 Membership Requirements: To join Post 803 you need to fill out an American Legion Membership application, submit a copy of your DD-214, and send in \$50 for your annual dues.

To send in your 2021 dues (\$50) or your New Member Requirements use Post 803, P.O. Box 591, Southold, NY 11971. Stay safe and thanks for supporting our Post 803 during 2020. Enjoy your families during the Holiday Season.

Bob Cochran, *Membership Chairman*, 631.765.5828



Jan Powers is cooking up a breakfast meal to fuel up the cleanup team prior to work.

THANK YOU!

To all the
Volunteers
that came out
and made our
Annual Legion
Clean Up
a Success!



★★ DR. CHAT ★★

COMMANDER'S NOTE:

Nancy Wells has informed me that she knows of someone that has an electric wheelchair and a non-electric walker. If you know of anyone that is need of these items you may call her at 631-298-9494. We also have a non-electric wheelchair and a walker in storage at the Post. If anyone is in need of these items you may call the post phone at 631-765-2276 and leave a message.

WELCOME TO THIS MONTH'S DR. CHAT: This months topic is Low back Pain! Almost all people will suffer from low pain at some point in there lives, however I'd like to focus on the issues that cause this affliction in senior citizens. There are many things that either cause or exacerbate Low Back Pain (LBP) at this point in our lives, the most common being Osteoarthritis which most of us have and can be the occasional LBP caused by activity and overexertion. This type is relatively easy to manage and tend to be self limiting and easily treatable. There are several things we can do to help prevent this type of LBP, such as:

1. Staying trim which is probably the most important, although as we all know the hardest.
2. Regular exercise and activity, this does not mean strenuous exercise rather regular daily activity such as a daily walk which you work up to say one mile per day. The distance is not important rather as much as the need to do regularly.
3. A simple back brace such as the ones you see Home Depot employees wearing which are inexpensive (\$20-\$30). These braces provide support but just as important remind you not to push your abilities to lift as you are aware that you are wearing one.

Symptom of LBP include pain in lower back and can include the Sac rap region. Occasionally if the sciatic nerve is inflamed you can experience pain that shoots down the leg and can be severe. There is usually restricted range of motion in the lower back usually bending over (flexion), occasionally there may be pain with bending back (extension). This usually indicates a more serious condition called Spinal Stenosis (arthritic narrowing of the spinal canal). Walking or any activity can exacerbate or worsen your Symptoms.

Treatment of minor LBP involves resting, avoid sitting for long periods, lay down several times daily, a moist heating pad, the back brace mentioned previously helps, Anti-inflammatory medicine such as Advil (Ibuprofen), Aspirin, and tylenol may be of benefit. Note: never take more than one anti-inflammatory medicine simultaneously as severe side effects can. If there is no improvement after several days of this see your physician for evaluation, treatment and possible referral for possible x-ray and orthopedic evaluation, Physical Therapy referral.

★★ SONS OF THE LEGION ★★



Founded in 1932, Sons of The American Legion exists to honor the service and sacrifice of Legionnaires. I am happy to report that we have many new incoming members joining SAL! See below.

Nice weather held for a very moving Veterans Day ceremony. Veterans from WWII, Korea and Vietnam attended. Veterans Day honors all military veterans who have served. It's always an honor to turn out and support our veterans.

Special thanks to all who helped out for cleanup day at the post. Working with our Legion Commander we helped get the building in order. We even received help from some great local citizens who are now interested in joining the SAL. This is great news as we all hope for a better year.

I would like to wish all a Happy Thanksgiving and if I don't get the chance a very Merry Christmas and Happy New Year !

I leave you with a quote from President Reagan.

“Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free.”.

SAL Commander,
Gary Iorio

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Mark G. Heppner and Karen T. Heppner
Owners and Directors

We thank our Veterans for their
service, and are proud to salute
those currently serving!

CW2 Jeffrey T. Heppner
Active Duty, Fort Drum, NY

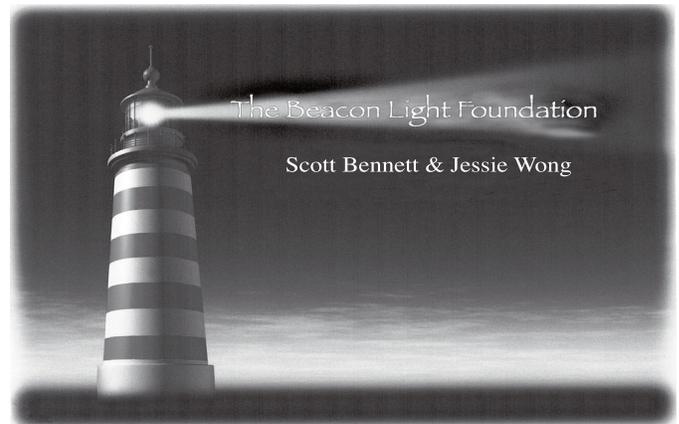


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Alice and Harold Culver are dedicating this ad for Honor Flight.
For more information on Honor Flight please visit their
website or call Virginia Bennett at 631-702-2423.



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WELCOME TO DECEMBER!

While we have no Auxiliary meeting scheduled this month, Denise and I plan to attend the Legion annual planning meeting on December 8th. Although we face uncertainties in the coming year it is important to plan for as much as we can.

Our November meeting was successful as we had enough members attend to have a quorum! We discussed how successful our sign project to honor our veterans turned out to be, including an order from the Shelter Island PBA for over one hundred signs to honor the Veterans from Shelter Island Legion Post 281! Thank you to all who participated! Your donations helped us carry out our mission this year since we had to cancel two of our fundraisers earlier in the year.

This year we decided to concentrate on supporting programs which distribute food for our holiday giving since there is such a great need due to the pandemic. We voted to give generous donations to the LI Cares Veterans program, the Lord's Cupboard food pantry here in Southold and Loaves and Fishes in Mattituck.

We also voted to help support the Legion by using our Car Show proceeds to help pay an insurance payment. By supporting each other we will get through this long dark winter! Bundle up and take walks regularly, stay positive and stay safe!

Have a Merry Christmas, Happy Hanukkah and Happy Holidays! I look forward to seeing everyone at our next meeting on Wednesday January 13th!

Joan Cochran, President

SUPPORT THE USMC'S TOYS FOR TOTS!

**Last Day to Drop off Toys:
Thursday, December 18**

DROP-OFF LOCATIONS:

Drop-off between 8 a.m. and 4 p.m.

- **For the Public:**
Southold Town Recreation Center
970 Peconic Lane, Peconic
Contact-Free Drop-off Box
- **For Southold Town Employees:**
Assessor's Office in Southold Town Hall
53095 Main Road, Southold



MAKE A CHILD SMILE ☺

- Donate toys for children up to age 12
- Toys must be donated NEW & unwrapped

Points of Contact:

Charles J. Sanders, Assessor's
Office
631-765-1937

Recreation Dept. Staff
631-765-5182

2020 GOALS

1. Outdoor Sign Installed
2. Fundraising Thermometer with goal to raise \$25,000 per year
3. Emergency Egress for 2nd Floor
4. New Main Hall Ceiling Repair/Cleaning or Replacement
5. Main Hall Painted
6. Fire Alarm System Installed
7. Finish Replacement of all Blue Hall Chairs
8. 10 New Chafing Dish Sets for Catering
9. ~~New Kitchen Hood and Suppression System Installed~~
10. ~~Website Updated and New Pages Added~~
11. Total of 16 Paid ad in the Reporter
12. Compile Cost Estimates on Long-Term-Goals
13. ~~Basement and 2nd Floor Cleaning and Organizing~~

LONG-TERM GOALS

We will be installing a fundraiser thermometer in front of the Post to raise funds for the Legion to address our Long Term Goals.

- Replace Bar Roof
- Replace Main Building Roof
- Renovation of Entire 2nd Floor (excluding the SAL Bar Room).
- Emergency Exit for 2nd Floor
- Bar Makeover
- Bathroom Renovation Male and Female Main Hall (Handicap Accessible)
- Bathroom Renovation 2nd Floor SAL Project.
- Inspect and Possibly Reinforce/Repair Foundation if Necessary



Paulette Ofrias

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★★ DECEMBER 2020 ★★

12/04 Fri. Decorate the Bar for Christmas:
6:30 PM Until Complete

12/07 Mon. Pearl Harbor Ceremony and Foxwoods Trip:
CANCELED DUE TO COVID-19

12/08 Tues. 2021 Planning Meeting:
**6:30 PM Bar and Pizza
and 7 PM Meeting**

12/11 Fri. Legion Christmas
Pot Luck Party:
6:30 PM – 8:30 PM



MADE IN AMERICA

★★ LEGION OFFICERS ★★

Commander - Charles J. Sanders
1st Vice Commander - Jeff Chagnon
2nd Vice Commander - Jose Perez
Past Commander - Earl Brock
Adjutant - David DeFriest
Finance Officer - Mort Kelly
Finance Assistant - Raymond Terry
Sergeant at Arms - Neil Rochford
Chaplain - Jeff Chagnon
Post Historian - Charles J. Sanders
Membership Chair - Bob Cochran

★★ SAL OFFICERS ★★

Commander - Gary Iorio
1st Vice - Rich Feely
2nd Vice - Michael Anasagasti
Adjutant - Jim Best
Treasurer - Jim Best
Sergeant at Arms - Jonathan Bitner
Chaplain - Daniel Kaelin
Historian - Douglas Kalvns

★★ AUXILIARY OFFICERS ★★

President - Joan Cochran
Vice Pres - Denise Thilberg
Treasurer - Margie Brock
Recording Sec., - Priscilla Devine

ELECTRONIC SERVICE REQUESTED

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