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# THE REPORTER

## GRISWOLD TERRY GLOVER POST 803

OCTOBER 2023

### COMMANDER'S REPORT



Greetings fellow Legionnaires and Friends of the Legion,

The first day of Fall was Saturday September 23rd. The same day as the Autumn Equinox in the Northern Hemisphere. The Autumn Equinox began on September 23rd at 2:50 AM and will last until the Winter Solstice on Thursday December 21st at 10:27 AM.

Columbus Day 2023 is celebrated on Monday October 9th. This is an annual event held on the second Monday in October every year. Columbus Day recognizes the achievements of a great renaissance explorer who founded the first permanent European settlement in the New World. The arrival of Columbus in 1492 marks the beginning of recorded history in America and opened relations between the Americas and the rest of the world.

We have recently received word from Jose Perez, our past 2nd Vice Commander, great member, and at times, our Spanish Interpreter for Post 803, who has moved upstate NY to be with his family. Unfortunately, the news he had to share with us was not good. He is struggling with some very serious health concerns. We want to keep him in our thoughts and prayers and wish him well. The Officers and Members of the Griswold Terry Glover Post 803, Ladies of Auxiliary Unit 803, and Sons of the Legion regret to learn of your illness and join in extending Best Wishes for a speedy return to good health.

The Walk 4 Valor which had been scheduled to take place on September 23rd was postponed due to severe inclement weather. It is now rescheduled to take place on Sunday, October 22nd, 8:00 AM at American Legion Post 803.

All of the members and Sons of the Legion of Post 803 are very grateful to the ladies of Auxiliary Unit 803 for initiating and holding a Veterans Appreciation Day. It was held at the Legion on Sunday, September 24th from 3-6 PM. They also gave us a light meal provided for everyone by Dean and Jaimie Eichorn, Nice Buns Food Truck. Kudos and Thank You to the Legion Auxiliary.

During the month of September, we were able to get the handicap parking area spaces asphalted. The work completed, by Tom Grattan. We also hired Francis Schriefer, mason contractor, to excavate an area and install a concrete slab in the area where our refuse dumpsters are kept.

I have nothing else special or out of the ordinary to report for the month of October.

Once again, I want to thank everyone who graciously and generously supports our Veterans and the American Legion.

For God and Country, God Bless

David E. DeFriest,  
*Post 803 Commander*

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gtgpost803@gmail.com

Post phone number 631.765.2276



MADE IN AMERICA

# 22 VETERANS A DAY DIE BY SUICIDE

**Postponed Due to Inclement Weather**  
**SUNDAY, OCTOBER 22 2023**

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!**



INFORMATION  
REGISTRATION



## ★ ★ MEMBERSHIP ★ ★



**Post Status:** We currently have **90/181 (49.7%)** paid up members for 2024. We have **190/207 (91.8%)** paid up members for 2024. I urge all members to check their Membership I.D. card for their last paid year. Send in your dues for 2023 or 2024 or both. I can update the Dept. of N Y database for 2024 but need to submit paperwork to Troy NY to update your records for 2023. It is important to the Post to maintain our membership numbers.

**Please ask veterans you know if they would consider joining our ranks.**

**New 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 \$50 for annual dues. All membership correspondence should be sent to Post 803, Attn. Membership, P.O. Box 591, Southold, NY 11971. Thanks for your support of Post 803.

Bob Cochran, *Membership Chairman*, 631.765.5828

## ★ ★ SONS OF THE LEGION ★ ★



The Sons of The American Legion was created in 1932 as an organization within The American Legion. The SAL is made up of boys and men of all ages whose parents or grandparents served in the United States military and became eligible for membership in The American Legion. Together, members of The American Legion, The American Legion Auxiliary and the Sons of The American Legion make up what is known as the Legion Family. All three organizations place high importance on preserving our American traditions and values, improving the quality of life for our nation's children, caring for veterans and their families, and perhaps most importantly, teaching the fundamentals of good citizenship.



Gary Iorio  
SAL Commander

★★ HISTORIAN ★★

October 13th is the birthday of the US Navy. President John Kennedy, a Navy Veteran himself, stated "I can imagine a no more rewarding career. And any man who may be asked in this century what he did to make his life worth while, I think can respond with a good deal of pride and satisfaction: "I served in the United States Navy."



On Oct. 23, 1983, 220 Marines, 18 U.S. Navy sailors, and 3 U.S. Army soldiers lost their lives in the Marine Barracks at the Beirut Airport. You are not forgotten.

They were sent as "Peacemakers" they died in a thunder and a thud.

Oct 17, 1967 elements of the U.S. Army 2d Battalion, 29th Infantry Regiment, 1st Infantry Division engaged a large force of Viet Cong fighters along a small stream named the Ong Thanh. The Battle of Ong Thanh was one of the costliest battles of the war for U.S. troops, one of whom, 2nd Lieutenant Harold B. Durham, Jr., earned a posthumous Medal of Honor during the battle.

★★ HALL OF HONOR AT SOUTHOLD HIGH SCHOOL ★★



Calling all SHS Alumni!

Southold's *Hall of Honor*, dedicated to those alumni who have served in our military branches, is underway! We are currently looking for alumni, or family of alumni, to share a military picture, their name, and the branch they served in (if possible the graduation year as well).

Please reach out to Nicole Helf at [nhelf@southoldufsd.com](mailto:nhelf@southoldufsd.com) or 631-765-5400 ext 1352 to gain more information.

*Thank You for your service!*

# Holiday Craft Fair



**SUNDAY, NOVEMBER 6TH**

**10 AM TO 3 PM**



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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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## VIRTUAL PHYSICAL THERAPY AT HOME

### *Get exercises over VA Video Connect*

Veterans are choosing video appointments more than ever. Physical therapists have adapted by providing more video appointments. If you need advice about exercise or had surgery recently, virtual physical therapy could be right for you.

**Physical therapy** (<https://www.veteranshealthlibrary.va.gov/Rehab/PhysicalTherapy/>) improves balance, strength, mobility, and can even reduce pain. Virtual physical therapy can work for evaluation, treatment, reassessment, family training, and discharge. Your physical therapist will consider a few things when deciding if virtual physical therapy is for you:

- Will you require physical support?
- Do you have the space to perform exercises?
- Have you had recovery or changes that would be more appropriate to see in person instead?
- Do you prefer in-person appointments instead of VA Video Connect visits?

### **How does virtual physical therapy work?**

You'll get a link by email for a VA Video Connect (<https://telehealth.va.gov/>) session with the time and date of your appointment. Use the link to sign on and enter the virtual medical room. You'll need to allow access to your camera and microphone and provide emergency contact information before your session. Be prepared to answer questions, demonstrate movements, and perform exercises.

### **What will I need for the session?**

Comfortable workout clothes, such as a T-shirt or shorts that allow movement, are best for your appointment. You'll also need a quiet, open space in your home free from clutter.

“Telehealth can help you. It's safe, convenient, and will provide you with a personalized home exercise program and recommend next steps,” says Dr. Emma Shapiro, a physical therapist at VA's New Jersey Healthcare System. If you're still not sure whether virtual physical therapy is right for you, send a Secure Message (<https://www.myhealth.va.gov/secure-messaging-spotlight>) or call your care team to ask.

By David A Chiaro / [keyarrow@hotmail.com](mailto:keyarrow@hotmail.com)

With October comes cooler air and the beauty of fall foliage. We look forward to the Walk for Valor, which has been rescheduled to Sunday October 22nd due to the threat of Tropical Storm Ophelia. The Auxiliary was able to host their Veterans Appreciation Day on Sunday, September 24th despite the weather. Dean and Jamie Eichorn and their “Nice Buns” Food Truck were able to carry on with the event, serving delicious food to the members of Post 803. Big thanks go out to Donna, Priscilla, Sherry, Jamie, Ty, Dave and Gary, who donated his time as bartender. Thank you all for a great job!

Feedback from the Legion Car Show has been very positive. A big thank you goes to Denise and her committee for a job well done! Next up is our Annual Holiday Craft Fair on Sunday, November 5th. We have lined up some great vendors and look forward to seeing you all!

Our Girls State Citizens sent heartfelt thanks to us for sponsoring their experience this year. Jolin Chen, who served on the Environmental Conservation Committee, said: “Thank you for selecting me to go to EGS! I had a lot of fun and learned a lot, and I hope that I can use that knowledge in the community.” Amy Estrada, our Alternate who was also able to attend and who served on the Education and Technology Committee, stated: “This was a lifetime opportunity” and “America is the best place for opportunities, and this program shows that. Thank you!”. We commend you both for outstanding leadership.

Last year our “Snacks with Santa” was really a fun event. We are in the planning stages for this year and welcome volunteers!

Our next meeting is scheduled for Wednesday, October 11th, at 7 PM. See you then!  
Joan Cochran, President



## — 2023 GOALS —

1. Volunteer member to step up to fill the position of Adjutant vacated by Dave DeFriest to record the minutes of our monthly business meetings.
2. ~~Volunteer to take Department of Health Food Certificate Course~~
3. ~~Bar Face Lift: Project Manager is Dave Chiaro~~
4. Look Into New Legion Hall Ceiling: Project Manager Joe St. Pierre
5. Look Into Fire Alarm System: Project Manager Joe St. Pierre
6. Gather List of Emails of all Members and Friends of the Legion: Project Manager is Jeff Chagnon
7. Create a handicap parking area for two automobiles next to the handicap ramp.

## — LONG-TERM GOALS —

1. 9/11 Memorial Tree Pavers
2. Renovation of 2nd Floor
3. Emergency Exit for 2nd Floor
4. ~~Bar Makeover~~
5. Bathrooms Renovation (Handicap Accessible)
6. Basement Walls Coating for Brick Deterioration Mitigation
7. Pavilion
8. Exterior of Post Painted/Stained
9. Renovation of Second Floor Bathroom and Rooms

## 2023 QUEEN OF HEARTS GAME

The first drawing for our Queen of Hearts new game will be on Friday November 3rd.

See you at the bar!

Thanks to everyone who has contributed and helped make this a successful fundraiser for American Legion Post 803.

Jan Powers 914.213.8467  
or email  
galaxyFCC@gmail.com



## VOLUNTEER CORNER

### GOLF OUTING

Golf Outing is scheduled for June 10, 2024... A Committee is forming now. The majority of the work is done in March, April and May prior to the event. We are in need of individuals Experienced in the Fundraising aspect of Golf Outings or Sales... or those able to pitch in at the course or with the Raffle. Email Bob Bittner at navyjan70@gmail.com.

### SCHOLARSHIP COMMITTEE

We are in need of a volunteer to chair the Scholarship Committee. Charles Barkley is stepping down. Contact Commander Dave DeFriest.



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★★OCTOBER & NOVEMBER 2023 EVENTS★★

10/06 Fri.	Bar is Open 6:30 PM
10/10 Tues	Executive and Business Meeting: Bar 6:30 PM • Meeting 7 PM
10/11 Wed.	Auxiliary Meeting 7 PM
10/13 Fri.	Bar is Open 6:30 PM
10/20 Fri.	Bar is Open 6:30 PM
10/27 Fri.	Bar is Open 6:30 PM
11/01 Tues.	Executive and Business Meeting: Bar 6:30PM Meeting 7 PM
11/03 Fri	Craft Fair Setup 6 PM
11/03 Fri.	Bar is Open 6:30 PM Queen of Hearts Drawing Returns at Bar 8 PM
11/05 Sun.	Holiday Craft Fair 10 AM – 3 PM
11/07 Tues.	Election Day PLEASE VOTE!
11/08 Wed.	Auxiliary Meeting 7 PM
11/10 Fri.	Bar is Open 6:30 PM
11/11 Sat.	Veterans Day Ceremony 11AM & Veteran Brunch to Follow
11/14 Tues.	2024 Planning Meeting 6 PM
11/17 Fri.	Bar is Open 6:30 PM
11/24 Fri.	Bar is Open 6:30 PM



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★★ LEGION OFFICERS ★★

Commander - Dave DeFriest  
 1st Vice Commander - Jeff Chagnon  
 2nd Vice Commander - Vacant  
 Past Commander - Earl Brock  
 Adjutant - TBD  
 Finance Officer - Jim Cowan  
 1st Finance Assistant - Mort Kelly  
 2nd Finance Assistant - Raymond Terry  
 Sergeant at Arms - Neil Rochford  
 Chaplain - Jeff Chagnon  
 Post Historian - TBD  
 Membership Chair - Bob Cochran

★★ SAL OFFICERS ★★

Commander - Gary Iorio  
 1st Vice - Rich Feely  
 2nd Vice - Michael Anasagasti  
 Adjutant - Brian Hughes  
 Treasurer - Brian Hughes  
 Sergeant at Arms - Jonathan Bittner  
 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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