











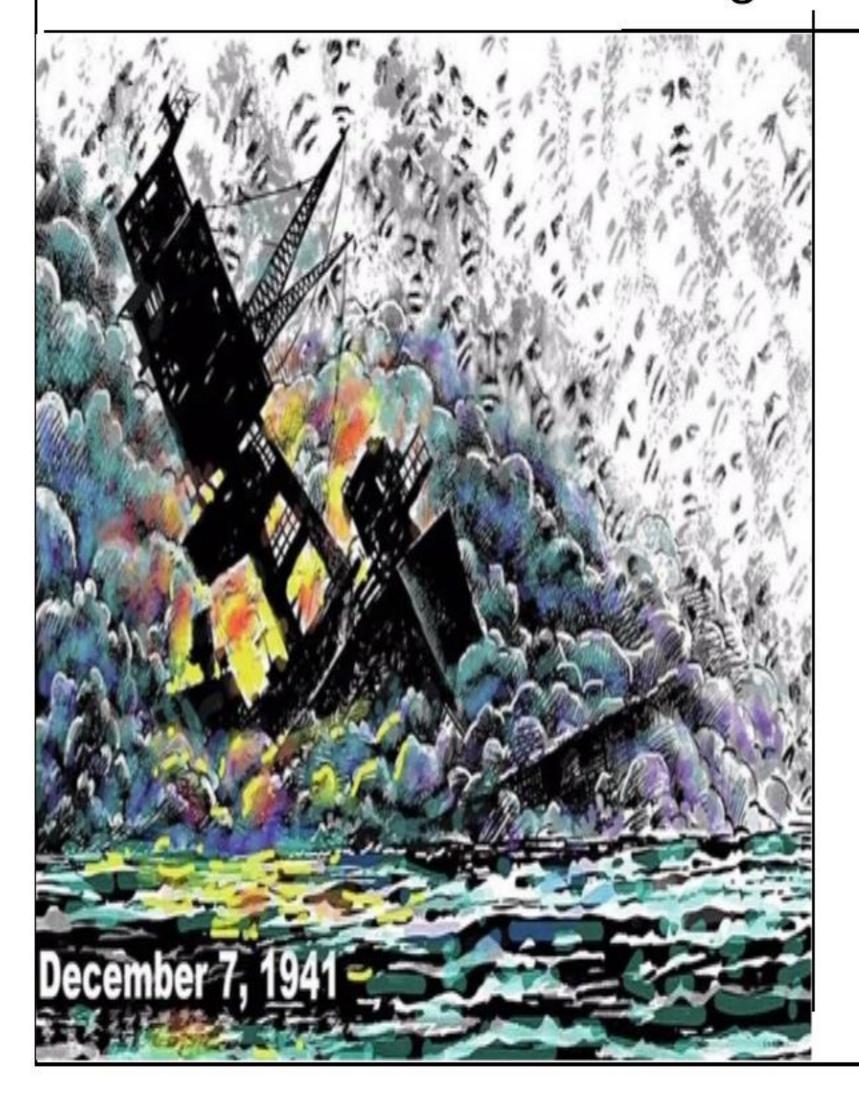






Veterans Serving Veterans & Community

16



VETERANS WEBSITES

AMVETS Dept. of NY. nyamvets.com

> **Veterans Benefits** nymilitary.com

V.A. Web Site veteransaffairs.gov

Nassau County Veterans **Treatment Court** nassaucountyny.gov/vtc

va.gov

Veterans Crisis Line



The

AMVETS SALUTE

NORTH SHORE VETERANS MEMORIAL POST 21 Inc. OYSTER BAY, NEW YORK

CHARTERED FEBRUARY 18, 2017)

December 2023

Vol.7

COMMANDER'S COMMENTS

Greetings fellow AMVETS,

As 2023 draws to an end, I would like to take this

opportunity to say thank you for your support and

participation in this year's Post 21 programs and

activities. Thank you to the students and staff at the

Learning Tree Nursery School for your most

appreciated donation of personal care items. These

items were used to benefit Veterans in need at the

Nassau County Veterans Service Organization stand

down. Thank you to the Cadets and leadership of the

Westbury High Schools JROTC Program for your

outstanding support of our Post 21 programs this

past year. I also want to give a well deserved thank

you to the USCG Auxiliary Oyster Bay Flotella 22-5

for your generous support of our monthly food drives.

Wishing you all a very Merry Christmas, a most

happy Hanukkah, a joyus Kwanzaa, and the

happiest, healthiest, and most prosperous New Year.

May God bless you, your families, and America

during this holiday season.

Commander Robert Lane

AMVETS Post 21

No.12

2023 - 24 Officers

> Commander Robert Lane

1st Vice Richard DeJesu

> 2nd Vice Gary Saiki

3rd Vice Robert Selby

Adjutant Robert Selby

Provost Marshall Tabitha Robbins

Judge Advocate Arturo Edwards

Finance Officer Richard DeJesu

Chaplain Deacon Jay Valdes

> Trustee Philip Grella

Trustee Robert Hathaway

AMVETS National amvets@amvets.org

Veterans Administration

Dial 988, then press-1

THE AMVETS SALUTE

Published monthly as the official newsletter of the AMVETS North Shore Veterans Memorial Post #21 Inc. Oyster Bay, NY All contributing articles or requests will be printed with the approval of the Executive Board. All submissions must be received by the 15th of each month. The AMVETS Salute 32 Marion St., Oyster Bay, NY 11771-3702 obamvets21@gmail.com (516)922-3283 Managing Editor: Ms. Samantha Fanning

First Vice Commander's Membership Report

Annual Members 49 Life Members Total

67

Do you have a friend, family member or neighbor who is a Veteran? Why not invite them to one of our monthly membership meetings? So, they can meet us and see what AMVETS and Post 21 is all about!

This Month's Quote

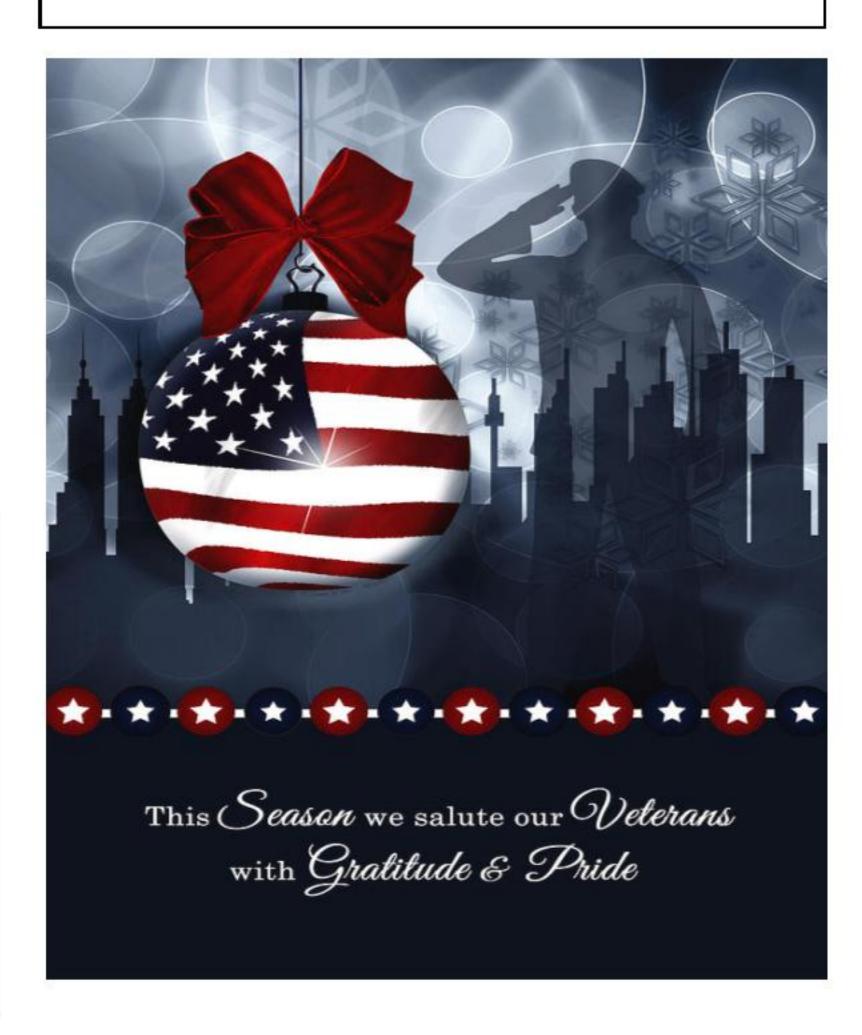
"Go as far as you can see; and when you get there, you will be able to see a lot further." ~ Thomas Carlyle



DECEMBER BIRTHDAYS



- Frank Allecia
- Alex Gallego
- Edward Curry
- John Schaefer





BUSINESS: (516) 922-4700 E-MAIL: JIM@OYSTERBAYTRAVEL.COM WWW.OYSTERBAYTRAVEL.COM

Oyster Bay Travel Center



27 Pine Hollow Road Oyster Bay, NY 11771



Janet M Majorello Insurance Agent

Trusted Choice®

(516) 922-9131 (516) 922-9014 fax

janet@oysterbayinsurance.com

ALEX GALLEGO, AAMS*

JAMES MARINO

Senior Vice President, Investments Branch Director



BAYVILLE, NEW YORK 11709

20 JULY AVENUE

O 516.922.4200 67 West Main Street

Oyster Bay, NY 11771

alex.gallego@raymondjames.com gallegofinancialgroup.com

Raymond James & Associates, Inc., member New York Stock Exchange/SIPC

Tree Care Industry Association

NY State Arborist Association

The First TCIA - Accredited Tree Care Company on Long Island

TREE CARE, INC.

Thomas J. Golon President

International Society of Arboriculture Long Island Arboricultural Association

72 Hamilton Avenue Oyster Bay, NY 11771 Phone: (516) 922-5348 E-mail: tgolon@wonderlandtreecare.com

516 922-7333

Raymond J. Giraldi Jr.

Binder's Queen Ann Furniture Shop, Inc.

Furniture and Antiques Restored qabinders@optonline.net

Lisa Binder Keeling

53 Spring Street Oyster Bay, N.Y. 11771



Dr. Elisa F de Junco. OD 6332 Northern Blvd East Norwich, NY 11732

Dry Eye Specialist, Contact Lenses & Sports Vision 516-624-3149

enoptice2O2O@amail.com

enoptics2O2O.com



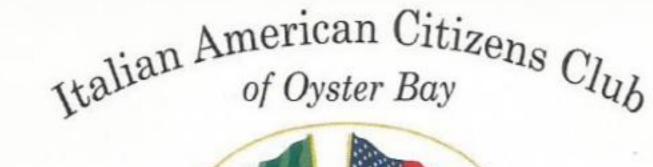
"To know Christ and make Him known"

516-800-2871

Hopethrift@nscc.live

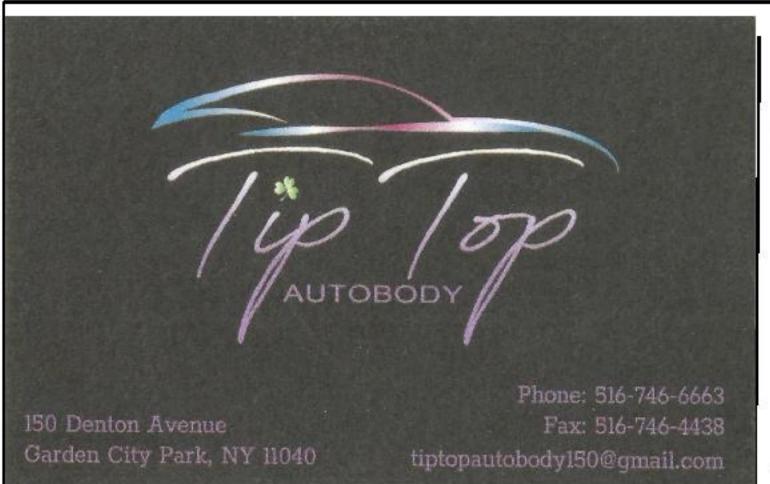
98A Audrey Avenue Oyster Bay, NY 11771

a ministry of North Shore Community Church





48 SUMMIT STREET 5 OYSTER BAY, NY 11771 CLUB 516-922-9744 FAX 516-922-9233



UNITED STATES VOLUNTEERS-AMERICA 11TH NEW YORK REGIMENT



MICHAEL L. PENSA COL COMMANDING OFFICER

www.11thnyusv.org

WE DO ALL TYPES OF HAIRCUTS

AND OLD FASHION

HOT TOWEL SHAVE

(516) 922-1661

121 SUTH ST

OYSTER BAY NY 11771

HonoringThose Who Served

1767 Conway Street

(C) 516.993.0228

Seaford, NY 11783

(H) 516.781.0813

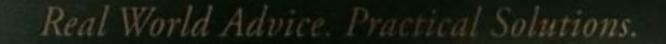
Patrick B. Lough, CFS, CLTC, ChFC

Registered Investment Advisor



123 South Street Suite 204 Oyster Bay, New York 11771

Phone: (516) 719-0151 | Fax: (516) 802-7323 Email: plough@CharterFinancialPlanning.com www.CharterFinancialPlanning.com



Brooks Robb & Callahan

Insurance since 1871

Home - Auto - Business - Life

Kristen Brekne Ducharme, CIC

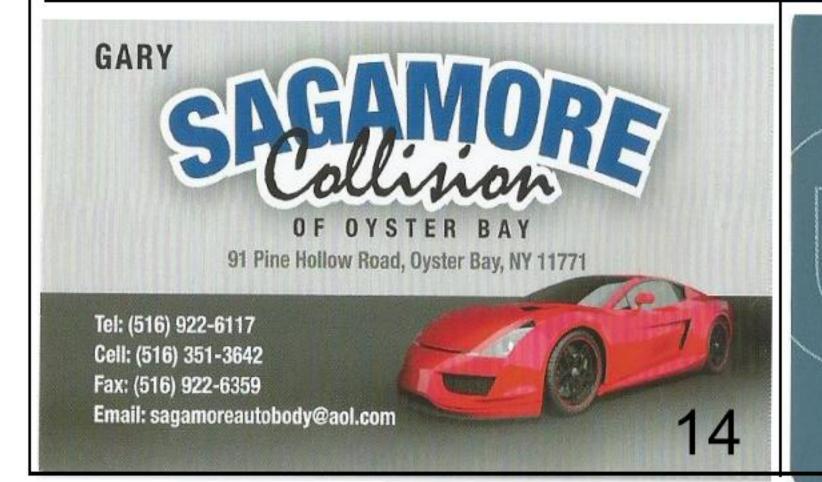
kbrekne@brcinsurance.com www.brcinsurance.com

Phone: 516-922-6500 Fax: 516-922-6272

35 Audrey Ave - PO Box 118 Oyster Bay, NY 11771

EAST NORWICH BAGELS

Bringing One of New York's Most Beloved Delicacies Straight to You Breakfast · Lunch · Catering (516) 624-0406





Christopher Cadigan

President

CRC Logistics, Inc.

67 W Main Street, Suite B Oyster Bay, NY 11771

p: 516-442-4140 c: 516-209-8839 : 516-345-4904 chris.cadigan@unishippers.com



(O)

Each office is independently licensed and operated.

Mystery Veteran



Did you identify last month's Mystery Veteran? It was... **Post 21 Lifetime Charter** Member Vinnie Libertini **US Air Force** 1966 / 1970



Guess Who?

Can you guess the identity of this month's mystery veteran?

Please note:

We need more pictures of our members in uniform. If you enjoy this feature. Please submit your picture of a younger you in uniform for use in a future issue



Post 21 Polo
Shirts
Red and White
S, M, L, XL \$24
XXL \$26
XXXL \$28

November Food Drive



Thank you once again to our members for your outstanding support of our monthly food drives!

The Turtle, Mole and Bear

Three friends: a turtle, a mole and a bear are drafted and have to join the Army. None them want to go. So, they have to provide medical proof that they are unfit to serve."It's easy for me," says the turtle. "I'm slow." The turtle enters the examination room and when he comes out, he happily tells his friends that he is in fact too slow. "Well," says the mole, "I'm literally blind! How would they want me?" The mole comes out a few moments later and tells his friends that he doesn't have to join the Army because they don't need any blind moles. "OK guys," says the bear "Let's face it. I'm one of the biggest and most dangerous animals and I would make the perfect soldier." "Wait! I have an idea!" says the turtle. "The most dangerous part of you is your teeth. Without your teeth, you are not all that dangerous. So, if we smash out all of your teeth, they won't want you either." Reluctantly, the bear agrees and his friends smash out all his teeth. The toothless bear enters the examination room and after ten minutes comes out with a hanging head and a sad face. "So? Did you have to join the Army?" asked the turtle. The bear answers sadly, "No. They said I was too fat."

Quartermaster Supplies

Post 21 20 Oz. Stainless Steel Insulated Mugs Keeps cold drinks cold \$13.00 each



AMVETS Post 21 Uniform
Caps are \$45.00.

For more information, contact
Quartermaster, Bob Selby



Post 21 3 Season Jackets

\$80.00 \(\mathref{K}\) \$80.00 \(\mathref{K}\) \$80.00 \(\mathref{K}\) \$90.00



AMVETS
Baseball Caps
\$16.00 Each



AMVETS Patches \$3.50 each

President Theodore Roosevelt Wreath Presentation Honoring our 26th President on his 168th Birthday



Boy Scouts Of America
Veterans Day Dinner At St. Dominic Church in Oyster Bay







This Month's Doctor's Corner Source: PyschologyToday | Sean Grover, L.C.S.W. | **December 25th, 2022**



What Is Depression? **KEY POINTS**

Sometimes holidays are attached to traumatic events, such as accidents, personal betrayals, or other heartbreaking memories.

Several factors contribute to feeling depressed during the holidays, such as loneliness, loss, or health problems.

Avoiding alcohol and increasing self-care are two actions you can take to lesson the symptoms of holiday depression.

Is there anything worse than feeling depressed on the holidays? The whole world seems to be celebrating, and you want to crawl into a hole.

Sometimes the holidays can be a painful reminder of events that trigger deep sadness or regret. Five common conditions behind "holiday depression"

The five most common causes of holiday depression are:

- 1. Trauma- Sometimes traumatic events attach to holidays, such as accidents, personal betrayals, or other heartbreaking memories. As holidays become associated with those events, they awaken painful memories of unhappy times.
- 2. Loss- Grief can darken a holiday. The holiday may seem empty and pointless when a particular person is missing from the festivities. Feelings of loss are felt more acutely during holidays.
- 3. Isolation- Being companionless on holidays may add to feelings of despair, especially if you can see or hear others celebrating. As you become more isolated, you may struggle with low self-worth and depression.
- 4. Social Pressure- Members of the majority tend to dictate customs and social norms. Unfortunately, If you're not part of the majority, you may feel like an outcast. Being a nonconformist has its perks, but during holidays the pressure to conform increases and can increase
- 5. Health problems- Health problems complicate holidays by limiting what you can do. Travel may be difficult or even impossible; fatigue or exhaustion from illness can also bring you down. Compromising the holidays due to health issues frequently triggers hopelessness.

Breaking free of holiday depression:

To break free of holiday sadness, you'll need to put more effort into self-care. Here are a few suggestions to take the sting out of holiday depression.

- . Reward yourself: Don't wing it; plan something special. Hiking, a movie, or a concert it doesn't matter what you do as long as it brings pleasure and comfort.
- 2. Ditch the party: Don't force yourself to attend a party you dread. If you prefer to stay home or have dinner with a close friend, it's a better choice. Trust me; you won't regret it.
- 3. Avoid alcohol: If you tend toward depression, alcohol is sure to make you feel worse. It's hard on your body and your psyche, and it increases symptoms of depression.
- 4. Acts of service: There is always someone less fortunate than you who could use a helping hand. Look for volunteer opportunities to connect you with a community that shares your values and interests.
 - 5. Create your custom: If holidays bum you out, try to create new activities. Get out of town or travel, anything to break the holiday monotony.

December 2023 Fly your flag on these days						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 Post 21 Meeting	Pearl Harbor Day	8	9
10	11	12	13	14	15 Post 21 Executive Board	16
17	18	19	20	21	22	23
24	25 Christmas	26	27	28	29	30
31 New Year's Ev	e					

PLEASE SUPPORT THE PROGRAM AND ACTIVITIES OF YOUR POST

IMPORTANT DATE

1 US Air Force Auxiliary Birthday (1941)

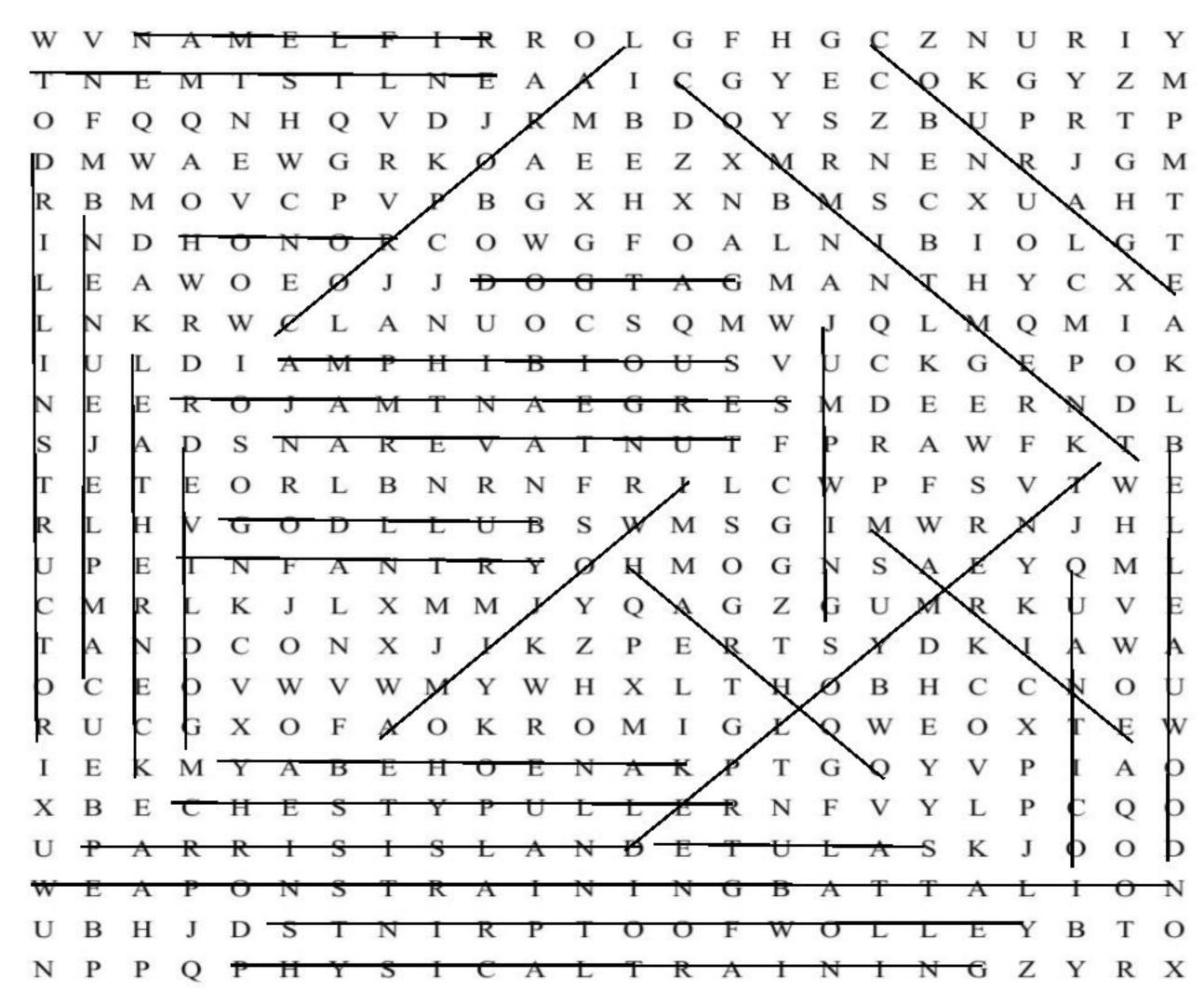


- 6 Post 21 General Membership Meeting
- 7 Pearl Harbor Day (1941)
- 13 National Guard Birthday (1636)
- 15 Post 21 Executive Board Meeting
- 21 First Day of Winter
- 25 Christmas Day
- 31 New Years Eve
- 1-8-15-22-29 Red Shirt Fridays



November Word Search Answers

USMC Word Search



Amphibious Chesty Puller Deployment Enlistment Jump Wings Ooh Rah Rifleman

Belleau Wood Commitment Devil Dog Honor Kaneohe Bay Parris Island

Salute Weapons Training Battalion Yellow Footprints Bulldog Corporal Dog Tag Infantry Leatherneck

Physical Training

Sergeant Major

Camp Lejeune Courage **Drill Instructor** Iwo Jima Marine Quantico Tun Taveran

December Word Search



Christmas

K R T I N S E L B S G R I N C H N E X I V

Ally Chimney Debbie Garland Jolly Ornament Sleigh

tree

Bethlehem Angel Christie christmas December Decoration Gingerbread Grinch Liz Kringle Poinsettia Prancer Snowman star Trimmings Vacation

Bows Coal Eggnog Holiday Mistletoe Reindeer Stockings

Vixen

Candles Cards Dancer Elves Holly Nativity noel Santa Three Kings

Wise Men

Dancing Faith Hope Scrooge Tinsel

Workshop

Dasher Flo Icicles Nutcrackers Silver bells Toys wreath

Carols

Christmas Eve And our thoughts go forth Here and there O'er the troubled earth. Oh, west wind of the winter night, Hastening on, in your rapid flight Over the crest Of the waves so blue, Bear a greeting Tender and true To our soldier boys, in a far-off land Our 'Boys in Khaki', a valiant band. bove them, the twinkling stars are bright In the freezing skies, this hallowed night

As their watch they keep,
Or lie, perchance
In a restless sleep;
Whisper to each, this word so true,
Friends in the Homeland, think of you;
God be with you in camp or field,
His Arm your strength, His Power your shield.
Tillie C. Jeroleman

www.printableheaven.com

NORAD's Santa Tracker started by accident, now it's a Christmas tradition

By:Shelby Maxwell, Warren Armstrong

- FRESNO, Calif. -- The pandemic isn't stopping Santa from making his annual trip around the world.
- Every Christmas Eve, the North American Aerospace Defense Command (NORAD) adjusts its satellites to track Santa and help keep him safe on his journey.
- Action News caught up with the folks at NORAD to learn a little more about how the magic happens.
- Santa has been delivering toys to good little girls and boys for centuries, packing up his sleigh and taking to the sky with his eight, and sometimes nine, reindeer to guide him through the night.
- But it wasn't until the 1950's when he got a little extra assistance from NORAD to make sure he wouldn't run into any trouble.

And it all started by accident.

- "We had had a newspaper ad in the local newspaper here that they had misprinted, the phone number, and they actually put the phone number to our command center there," said Stacey Knott, NORAD Strategic Communication Manager.
- "And that night, one of our colonels on duty, Harold, answered the phone and heard a little child's voice asking if he was Santa," she said.
- "He directed everybody to talk to the children that night and to talk to them and tell them that, you know, that they were tracking Santa, and to visit with each of the children."
- And from that, a tradition was born. For the last 65 years, on Christmas Eve, NORAD has recalibrated the same radar and satellites it uses year-round to peak in on Ol' Saint Nick.
- "We also have our special Santa cameras that are set up as special locations like the Eiffel Tower in Paris and the Big Ben over in London, England and special places where we spot Santa as he's flying during the night," Knott said.
- Their exclusive Santa Tracker has become a tool for kids around the world to check in on Kris Kringle before bed.
- NORAD says their call center fields more than 100,000 calls each year, and the Santa Tracker website has more than 30 million visitors on Christmas Eve from all around the globe.
- "Cause it's at no cost to any of the people who want to track Santa with this. And we also don't use any taxpayer dollars to make this happen," Knott said.
- And through the years working with Santa, they've learned a few inside details on the Christmas magic like the speed of Santa's reindeer. Knott said they can actually travel faster than starlight!
- "In fact, our jets, our fighter jets. He slows down for our fighter jets to come up beside him. Pilots will wave, and then he continues on his magical journey," she said.
- So don't forget to leave some treats for the reindeer to fuel back up when they stop by your house! NORAD said Santa's reindeer love oats, carrots, and candy canes.
- But the most important thing for kids to remember is, "if you're not in bed and you're not asleep, Santa won't stop at your house," Knott said.
- There are several ways for you to track Santa with your family on Christmas Eve: You can go online to noradsanta.org or call 1-877-HI-NORAD.