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Veterans Serving Veterans & Community

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nyamvets.com

AMVETS National
amvets@amvets.org

Veterans Benefits
nymilitary.com

V.A. Web Site
veteransaffairs.gov

Nassau County Veterans
Treatment Court
nassaucountyny.gov/vtc

Veterans Administration
va.gov

Veterans Crisis Line
Dial 988, then press-1

16



December 2023

Vol.7

No.12

2023 - 24
Officers

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

1

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THE AMVETS SALUTE

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obamvets21@gmail.com (516)922-3283 Managing Editor: Ms. Samantha Fanning

First Vice Commander's Membership Report

Annual Members	49
Life Members	28
Total	<u>67</u>

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



16	Patrick Lough
20	Frank Allecia
23	Alex Gallego
28	Edward Curry
30	John Schaefer



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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!

Military Humor

The Turtle, Mole and Bear

Three friends: a turtle, a mole and a bear are drafted and have to join the Army. None of 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."

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M	\$80.00
XL	\$80.00
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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: PsychologyToday | 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 non-conformist has its perks, but during holidays the pressure to conform increases and can increase distress.
 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.
1. 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	7 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 Eve						

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

W V N A M E L F I R R O L G F H G C Z N U R I Y
T N E M I S T L N E A A I C G Y E C Q K G Y Z M
O F Q Q N H Q V D J R M B D O Y S Z B U P R T P
D M W A E W G R K O A E E Z X M R N E N R J G M
R B M O V C P V F B G X H X N B M S C X U A H T
I N D H O N O R C O W G F O A L N I B I O L G T
L E A W O E O J J D O G T A G M A N T H Y C X E
L N K R W C L A N U O C S Q M W J Q L M Q M I A
I U L D I A M P H I B I O U S V U C K G E P O K
N E E R O J A M T N A E G R E S M D E E R N D L
S J A D S N A K E V A T N U T F P R A W F K T B
T E T E O R L B N R N F R L C W P F S V T W E
R L H V G O D L L U B S W M S G I M W R N J H L
U P E I N F A N T R Y O H M O G N S A E Y Q M L
C M R L K J L X M M J Y Q A G Z G U M R K U V E
T A N D C O N X J I K Z P E R T S Y D K I A W A
O C E O V W V W M Y W H X L T H O B H C C N O U
R U C G X O F A O K R O M I G L Q W E O X T E W
I E K M Y A B E H O E N A K P T G Q Y V P I A O
X B E C H E S T Y P U L L E R N F V Y L P C Q O
U P A R R I S I S L A N D E T U L A S K J O O D
W E A P O N S T R A I N I N G B A T T A L I O N
U B H J D S T I N I R P T O O F W O L L E Y B T O
N P P Q P H Y S I C A L T R A I N I N G Z Y R X

Amphibious	Belleau Wood	Bulldog	Camp Lejeune
Chesty Puller	Commitment	Corporal	Courage
Deployment	Devil Dog	Dog Tag	Drill Instructor
Enlistment	Honor	Infantry	Iwo Jima
Jump Wings	Kaneohe Bay	Leatherneck	Marine
Ooh Rah	Parris Island	Physical Training	Quantico
Rifleman	Salute	Sergeant Major	Tun Taveran
Weapons Training Battalion	Yellow Footprints		

December Word Search



Christmas

N Z Q E O T E L T S I M M S I L V E R B E L L S
X I D C A R D S W R D V M S W O B C O A L A H Z
D E C O R A T I O N N E J A E B V T J I F N O T
S M O S Y G T B S T A Z E H T I A F O O G G P V
G H F F L P N R R V L B I G Y Z T N A Y L E E F
I O L R L R A P E T R Q B N J C X S L L S L K S
Q O N Q A N T R K E A G B R E F V U I G R L Y A
W S K G M Y I E C C G D E C E M B E R R E V E N
P R E B G E V C A B N D D O G S E D V O H L L T
I E K L X E I N R U E V O J U L D S N X V C X A
Y E E L D X T A C I D T I I N O H Y I E E Z L B
A D W G W N Y R T B H N H M U R K K S W L R W V
D N S O O G A P U D O E S L L A A A O B G A Y U
I I N G R O I C N A L M G W E C Q H L S N T A F
L E W O N K R N H N L A N S G H K D L J I S I K
O R R R I I S C G C Y N I X G N E E F X R N T Y
H C J E E T K H S E K R K M V S I M H O K S T Y
P G M N H A A C O R R O E Y B G S C H C B U E K
N I T Q A S T C O P P B E P H J F N N F C N S E
V C X G L M A H A T C H R I S T M A S A M O N F
P S I I K Y W D U V S Z H E I Z M X H I D I I X
S E L C I C I O R Y H S T D A K Y G H F Y J O Z
S G T R I M M I N G S S L I Z D S C T E W R P S
K R T I N S E L B S G R I N C H N E X I V O K Y

Ally	Angel	Bethlehem	Bows	Candles	Cards	Carols
Chimney	Christie	christmas	Coal	Dancer	Dancing	Dasher
Debbie	December	Decoration	Eggnog	Elves	Faith	Flo
Garland	Gingerbread	Grinch	Holiday	Holly	Hope	Icicles
Jolly	Kringle	Liz	Mistletoe	Nativity	noel	Nutcrackers
Ornament	Poinsettia	Prancer	Reindeer	Santa	Scrooge	Silver bells
Sleigh	Snowman	star	Stockings	Three Kings	Tinsel	Toys
tree	Trimings	Vacation	Vixen	Wise Men	Workshop	wreath

**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.
Above them, the twinkling stars are bright
In the freezing skies, this hallowed night**

**Seek them out
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

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.