



AMVETS  
 North Shore Veterans  
 Memorial Post 21 INC.  
 32 Marion St.  
 Oyster Bay, NY  
 11771-3702

Place  
 Stamp  
 Here



Veterans Serving Veterans & Community

VETERANS WEBSITES

AMVETS Dept. of NY.  
 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



February 2024 Vol.8 No.2

2023 - 24  
 Officers

COMMANDER'S COMMENTS

Greetings Brother and Sister AMVETS,  
 I would like to start off my Commander's  
 comments this month by thanking all our  
 members who attended and rendered military  
 honors at the wakes and funerals for Post 21  
 members, Richard Bellospirito and Robert Craft.  
 May their souls and all the souls of our faithful  
 departed veterans, through the mercy of God,  
 rest in peace.

Once again, it is time to turn our attention to this  
 year's Memorial Day and Fourth of July parades  
 and ceremonies. These are a major source of  
 pride and tradition to our Post and to our  
 community and will require the volunteer efforts  
 of you our members. Our parade chairman, Bob  
 Selby, goes well above and beyond what is  
 expected of him to make these projects the  
 successes that they are. So, I am asking our  
 members to step up and offer to assist Bob in  
 any way that you can.

Thank You For Your Service To Our Country,  
 Post 21 Commander Robert Lane

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- 1 Year  
 Philip Grella

Trustee- 2 Year  
 Robert Hathaway

## 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	37
Life Members	27
Deceased	- 1
Total	63

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

"Small deeds done are better than great deeds planned."

~Peter Marshall



### FEBRUARY BIRTHDAYS



- 1 Richard Arias
- 15 AMVETS Post 21 (2017)
- 20 Stephanie Augustine
- 21 Reginald Butt
- 21 James Morgan

## Taps



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It is with the deepest regret that we must report to you the passing of Post 21 member, Robert Craft. Bob was a charter member of our Post and a proud U.S. Army veteran, serving 1957 - 1963. Please keep Bob and the Craft family in your thoughts and prayers during this difficult time. May his soul, and all the souls of our faithful departed Veterans, through the mercy of God, rest in peace.



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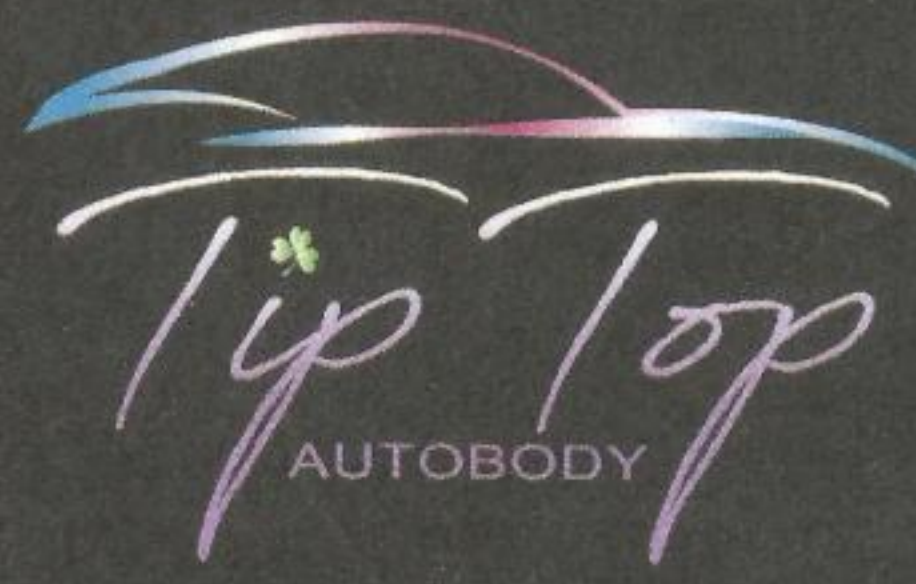
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 of Oyster Bay



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Authorized Reseller


Each office is independently licensed and operated.

**Mystery Veteran**



**Did you identify last month's Mystery Veteran?  
It was...  
Post 21 Charter Member  
Pat Lough  
US Army  
1977 / 1984**

**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**

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## Post 21 Polo Shirts

Red and White

S, M, L, XL	\$24
XXL	\$26
XXXL	\$28

## January Food Drive



Thank you for your continued support  
of our monthly food drive!

## Military Humor

### Guts And Balls

There has been much confusion about the medical and psychological distinction between guts and balls. We've all heard about people with guts or balls, but do we really know the difference between them? In an effort to keep you well informed, here are the definitions.

Guts is arriving home late after night out with your old shipmates and being met at the door by your wife holding a broom and having the courage to ask are you still cleaning or you flying somewhere.

Balls is arriving home late after a night out with your old shipmates smelling of cheap perfume and beer with lipstick on your collar, slapping your wife on the butt and having the courage to say "Hold on, Chubby. You're next."

I hope this clears up any psychological confusion on the definitions. Medically speaking, there is no difference in the outcome. Both will result in death.

## 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



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Post 21  
3 Season Jackets

S	\$80.00
M	\$80.00
XL	\$80.00
XXL	\$90.00



AMVETS  
Baseball Caps  
\$16.00 Each



AMVETS  
Patches \$3.50 each

## Did You Know...

### D-Day's Oldest Soldier: Theodore Roosevelt Jr.

Source: [www.news.va.org](http://www.news.va.org)

Theodore "Ted" Roosevelt Jr. was born in Oyster Bay, N.Y., in 1887. After graduating high school, Roosevelt attended Harvard College and worked as a branch manager at an investment bank.

#### The Great War

In 1914, Roosevelt began the junior officer summer program in Plattsburgh, N.Y. Roosevelt commissioned into the Army as a major when the United States entered World War I in April 1917.

Roosevelt was one of the first U.S. soldiers deployed to France as part of the American Expeditionary Forces. In Europe, Roosevelt's regiment fought in several major battles including the Battle of Cantigny and the Battle of Soissons.

For actions, he was awarded several medals and commendations, including the Distinguished Service Cross and the French Chevalier Légion d'Honneur. After returning to the US, Roosevelt became the governor of Puerto Rico and later governor-general of the Philippines.

#### World War II

Throughout the interwar years, Roosevelt continued military training each summer. By the outbreak of World War II in 1939, he had graduated from the United States Army Command and General Staff College at Fort Leavenworth, KS, and was eligible for a senior commission. When the US entered World War II in 1941, Roosevelt returned to active duty to command the 26th Infantry Regiment, 1st Infantry Division.

After promotion to brigadier general, Roosevelt led the 26th Infantry Regiment in the attack on Oran, Algeria. His contempt for personal danger and unorthodox tactics made him popular amongst his troops but often brought him in conflict with high command. General Patton recorded his disdain for Roosevelt's unorthodox behavior in his personal journal. Nevertheless, Roosevelt proved to be a competent general and was assigned as assistant commander of the 1st Infantry Division during the Allied invasion of Sicily.

#### D-Day

In February 1944, he was reassigned to England in preparation for the D-Day invasions of France. Understanding the difficulties many of the young American soldiers would be facing during the landings and hoping to use his rank and seniority to inspire confidence, Roosevelt requested that he be deployed along with the first landing wave. Despite protests from high command, his request was granted.

At 56 years old, Roosevelt was the oldest man deployed in the landings. Commanding the 8th Infantry Regiment and the 70th Tank Battalion, he was one of the first to land on Utah Beach.

Armed only with a pistol and his walking cane, he carried out reconnaissance and began directing his forces under heavy enemy fire. After the war, many of the men under his command recalled his calm and humorous demeanor as having inspired them to push forward.

On July 12, 1944, one month after the D-Day Landings, Ted died from a heart attack. In addition to the Distinguished Service Cross, the Army Distinguished Service Medal, four Silver Stars, and the Purple Heart. Roosevelt was awarded the Medal of Honor in recognition of his actions on D-Day.

D-Day.

We honor his service.



# This Month's Doctor's Corner



Easy steps for better health, less stress and better mental health:

By Dr. Sepulveda

Let It Go:

The first thing we need to understand is we don't control much. But what we do, we should never give away. Walk away from the past. Look at today and what you can do to get to a better tomorrow. Then do it. Do what you feel is right. Explain yourself to no one.

Hold them accountable:

Make people answer to what they are responsible for. No matter who they are. Never take the mindset that you are responsible for their failures.

Find your fire:

Fire is your passion, your spirit. It is what makes us alive! When you have this, you don't care what others think and you will have fun while enjoying everything you do. It is God's gift to each person. It is what we were born to be. It is what gives us meaning.

Controlling your impulse:

NEVER act on an impulse! Make the time to think before you act. This will give you time to address the issue in a logical manner.

Making a difference for someone else:

Practice giving of yourself without wanting anything in return. You are who you are for a reason. God built you this way. Use your gift. Lastly, remember even if you don't like someone, they too are special. Move on with it, don't judge and let it go.

Learning from our environment:

Nothing is by chance. Everything is a lesson. Everything is important. Take the time to practice using your senses, looking at the possible lessons, then act on them.

Self-Advisement from the one that knows best...YOU

Be brutally honest as you would be with someone you love and want the best for. Give the best honest advice you can with the most options, then take your own advice.

When you get bad health news;

Chose to fight. Nothing comes easy. But through faith in God and belief in yourself you can overcome and stabilize your life. Take control.

Words to the wise:

Always remember memories used the right way give us hope, make us smile and happy. Visions of the future keeps us focused. Purpose keeps us alive! God is always watching and blesses us all to live, use our gifts and make a difference.

Get connected! Don't forget, you are not alone, you have our Post 21 family. You matter and we are here for you!

AMVETS Post 21: Together making a difference.

# February 2024

Fly your flag on these days

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7 Post 21 Meeting	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23  Post 21 Executive Board	24
25	26	27	28	29		

PLEASE SUPPORT THE PROGRAM AND ACTIVITIES OF YOUR POST

## **IMPORTANT DATES**

5 Super Bowl Sunday

7 Post 21 Membership Meeting

12 Abraham Lincoln's Birthday

14 Valentine's Day

15 Post 21 Birthday (2017)

16 Post 21 Executive Board

19 USCG Reserves Birthday (1941)

20 President's Day

22 George Washington's Birthday

5,12,19, 26 Red Shirt Fridays

# January Word Search Answers



## New Year's Eve Word Search

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

- |           |             |           |           |             |           |
|-----------|-------------|-----------|-----------|-------------|-----------|
| toast     | time square | streamers | sparklers | resolution  | party     |
| new year  | music       | midnight  | memories  | mask        | last      |
| kiss      | january     | hourglass | holiday   | happy       | goodbye   |
| gold      | goals       | gathering | games     | future      | friends   |
| fireworks | festivities | family    | drinking  | dancing     | countdown |
| confetti  | clock       | cheers    | champagne | celebration | celebrate |
| bubbly    | ball drop   | balloons  | ball      |             |           |

# February Word Search

## President's day

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

- |                            |                             |                            |                              |
|----------------------------|-----------------------------|----------------------------|------------------------------|
| <b>John F. Kennedy</b>     | <b>Dwight D. Eisenhower</b> | <b>Harry S. Truman</b>     | <b>Franklin D. Roosevelt</b> |
| <b>Herbert Hoover</b>      | <b>Calvin Coolidge</b>      | <b>Warren G. Harding</b>   | <b>Woodrow Wilson</b>        |
| <b>William H. Taft</b>     | <b>Theodore Roosevelt</b>   | <b>William Mckinley</b>    | <b>Grover Cleveland</b>      |
| <b>Chester Arthur</b>      | <b>James A. Garfield</b>    | <b>Rutherford B. Hayes</b> | <b>Ulysses S. Grant</b>      |
| <b>Andrew Johnson</b>      | <b>Abraham Lincoln</b>      | <b>James Buchanan</b>      | <b>Franklin Pierce</b>       |
| <b>Millard Fillmore</b>    | <b>Zachary Taylor</b>       | <b>James K. Polk</b>       | <b>John Tyler</b>            |
| <b>William H. Harrison</b> | <b>Martin Van Buren</b>     | <b>Andrew Jackson</b>      | <b>John Quincy Adams</b>     |
| <b>James Monroe</b>        | <b>James Madison</b>        | <b>Thomas Jefferson</b>    | <b>John Adams</b>            |
| <b>George Washington</b>   |                             |                            |                              |

## Nassau County Supervisor's Award 2024

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Pictured left to right: Commander Bob Lane, Adjutant Bob Selby, and Judge Advocate Arturo Edwards.



Congratulations to Post 21 Judge Advocate, Arturo Edwards, on receiving the Nassau County Supervisor's Award in recognition of his military service from 1965-1967. Thank you for your service and for being a proud member of Post 21!

## DD-214's Now Available Online

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The National Personnel Records Center (NPRC) has provided the following website for veterans to gain access to their DD-214s online

Source: <http://vetrecs.archives.gov>

This may be particularly helpful when a veteran needs a copy of his DD-214 for employment purposes. NPRC is working to make it easier for veterans with computers to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former military personnel may now use a new online military personal records system to request documents. Other individuals with the need for the documents must still complete Standard Form 180, which can be downloaded from the online web site. Because the requester will be asked to supply information essential for NPRC to process the request, delays that normally occur when NPRC has to ask for additional information will be minimized. The new web-based application was designed to provide better service on these requests by eliminating the records center's mailroom processing time.