

in our post home >>>

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2025
APRIL



POST 52'S NEWS

A Publication of VVnW Jack Green Memorial Post 52



Our Troops >>>

**Project
Support
our Troops**

**UPCOMING
PACKING:**

➤ **Tuesday, March 4,
2025 at 5:30pm**

Visit us at:

<https://www.facebook.com/pages/Project-Support-Our-Troops/>

We are accepting stateside names and addresses, in addition to those deployed! Reach out to your friends and neighbors and let's get as many soldiers' boxes as we can.

Please Contact:
Kim Lengling at (814)
724-9099

OR

Laurie Davis at (814)
853-8145

Commander's Comments

This year is the 50 th Anniversary to the end of the Vietnam War. Welcome Home.

As I write these comments, I was reminded that today is National Vietnam Veterans recognition day. Of the 2.7 million of us that served in country, it is estimated that there are 850,000 of us still alive. 58,267 Vietnam veterans names are on the Vietnam Memorial Wall" in Washington D.C. They Are Not Forgotten.

Thank you to everyone that supports us and our many projects...from our Benevolent Fund ,Educational Assistance Fund, POW/MIA Vigil and Ride for Freedom to Project Support Our Troops. We could not do the things we do to help our veterans, soldiers and the community with out your help.

Our dinners are doing very well. Thank you for your support as this is how we pay the bills.

Thank you to all our volunteers that help prep, setup, tear down, clean up and prepare the food each and every week. We are always looking for help in the kitchen / dining room. If you have some spare time to help please let us know; we can and will use you.

Thanks again for all you do and thank you to all that have served.

Yours In Brotherhood,

Phil 814-282-9737



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The By-Laws have been revised and if no changes, will be voted on at the April monthly meeting. If you would like a copy of the By-Laws prior to the meeting, please call Laurie at 814-853-8145 or email vetspost52@gmail.com



APRIL 2025

Open for dine-in or Take-Out 4 pm - 7 pm
Homemade Dinners are open to the public

Gift Certificates available

CARRY-OUT AVAILABLE – CALL 814-807-1661

NOTE: We are closed for major holidays

FISH, SHRIMP, & SPAGHETTI SERVED EACH WEEK



Beer Battered Fried Fish

\$15

Deep fried haddock served with choice of fresh cut fries or baked potato. Served with choice of coleslaw or applesauce, veggie and dessert included.

Lemon Pepper Baked Haddock

\$15

Haddock seasoned with lemon pepper seasoning, freshly baked served with choice of fresh cut fries or baked potato. Served with choice of coleslaw or applesauce, veggie and dessert included.

Shrimp Basket

\$15

8 pieces of golden fried butterfly shrimp served with choice of fresh cut fries or baked potato. Also served with choice of coleslaw or applesauce and dessert included.

Spaghetti

\$10

Post 52 homemade spaghetti meat sauce. Served with choice of coleslaw or applesauce, bread and dessert included.



Feature dinner April 5, 2025

HOT ROAST BEEF SANDWICHES

\$12

Served with mashed potatoes, choice of coleslaw or applesauce, veggie and dessert.

Feature dinner April 12th, 2025

WINGS

\$1+

Choice of BBQ, Hot, Mild, Cajun or dry ranch. Served with choice of fresh cut fries or baked potato, choice of coleslaw or applesauce and dessert.

Upgrade to meal add \$5

April 19th - NO DINNER - HAPPY EASTER

Feature dinner April 26th, 2025

CHICKEN PARMESAN

\$12

Hand breaded chicken patty served over a bed of spaghetti topped with mozzarella cheese and Post 52 spaghetti sauce. Served with choice of coleslaw or applesauce and dessert.



Feature items change weekly



Details and Dates.....

Next troops packing – Tuesday, April 8 th – 5:30 pm

Lions Club meeting – April 10th

CPR Class – April 24th – 7 pm

Place flags on St James Cemetary in preparation for Memorial Day –
- Wednesday, May 14th – 6 pm

Blessing of the Bikes, Sunday, May 25th 1 pm

Local election primaries are Tuesday, May 20th. We will be selling hot roast beef sandwiches the entire day (11 am – 7 pm). Mark your calendars to come help in the kitchen.

COLOR GUARD. As you know, the Post is in need of color guard members. If you are not able to march, but would be willing to help with funeral detail/ceremonies, please let Phil Davis know immediately 814.282.9737. Post 52 will be in the Memorial Day Parade May 26th.

Membership Dues – if you have not paid your membership dues, they are now past due. This newsletter is the last you will receive until renewal is paid.

Post Meetings:

All Post monthly meetings are scheduled for the 3rd Monday of the month at 7:00 PM.

NEXT MEETINGS –April 21, May 19, June 16

You can keep up-to-date on Post information at www.post52.com



Commander: Phil Davis

1st Vice: Del Preston

2nd Vice: Tom Burbidge

Master Sgt-at-Arms: Jack Sheets

Trustee: Ken Novosel

Quarter Master: Laurie Davis

Secretary: Marsha Manning

RENTALS of the POST HOME

Use of Building Only:

- Member Rental Fee - \$75
- Non-Member Rental Fee - \$100

Use of Kitchen with Building:

- Member Rental Fee – \$125
- Non-Member Rental Fee -- \$150

Renter is responsible for set up of building prior to event and clean up after event. Thank you!

*Congratulations to **Captain Nathan Giroux** who was recently promoted to Major. Major Giroux is a member of the Pennsylvania National Guard. Nathan was in charge of the Stryker unit that served in Africa last year and we are honored to say he is a Post 52 member. We are also honored to have the support of his wife, Desiree and their sons, Bradley and Zach. The boys have helped many Saturdays with Post*

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*dinners.
America is
in good
hands!*



Veterans



Services

VETERANS RESOURCE

FAIR

**VETERANS
OF THE
VIETNAM WAR**



In Partnership with:

Harm Jan Huidekoper



Post 2006

Please join us:
July 26th, 2025 1
10:00 am - 1:00pm

Location:

Downtown Mall, 900 Water Street, Meadville, PA 16335

All Veterans, Active Duty service members and Family Members are welcome

Organizations and Agencies from around the area will be here to provide answers to your question and offer support.



FROM the VA



**The 2025 National Veterans Day Poster Contest is now open
March 10, 2025, Terri Evans, National Veterans Outreach Office**

Attention Artists: The 2025 National Veterans Day Poster Contest is now open for submissions. Here's your opportunity to show off your talent and use your artwork to honor Veterans. VA and the Veterans Day National Committee are now accepting entries for the 2025 Veterans Day Poster Contest. Submissions are due by 11:59 p.m. (EDT) on May 2, 2025.

This contest is open to all, and your art should reflect this year's theme: "Service to our Nation." After receiving more than 150 entries last year, Myisha Godette, a retired, disabled Army Veteran from Queens, New York, was selected as the winner of the 2024 contest. In describing her design, Myisha's inspiration was "the shared experience of service members—past, present and future—with elements like the American Flag, military "dog tags," and the enduring strength of Veterans, embodied by a solid, dark concrete background in my design."

The winning poster will be distributed to VA facilities, military installations worldwide, and across cities and towns in our nation. It will also serve as the cover of the official program for the Veterans Day National Observance at Arlington National Cemetery on Nov. 11, 2025.

To ensure your submission meets the technical requirements, please review [our design submission guidelines](#) before engaging your creativity. Successful designs are very simple, with minimal imagery and verbiage. To view examples of past winning submissions, visit [The Veterans Day Poster Gallery](#). Submit electronic versions as jpg/jpeg images or PDF files to vetsday@va.gov. Questions? Please email the Veterans Day Coordinator at vetsday@va.gov.

FROM the VA



**Live Whole Health #264: Hello body, great to meet you!
March 17, 2025, Andrea Young, Health Systems Specialist –with the Office of Patient Centered Care & Cultural Transformation**

Think about your body for a moment. Not as a whole, but as each of the amazing parts that make up your full physical being. Your eyes see these words and send signals to your brain to read them. Your skin, nails and hair grow. Your lungs expand as you take in oxygen. Your blood is nourished with that oxygen and your cardiovascular system sends those oxygenated blood cells to feed every part of your body. Your digestive system processes the food you ate. Your nervous system sends signals to your brain to alert it to all the sensations your body is experiencing. Your full body needs attention

The body is a true miracle, and you probably don't even think about it unless it is giving you trouble. Give your full body the gift of your attention with this 13:21 minute Full Body Progressive Muscle Relaxation. What other ways can you give your body the attention it deserves? Nourishing the body, moving the body, resting and recharging—all of these are ways you can care for yourself. VA offers support for all aspects of your body through programs such as [MOVE!](#), [Nutrition & Food Services](#), [Sleep 101](#) and [Whole Health](#).

Learn to manage pain

When the body screams for attention in the form of pain, it is hard to appreciate anything because of the persistent feeling of distress. If you are experiencing chronic pain, you may want to listen to the podcast [Whole Health for Veterans with Chronic Pain](#) to learn how all areas of the Circle of Health can support you.

FROM the VA



One Veteran's path to healing from trauma
"Just knowing VA that wants to help has been amazing."
March 8, 2025, Jenifer DeLemont, Public Affairs Specialist,
Pacific Islands VA, Navy spouse

Army Veteran Candace Decker describes herself as "being in a very dark place" before she connected with [Pacific Islands VA](#). She had experienced military sexual trauma while she was active duty and even after she left the Army she continued to have night terrors and other issues.

At first she didn't think VA had programs that she would find helpful. "I connected with the iVET Post Traumatic Stress Disorder Program first. They helped me to connect with other programs that could get me help that I needed," she shared.

When Decker first connected with VA she had terrible problems with her digestive tract from eating things that she didn't realize were causing inflammation and from taking pills for pain. With the help of VA doctors, she was able to change her diet. She was also able to discover triggers for her headaches. By looking for the root causes of her pain she was able to find ways to address that pain. She says now she is on a mission to help people learn how to heal without drugs, alcohol or pills.

Blue glasses that filter out fluorescent lights

"Different things work for different people. For me, regular yoga didn't work, but injury-friendly yoga helped. That's where we focus on poses that we can do and don't force poses that hurt us," she said. Decker also found other adaptations. The Cognitive Rehab program recommended her to the low-vision clinic. They were able to give her blue glasses that filter out the glare of fluorescent lights.

Fluorescent lights had been one of the things that were triggering her headaches.

She also found from a neurology referral that using a GammaCore device to deliver an electric shock to her vagus nerve helped when she had a migraine.

"Whole Health has been a big part of my journey as well. The idea that I am at the center of my care and that I can ask for what works for me has been really important. There is no doubt that Pacific Islands VA saved my life. But Veterans need to know that it wasn't easy. You have to put in the work. In Whole Health, in Trauma Therapy, you have to put in the work and be part of your own healing," she added.

Decker is still working on herself and her care. For a long time, she struggled to come to doctor's appointments. The lobby felt crowded and she didn't trust the people in it.

She says that just knowing there are people at VA that want to help her has been amazing.



It's OKAY to Ask for Help!

Please utilize this link to sign up and receive updates from the Veterans Administration via email and/or text messages:

<https://public.govdelivery.com/accounts/USVA/subscriber/new/>

CRISIS LINE – Crawford County 800-315-5721

and Erie County 800-300-9558

Suicide Hotline 800-273-8255 IF IMMEDIATE DANGER, CALL 911

National Resource Directory- www.nrd.gov – online directory to services and resources for wounded troops, veterans and their families.

AGENT ORANGE REGISTRY INFORMATION – 412-822-1707 OR

<https://www.publichealth.va.gov/exposures/agentorange/benefits/registry-exam.asp>

Herbicide Storage Location Link (OUTSIDE of Vietnam):

<https://www.publichealth.va.gov/exposures/agentorange/locations/index.asp>

CRAWFORD COUNTY VETERANS SERVICES OFFICE

814-333-7314 (phone) OR website information:

<https://www.crawfordcountypa.net/VeteransServices/Pages/home.aspx>

There is help available 24 hours a day, seven days a week:

The Veterans Crisis Line — Call (800) 273-8255, then press 1. You can also text/chat at 838255.

Dial 988 then Press 1 for crisis support 24/7!

Also available is the Women Veterans Call Center, which provides U.S. Department of Veterans Affairs services and resources to women veterans, their families and caregivers. You can also chat online anonymously with a call center representative. Call (855) VA-Women (855-829-6636) 8 a.m. to 10 p.m. on weekdays and 8 to 6:30 Saturdays. Use the same number to text.

The paper edition of Post 52's News is a quarterly publication.

The email (e-Edition) is issued monthly.

If you wish to receive a monthly copy, please send your email address to: post52snews@gmail.com

Paper Edition/Copy Schedule (subject to changes / extra editions): March, June, September, December.

Email Edition Schedule: January, February, March, April, May, June, July, August, September, October, November, December. Submission

Deadline for the Post 52 Newsletter is the 28th of each month. Items received after the 28th will be held for future issues, printed as time and space permit, and as appropriate.

Lion's Club dinners are listed on our calendar so that members are aware of when we need additional kitchen help; our Post caters the dinners for the Lion's Club. Stop in, lend a hand, and thank the Lion's Club members for their community work



What's Happening at Post 52 and around the Globe

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 SATURDAY NIGHT DINNER 4-7PM
6	7	8	9	10 Lions Club Dinner, help needed	11	12 SATURDAY NIGHT DINNER 4-7PM
13 A.B.A.T.E. meeting at Post 52 11:30am	14	15 Tax Day (Taxes Due)	16	17 Holy Thursday	18 Good Friday	19 NO Saturday Night Dinner – Happy Easter!
20 Easter	21 Post 52 Monthly Meeting 7pm	22 Earth Day	23 Administrative Professionals	24 CPR Class 7pm	25 Arbor Day	26 SATURDAY NIGHT DINNER 4-7PM
27	28	29	30			

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 SATURDAY NIGHT DINNER 4-7PM
4	5 Cinco De Mayo	6	7	8 Lions Club Dinner, help needed	9	10 SATURDAY NIGHT DINNER 4-7PM
11 Mother's Day A.B.A.T.E. meeting at Post 52 11:30am	12	13	14 Crossingville Cemetery, Placing of Flags 6pm	15	16	17 Armed Forces Day SATURDAY NIGHT DINNER 4-7PM
18	19 Post 52 Monthly Meeting 7pm	20	21	22	23	24 NO Dinner – Have a Safe Memorial Day!
25 Bike Blessing at Post 52 1pm	26 Memorial Day	27	28	29	30	31 SATURDAY NIGHT DINNER 4-7PM

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 SATURDAY NIGHT DINNER 4-7PM
8 A.B.A.T.E. meeting at Post 52 11:30am	9	10	11	12 Lions Club Dinner, help needed	13	14 Flag Day SATURDAY NIGHT DINNER 4-7PM
15 Father's Day	16 Post 52 Monthly Meeting 7pm	17	18	19 Juneteenth	20	21 Summer Solstice (Summer Begins) SATURDAY NIGHT DINNER 4-7PM
22	23	24	25	26	27	28 SATURDAY NIGHT DINNER 4-7PM
29	30					