

in our post home >>>

VVnW Commander, Phil Davis

814-282-9737

1st Vice-Commander, Del Preston

814-853-2915

2nd Vice-Commander, Tom Burbidge

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2025
OCTOBER



POST 52'S NEWS

A Publication of VVnW Jack Green Memorial Post 52



Our Troops >>>

Project Support our Troops

UPCOMING PACKINGS:

➤ **Tuesdays, October 7 and**

➤ **November 18 at 5:30pm**

Visit us at:

[https://www.facebook.c](https://www.facebook.com/pages/Project-Support-Our-Troops/)

[om/pages/Project- Support-](https://www.facebook.com/pages/Project-Support-Our-Troops/)

[Our-Troops/](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

OR

Laurie Davis at (814) 853-8145

Commander's Comments

Hello everyone. I hope all is well with everyone and this newsletter finds you in good health. As you know, we shut the Post down for a while to get some needed maintenance taken care of as well as getting ready for our upcoming inspection.

We have a new handicap parking area, maintenance is done on the heating / air conditioning, ice machine, water filter system, new exhaust fan filters, painting, deep fryers, steam table, new stainless steel, new shelving, kitchen / dining room has been thoroughly cleaned. A Big Huge THANK YOU to everyone that helped in any way. This was a lot of hard work. Now we are ready to open for dinners etc.

Thank you to our color guard members. We have been busy with several funeral details lately, including the passing of our dear friend Harold Beerbower who passed on September 19th, POW/MIA Day. Harold was a Prisoner of War in Korea for 28 months. To say he will be missed is quite an understatement. Rest In Peace My friend.

We had another successful POW/MIA Vigil and Ride for Freedom. It was a small group, but those that care were in attendance. Thank you to Josh Davis and Joe Klinzing For "flying" in from Wisconsin on their bikes to be a part of our ceremonies.

This month (October) is nomination of officers for the Post. Anyone interested in being on the Board please come to the meeting in October. All positions are open for election. These are two-year positions.

Thank you for your continued support with all our projects that help our veterans, their families, and our soldiers. We Are People Who Care.

Yours In Brotherhood,
Phil 814-282-9737

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

Post Meetings:

All Post monthly meetings are scheduled for the

3rd Monday of the month at 7:00pm.

Next meeting is September 15th

Clipart and images are deemed to be in the public domain.
If you believe you own a particular meme, please contact us.

4th Quarter 2025

Dinner Menu Updates:

POST DINNERS RESUME OCTOBER 4TH:



Thanks to everyone who pitched in with the building maintenance in August and September. Much painting was done, new shelves put in place in the kitchen, new back splash, much, much cleaning and organizing. Super job everyone!



Below is the menu for the remainder of 2025:

Fried fish, Baked Fish and Shrimp Baskets are available every week.

Features are:

October 4th - Hot Roast Beef Sandwiches

October 11th – Stuffed Peppers

October 18th – Wings

October 25th – Hot Turkey Sandwiches

November 1 – Chicken parmesan

November 8 – Meatloaf

November 15 – Wings

November 22 – Chicken & Biscuits

December 6 – Beef Tips over Noodles



Details and Dates.....

Next troops packing – Tuesday, October 7th – 5:30 pm.

Items needed are adult chapstick, canned fruit, trail mix, beef jerky

Troops Christmas packing will be held Tuesday, November 18th - 5:30 pm.

Lions meeting — October 9th - help needed beginning 3:00 pm



Next meeting October 20th 7:00 pm – nomination of officers

Mark your calendars – November 4th is Election Day. The Post will be serving Hot Roast Beef Sandwiches from 11 am to 7 pm. Much help is needed throughout the day beginning at 9 am. Please call Phil to schedule your time 814-282-9737.

POST ELECTIONS 2025

Nomination of Officers will be held at the October meeting. Nomination of officers and elections will be held at the November meeting. All elected positions are open – Commander, 1st Vice, 2nd Vice, Master Sgt-at-Arms, Secretary, Quartermaster, Trustee,

Meeting November 17th – nomination and election of officers

No monthly meeting in December



As you can see by the enclosed flier – the Post Christmas party is Saturday, December 20th. Meat choices are prime rib or stuffed chicken breast. Please contact Marsha Manning at 814-333-2519 with your meat choice. Bring a dish – we do not need to know what it will be.

In Memory



We were very saddened to hear of the passing of Post Life member Mike Kocyan, of Espyville. Mike served in the Army from 1971 – 1973. Mike was 73 years young. He helped with Saturday dinners and he did a super job of cleaning up pies. We send our brother much love and appreciation for his service to Post 52.



Harold W. Beerbower ***April 2, 1932 — September 19, 2025***

Harold W. Beerbower, 93, of Meadville, passed away Friday, September 19, 2025 at Meadville Medical Center.

Harold was born in Cambridge Springs, on April 2, 1932, a son of the late Charles and Bernice (Walters) Beerbower.

On February 23, 1957 Harold married Jean Jackard; she survives.

He was a member of St. Brigid Church, where he served as an usher from 1988 to 2017.

Harold attended Saegertown Schools leaving in the 10th grade to serve his country during the Korean Conflict. He enlisted in the Army on May 23, 1950 spending 16 weeks of basic training in Fort Knox, KY, and was then sent to Tokyo, Japan where Cpl. Beerbower was assigned to Company D 3rd Infantry Division as a Machine Gunner. Following six months of deployment in Korea he was captured by the Chinese on April 25, 1951 and spent the next 28 months as a Prisoner of War, being released on August 21, 1953. He was honorably discharged on October 24, 1953 and on December 15, 1953 he reenlisted and again was honorably discharged on April 14, 1955. He was awarded numerous medals including POW, Good Conduct, Army of Occupation, National Defense, Korean Service with bronze Star, Combat Infantry, United Nations, American Anthem and Ambassador For Peace Medals.

Harold retired from Channellock where he was a hammer man. He also had been employed by Impact Forge in Albion, McDonalds, and worked as a custodian for PNC Bank. Harold was a member of Barb Wire Assoc. of North West PA and Saegertown American Legion Post # 205. He was a lifetime member of American Ex-Prisoners of War, Korean War Veteran Assoc., Disabled American Veterans, VFW Post #2006 and Vernon Central Volunteer Fire Dept. Harold loved attending his POW Reunions and spending time with the fellow POW's. His hobbies included fishing, hunting, doing jigsaw puzzles, making wood crafts, playing cards and playing games with his grandchildren. Harold will be sadly missed by all that knew him especially his grandchildren and great grandchildren.

In addition to his wife, Jean, of 68 years, Harold is survived by daughters Karen Lou Bilich of Conneautville, Brenda Kay Henderson of Meadville, a son Jeffrey Alan Beerbower (Karen) of Meadville, his cherished grandchildren Julie Wallace (Don), Amy Hefner (Aaron), Stacey Betts, Chad Bilich (Stacey), Josh Beerbower, Seth Beerbower (Victoria), Jody Bailey, Gerald Henderson, Jr., Gerred Henderson, Cheyanne Hubbard, 14 great grandchildren, two great great grandchildren, many nieces and nephews.

Harold was preceded in death by two grandchildren, five sisters, five brothers, and a son in law Alan Bilich.

Visitation is 4-7 PM on Tuesday, September 23, 2025, at STEPHEN P. MIZNER FUNERAL HOME & CREMATION SERVICES, INC. 404 CHESTNUT STREET MEADVILLE, with a service by Vietnam Post #52 at 6:30 and a scripture service at 6:45.

Mass of Resurrection will be celebrated at St. Brigid Church, 383 Arch St., Meadville, at 12 PM on Wednesday, September 24, 2025 with Fr. Kyle Seyler, officiating.

Harold will be laid to rest in Roselawn with Full Military Honors by Vietnam Vets Post #52.

Memorials may be made to Hospice of Crawford County, 766 Liberty St. or Vietnam Vets Post #52, 13216 Dunham Rd., both in Meadville, PA 16335.

The family would like to thank the entire staff of Meadville Medical Center for the wonderful care they provided, and also to the Brotherhood of Vietnam Vets Post #52 for their ongoing presence and support.

2025 POW/MIA VIGIL

It was a tough one this year. Former Prisoner of War from the Korean War, Harold Beerbower, passed on September 19, 2025. That date was the official date of National POW/MIA Day this year. It is said our soul picks the day of our departure and Harold proved this to be true for him.





Friday evening the Post color guard was ready to go for a very meaningful upcoming evening. Pictured left to right: Jim Urquhart, Wayne Gray, Phil Davis, Tracy Gutfreund, Marshall Lillie, Mike Bennett, Del Preston and Bob Preston.



2018 Phil, Josh & Del paying their respects at the grave of Chester Williams.



2025. 7 years later and the boys haven't changed a bit!



We were honored to have Josh Davis and Joe Klinzing come all the way from Wisconsin to this year's Vigil and Ride. 600 miles and 11 hours later they made it safely. If you remember, in 2012 Josh Davis was still in the military and he was the family escort for the return of Korea POW Chester Williams.



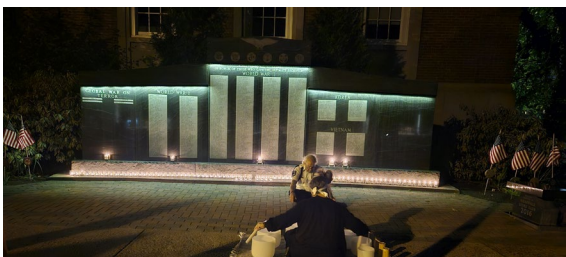
The touching words delivered by our Commander are always greatly appreciated. Not an easy task for him. Notice the Jeep in front of the gazebo. There is a POW flag and a folded American flag on the seat – the place where Harold Beerbower always sat.



When 1st Vice Commander gives his comments, be prepared with a tissue. Truly from the heart. Thank you, Del.,



Post 52 did a beautiful job performing the Missing Man Ceremony. Such a touching moment during the Vigil.



The weather was perfect for the Friday night Vigil. The candles are always so beautiful at night.



The bikes are coming in – getting ready for another memorable ride. Last count before they departed was 90 bikes.



Thank you to all the road guards for keeping everyone safe. Bikes are coming up Gable Hill and as they top the hill they will be greeted by the Beerbower family. Keep in mind the Ride was on Saturday and Harold had just passed on Friday morning. Such a special family that we are honored to have as part of our family.



Beerbower family acknowledging Riders. There weren't too many dry eyes for this part of the Ride.



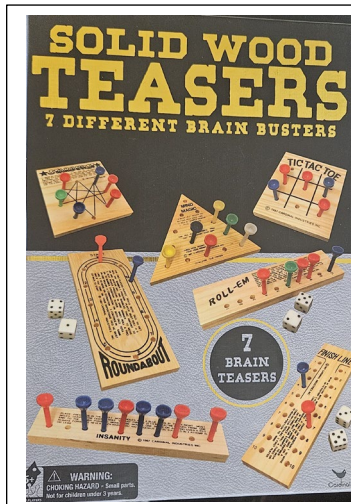
Two of Harold's children, Jeff and Karen, placed a wreath in his honor at the Ride ceremony on Saturday.



More of the special family of Post 52. From left to right: Josh Davis, Rich Anton, Tony Digiacomo, Joe Klinzing.



Wooden Cube Brain Teaser Puzzles For Troops



TIME TO THINK CHRISTMAS!!!

We are hoping to send a box of these wooden puzzles to each of our soldiers this Christmas. A box of 7 puzzles cost \$16. If you would like to donate, simply send a check and mark "puzzle" in the memo. You can also send a Christmas card signed by you that we will attach with the gift. Christmas boxes will be packed November 18th. There will not be a packing in December.



A mini troops packing was held to get some much-needed personal hygiene items to our soldiers. Thank you to Kim Lengling, Theresa Novosel, Colleen Miller and Trish Deemer for the help. We packed 50 boxes and got them on their way!



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!

Post 52
***Christmas
Party***

Saturday, December 20, 2025

***Social Hour 6 pm
Dinner 7 pm***

***Free for Post 52
members***

Bring a dish to share

***Entertainment by
Two Times Acoustic***

BYOB





VETERANS DAY LUNCH



11-11-25

11 AM - 2 PM



Please RSVP by Nov 4th

Call Theresa at 814-382-6363

FREE

FOR VETERAN POST MEMBERS AND 1 GUEST

at POST 52

13216 Dunham Rd, Meadville, PA 16335



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/Pa](https://www.crawfordcountypa.net/VeteransServices/Pages/home.aspx)

[ges/home.aspx](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



FROM the VA



A new path forward for Veterans living with PTSD - PTSD can affect anyone

**September 22, 2025, Hansraj Raghunandan
Public Affairs Specialist, Orlando VA
Healthcare System**

Facilities across VA offer a range of effective, evidence-based PTSD treatments helping Veterans rediscover hope, rebuild relationships and reclaim their lives.

“PTSD happens when the natural recovery process after trauma gets blocked—usually through avoidance,” explained Dr. Laura Meyers, program coordinator for the Trauma Recovery Team at the [Orlando VA](#). “For many, the trauma feels like it’s still happening. Our goal is to help them start living again.”

Core treatment options at VA facilities include Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), Eye Movement Desensitization and Reprocessing (EMDR), and Written Exposure Therapy (WET). Each therapy addresses PTSD differently and is tailored to the Veteran’s specific needs.

“If a Veteran is struggling with beliefs like, ‘I can’t trust anyone,’ ‘CPT may help most,” said Meyers. “If they avoid crowded places or activities, PE can address those behaviors. EMDR is often preferred by Veterans with multiple traumas because it adapts to the brain’s natural healing process.”

One Veteran’s story shows how impactful the right therapy can be. After witnessing an IED blast during deployment, he carried deep guilt, believing he could have done more.

“But around the sixth session, something clicked,” Meyers said. “He looked up and said, ‘It wasn’t my fault.’ From that point, his life changed.”

Individualized treatment goals

Dr. Camellia Westwell, a psychologist at the Viera Outpatient Clinic, emphasized that recovery is not just about reducing symptoms.

“For every Veteran, success looks different,” she said. “It might be playing with their kids, going to a graduation, or just feeling peace again. We build treatment goals around what brings them joy and meaning.”

Long-term resilience is a key focus of treatment at the Orlando VA. “We’re not just working on the past,” said Westwell. “We teach coping skills Veterans can use going forward. Some may continue with group therapy or booster sessions to stay on track.”

In addition to trauma-focused therapies, Veterans can access support for related challenges such as insomnia, nightmares and emotional regulation.

Options like CBT-I (Cognitive Behavioral Therapy for Insomnia), ACT (Acceptance and Commitment Therapy) and DBT (Dialectical Behavior Therapy) offer further tools for wellness. Whole Health programs also provide holistic support.

Treatment can also be available virtually. “Virtual care has been a game changer,” said Westwell. “Some Veterans feel more comfortable at home. It removes barriers like

transportation, pain or work conflicts, and opens the door for those who might otherwise avoid care.”

Dr. Meyers noted that about 90% of Veterans on her team now choose virtual sessions. “It’s helped so many engage in treatment who might have otherwise never walked in the door,” she said.

Still, stigma remains a barrier—particularly among male Veterans. “There’s a belief that asking for help makes you weak,” Meyers said. “But if you’d be honored to help someone else, why not let others be there for you?”

Her message to Veterans who are unsure: “Ask yourself—has what you’ve been doing been working? If not, give us a try. Start with one step. You don’t have to commit to months of therapy. Just get the information. You deserve a life worth living.”

If you’re a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. You don’t have to be enrolled in VA benefits or health care to connect. To reach responders, Dial 988 then Press 1, chat online at VeteransCrisisLine.net/Chat, or text 838255.

It’s never too late to apply for the VA health care you’ve earned. If you are a Veteran or know a Veteran who has not yet applied for their VA health care benefits, learn how to [get started](#).

This article was originally published on the [Orlando VA Healthcare System site](#) and has been edited for style and clarity.

FROM the VA



Simpler VA travel claims right from your phone **August 26, 2025, VA Office of Information and Technology**

[Eligible Veterans](#) can now submit mileage-only travel reimbursement claims through the VA Health and Benefits mobile app. This new feature saves time, reduces paperwork, and makes it easier to access your benefits with just a few taps on your mobile device. Read the [official press release](#) about this feature.

What this means for you

- Submit mileage-only travel reimbursement claims for VA-approved health care appointments using the VA Health and benefits mobile app.
- Access a travel claim option on the app’s home screen after an eligible appointment.
- Review and submit your claim directly in the app.
- Track the status of your claim without completing or mailing paper forms.

How to submit your travel claim

Watch a [short video](#) to see how easy it is to submit your travel claim, and then get started today by [downloading or updating the VA Health and Benefits app](#).

FROM the VA



Veterans find healing and skills through beekeeping **Beekeeping can be a therapeutic activity for many.**

September 24, 2025, Shatora Magna, Public Affairs Specialist, VA Northeast Ohio Healthcare System

A new buzz is in the air at the Cleveland Botanical Garden, thanks to an 8-week beekeeping course for Veterans in the [VA Northeast Ohio Healthcare System's](#) Whole Health program.

The course, launched earlier this summer, is a partnership between VA's Innovations and Whole

Health teams, the Cleveland Botanical Garden and Youth Bee Works, a local group focused on community beekeeping education.

Connecting with nature and each other

Every Monday, Veterans gather in the quiet outdoor setting to connect with nature, each other and the world of honeybees. The program combines hands-on hive work with lessons on pollination, honey harvesting and the wellness benefits of beekeeping—an extension of Whole Health's mission to empower Veterans to take charge of their well-being.

Marine Corps Veteran Mischelle Kwa said the program's value is in the camaraderie. "The connection with the other Veterans is meaningful," Kwa said. "It's all about the vets. This program helps us get connected with each other and with nature. I think it's beautiful."

Army Veteran Vickie Williams said the class even changed how she feels about bees.

"Once the working bees are out pollinating, they're pretty much harmless," Williams said with a laugh. "I don't have to swat them away anymore."

For Marine Corps Veteran Demetrius Jones, the draw is trying something new. "I thought I might get stung," he joked. "It's really cool and so far from the mundane—something to do just to check off your list."

Some participants leave with a deeper appreciation for honey. "I'm a convert—no more store-bought honey for me," Navy Veteran Andrew Watters said.

"What's great about the honey is we harvest everything here," Army Veteran Shirley Carter said. "Having something local, something you've built with your own hands—you can't beat that."

Air Force Veteran Paul Chizek said the program reflects Whole Health's broader focus.

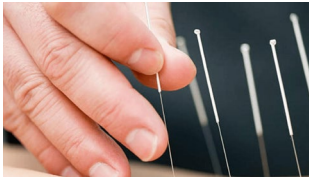
"There's a lot of good information—gardening, self-sufficiency, diet," he said. "Education is a big part of what they're doing, making us well-informed on everything that has to do with the body."

The course will conclude in October with a honey extraction event, where participants will collect and bottle their homegrown honey. So far, Veterans have already produced one-pound jars from hives they have tended. Organizers say the program demonstrates how beekeeping can foster healing, skill-building and environmental stewardship.

[Learn more](#) about the Whole Health programs your facility offers.

This article was originally published on the [VA Northeast Ohio Healthcare System site](#) and has been edited for style and clarity.

FROM the VA



Which pain therapy is best? New research shows promising results for managing pain **September 23, 2025, Melanie Nelson, Public Affairs Officer, VA Minneapolis Health Care**

System

VA's whole health approach to care connects patients with other services and helps with physical, psychological, social, and economic factors that impact wellbeing.

A new research study by the Minneapolis VA Center for Care Delivery and Outcomes Research (CCDOR) finds that complementary and integrative health therapies delivered through VA and through community care both offer potentially effective means of reducing chronic pain.

"We wanted to learn which chronic pain therapies work for Veterans and in which settings they work better. We also wanted to help inform Veterans when choosing where to seek out treatment," said Collin Calvert, core investigator and statistician.

Overall, the research team found that VA acupuncture and chiropractic had a stronger beneficial relationship with pain than community care acupuncture and chiropractic, while conversely community care medical massage therapy had a stronger beneficial relationship than VA medical massage therapy. Also of note, extrapolating to 12 visits of acupuncture therapy at VA resulted in clinically meaningful improvements in pain interference.

While findings may demonstrate that VA does some things better than community care, and vice versa, this almost certainly depends on who is going to which facility, the comparability of people who tend toward VA and community care, and the quality of care across clinics.

Whole Health to manage pain

Because VA uses a whole health approach to care rather than focusing just on a single chief complaint or health problem, patients may be connected with other services and receive help with physical, psychological, social and economic factors that impact wellbeing.

"Research contributes to VA health care delivery by identifying effective treatments and determining the best ways to deliver these treatments and services to Veterans," said Dr. Steven Fu, director, Minneapolis VA CCDOR.

The study, *Complementary and Integrative Health Therapies and Pain: Delivery Through Veterans Affairs and Community Care*, was published in the *Global Advances in Integrative Medicine and Health* last month.

If you are interested in learning more about what options are available to help manage your pain, please schedule an appointment with your provider.

This article was originally published on the VA Minneapolis Health Care System site and has been edited for style and clarity.

What's Happening at Post 52

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 SATURDAY NIGHT DINNER 4-7PM – Dinner RETURNS!
5	6	7	8	9 Lions Club Dinner, help needed	10	11 SATURDAY NIGHT DINNER 4-7pm
12 A.B.A.T.E. meeting at Post 52 11:30am	13 Columbus Day Indigenous People's Day	14	15	16	17	18 SATURDAY NIGHT DINNER 4-7PM
19	20 Post 52 Monthly Meeting 7pm	21	22	23	24	25 SATURDAY NIGHT DINNER 4-7PM
26	27	28	29	30	31 Halloween 	

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 SATURDAY NIGHT DINNER 4-7PM
2 Daylight Saving Time Ends	3	4 Election Day	5	6	7	8 SATURDAY NIGHT DINNER 4-7PM
9 A.B.A.T.E. meeting at Post 52 11:30am	10	11 Veterans Day	12	13 Lions Club Dinner, help needed	14	15 SATURDAY NIGHT DINNER 4-7PM
16	17 Post 52 Monthly Meeting 7pm	18	19	20	21	22 SATURDAY NIGHT DINNER 4-7PM
23	24	25	26	27 	28	29 NO dinner
30						

December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 SATURDAY NIGHT DINNER 4-7PM
7	8	9	10	11	12	13 NO dinner
14 A.B.A.T.E. meeting 11:30am, location TBA	15	16	17	18	19	20 NO dinner
21 Start of Winter (Winter Solstice)	22	23	24	25 Christmas 	26	27 NO dinner
28	29	30	31			