

in our post home >>>

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2025
JANUARY



POST 52'S NEWS

A Publication of VVnW Jack Greer Memorial Post 52



Our Troops >>>

Project Support our Troops

**UPCOMING
PACKING:**

- **Tuesday, January 15th 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

Laurie Davis at (814) 853-8145

Commander's Comments

Happy New Year. I hope everyone had a good holiday and all is well.

Thank you to everyone that attended the Post Christmas party. We had an excellent turn out, everyone had a good time and the music was great.

We had a busy year last year as always. We were able to help many veterans, soldiers and their families. This was accomplished because of all of you. I have said it many times and I will say it again, we do a lot to help our community, and we have a great team that makes that happen.

We will continue to send packages through Projects Support Our Troops to our service members stationed around the world. The Post will continue to support our military and their families as well as our veterans and their families and our community. It takes a lot of people to make this all happen so please lend a hand when you can.

We are always in need of help in our kitchen / dining room for Saturday night dinners. If that isn't your forte, we have other things to help with. If you want to know what is going on at the Post, please read your newsletter, frequently check the website (www.post52.com).

The color guard needs more members. If you are interested, or know someone, please encourage them to join.

Thanks for your Continued Support.

Yours In Brotherhood,

Phil 814-282-9737



JANUARY 2025

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

Gift Certificates available

Featured dinners change weekly

NOTE: We are closed for major holidays

CARRY-OUT AVAILABLE – CALL 814-807-1661

JANUARY 11TH IS THE 1ST DINNER OF 2025

Beer Battered Fried Fish

\$15

Deep fried haddock served with choice of fresh cut French 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 French 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 French fries or baked potato. Also served with a 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.



Details and Dates.....

Troops Packing is Wednesday, January 15th. 5:30 PM

Color Guard:

**January 11, 2025 – 1:00 PM. Unitarian Church (Diamond Park) Meadville.
Present colors – pledge to flag. Stay for ceremony – retire colors.**



Lions dinner – January 9th.

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 7:00 PM.

NEXT MEETINGS –NO meeting in December / January 20th



Thanks for all you do every day of every month!

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!



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!

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.

FROM the VA



***Veteran ready for 2025 Wheelchair Games
“Motorcycle accident kind of changed my life a little bit.”***

***December 31, 2024, Melanie Nelson
Public Affairs Officer, Minneapolis VA***

Hank Ebert joined the Navy in 1966 as a helicopter combat rescue airman. Based out of Japan and trained as a rescue combat swimmer, he spent two tours flying up and down the Vietnam coastline during the war. Shortly after returning home to Minnesota in September 1970, his life took a dramatic turn.

“I got in a motorcycle accident. Motorcycle versus car. That kind of changed my life a little bit,” he shared.

Ebert’s family took him directly to VA. Unfortunately, his injuries were so severe that he rolled out in a wheelchair.

He went to college and, just before his last quarter, was offered a job from a Brainerd bait shop operator to serve as Minnesota Gov. Rudy Perpich’s guide during the Governor’s Fishing Opener of 1976.

“Yeah, I’m going to go fishing.”

“I was getting bored with college anyway and I thought, yeah, I’m going to go fishing. I ended up fishing for 46 years. I’ve caught a lot of fish, a lot of big fish,” he said.

His years of perseverance as a guide landed him perhaps the biggest fish of them all. He was inducted into the [Minnesota Fishing Hall of Fame](#) in 2023.

While local fame comes from his angling expertise, he is a bit of a superstar in the National Veterans Wheelchair Games crowd, too. Ebert started competing in the games, co-presented yearly by VA and Paralyzed Veterans of America, in 1993.

"The first game I went to I did five events and got five gold medals. I thought 'yeah, this is okay.'" Ebert has competed in over 20 games. One of his most memorable was 2006 in Anchorage, Alaska. Competing in the archery event, he split an arrow already in the target with another arrow. "I was the first person to ever shoot a Robin Hood at the games," he said.

"It's just impressive what people will do."

If winning competitions hooked Hank, it's the inspiration he sees in other competitors that keeps him on the line.

"There are people here with their physical disabilities... I'm not sure I'd be here in the same situation. It's just impressive what people will do. People don't see each other for a year, then it's all hugs and kisses. It's just awesome," he added.

Ebert, 77, is beginning to feel the games are getting to be more work, but the camaraderie with his fellow Veterans keeps him coming back. Being a great competitor doesn't hurt either. In the 2024 Games in New Orleans, he earned gold in archery and trap shoot, silver in discus and bronze in shotput.

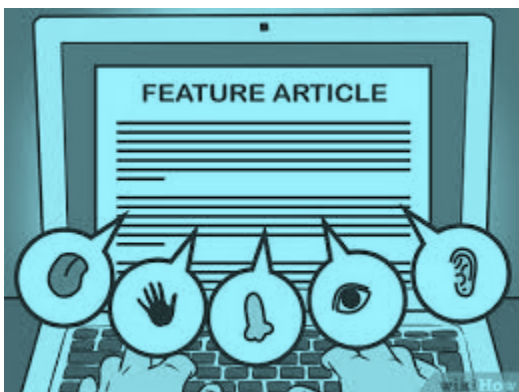
The National Veterans Wheelchair Games will be held in Minneapolis July 17-22, 2025. [Learn how you can be a volunteer or register to be an athlete](#). To see pictures from the 2024 Games, visit [2024 National Veterans Wheelchair Games | Flickr](#).



FROM the VA

Looking for a quick link to resources at the Veterans Administration:

<https://www.va.gov/resources/>



Special Section pages 6-20

The Year in Year Review: 2024

**VETERANS OF THE VIETNAM WAR,
JACK GREER MEMORIAL POST 52**

2024 IN REVIEW

**VETERANS
OF THE
VIETNAM WAR**



People Who Care

Post 52 keeps very busy throughout the year with many on-going projects aimed at serving veterans, their families and the community. Let's look and see how we did in 2024 (history tid-bits added for fun)



WEEKLY DINNERS

Held every Saturday, serving from 4 pm – 7 pm.
Workers come in at 1:00 pm and leave around 9:30 pm

**42 WEEKS OF SATURDAY NIGHT DINNERS GENERATED OVER
\$59,000 INCOME IN 2024.**

3,874 dinners were served. Over 1075 fish were baked/fried. Over 1600 potatoes peeled. Over 500 servings of spaghetti served. And that means 3,874 desserts were baked and served. GREAT JOB CREW! Special shout out to Theresa Novosel, Sheila Preston and Laurie Davis for their hard work on all those desserts. Sorry, I don't have a count of how many dishes were washed – but Charlie Manning can tell you it was a lot!

At the risk of missing someone....we're sending a huge thank you to all the volunteers who help with Saturday night dinners.

Phil Davis
Del Preston
Ken Novosel
Theresa Novosel
Stan Niwa
Marsha Manning
Charlie Manning
Jack Sheets
Jim Urquhart
Adam Novosel
Jake Novosel

Myke Bennett
Laurie Davis
Charlene Smith
Anissa Claypoole
Brooke Davis
Ed McClay
Randy Eddy
Tracy Gutfreund
Bill McComas
Heather Roseberg

This list makes it look like we have more help than needed. Actually - we discovered that these folks all have lives and families and responsibilities separate from the Post. There are weeks when we may only have 5-6 workers. If you would like to help make a difference, please let us know.

The income from the weekly dinners pays the utilities, building upkeep and repairs, buys new equipment needed, etc. We do not have a mortgage (never have) and these volunteers make all that possible.

Spring always starts with the Blessing of the Bikes for a safe riding season.



Another sure sign summer is coming is putting flags on the graves of veterans at St. James Cemetary in Crossingville. I'm not sure how many years the Post has been doing this, but I do know it has been since the early 1990's. Thank you to this year's crew. This happens each year in May – watch your newsletter for the date to be a part of this extremely meaningful activity.



NEW SIGN



It was an exciting Spring with the arrival of our new sign. This was a 2-year project. It began with the wind blowing down the original logo sign. We turned in a claim to the insurance company and waited. While we were waiting, a semi pulled into our parking lot and hit what remaining sign there was! So, another claim was filed. Again we waited. And then it all lined up and now we have a digitally programmable lighted sign.

BUILDING BLESSINGS

Perhaps you have noticed in your newsletter that the building is available to rent for events. The building has been beneficial for many uses, birthday parties, baby showers, memorial dinners, etc.



Happy Birthday to Yvonne Fleet – her family surprised her with a surprise birthday party at the Post. No – I’m not telling you how old! (but I think I heard 39)



Mike Parks wife surprised during Saturday dinner with a cake and surrounded by folks that love him.

ANNUAL POW MIA VIGIL AND RIDE FOR FREEDOM

The annual vigil is held the 3rd Friday of each September in conjunction with National POW/MIA Day. The Ride for Freedom is always the following day.



The 1st Ride was in 1998 – the first time the Post sponsored the Vietnam Veterans Moving Wall in Diamond Park. That Ride was called Run to the Wall. Annual rides afterwards were called Ride for Freedom. The Post has been dedicated to educating the public that there remains Prisoners of War and Missing in Action still unaccounted for from all wars. The motorcycles have been used as a means to get the public's attention, and they have successfully done that for years.



Once again, the color guard stuns us with the Missing Man Ceremony. The frosting on the cake is when Adam Falkenberger plays Amazing Grace on the bag pipes.

COLOR GUARD:

The color guard is in constant demand for ceremonies, funerals, memorial services, etc. Color Guard members are needed to continue to provide these services to deserving veterans and their families.

For the first time since 1988, the Color Guard was not able to march in the Halloween Parade due to lack of members.

Consider signing up to make this possible.



Color Guard at a Veteran's Celebration of Life Memorial Service

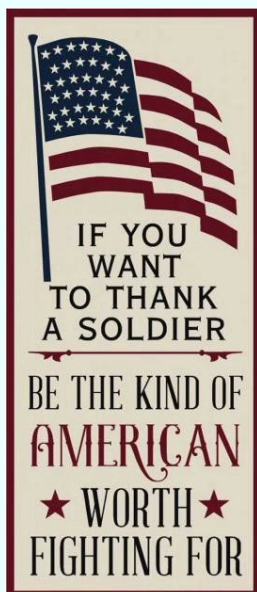


The Color Guard has many duties for Veterans Day. They raise the flag at the Community Center followed by the Missing Man Ceremony. The ceremony leaves me in awe each time I watch them perform it.

The community was blessed to get a new VA Clinic this year. You may love it, you may complain about it, but I remember years ago when there were no local veteran services. Things have changed for the better.



Post 52 color guard presented and retired colors at the Ribbon Cutting ceremony of the new clinic.

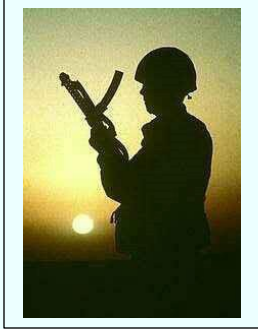




VETERANS DAY FREE LUNCH FOR MEMBERS

We were very excited to reach the financial position of being able to offer our members something for Veterans Day. Our veteran members work so hard at many Veterans' Day activities that we wanted to do something for everyone. Although it's not extravagant please know that it is planned and prepared from a heart of great appreciation.





PROJECT SUPPORT OUR TROOPS:

The very first boxes were sent in December, 2000. At that time, the Post held their monthly meetings at VFW 2006. We had very little money, but we had members and friends who were missing someone that Christmas because they were in the military. We were all very aware that the Vietnam Vets were not properly remembered during the holidays (or at any time) and we decided to not let that happen again. We spent approximately \$100 and sent 6 small boxes of candy with a letter of appreciation to those serving. We were not prepared for the response we received from these soldiers. They were very moved to receive our packages and we immediately knew the project had to continue. 24 years later, we still send packages monthly with tremendous support from our community.



We like to refer to all the activity at each packing as organized chaos. Many hours of prep are put into each packing; from preparing the labels for shipping to each soldier, making sure we have enough inventory of items to send, placement and packaging of items on the table to be placed into the boxes. The packings go immensely fast – usually ½ hour to pack 50 boxes. Over 1,400 boxes were shipped in 2024 with shipping cost more than \$25,000. Great job everyone!



**MEADVILLE AREA SENIOR
EXPO**

Each year Michele Brooks holds a few Senior Expos and has collection boxes for Project Support Our Troops. The wonderful citizens of these communities bring items which helps us with the packings. We are so grateful for the support.



We were blessed this November that One Federal Credit Union donated \$1,500 towards our Christmas packing AND brought pizza for everyone that helped pack boxes. It was a fun, chaotic time!



Adam Magoon has held a golf outing (I believe it's been 4 years in a row now) and he donates the proceeds to Project Support Our Troops. Adam received our packages when he was deployed. His actions speak volumes about the difference this makes to soldiers.



I am sure most of us remember last New Year's Eve when the local National Guard unit was deployed. There are no words to explain the energy in the air that day. Families and friends feeling overwhelmed that their loved one is leaving. Soldiers feeling sad they have to leave their families and feeling anxious about what the next few months brings for them.

Side note – it was freaking cold that day!

With the deployment of our local unit – Project Support Our Troops got busy gathering donations for the larger than normal shipments that would take place over the next several months. We are very grateful for the communication we had from the unit from Captain Nathan Giroux (pictured below). He is the son-in-law of Myke Bennett and we received communication on items they needed most. Captain Giroux's wife and sons were present at our packings which kept us motivated and in touch with reality at our goal of making a difference.



Upon his return from Africa, Captain Giroux came to our Christmas packing and presented the Post with a Certificate of Appreciation from his unit. See the stupid look on my face – I'm trying not to cry! Our job continues – while is unit is back stateside, a replacement unit has been sent to Africa. We were able to get Christmas boxes out to the entire new unit of 113 soldiers, plus 61 not attached to that unit. We will be extremely busy for 2025.

BENEVOLENT ACTIVITIES

The benevolent fund continues to be very active. We help veterans and their families with various expenses, buying groceries, Christmas present for their children, mortgage payments, utilities, various types of repairs. It is critical that the weekly dinners continue to profit to keep this valuable program running.

The benevolent enables the Post to help disabled veterans with ramps. Thank you to Norm M'Sadoques, Phil Davis, Shawn Albaugh, Theresa Novosel & Jake Novosel for making yourselves so available for this important project.



PA Soldiers and Sailors Home

The Pennsylvania Soldiers' and Sailors' Home (PSSH) in Erie is the oldest of the six veterans homes, having served as an important historic marker throughout Erie County since it opened in 1886. The home rests on 26 acres overlooking beautiful Lake Erie, but you can't walk far before coming across a symbol of the lives sacrificed and freedoms fought for. Whether it is the Major General "Mad Anthony" Wayne Blockhouse, Avenue of Flags depicting each of the five military branches or the landmark Civil War cannon, anyone visiting the home is reminded that American heroes have made the PSSH their home for more than a century."

The Post gives a present to every resident at the Soldiers and Sailors Home. This year that was 167 presents. The Home has a variety of residents from elderly unable to care for themselves to younger who have found themselves in a homeless situation. There are male and female veterans. There are a small number of non-veteran women who are able to live there because of their husband's military service. None are forgotten by Post 52.



MONTHLY NEWSLETTER – The newsletter is sent monthly to those with an email address. Quarterly for those who do not have an email. If you do not have email and would like to receive the newsletter monthly, simply let us know (Laurie 814-853-8145). If for some reason you do not receive the emailed copy of your newsletter you can always get it from our website – www.post52.com. At the bottom of the first page you can open the newsletter and read it online.

A huge thanks to Rita Preston for the beautiful newsletter she puts together each month in a very timely manner.



We are very excited that 20 new members joined the Post in 2024. We currently have 166 paid members.



Again, an annual Christmas party is no small feat. In past years it was catered and members had to pay for dinner. Catering fees/food costs became so high that it is difficult to keep the cost under \$50 a person. We knew that would tremendously affect attendance so once again the dedicated kitchen crew comes through to save the day. The Post covers the cost of meat – everyone brings a dish and we all get to enjoy each other's company. If you have any suggestions for the Christmas party, we would love to hear them. Do you want entertainment at the party or not? If so, what kind of entertainment? Meal suggestions? Let us know.



If you have noticed this tree every year – this is our Memory Tree. It bears the names of members who have passed, but are not forgotten. It has been my dream to hold a ceremony recognizing each when putting up this tree. Maybe if we get enough interest, that will happen one day.

LIONS CLUB DINNERS

Each month the Lions Club holds their monthly meetings at the Post and has dinner prior to their meeting. A huge thank you to Marsha Manning for chairing that committee and to the many helpers that help her each month.



Health Benefits of Volunteering

When it comes to volunteering health benefits, mental health is typically the first thing that comes to mind. While it is easy to recognize that volunteering improves your mental well-being, it can be harder to quantify exactly why. That's why there have been so many scientific studies into the links between volunteering and mental health.

Research also has found that volunteering can alleviate loneliness, reduce depression, and increase positive thinking. Volunteering makes you happier!

By reducing stress, boosting happiness, encouraging physical activity, fostering social connections, and providing a sense of purpose, volunteering contributes to a healthier and potentially longer life

Volunteers report better physical health than nonvolunteers. Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older. Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine.

Did you know that volunteering, in any capacity, can lower your blood pressure? A study from Carnegie Mellon found that 200 annual volunteer hours reduces your risk factor for high blood pressure and hypertension by 40%.

Together, these volunteering health benefits decrease inflammation and directly correlate to a stronger, healthier heart and a decreased risk of heart disease.

All of the cumulative health benefits of volunteerism combine to result in an extended lifespan. With greater social interaction, less stress, improved mental health, better physical fitness, and a stronger heart, you are much more likely to live longer.

However, these findings are not just anecdotal. A wide variety of studies have been conducted to investigate the correlation between volunteering and longer life spans.

- One study found that volunteers are 30% more likely to get flu shots and 53% more likely to get mammograms and x-rays—preventative measures that result in longer lives.
- A study published in *Health Psychology* established a definitive link between altruistic volunteering and living longer.
- Research from Harvard showed that individuals who volunteered 100 or more hours a year (approximately 2 hours per week) were 44% more likely to be alive after a 4-year period than individuals who didn't volunteer at all.

The science is clear: volunteering is good for you

Thank you to the Board of Directors for their dedication and service to the Post



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

Ever wonder how the building stays so clean and looks so nice –

Again, a great big shout out to Theresa Novosel for all her hard work

What's Happening at Post 52 and around the Globe

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	
			1 New Year's Day	2 Hanukkah ends	3	4
5	6	7	8	9 Lions Club Dinner, help needed	10	11
12	13	14	15 5:30pm Troops Packing	16	17	18
19	20 Martin Luther King Jr. Post 52 Monthly Meeting 7:00pm	21	22	23	24	25
26	27	28	29	30	31	

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Groundhog Day	3	4	5	6	7	8
9 Super Bowl	10	11	12	13 Lions Club Dinner, help needed	14 Valentine's Day	15
16	17 Presidents Day Post 52 Monthly Meeting 7:00pm	18	19	20	21	22 Washington's Birthday
23	24	25	26	27	28	

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Ash Wednesday	6	7	8 Int'l. Women's Day
9 Daylight Saving Begins	10	11	12	13 Lions Club Dinner, help needed	14	15
16	17 St Patrick's Day Post 52 Monthly Meeting 7pm	18	19	20 Start of Spring (Spring Equinox)	21	22
23	24	25	26	27	28	29 Earth Hour
30	31					