

in our post home >>>

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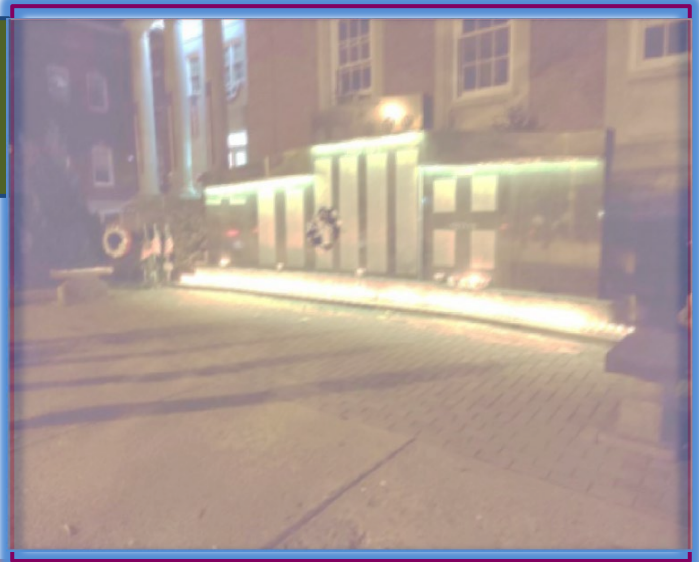
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2026
JUNE



POST 52'S NEWS

A Publication of VVnW Jack Green Memorial Post 52



Our Troops >>>

Project Support our Troops

UPCOMING PACKINGS:

- *To Be Announced*
 - *(see info on page 3)*
- 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

OR

Laurie Davis at (814) 853-8145

Commander's Comments

I want to take this opportunity to thank everyone that has stepped up to help in many ways during Laurie and my absence. We appreciate everything you do.

The post has many things going on with our dinners, Support our Troops, color guard details and all the before and after work that goes into each project.

Thank you to Norm for filling in as color guard captain as this is a lot of work and much of it is last minute, phone calls etc.

Thanks to the Board of Directors for keeping things going and Del for filling in as Commander.

We could not do all the things we do for our veterans and our community without all of your hard work. Everything we do benefits a veteran in some way. Remember we are 100% nonprofit Veterans volunteer organization and 100% of our money helps veterans, their families and our soldiers.

Also remember membership is open to all veterans of all eras with an honorable discharge. It has been that way since the organization was formed. Everyone's service matters. We are people who care. Thanks for your continued support.

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 June 15th

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

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**Please send us your email
so you can receive your
newsletter monthly and in
full color!**

June Dinner Menu Updates

(Saturdays only):

You can call the Post (814-807-1661) to place To-Go Orders!

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 June 6, 2026

CHICKEN & BISCUITS *(ask your server for side selections)*

\$12

Feature dinner June 13, 2026

HAM LOAF with BAKED SWEET POTATO

\$12

(ask your server for side selections)

Feature dinner June 20, 2026

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**

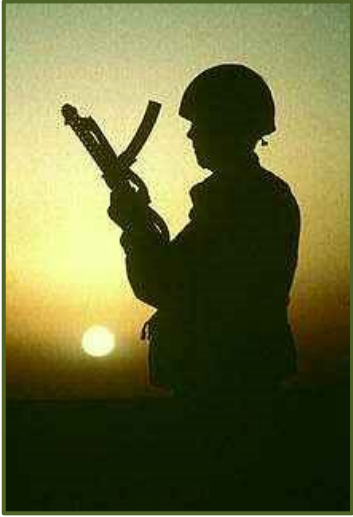
Feature dinner June 27, 2026

BEEF TIPS OVER NOODLES *(ask your server for side selections)*

\$12

**Don't forget to visit our website (<http://post52.com/>)
and Facebook page for updates!**





NEXT TROOPS PACKING –

Next troops packing – TO BE ANNOUNCED. We are still unable to send boxes, however, we are supporting our soldiers with letters of support. We are hopeful bases will reopen soon.



Details and Dates.....

Next meeting – June 15th – 7 pm

Veterans Resource Fair – Thursday, **August 6th** at the Downtown Mall

MARK YOUR CALENDARS – CRAWFORD COUNTY FAIR August 22 – August 29.

Set up help will be needed prior to the 22nd. The booth needs manned all day, every day. If you can help but you're not sure of days or times, please send an email to vetspost52@gmail.com and we will contact you as the dates get closer.

2026 -2027 Officers

Phil Davis, Commander
Del Preston, 1st Vice Commander
Jim Urquhart, 2nd Vice Commander
Master-Sgt-at-Arms, Jack Sheets
Quartermaster, Laurie Davis
Secretary, Sheila Preston
Trustee, Ken Novosel

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!



Remembering Duery Felton: Guardian of the Wall May 14, 2026, Suzanne Sigona, National Park Service Volunteer, Vietnam Veterans Memorial, Washington, D.C.

As I reflect on my early days working at the Vietnam Veterans Memorial, out of all the colleagues and volunteers I've worked with, one name stands out: Duery Felton. It's crucial for Veterans and their loved ones across the nation to know who he was and the profound impact he made.

Duery C. Felton, Jr. was a Vietnam Veteran who proudly served with the 1st Infantry Division, famously known as the Big Red 1. We lost this hero in March. While many may not have known his name, they placed their faith and trust in his work, and I believe that is worth honoring.

A Guardian of history

As the curator of the collection of artifacts left at the Vietnam Veterans Memorial in Washington, D.C., Duery played an essential role in preserving the memories and stories of countless individuals. His position with the National Park Service was more than just a job; it was a calling.

When I first met him, I quickly learned that he was the caretaker of precious offerings, the items of immense emotional weight left there by visitors. David Guynes, a former NPS site manager and curator, explained to me that the collection aimed to record the contemporary history of the Vietnam War. Each item left at the Wall was treated with the utmost respect and care, and Felton was committed to honoring that trust.

Felton, displaying some of the gifts left behind.

A multi-faceted role

Felton was not just an archivist, he was a detective, a student and a storyteller. He often went to great lengths to ensure that every artifact was accurately identified and properly stored. In the early days, considering the sheer volume of offerings, this was no small feat. He embraced this responsibility with passion and integrity, understanding the significance of each item and the stories they told.



His dedication was palpable, and his enthusiasm infectious. I remember the sadness that enveloped us when we learned of his passing in March. The world felt a little less rich without him, and hearts ached, knowing he had so many more stories to share as the "Keeper" of our personal offerings.

A lighthearted moment

On a lighter note, I fondly recall a Memorial Day weekend when a group from Wisconsin arrived at the Wall on a Harley. I immediately called Duery to share the news. With his characteristic humor, he responded, "I guess I better quit joking about someone possibly leaving me a Huey." It was moments like these that reminded us of his spirit and the joy he found in his work.

Legacy of devotion

Duery's devotion to his role at the National Park Service was legendary. His meticulous care for the artifacts left behind by visitors ensured that their stories would live on, resonating with future generations. Though he may no longer be with us, his legacy continues through the work he dedicated his life to and the memories he helped preserve.

As we honor Duery Felton, let us remember not just the man, but the impact he had on so many lives. May we carry forward his spirit of dedication, integrity and love for history. Thank you, Duery, for your unwavering service and for being a guardian of our collective memories. You will be missed, but your work will always resonate at the Wall.

FROM the VA



***Here's how to see attorney and agent fees paid by VA
January 21, 2026, Cat Trombley, Director of
Communications, Veterans Benefits Administration
(Editor's Note: this article is from January)***

Beginning this month, the Department of Veterans Affairs websites and social media channels will show the amount of money it is legally obligated to send to VA-accredited [attorneys](#) and [claim agents](#) who have assisted Veterans with their disability claims.

While paying attorneys for their services out of the money owed to the Veteran when a claim is granted is nothing new, sharing the data with the public is. And it's quite striking.

Veterans and survivors have a choice when filing a claim with VA: They can hire a VA-accredited Veterans Service Organization (VSO), an attorney, or a claims agent who is authorized by VA to represent them, and their family, in matters related to VA benefits. Attorneys and claims agents receive payment for their assistance.

While VA-accredited VSOs assist with preparing and submitting claims for free, some VA-accredited attorneys and claim agents provide services for free on initial claims only (it's important to note that they may not, by law, charge a fee for initial claims). But most VA-accredited attorneys and claim agents provide their services after VA has decided your initial claim. At this later stage in the claims process, they may charge a fee for their services. VA pays the VA-accredited attorneys and agents fees first out of the Veteran's past-due benefits, often called backpay. These fees cannot exceed 20% of the calculated backpay before any other withholdings (such as military retired pay). If a Veteran's actual backpay after withholdings is not enough to cover the entire attorney/agent fee amount, the difference is paid to the attorney from VA funds.

Every month, VA will post the amount of money it has paid to attorneys and agents during the last 12 months, the monthly average over the last 12 months, and the amount paid during two previous months. Our goal is to show Veterans where this money goes, why VA pays it and the amount we pay.

- In the last 12 months: \$394.7 million.
- Monthly average over the last 12 Months: \$32 million.
- November 2025: \$29.4 million
- December 2025: \$35.3 million

While VA is [posting data](#) starting today, and soon it will break down by calendar year, state and congressional district. We believe making this information available to the public is an important step in ensuring Veterans have the tools and information they need to make the best decisions regarding their claims.

FROM the VA



***Lymphatic drainage techniques aid
Veterans exposed to toxins
May 30, 2026, April Eilers, Public Affairs
Officer, Veterans Health Care System of
the Ozarks***

VA Ozarks achieves promising results with new treatment approach

Thanks to an innovative approach to treatment being performed at Veterans Health Care System of the Ozarks (VHCSO), Veterans exposed to harmful toxins during their service are receiving relief from various debilitating symptoms.

Dr. Naomi Moran, an occupational therapist, certified lymphedema therapist and Army Veteran, is achieving significant results by incorporating lymphatic drainage techniques. Her patients report relief from symptoms caused by exposure to airborne toxins during their service.

Specializing in impaired lymph drainage

Moran specializes in treating conditions related to impaired drainage of lymph fluid, which she calls “the sewer water” in our body. Whenever there is inflammation and swelling, that swelling is lymph fluid. When lymph fluid does not drain properly, the back-up can negatively impact health. Moran recognized that Veterans who have been exposed to airborne toxins had similar symptoms as Veterans who had impaired lymph drainage from other causes, such as radiation and surgical treatments for cancer. She started using those same lymphatic treatment techniques to treat her patients with toxic exposures.

Sources and symptoms of toxin exposure

Army Veteran Morgan Hopson in the Veterans Health Care System of the Ozarks physical therapy gym.

Sources of active-duty toxin exposure include burn pits, chemical warfare, jet fuel and Agent Orange, among others. Veterans exposed to toxins often suffer from a wide range of symptoms, such as chronic breathing and sinus issues, headaches, skin rashes, brain fog, restless legs and sleep disturbances. Currently, there are no known interventions that target toxic exposure symptom reduction, and Moran’s treatment has the potential to revolutionize this care and ease Veteran suffering.



Morgan Hopson is one of the Veterans receiving benefits from the treatments. Hopson, who served in the 41st Transportation Company, didn’t then know that his biggest battle would come after he returned home. During his tour, he was exposed to sarin gas, leaving him with severe cognitive, respiratory and lymphatic issues.

“When I came home, I thought I was going to die. Many of my fellow Veterans passed away after returning home and I thought I was next,” he recalled.

Hopson’s despair turned into hope when Moran began incorporating lymphatic drainage techniques into his treatment plan. As treatment progressed, she focused more on neuro-inflammation and using techniques aimed at mobilizing lymphatic drainage from his brain. Within six months of starting this treatment, Hopson stopped declining and started improving. Over the past two years, he experienced a remarkable improvement in his condition.

“Thanks to Moran and this treatment, I now have hope and a better quality of life. The toxins are still in me, but I’m no longer in a wheelchair,” he said. “I can sleep at night. Imaging and testing show my brain functioning has improved. I’m not in and out of the hospital anymore, and my life no longer has an ‘expiration date.’ This treatment is saving my life!”

Broader application for Veterans

Moran is using the same lymphatic drainage approach for other Veterans exposed to toxins. For many of her patients, using an in-home, FDA-approved, VA-issued device to mobilize lymphatic fluid has been a game changer. The ability to receive effective treatment in the comfort of their own homes makes this approach even more beneficial, providing Veterans with convenience and positive results that enhance their overall well-being.

Promising research and results

Moran’s research and findings utilizing this device for Veterans with post-exposure symptoms is promising. The pilot study found that Veterans who used the device reported significant improvements in their symptoms. For instance, with consistent home usage, 83% reported a decrease in headaches, 61% experienced better breathing, and 61% had improved sleep patterns. For many of these Veterans, lymphatic drainage treatment has made a huge difference in their quality of life.

“So many Veterans that have been exposed to toxins are suffering from chronic pain,” said Moran. “More research needs to be conducted. But I am thrilled to provide this technique that can provide

relief for Veterans and want every Veteran to know, we can help.”
VHCSO is dedicated to rigorously researching the outcomes of this treatment for Veterans with toxic exposure and remains steadfast in its commitment to providing the highest quality care for our nation’s heroes.



Post 52 did a fantastic job in the Memorial Day Parade. As always – looking sharp. Pictured left to right: Norm M’Sadoques, Marshall Lillie, Wayne Gray, Myke Bennett, Chris Barnes, Del Preston



They’re ready to roll! Veterans on the trailer left to right: Mr. Russell, Ken Gilmore, Pete Duarte, Jack Sheets. Colorguard members: Norm M’Sadoques, Marshall Lillie, Wayne Gray, Myke Bennett, Chris Barnes, Del Preston

FROM the VA



Your spring-harvest farm-to-table must-haves **May 26, 2026, Taylor Janish, Registered Dietitian and** **Associate Chief of Food Operations, VA Maryland Health** **Care System**

A guide to enjoying spring's bounty on your plate

Spring is known for longer days, warmer weather and new growth. This includes the growth of vibrant [produce](#) like leafy greens, root vegetables, berries and herbs.

Why buy in-season produce?

- Better taste and nutritional value. Fruits and vegetables picked at peak ripeness are packed with flavor and nutrients. Out-of-season produce is often picked early to withstand long transport times. This can lead to less flavor and fewer nutrients.
- Budget friendly. Locally grown, seasonal foods cost less to transport and process, so they're often cheaper. Buying local, [such as at community farmers markets](#), supports your community and family-owned farms.
- Support the environment. Local produce travels shorter distances, meaning lower emissions and less need for preservatives or chemical treatments. Choosing in-season, local produce is an [eco-friendly](#) choice.

Spring seasonal "must-haves"

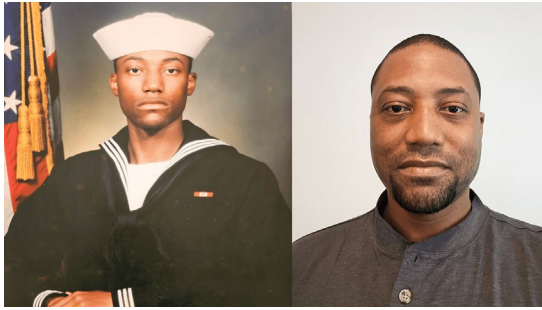
- [Leafy greens](#). Collard greens, kale, spinach and Swiss chard grow well in spring. They're rich in vitamins (B, C, E, and K) and micronutrients (magnesium, calcium, potassium and iron). Rinse them well and remove the leaves from the stalk before cooking. Try this [Sautéed Swiss Chard](#) for an easy side dish.
- [Asparagus](#). High in [fiber](#), vitamin K and folate, asparagus is another veggie to try this spring. Asparagus can be eaten raw, but most people prefer it cooked. If preparing [fresh asparagus](#), cut off the tough bottom third of each stalk before cooking. Try combining two spring vegetables for a true seasonal powerhouse with this [Asparagus and Spinach Risotto](#).
- [Berries](#). Blackberries and strawberries are some of the first fruits ready in spring. They're low in calories and high in fiber, making them a [great snack](#) or meal addition. Wash and dry berries thoroughly before eating. Store them in a paper towel-lined container to keep them fresh. For a quick, no-cook breakfast, try this [Berry Yogurt Protein Bowl](#).
- [Herbs](#). Basil, mint, chives, parsley and cilantro are a few spring plants that are great to use in your meal preparation. Adding [fresh herbs](#) boosts flavor without adding salt and sugar. Try this [Fresh Herb Chimichurri](#) or [Fresh Herb Pesto](#) to marinade, dress or top your next meal. Find ways to add seasonal produce into your meals by checking out VA's [Healthy Teaching Kitchen](#) program website and speaking with a VA dietitian.

Topics in this story



Master-Sgt-at-Arms, Jack Sheets celebrated another birthday on May 23rd. I think he said he turned 39. He certainly looks very handsome in his patriotic crown! Love ya Jack.

FROM the VA



What's your 'why' for stopping tobacco use?

Finding motivators to quit

September 13, 2025, Dana E. Christofferson, Ph.D., Tobacco Use Treatment Program, Office of Mental Health

Every Veteran who wants to stop using tobacco finds their own motivation for quitting. For Dustin Johnson, a Navy Veteran who was smoking a half pack to a full pack of cigarettes each day, the biggest motivator was cash.

Johnson estimates he was spending \$60 to \$70 each week on cigarettes. That adds up to about \$3,640 a year—money he could spend elsewhere in more productive ways.

“It’s not a cheap habit,” he said. In early 2024, his father’s death and health expenses impacted Johnson both emotionally and financially. When a VA doctor encouraged him to sign up for tobacco cessation treatment and support, he was ready.

“It was time for a change,” he admitted.

Finding your motivation

Many motivators have inspired Veterans to stop smoking or use of other forms of tobacco. Veterans commonly report that one or more of these reasons motivated them to stop, too:

- Personal health. [Physical and mental health benefits](#) of stopping tobacco use include a reduction in cancer risk, lower blood pressure, improved lung health, enhanced sleep, reduced stress and improved mood.
- Family. Stopping tobacco use sets a good example for your kids, and it helps extend your life so you can [be there for your children and grandchildren](#). It also protects your loved ones’ health: Second-hand smoke is responsible for more than 40,000 deaths a year, raises the risk of cancer and heart disease in nonsmoking adults, and can worsen children’s asthma.
- Starting a family. Smoking contributes to problems getting pregnant and increases the risk of miscarriage, stillbirth and premature delivery. Men who smoke increase their risk of infertility. And second-hand smoke affects babies before and after they’re born.
- Personal appearance. Smoking, or the use of smokeless tobacco, can lead to stained teeth, gum disease, mouth sores, tooth decay and tooth loss. Toxins in tobacco can contribute to premature wrinkles.
- Financial. How much money could you save? Use this [online calculator](#) to estimate how much cigarettes are costing you each week, month and year.

For Veterans trying to stop their tobacco use, reminding themselves of their reasons for stopping can be powerful. SmokefreeVET, a [free motivational text messaging program](#), advises Veterans to make a list of all the reasons they want to become tobacco-free and to keep it in a place where they’ll see it often.

Learning how to stop: One Veteran’s journey

Johnson’s journey to becoming tobacco-free began during a physical with VA providers in November 2024, when his doctor encouraged him to sign up for VA’s tobacco treatment program. Until then, he hadn’t been aware of the extent of VA’s program and how much he could do for free or at low cost.

Johnson took his first steps toward tobacco-free living in January 2025. Doing so was on his list of New Year’s resolutions, and he followed up by contacting VA to get started. The treatment

program helped him choose a course of action.

VA [treatment options](#) include counseling, prescription medications and nicotine replacement therapy. For Johnson, nicotine patches helped kill his early morning cravings and nicotine gum helped quell urges later in the day. He also joined a smoking cessation group of about eight Veterans at his local VA facility.

“Listening to other people’s stories and seeing them go through their own trials and experiences is always a helpful tool,” he shared. “It helps put more context on it and helps me think about more than just myself.”

It also helped Johnson hold himself accountable. “I find it harder to go back on what I say if I say it to someone other than just myself,” he explained.

Cashing in for his future

No longer spending money on cigarettes, Johnson repurposed his spending to help further his education: “I’m using it to prepare myself for what possibly could come, so I’m learning more technical skills and certifications in the AI industry.”

While it was the financial motivator that proved strong for Johnson, he recognizes that every Veteran needs to find their own reasons, on their own timetable. “That motivation is going to have to come from within,” he added.

Finding ways to get started

Are you motivated to stop using tobacco? Here are three easy ways to get started today:

- Explore information and resources on [How To Quit](#) tobacco or nicotine use.
- Contact your VA provider to discuss your options and consider which treatments may work best for you.
- Call VA’s free telephone quitline at 1-855-QUIT-VET (1-855-784-8838) for counseling and help with developing a plan. [Quit VET](#) coaches offer counseling in English or Spanish.



Color Guard members Marshall Lillie, Wayne Gray, Bob Preston, and Norm M’Sadoques were honored to serve during the jersey “retirement” ceremony / commemoration in April for the late Jacob (JR) William Smith’s jersey #10. Jacob was on leave from the US Navy when he passed away unexpectedly in Pennsylvania in June 2025.



Hot Roast Beef Sandwiches were sold during Primaries on May 19th.

It's a long day and we are very grateful for everyone who pitched in to make it happen.



Starting out early in the morning to get everything ready to go for the 11:00 opening were *Norm M'Sadoques, Sheila Preston, Jim Urquhart, Stan Niwa, Myke Bennett and Bill Holzer.*



Doing all the clean up from a busy day *Del Preston, Kim Lengling, Kim Mumford, George Gisewhite and Myke Bennett.*

Thank you Myke for taking the day off work and to help at the Post all day. Myke also has filled in with ordering food and supplies for everything the Post has going on. It's a lot of work and every bit of it makes a difference for the Post.

Our sincere apologies to the afternoon crew.
We missed getting your picture, but please know your help was greatly appreciated.
Colleen Miller, Bob Preston, Christopher Keller.



FROM the VA



It's hot. Here's how to stay safe with your medicines this summer

May 24, 2026, Alex Cousins, National Center for Health Promotion and Disease Prevention (NCP)

Summer is finally here! For many of us, that means more time outside, physical activity and exposure to the heat. Whether you're splashing in the pool with friends and family, tending the garden or even just running errands on a sunny afternoon, it's important to know how your medicines can affect your body's response to the sun and heat.

Certain medicines can:

- Limit your ability to sweat, which is the main way your body cools down.
- Reduce your thirst, so you may not feel like drinking enough water.
- Affect your blood flow and nerves, causing your body to hold onto heat.
- Increase urination and raise your risk of dehydration.
- Make your skin more sensitive to the sun.

Altogether, medicines can make you overheat faster, miss signs of overheating and dehydration, and make it harder to recover quickly.

Reducing risks

It's important to be mindful and aware of the medicines you take, especially because they affect people differently. Talk to your VA provider or pharmacist if you have questions about your medicines. Practicing these healthy habits can help reduce your risks:

- Stay hydrated. Aim to drink about 8-12 cups of water per day to stay well-hydrated. If you don't like plain water, add fruit or a calorie-free flavoring, or choose drinks like tea or sparkling water.
- Find shade. If you must be in the sun, try to take breaks in a cool, shady spot under a tree or an umbrella. If you're out in the community, you can also step inside places like libraries or other public buildings to stay cool.
- Limit outdoor activities. Try not to be outside during the hottest part of the day (usually 10:00 AM to 4:00 PM).
- Protect your skin. Apply SPF 30 sunscreen or higher and wear a hat or protective clothing.
- [Limit alcohol](#) and excessive caffeine. Alcohol can interact with medicines and cause stronger reactions. Alcohol and caffeine can also dehydrate you by causing increased urination and electrolyte loss.

It's important to know the warning signs of heat-related illness. Seek medical attention if you experience:

- Heavy sweating
- Dizziness or lightheadedness
- Nausea or vomiting
- Headache
- Muscle cramps
- Confusion or unusual behavior
- Fast heartbeat
- Extreme tiredness

Storing medicines safely in the summer

In addition to affecting your health, heat can affect your medicines. Keep them away from direct sunlight, warm cars, steamy bathrooms or a hot stove. Some medicines must be kept cold, so you may need to store them in a refrigerator. If you have any questions about whether your medicines are affected by heat, or how to safely store them, ask your VA healthcare team.

As a reminder, don't stop taking or change your medicines without talking to your healthcare team first, even during hot weather.

[Knowing your medicines](#) is an important way to stay healthy. With a little planning and care, you can protect yourself and maintain your best health in the summer.

To learn more about how to work with your VA care team to understand your medicines, visit [VA's Know Your Medicines page](#).



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.**

What's Happening at Post 52

June 2026						
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 SATURDAY NIGHT DINNER 4-7PM
14 Flag Day 	15 Post 52 Monthly Meeting 7pm	16	17	18	19 Juneteenth	20 SATURDAY NIGHT DINNER 4-7PM
21 Father's Day 	22	23	24	25	26	27 SATURDAY NIGHT DINNER 4-7PM
28	29	30				

July 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Independ. Day NO Saturday Night Dinner – Have a Safe Holiday!
5	6	7	8	9	10	11 SATURDAY NIGHT DINNER 4-7PM
12	13	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	

August 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 SATURDAY NIGHT DINNER 4-7PM
2	3	4	5	6	7	8 SATURDAY NIGHT DINNER 4-7PM
9	10	11	12	13	14	15 SATURDAY NIGHT DINNER 4-7PM
16	17	18	19	20	21	22 SATURDAY NIGHT DINNER 4-7PM
23	24	25	26	27	28	29 SATURDAY NIGHT DINNER 4-7PM
Crawford County Fair Aug 22 - 29						
30	31					