

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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facebook: www.facebook.com/pages/Post-52

Mailing Address: P.O. Box 771, Meadville PA 16335

Street Address: 13240 Dunham Road, Meadville

2025
DECEMBER



POST 52'S NEWS

A Publication of VVnW Jack Green Memorial Post 52



Our Troops >>>

Project Support our Troops

UPCOMING PACKINGS:

➤ **Tuesday, January 27**
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

OR

Laurie Davis at (814) 853-8145

Commander's Comments

Merry Christmas everyone. It's December already and we have had another busy year at Post # 52. We have helped many people in our community as we always have.

We continue to help Veterans and their families as well as educate the community. With our Benevolent fund, Project Support Our Troops, our color guard performing all of its duties, our educational programs, Ride for Freedom and our POW/MIA Vigil, as well as going to the schools to educate our youth (not to mention our kitchen and dining room staff) ... we do stay busy at Post 52.

We couldn't do any of it without all our Wonderful volunteers and everyone who supports us. We are Blessed. Thank you to everyone who accepted positions on the Board of Directors for the upcoming two-year term.

We still have some things to do before the end of the year. There are Christmas boxes going out to our soldiers and we will also be visiting the Soldiers and Sailors Home for Christmas on December 14th. We will be leaving the Post at 12:00 Noon. Hope to see you all at the Christmas party December 20th.

Thanks again to everyone that supports what we do.

Yours In Brotherhood,
Phil 814-282-9737

Post Meetings:

All Post monthly meetings are scheduled for the

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

Next meeting is January 19th

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



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

Dinner Menu Updates:

Below is the menu for the remainder of 2025:

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

LAST DIINER FOR 2025:

December 6 – Beef Tips over Noodles.

Dinner will resume January, 2026. We are extremely grateful for the wonderful support for our dinners. On November 1st, we served 144 dinners in 3 hours. That equals 1 dinner served every 1 minutes and 15 seconds. Everyone busted butt that night. Thank you to the wonderful, dedicated kitchen staff!

Details and Dates.....

- Lions meeting — December 11, 2025 – help needed beginning at 3:00 pm
- Next meeting January 19th, 2026. There is no meeting in December.
- Next troops packing – Tuesday, January 27th – 5:30 pm.
- No monthly meeting in December – installation of officers

Post elections were held at the November meeting.

Your officers for the 2026-2027 term are:

- ✓ 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

Congratulations to the new Board and many thanks for their willingness to serve.

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

2024 -2025 Officers

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!



Membership Renewal Form

**REMINDER - YOUR 2026 MEMBERSHIP DUES ARE NOW
DUE BY 12/31/2025**

NAME: _____

ADDRESS (IF CHANGED): _____

PHONE: _____

EMAIL: _____

Keep up to date on Post information by checking the website

www.post52.com

Post email - vetspost52@gmail.com

Annual Dues \$20 ----- Life Membership \$200

If none of your contact information has changed, simply mail your check and write “dues” in the memo. You do not need to use this form unless you need to update info. Mail to:

Post 52
PO Box 771
Meadville, PA 16335

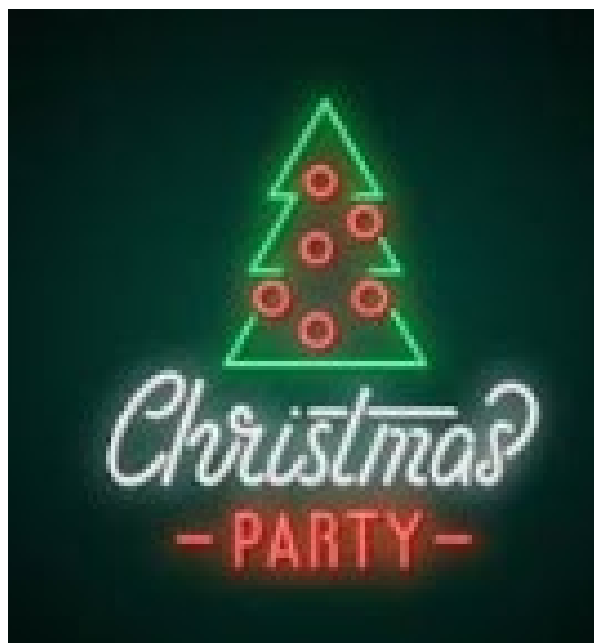
Welcome New members

- ❖ *Rich Moore, US Marine, Conneautville*
- ❖ *Christopher Barnes, US Marine, Conneaut Lake*
- ❖ *Jazmin Barnes, Conneaut Lake*
- ❖ *Gary Hough, Vietnam Army, Meadville – LIFE member*
- ❖ *Stanley Pratt, Army, Meadville*
- ❖ *Conrad Holzer, Army/Air Force, Meadville*
- ❖ *Bill Holzer, Army, Meadville*

Color Guard and other Post members kept busy with many Veterans Day responsibilities. They attended Little's Corners Church where they presented colors; several went to Conneaut Lake Middle School where they spent the entire school day talking with students about their military experience. On Veterans Day they raised the flag at the Community Center, kicking off the event, followed by the Missing Man Ceremony.



Jim Urquhart and Jack Sheets received their 15 minutes of fame while attending the Veterans Day program at the Community Center.



As you can see by the enclosed flier – the Post Christmas party is Saturday, December 20th. Social hour begins at 6 pm. Dinner at 7 pm. Meat choices are prime rib or stuffed chicken breast. Please contact Kim Lengling at 814-724-9099 with your meat choice. Bring a dish – we do not need to know what it will be.



For those of you that might not know, this is Laurie Davis' father. Laurie's parents were both extremely active in the Post for a number of years. When the new building was built, mostly by volunteers under the direction of the contractor, Bill spent day after day working on site 10 – 14 hours every day for several months. He was a very caring, hard-working, valuable member. We will never forget his contribution to the Post.



William M. Stevens

August 3, 1936 — November 22, 2025

Cambridge Springs

William “Bill” M. Stevens, Jr., age 89, of Cambridge Springs, passed away Saturday morning at 11:11 AM, November 22, 2025, in his residence.

He was born in Buffalo, NY on August 3, 1936, the son of William M. Sr. and Rose (Balcerzak) Stevens.

On May 27, 1961, Bill married the former Mary Ann Sibley, she passed away on September 4, 2014.

He was employed as a production worker at Penn Union in Edinboro for 38 years and previously was employed at Frontier Homes in Meadville.

Bill was a former member of the Conneautville V.F.D., Crawford County Fire Police Association, Veterans of Vietnam War Post # 52, and a volunteer for the Thurston Classic Air Balloon Festival for 15 years and enjoyed deer hunting.

He is survived by a daughter, Laurie Davis and her husband Phil of Meadville; a sister Shirley Stevens of Buffalo, NY; four granddaughters, Anissa Claypoole and her husband Alan of Stoneboro, Nicole Benghe and her husband Tom of Redmond, Oregon, Carrie Frantz and her husband Jeff of Townville, Sarah Miller and her husband Aaron of Meadville; ten great grandchildren; five great-great grandchildren; and several nieces and nephews.

He was preceded in death by his parents, wife, and two brothers Richard Stevens, and Jimmy Stevens.

A Funeral Service will be held on Saturday, November 29, 2025, at 1:00 PM in ROSE AND WAID FUNERAL HOME & CREMATORY, 581 CHESTNUT STREET, MEADVILLE, with Pastor Marshall Lillie, officiating. Military honors will be rendered at the conclusion of the service by The Veterans of Vietnam War Post #52. Family and friends will be received on Saturday from 11:00 AM until the time of service. Inurnment will be in Greendale Cemetery. A dinner will follow after the service at Veterans of Vietnam War Post #52, 13216 Dunham Rd., Meadville PA, 16335.

In lieu of flowers memorial contributions may be made to Veterans of Vietnam War Post #52, P.O. Box 771, Meadville PA, 16335.

Memories may be shared at rosefh.com.



*These precious souls are on the "In Memory" Christmas Tree on display at the Post.
 We honor them for their hard work and service to Post 52. We take this time to
 celebrate each and every one of them.*

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**

Call Kim Lengling with your
choice of stuffed chicken breasts
or prime rib

814-724-9099

by December 13th

BYOB



**Ugly Sweater
Contest!**

SUPPORT OUR TROOPS



The Christmas packing went very well. Thank you to everyone involved. Boxes are on their way in hopes of letting those serving know they are remembered and missed during this holiday season. There are always lots of hands to help at Christmas time and they are much needed.



Thank you to Neason Hill School for the collection of items for troop Christmas boxes. The big kid on the right is Kim Lengling who got a chance to meet some of the children involved.



Thanks to everyone who worked at the Hot Roast Beef Sandwich dinner on Election Day, November 4, 2025. We sold 106 dinners that day. The huge shoutout for that day goes to Sheila Sampson. She is one of the ladies working the polls. She sold \$381 in candy bars. That is definitely a record. Thank you Sheila.

We were surprised with a gift of \$2,040.46 from "Mayor" Justin Moore.



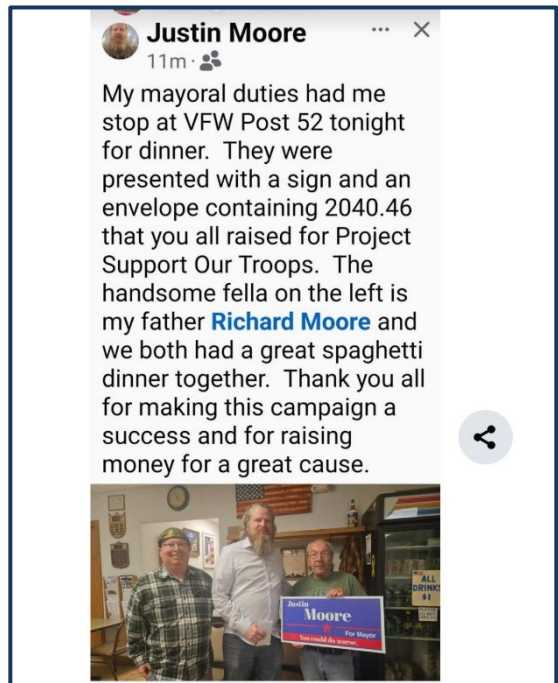
What a tremendous help for sending the Christmas boxes. Thank you Mayor Justin.



Gifts will be wrapped for the Soldiers and Sailors Home on Wednesday, December 10th at 6 pm. Help needed.



We will be delivering gifts and visiting residents at the PA Soldiers and Sailors Home in Erie on Sunday, December 14th at 1: 00 pm. Anyone wanting to caravan should meet at the Post – we will leave the Post promptly at Noon. Or you can meet us at the Soldiers and Sailors Home, 560 E. 3rd St, Erie, PA 16507.





How Veterans can find relief when life gets heavy, or just heavier

November 25, 2025, Chris Maxwell

Director of Communications, Outreach, and Events for the Office of Suicide Prevention

Find support and tools to ease the pressure before it feels like too much

We've all felt pressure. Maybe it starts small. Like a few bad days or a feeling you can't quite shake. You try to keep it in and keep going. But little by little, it piles up until suddenly it's too powerful to ignore. Veterans know this feeling, too. Whether it's transitioning back into civilian life, feeling overwhelmed at work or class, caring for a loved one or just trying to get through the day on little sleep, pressure looks different for everyone. But the weight can feel the same—heavy and exhausting.

When you're under that kind of strain, it can leave you feeling stuck. Like what you're going through isn't "bad enough" to ask for help. But you don't have to wait until you hit rock bottom to reach out. Support is here for you, anytime. Even right now.

Take a closer look at what's going on inside

Sometimes the first step is to stop what you're doing and find a quiet place. Put your phone down. Sit quietly and take a few minutes to really think about how you're doing. Not every Veteran in crisis feels like they're "in crisis," but that doesn't mean what you're going through isn't worth paying attention to.

The [Veterans Self-Check Quiz](#) is a low-pressure way to understand what's weighing on you and it can help you check out support at your own pace. It's confidential and only takes about 10 minutes. You'll answer a few short questions and then get a personal response from a [Veterans Crisis Line](#) responder.

From there, the choice is yours. You can keep chatting with the [Veterans Crisis Line](#) responder anonymously, ask for a referral to talk with someone in person, or decide to hold off for now. Nothing moves forward unless you want it to.

Tools you can use anytime, anywhere, no matter what

The [Veterans Crisis Line](#) is always available. You don't have to explain what you're going through or even explain why you're calling. You just have to reach out. [Dial 988 then Press 1](#), chat online at [VeteransCrisisLine.net/Chat](#), or text [838255](#) to connect with a responder who understands the challenges Veterans face.

Support can be in your pocket, too. VA offers free [mobile apps](#) designed to help Veterans manage stress, practice healthy coping skills and get better sleep. A few examples include:

- [AIMS for Anger Management](#): Track and manage anger, build custom coping tools and stay in control.
- [Insomnia Coach](#): Follow a five-week plan to improve sleep with relaxation techniques, a sleep diary and practical tips.
- [PTSD Coach](#): Access guided relaxation, soothing sounds and relationship tips to ease stress symptoms.

You can find these and more in the [VA App Store](#)—ready whenever you need them.

Find support close to home

Sometimes what you need most is to know where to turn to, and nearby. The [VA Resource Locator](#) makes it simple. Just enter your zip code to find the nearest VA medical center, outpatient clinic, suicide prevention coordinator, Vet Center or benefits office. You'll get details like address, phone number, hours and services—everything you need to connect with support quickly.

No “crisis” is too small

Life is full of pressure. Some of it we can handle, and some of it feels like too much. What matters is knowing you don't have to face it alone.

Here are a few ways to take the weight off your shoulders:

- Call, chat, or text the [Veterans Crisis Line](#), anytime, for any reason.
- Take the [Veterans Self-Check Quiz](#) to get a clearer picture of what you're facing.
- Download [VA's apps](#) to help you manage stress and build coping skills.
- Use the [Resource Locator](#) to find nearby support.

You've carried a lot. Let us carry some of it, too. Asking for help isn't a weakness, and it doesn't have to be a last resort. It's wise to stay connected with what's really going on inside. And it's crucial to reach out for help when you need it. We'll be here for you when you do.

FROM the VA



New scam: VA Benefits overpayment November 18, 2025. Kim Adams Program Analyst, Office of Financial Management, Benefits Delivery Protection & Remediation

Clever scammers are targeting Veterans, surviving spouses and family members who receive VA benefits. They pretend to be official VA representatives and use official communication channels to demand repayment for alleged benefits overpayments. Fraudulent letters, emails and texts often include fake VA letterheads and logos, making it difficult to distinguish genuine VA communications from [scams](#).

Common tactics used by scammers

- Fake VA letterheads and logos: Scammers often use fake VA letterheads, logos and even spoofed phone numbers to make their communication appear authentic.
- Claims of overpayment: Scammers claim you have been overpaid on your VA benefits and now owe money back to VA.
- Pressure tactics: Scammers may pressure you into making immediate payments directly to them instead of through official VA payment channels. Requests for payment via wire transfers, bitcoin, prepaid debit cards, money transfers or gift cards are often signs of a scam.
- Requests for sensitive information: Scammers may ask for sensitive information, such as your VA login credentials, password or financial information.

If you receive a letter or any communication about a VA benefits overpayment, log into your official [VA.gov account](#) immediately to verify if you truly owe money. The VA website will provide clear information on whether you owe any money. If you find you do owe

money, VA's Debt Management Center (DMC) offers many [repayment options](#).

How to protect yourself

- Verify the authenticity of the letter: If you receive a letter or communication about a VA benefits overpayment, log into your official VA.gov account immediately to verify if you truly owe money.
- Only use official VA channels: If you find you do owe VA money, resolve the debt directly using VA.gov or by calling VA's Debt Management Center (DMC) at 1-800-827-0648.
- Never share login information: VA will never ask for your login credentials or passwords.
- Be cautious of unsolicited contact: Be wary of unsolicited emails or texts asking for personal details or directing you to external websites that are not part of VA.gov.
- Do not pay upfront fees: If someone demands an upfront payment to help with your VA debt or claims, it's a scam. VA offers free help with managing debts and claims. You can find a [VA accredited representative to assist you](#) at www.va.gov/get-help-from-accredited-representative/find-rep/.
- Avoid clicking on unknown or suspicious messages: Be cautious if you receive an email or text asking for your personal information. Scammers often create fake links or attachments to trick you into downloading malware or malicious code to steal your data. Always review the sender's information carefully and avoid clicking on links or attachments from unknown sources.
- Never share sensitive information: Secure personally identifying information (PII) and financial information. Never share sensitive information, such as social security numbers, bank account details or credit card information when responding to unsolicited requests. Being aware of common scam tactics and following recommended precautions can significantly reduce your risk of falling victim to [fraud](#). Always verify information through VA.gov and treat any suspicious communication with caution. Protecting your personal information and promptly reporting any suspicious activity can help ensure your benefits and personal data remain protected. VA offers a wide range of tools and resources to combat fraud and protect Veterans' benefits. To learn more, please visit [VBA fraud prevention page](#). Stay safe and vigilant!

How to report VA overpayment scams

- Contact VA: If you have been the target of a scam or suspect of fraudulent activity, contact VA immediately at 1-800-827-1000.
- File a complaint: You can also report fraud to the [Federal Trade Commission](#) (FTC). Veterans who suspect they have experienced fraud can find out more and report to the appropriate agency [online](#) at VSAFE.gov or calling (833) 38V-SAFE.

FROM the VA



How to get better sleep

December 2, 2025, Patrick Smart

*Health Promotion & Disease Prevention Program
Manager, Jonathan M. Wainwright Memorial VA
Medical Center*

Sleep isn't an indulgence. Your body needs sleep—and plenty of it.

In a hectic world where you're already pressed for time, getting plenty of high-quality sleep can be a challenge. According to the National Institute of Health, at least 70 million Americans of all ages suffer from a sleep problem, with nearly 60% having a chronic disorder.

How sleep affects your health

Your body can't keep going without time to rest and recharge. Sleep is necessary to regulate

hormones and body processes, and even the way your cells function. Without getting enough sleep, your physical and emotional health can suffer. Being short on sleep can make you:

- More likely to catch an illness.
- Tired, irritable, stressed and depressed.
- Unable to focus and concentrate at work or school.
- More emotional and moody.
- More likely to fall down and have some sort of accident.
- Have problems with coordination while driving, using tools or working at the computer.

Get the right amount of sleep

On average, most adults need seven or eight hours of quality sleep each night. Studies indicate that the average hours of sleep that you need each night for optimal neuro-cognitive (the ability to learn or think well at school or on the job) and psycho-motor function (the ability to steer the car or step on a brake to avoid an accident or throw a baseball) is about eight hours.

If you lose two hours of sleep at night, the effect on your neuro-cognitive and psycho-motor function is the equivalent of drinking two to three beers or having a blood alcohol level of 0.045% (affecting you as though you are a little over halfway to being legally drunk). If you lose four hours of sleep at night, the effect is equivalent to drinking five to six beers or having a blood alcohol level equivalency of 0.090%. This can have a profound impact on your performance at work or at school.

If you are getting the right amount of sleep, you should wake up easily in the morning, feeling refreshed and ready to start the day. If you wake up in the morning feeling drowsy, you probably need a little more sleep. Once you figure out what works for you, be consistent about getting that amount every night.

Sleep improvement measures

If you don't seem to have enough energy because you shortchange yourself on sleep each night, you obviously need more rest. There are a number of things you can do to make sure you have the best chance at getting regular, restful sleep:

- Sleep only as much as you need to feel refreshed during the following day.
- Get up at the same time each day.
- Maintain a regular bedtime.
- Make sure your bedroom is comfortable and free from light and noise, and at a comfortable temperature.
- Avoid excess liquids in the evening.
- Don't take your problems to bed.
- Do not try to fall asleep.
- Put the clock under your bed.
- Decrease or eliminate naps, unless necessary.
- Try a fan or white noise.

Preparing for better sleep

There are things you do during the day that have a big impact on the quality and quantity

of your sleep:

- Exercising during the day at least three hours or more before bedtime helps to increase your sleep
- drive and allows you to get to sleep sooner and also to have a deeper and more restorative sleep.
- Alternatively, exercising too close to bedtime can be stimulating and make falling asleep more difficult.
- Drinking caffeine or alcohol, watching TV, or smoking can make it hard to relax and get to sleep.

So, to get a better night's sleep and to be more productive during the day, plan ahead and prepare your body and surroundings well before you go to bed for your optimal sleep experience.

It's never too late to apply for 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 VA Walla Walla Health care System site and has been edited for style and clarity.



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



“Jólabókaflóð, or "Christmas Book Flood," is a cherished Icelandic tradition where books are exchanged on Christmas Eve, followed by a cozy evening of reading.

“Overview of Jólabókaflóð


“Jólabókaflóð is a unique and beloved tradition in Iceland, celebrated on Christmas Eve, December 24th. The name translates to "Christmas Book Flood," reflecting the custom of giving and receiving books as gifts. This tradition is deeply rooted in Iceland's rich literary culture and has become a significant part of the holiday season.” (sourced from the internet, A.I.)

How many other traditions of your ancestors and distant relatives/friends do you observe in your home?

What's Happening at Post 52

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 Lions Club Dinner, help needed	12	13 NO dinner
14 A.B.A.T.E. meeting 11:30am, location TBA	15	16	17	18	19	20 NO dinner Post 52 Christmas Party!! (see flyer!!)
21 Start of Winter (Winter Solstice)	22	23	24	25 Christmas 	26	27 NO dinner
28	29	30	31			

January 2026						
	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Year's Day 	2	3
4	5	6	7	8 Lions Club Dinner, help needed	9	10
11 A.B.A.T.E. meeting 11:30am, location TBA	12	13	14	15	16	17
18	19 Martin Luther King Jr. Post 52 Monthly Meeting 7pm	20	21	22	23	24
25	26	27 TROOPS PACKING	28	29	30	31

February 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Groundhog Day	3	4	5	6	7
8 Super Bowl	9	10	11	12 Lions Club Dinner, help needed	13	14 Valentine's Day 
15	16 Presidents Day Post 52 Monthly Meeting 7pm	17	18 Ash Wednesday	19	20	21
22 Washington's Birthday	23	24	25	26	27	28