

in our post home >>>

VVnW Commander, Phil Davis
814-282-9737

1st Vice-Commander, Del Preston
814-853-2915

2nd Vice-Commander, Tom Burbidge

Email: vetspost52@gmail.com

POST TELEPHONE: 814-807-1661

Newsletter Email: post52snews@gmail.com

Website: www.post52.com

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

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

Street Address: 13240 Dunham Road, Meadville

2025
NOVEMBER



POST 52'S NEWS

A Publication of VVnW Jack Green Memorial Post 52



Our Troops >>>

Project Support our Troops

UPCOMING PACKINGS:

➤ **Tuesday, November 18**
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

We are into November already and things are busy at the Post.

Dinners are doing very well, thanks for your support. Thank you to everyone who helps in any way to make things go as smoothly as possible. It takes a lot of us to make it all happen and do all the good things we do for our veterans and our community.

The color guard continues to be busy with funerals, ceremonies, parades etc. Thank you to all the color guard members. A special thank you to Marine Corp Veteran Christopher Barns for joining in to help our color guard in the Halloween parade.

It's that time of the year when we need extra help with Project Support Our Troops. The Christmas packing is right around the corner. Please do what you can do to help. Postage for this Christmas season will be \$3,400.

Our benevolent fund continues to help veterans in need.

The second round of nominations for the Board of Directors is in November as well as election of officers. All positions are open if you are interested.

Because of your support we are able to help many veterans and their families. We Are People Who Care.

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 September 15th

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.

Features are:

November 1 – Chicken parmesan

Election Day Fundraiser – Hot Roast Beef Sandwiches. Serving 11 am – 7 pm.
HELP NEEDED. Call Phil 814-282-9737



November 8 – Meatloaf

November 11 – Veterans Day Luncheon free to veteran members and 1 guest. Serving 11 am – 2 pm.

November 15 – Wings

November 22 – Chicken & Biscuits

November 29 – NO Dinner. Happy Thanksgiving.

December 6 – Beef Tips over Noodles



Details and Dates.....

Next troops packing – Tuesday, November 18th – 5:30 pm.

We reached our goal for the puzzles being sent in the Christmas boxes. The puzzles were gift wrapped by Kim Lengling, Theresa Novosel, Mandy Miller, Katie Miller, Marsha Manning and Laurie Davis. Thank you so much to everyone that helped in any way. Items needed are granola bars, canned fruit, trail mix, beef jerky, cards and letters to soldiers. Expenses for this packing will be \$3,400. Monetary donations are greatly appreciated.

Lions meeting – help needed beginning 3:00 pm

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 needed throughout the day beginning at 9 am. Please call Phil to schedule your time 814-282-9737.



Next meeting November 17th 7:00 pm – nomination/election of officers

POST ELECTIONS 2025

Nomination of Officers was 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 – installation of officers



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 Laurie at 814-853-8145 with your meat choice. Bring a dish – we do not need to know what it will be.



Post 52 Color Guard at the Halloween Parade. We were very thankful it did not rain.

Left to right: Wayne Gray; Christopher Barnes, Phil Davis, Ken Novosel and the infamous 1952 Korean War Jeep donated to the Post by Jim Haseman (RIP Jim). Missing when the photo was taken, Tracy Gutfreund.

The "In Memory" sign for Harold Beerbower helped the Jeep seem not so empty without his physical presence.



In line with tradition, we will be giving Christmas gifts to each of the residents in the Erie Soldiers and Sailors Home.

A date has not been set yet to wrap the gifts, as we are still waiting to receive the needed info from the Home.

If you would like to be a part of that work session, please call Laurie at 814-853-8145 and we will notify you once a date has been set.

We expect to be able to put the gifts together in early December.



TIME TO DECORATE

Christmas decorations will be put up in the Post on Friday, November 14th at 9 am. Lots of help needed.

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!

Erie VA Women Veteran

Book Club



Do you enjoy reading or are you interested in enjoying time with other Women Veterans?

Sign up for the Erie VA Women Veteran Book Club!

The Erie VA Women Veteran Program offers a Women Veteran Book Club. The book club is held at the Erie VA and will be ran quarterly.

If you would like to be on our Book Club list, sign up with the Women Veteran Program team by calling 814-860-2907 or by visiting the Women Veteran Program office located on the 2nd floor, room 2N-208.

VA  U.S. Department of Veterans Affairs
Veterans Health Administration
Erie VA Medical Center

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



**SERVING THOSE
THAT SERVED**

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



FROM the VA



A new path forward for Veterans living with 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.”

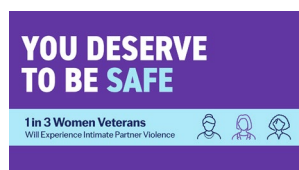
If you’re a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. You don’t have to be enrolled in VA benefits or health care to connect. To reach responders, Dial 988 then Press 1, chat online at VeteransCrisisLine.net/Chat, or text 838255.

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.

***Editor’s Note:** Do NOT let anyone tell you that you are not eligible for care, or that your treatment has ended because a counselor retired, was promoted, etc. Contact the Patient Advocate, Contact your federal congressmen and senators, Contact the Administrator of your local facility. You EARNED your care and treatment; do NOT let anyone tell you otherwise. Stand up for yourself, and your fellow soldiers, airmen/women, Marines, etc.! If you’re not up to the fight, ask your caregiver / significant other / spouse / appointed guardian to take up the torch for you and your fellows!*

FROM the VA



Women Veterans: You deserve to be safe Understanding intimate partner violence

September 15, 2025, Office of Women’s Health

Your safety and well-being matter. For many women Veterans, it can be hard to feel safe when there is [intimate partner violence](#) (IPV). If you’ve experienced emotional, physical or sexual harm, control or fear in a relationship, know this: You are not alone and help is available.

About one in three women Veterans experience IPV during their lives (higher than the rate among non-Veteran women). Women Veterans affected by IPV are also three times more likely to experience housing instability or homelessness. Additionally, pregnant women experiencing IPV face a higher risk of violence, underscoring the urgent need for support. Recognizing the signs of IPV and learning about your options are the first steps toward healing and finding safety. VA can help you take those steps.

Understanding IPV

[IPV is a form of domestic violence](#) that can include physical, verbal, emotional, financial or sexual abuse, as well as stalking, by a current or former intimate partner, spouse, boyfriend or girlfriend. IPV can affect anyone, regardless of your age, race, income, sex or

background, and it can happen whether you live with your partner, are sexually involved or have a long history together. IPV may occur once or it could be ongoing, and it may look like:

- Name-calling, bullying, insulting or putting you down.
- Controlling your money or spending.
- Isolating you from friends and family.
- Controlling where you go or what you wear.
- Monitoring who you speak to.
- Embarrassing or humiliating you in public.
- Threatening harm to you, loved ones or pets.
- Physical violence like shoving, hitting or restraining.
- Using weapons or other objects to intimidate or harm you.
- Forcing or coercing unwanted sexual activity.

Alternatively, you may also find yourself using aggression or violence in your relationships, especially if you've experienced or witnessed violence yourself (including during your service). It's possible to both experience and use or perpetrate IPV.

IPV can impact your entire life

IPV affects much more than your physical safety. It takes a toll on your mind, body, and social well-being, and may impact parts of your life you haven't realized.

- **Mental health risks:** Depression, anxiety, posttraumatic stress disorder, substance use disorders and suicidal thoughts are more common among women Veterans experiencing IPV. Stress, shame and isolation often deepen these struggles.
- **Physical health issues:** Chronic pain (headaches, back pain), gastrointestinal and gynecological problems (such as pelvic pain), traumatic injuries and insomnia can all result from IPV.
- **Reproductive health:** Unintended pregnancies, sexually transmitted infections and pregnancy complications occur more frequently in women who face IPV.
- **Social and economic effects:** IPV often leads to housing instability, homelessness, financial hardship and social isolation, making it harder to find safety and access care. VA is here with support and services for all these aspects of your life and can help you connect to resources in your community, including safety and escape planning.

VA's "no wrong door" approach

We know talking about IPV can be difficult. Your safety and confidentiality are top priorities. There are ways to receive support for IPV:

- Tell your VA health care or mental health provider, or any VA staff member.
- [Contact your local IPV assistance program coordinator.](#)
- [Contact your local women Veterans program manager.](#)
- [Call or text the Veterans Crisis Line \(988, then press 1, or text 838255\).](#)
- [Call the National Domestic Violence Hotline \(800-799-7233\).](#)
- [Call or text the Women Veterans Call Center \(855-829-6636\).](#)
- Tell VA security or [VA police](#).
- Call 911 for immediate help.

You are not alone

If you or someone you know is experiencing IPV, remember that women Veterans deserve safety, dignity and support. No matter who you talk to at VA, you will be connected to compassionate support and services. Reach out any time, any way, and take the first step toward healing and reclaiming your life.

Learn more on the [VA Women's Health IPV page](#) and the [VA Social Work IPV page](#). Both sites have quick escape buttons for your safety. You can also search your state to [locate the IPV Coordinator](#) closest to you. If you are unable to reach an IPV Coordinator, please speak to your social worker, health care provider or local [women Veterans program manager](#).

For 24/7 counseling by phone, call the National Domestic Violence Hotline at 1-800-799-7233. They can connect you to VA. If you're in immediate danger, please call 911.

FROM the VA



Veterans Affairs Life Insurance Program tops \$2 billion in coverage for service-connected Veterans, September 17, 2025, Insurance Service, Veterans Benefits Administration

Since its launch in 2023, the Veterans Affairs Life Insurance ([VALife](#)) program has already provided over \$2 billion in total coverage to more than 60,000 Veterans.

VALife provides up to \$40,000 of whole life insurance coverage to Veterans. Veterans age 80 or younger, with service-connected disabilities rated from 0 to 100%, receive guaranteed acceptance in the program without medical underwriting.

VALife premium rates are the same for men and women, not based on medical conditions and will not increase over the life of the policy. Premiums are based on the Veteran's age upon enrollment and the coverage amount selected. In most cases, VALife premium rates are competitive with, or better than, similar private sector guaranteed acceptance, whole life insurance programs.

The full table of monthly VALife premium rates can be found [online](#).

Veterans can [apply online](#) and receive a decision within 10 minutes. Veterans enrolled in the program also enjoy self-service functions like electronic payments and beneficiary updates.

VETERANS DAY



HONORING ALL WHO SERVED

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

What's Happening at Post 52

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 TROOPS Packing 5:30pm	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 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	28	29	30	31