

in our post home >>>

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2025
MARCH



POST 52'S NEWS

A Publication of VVnW Jack Green Memorial Post 52



Our Troops >>>

**Project
Support
our Troops**

**UPCOMING
PACKING:**

➤ **Tuesday, March 4,
2025 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

Laurie Davis at (814) 853-8145

Commander's Comments

I hope this newsletter finds everyone in good health and you are doing your best to stay warm. We haven't had a real winter like this in a long time. Hopefully the cold weather will kill all the nasty germs and bugs.

There are a few of our members and their family members that need our prayers, so please send prayers to those in need.

Things continue to be busy at the Post...Troops packings; dinners; helping needy veterans and their families; color guard duty etc . If you are willing and able to help in any way please let us know.

A big thank you to everyone that goes above and beyond to make the post success. We do a lot of things in the community to make a difference. **Thank you** for your continued support, we need all the help we can get.

Yours In Brotherhood,

Phil 814-282-9737



MARCH 2025

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

Gift Certificates available

CARRY-OUT AVAILABLE – CALL 814-807-1661

NOTE: We are closed for major holidays

FISH, SHRIMP, & SPAGHETTI SERVED EACH WEEK



Beer Battered Fried Fish

\$15

Deep fried haddock served with a choice of freshly 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 a 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 February 22, 2025

BEEF TIPS OVER NOODLES

\$12

Slow cooked tender tips served over bed of noodles topped with homemade beef gravy. Served with a choice of coleslaw or applesauce, veggie and dessert.

Feature dinner March 1, 2025

HOMEMADE MEATLOAF

\$12

Served with mashed potatoes, choice of coleslaw or applesauce, veggie and dessert.

Feature dinner March 8, 2025

BAKED CHICKEN

\$12

Served with mashed potatoes and gravy, choice of coleslaw or applesauce, veggie and dessert.

Feature dinner March 15, 2025

WINGS

\$1+

Choice of BBQ, Hot, Cajun or dry ranch. Served with a choice of fresh cut fries or baked potato, choice of coleslaw or applesauce and dessert.

Upgrade to meal add \$5

Feature dinner March 22, 2025

STUFFED PEPPERS

\$12

Served with mashed potatoes, choice of coleslaw or applesauce, veggie and dessert.

Feature dinner March 29, 2025

SWISS STEAK

\$12

Served with mashed potatoes, choice of coleslaw or applesauce, veggie and dessert.

Details and Dates.....

Troops packing 3/4/2025 – starts promptly at 5:30 pm

Lions dinner – 3/13/2025

Next meeting 3/17/2025 – 7 pm

CPR CLASSES TO BE OFFERED – PLEASE RESPOND BY MARCH 15th. Exclusive offer for Post 52 members. We are asking for a response so we can plan the classes based on the number of people that will be attending. Please let us know what day(s) of the week works best for you. This will be set up in the very near future. You will be contacted of the class date. The class is free to Post 52 members. If you need a certification card, there will be a \$20 fee for the card.

COLOR GUARD. As you know, the Post is in need of color guard members. If you are not able to march, but would be willing to help with funeral detail/ceremonies, please let Phil Davis know immediately 814.282.9737. Post 52 will be in the Memorial Day Parade May 26 th .

Local election primaries are Tuesday, May 20th. We will be selling hot roast beef sandwiches the entire day (11 am – 7 pm). Mark your calendars to come help in the kitchen.

Membership Dues – if you have not paid your membership dues, they are now past due. This newsletter is the last you will receive until renewal is paid.

Post Meetings:

All Post monthly meetings are scheduled for the 3rd Monday of the month at 7:00 PM.

NEXT MEETINGS – March 17, April 21, May 19

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

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!

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!



Tax season guidance for Veterans

Maximizing benefits, accessing free assistance and avoiding scams

February 6, 2025, VBA Benefits Delivery Protection & Remediation

As tax season approaches, many Veterans begin gathering their necessary financial documents and consulting with tax professionals. VA wants Veterans to know they may qualify for special tax breaks and [free assistance programs](#) to help them navigate the filing process and maximize their returns. Whether a Veteran files their taxes independently or uses a tax professional, VA encourages Veterans and their loved ones to review the following tips and resources to both help them navigate the tax season with confidence and to avoid [tax season scams](#).

- Tax benefits as a Veteran: Disability benefits received from VA should not be counted as part of a Veteran's gross income. Payments from compensation, pension, Veteran Readiness & Employment (VR&E), and [education](#)—including the [G.I. Bill](#)—are exempt from taxation. Always review the Internal Revenue Service's webpage on [Veterans tax information and services](#) before submitting a tax return.
 - For Veterans who receive disability benefits from VA, refer to [Internal Revenue Service \(IRS\) Publication 525](#) under "Military and Government Disability Pensions" for more information.
 - Veterans may be eligible to claim a federal tax refund based on an increase in their VA disability percentage (which may include a retroactive determination).
 - Combat-disabled Veterans who are granted Combat-Related Special Compensation after an award for Concurrent Retirement and Disability may be eligible to claim a federal tax refund.
- Free tax assistance programs: Veterans have access to several free tax assistance programs.
 - [IRS Free File](#): If a Veteran's adjusted gross income is \$79,000 or less, they can file electronically with an IRS Free File software provider. If their income is higher, they can use Free File fillable forms.
 - [IRS Direct File](#): If a Veteran lives in a participating state, they can use the free [IRS Direct File](#) service to e-file their federal tax return directly with IRS.
 - [In-person help](#): If a Veteran's adjusted income is \$64,000 or less, if they have a disability and/or need language support, or if they are 60-years old or older, they can receive free in-person help from an IRS-certified volunteer.
 - Military OneSource: Use the [MilTax software](#) to file federal and state returns for free for up to 365 days after military separation or retirement. For information on other topics, visit [MilitaryOneSource.mil](#) or call 800-342-9647.
- Always verify communications: With the increasing sophistication of scams targeting Veterans, it's important to distinguish between legitimate and fraudulent communications from VA.
 - VA will never send text messages to confirm or request personally identifiable information (PII) for benefits or federal payments.
 - Do not provide personal banking or credit card information to anyone alleging affiliation with VA or other federal entities.
 - Do not share your VA National Call Center (NCC) personal identification number (PIN) with anyone, including family, friends or any entity who makes contact via mobile communication. The VA NCC PIN is a unique identifier which helps protect personal information when communicating with VA.
 - Get an IRS Identify Protection Personal Identification Number (IP PIN). [IP PINs](#) are assigned to taxpayers to prevent Social Security Number (SSN) fraud on federal income tax returns. Scammers can use SSNs to commit tax fraud by filing a fraudulent return or claiming a refund; obtaining an IP PIN will keep these scammers from filing a tax return using Veterans' SSNs.
- Protect your personal information: The tax filing season has increasingly become a prime opportunity for scammers to exploit unsuspecting taxpayers through various communication methods.
 - Refrain from sharing PII, including VA.gov logins, VA NCC personal PINs, dates of birth, military

entrance/discharge details, branches of service or SSNs.

- Limit posting PII online, and don't share residence addresses, dates of birth, workplace locations or kinship details.
- Delete old social media accounts, limit online presences and minimize or remove available biographical information.
- Never send bank information or payments to "online friends" or others. Scammers may threaten to destroy your files or data if you do not send payment or banking information. If you are a victim of ransomware, do not respond to these threats and do [report the incident](#) immediately.
- Protect against identity theft scams. All three credit bureaus (Equifax, Experian and TransUnion) offer Veterans the ability to freeze their credit file for free. A credit freeze allows Veterans to control access to credit reports; requires approvals for applications for credit cards, mortgages or loans; and helps protect against identity theft.

Tax season can be stressful, but Veterans can avoid scams and protect their finances by increasing their knowledge and taking precautions. Understanding Veterans' tax benefits, choosing a trusted professional or service, [recognizing scams](#) and safeguarding PII are all steps to ensure a safe and secure tax filing experience.

If Veterans encounter a tax scam, they should report it to the appropriate authorities. Reporting scams helps protect others from becoming victims and assists in the investigation and prosecution of bad actors. For more information and to report an abusive tax scheme or a tax return preparer, visit [Report a tax scam or fraud | Internal Revenue Service \(irs.gov\)](#).

If Veterans miss a VA benefits payment, identify a discrepancy in payments or find suspicious activity with their direct deposit account, contact VA immediately at 800-827-1000. Veterans who suspect they are victims of fraud can find resources to file a report to the appropriate agency by visiting www.vsafe.gov or calling 833-38V-SAFE.

FROM the VA



PTSD treatment works: Resources from the National Center for PTSD ~ Learn how PTSD treatment can help you

January 25, 2025, Drew Buchanan, Communications Consultant, National Center for PTSD

Some people who've lived through a traumatic event—such as combat, a serious accident, sexual assault, or a natural disaster—will develop posttraumatic stress disorder (PTSD). Symptoms of PTSD, like flashbacks or avoiding certain places or people that remind you of the event, can make daily life challenging.

After experiencing a traumatic event, it's normal to feel stressed, anxious or even scared. If those feelings don't go away or start interfering with your life, it's time to talk to a health care provider.

If you or someone you care about is experiencing symptoms like these, or have recently been diagnosed with PTSD, you probably have questions. What does treatment look like? Why should I get treatment? [VA's National Center for PTSD](#) can help you find answers, learn about PTSD and find the treatment that works best for you or your loved one.

What is PTSD treatment like?

PTSD treatment helps you process trauma, reduce symptoms and improve your quality of life. "PTSD treatment has been transformative," said [Marine Corps Veteran Jeremiah Civil](#). "It has helped me regain a sense of control over my life."

The National Center for PTSD recommends [trauma-focused talk therapy](#) or therapy that focuses on your memory of the traumatic event and what it means to you. During 8-16 sessions, you'll meet with a

licensed provider (either in person or online) and learn ways to work through your trauma by visualizing, talking or thinking about the traumatic event until it becomes less upsetting. You may also focus on changing unhelpful beliefs about the trauma or feelings you've had since the trauma happened.

Talk therapy options include:

- Prolonged Exposure (PE): Teaches you to gradually approach trauma-related memories, feelings and situations you've been avoiding.
- Cognitive Processing Therapy (CPT): Teaches you to change upsetting thoughts or feelings about your traumatic experience.
- Eye Movement Desensitization and Reprocessing (EMDR): Helps you process and make sense of your trauma while paying attention to a back-and-forth movement or sound like a light or a tone.

When it comes to PTSD treatment, you have options. You can choose in-person talk therapy or treatment through secure telehealth. VA offers [treatment programs](#) at VA medical centers, community clinics, specialized PTSD programs and Vet Centers across the country. Apps like PTSD Coach provide additional support that you can use anytime, anywhere, to track progress and manage symptoms, though they are not a replacement for PTSD treatment.

Why should I get treatment for PTSD?

Everyone's reason to start treatment for PTSD is different, but for many people it's a chance to take back control of their lives. PTSD can affect both your mental and physical health, impacting relationships, work, sleep quality, your experience with drugs or alcohol and more. PTSD treatment is a way to take care of yourself and those around you. It provides you with tools to help you change how you think about trauma and how it affected you, manage symptoms, and rebuild connections with loved ones.

"I was able to talk to my family about things that I had never been able to talk to them about before," [shared](#) Army Veteran Andrew Reeves, reflecting on the impact of PTSD treatment on his relationships.

How do I get started?

Deciding to get treatment for PTSD can feel like a big step, but there are resources available to help you find the support you deserve:

- [Take a self-screen](#): Answer five questions to see if your feelings or behaviors might be related to PTSD.
- [Talk to a provider](#): Speak with a primary care or mental health provider or find a VA PTSD treatment program near you.
- [Explore treatment options](#): Use the PTSD Treatment Decision Aid to learn about evidence-based therapies.

Does PTSD treatment work?

No matter what you've experienced and whether it's been months or decades since your trauma, PTSD treatment can help. Asking for help can feel challenging, but it's a step that shows strength. "It was hard to admit I needed help," said [Army Veteran Ron Whitcomb](#), "but it was the most courageous thing I ever did."

Seeking treatment for PTSD is self-care; it's a commitment to your health and happiness.

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.



What's Happening at Post 52 and around the Globe

March 2025

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

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 SATURDAY NIGHT DINNER 4-7PM
6	7	8	9	10 Lions Club Dinner, help needed	11	12 SATURDAY NIGHT DINNER 4-7PM
13	14	15 Tax Day (Taxes Due)	16	17 Holy Thursday	18 Good Friday	19 NO Saturday Night Dinner – Happy Easter!
20 Easter	21 Post 52 Monthly Meeting 7pm	22 Earth Day	23 Administrative Professionals	24	25 Arbor Day	26 SATURDAY NIGHT DINNER 4-7PM
27	28	29	30			

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 SATURDAY NIGHT DINNER 4-7PM
4	5 Cinco De Mayo	6	7	8 Lions Club Dinner	9	10 SATURDAY NIGHT DINNER 4-7PM
11 Mother's Day	12	13	14	15	16	17 Armed Forces Day SATURDAY NIGHT DINNER 4-7PM
18	19 Post 52 Meeting 7pm	20	21	22	23	24 NO Dinner – Have a Safe Memorial Day!
25	26 Memorial Day	27	28	29	30	31 SATURDAY NIGHT DINNER 4-7PM