

in our post home >>>

VVnW Commander, Phil Davis

814-282-9737

1st Vice-Commander, Del Preston

814-853-2915

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2025

JUNE



POST 52'S NEWS

A Publication of VVnW Jack Green Memorial Post 52



Our Troops >>>

Project Support our Troops

UPCOMING PACKING:

➤ **Tuesday, June 3rd at 5:30pm**

Visit us at:

[https://www.facebook.c](https://www.facebook.com/pages/Project-Support-Our-Troops/)

[om/pages/Project- Support-](https://www.facebook.com/pages/Project-Support-Our-Troops/)

[Our-Troops/](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

Spring is here and I hope everyone is enjoying the weather; one day it's 80 degrees and the next day it's 40 and raining. It's hard to keep up with the mowing, but at least we're not shoveling!

I hope this newsletter finds everyone in good health. I do know we have some friends and Post members that are having health issues and we send you all prayers and healing.

The Post continues to be busy with our many projects as well as ceremonies, parades funeral details etc. Our benevolent fund continues to help veterans in need.

Project Support Our Troops continues to send packages all around the world to our soldiers keeping us safe. I believe we are the only organization anywhere that sends care packages every month and has been doing it for 25 Years. Thank you to everyone that supports this very worthwhile project. It is very much needed.

The Saturday night dinners continue to be busy and I want to thank everyone that helps in any way. This is how we pay the bills. With our aging crew, our ranks are getting smaller and it is hard to run the kitchen and dining room with a skeleton crew. If you can give any help we would appreciate it. You can come in and help with prep, help in the dining room, kitchen help with clean up. It's especially hard in the summer with people on vacation etc.

Thank you to our color guard who has pulled together many last minute functions we've participated in...funeral details, parades, ceremonies and flag raising. We are always looking for new members. V.F.W. 2006 and us are the only active color guard in the area. Thanks for your continued support.

BIG shout out to Colton Urquhart who has been coming to the Post when he can and helping with Post dinners. It is great to see the young people supporting the veterans. It is our hope Colton realizes what a difference he is making for all of us.

Yours In Brotherhood,

Phil 814-282-9737





JUNE 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 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 7, 2025

STUFFED PEPPERS



\$12

Feature dinner June 14, 2025

HOT TURKEY SANDWICHES

\$12

Feature dinner June 21, 2025

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 28, 2025

HAM LOAF & BAKED SWEET POTATOES

\$12

Thank You

Details and Dates.....

Next troops packing – Tuesday, June 3rd – 5:30 pm. We will once again pack 100 boxes, along with about 30 personal hygiene boxes.

Lion meeting – June 12th – help needed

Veterans Resource Fair – Saturday, July 26th 10 am – 1 pm.

Color Guard – Flag Burning ceremonies June 14th (at Elks) and June 28th (at Legion Post 205, Saegrtown). Please notify Phil immediately if you are able to help with these events. 814-282-9737.

Veterans Resource Fair – Saturday, July 26th 10 am – 1 pm.

Post Meetings: All Post monthly meetings are scheduled for the 3rd Monday of the month at 7:00pm. Next meetings are: June 16, July 21, No Meeting in August.

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!



Veterans Services



VETERANS RESOURCE

**VETERANS
OF THE
VIETNAM WAR**



FAIR

In Partnership with:

Please join us:

July 26th, 2025 1

10:00 am - 1:00pm

Harm Jan Huidekoper



Post 2006

Location:

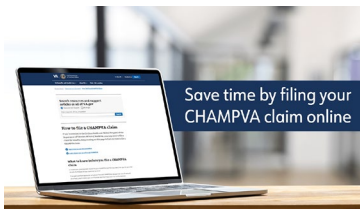
Downtown Mall, 900 Water Street, Meadville, PA 16335

All Veterans, Active Duty service members and Family
Members are welcome

Organizations and Agencies from around
the area will be here to provide answers to
your question and offer support.



FROM the VA



Save time filing your CHAMPVA claim online Filing CHAMPVA claims online is easy.

**May 29, 2025, Stephanie Slater,
VHA Office of Integrated Veteran Care**

If you're the spouse, widow(er) or child of an eligible Veteran who receives [Civilian Health and Medical Program of VA](#) (CHAMPVA) benefits, you can file your claim [online](#). It's quick and easy.

What you need to know before filing your claim

If your provider doesn't file for you, just ask for an itemized billing statement and explanation of benefits (EOB) if you have other health insurance. We'll take care of paying the provider directly for covered services.

If your provider doesn't accept [CHAMPVA](#) or you use an out-of-network pharmacy, you'll have to pay up front and file a claim to get reimbursed.

Remember: You have to file your claim within one year of receiving care. If you were in the hospital, make sure to file within one year of your discharge date.

Make sure you have these on hand when you're ready to file online:

- An itemized billing statement from your provider.
- A receipt or a billing statement marked "paid."
- The EOB from your other health insurance, if applicable.
- Documents related to your prescription.

How to file your claim

Once you have all your documents, go to the [File a CHAMPVA claim](#) webpage. You will be guided through each step. We recommend signing in with a verified account. If you don't have one yet, no problem. Create a Login.gov or ID.me account, and we'll help you verify your identity. You can also submit your claim without signing in.

Prefer to send in your claim by fax or mail? Send your completed CHAMPVA claim ([VA Form 10-7959A](#)) and supporting documents to:

Fax: 303-331-7808

Mail:

VHA Office of Integrated Veteran Care
CHAMPVA Beneficiary Claims
PO Box 500
Spring City, PA 19475

Still have questions?

If you have questions about how to file a claim:

- Call: 800-733-8387 (TTY: 711), Monday through Friday, 8 a.m. to 7:30 p.m. ET.
- Online: Visit [Ask VA](#).

About CHAMPVA

[CHAMPVA](#) is a health care program for qualified spouses, widows(ers) and children of eligible Veterans. Through CHAMPVA, VA shares the cost of certain health care services and supplies with

eligible beneficiaries. You may be eligible for CHAMPVA if you don't qualify for TRICARE, the Defense Department's health care program.

Resources:

- [File a CHAMPVA claim.](#)
- [Submit other health insurance.](#)
- [Apply for CHAMPVA.](#)
- [CHAMPVA benefits.](#)
- [Getting care through CHAMPVA.](#)

FROM the VA



Grieving ahead of time

VA supports caregivers with help and resources

May 23, 2025, Joseph Burks, Director of Communications, VA Caregiver Support Program

Caring for a Veteran can be a rewarding but emotional journey. As a caregiver, you may experience grief even before a loved one passes away. This type of grief is called anticipatory grief and can bring on a wide range of emotions.

It's normal to feel sadness, frustration, or even anger. The first step to healing is recognizing these feelings and finding ways to cope.

"Being a caregiver is a selfless and challenging role, and it's important to be patient with yourself," said VA Caregiver Support Program (CSP) Executive Director Dr. Colleen Richardson. "Grief is a personal journey, but VA is here to support you every step of the way."

Ways to cope with grief

- **Take care of yourself:** Make time for activities that bring you joy, help you relax and give you rest. [Caregiver Health and Wellbeing Coaching](#) empowers caregivers by helping them focus on their own health and wellbeing.
- **Lean on friends and family:** Reach out to loved ones for emotional support and practical help. VA also encourages caregivers to take breaks and rest when needed through our [respite care offerings](#).
- **Find support:** Connect with other caregivers who understand what you're going through. Programs like [Caregiver Peer Support Mentoring](#) and [Building Better Caregivers](#) can help.
- **Talk to a CSP staff member:** CSP offers self-care courses for caregivers on topics like grief, resilience and self-care. There's also a 6-week group called Thriving Through Change and Loss that helps caregivers cope with grief and find tools to move forward.
- **Express your feelings:** Journaling or art journaling can help you process emotions. Ask about [CSP's Art Journaling](#) initiative to learn more.

VA services and supports

Help the Veteran in your care create or update their advance care plan by visiting VA's [Advance Care Planning & Making Decisions page](#). This page includes helpful websites, forms and handouts. VA also provides [services to support](#) families of deceased Veterans or service members.

About the Caregiver Support Program (CSP)

CSP supports caregivers of Veterans through education, resources and services to help you and the Veteran you care for thrive. [Find your local caregiver support team.](#)

FROM the VA



This spring season, protect your Personally Identifiable Information (PII)

May 15, 2025, Kim Adams and Janette Groom, Lead Program Analysts, VBA Benefits Delivery Protection & Remediation

During spring, many Veterans and beneficiaries are busy cleaning house. Spring is also a good time to clean more than your home by reducing paper and disposing of outdated electronic devices. While navigating what to keep and what to dispose of, it's an ideal time to review the steps needed to protect your personally identifiable information (PII) and reduce the possibility of experiencing identity theft. This includes knowing how to protect your PII in the online environment, starting with validating who has access to your VA records, and properly disposing of paper and digital documents or no longer utilized electronic devices.

VA encourages Veterans and their beneficiaries to use spring cleaning as an opportunity to review and practice [online safety habits](#). Taking simple, yet effective, measures may contribute to a more secure online environment for everyone.

- Update your technology often. [Update](#) your computer operating systems, internet browsers and mobile devices with the latest software upgrades and security patches. Be sure to also use antivirus and antispyware software to remove malicious programs from your computer.*
- Enable Multi-Factor Authentication. Use [two-factor authentication](#), also known as Multi-Factor Authentication (MFA), whenever possible. This authentication adds an extra layer of security by requiring a second form of identification and password.*
- Secure devices and documents: Restrict unauthorized access by using strong passwords across multiple accounts.*
- Maximize [privacy settings](#) on all active social media accounts to prevent unauthorized access and to protect information from unknown users.*
- Avoid sharing personal information. Refrain from entering personal information—such as social security numbers, VA login credentials, or financial details—on unfamiliar or unsecured websites.*
- Report suspicious activity. If you suspect you have experienced fraud, you can find resources to file a report to the appropriate agency by visiting <https://vsafe.gov> or by calling 833-38V-SAFE.*

Just as it is important to ensure your computer systems are up to date, it is important for you to review and validate who has access to your VA records and to know what information may be viewed by others, such as a VA appointed Power of Attorney (POA).

FROM the VA



Live Whole Health #270: In season now, spinach and strawberries

May 1, 2025, Allison Hyzy, RD, LDN, Healthy Teaching Kitchen Program Coordinator at Jesse Brown VA Medical Center in Chicago and Virtual HTK Program Specialist and Recipe Support on the National Healthy Teaching Kitchen Leadership Team

Birds are chirping, flowers are blooming, and the days are getting warmer and brighter. Spring is here and it brings a wealth of fresh produce, with two standout stars: spinach and strawberries. Spinach is a versatile, leafy green that is delicious raw or cooked and is a source of iron, folate and vitamin K. These nutrients support bone health and red blood cell production.

Strawberries are packed with vitamin C and anthocyanins, making them antioxidant powerhouses. They can help protect cells from oxidative stress and support your immune system.

Immunity, health and red blood cell function depends on iron

Did you know that consuming vitamin-C-rich foods like strawberries—along with plant-based sources of iron, like spinach—enhances the absorption of non-heme iron? Spinach and strawberries are a delicious and complementary pairing that together support immunity, heart health and red blood cell function.

Eating in season means better flavor and often better value. Try adding a handful of spinach to your favorite strawberry smoothie recipe, topping your favorite fish with a homemade strawberry salsa and a side of lightly sauteed spinach, or making a strawberry spinach salad.

Check out this 4-minute video by VHA's healthy teaching kitchen to learn how to make a delicious and quick strawberry spinach salad.

Hungry for more?

Hungry for more information, tips and ideas for how to have a healthy relationship with [Food and Drink](#) and fuel your own wellness journey? Check out this [Introduction to Food and Drink for Whole Health](#), [Healthy Tips on Eating Out and Grocery Shopping](#), or this [Veteran's experience with healthy cooking classes at her local VA](#). For more recipes, please visit VA's [Nutrition and Food Services](#).

Recipe

Strawberry Walnut Salad with Red Wine Vinaigrette

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 6 servings | Serving Size: 1/6 of recipe

Ingredients

Vinaigrette dressing:

1/3 c olive oil

¼ c red wine vinegar

1 tsp Splenda or sugar

1 tsp Dijon mustard

1 tsp minced garlic

Salad

1 bag (10 oz mixed baby greens or spinach)

1 cup strawberries, sliced

½ cup crumbled blue or feta cheese

1/3 cup chopped walnuts

Directions

1. Add the oil, vinegar, sweetener, mustard and garlic to a small bowl and whisk until well mixed.
2. Add the spinach, strawberries, cheese and walnuts to a large bowl. Drizzle the dressing over the top and toss to combine.

Recipe Notes

- Instead of whisking the dressing together, you can also add the ingredients to a jar with a lid and shake until well mixed.
- The strawberries can be substituted with other fruits (chopped apple, blueberries, raspberries, etc.).
- Keep the dressing separate from salad until you are ready to serve

Nutrition Facts Per Serving: Calories: 210 | Total Fat: 18g | Saturated Fat: 3.7g

Sodium: 187mg | Total Carbohydrate: 6g | Dietary Fiber: 2g | Protein: 5g

Recipe submitted by Elizabeth Gearin, MS, RD and adapted from BettyCrocker.com.





Thanks to everyone who put out flags at St. James Cemetary in Crossingville. Pictured from left to right: Myke Bennett, Tom Kafferlin, Mike Parks, Del Preston, Sheila Preston, Theresa Novosel, Ken Novosel, Zak Giroux, Des Giroux, Bradley Giroux, Jean' and Nancy, Colton Urquhart, Jim Urquhart. Not pictured: Ed McClay and Randy Eddy.

*You
ARE
Needed!*

WE WANT YOU

ON OUR VOLUNTEER DRIVER TEAM

Safely transport Veterans to and from medical appointments in VA-owned vehicles to help increase access to healthcare

Requirements

- Possess a valid driver's license
- Be at least 21 years old
- Be willing and able to pass a physical exam
- Provide proof of current auto liability insurance

If you or someone you know is willing to donate time to help our nation's heroes access VA healthcare, **become a volunteer driver!**

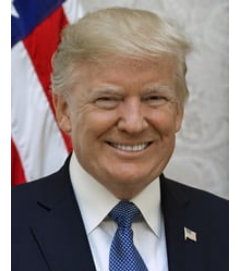
Please call the Erie VAMC at 814-860-2024 to learn more.

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

On June 14th we celebrate Flag Day.

On that day, take a moment to ponder these facts that happened on June 14th.

- In the United States, the POW/MIA flag is flown on Flag Day, June 14th, as a symbol of national remembrance and commitment to those held captive or missing in action
- 1940 Auschwitz concentration and extermination camp opens in Nazi controlled Poland with Polish POWs, later expanded to include civilian Jews, Roman Catholics, Gypsies and Soviet POWs (at least 1.1 million would die within its walls)
- **Donald Trump(78 years old) 1946 45th and 47th US President (2017-21; 2025-),** real estate tycoon (Trump Towers) and TV personality (The Apprentice), born in New York City
- 1961 Boy George, British singer-songwriter born in Bexley, Kent, England
- 1801 BENEDICT ARNOLD, American general and turncoat (American Revolutionary War), dies of delirium in London at age 60.
- 1946 John Logie Baird, Scottish inventor and father of television, dies of a stroke at age 57.
- 1986 Marlin Perkins, TV host (Mutual of Omaha's Wild Kingdom), dies at 81
- 1994 American Grammy and Academy Award-winning film and television composer (Breakfast at Tiffany's; Peter Gunn; Pink Panther films), arranger and conductor, dies of pancreatic cancer at age 70.
- 1775 US Army first forms as the continental Army to fight American Revolutionary War.
- 1777 US Continental Congress adopts the Stars & Stripes flag, designed by Francis Hopkinson, replacing the Grand Union flag.
- 1834 Sandpaper patented by Isaac Fischer Jr, Springfield, Vermont
- 1847 Robert Bunsen invents the Bunsen burner.
- 1940 Auschwitz concentration and extermination camp opens in Nazi controlled Poland with Polish POWs, later expanded to include civilian Jews, Roman Catholics, Gypsies and Soviet POWs (at least 1.1 million would die within its walls.
- 1942 Anne Frank begins writing her diary, in Dutch, two days after her 13th birthday.
- 1946 Nat King Cole records "The Christmas Song" (written by Mel Tormé and Bob Wells) for the first time.
- Steve Allen Comedy Hour premieres on CBS TV
- "In-A-Gadda-Da-Vida" second studio album by Iron Butterfly is released
- 1980 Theme from New York, New York by Frank Sinatra spreads to #32 on the charts
- 1989 Zsa Zsa Gabor arrested for slapping Beverly Hills motorcycle patrolman



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



What's Happening at Post 52 and around the Globe

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Troops Packing 5:30pm	4	5	6	7 SATURDAY NIGHT DINNER 4-7PM
8 A.B.A.T.E. meeting at Post 52 11:30am if RAINING, OTHERWISE, at June Jam	9	10	11	12 Lions Club Dinner, help needed	13	14 Flag Day SATURDAY NIGHT DINNER 4-7PM
15 Father's Day	16 Post 52 Monthly Meeting 7pm	17	18	19 Juneteenth	20	21 Summer Solstice (Summer Begins) SATURDAY NIGHT DINNER 4-7PM
22	23	24	25	26	27	28 SATURDAY NIGHT DINNER 4-7PM
29	30					

July 2025

	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Independence. Day	5 NO Dinner – Have a Safe 4 th of July
6	7	8	9	10 Lions Club Dinner, help needed	11	12 SATURDAY NIGHT DINNER 4-7PM
13 A.B.A.T.E. meeting at Post 52 11:30am	14	15	16	17	18	19 SATURDAY NIGHT DINNER 4-7PM A.B.A.T.E. TOYZ-4-KIDZ RUN!!
20	21 Post 52 Monthly Meeting 7pm	22	23	24	25	26 SATURDAY NIGHT DINNER 4-7PM
27	28	29	30	31		

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
		Cochranon Community Fair Parade Wed., Aug. 6				
10 A.B.A.T.E. meeting at Post 52 11:30am	11	12	13	14 Lions Club Dinner, help needed	15	16
17	18 NO Post Meeting in August	19	20	21	22	23
		Crawford County Fair Aug. 16 - 23				
24	25	26	27	28	29	30
31						