

Welcoming Veterans

American Legion Post 196



East Shore American Legion Post 196 – 25 Merwin Ave. – Milford, CT 06460 – www.milfordctvets.org – April / May 2025



Post 196 Commander Colleen Weatherspoon

Hi Legion Family

Welcome Spring, a time for planning and growth. Keep that in mind as you renew your membership and possibly increase your involvement. We have many upcoming events hosted by the Legion, SAL and Auxiliary. There is always a committee planning something that requires collaboration and coordination. Perhaps you have an idea that no one has thought of. Let your voice be heard.

The New HOUSE COMMITTEE

This is a new committee, and we are still figuring out what we'd like to accomplish. Please reach out to anyone (Ken Crepeau, Marilyn Deptula, Gerry Walters) with suggestions for improvements to the internal or external facilities. We can't implement everything, but we want to hear your ideas.

YOU ASKED - WE'VE DELIVERED

- We now accept **credit cards** in addition to cash. Just an option to save on ATM fees if you choose.
- We recently installed a new 65" television. Special thanks to: Larry Carter, Ken Crepeau, Don Gerarde, Rich Kitchen, Norm Lansing, Rosie Plank and Fred Palmieri.
- We will soon be kicking off our 3rd season (Monday) and 4th season (Thursday) of Shuffleboard, as well as a new Pool League starting on Wednesdays. The Pool League has 1 spot left so add your name to the list if you're interested – sign up is posted near the pool table.

REMINDERS

- Join our FB page <https://www.facebook.com/AmericanLegionPost196> – see all the fun we have.
- Apparel for sale - shirts, sweatshirts and hats - see the bartender. Want to see other options? Let us know - mention to someone on the House Committee.
- Parking: Legion Members of Post 196 – lot adjacent to building (1st spot for bartender. 2nd spot for musicians performing that day)
- Auxiliary/SAL/Guests - lot across the street or on street parking
- Aux/SAL/Others who are unloading items can temporarily park to unload and then move your vehicle to the appropriate lot. NO EXCEPTIONS
- The expectation within Post 196 is respectful and considerate behavior from everyone. Please speak to others how you would like to be spoken to. If you need to take a phone call while at the bar – please refrain from doing so "on speaker," or even better - step away to a quiet area for that call.
- Music – continues every Friday.
- Kitchen hours will be on Friday, Saturday and Sunday (unless posted otherwise). Menus are posted weekly. No kitchen hours on Wednesdays – we will reconsider in summer.

Happy Spring – I'm always available if you have questions or feedback. Looking forward to seeing everyone.

Commander *Colleen*

Remember Everyone Deployed



R.E.D. is a national campaign that aims to raise awareness and show support for US troops and veterans deployed. The campaign encourages people to wear red on Fridays, known as R.E.D. Friday, to remind people of those who are deployed and to show that they are being thought of.



Who we are - Why we are - The American Legion Preamble

For God and Country, we associate ourselves together for the following purposes: To uphold and defend the Constitution of the United States of America; to maintain law and order; to foster and perpetuate a 100-percent Americanism; to preserve the memories and incidents of our associations in all wars; to inculcate a sense of individual obligation to the community, state and nation; to combat the autocracy of both the classes and the masses; to make right the master of might; to promote peace and good will on earth; to safeguard and transmit to posterity the principles of justice, freedom and democracy; to consecrate and sanctify our comradeship by our devotion to mutual helpfulness.





A Multi-Denominational Chaplain



... is a spiritual leader who provides support and counseling to individuals who do not belong to a specific religious community. Rather than directing their efforts toward a single religious group, chaplains strive to benefit individuals from a variety of religious or spiritual backgrounds.

The qualities of a good Chaplain include: Strong communication, both written and verbal; Active listening; Analytical thinking; Objectivity; Public speaking; Teaching skills; Crisis intervention; Stress management (both for the self and others); Working knowledge of world religions; Adaptability.

Chaplains encounter people from all walks of life, which means that they meet people of different religious and cultural backgrounds. Chaplaincy work provides invaluable opportunities to learn about life experiences that are vastly different from one's own.

So now where did your chaplain come from? Almost six years ago our then Commander approached me in a quandary. Health problems were affecting the current chaplain's voice. He could hardly speak above a whisper, making it very difficult to offer invocations, or to share his wisdom, counsel and heartfelt prayers with the members of the Post. The Chaplain and the Commander discussed the situation and made the difficult decision that the best solution would be to find another person to fill that office.

When the Commander asked if I would consider the position I said yes. The Commander was my good buddy and you always say yes to whatever your buddy needs. Chaplaincy, I thought. What does that entail? First I studied the American Legion Chaplains handbook, then found further instruction online (of course!). Between these two great sources I begin to learn the mechanics of being a Chaplain. Then the other shoe dropped. I began to realize that calling myself a Chaplain didn't cut it. It isn't enough for a person to call himself/herself a priest, a minister or a rabbi, not until you have consulted the most important source: not until you've had a conversation with God.

God will let you know what you need to do or be to serve others as a Chaplain. He let me know and, believe me, it's hard, I mean really hard, challenging, humbling. But it's worth it. Serving as a Chaplain is the most rewarding job I have ever had. I am grateful to Tom for asking me.

I really enjoy being your Chaplain and if you have suggestions or ideas you want to share I'm always available. We wish all our Christian members and friends a joyous Easter!

Lou Eden – Chaplain

What is Membership

Membership refers to the state of belonging to a group or organization. It can also refer to the body of members within an organization. As of writing, our paid membership is 530. We are 10 short of our goal. If you have not renewed your membership for 2025, please do so now. Remember that everyone on this team is in Sales. If you know of someone who shares your values and is a veteran, sign them up.

We are currently the largest post in the state, and we continue to grow because of you and your efforts. We are a very active post and continue to add to our activities. Be proactive, get involved.

Respectfully,

Tom Jackson Senior Vice Commander

Comedy Night



The Sons are hosting a comedy night at the Post on May 17th. Doors open at 6:00 and the show starts at 7:00. Tickets are \$25.00 per person and it is BYOF (Bring Your Own Food). Tickets can be purchased at the bar. This is going to be a really fun night of entertainment for all!

Good Friday Fish Fry

The Sons will be hosting the **Good Friday Fish Fry** again this year on Good Friday, April 18th. It will run from 5:30 to 7:00. Price will be determined at the next Sons meeting.

Mother's Day Pancake Breakfast

The Sons will be hosting the annual Mother's Day Pancake Breakfast on Mother's Day May 11th from 9:00 to noon. Mothers and children under 10 are free.

Father's Day Pancake Breakfast

The Sons will be hosting the annual Father's Day Pancake Breakfast on Father's Day June 15th from 9:00 to noon. Fathers and children under 10 are free.

Bricks for our Memorial Wall – KIA Vietnam

Eight bricks, engraved with the names of eight Milford men who were killed in action in Vietnam, will be installed in our Post's Memorial foundation wall this spring.

JEFFERY R MALONEY CPL - USMC 4-26-1967 QUANG TRI	PAUL J BRAUN LCPL - USMC 4-28-1967 QUANG TRI	HENRY M SARMENTO CPL - USMC 5-19-1967 QUANG TRI
ROBERT C NELSON LCPL - USMC 7-04-1967 QUANG NAM	MILFORD RESIDENTS KILLED IN ACTION IN THE VIETNAM WAR	RICHARD D CONKLIN PFC - USMC 6-15-1968 QUANG NAM
WILLIAM J BANNON JR SP4 - ARMY 4-11-1969 PLEIKU	THOMAS D TIGHE SGT - ARMY 1-10-1970 QUANG TIN	CLIFFORD E PARSONS JR PFC - ARMY 7-17-1970 QUANG NGAI



POST 196



Spring is in the air which mean it's time for our famous annual Sunday brunch! This year the brunch will be on April 13th and the tickets are \$20.00 a person. Please see the bartender or an Auxiliary Member to purchase tickets. So that we can shop and plan accordingly, please buy your tickets in advance. Watch for a volunteer sign-up sheet on the lounge bulletin board.



To celebrate Spring we have put together a Garden Raffle basket. Auxiliary members, please donate a garden item and place it in the basket. This is displayed on the counter under the new big tv. Tickets are \$5.00 each. Please put your name and phone number on the back of the ticket. When you see Auxiliary members at the Post, please ask them to sell you a ticket. The raffle will be drawn at the April 13th brunch.

Membership
The Auxiliary reached over 100% of paid memberships and have more to come. If you have not sent your dues in yet, send them to Post 196 ATTN: Patty Paris. New member initiation will be held at our April 8th meeting. If you have joined the Auxiliary but haven't been initiated you are still a member. The initiation is a way to receive the Auxiliary pin. If you're planning to attend the initiation, please contact Patty Paris at msgprpatty@yahoo.com.



Donations

We've been fortunate with our fundraiser and volunteer time to help various veteran and non-veteran causes:

- \$250 to 50th Anniversary of Vietnam Veteran's Day
- \$500 for the Polar Plunge
- Sponsoring a hole at the Post 196 Annual Golf Tournament
- Approximately \$1000 dollars of supplies and clothing to the VA residents.
- Auxiliary members dedicated their time to make over 2,200 poppies for the Auxiliary Department inventory. Thank you to everyone who dedicated your time.

Memorial Day Parade

We plan on marching in the Memorial Day Parade on Sunday May 25th. If you would like to join us, please contact Sally Carter sjcarteraux196@gmail.com.

IN ADDITION TO THE E-BOARD, THESE MEMBERS ALSO SERVE OUR POST

- Permittee: Norm Lansing
- Auxiliary: Mary-Ellen Breen, Pres.
- Sons of AL: Ken Crepeau, Commander
- Legion Riders: Bill Giles, Director
- Newsletter Editor: Garrett Stack

Girls State

Do you know a local high school student who may be interested in participating in Girls State that we can sponsor? Girls State is a one-week conference in which the young women selected by their respective Units study local, county and state government processes. If so, please contact Mary-Ellen Breen mbreen2020@sbcglobal.net.

A big shout out to Mike Merola, Gary Giaquinto and Melvin Ireland for building shelves in the Auxiliary storage room. Another big thank you goes out to Mary Smith, Marilyn Deptula and Sally Carter for cleaning and organizing the storage room.

Friday Music At The Post 5-7pm *Eat - Drink - Support Live Music*

APRIL
4 - Irena Hart
11 - Steve Bettencourt
18 - Tom Intelisano
25 - Take Two

MAY
2 - Grillo
9 - Steve Bettencourt
16 - American Jukebox® - Garrett Stack
30 - Irena Hart



Garrett Stack PRESENTS BABY BOOMER CLASSICS

Rock'n'Roll
Folk - Folk Rock - Pop
Country - Soft Rock

American Jukebox® Live is available for your next event.

Returning Monthly Starting May 16 - Our Fifth Year at Post 196




R.E.D. Day Fridays at Post 196

For a full calendar of POST 196 events, go to milfordctvets.org
On the left click **EVENTS CALENDAR**
There's a lot more happening at Post 196!
New martini specials each month.



SONS Events - April & May - See page 2
AUXILIARY Events - April & May - See page 3
Annual Golf Tournament - May 5