

Welcoming Veterans  
Since 1964

American Legion Post 196



East Shore American Legion Post 196 – 25 Merwin Ave. – Milford, CT 06460 – [www.milfordctvets.org](http://www.milfordctvets.org) – August/September 2024



### Post 196 Commander Colleen Weatherspoon

#### Hi Legion Family

Hope you are all well during these “hazy days of summer.”

I’m happy to be your Commander for a second year and look forward to more interactions with you as individuals as well as our wonderful family groups Auxiliary, SAL, Riders, Combat Vets, etc. Please try to attend a monthly meeting to be able to share your ideas on how we can make our great post even better.

I hope you’ve been able to join us on Wednesdays as Chef Mike has kitchen hours during the week now.

#### Thank You !

Thank you to *Gene Crutchfield* and *Brad Toth* – both of our SAL Group, and *Joanie Rogers* of our Auxiliary Group for their contributions as described below.

- Gene for updating the rack that holds our folding chairs. It’s now much easier to move around and store the chairs safely.
- Brad Toth for beautification of our external landscape.
- Joanie for regularly delivering our much needed paper towels, toilet paper and other items
- Thank you to our outgoing Finance Officer Chad Rose - we are grateful for his years of service. Welcome to



Daniel Cizauskas who is taking over that role. We look forward to Dan’s involvement and contributions.

#### Some things always worth repeating:

- Join our FB page to be kept up to date with events and volunteer opportunities. Facebook at *American Legion Post 196* or on our web page *Milfordctvets.org*.
- Shirts, Sweatshirts and hats all for sale – see the bartender.
- Parking in the lot adjacent to the building is for Post 196 *Veteran Members* only. The only exception is the first spot which is for the bartender on duty. All others – park in the lot across the street, or on the street.
- New to this reminder list: Access behind the bar is strictly for bar staff – or if they ask for your assistance. This extends to the entry to the kitchen as well. These areas are off limits



Looking forward to seeing you soon,  
*Commander Colleen*



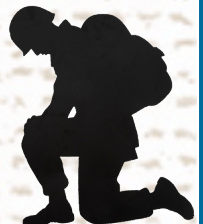
Remember Everyone Deployed – (R.E.D.) is a national campaign that aims to raise awareness and show support for US troops and veterans. The campaign

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. The campaign also aims to highlight the importance of keeping troops in people’s minds.



#### 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 Good Night's Sleep



It was June 1997. I had been admitted to Milford Hospital for chronic nosebleeds.

Recommended treatment: insert a patch in my nose and inflate it until the bleeding stops. The result: the most excruciating pain I could possibly imagine. For relief I was given a small plunger that would deliver morphine, which only made the pain worse. The doctor was gone for the day. During the night the pain was so bad I tried squeezing the bulb only to find that the pain increased and I became terribly stomach sick. In the morning the doctor decided that I was just not using the morphine bulb correctly so he put me on a morphine drip. Result: continuous nausea, and the doctor had left for the day. That night I prayed to God to relieve this awful pain. Then I decided that it was somehow my fault: I was being punished for some serious sin I had committed. Praying didn't help, promising to correct my sinful actions had no effect. I tried crying.

I thought about the small bald children I had met during outpatient cancer care in New Haven. These sweet little kids had come up to me in the waiting room and asked to take my picture for their Christmas tree. The top of the tree, was filled with pictures of their friends who were now with God. The patient next to me,



who was suffering from a horrible form of cancer, explained to me how hard it is on the nurses and the mothers. The little ones can't sleep because they are in so much pain, and they don't even know why. Since my pain wasn't going away I

decided to make a deal with God. The deal: God, you give one or more of these babies a little respite. Let them go to sleep in Mommy's arms tonight and for this I'll tough it out another night.

I never heard back from the Lord, so I can't tell you if it worked. But I will say that it gave me something to think about – how these precious innocents would snuggle into Mommy's loving arms and go off to a wonderful night's sleep. I thought about this over and over all night long until, on the morning of the fifth day a doctor came in, removed the packing and my pain vanished. This story may not be profound or even point to a great moral moment, it's just my story and how I made a little deal with God. *Lou Eden -- Post 196 Chaplain*

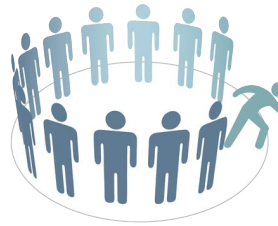
### Riders/SAL Connecticut's unique Thimble Islands

On Sept. 12, Riders are sponsoring a trip for ambulatory members who require aide, age 70 and older, and have a caregiver\*. A bus will leave from Post and take guests to Branford for a boat cruise through the **Thimble Islands**.

Upon returning to the Post, SAL will provide a lunch for participants. Both the members and their caregivers are guests of Post 196 Riders, and Sons of American Legion. A sign-up will be posted in early August with all the details.



*\*wheelchairs cannot be accommodated on this trip*



### Membership Climbs

We are currently at 539 members paid



for 2024. That is second highest membership in the state. Great work everyone.

We are now processing 2025 dues and they are now \$50 for the year. The ability to multiyear is still available at the current amount. This can only be completed online through legion.org.

You may not have received your renewal notice yet. They are mailed to you in July, but multiyear may have impacted these mailings. Remember to reach out to your friends, neighbors, and relatives that may be eligible to join this family of Patriots, we are The Legion, Auxiliary, and Sons.

**Korean War Vets** - Reminder: our Post is paying your dues. You do not need to send in any payment. If you receive a reminder notice in the mail from the state – **disregard it.**

Respectfully,

*Tom Jackson* – Senior Vice Commander

At the June meeting of the Auxiliary, the continuing/new officers were sworn in.



#### Executive Board

- President: Mary Ellen Breen
- Senior Vice: Patty Paris
- Treasurer: Rosie Plank
- Junior Vice: Open position can be (2) people – position
- Chaplain: Cathy Rose
- Historian: Open position
- Recording Secretary: Sally Carter

#### Members at Large

- Marilyn Deptula
- Sue Gotta
- Joyce Kozlowski



When you're planning to go to Post 196, bring a non-perishable food item and place it in the Purple Box located in the lounge. The best donation is protein, like peanut butter, canned meats, chili, tuna fish, boxed mac and cheese etc. These items will be picked-up on a regular basis and placed in the Purple Pantry boxes around Milford.

Thank you all for your support and donations to the fun-filled Luau. Also, a special thanks goes out to the Luau committee for all of their hard work and creativity.

The Annual Convention was held July 12–13. At our September 10 meeting we will be sharing all the exciting news from the Convention.

Attention Post 196 groups, please keep an eye out in August for a school supply donation box which will be located in the lounge. Auxiliary members are asked to bring back-to-school supplies to be donated to a local school to our next meeting which will be held on Tuesday, September 10th at 7:00 PM.

September kicks-off our membership renewal period. Dues are \$33 per year. Membership for Juniors is \$8.00. Great granddaughters, and great-great granddaughters are now eligible for membership.

God Bless America and our Legion Families.



# POST 196

## ANNUAL VETERANS PICNIC

SATURDAY - SEPTEMBER 14 - ALL DAY

GET your TICKETS

Ticket sales will start August 5. Anyone who is interested in being a part of our picnic planning committee, or volunteering for the picnic itself, please join us at our meetings every Thursday starting August 8 at 6pm. There will be a sign-up sheet posted on the bulletin board for folks to add their name as volunteer for specific tasks.

This is always a great event with lots of fun, food, and prizes and we do need a lot of volunteers to pull this off, so please join us.



### ARE YOU A BRICK IN OUR WALL?

What happens when two Navy veterans with a history of bricks get together? They build a memorial tribute brick wall. Chad Rose and Jim Scott discovered a common bond and got started in the spring of 2021.

Chad Rose, our post's recently retired Finance Officer, has a brick history going back to the 1800's. It's such a history, they named the town Roseton, New York, after his family's business, **The Rose Brick Company**. And Jim? A serious brick collector.



As for our wall, Chad jumped in right away and developed a custom electronic program to enter orders and print images of brick information.

It's been going slow and steady and we're now 50% completed. Thank you to Vicki Brennan for honoring Korea Veteran Arthur R. Brennan with brick #250\*, a milestone and halfway point.

The Brick Man \*\$25,000 raised so far. - Read the rest of the story in the Oct/Nov issue of our Post 196 Newsletter.  
Jim Scott

#### 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: Dave Woodmanse, Director
- Newsletter Editor: Garrett Stack

## Friday Music At The Post



### Eat - Drink - Support Live Music

#### AUGUST

- 2- The Modifieds - 6-8
- 9- Steve Bettencourt - 5-7
- 16 - Garrett Stack's American Jukebox® Live - 5-7
- 23 - Take Two - 5-7 **Back Again!**
- 30 - The Elwoods - 5-7

#### SEPTEMBER

- 6- The Modifieds - 6-8
- 13 - Irena Heart - 5-7
- 20 - Garrett Stack's American Jukebox® Live - 5-7
- 27 - Take Two - 5-7

#### OCTOBER

- 4 - Steve Bettencourt - 5-7
- 11 - The Modifieds - 6-8
- 18 - Garrett Stack's American Jukebox® Live - FINAL '24 - 5-7
- 25 - The Elwoods - 5-7



For a full calendar of POST 196 events, go to

<https://milfordctvets.org/site/eventscalendar.php>

#### AUGUST

- 20 - General Veterans Meeting - 7:00

#### SEPTEMBER

- 12 - Riders/SAL Thimble Islands Trip
- 14 - Annual Post Picnic - all day, 10 am - 6pm
- 17 - General Veterans Meeting - 7:00

### SAL First Responders Breakfast - date TBA

#### OCTOBER

- 15 - General Veterans Meeting - 7:00

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.

Garrett Stack's American Jukebox® Live - Every third Friday through October

Visit us online often. The amazing site is at [www.milfordctvets.org](http://www.milfordctvets.org) Plus, on Facebook: Legion - Aux - Riders