



# SOUNDOFF

March—April 2020

George P. Vanderveer  
Post 129 American Legion  
(Established 1919)  
2025 Church Road  
Toms River, NJ 08753

George P. Vanderveer Post 129 American Legion

## COMMANDER'S MESSAGE

Past Commander's Warren Barney, Bob Scheiderman and myself attended two Eagle Scout Court of Honors, held on January 4<sup>th</sup> and January 5<sup>th</sup>, to honor several Eagle Scouts and presented them with a Citizenship Medal.

On February 2<sup>nd</sup>, I attended the annual service for the Four Chaplains at the Cathedral of the Air along with many of the Post 129 Family. Thank you all who attended. Afterwards it was back to the Post for the Super Bowl Game. A good time was had by all who attended.

On February 24<sup>th</sup>, Laura Bailey and I went to Walnut Street Elementary School to present the coloring contest awards to ten deserving children. I would like to thank Laura for all her help in organizing said contest with Walnut Street School and her committee who helped judge the contest.

By the time of this publication, the S.A.L. would have had their annual comedy show and I hope everyone had a good time.

If you have not got your tickets for the Bobby Valli show yet and would like to attend, please contact Carol at 732-978-0716, The date for the show is Friday, March 13<sup>th</sup>.

The American Legion National Commander, **James W. "Bill" Oxford** and National President, **Nicole Clapp**, will be visiting our Post on March 14, 2020 for an American Legion Family Birthday Luncheon.

**MENTS FOR ANYONE ATTENDING THE CONVENTION IN WILDWOOD MUST BE RECEIVED NO LATER THAN APRIL 1, 2020. IT IS PREFERRED THAT YOU MAIL YOUR PAYMENT PAYABLE TO THE AMERICAN LEGION POST 129, DIRECTLY TO FRANK MCARDLE AT 231 SUNRISE BAY BLVD., NJ 08087. YOU**

**MAY ALSO DROP YOUR PAYMENT OFF AT THE POST TO PJ OR THE COMMANDER.**

The Auxiliary has a few events coming up in April and May, please see the Auxiliary message for more information.

For God and Country  
Ed Rutzler, Commander

**AMERICAN LEGION - POST 129 PRESENTS**

**Nova Scotia, Prince Edward Island, & New Brunswick**

*\*\*You Must Bring a Valid U.S. Passport or U.S. Passport Card for this Tour\*\**

**INCREDIBLE PRICE INCLUDES:**

- ◆ Motorcoach transportation
- ◆ 8 nights lodging including 5 nights in Canada
- ◆ 14 meals: 8 breakfasts and 6 dinners
- ◆ Guided Tour of ACADIA NATIONAL PARK
- ◆ Guided Tour of HALIFAX, PEGGY'S COVE, & LUNenburg
- ◆ Admission to KING'S LANDING HISTORICAL SETTLEMENT
- ◆ Guided Tour of PRINCE EDWARD ISLAND
- ◆ Admission to the Natural Wonder: "HOPEWELL ROCKS"
- ◆ Visit to the Waterside Town of SAINT JOHN

For more pictures, video and information visit:  
[www.GroupTrips.com/AmericanLegionPost129](http://www.GroupTrips.com/AmericanLegionPost129)

**Departure: Ocean County College, 1 College Dr, Toms River, NJ @ 8 am**

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: Nova Scotia, Prince Edward Island, & New Brunswick, Canada! This evening, you will check into your hotel in Maine for a two night stay.

Day 2: Start the day with a Continental Breakfast before you depart for Bar Harbor, Maine. Enjoy this beautiful downtown waterside district for free time and shopping. Afterwards, you'll head to the famous, impressive ACADIA NATIONAL PARK for a Guided Tour. This 47,000-acre Atlantic coast recreation area is primarily on Maine's Mount Desert Island. This evening, you will have Dinner before returning to your hotel.

Day 3: After enjoying Continental Breakfast, you will head for NOVA SCOTIA, CANADA. You will have Dinner and later check into your HALIFAX, NOVA SCOTIA area hotel for a two night stay.

Day 4: Start the day with a Continental Breakfast before enjoying a full day GUIDED TOUR. This fabulous tour includes Nova Scotia's Capital City of HALIFAX, PEGGY'S COVE, and LUNenburg. Peggy's Cove, home to the most famous lighthouse in all of Canada, is a highlight of the tour. Old Town Lunenburg is designated as a UNESCO World Heritage site. Seventy percent of the original colonial buildings from the 18th and 19th centuries continue to greet visitors with their colorful façades. Today's visit also includes a stop at the beautiful HALIFAX WATERFRONT. This evening, enjoy Dinner before heading back to your hotel.

Day 5: Enjoy Continental Breakfast, then head towards PRINCE EDWARD ISLAND. Upon arrival, you will have free time in preparation for a great day on Prince Edward Island.

Day 6: Start the day with a Continental Breakfast before your GUIDED TOUR OF PRINCE EDWARD ISLAND. Your tour includes picturesque rural villages, gently rolling pastures, and the beautiful contrast of colors provided by deep red soil and the whitecaps on the waves. Then you will have Dinner and head back towards New Brunswick, Canada to check into your hotel.

Day 7: Today, after enjoying Continental Breakfast, you'll depart for the famous HOPEWELL ROCKS. These huge rock formations stand 40-70 feet tall, and are caused by tidal erosion. This stunning attraction welcomes more than 180,000 visitors each year. Next, you will depart for the waterside town of SAINT JOHN, NEW BRUNSWICK. Later enjoy Dinner and check into your hotel.

Day 8: Start the day with a Continental Breakfast before heading to KING'S LANDING HISTORICAL SETTLEMENT. One of Canada's premier tourist attractions, King's Landing is a living history museum with original buildings from the period of 1820 - 1920. Then, you will head to your hotel in Maine for the evening.

Day 9: Enjoy a Continental Breakfast before departing for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

**ADD PEACE OF MIND TO YOUR TRIP...**  
With the Travel Confidence Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

**\$75 Due Upon Signing.** \*Price per person, based on double occupancy. Add \$545 for single occupancy.  
Final Payment Due: 5/22/2020

**\$1250 \***

**9 DAYS 8 NIGHTS**

**PER PERSON, DOUBLE OCCUPANCY**

**(Wed - Thu)**

**July 29 - August 6**

**2020**

Enjoy a visit to historic Halifax

Visit to picturesque Prince Edward Island

Explore Acadia National Park

Visit Saint John - located on the shore of the Bay of Fundy

FOR INFORMATION & RESERVATIONS CONTACT:

**Darlene Scheiderman @ (732) 341-7462**

IMPORTANT, FINAL PAY-

FACEBOOK: <https://www.facebook.com/groups/post129/>

WEBSITE: <https://alpost129.org/>



## LEGION MEMBERSHIP

Dear American Legion Members,

In checking our roster I noticed that there are still many members that haven't paid their dues for 2020. I did want to let you know that we are counting very much on your continuing as a member of our Post. You are very important to us and if we are to accomplish the many tasks facing The American Legion, both at home and in Washington, to help our Veterans and their Families as well as the Community we live in, we need your help.

As we enter our 101st year and start a New Century of Service to the Community, State and Nation please help us carry our Legacy forward. Veterans Serving Veterans, Veterans Serving New Jersey.



THE AMERICAN LEGION



I am asking each of our Legion Family Members to reach out to your members whom you haven't seen or heard from in a while. Its called a "Buddy Check", to see if any of our members need any help and if they are okay. That's what we do; Veterans taking care of Veterans. Let's finish this this year strong and put Post 129 over the top.

Please let me know if there is some service that our Post or at the Department level can provide for you or if there is any reason that has kept you from renewing your Membership.

Please contact me at [rjg548@comcast.net](mailto:rjg548@comcast.net) or 732-604-8326, The American Legion needs your support.

Remember Membership is the life blood of The American Legion.

For God and Country  
Rich Godfrey  
Department of New Jersey  
Membership Chairman




Veterans of New Jersey

**Bobby Valli**

**Solid Gold**

*Proud Brother  
of Frankie Valli*

*Formerly with hit recording acts:  
The Duprees  
Joey Dee and the Starliters  
The Classics IV ("Stormy" "Traces")*



**Genuine  
Jersey**

**American Legion Post 129**  
**Friday • March 13th • 7:00pm**  
 DOORS OPEN AT 6:30  
**2025 Church Road, Toms River, NJ**  
 For Tickets Contact: **Carol Rutzler 732-978-0716**

**Tickets: \$25<sup>00</sup> • Light Snacks Provided • Cash Bar**  
*Regular menu available in the canteen prior to the show.*

## SERVICE OFFICERS REPORT

With everything going on this past couple of weeks, it hit me last night. Despite reading everything I can get my hands on and listening to hours and hours of news, I have no idea what the next month's will hold.

For me, for us, for the country, for the larger world. I've come to a crossroads and one way goes into anxiety and the other, the other goes into not knowing and simply being curious about it all...

All of it reminded me of one of the biggest things I've come to notice over the past few years:

This life I have is precious and I don't want to miss a bit of it. That there are precious lives all around me & it doesn't matter how much they make, or where they live, or who they love. It doesn't matter the color of their skin, or how they see their god. If I have habits that, make me blind to that, or worse, make me an obstacle to that, it's time for me to stop...

Because in the deepest heart of me, I know we have a chance to step up & make a world where we can all thrive and I don't want to miss a moment of that.

Well this is supposed to be the "slow time". Not True. I have an amazing couple of months. As your "PR" guy and Service Officer I have attended the following meetings and events;

As a board member I attended a meeting of the Ocean County Military Support Commission. I met with 3 different vets in distress, a couple we could not help due to the nature of their needs and one with the help of Ralph Wolff we were able to supply him with a much needed refrigerator for him and his 3 children.

Ralph Wolff and I met with suicide focus group being instituted by the new base Commander Colonel Gigliotti and we had a second meeting on February 13, 2020. On January, 23<sup>rd</sup> I Attended the regular meeting of the Ocean County Military Support Committee at the Cathedral of the air. As state Chaplain, February 2, 2020 I officiated the 4 Chaplains' ceremony at the Cathedral of The Air.

On February 3, 2020 I attended a Q.P.R. suicide prevention seminar at OCC.

I attended a meeting of our Victory Garden Committee, always looking for help, stay tuned for volunteer opportunities.

I attended the Departments D.E.C. meeting in Trenton. Attended a meeting of the veterans sub-committee of the Ocean County Military Support Commission.

I attended the Base Commanders Meet and Greet at Laurita Winery.

I participated in the installation of a POW/MIA chair in the Ocean County College Library.

I had meetings with the Ocean County College Veterans staff and went over benefits and programs available to their student population, including disabled parking pass, possible township property tax breaks and the \$6000 tax exemption for New Jersey Veterans.

I made a number of hospital and nursing home visits and I would love to do more, but unless I am told about a brother or sister that may be hospitalized or in a nursing home, I can't make that happen. Do you know someone that might like a visit, leave their name and number, location and your contact information in an envelope addressed to me with a bartender?

Up-coming stuff, Legion College April 17,18,19 in Sea Girt, Commander Rutzler has applications. Learn more, help more, you cannot be hurt by knowledge. April 26th at 1200 hours the Riders are holding their annual Blessing of the Bikes.

Michael Schaffer  
Post 129 Service Officer  
Department of New Jersey  
Chaplain

## POST EVERLASTING



Robert Sharkey, US Navy, Vietnam  
Thomas Moore, 84, US Air Force, Vietnam

"Rest In Peace, Comrades"  
Ritual Chairman Bob Scheiderman

**Ocean County Memorial  
Chapter of the DAV meet  
at Post 129 the 2nd  
Wednesday of the month  
at 7 PM**





## AUXILIARY NEWS

Our ALA Unit 129 has been busy with our 100 Years Celebration. With much pride, we received a Proclamation from The U.S. House of Representatives signed by our NJ Congressman, Andy Kim, for our 100 Years of Service as an Organization and a Unit.

On 2 February 7, 2020, we had our annual Psychic Fair. It was quite a success. Thanks to our Chairman, Tara Goldstein, our Co-Chairman, Beth Kilmurray, our ALA Members who volunteered their time/dessert donations and all who supported this Event.

On March 14, 2020, Post 129 is hosting an American Legion Family Birthday Lunch. The Special Guests will be our American

Legion National Commander James W. "Bill" Oxford and our American Legion Auxiliary National President Nicole Clapp. That should be an exciting visit for all of us, who plan on attending.

Our next big Event is our annual Gift Auction, which will be held on Sunday, 4 April 4, 2020. The doors open at 12pm. We would greatly appreciate having some of our Members volunteer to help that day. In addition, we would greatly appreciate the support of our Post 129 Family by attending this Big Event.

As I have mentioned before, this is such a special year for the ALA and our Unit 129. I am thankful for the support that our Unit receives from our Members. I am happy to see some of our new Members at our monthly meet-

ings, volunteering to do the 50/50 on Friday nights, volunteering at our various Events throughout the year or supporting our Events. Joining our Unit 129 is a blessing. We get to volunteer our time to support our various Programs for our Military, Veterans & Community. In addition, we gain some new and lasting friendships. As a perk, we can join in the fun and live entertainment on a Friday or Saturday night in the Canteen. Again, this is the Auxiliary's 100 Years Celebration and Unit 129's 100 Years Celebration. So please come on out and join us in our CELEBRATION.

For God and Country,  
Lisa A. Mayer  
President Unit 129

GEORGE P VANDERVEER  
AMERICAN LEGION  
AUXILIARY UNIT 129  
ANNUAL GIFT AUCTION  
2025 CHURCH ROAD  
TOMS RIVER, NJ



SUNDAY  
APRIL 19, 2020  
12 NOON - 5PM  
\$8.00 ENTRANCE FEE

NO OUTSIDE FOOD ALLOWED  
LOTS OF PRIZES FOR EVERYONE. DON'T MISS  
OUT ON THIS HUGE EVENT!!!!

Proceeds to benefit Veterans programs

## AMERICAN LEGION AUXILIARY UNIT 129 COMMUNITY SERVICE REPORT

**Lyons Sight Center.** The Post family donated 201 pairs of used eyewear which helped provided 201 veterans with the gift of sight. Value, \$40K.

**Cell Phones for Veterans.** 150 cell phones were donated. Each phone equals a \$10 donated phone card for a deployed soldier or a veteran.

**Ocean/Monmouth Food Bank.** Non-perishable food items donated by Post 129 members, provided good nutritional meals for those in need. Value \$6K

**Ronald McDonald House Pull-Tabs.** Funds provide lodging, nourishment and recreation for families of children who are undergoing treatment for serious illness. To date, 78 pounds of tabs have been delivered to the RNMH in Long Branch, NJ.

**Our Post 129 family,** donated

120 bottles of liquid bath soap to the Ocean Christian Community Church in Toms River, which were distributed to our homeless population, in January.

The Post 129 Auxiliary reminds the membership there are donation boxes, for cell phones, non-perishable food items, and cell phones in the foyer at 2025 Church Rd. Toms River.

### **Ronald McDonald House**

A donation drive is under-way for the Long Branch Ronald McDonald House. They are in need of 'New' bedding items, bath and kitchen towels, disposable plates, napkins and flatware. Monetary donations are appreciated, please make checks payable to ALA 129, memo RMH. Contact Unit 129 Community Service Chairwoman, Patricia Corbin for information at 732-349-9241.

Your generous donations have made an impact in our communities and beyond. These programs are dictated by, The American Legion four pillars, Children and Youth, VA &R, National Security and Americanism

Thank You,  
Unit 129 Community Chairman,  
Patricia Corbin



## **GEORGE P VANDERVEER POST 129 AMERICAN LEGION AUXILIARY "SERVICE NOT SELF"**

CELEBRATING 100 YEARS OF SERVICE TO OUR  
VETERANS, MILITARY AND THEIR FAMILIES.

THE AMERICAN LEGION FOUNDATION IS SEEKING,  
'MONETARY DONATIONS'.

THESE FUNDS PROVIDE JOB TRAINING, SHELTER, GRANTS  
FOR EDUCATION, PHYSICAL AND MENTAL HEALTH SERVICES  
AND SO MUCH MORE.

"OUR VETERANS, OUR FAMILIES OUR SERVICEMEN AND  
WOMEN AND THEIR FAMILIES...IT'S FOR THEM"

THEY GAVE!  
THEY GIVE!  
WILL YOU?

PLEASE MAKE CHECKS PAYABLE TO  
ALA UNIT 129  
IN THE MEMO: 'ALA FOUNDATION'

'THANK YOU FOR YOUR SUPPORT'  
THE AMERICAN LEGION AUXILIARY UNIT 129  
PATRICIA CORBIN  
UNIT 129 LEADERSHIP CHAIRMAN

## ***Saturday Night Specials***

### ***At The Post***

***2 Soups—2 Salads—2 Entrees***

***1 Shared Dessert***

***A Better Deal Just Can't Be Found!***

***2 For \$20.00 Dinners***





## CANTEEN NEWS

Eric Inauen

Spring is right around the corner and there is so much going on at the Canteen, I hope I don't leave anything out.

During the last week in February, we shut down the Canteen and moved our operation into the Hall. The Bar needed some sheet rock repair and a fresh paint job. We also improved some other features. The Post would like to give a special thanks to Tom King, Tom Dirriggi, Manny Montano, and Trevor Jones and Bruce Dillioian.



**BUNKER BAR:** Now that we have our clear vinyl roll downs and portable heaters, we will be officially opening the Bunker on **Wednesday, April 1st**. This is not an April Fool's Day joke. Post 129's Bunker Bar will be breaking NEW ground. That is what the Bartenders and Bar Staff love about the Post 129. We are always trying new things.

**BAR IMPROVEMENT FUND-RAISER:** On Friday, March 13th, Bobby Valli, brother of Frankie Valli, will be performing in the Hall from 7 to 10 PM. For tickets call Carol Rutzler at 732-978-0716. Tickets are \$25 each. Doors open at 6:30PM. There will be a cash bar and snacks on the tables. If you would like to have dinner in the Canteen prior to the show you should make a reservation. All proceeds from the show will go toward the improvements in the Canteen. A special thanks to Carol Rutzler, Andrea Ogden and Laurinda Miller for organizing this Event.

**Our own Post 129 Special Forces Russ Gurney (foreground) and John Hammack, along with Russ's Blood Hound Beagle hunt the very elusive Longtail.**



**ST. PATRICK'S DAY PARTY:** Our annual St. Patty's Day Party will be held in the NEW Canteen on Sunday, March 15th, at 1PM. A special Irish menu will be offered which will include Corn Beef, Cabbage & Potatoes at a great price. The renowned Tom Brett & Bill Felix will be performing Irish Music from 2 to 6PM, along with the Shamrock & Thistle Bagpipe Band.

**BUNKER NEWS:** Last time, Rocky, our SAL Commander and Tech Expert, was able to hack into the varmint network. He foiled the varmint plan to sabotage the upcoming Post election. Unfortunately, the situation has escalated. Shifty, the radical squirrel, posed as a stuffed animal at our Flea Market, which enticed Rich Godfrey to purchase him. Once inside the Post, Shifty blew up the TV surveillance monitor in the Bar Office. That night, Shifty opened a window and let the Varmint Delta Force gain entry. After entering the bar office, they formed a 1 1/2 foot perimeter to protect shifty at

all costs (see photo).

Shifty hacked into the bar computer and filed "articles of impeachment" against the bartenders and the bar committee staff. Although they supported impeachment, the remainder of the varmint population voted against removal, since the Bartenders do a great job.

Thinking that they snuck out undetected, Shifty returned home to his wife, Fancy, who is the speaker of the household. Shifty was still dismayed because of the lack of removal of the bar staff. Fancy, trying to console him stated, "just remember Shifty, they will be impeached for life." As he walked away, he said, "Big Whoop." The rabbit eared Fancy said, "I heard that."

Our outstanding bartenders have saved us from removal of office by the fantastic job that they do. Warren, Robin, Lisa, Lori, Danielle, Joe, Shea, Gina, Elena and Robert are always there to serve you with a smile.

On another note, after Com-



mander Rutzler learned of the Spring Squirrel Offensive known as "Shock and Gnaw," he appointed Russ Gurney and John Hammack from our 82nd Airborne Group to command the patrols. Their mission was to search and terminate Longtail, the 6 foot elusive legendary squirrel. After taking charge, they tripled patrols from once a month to 3 times a month. After minutes of intense searching they were proud to report that there was no sign of Longtail, and that the Membership can now feel safe from attack (see photo).

Again, a special thanks to our infamous Nat Geo Wild Photographer, Al Harbord, for risking his life to bring you these action photos. This time Al wore an Alfred E. Newman mask and disguised himself as a file cabinet in the bar office for five days (see photo). He discovered that the face of



Alfred E. has hypnotizing effect on the varmint military. Al always seems to know where the varmints will attack next. He just does not know when they will be there. The next time you see Al or Alfred E. in the Canteen please give him a sitting ovation.

Additional reports to follow.



## A HUNDRED ...

In the course of human events, a hundred is really not a whole lot of time.

In the course of a lifetime existence, a hundred can be a considerable amount of time.

In the collection of money, a hundred pennies really doesn't seem like so much, (unless you need one to keep from breaking that twenty) ...and a hundred dollars, tho not a fortune, is not to be overlooked.

A hundred, should actually be referred to as One Hundred ... ten tens ... over time, it can see many changes: well, it's 25 Presidential terms!

One Hundred years for an organization to exist, co-exist with its parent organization, is quite remarkable. Together, we have survived an entire century, two buildings and one fire.

How many members have come our way, joined our ranks, made us stronger or smarter, and have now left for one reason or another? Thousands . . . I dare say!

How many disagreements have we had over these many years? ... Many, I dare say! How many meetings have we attended over these years? One a month for one year is 12, times one hun-

dred years is 1,200 meetings! How many hours? How many conventions? How much laughter... how many tears?

Over these many years, meetings, agreements, disagreements, conventions and more ... have we told you how important you are to us? Probably not! Please know that we appreciate you more than you know ... more than we show. We appreciate the many breakfasts you made while we were out in the early morning of Memorial Day placing wreaths and paying tribute to those who have paid the ultimate price.

We appreciate the many Post Birthday celebrations where you presented us a check. The millions of poppies you have distributed, and the hundreds of veterans and their families you have helped, the many children's Christmas parties, and the hours and hours it took to shop and wrap the gifts, in exchange for the many smiles it produced.

The visits to hospitalized vets, and those smiles ... well, that just doesn't go away!

Together we have made a difference to so many people ... and even to each other. We don't often acknowledge what we do, we kind of wait for someone else to recognize it ... but that doesn't happen very often.

So now, in recognition of YOUR Centennial, please accept our sincere Thanks to each and every one of your members, for your dedication, your caring, your strength, your support ... and for always being there for Post 129 ... and helping us shine brighter than the others.

We are the best Post, with the Best Auxiliary and the best Family ... EVER, and we thank you for that, AND ...

We look forward to the next 100 years with you, and we wish you a Very Happy Birthday on behalf of the Officers & members of Post 129!

**Bobby Scheiderman**



*MARCH: From the Roman god of war, Mars.*

Birthstone

March 2020

Bloodstone

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 General Mtg. 7:00PM	3 	4	5 <b>BINGO</b>	6	7 
8 Daylight Savings Begins	9 Legion Aux. Mtg. 7:00PM O Full Worm Moon	10 	11 SAL Mtg. 7:00PM	12 <i>Bingo</i>	13	14 National Commander's Visit
15 American Legion's 101st Birthday 1919 	16 Board/Trustee Mtg. 7:00PM	17 <b>ST. PATRICKS DAY</b> 	18 	19 BINGO <i>First Day Of Spring!</i>	20	21
22 	23 Legion Riders Mtg. 7:00PM	24 ● New Moon	25	26 <i>MORE BINGO</i>  <i><u>Make Up Your Own Holiday Day</u></i>	27	28
29 National Vietnam Veterans Day 	30	31		To be sure of hitting the target, shoot first, and call whatever you hit the target.		I have a lot of fond memories of St. Patrick's day, vague but fond!

American Legion National Commander, James 'Bill' Oxford and National Legion Auxiliary President Nicole Clapp visit Ocean County. Birthday Luncheon, Saturday, March 14, Noon to 5PM. At Post 129

## MARCH CANTEEN ENTERTAINMENT

FRIDAY MARCH 6<sup>TH</sup> **THE BLACK TIES**

SATURDAY MARCH 7<sup>TH</sup> **"NFINITY"**

FRIDAY MARCH 13<sup>TH</sup> **"SIMPLY 3"**

SATURDAY MARCH 14<sup>TH</sup>  
**STRICTLY 60'S**

FRIDAY MARCH 20<sup>TH</sup> **THE LENNY  
DAVIS BAND**

SATURDAY MARCH 21<sup>ST</sup>  
**"THE SURE CATS"**

FRIDAY MARCH 27<sup>TH</sup>  
**Ms G & THE DA GUYS**  
**\*\* NEW BAND \*\***

SATURDAY MARCH 28<sup>TH</sup> **"BOB KULIK"**

BE SURE TO CHECK FOR LAST MINUTE CHANGES AND/OR CANCELLATIONS.  
UPDATED LISTS ARE POSTED ON THE BULLEEN BOARD IN THE CANTEEN



*APRIL: From the Greek goddess of love, Aphrodite.*

Birthstone

April 2020

Diamond

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Never interrupt someone doing what you said couldn't be done!			1  All Fools Day	2 B	3	4
5 	6 General Mtg. 7:00PM	7 O Full Pink Moon	8 SAL Mtg. 7:00PM	9 I	10	11
12 EASTER SUNDAY	13 Legion Aux. Mtg. 7:00PM	14 	15 	16 N	17	18 Paul Revere's Ride 1774
19	20 Board/Trustee Mtg. 7:00PM	21	22 EARTH DAY ● New Moon	23 G	24 Arbor Day	25
26	27 Rider Mtg. 7:00PM	28 	29	30 O #####		If you die in an elevator, be sure to push the up button.

April 1, 1954: United States Air Force Academy established at Lowry Air force Base, graduating its first class in 1959.

April 6, 1896: After a 1500 year break, the first Olympics of the modern era was held in Athens, Greece.

## APRIL CANTEEN ENTERTAINMENT

FRIDAY APRIL 3<sup>RD</sup> "WILD ROSE"

SATURDAY APRIL 4<sup>TH</sup>  
THE POWERTONES

FRIDAY APRIL 10<sup>TH</sup> "NFINITY"

SATURDAY APRIL 11<sup>TH</sup> THE MANGO'S

FRIDAY APRIL 17<sup>TH</sup> TRIPLE PLAY

SATURDAY APRIL 18<sup>TH</sup> STRICTLY 60'S

FRIDAY APRIL 24<sup>TH</sup> THE BLACK TIES

SATURDAY APRIL 25<sup>TH</sup>  
\*BACK BY POPULAR DEMAND\*  
**BARBARA PETRIZZO**  
& HER OUTSTANDING ENTOURAGE  
FROM 6-7 PM  
FOLLOWED BY OPEN MIKE NIGHT  
MAKE YOUR DINNER  
RESERVATIONS EARLY



BE SURE TO CHECK FOR LAST MINUTE CHANGES AND/OR CANCELLATIONS.  
UPDATED LISTS ARE POSTED ON THE BULLEEN BOARD IN THE CANTEEN



The snow was starting to fall. It was a peaceful snow; not the kind to cause too much trouble.

The roads were still clear and easy to travel.

John was home sitting in his living room staring out the bay window. This morning he felt sad and so lonely. "Why bother to get dressed today" he thought as he went into the kitchen to make himself a cup of coffee and a piece of toast. Then he looked up at the wall with the calendar on it...

It was Tuesday! "Tuesday" he said as a smile appeared on his face. Tuesdays are his favorite days as on Tuesdays his Vet to Vet Buddy Pete comes over to visit. John finished his coffee and toast and went in to get dressed.

The phone rang. It was Pete calling to confirm their visit. Pete arrived and the two of them got right into playing the card game they had left off at their last visit. They shared a sandwich and a few laughs. They truly enjoy each other. This snowy sad morning had turned out to be a great afternoon for them both.

This winter season so many Veterans are in need of a "Buddy" to visit them. Are you that Veteran that would be willing to help a Buddy out and spend an hour or two with them?

Please call us at Caregiver Volunteers of Central Jersey (732) 505-2273 ext. 210

## RESILIENCE AND AGEING

Ralph Wolff,  
Finance Officer



Life may not come with a map, but everyone will experience twists and turns from everyday challenges to traumatic events with more lasting impact, like war, the death of a loved one, a life-altering accident or a serious illness. Psychologist defines resilience as the process of adapting well in the face of adversity, trauma, tragedy or significant sources of stress.

Unfortunately, for most people, the only way to build up resilience is to experience trauma and loss for themselves. To quote Elizabeth Hardwick, "Adversity is a great teacher, but this teacher makes up pay dearly for its instruction; and often the profit we derive, is not worth the price we paid."

I am not a Psychologist or even a therapist but I do see that many of the members of our Post can be categorized as being in the age bracket from 65 to 85 years old. Based on the explanation above many would think that the ageing population should be highly resilient but unfortunately that may not be true. While studies continue to be conducted on the resilience of the age group, there are many intervening factors that suggest differently.

Adaptive coping styles are critical to older adults' capacity to recover from stressful events and as we age the number of stressful events we encounter grows. Happiness, lack of cognitive failures, good mental health, optimism and hopefulness all factor into the strength of resiliency. On the

social side of resilience, community involvement, contact with family and friends, sense of purpose, social support and connectedness are all a major part of being a highly resilient person.

As you may imagine, removing some of the characteristics of resilience, like the loss of mobility, isolation or the lack of connectedness, the death of a loved one and the loss of hope can easily whittle down ones resilience.

Our Post has the resources to identify and to counter some of the effects of the low resilience in our aged membership. We just have to be aware and reach out with compassion.

Michael Schaffer and I ask you to be aware of those who may fit into the category of isolation and hopelessness and reach out to us. Sometimes just a phone call to say hello and tell them that someone cares is all that it takes to make day.

## FINANCES

Our finances are strong as is evident by the construction of the new bar and the renovation of the canteen. Our budget has been reviewed at the halfway point and is showing a positive outcome at year end.

---

**Tin Can Sailors meet at  
Post 129 on the 3RD  
Wednesday at 12 noon.**





## SAL MESSAGE

Greetings everyone!

As I write this, there is only one month until spring. It cannot come fast enough! Soon the weather will be getting warmer, the bunker bar will open and we can all enjoy the spring and summer seasons.

We are off to a very good start to 2020. We just finished our 4th annual Valentines comedy show and it was a great success. We had 168 people attend and the comics provided by Ginger Ninja Productions were fantastic. I would like to thank everyone that attended and everyone that helped with the event. Without your help and participation, we would not be as successful.

We can now turn our focus to start preparing for our annual Memorial Day BBQ and pig roast in May. There will be more details on that in the coming months.

We are coming down to the wire to hit our membership numbers by the end of May. Please, if you haven't already, renew your dues and if you have friends, relatives or colleagues that are eligible to join our great squadron, please send them our way so we can get them signed up. You can renew your dues at the Post, via mail or online at :  
[www.salpost129.com](http://www.salpost129.com).

If you have any questions regarding membership, eligibility or anything else, please let us know and we will do everything in our power to assist. Thank you again, and I look forward to seeing you at our, soon to be renovated, great Post.

For God & Country,

Rocky Lucia  
Commander, Squadron 129



## You too can help support your Post.

Contact Ralph Moranz or just show up on BINGO night and help with the game.  
Always looking for additional volunteers.

Spring Flea

Market

9am-2pm

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Through your generous donation the 2020 Children & Youth Fund has exceeded last years.  
Complete list of donors is on the Post website at: <https://alpost129.org/>




## THE UNITED STATES NAVY MEMORIAL

### SHARE YOUR NAVY STORY FREE INTERVIEWS

*The United States Navy Memorial will be sending film crews to conduct free interviews of the members of Tin Can Sailors of New Jersey - NJ DESRON 2 Phoenix Squadron and the American Legion Post 129 on Saturday June the 13th. The goal of our program is to video, archive, and preserve the stories of our Nation's Service Veterans for future generations of Americans. Veterans from all are welcome to participate, as well as wives, children, and family members who wish to share stories of their loved ones in the military.*

*There are no fees associated for this program and each veteran who participates will receive instructions on where to view their video interviews online, which will be added to the Navy Memorial Archive.*

These interviews will be placed in the Navy Log and archived by the United States Navy Memorial.  
**Interviews will be conducted Saturday June the 13<sup>th</sup>**



**Sample interview questions:**

- When did you join the service?
- Where were you sent for boot camp?
- What was your role in the military?
- What was your most memorable experience?

**Our mission:** Our mission is to interview, record, and archive the accounts of our Nation's Veterans These accounts are vital to our nation's history and it is our mission to archive the stories of our Veterans so that we can preserve our nation's past.

To view the Navy Memorial archive, please visit:  
<http://navylog.navy memorial.org/stories-of-service>

For more information, contact National Coordinator Matthew Fash at [mfash@navymemorial.org](mailto:mfash@navymemorial.org)

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*Dwight D. Eisenhower*

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