



American Legion - Post 196  
25 Merwin Ave, Milford CT 06460  
[www.milfordctvets.org](http://www.milfordctvets.org)  
Facebook: [Legion](#), [Aux](#), [Riders](#)

### Commander's Corner – December 2023



#### Seasons Greetings Post 196 Legion Family:

As this year comes to a close, like many of you, I am reflecting on the many blessings that brought me joy, as well as the few challenges that are teaching me patience and perseverance. Always remember, we never know what someone may be going through so let us offer a smile or a kind word. If you are someone or know of someone in need – please let us know – we may be able to offer help or find help. I'd like to say thank you to all who participated in the events surrounding Veteran's Day and Thanksgiving including:

- Ceremony at the Dough Boy 11/11
- Veteran's Day Parade 11/12 - participants included members from all of our families - Legion, SAL, Riders, Combat Vets, and the AUX who handed out flags along the route
- Lunch following the parade provided by the SAL
- Team of volunteers who shopped, cooked and served Thanksgiving Lunch to our veterans/family members. This is the core of

our mission and is always so well received and much appreciated.

Wishing you a Happy Holiday Season and looking forward to a Happy and Healthy 2024

*Colleen Weatherspoon - Commander East Shore American Legion Post 196.*

[Commander@milfordctvets.org](mailto:Commander@milfordctvets.org)

#### **Membership:**

Why join or renew your membership in any group? People tend to join organizations that allow them to chase their dreams and to have experiences that fulfill them. People become full of pride in the organization when the mission of the organization, the meaningfulness of what they are doing, what they are accomplishing is held in high regard by themselves and others.

Why join or renew your membership in Legion Post 196?

Every day, the Legion works on behalf of U.S. service- men and women. It is recognized as a leader in transition assistance from military to civilian life,

providing resources for careers, education, childcare and rehabilitation.

I would ask that you renew your membership and recruit new members for your Post. We have 212 members who have not renewed their membership for 2024. After 12/31/2023 if not renewed your membership will be considered delinquent and after 1/31/2024 membership considered expired.

You may renew online, send us payment, or bring us payment to the post. Thank you for your attention to this matter.

**Tom Jackson, Senior Vice**  
**East Shore American Legion Post 196**

The well-known writer and lecturer Dale Carnegie suggested a great place to start. I know it worked well for me. When you feel really depressed, when everything seems to be falling apart, step back and ask yourself, “What is the worst thing that can happen?” Be realistic. Work might not be going well, but you won’t really lose your job. The house needs so much work, but it won’t really fall down. Now with that realistic assessment you have a good starting point or call it a plan to go forward.

Next, do things that get your brain on to a more positive track. Take a walk. Run, if you can. Smile. A cold shower will certainly wake you up. Now think of positive things. There are certainly lots of them, but you must make the effort. A nice bright future, a fun vacation, perhaps.

Try to understand why we are so hard on ourselves. Be curious, not judgmental. You can be the special person you’d like to be, but you have to want to do it. Go for it. According to an ancient Chinese proverb, “a journey of a thousand miles starts with that first step.” Might I suggest a really good one? Have a nice talk with God. He’s a really good guy, he’s always available, and talking with him can really help.

**Lou Eden**  
**Chaplain**

**Lounge note:**

2023 Bar Tokens will expire at the end of this year. Be sure to use or share those tokens prior to that date. New chips will be available in January 2024. We hope you continue to enjoy the food service on the weekends and ask that you remove any trash and trays from the tables and bring them back to the kitchen service area where you placed the order.



## *Sadness and how to deal with it*

Sooner or later, everyone has to deal with sadness. First, perhaps, we have to recognize or define it. Sadness might manifest itself as grief or sorrow. Sad feelings are also part of depression. It can leave you drained, unsure, feeling unable to cope. Low self-esteem can lead to extreme sadness. What can we do? What can we do?

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**Unit 196 Auxiliary**

We've been busy in October and November. In October we had another successful Halloween bash. We donated \$200 to the Marine Aircraft Wing Band dinner, donated \$100 to the Milford Animal Shelter, had a food drive where we welcomed the Purple Pantry to set-up a box in the Post lounge. Additionally, we donated \$200 to the Post Thanksgiving dinner. At our November meeting we had the pleasure of welcoming guest speaker Tony Sigilito from Building Home for Heros. Check out this video <https://vimeo.com/859149278/09b26ae2bf?share=copy>

Our Ugly Sweater Party will take place on December 9, 6-10pm at The Post. There is no cost for entry; we will provide a DJ and you can bring your own snacks! This is OUR thank you for all of YOUR support throughout the year.

'Tis the season! Traditionally all unit members are asked to donate a toy to Toys for Tots. Just drop the donated toy off at the Post or any other pickup point. If you choose to participate in Toys for Tots, please add it to your service report that is submitted to Joyce K.

Mary-Ellen Breen is checking into getting a selection of long-sleeved shirts to be embroidered with our Unit name.

Great news! The American Legion and the Auxiliary will have their conferences together. We're getting ready for the January mid-winter conference which will be held on January 27 and 28 at the Trumbull Marriott. Any member in good standing is welcome to attend. It's a great way to learn more about our organization and meet other auxiliary members from around the state. Let Mary-Ellen Breen know if you are interested in attending.

Our membership is at 63% of our goal. Dues must be paid by **December 31, 2023** or your membership and membership benefits expire. This year's dues are now \$33 per year.

Happy Holidays!

### American Legion Riders Post 196

What are we fighting for?

What is the best way to honor the men and women who have given their lives in military service to our country?

Were they fighting to preserve our form of government and our rights as citizens under the Constitution?

Are we as legionnaires, fulfilling our pledge to these men and women by making our voices heard?

We ask our riders, here at the post, to show the public, that we are a visible presence within the community.

Therefore, we demonstrate our commitment to honor all who have given the ultimate sacrifice for their country.

God Bless America!

ALR Historian: Glenn Richard

#### **Valuable Links**

Our Website	<a href="http://Milfordctvets.org">Milfordctvets.org</a>
	<a href="#">Officers</a>
	<a href="#">Veteran Solutions</a>
	<a href="#">Events Calendar</a>
Facebook	<a href="#">Legion Post 196</a>
	<a href="#">Auxiliary</a>
	<a href="#">Riders</a>

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*Visit our [website](#) and our [Facebook](#) pages for all upcoming events. Remember that this is your post - please support and help this Post grow! The goal of Post 196 is to be here for our future generations of patriots. Thank you and God Bless America.*

Monthly Meetings held at Post 196:
<b>Legion:</b> Third Tuesday: 7pm
<b>Riders:</b> First Wednesday: 7pm
<b>Auxiliary:</b> Second Tuesday: 7pm
<b>S.A.L.:</b> Fourth Tuesday: 7pm

Our Memorial/Honor/Legacy Wall at the American Legion Post 196 to honor and celebrate our heroes and loved ones is growing strong.

**Upcoming Events**

- December 1 – The Modifieds 6-8pm  
DJ Jocelyn – 8-10pm
- December 4 – Monday dinner
- December 6 – Baseball Fundraiser Dinner
- December 9 – Ugly Sweater Party
- December 15 – The Elwoods
- December 17 – Kids Christmas Party



**Current Lounge Hours**

Monday	2pm to 10pm
Tuesday	2pm to 10pm
Wednesday	2pm to 10pm
Thursday	2pm to 10pm
Friday	1pm to Midnight
Saturday	11am to Midnight
Sunday	11am to 10pm

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Click on the brick to visit our website for more information on this program. A **great holiday gift** for a loved one.