



AMVETS
North Shore Veterans
Memorial Post 21 INC.
32 Marion St.
Oyster Bay, NY
11771-3702

Place
Stamp
Here



Veterans Serving Veterans & Community



VETERANS WEBSITES

AMVETS Dept. of NY.
nyamvets.com

AMVETS National
amvets@amvets.org

V.A. Web Site
veteransaffairs.gov

Veterans Benefits
nymilitary.com

Nassau County Veterans
Treatment Court
nassaucountyny.gov/vtc

Veterans Administration
va.gov



The AMVETS SALUTE

NORTH SHORE VETERANS MEMORIAL POST 21 Inc.
OYSTER BAY, NEW YORK

January 2021

Vol. 5

No.1

2020-21

Officers

COMMANDER
Richard DeJesu

1st Vice
Richard Bellospirito

2nd Vice
Joe Oliveri

3rd Vice
Robert Selby

Adjutant
Edwin Rahilly

Provost Marshall
Robert Lane.

Judge Advocate
Reggie Butt

Finance Officer
Edwin Rahilly

Chaplain
Deacon Jay Valdes

Trustee
Jim Diglio

Trustee
Robert Hathaway

COMMANDER'S COMMENTS

There are many people that I would like to thank personally for their support of our Post and its programs. This year was a very challenging year for all. However, with the help of you, our members and friends of AMVETS Post 21, we have continued to grow and prosper. This past year marked the first for our Post to sponsor the Pearl Harbor Day Ceremony. It was a huge success. Thank you all for your participation. Our ongoing food drive and collection can programs continue to be very successful. This year's Toy Drive was another outstanding effort that we hope might makes a difference in a family's Christmas this holiday season. The toys were given to Nassau County Veterans Service Organization Christ Church and the Peoples' Food Pantry.

Please Stay Safe And Healthy,
Commander Richard G. DeJesu

THE AMVETS SALUTE

Published monthly as the official newsletter of the AMVETS North Shore Veterans Memorial Post #21 Inc. Oyster Bay, NY

All contributing articles or requests will be printed with the approval of the Executive Board. All Submissions must be received by the 15th of each month

The AMVETS Salute 32 Marion St., Oyster Bay, NY 11771-3702
rd1amvet88@aol.com (516)922-3283

First Vice Commander's Membership Report

Annual Members	49
Life Members	22
New Members	0
Total	<u>71</u>

If you have a friend or family member who is a Veteran, why not invite them to one of our monthly membership meetings?

So they can meet us and see what AMVETS and Post 21 is all about!

This Month's Quote

"Courage is knowing that it might hurt and doing it anyway. Stupidity is the same. And thats why life is hard."

~ Jeremy Goldberg



HAPPY BIRTHDAY



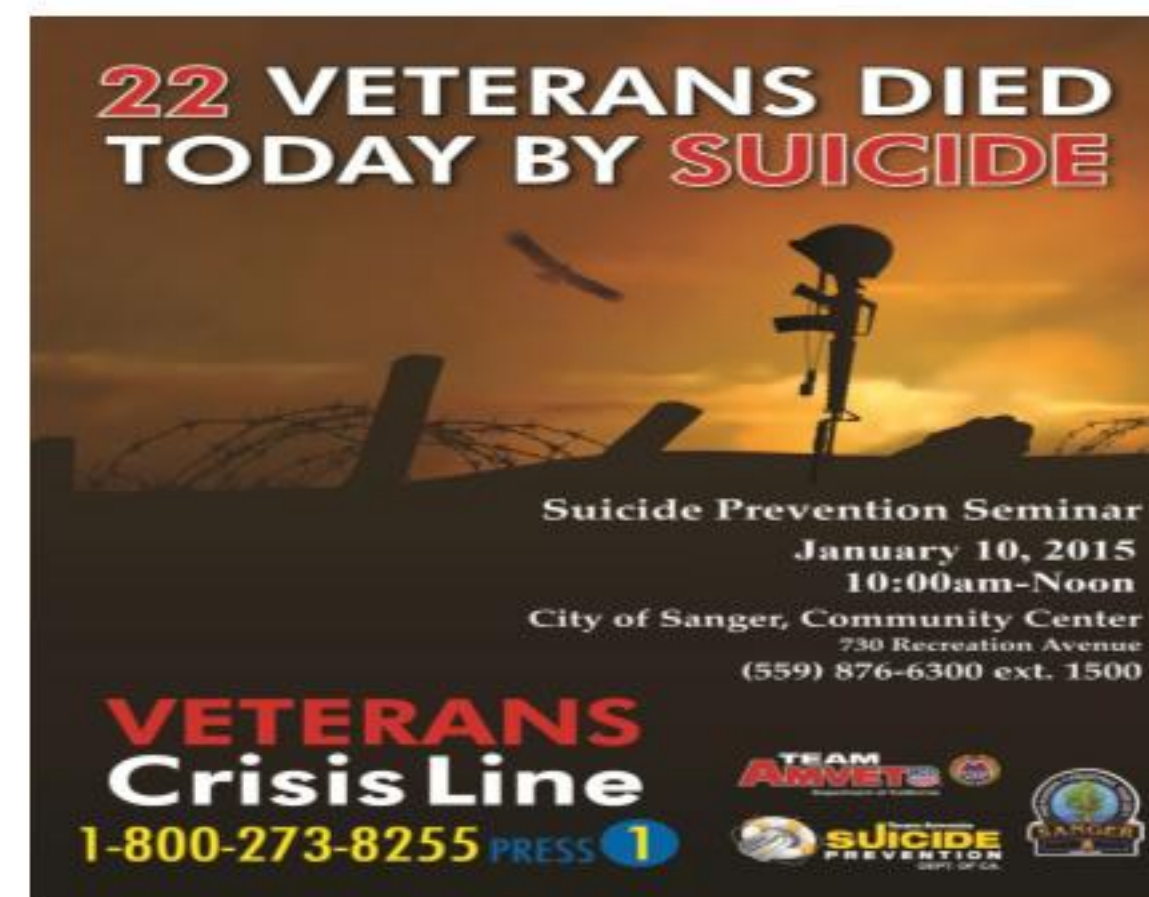
8 Timothy Barget
10 Nick DeJesu
11 Patrick Kelly
22 Bill McAllister

Taps

Our flag does not wave because of the wind. It waves with the breath of each veteran who died defending it.



2



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COMMANDER 2015 / 2016



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Veterans Helping Veterans

11



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Harold Beardsley, MBA
USAF Retired, Life Member Post 21



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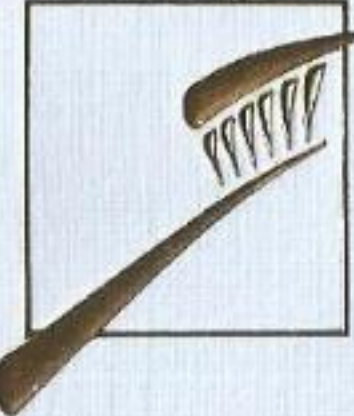
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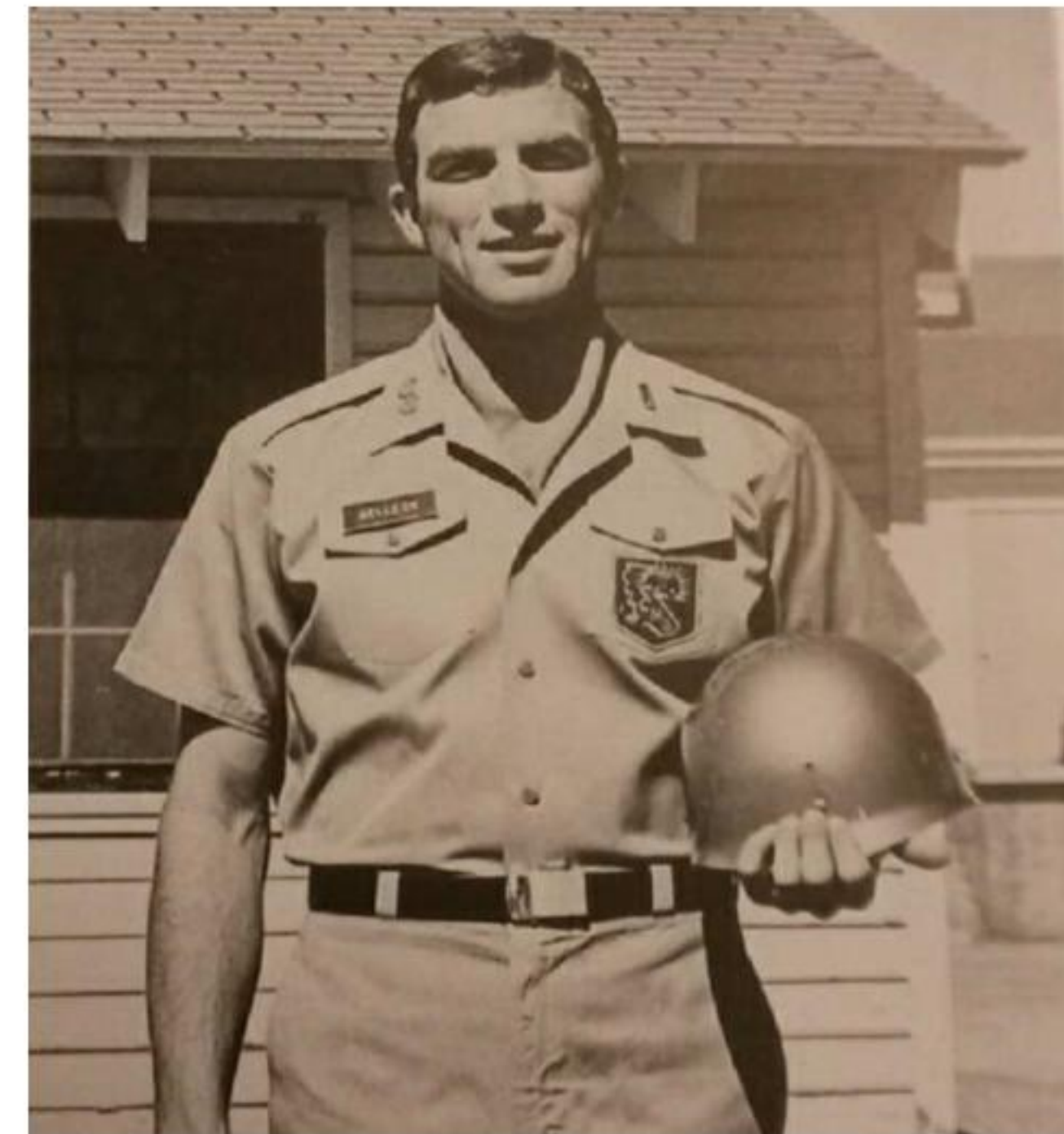
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Mystery Veteran

**Did you identify last
month's Mystery
Veteran? It was...**

Tom Selleck
**Star of the TV Hit
Drma series**
Blue Bloods
**US Army National
Guard**
1967-1973





Guess Who?

**Can you guess the
identity of this
month's mystery
veteran?**

Please note:
We need more pictures of our members in uniform. If you enjoy this feature,
please submit your picture of a younger you in uniform for use in a future
issue.

Pearl Harbor Day Ceremony 2020



Post 21 Polo Shirts

Red and White

S, M, L, XL	\$24
XXL	\$26
XXXL	\$28

Military Humor

Boston Pub

A sailor was sitting at the bar in a Irish pub in Boston. When a soldier comes in and sits down next to him. Just as the sailor orders a beer from Paddy the bartender brings the soldier his drink, the soldier says, "I've got that, and give me one of the same." The sailor says, "By your accent, I see your from the old country." Then the sailor asks, "How long have you been over?" The soldier replies, "Ten years." The sailor says, "Well, I'll be! I've been here 10 years myself." The soldier asks, "Where did you come from?" "Dublin" he replied. "Gee" says the sailor. "I come from Dublin myself. What part?" The soldier answers him, "James St. Hill." To that the sailor says, "HOLY CRAP, I come from the Hill too!" Next, he asked, "What school?" "St. Mary's." "Damn, I went there too!" said the sailor. Then the soldier says, "Yeah, but what church?" "St. Brigit's" says the soldier. "Holy Ghost!! I went there too!" says the sailor. Just then another customer comes in and says, "I'll have my regular, Paddy. As Paddy places the draft in front of him, he takes a long drink and says "So, Paddy what's new?" "Well" Paddy replies, "it's the same old bull crap, except..." as he gestures toward the soldier and sailor, "the Murphy twins are home on leave and drunk again."

Post 21 20 Oz. Stainless Steel
Insulated Mugs
Keeps cold drinks cold
\$13.00 each



AMVETS Post 21 Uniform Caps
are \$45.00.
For more information, contact
Quartermaster, Bob Selby



Post 21
3 Season Jackets

S	\$80.00
M	\$80.00
XL	\$80.00
XXL	\$90.00



AMVETS
Baseball Caps
\$16.00 Each



8 AMVETS
Patches \$3.50 each

Christmas Toy Drive 2020



Pictured above: Bob Selby, Toy Drive Chairman with the 140 generous donations.

Thank you for your generous donations to this year's
Christmas Toy Drive. We collected over 140 toys that
were gifted to less fortunate children and families in
our area.

Thank you for your contributions and your ongoing
support.



This Month's Doctor's Corner
By Dr. Hector Sepulveda



Holidays COVID and beware of Depression

COVID just like depression is not a death sentence (although it may feel this way to some). Be proactive. If you are older than 60, have medical conditions that place you at high risk, take aggressive steps to maintain your health and lower the risk of COVID exposures. Speak up (to your provider) when feeling depressed. Don't panic! Take precautions! Stay alert! Get checked out even if you think it is not a problem.

Things to remember:

1. Flu and Pneumonia Vaccines: Get them! Patients who have vaccines do much better than those without.
2. Wearing Masks: The best mask to buy and wear, for maximum protection, is an N95 mask. It protects others from you and you from others. It should be properly fitted. Surgical masks protect others from you. It only has limited one-way filtering. The regular paper masks and cloth masks protect against large particles. They all can help decrease the spread of cold virus and flu along with COVID when used correctly and washing of hands often. Never touch face with dirty unwashed hands. Always carry hand sanitizer with you to aid you with hand cleansing.
3. COVID Vaccines: If you are in the high-risk group this is the most important option that can be offered. We already have one being delivered to the states for high risk individuals. There is another waiting to be approved for delivery. The Two (2) vaccines have more than 90% protection rate after the second shot (one month apart from the first). When made available to you please consider getting it. It will give you protection and freedom to do the things you love.
4. Vitamins: Vitamins D, C and Zinc supplements, have protective qualities against COVID. They are not a cure but now are being used as part of therapies used by some doctors.
5. Therapeutics: There are therapies available at hospitals that lessen the attack impact of the virus and help increase survival rates. Early non-evasive oxygen, antivirals, Zinc and steroids are among the most successful being practiced at most hospitals. But you cannot wait to get treated! The longer you wait, the greater risk of complications you may have and not be able to recover.
6. Depression: Know you are not alone! If you know individuals that are, please reach out to them. One of the most noted conditions during the holiday season is depression. With major depression, we are not able to get ourselves out of what we are experiencing. You need to reach out to your provider and review your feelings with them. Don't wait and don't feel that you are over reacting. Depression is treatable but you need to take the first step and reach out.

KEY ADVICE: Find a healthcare provider you trust. Discuss over the phone options you have if you get sick, depressed or think you may have COVID. Research the hospitals in your area to see which have the best records of COVID survivals and which therapies they use. You want those that have the most up to date approaches and that are the most aggressive with their care towards patients. Have your emergency plan and be ready now! Remember you are not alone! You have your family, friends, brother and sisters in arms, post 21 and any other number of support groups that are here for you.

Reach out! Get connected! You matter, and your Post 21 family is here for you!

Some Support Agencies and groups here on the Island:

1. Veterans Peer Support Project: 631-853-8345
2. Nassau County Veterans service Agency: 516-572-6565
3. Suffolk County Veterans Service Agency: 631-853-VETS
4. Long Island State Veterans Home at Stony Brook: 631- 444-8500

Wishing you safety and the best in health. God bless you and thank you for your service to our great country.

AMVETS Post 21: Together making a difference.

January 2021

Fly your flag on these days



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 Post 21 Meeting	7	8	9
10	11	12 VAVS Northport	13	14	15 Post 21 Executive Board	16
17	18 Dr. MLK Jr. Day	19	20	21	22	23
24	25	26	27	28	29	30
31						

PLEASE SUPPORT THE PROGRAM AND ACTIVITIES OF YOUR POST

IMPORTANT DATES

- 1 New Year's Day
- 6 Post 21 Membership Meeting
- 12 VAVS Northport (Canceled)
- 15 Post 21 Executive Board Meeting
- 18 Dr. Martin Luther King, Jr. Day



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Check out our new website at www.AMVETS21.org

