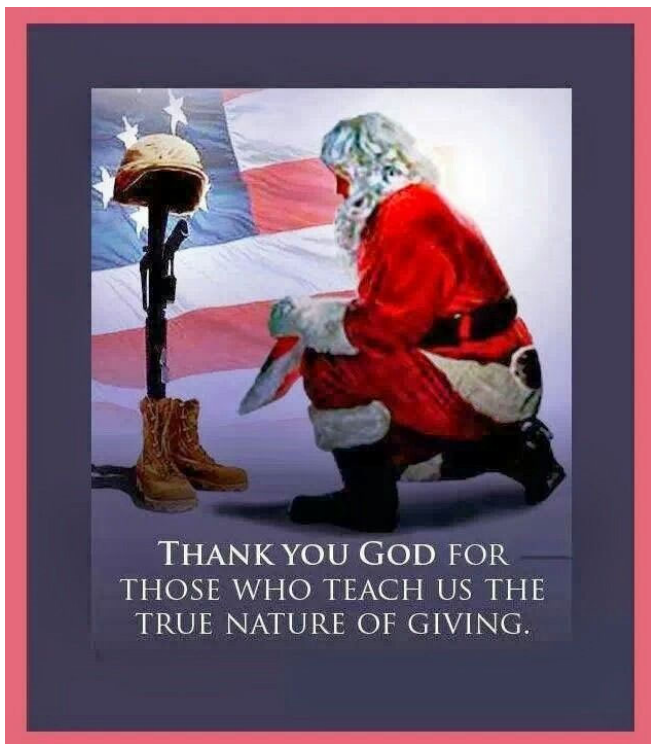


AMERICAN LEGION

Cummings-Behlke
Post 226

830 E. Central Ave., Edgewater, MD 21037 • 410-798-9894



Never let an eligible veteran say:
"Nobody ever asked me to join the American Legion."

www.post226.com • December 2023

Commander's Message

The focus on family, friends and togetherness during this time of year can actually bring feelings to the forefront for many elders and veterans. It's more important than ever to be supportive of and attentive to them, but in ways that keep everyone as safe and healthy as possible.

If you believe that an aging parent, friend, veteran or neighbor may be feeling lonely or depressed, there are steps you can take to help lift their spirits. You are probably busy with adapting your own holiday plans and traditions, but we must remind ourselves what the holiday season is truly about. Simplifying some things will allow you to focus on what really matters: the important people in your life. Use these ideas to brighten up their winter season.

1. Make a point of actively listening when they want to talk, even if the discussion is negative. An honest and empathetic conversation can help them process what is bothering them, whether they are mourning a loss or coming to terms with new challenges in life. It may also reveal why they are feeling down and inspire other ways of lifting their spirits.
2. Remind them how important they are as a part of your life, your family members' lives and these annual holiday celebrations. They may feel useless or burdensome if they cannot contribute to or fully participate in the festivities like they used to. Encourage them to do what they are capable of and be especially careful not to act like what you do for them is done out of a sense of duty. Show them they are loved.
3. Help them see that you are trying to simplify your holiday plans to focus on the real meaning of these celebrations. Let them know you are trying to ignore the increasing hype over food, gifts, decorations and parties in order to focus on the people and values you cherish. Remind them that they have taught you the importance of family and friendship and thank them for that.
4. Check with their religious organization to see if they can offer extra social and/or spiritual support.

Continued →

Commander's Message – Continued

Many houses of worship can arrange for a congregant or leader to visit a senior in need, either in person or virtually. Just having someone to talk to can go a long way toward relieving depression.

5. Help them add festive touches to their home or room in the long-term care facility. Ensure that these items do not present a safety hazard and try to decorate in stages to prolong the fun and give them something to look forward to. Many seniors enjoy reflecting on past holidays as they unpack cherished decorations, so be sure to listen to their stories and ask about special pieces. If you can't be there in person, at least phone or video call while they're decking the halls.
6. Cook traditional baked goods or treats with them if it is safe to get together in person. If they reside in an assisted living facility or nursing home, bring familiar treats that represent your holiday customs for your elder to enjoy and share with their friends.
7. The most important thing you can do with a senior to make them feel loved and included this season is to simply spend time with them in a safe way. Look at family photos, watch home videos or holiday movies, listen to seasonal music, or do crafts together. Regardless of what you decide to do together, any time you can spare is a precious gift.

Do what you can to help them feel involved and get into the holiday spirit without stressing yourself beyond your limits or risking anyone's health. If you put too much on your plate, it is likely that neither you nor they will enjoy the festivities nearly as much. Remember that most families are still facing difficult holiday and travel decisions this year. Get creative, stay safe, and remember that your best efforts are good enough.

To all, have a safe and happy holiday season.

Larry Erwin
Post Commander

Chaplain's Message

This will be my fifth Christmas season as your Chaplain. Where does the time go? Over the course of these five years, we have weathered some pretty big storms, we have lost more than a few of our legion family and yet we still have lots to be thankful for. I am sure that those members that have reported to Post Everlasting, look down with joy at the many remarkable things we continue to accomplish. The food and toy drives, fireworks, Car Shows, Crab feasts and parades, our helping homeless vets, wounded vets, the vets in Charlotte Hall, and most importantly helping each other. Working alongside each other we have proven many times over that our "Post Home" is just that, a home. This season again, I am thankful for my wonderful Legion Family.

I say this every holiday season, and for good reason, this is the season when you feel the push and pull of guilt, overwhelming anxiety, joy, and perhaps a little depression. I ask you to first, close your eyes and take a deep breath, block out the rest of the world around you for a few minutes, and concentrate on who and what matters to you this holiday. Be it your family, our family, friends, or comrades. Second, realize that there is only so much you can do and set rational limits. I know I'm very bad at that myself, but you have to remember to take care of yourself too. Thirdly and most importantly, Pray. Pray for peace. Pray for the homeless to find respite from the cold and hunger, and pray for folks struggling with not enough to eat. Pray for families seeing that empty chair at the table for the first time. If you need a sounding board or someone to pray with, please reach out, the easiest way to reach me is by emailing me at post226chaplain@gmail.com or dropping a note in my mailbox at the Post.

Continued →

Chaplain's Message – Continued

Be on the lookout for other folks who may be struggling, hunger and depression are two realities that are more common than you think in our legion family and the community around us. If there is someone who needs help, let us know, that is what we are all about. Let us try to make it a joyous season for everyone. Merry Christmas, and Happy New Year!

For God and Country,
Ray Leone
Post Chaplain



american legion riders
POST 226

ANNUAL TOY DRIVE

TUESDAY, DECEMBER 5, 2023
5PM-8PM



**BRING A NEW, UNWRAPPED TOY OR
CASH DONATION OF \$10 OR MORE
AND RECEIVE \$5 OFF YOUR PURCHASE
AT ADAM'S EDGEWATER**

GUEST APPEARANCE BY

SANTA



**ALL PROCEEDS AND TOYS WILL BE
DISTRIBUTED WITHIN OUR COMMUNITIES**

Weekly Events at the Post

Monday – Game Night, 6:30 pm

Tuesday – Pizza Night, 5:00-7:00 pm

2nd Friday – Auxiliary Dinner, 5:30-7:00 pm

Saturday – Bar Bingo, 6:00-8:30 pm

2nd & 4th Sunday – Queen of Hearts Drawing, 6:00 pm

Check out our web site and join our Facebook group.

Don't forget... We are always looking for volunteers.

Whether you can offer 30 minutes or 3 hours, it all helps and is appreciated.

Email Addresses

Post Commander (Larry) – post226commander@gmail.com

Post 1st Vice (Chris) – 1stVice226@gmail.com (Legion membership)

Post 2nd Vice (Ro) – post226events@gmail.com

Post Chaplain (Ray) – post226chaplain@gmail.com

Post Service Officer (Nicolina) – ALVSO226@gmail.com

Rental Coordinator (Victoria) – post226rentals@gmail.com

SAL Commander (John) – post226salcommander@gmail.com

SAL Membership (Dennis) – post226salmembership@gmail.com

AL Riders Director (Jim) – alr226info@gmail.com

Auxiliary President (Laura) – alaunit226@gmail.com

Aux Membership (Jeanette) – unit226membership@gmail.com

Bulletin and General Inquiries (Alicia) – info@post226.com

Membership Information

Key cards are available by showing your 2023 membership card. If you were an early bird the card is free, otherwise it is \$3.

Legion – Dues are \$38.50.

Make your check payable to "AL Post 226". Mail to PO Box 66, Mayo, MD 21106 or drop it in the *1st Vice* box at the Post.

SAL – Dues are \$35. Juniors (under 21) and dual members are \$15.

Make your check payable to "SAL Squadron 226". Mail to PO Box 622 Mayo, MD 21106 or drop it in the *SAL Membership* box at the Post.

Auxiliary – Dues are \$34, Juniors (under 18) are \$12.

Make your check payable to "ALA Unit 226". Mail to PO Box 432, Mayo, MD 21106 or drop it in the *Unit Membership* box at the Post.

AL Riders – Dues are \$20 (Legion, SAL, or Aux must be paid first)

Make your check payable to "AL Riders Post 226". Mail to PO Box 66, Mayo, MD 21106 or drop it in the *AL Riders* box at the Post.

Online Renewals

Legionnaires and Auxiliary members can pay their annual dues online. Unfortunately, this is not currently available for SAL members.

- Legionnaires: go to mylegion.org and create an account. You will need your Member ID# located on your membership card.
- Auxiliary members: go to www.alaforveterans.org/Members/ and create an account. You will need your Member ID# located on your membership card and choose Department of Maryland.

You can also print your card on line

DECEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 1pm Purse Bingo 6-8pm Bar Bingo
3	4 6:30pm Game Night	5 5-7pm Pizza Night	6 7pm Auxiliary Mtg	7 <i>Pearl Harbor Remembrance Day</i>	8 5:30-7:00pm Aux Friday Dinner 8pm Music by <i>Mike Arscott</i>	9 6-8pm Bar Bingo
10	11 6:30pm Game Night	12 5-7pm Pizza Night 7pm Post Exec Mtg	13	14	15 Bulletin Articles Due 8pm Music by <i>Kevin Lee</i>	16 10am Charlotte Hall Delivery 5pm Christmas Dinner 6-8pm Bar Bingo
17 8am Breakfast with Santa	18 6:30pm Game Night	19 5-7pm Pizza Night 7:30pm Riders Mtg	20	21 7pm SAL Mtg <i>Winter Begins</i>	22	23 6-8pm Bar Bingo (?)
24 <i>Christmas Eve</i>	25 POST CLOSED <i>Christmas</i>	26 5-7pm Pizza Night NO Reg Post Mtg	27	28	29 NO Commander's Happy Hour	30 6-8pm Bar Bingo
31 8pm Members New Year's Eve Party <i>New Years' Eve</i>						

JANUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>New Years Day</i>	2 5-7pm Pizza Night	3 7pm Auxiliary Mtg	4	5	6 6-8pm Bar Bingo
7	8 6:30pm Game Night	9 5-7pm Pizza Night 7pm Post Exec Mtg	10	11	12	13 6-8pm Bar Bingo
14	15 6:30pm Game Night Bulletin Articles Due <i>Martin Luther King Jr. Day</i>	16 5-7pm Pizza Night 7:30pm Riders Mtg	17	18 7pm SAL Meeting <i>Aux Life Member Nominations Due</i>	19 5:30-7:00pm Aux Friday Dinner	20 6-8pm Bar Bingo
21	22 6:30pm Game Night	23 5-7pm Pizza Night 7:30pm Reg Post Mtg	24	25	26	27 6-8pm Bar Bingo
28 Post Everlasting Ceremony	29 6:30pm Game Night	30 5-7pm Pizza Night	31			



American Legion Auxiliary President's Message

Wow, the end of the year already! Time flies. I hope everyone finds time to be with their family and friends this holiday season.

I hope you have gotten your ticket for the Purse Bingo on December 2nd. If not, as of this writing, there are only a handful of tickets left. None will be sold at the door. I am sure it is going to be a lot of fun.

The Craft Show was last month, Stephanie and Marla put a lot of work into it. Thank you to all the volunteers that showed up to help. It was very well attended.

Please note that the Auxiliary Dinner will be on the 2nd Friday (vice 3rd) this month. December 8, 5:30-7:00pm. Menu and price to be announced as we get closer.

Remember the new door key cards come out January 1st. You will need your membership card to get one.

Our next meeting is Wednesday, December 6th at 7pm, hope to see you there!

A little more sparkle, a little less stress. These holidays, I wish you the very best and a prosperous and happy new year!

Laura Causey
Unit President





Sons of the American Legion (SAL) Commander's Message

As we continue the rest of this holiday season the SAL would like to wish everybody a safe and happy holiday. As we enter a new year please keep an eye on the bulletin for updates and events.

December's meeting we will be discussing the up coming SAL shrimp feast in February. SAL meetings are the 3rd Thursday of every month at 7pm

John Emrick
SAL Squadron
Commander



SAL SHRIMP FEAST

Saturday, February 10th

1-5 pm ~ Shrimp served 2-4 pm

Tickets go on sale in late December

Check the Post for details



American Legion Riders Director's Message

Post 226 Riders would like to extend a huge thank you to all that participated and helped with our second annual Trunk-or-Treat event. Thanks to everyone it was a huge success.

Upcoming... Our Riders have a toy drive on Tuesday, December 5th from 5 to 8 pm out front of Adam's of Edgewater, with Adam's providing \$5.00 off your check coupons for every donation in value of \$10.00 or more.

Sunday, December 10th we will have our annual Christmas breakfast at Dockside Restaurant (this is for Riders members and guest only).

Saturday, December 16th we will escort the annual donation delivery from the Post to Charlotte Hall veterans home, ksu will be 10am.

Our Riders are also finishing up our Christmas cash raffle so get your tickets before they are gone.

If you wish to donate or help out with our toy drive please contact Kim Owens. Our goal is to provide a complete Christmas to 15 local families This includes gifts and a complete meal so all donations are appreciated.

Wishing a safe and happy holiday season to all.

RIDERS LEAD THE WAY !!

Jim Hall

AL Riders Director



Breakfast with Santa

Sunday, December 17th, 8-11 am

Children and Grandchildren of
members, up to 10 years old



Children eat breakfast for free. All Children signed up will receive a gift from Santa. *He will arrive around 10am.*

A sign-up sheet is available on the bulletin board at the Post.
The deadline is Sunday, December 10th.

We **MUST** know how many children will attend.
There will be no exceptions to this deadline.

NEW YEAR'S EVE PARTY

Members and their Guests

December 31st ~ 8 pm to 1 am

Come ring in the new year at the Post

Auxiliary Life Membership

The guidelines for Unit 226 Life Membership are outlined below and will be reviewed at the December and January Unit meetings. Feel free to contact me should you have any questions.

Alicia Curran, Committee Chair
info@post226.com

Nomination Eligibility Requirements

- A member must be active and in good standing with Cummings-Behlke Unit 226 for at least the prior ten (10) years.
- A member must have held an officer position and/or chaired a standing committee for six (6) continuous active service years in Unit 226.

Nomination and Award Procedure

1. No oral nominations shall be presented from the floor during a regular meeting. At the regular meeting in the month of January, the committee shall invite the membership to submit nominations for Life Membership in writing within 15 days following the January meeting.
2. Nominations must be submitted in writing, be original thought of the author, dated, and signed.
3. Content of the nomination must include a detailed description of the outstanding service rendered by the nominee on behalf of the Cummings-Behlke Unit 226. Areas to be addressed are the following.
 - a. Offices held
 - b. Committees chaired
 - c. Service to the Unit that went above and beyond the assigned duties of the offices held and committees chaired
4. After a full consideration of all nominations for Life Membership, the committee shall submit their report and recommendation at the March regular meeting. ***“Only one (1) Life Membership may be granted per year.”***

**Cummings-Behlke Post 226
The American Legion
PO Box 66
Mayo, MD 21106-0066**

Web site: www.post226.com
Email: info@post226.com

ELIGIBILITY DATES

**April 6, 1917 to November 11, 1918
December 7, 1941 to Present**

**DATED MATERIAL
NO DELAY PLEASE**