



@ THE POST  
THE AMERICAN LEGION  
Towson Post 22

COMMANDER'S MESSAGE

Anita Stewart-Hammerer



Will you BE THE ONE? the American Legion's campaign of reaching out to other veterans in crisis is talking about? The department's website says "the campaign is aimed at reducing the number of veteran suicides. The "BE THE ONE" mission is to empower veterans, caregivers, and others to take action to make a difference in a time of crisis."

This campaign will work in partnership with the new national 988 Suicide Crisis Hotline number. The initiative that took three years to come to fruition was a collaborative effort of several governmental agencies including the Department of Veteran Affairs. The American Legion supported the National Suicide Hotline Destination Act that authorized 988 as the new three-digit number for the National Suicide Prevention Lifeline.



TO **ASK** VETERANS IN YOUR LIFE HOW THEY ARE DOING.

TO **LISTEN** WHEN A VETERAN NEEDS TO TALK.

TO **REACH** OUT WHEN A VETERAN IS STRUGGLING.

The 988 Suicide Crisis Hotline number encourages veterans in crisis to press "1" after dialing the number to speak specifically with the Veteran in crisis. On the Post level, there are also other tools we can use to help our fellow veterans in need. It can be as simple as making a phone call to check on a buddy or Legionnaire that you have not seen in a few days, a week, or a month.

Just picking up the phone to say hi or to say would you like to go out to lunch or to a movie or just want to talk goes a long way. People that feel connected and cared about are happier in life. Just try to build a positive connection with just one person to make a difference—to Be The One.



- Legion Meeting**  
2<sup>nd</sup> Wednesday of each month  
7:00 pm
- Executive Committee Meeting**  
4<sup>th</sup> Wednesday of each month  
7:00 pm
- Sons of American Legion Meeting**  
3<sup>rd</sup> Wednesday of each month  
7:00 pm
- Auxiliary Meeting**  
2<sup>nd</sup> Wednesday of each month  
7:00 pm
- Legion Riders Meeting**  
1<sup>st</sup> Wednesday of each month  
7:00 pm

## CHAPLAIN

Vernon Crider

“Your Words Reflect What You Believe About the Future”

What we say and who we say it to makes a big difference. Ignorance is always eager to speak. The best time to hold your tongue is when you feel you must say something. You’re unlikely to be hurt by anything you didn’t say. Car engineers say, “never judge a car’s horsepower by its exhaust”. In other words, some people speak from experiences, others from experience don’t speak.

Nature teaches us that our ears aren’t made to shut, but our mouth is. When an argument flares up, the wise person quenches it with silence. Silence is a powerful weapon; it is also one of the hardest arguments to dispute. Sometimes it is paramount to be silent in order to be heard.

Over the years, I’ve learned that the person who always seeks the negative seldom finds anything else. Live your life as an exclamation, not an explanation. The fact is, the more you complain, the less you will obtain. A life of complaining is the ultimate rut; the only difference between a rut and a grave is timing.

Many people always find the bad in a situation. Have you encountered people like this? Get far away from them and do not allow their “toxicity” filter into your spirit. How many successful complainers do you know? Little people who possess little minds and smaller imaginations go through life in ruts, resisting all changes that would shatter their “little worlds”? My uncle always said, “small things affect small minds”.

Allow your thoughts to remain positive despite the challenges you may encounter through life’s journey. The Bible says, “*For as a person thinks, so are they...*” (Proverbs 23:7). So how are you thinking? What is your thought process when things don’t go your way or when you experience disappointment? We all will encounter disappointment in this life, but its how you adjust and bounce back from it is the key. Just try for the next few days to refrain from saying anything bad about anyone or anything. The Bible also says that your “*conversation should be gracious and seasoned with salt, so that you may know how to respond to everyone*” (Colossians 4:6). Have your dreams become your hopes, or your excuses? Don’t complain. The famous author Mark Twain once said: “The difference between the right word and almost the right word is the difference between lighting and the lighting bug”

Has your dream become your hope, or your excuse? Don’t complain. The wheel that squeaks the loudest may get the grease, but in time will be replaced. Running your mouth in a negative tone dulls two of your important senses- audio & visual. Many ideas have been suppressed by wrong words. Don’t spend your life standing at the “complaint counter;” ensure your positive thoughts are in align with positive speech.

I would like to welcome Assistant Chaplain Phillip Converse on board! Welcome Bro. Phil!

\*If you know of any Legionnaire who is/has been ill as well as members of their immediate family, please contact me at (410) 258-2367 or [crider@comcast.net](mailto:crider@comcast.net)

\* Remember to keep all sick/shut legionnaires as well as those bereaved families in your prayers.

## 2022-2023 Post Officers

**Commander**  
**Anita Stewart-Hammerer**

**1st Vice Commander**  
**Warren Waugh**

**2nd Vice Commander**  
**vacant**

**Third Vice**  
**Sonia Young**

**Adjutant**  
**Fred Hofferbert**

**Finance Officer**  
**vacant**

**Historian**  
**Mark Serio**

**Chaplain**  
**Vernon Crider**

**Asst. Chaplain**  
**Phil Converse**

**Sgt-at-Arms**  
**Brian Riley**

**Judge Advocate**  
**George Bereska**

**Past Commander**  
**Kraig Dean**

# HISTORIAN

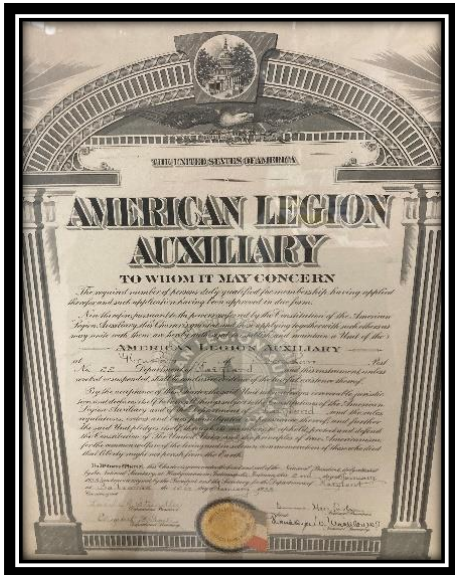
Mark Serio

**Greetings, Comrades!** I hope you are doing well and enjoying the Fall weather after our very hot Baltimore summer. The Thanksgiving turkey cannot get here fast enough for me.

If you have had the chance to partake in any of our fun lounge happenings recently, you may have seen three framed American Legion family charters hanging in the hallway. I thought it important to show them here to remind us of our history together in our service to our Veterans and our community. We are one team!

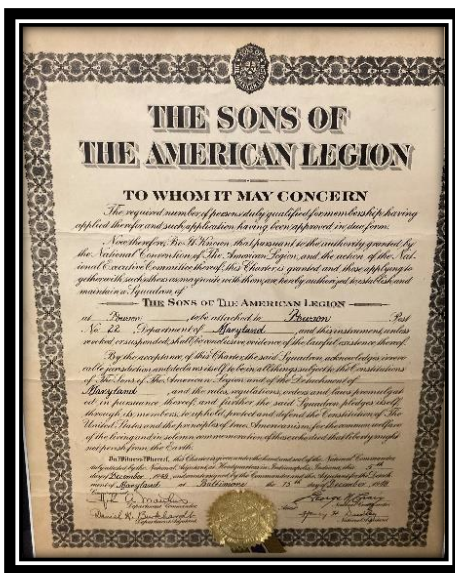


The American Legion Post 22 Charter displayed was issued in July 1931 and it is our second Post Charter. Our original Post Charter signed in March 1923 was put in remission because our Post was inactive for reasons unknown from 1924 through 1930.



Shortly thereafter in January 1935, the American Legion Auxiliary Charter was issued and signed; and then in December 1949, The Sons of the American Legion Squadron 22 was chartered as an attachment to American Legion Post 22.

As always, if you have activities to share for the Post Yearbook, please email to [MarkSerio@Outlook.com](mailto:MarkSerio@Outlook.com) and include a picture or two.





## SAVE THE DATE



# TOWSON POST #22

## 100<sup>TH</sup> BIRTHDAY CELEBRATION

### ON

## MARCH 25, 2023

### MORE DETAILS TO FOLLOW IN

## THE NEXT NEWSLETTER



## SONS OF THE AMERICAN LEGION SQUADRON #22

Bob Gambill

Summer is behind us, and a busy Fall is underway! During our August meeting, Detachment of Maryland Commander Larry Ford performed an Installation Ceremony for those Squadron officers present. The Squadron presented Larry with a check for \$1000 for his Commander's Project--the Southern Maryland Youth Camp.

We have several fundraisers underway: on Friday October 14, the Squadron is hosting the 2<sup>nd</sup> Annual Victor Brice Memorial Golf Tournament at Fox Hollow Golf Course. Tee time is 8:30 am. Foursomes: \$340, individual golfers \$85. Hole sponsorships available @ \$75/hole. Contact Ricky Edwards 814-688-1883 or John Horner 410-825-5464 to sign up. Also, we are conducting raffles for numerous Ravens home game tickets. Tickets are available in the Lounge or from Squadron Officers. These fundraisers enable us to donate money to worthy causes in our community and within the American Legion programs. We can't do it without your support.

Membership is one of the most important parts of any organization like ours. Both keeping our current members and adding new ones. Dues are payable now: \$25 for those of us over age 21, \$15 for those younger than 21, and \$15 for Dual Card members (Legion and Sons members). And if you know someone who is eligible, get them an application, they are available in the Lounge, or from Squadron Officers.

## AMERICAN LEGION RIDERS CHAPTER #22

John Horner

The summer Riding season is coming to an end. The Chapter was busy this year. First, with the Post we sponsored the 7th annual Maryland Gold Star Ride which raised \$137,000 for the American Legion Legacy Scholarship Fund; which supplies college scholarships for surviving children of veterans who have given the ultimate sacrifice or are 50% disabled or more.

In the last seven years we have raised more than \$400,000.00 since we have been sponsoring this ride. We thank all who supported this ride. We had 10 members participate in the ride and 14 contribute in some way. Our Towson Family donated more than \$8,000. The Chapter also raised \$10,500 for HERO-DOGS. We also contributed another \$1,250 to other veteran and community organizations.

We also participated in the 11<sup>th</sup> Annual 9/11 Patriot Day Ride; Maryland's Largest Police Escorted and Fire supported 9/11 ride—Keeping the Promise to NEVER FORGET 9/11!! The chapter will hold our Annual Purse Bingo in April 2023. (See next newsletter for more details.) Remember we meet the first Wednesday of the month at 7:00 PM. Come out and get involved.



**Event Rental Attendant  
positions are available**

**If interested, please call 443-823-0125 or email  
[rental@towsonamericanlegion.org](mailto:rental@towsonamericanlegion.org)**



**Veterans Day Ceremony on  
11/11/22  
11am at Wayside Cross  
Corner of York and  
Shealy Avenue  
Sponsored by American Legion  
Towson Post 22**

## TOWSON POST 22 IN THE COMMUNITY



Children received 40 back packs during a recent give away at the Post. Children and Youth Committee Chair Wanda Bivens helps one youngster with a backpack.



Chief Warrant Officer Ballon Garast , left, receives a \$1,400 donation on behalf of Towson Post 22 from Legionnaire and Lounge Committee member Stewart Carlton. The funds were used to fund a picnic for an Army Reserve unit the Post adopted that was deployed earlier this month. The Post will be collecting donations for care packages to be sent overseas soon. Look for more details in the next newsletter or on the Post website.

## Towson Sons of The American Legion



### 2<sup>nd</sup> Annual Victor Brice Memorial Golf Tournament



Friday, October 14, 2022  
8:30am Tee Time

Fox Hollow Golf Course  
1 Cardigan Road  
Timonium, MD 21093

Foursomes \$340

Individual Golfer \$85

Hole Sponsorship available \$75/hole

Contact: Ricky Edwards 814-688-1883 or John Horner 410-825-5464.

All proceeds benefit Sons of The American Legion  
Towson Squadron #22 Programs



**Commander's Christmas Party**

**Sunday, December 4, 2022**

**2-6pm**

**Donation \$12 or a new toy\***

**RSVP: 410-823-8030 or**

**purchase tickets at Post before November 26, 2022**

**\*All toys will be donated to St. Vincent DePaul**



**December 11, 2022**

**9:00am-11am**

**Santa's sleigh arrives early.  
Breakfast includes Bacon,  
Sausage, pancakes, eggs,  
juice and more.**

**Fun entertainment with  
Santa's favorite elves.  
RSVP: 410-823-8030 or  
purchase tickets at Post  
before November 28, 2022.**



**Towson Post 22, Inc.**  
**The American Legion**  
**Department of Maryland**  
125 York Road, Towson, MD 21204  
[www.towsonamericanlegion.org](http://www.towsonamericanlegion.org)

**Non-Profit Org.**  
**U.S. Postage**  
**PAID**  
**Luth./Tim., MD**  
**Permit No 247**

FOR EVEN MORE POST INFORMATION, VISIT  
[WWW.TOWSONAMERICANLEGION.ORG](http://WWW.TOWSONAMERICANLEGION.ORG) OR CALL (410) 823-8030. TO SUBMIT AN  
ARTICLE OR COMMENTS, PLEASE CONTACT POST COMMANDER AT  
[AHAMMERER@JUNO.COM](mailto:AHAMMERER@JUNO.COM).

## **Upcoming Events**

**Check Facebook or the Post Website for Events**