



# The SAL-ute

The Newsletter of the Detachment of New Jersey

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## Detachment Officers

Volume 52 Issue 4

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### Commander:

- Carl Albern Jr.

### Vice Commanders:

- Bob Bascou
- Edward Downs
- Thomas Flaherty
- Andy Malson
- Robert Philips Jr

### Adjutant:

- Jeff Hicks

### Judge Advocate:

- Jay Gillman

### Chaplain:

- Mark Dodds

### Historian:

- Patrick Gallagher

### Sgt-at-Arms:

- Jackson Coles
- James Newby Jr
- Matthew Thalasinios

### Asst. Sgt-at-Arms:

- Tony Clappsy
- Dan Dimmick
- Anthony Libatore

### NEC

- Gary Nelson

### ANEC

- Joe Korba

### SAL Chairman

- Norm Marlin

## Detachment Commander Carl Albern's Message



Commander Carl Albern Jr  
2014—2015  
Detachment of New Jersey

Hello, fellow members. As we come to the close of this year, I'd like to thank everyone for their continued work on our programs. We all have our stories and journeys with this organization, and while we don't all take the exact same path, we are all heading toward the same place- supporting our veterans and our children, our communities, the state and nation.

We come into convention with a bit over 95% of our previous year's membership. We also have about 1500 members that have not renewed their membership this year. Is there a reason that members of your squadron haven't renewed? Has your squadron reached out to these members? Sometimes it slips their minds, but there may be other reasons, that if known, could help you to get that member back.

This year we will again be giving out awards to squadrons and counties for the different programs we contribute to in Americanism, Children and

Youth and Veterans Affairs. If your squadron hasn't submitted a consolidated report form to the Adjutant, we are unable to consider your squadron for awards at the state level, but if you submit it to the Detachment Adjutant within the next month, you can still be considered for a National Award. Even if your squadron isn't looking to receive an award, these reports help us to quantify what we do every year. When the National Commander speaks before Congress, he has these reports along with him to show what we do. Your squadron should be able to fill out a report in an hour or less, and it works toward the greater good of helping our organization across the nation.

We will soon be starting the next year, and I ask our members to take some time to look into the programs of the S.A.L. again. You may find that your members are interested in supporting a new or additional program. You may even have suggestions as to other programs we should work for. Please visit the Detachment meetings and let us know what you think. We value all input and it never hurts to give a suggestion.

On a more personal note, I'd like to thank all the members for the hospitality and camaraderie they've shown me over the last year as I've traveled the state. I've made several new friends, and we've learned from each other how to help this Detachment better move towards its goals. Your input is always valuable in helping us do this. I'd like to thank the

Detachment officers for their work during the year. We did our best to work as a team, and get the job done. I thank you for your support and help, and wish you luck as you step up to your next challenges. I'd also like to thank Department Commander Wilson and Department President Jandik for their support and friendship during the year. Thanks for the input and direction and I wish you the best as you go on to bigger things.

As always, I'll still be contributing my time to the Detachment to make it better and stay on the right track. I'll continue to give my support and input to the Detachment officers.

The Detachment will have success as long as we work together to make it happen. Always push to see what else we can achieve and help us reach our goals and move beyond.

Carl Albern, Jr.  
Detachment Commander 2014-2015



# Summer Safety

## Beat The Heat

Did you know your body is constantly in a struggle to disperse the heat it produces? Most of the time, you're hardly aware of it – unless your body is exposed to more heat than it can handle.

In 2011, 587 people died in the U.S. from exposure to excessive heat, according to Injury Facts 2015, the annual statistical report on unintentional injuries produced by the National Safety Council. Heat-related illnesses can escalate rapidly, leading to delirium, organ damage and even death.

There are several heat-related illnesses, including heatstroke (the most severe), heat exhaustion and heat cramps. Those most at risk include:

### Heatstroke

Heatstroke can occur when the ability to sweat fails and body temperature rises quickly. The brain and vital organs are effectively "cooked" as body temperature rises to a dangerous level in a matter of minutes. Heatstroke is often fatal, and those who do survive may have permanent damage to their organs.

Someone experiencing heatstroke will have extremely hot skin, and an altered mental state, ranging from slight confusion to coma. Seizures also can result. Ridding the body of excess heat is crucial for survival.

Move the person into a half-sitting position in the shade

- Call for emergency medical help immediately
- If humidity is below 75%, spray the victim with water and fan them vigorously; if humidity is above 75%, apply ice to neck, armpits or groin
- Do not give aspirin or acetaminophen

Do not give the victim anything to drink

### Heat Exhaustion

When the body loses an excessive amount of salt and water, heat exhaustion can set in. People who work outdoors and athletes are particularly susceptible.

Symptoms are similar to those of the flu and can include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. Other symptoms include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature.

Uncontrolled heat exhaustion can evolve into heatstroke, so make sure to treat the victim quickly.

- Move them to a shaded or air-conditioned area

- Give them water or other cool, nonalcoholic beverages
- Apply wet towels or having them take a cool shower

### Heat cramps

Heat cramps are muscle spasms that usually affect the legs or abdominal muscles, often after physical activity. Excessive sweating reduces salt levels in the body, which can result in heat cramps.

Workers or athletes with pain or spasms in the abdomen, arms or legs should not return to work for a few hours. Instead:

- Sit or lie down in the shade.
- Drink cool water or a sports drink.
- Stretch affected muscles.

Seek medical attention if you have heart problems or if the cramps don't get better in an hour. Whether you're working or playing outside in the summer, anybody not accustomed to the heat is at risk for a heat-related illness.

Take steps to protect yourself:

- Wear appropriate clothing, including a wide-brimmed hat
- Take frequent water breaks
- Apply sunscreen with an SPF of at least 15
- Never leave kids or pets unattended in a vehicle

## Special Olympics : Spring Sports Festival

This past March, there was some excitement for the Special Olympics of New Jersey in the form of the Spring Sports Festival. A multi-day event in which nearly 1,500 athletes from the Garden State compete in bowling competition or basketball.

Athletes competed in basketball, or singles and team bowling, with the opportunity to compete on traditional or Unified teams in both sports. Unified Sports brings together those with and without intellectual disabilities to compete on the same team.

The mission of Special Olympics New Jersey is to provide sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics

athletes and the community.

Special Olympics New Jersey is an organization dedicated to bringing pride into the lives of all involved. We are a not-for-profit, 501(c)3 organization that provides sports training and athletic competition to children and adults with intellectual disabilities. The organization operates on an annual budget primarily funded through individual, corporate, civic and foundation dollars that make up more than 98% of the annual operating budget.

All programs are free to registered athletes including insurance, facilities, equipment, uniforms, housing and meals for events, awards, sports, education and more. In addition to programs offered on the local, county, sectional and state levels, Special

Olympics New Jersey offers athletes free participation in all activities at the Special Olympics New Jersey Sports Complex in Lawrenceville.

There are numerous ways that we can help make the Special Olympics program a huge success. There are many volunteer opportunities available. If anyone is interested in volunteering, please go to <http://www.sonj.org/special-olympics-volunteer>, and check for events that you would be interested in. Donations are the life blood of this organization, If you would like to make a donation, please make checks payable to: NJSAL and please write Special Olympics in the memo spot and send all donations to Steven Rodriguez 295 Wilson Ave Fairview, NJ 07022

## COTA: Giving Hope ... Making Miracles

*Giving Hope ... Making Miracles* is the guiding vision of the Children's Organ Transplant Association (COTA). COTA is the premier organization providing fundraising assistance to families facing a life-saving transplant. Since 1986, transplant families nationwide — representing every ethnic, economic, religious and social background — have worked with COTA.

COTA's story began in July 1985 when COTA's first patient, a toddler from Bloomington, Indiana, was diagnosed with biliary atresia. The child's parents were told their son needed a liver transplant to survive. Adding to this time of emotional crisis was the child's exclusion from the organ waiting list due to the family's lack of insurance coverage. Their insurance carrier did not cover transplant costs and the family had no idea how to pay for such a costly surgery.

When their family, friends and community members learned of their dire situation, hundreds responded enthusiastically. School children gave their allowances and went door-to-door collecting change. Friends took coin canisters to the local county fair and asked for contributions. Local political leaders interceded with insurance companies on their behalf. Within weeks, the community raised \$100,000, enabling this child to be placed on the liver transplant waiting list.

What started as a drive to save the life of one child evolved into the Children's Organ Transplant Association. Today, COTA exists to assist patients who require a life-saving organ, bone marrow, cord blood or stem cell transplant. COTA works with any patient who needs a transplant due to a genetic disease such as Cystic Fibrosis or Sickle Cell Anemia, and all patients 21 and under for any transplant

disease diagnosis. COTA guides the transplant family and their volunteers through every necessary fundraising step, including organizing and training the community campaign committee; planning successful events and activities; working with the media; and finding multiple sources of funding.

The Detachment of New Jersey is a supporter of COTA, every dollar collected goes to assist a New Jersey Child receive the life saving medical treatment. If you would like to make a donation, please make checks payable to: NJSAL and please write COTA in the memo spot and send all donations to Tony Clappsy 535 Avenue A, Apt 435. Bayonne NJ 07002



## Candidates for Office: Commander



Robert E. Phillips Jr. is a charter member of Murray-Troutt Squadron 262 Audubon Camden County.

Robert has been a 9-year member in the Sons of The American Legion. Bob's eligibility is through his father PDC Robert E. Phillips Sr., a Korean Conflict era veteran and his grandfather Edwin Phillips who served during WWI. Bob Jr. comes from a Legion family where all of his brothers belong to Squadron 262. Bob's mother is a member of Unit 262. Robert Sr., a dual member, has served the American Legion in various positions. He has progressed through the chairs at all levels becoming Department Commander in 2009-2010, and is still active at the Department, County, and Post levels.

As an member and officer of Squadron 262, Bob Jr. has worked on increasing membership, starting a Squadron Color Guard, and raising funds to support The American Legion programs. Bob has worked with his comrades complet-

ing building improvements, supporting Audubon High School Project Memorial, and serving breakfast to our seniors at Audubon Towers.

In the nine years in The Sons of The American Legion, Bob has held the positions of Squadron Commander for five years and Adjutant for four years. He started attending the Camden County Committee Meeting soon after becoming a member in 2006. Bob has held the positions of Chaplain, DEC, Senior Vice Commander and Commander of Camden County and is currently Assisted Sergeant-at-Arms and co-chair of Ways and Means.

On the Detachment Level, Bob was Historian for Commander Philip Boyd 2012-2013. In 2013-2014 he was elected Chaplain for Commander Amel Balega Jr. and is currently Vice Commander covering Monmouth, Middlesex, Union, and Essex Counties.

Bob has attended the SAL College completing both the Basic and Advanced courses. He has passed the American Legion Extension Institute Course in 2011. In 2012, attended the American Legion Chaplain course, and participated in the Legion church service.

He has attended the National Detachment Commanders Course in Indianapolis this past fall.

On a personal interest, Bob is married to his wife Carolyn for 33-years and they have a daughter Rebecca.

Bob has been in the HVAC business for 34-years with the last 12-years running their family business.

Bob has attended the Church of Ascension Episcopal church for 27 years and has served the church in various ways such as the Acolyte Master and Eucharistic Minister. He has served on the vestry for 21 years holding positions as building and grounds chairman, fundraising committee, Junior Warden for 8 years and Senior Warden for 1 year.

As Commander, Bob will draw from his experience as a business owner, being a leader in his church, and his time in the Sons of the American Legion, to lead in keeping the ideals of The American Legion, and helping to Honor and Support all of our Veterans

Detachment of New Jersey

Sons of The American Legion

**Robert E. Phillips Jr.**



For NJ Detachment Commander of the Sons of the American Legion.

## Candidates for Office: Chaplain



### 2015-2016 Chaplain Candidate Matthew C. Thalasin

Matt gained eligibility through his father, James Thalasin, who served in the Korean War. "I feel that I honor the memory of my father by providing service for veterans and youth programs."

Matt has served as Chaplain at the squadron level for ten years, and was the Commander of Barnegat Squadron 232 for two years. He also served as Chaplain on the county level for six years, as well as one year as Vice Commander, this past year he was Commander of the Ocean County Sons of The American Legion Executive Committee. "I have been an avid supporter of the CWF and have pushed the program at both levels."

Matt has served the Detachment of NJ as Asst. Sgt.-At-Arms and Sgt.-At-Arms for the past two years. He was Chairman for the Ernie Wilson, Jr. Memorial Scholarship Committee for these past two years as well.

Matt received his undergraduate

degree from Rutgers University and his graduate degree from Georgian Court. His M.A. degree is in Educational Administration, Supervision, and Curriculum Planning. Matt has furthered his education in order to assist the Sons of the American Legion by attending the S.A.L. College program through the American Legion and has completed both the SAL Basic and SAL Advanced classes as well as the Legion Chaplain Course.

"I am running for the position of Chaplain for the Detachment of NJ for the 2015-2016 term and feel that I can handle the responsibilities of this position. I look forward to serving the Detachment in this capacity and will work to assist our membership throughout the year."

## Candidates for Office: Vice Commander



### 2015-2016 Vice Commander Candidate Robert Bascou

Robert gained his eligibility through both his father, Perry Bascou, Jr., who honorably served in the U.S. Air Force during the Vietnam War era, specifically the Cuba Missile Crisis, and his maternal grandfather William Sorenson who honorably served in the U.S. Army, in Japan, during WWII.

Robert has been a member of the Sons of the American Legion, George Walton Squadron #371, for ten (10) years. He is a recipient of the S.A.L. Five-Point Program of Service (A.K.A. Five Star Award). A graduate of The American Legion Extension Institute Course, and The Detachment Commanders National Instructional Institute course. He has completed all currently available American Legion Leadership College's courses and was honored this year to return as an Instructor for The Sons of the American Legion College's Advanced course.

Robert has served as Squadron Chaplain, 1<sup>st</sup> Vice-Commander, Commander, and is currently Judge Advocate. On the County level, Robert has served as S.A.L. Camden County Committee Chaplain, Sr. Vice Commander, and is currently serving a second term as S.A.L. County Commander.

On the State level, Robert served as S.A.L. Detachment Chaplain and Religious Emphasis Committee Chairman, and is currently serving a second term Vice Commander assigned the counties of Camden, Gloucester, Mercer, and Somerset.

Robert is requesting your support, and vote, for election to the position of Detachment Vice Commander, 2015-2016



## Candidates for Office: Vice Commander



2015-2016 Vice Commander  
Candidate David Page

David is a 14 year member of the Sons of the American Legion.

He gains his eligibility for membership through his fathers 29 years of service in the US Air Force.

Dave has served 6 terms as Commander of Squadron 455 New Egypt, 3 years as Financial Officer , and has been awarded a Life membership by Squadron 455.

He has served as Ocean County's DEC for the past 2 years, 3 years as Ocean County Vice Commander, and a term as Ocean County Commander.

Dave has completed SAL Basic College, Advanced Course twice, both Legion Basic and Advanced courses as well.

Dave Page received the 2010 SAL Son of the Year award.

## V.A. & R Bingo

The residents of the New Jersey Veterans Memorial Home were treated an afternoon of Bingo on April 26th, sponsored by the detachment of New Jersey.

Veteran Home Residents are encouraged to be active in an environment which stimulates involvement, self-esteem, productivity and freedom for independent choices. This is accomplished by providing diverse recreational activities of interest to each resident. Activities provided are physical, social, intellectual, sensory, spiritual, creative, and community oriented. Recreational activities are available to the veteran home residents on an individual basis, small or large group, or independent participation. Activities are available 7 days of the week, including evenings. Our volunteers and donations are incorporated into our Activity Programs to provide a full array of Activities for each resident according to

his or her capacity and preference thereby ensuring an enhanced quality of life.

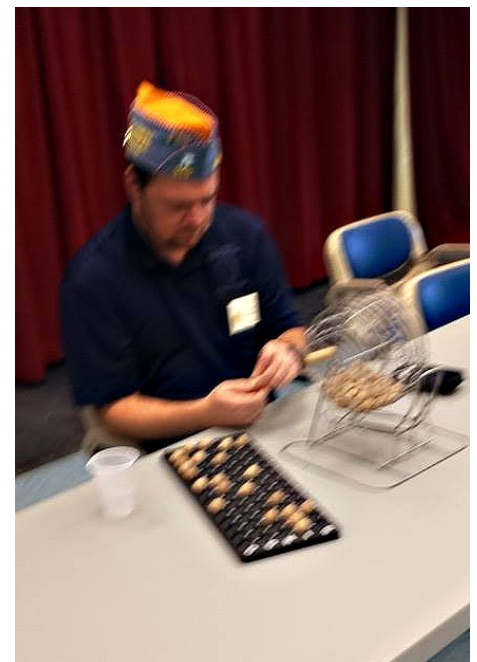
As an ongoing effort to care for our disabled veterans , the Detachment of New jersey is proud to host these Bingo events throughout the state.

It is our duty not to forget about these men who served our country, either through the passage of time or due to the injuries they received, they now remain in these veteran homes. If you can spend a day with a veteran, you both will reap the rewards for a simple act of kindness.

Local Veteran homes and hospitals are always looking for volunteers to assist in the care of their residents.

In attendance for the afternoon festivities were, Commander Carl

Albern, Detachment Vice Commander Bob Philips, Detachment Sgts at Arms, Matt Thalasinis & Jackson Coles, Detachment Asst Sgt At Arms, Dan Dimmick and from Lakewood Post 199 Rich Howdum.





## Josh Dog: It Will Be OK



For centuries dogs have been woven into the hearts of human kind. In celebrated rescues, to wartime heroism, to canine ventures into space. To countless stories of companionship, the powerful connections between dogs and people have become the stuff of legend. Around the world, cuddly canines known as "Therapy Dogs" visit hospitals to help relieve a patient's anxiety and fear with wet kisses and unconditional love. As an extension of that mission, the Josh and Friends Project is emerging to national attention with the ability to impact the lives of even more children by introducing the book "I'll Be O.K." and the cuddly stuffed animal named "Josh." Our children are overcoming the fear and anxiety of being in the hospital and feeling alone, so the Josh and Friends Project is helping to transform anxious hospital

stays for children.

The story of Josh originated when Dr. Randy Lange, a veterinarian from Knoxville, Tenn., was frustrated at the lack of materials available that explained surgery at a child's level. His daughter was having tonsillectomy surgery, and she was scared. So Dr. Lange's concern for his daughter and other children led him to write "I'll Be O.K.," a story about Josh's surgery and his adventure in getting well. In the spring of 1999, Josh and Dr. Lange took their first trip to Oklahoma City, Okla., to visit and encourage children who were victims of a devastating tornado. They still continue to visit hospitals and events to this day. The book, "I'll Be O.K.," is \$14.95 and the gift set is \$39.95, which includes the book, the Josh dog and a doghouse.

Jackson Coles of the detachment of New Jersey has ushered in a successful year as Chairman for the Josh Dog Program.

Last year her earned over \$5000.00 for the project.

On April 19, Josh Dogs were distributed to sick Children at Jersey Shore University Medical Center. The introduction of these new friends washed away the anxiety possessed by many of these children.

One child sat up in his bed when presented with the plush friend.

June 1st another 21 Josh Dogs were delivered to their new homes with the sick children at Jersey Shore University Medical Center

## This and That



Detachment Vice Commander Thomas Flaherty and Auxiliary members donate 250 Bingo Cards.



PNVC, Jim Noble, Karen Thalisanos, Detachment Sgt at Arms Matt Thalisanos, Josh Dog Chairman Jackson Coles, Tara Goldstein, Asst Sgt At Arms Dan Dimmick at Josh Dog presentation.

### MESSAGE FROM THE EDITOR

It has been a rough year, but we have all pulled together and seen many successes. Unfortunately on behalf of the Sal-ute, limited article submission, and personal health issues had prevented publications.

I am happy to say that most of those issues have been put in order, and the Sal-ute will continue to be published on a regular basis.

I would also like to congratulate all the officers, committees, and chairmen on a job well done I wish the incoming officers success during the upcoming term.

The next Sal-ute will be printed for September, Submissions should be received no later than August 24th.

Send all articles, announcement, and updates to: [tony713c@gmail.com](mailto:tony713c@gmail.com)

## Rolling Thunder

The Rolling Thunder mission is to educate, facilitate, and never forget by means of a demonstration for service members that were abandoned after the Vietnam War. Rolling Thunder has also evolved into a display of patriotism and respect for all who defend our country.

The Rolling Thunder First Amendment Demonstration Run is an annual ride and gathering that first started in 1988. Riders from around the nation, and even around the world rally in the Pentagon parking lots and begin the run through the streets of Washington, D.C. Afterward, it is an opportunity to meet old and new friends, pay respect at the memorials and participate in the Memorial Day events.

Our mission also includes legisla-

tive efforts. Rolling Thunder strives to affect national policy in a way that will assist POW/MIA's. We wrote, got introduced and passed, the Missing Service Personnel Act of 1993.

Rolling Thunder and its mission began as a demonstration following the era of the Vietnam War, which was a difficult time in our history. Many of America's military were killed or missing in action (MIA) and their remains were not being returned home or respectfully buried. There were also reports of live prisoners of war (POW) who were left behind when the war ended. In 1987, Vietnam veteran Ray Manzo, bothered by these accounts, came to DC with his idea and enlisted the help of fellow veterans Holland, Sides, and Sampley, to organize a

motorcycle demonstration to bring attention to the POW/MIA situation. Choosing Memorial Day weekend for the event, they envisioned the arrival of the motorcycles coming across the Memorial Bridge, and thought it would sound like "Rolling Thunder".

The first Run in 1988, had roughly 2500 motorcycles and riders demanding that the U.S. government account for all POW/MIA's; it continues to grow every year, becoming the world's largest single-day motorcycle event. Now with over a million riders and spectators combined, Rolling Thunder has evolved into an emotional display of patriotism and respect for all who defend our country.