



## **DANIEL SIMPSON POST 630**

112 N. Main St, Elburn, IL 60119

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Website – [www.elburnpost630.org](http://www.elburnpost630.org)

### **APRIL 2026 Newsletter**

#### **Post Officers:**

Commander: Norm Welker

Sr. Vice Commander: John Nevenhoven

Jr. Vice Commander: John Waynick

Adjutant: John Reece

Chaplain: Tim Kolzow

Finance: John Waynick

Service Officer: Norm Welker

Sgt at Arms: Bob Marriner

Historians: Mark Krebs & Joanne Gabl

Judge Advocate/Parliamentarian: Paul Gardner



**DISABLED PARKING IS IN THE REAR. THERE IS A WHEELCHAIR LIFT AT THE FRONT (Main ST) ENTRANCE AND A CHAIR LIFT AT THE REAR ENTRANCE (Gate ST). IF YOU CALL 630-365-6530 UPON ARRIVAL, SOMEONE WILL BE THERE TO OPERATE THE LIFT.**

### **Next Post Meeting**

The next monthly meeting of Elburn American Legion Post 630 will be held **April 13<sup>th</sup>, 2026**, in the Lower Level. Dinner will be Baked mostaccioli, garlic bread, Italian Sausage, and salad. **Doors open at 5PM, Dinner is served at 6PM.** Want to help? You can bring some type of dessert.

# Post Calendar

April 2026

(Holiday/Notable/Post Event)

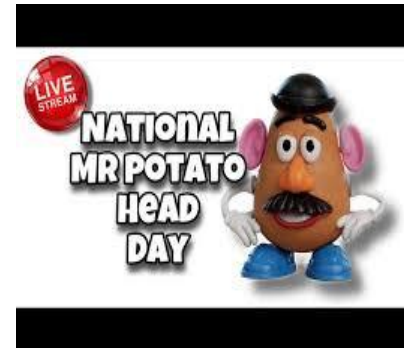
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## Important Dates

### Month of the Military Child

### Child Abuse Awareness Month and National Parkinson's Disease Awareness Month

- 1<sup>st</sup> – April Fool's Day and Passover
- 2<sup>nd</sup> – National Ride your Horse to a Bar Day and Queen of Hearts
- 3<sup>rd</sup> – Good Friday
- 5<sup>th</sup> – Easter Sunday and Gold Star Spouses Day
- 6<sup>th</sup> – Army Day and US entered WWI in 1917
- 9<sup>th</sup> – Former POW Recognition Day and Queen of Hearts
- 12<sup>th</sup> – American Civil War starts 1861
- 13<sup>th</sup> – Post Meeting
- 14<sup>th</sup> – Air Force Reserve Birthday
- 16<sup>th</sup> – National Pajama Day and Queen of Hearts
- 19<sup>th</sup> – The American Revolutionary War began with Battles of Lexington and Concord in 1775
- 20<sup>th</sup> – Patriots Day
- 23<sup>rd</sup> – Army Reserve Birthday and Queen of Hearts
- 24<sup>th</sup> – American Legion Post 630 Drawdown
- 27<sup>th</sup> – Woody Woodpecker Day
- 30<sup>th</sup> – Mr. Potato head Day, and National Military Brats Day, and Queen of Hearts





## **American Legion Post 630 Annual Drawdown and Raffle Event**

Friday, April 24<sup>th</sup>, 2026, Doors Open @ 5:30pm

**Must be 21 to attend**

\$20 per ticket (including free dinner) Limited to 425 tickets, Cash Bar, Meat and 50/50 raffles throughout the night

### **Prizes:**

1<sup>st</sup> ticket drawn - \$100

Every 10<sup>th</sup> ticket drawn -\$20 (except for the 100<sup>th</sup>, 200<sup>th</sup>, 300<sup>th</sup> & 400<sup>th</sup>)

The 100<sup>th</sup>, 200<sup>th</sup>, 300<sup>th</sup>, & 400<sup>th</sup> ticket drawn - \$100 each



**\$2,000.00**

Winners need not be present to win. Grand Prize winner must complete W9 and W2G

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## **Post Meetings**

The Post meets are on the second Monday of each month. Doors open at 6:00 PM for dinner and the camaraderie. The meeting starts at 7:00 PM. All members and prospective members are welcome and encouraged to attend.

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## **Preamble of the American Legion Elements**

### **Promote Peace and Good Will on Earth**

Until all the world becomes a good neighborhood, Legionnaires must continue the effort to promote peace and good will on earth. It is in pursuance of this founding ideal that The American Legion has supported from the beginning and seek to strengthen the United Nations organization. Obliquely, The American Legion also contributes to this ideal by firmly supporting a strong national defense to discourage breaking of the peace by aggressor.

# Gold Star Spouses Day

On April 5, our nation pays tribute to the husbands and wives of fallen service members. This day brings awareness about the sacrifices and grief spouses face. It is a reminder for all of us to remember them and their loved ones today and every day. We invite you to discover the history and connect with the stories behind Gold Star Spouses Day.

## Origins of the Gold Star

The term Gold Star has its origins from the service flags and banners that were first flown by families during World War I. Those banners represented a blue star for members serving in the armed forces and a gold star posted by families with a member who paid the ultimate sacrifice during service.

In 1945, First Lady Eleanor Roosevelt helped establish the Gold Star Wives Association. It was in 2010 that Gold Star Wives Day was commemorated and later became Gold Star Spouses Day to be more inclusive.

<https://nationalvmm.org/honoring-gold-star-spouses/>

## Under federal law, 10 U.S. Code § 1126(a),

The Gold Star lapel button (or lapel pin) is designated as an official recognition for the immediate family members of service members who died under qualifying circumstances. The Gold Star lapel button was created in 1947, about thirty years after the phrase "Gold Star family" began to enter common use in the U.S.

The Gold Star lapel button is awarded to the families of service members who died in qualifying situations, while the Next of Kin lapel button is for families of those who died on active duty but outside of combat or qualifying situations.

## Honoring Gold Star

Spouses (and their families) involve acknowledging their sacrifice with genuine respect and meaningful actions.

Perhaps the most touching thing you can do is to let them know their loved one is not forgotten and will never be.

"If you knew the person, share a story of a time or adventure or something they did that you know about," suggests Patti Elliott, national president of American Gold Star Mothers Inc. Her son, Army Reserve Spc. Daniel "Lucas" Elliott, 21, lost his life in 2011 while serving in Iraq. "Our children had lives that didn't always include us in things, especially their military adventures, and to hear those who served with them tell stories about them is so meaningful.

"I cherish those personal stories from the men and women my son knew, his civilian friends and his military comrades," Elliott adds.

## **Other ways to show support**

Attend or support Gold Star events and observances such as Gold Star Mother's and Family's Day (last Sunday in September), Memorial Day and Gold Star Spouses Day (April 5).

Visit memorials that recognize fallen service members.

Participate in local ceremonies and wreath-laying events, such as Wreaths Across America, which is held every December.

Volunteer with or donate to charities that support Gold Star families, such as the Tragedy Assistance Program for Survivors (TAPS).

Invite Gold Star families to community events, such as dinners or ceremonies, as honored guests, but don't be offended if they're grieving too much to accept the invitation.

Send personal letters or tokens of remembrance to show appreciation and remembrance.

"Families want to know they are seen and remembered. Offer part of your heart in a card, a letter, a phone call or a visit in person. No words can take away the pain. But it will mean so much to know you care," Marilyn Weisenburg, a Gold Star mother, wrote in an article for the TAPS organization.

## **Gold Star Resources**

**TAPS (Tragedy Assistance Program for Survivors):** Offers peer support and grief counseling for all those grieving a death in the military or veteran community.

**Gold Star Wives of America:** Provides support for spouses of fallen service members.

**American Gold Star Mothers Inc.:** A support organization for mothers of fallen service members. The group was launched in 1928 by Grace Darling Seibold, whose son disappeared while fighting in World War I. She spent years working at veterans hospitals in hopes of finding him.

**Army Survivor Outreach Services (SOS):** Long-term support and resources for survivors of fallen U.S. Army soldiers.

**Military OneSource:** This government resource for all military families, including Gold Star families, includes a Survivor & Casualty Assistance section to help connect survivors with services that can help them cope. Military OneSource also has a specific page called "Honoring Gold Star Families" which provides links to further information and resources.

**America's Gold Star Families:** A not-for-profit organization "created to provide honor, hope and healing to those grieving any military loss while serving active duty."

**Woody Williams Foundation:** Encourages establishing permanent Gold Star Families Memorial Monuments in communities throughout the United States while also providing a clearinghouse

of services for Gold Star Families and effectively guiding them to organizations that can fulfill their needs.

<https://www.military.com/military-life/honoring-gold-star-families>

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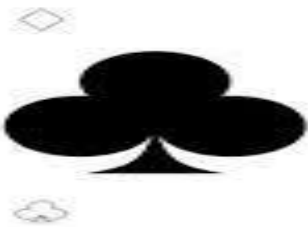


As of March 26th, the Queen of Hearts is still out there hiding in an unopened envelope somewhere on our Board. Who will find the Queen of Hearts??

**Jackpot is over \$28,100**

Get your tickets fast! Come on down to the Bunker Bar on Thursday nights or stop by the office and pick some up. You can also call Norm at the office **630-365-6530** and start a subscription, so you never miss a chance.

**Tickets are \$1 each or 6 for \$5.**



### **From the Legion Riders Chapter 630**

To all the members of the American Legion family and their families who attended or donated to the Toy run, we thank you and the children thank you.

This year's Toys for Tots run is scheduled for July 19. There will still be a motorcycle run and a party afterwards at the Post but, it will take place in a block party kind of format in which streets will be closed, and the Public will be invited to attend. As in years past, food and beverages will be available and there will still be a band or two.

## Then and Now

Here are this month's pictures of "then". Who are they now?



This newer member retired from the Air Force and was stationed at numerous bases around the country.

This veteran served in the U.S. Air Force the Korean War as a Morse intercepting Soviet transmissions. He bought his first guitar during his time in the service.

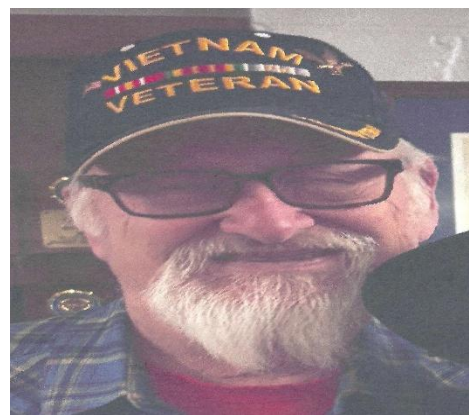
Answers in the Mat 2026 Newsletter with more photos

We would like members of the Post 630 family (Legion, Auxiliary, Sons and Riders) to submit a picture of themselves during their time in service and now. Non-military can send a college or high school picture Send your pictures to either Tim Kolzow ([takolzow@gmail.com](mailto:takolzow@gmail.com)) or Jo Gabl ([jojobean.gabl@gmail.com](mailto:jojobean.gabl@gmail.com))

## March's Photo Answers



Mark Krebs – Post Historian



Jim Elgar – Past Commander

## April Puzzle

# House

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

S T U D I O L B A T H R O O M  
C A N H O L L O W W A L L A T  
P O T I E C L D A E T S D E B  
E A L W I N D O W S I L L B C  
T S N O I T A D N U O F D E H  
S D E R N G U T T E R I I D I  
R R O H C N A L L A W R S R M  
O F F I C E A R C A D E A O N  
O C R E T T I D A R A E S O E  
D O C T A E B L E G L S T M Y  
E R L A D R D E I R E C O T H  
A R T I S R I N S N T A V A K  
O I T A P U L L E D G P E C I  
N D S I T T I N G A R E A T O  
T O W O D N I W R E M R O D H  
D R A I N P I P E E T F L O O  
N E H C T I K R O A F A N A T  
T R O O L F I S H U T T E R C

DORMER WINDOW  
DRAINPIPE  
FIRE ESCAPE  
FLOOR  
FOUNDATIONS  
GARAGE  
GUTTER  
HAT RACK  
HOLLOW WALL  
KITCHEN  
OFFICE  
PATIO  
SHUTTER  
SITTING AREA  
STOVE  
STUDIO  
TURRET  
WALL ANCHOR  
WELL  
WINDOWSILL

ARCADE  
BATHROOM  
BEDROOM

BEDSTEAD  
CEILING  
CHIMNEY

COLONNADE  
CORRIDOR  
DOORSTEP



# 5 Facts About Insomnia

While it's a passing problem for some people, sleeplessness can impair quality of life for others and contribute to additional health issues.



If you have trouble sleeping, you're not alone.

It's time for bed, or it ought to be. You're weary and worn out, but sleep — once again — proves elusive.

If you're consistently having trouble falling or staying asleep, you may have [insomnia](#). And while it's a passing problem for some people, it can impair quality of life for others and contribute to additional health issues, including high blood pressure, obesity and diabetes.

We asked specialists [sleep specialists](#) at Rush to share some key facts about insomnia.

## 1. Sleeplessness is more common than you think.

An estimated 40 million Americans cope with insomnia each year, and the Centers for Disease Control and Prevention considers it a serious public health problem.

In a 2008 study, two in five people who slept less than seven hours during a 24-hour period said they unintentionally fell asleep during the day, while nearly 5% reported nodding off while driving.

"Sleep can be a big factor in terms of U.S. productivity," says [James Herdegen, MD](#), a sleep medicine specialist at Rush. "It's leading to billions of dollars of lost work productivity and increased risk of accidents."

## 2. Not all insomnia is created equally.

Many people grapple with sleeplessness now and then, often due to stress from personal or economic issues. That's called acute insomnia.

It's when insomnia becomes chronic — lasting three months or longer and affecting family, work or other aspects of your overall health — that you should consider seeking help.

"The risk is if you let it go too long," Herdegen says. "It now starts to become a part of your life in terms of poor sleep habits. We want to get people early so those types of things don't perpetuate."

## 3. You can help yourself sleep better.

If you've been coping with sleep problems for a short period, there are steps you can take — before seeking help — that may help you get some rest.

"The most common recommendation I would make is to try to keep a regular sleep schedule seven nights a week, and really try to lock down the bedtime and wake-up times to be more consistent," says [James K. Wyatt, PhD](#), a behavioral sleep medicine specialist at Rush.

That helps align the 24-hour clock in our brains — called the circadian system — with our desired sleep schedule. "And it will enhance our ability to remain awake during the day and sleep at night," he says.

Other tips include the following:

- **Stay active:** Exercise can help people sleep better and feel more alert, experts say. In fact, one study found that 150 minutes of moderate to vigorous activity each week led to a 65% improvement in sleep quality. Just make sure you're not working out too close to bedtime, which can actually be counterproductive, Wyatt says.
- **Watch what you drink:** Reduce your caffeine intake and avoid it at least eight hours before bedtime. And go easy on the after-dinner drinks: While alcohol may help you fall asleep, it can interfere with a good night's sleep.

- Create a quiet, relaxing bedroom environment: That means not watching TV, playing video games, checking email on your smartphone, even reading.

Try to keep a regular sleep schedule seven nights a week and really try to lock down the bedtime and wake-up times to be more consistent.

#### 4. Medications can help, up to a point.

Nonprescription sleep aids will help you sleep, and they're OK on occasion, Herdegen says. The problem is that people can quickly develop tolerance to the drugs and may need to increase dosage to maintain effectiveness.

Prescription sleep medications also may be helpful in the short term but tend to work best when complemented by behavioral therapy aimed at getting at the root of the problem. "The ones out there do work, but they don't work in isolation," he says.

Meanwhile, Herdegen cautions against putting too much faith in herbal supplements like teas or valerian root, noting that they haven't been rigorously studied so their effectiveness is unclear. Some who find them beneficial may actually be experiencing a placebo effect, he says.

#### 5. Insomnia is treatable.

If your insomnia persists, don't try to go it alone, as there's a strong likelihood it can be effectively treated. And you can start by contacting your primary care physician.

"They can look at the most common conditions that could be causing or worsening a sleep problem," Wyatt says. Those conditions may include thyroid disorders, [anxiety](#), [depression](#), [menopausal](#) symptoms and nighttime [asthma](#) attacks.

Your doctor may refer you to sleep specialists like those at Rush. The team at Rush includes experts in behavioral sleep medicine, [neurology](#) and [pulmonary medicine](#), and it consults with other specialists at Rush, including [sleep surgeons](#).

To help with diagnosis, doctors may have you maintain a log or wear a device to help better understand your routine and track when you're sleeping.

In some cases, experts may recommend a sleep study. It typically involves an overnight stay at a lab, where experts monitor a variety of biological functions during sleep, including brain activity, eye movement, heart rate and blood pressure, via electrodes attached to the patient's skin.

A sleep study isn't a necessity for patients whose main problem is trouble falling asleep, absent other symptoms, Wyatt says. "If somebody is having difficulty breathing at night, as evidenced by loud snoring, or witnessed pauses in breathing during sleep, or awakening with shortness of breath, these are all signs of obstructive sleep apnea and that's when sleep study is imperative," he says.



**James Herdegen, MD**  
Sleep Medicine, Critical Care



**James Wyatt**  
Behavioral Sleep Medicine  
Clinical Psychology

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## **2026-2027 POST ELECTIONS**

Elections for Post Officers will be happening in the next couple of months. If you wish to run for an Post Officer position or wish to nominate someone, contact Norm at the office so he can throw your name in the hat. Every member in good standing can run for any Post Officer position. The term is 1 (one) year. More information about duties of each position can be found at:

[www.legion.org](http://www.legion.org)

search for "Officers Guide."

## Post receives an Award



**Commander Welker accepts an award from John Reece ALR Chap. 630 Director for the support given by Legion Post630 to the 2025 Toys for Tots run.**



**Sgt at Arms Bob Marriner accepts an award from John Reece, ALR Chapt. 630 Director. for the support from the St. Gall Knights of Columbus #17360 gave to the 2025 Toys for Tots run.**



**SAL Sqd 630 receives a Certificate of Appreciation from the Department of Illinois for participating in the Family Membership Caravan. Accepting for the SAL is Chaplain Tim Kolzow, The certificate is presented by John Reece, Post 630 Adjutant.**

# Pvt Murphy™

By Mark Baker

