



DANIEL SIMPSON POST 630

112 N. Main St, Elburn, IL 60119

Office Phone – 630-365-6530

Post email – elburnpost630@gmail.com

Website – www.elburnpost630.org

March 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

March 9th, 2026, in the Lower Level. **Doors open at 5PM, Dinner is served at 6PM.**

Want to Help? Bring some type of dessert.

Post Calendar

March 2026

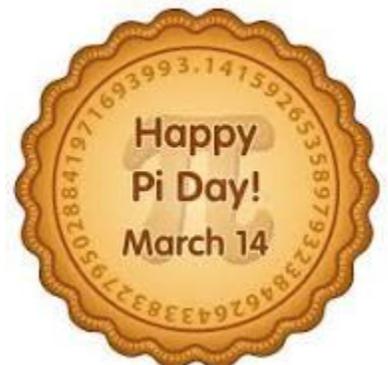
(Holiday/Notable/Post Event)

| 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 | 31 | | | | |

Important Dates

Woman's History Month & Irish American Heritage Month

- 3rd – Navy Reserve Birthday
- 5th – Queen of Hearts and Seabee Birthday
- 8th - Daylight Savings Time begins
- 9th – Post Meeting
- 12th - Queen of Hearts
- 13th – K-9 Veterans Day
- 14th – PI Day
- 17th - St Patrick's Day
- 19th – Queen of Hearts
- 20th - First Day of Spring
- 25th - Medal of Honor Day
- 26th - Queen of Hearts
- 29th - Palm Sunday and Vietnam Veterans Day
- 30th - Vietnam Veterans Day (Observed)





American Legion Post 630 Annual Drawdown and Raffle Event

Friday, April 24th, 2026, Doors Opens @ 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:

1st ticket drawn - \$100

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

The 100th, 200th, 300th, & 400th ticket drawn - \$100 each



\$2,000.00

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



TICKET REQUEST FORM

AMERICAN LEGION RAFFLE - TO BE HELD ON FRIDAY, APRIL 24, 2026

At the Elburn Legion Building, Post 630 - Drawing begins at 6:00 p.m.

PAYOUTS

- 1st Ticket - \$100
- 100th Ticket - \$200
- 200th Ticket- \$100
- 300th Ticket - \$100
- 400th Ticket - 100
- 425th Ticket - \$2000
- Every 10th ticket drawn will receive \$20

NAME: _____

ADDRESS: _____

PHONE #: _____

NUMBER OF TICKETS _____

Free Food

PAYMENT FOR TICKETS:

\$20.00 x _____ = \$ _____

ONLY TICKET HOLDERS 21 & OVER ADMITTED ENTER AT REAR OF BUILDING

Handicap entrance in front of building

**Return completed form and payment to Legion Office @
112 N. Main St Elburn, IL 60119**

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

To make right the Master of Might

All wars from the veterans of which The American Legion draws its membership were started by dictators who wanted their might to be the right. If human freedom is not to perish from the earth, right must always be master of might. The rights of small nations must be protected against the tyranny that powerful neighbors may seek to impose on them just as the rights of minorities in our society must be protected and respected. Our belief in enthroning right over might is the main essence of our ideological conflict with Communism today. Legionnaires are pledged by this clause always to stand with the right, protect the weak and preserve the liberties of the individual. This concept is the basis of The American Legion's continued advocacy of a strong national preparedness so as to achieve the ideal situation that right will be backed by adequate might.

Medal of Honor Day

Royce Williams, US Naval Aviator (ret.), Medal of Honor Recipient February 2026

Medal of Honor Citation

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty on 18 November 1952 while leading a division of three jet fighters attached to Fighter Squadron SEVEN HUNDRED EIGHTY-ONE (VF-781) and embarked on the USS ORISKANY. While flying a combat patrol mission over the northeastern coastal waters of enemy-held North Korea, Lieutenant Williams demonstrated extraordinary heroism by intercepting a superior force of attacking enemy MiG-15 fighters in order to protect the ships of Task Force 77. After thwarting the enemy's initial attack, he maneuvered his aircraft to make two firing passes on one MiG, which then spiraled into the sea. He inflicted heavy damage to a second MiG-15, which started smoking badly and retired from the fight.

When his own aircraft was severely damaged by a direct hit from one of the remaining enemy MiG-15s, Lieutenant Williams evaded further enemy attacks while continuing to direct the dogfight. He eventually found cover in a cloud bank, broke off the engagement, and miraculously landed his nearly uncontrollable aircraft on the USS ORISKANY. His exceptional airmanship, coupled with his complete disregard for his own personal safety, resulted in the destruction of three enemy MiG-15s and severe damage to a fourth, and undoubtedly saved the lives of hundreds of Task Force 77 sailors. By his undaunted courage, bold initiative, and total devotion to duty, Lieutenant Williams reflected great credit upon himself and upheld the highest traditions of the United States Naval Service.

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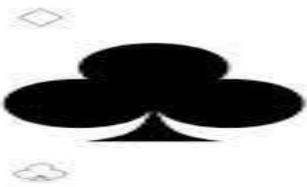


As of February 28th, the Queen of Hearts is still out there hiding in an unopened envelope somewhere on our Board. Who will find the Queen of Hearts??

Jackpot is over \$26,100

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.



Then and Now

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



This vet was stationed in Okinawa During Vietnam Loading and unloading supplies for the troops. He also served as Post Commander



This member served in the artillery. He has served as Chaplain and Post Commander.

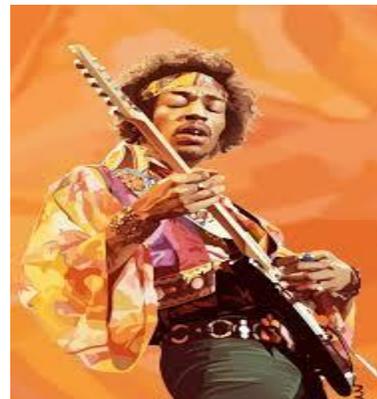
Answers in March 2026 Newsletter with more photos

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) or Jo Gabl (jojobean.gabl@gmail.com)

January's Photo Answers



John Reece – Post Adjutant



Jimi Hendrix - Musician

March Puzzle

ACROSS

- | | |
|--|-------------------------------------|
| 1) What cymbals do | 39) Cram into the overhead |
| 6) Neurotic worry | 40) Nasty look |
| 11) "My country ___ of thee ..." | 42) Some studio tapes, for short |
| 14) Nest on high | 44) It may gird a geisha |
| 15) Legendary singer Vaughan | 45) Elementary school practice book |
| 16) Genetic component | 47) River horses |
| 17) One bite and you know it's not right | 49) Stretcher at the gym? |
| 19) Small hotel | 51) Casts out from the body |
| 20) Ski hill | 52) Alarm bell |
| 21) Told your dog "Attack!" | 53) Giving the once-over |
| 23) Bora Bora neighbor | 55) "Arabian Nights" name |
| 26) 100-meter runners, e.g. | 56) Like a good police witness |
| 27) Hardly melodious | 61) Go against God |
| 28) Mix again | 62) Skylit hotel lobbies |
| 29) At all times, in verse | 63) From around here |
| 30) Type of nut | 64) Big pig |
| 32) Things to wish upon | 65) Freeloader |
| 35) Have trouble saying "S" | 66) Dust particle |
| 37) Greek architectural order | |

DOWN

- 1) Front of a semi
- 2) Hawaiian neckwear
- 3) What you'll find in a museum
- 4) Jams with the band
- 5) Audible dance step
- 6) Right away, in memos
- 7) Back of the neck
- 8) Org. or assoc.
- 9) Dips for chips
- 10) They believe in God
- 11) Three-horned dinosaur
- 12) Adjective for sanctum
- 13) White ___ Missile Range
- 18) Agitated
- 22) Debt markers
- 23) Chinese weight units
- 24) Dined at home
- 25) Sport with betting
- 26) Jeans fabric
- 28) Less frequent
- 31) Manuscript volume
- 33) Mechanical worker
- 34) Watch word?
- 36) Hammer ends
- 38) Beneficiary's brother, perhaps
- 41) Moderate's opposite
- 43) Heralds
- 46) Symbolize
- 48) Wooden spinning toy
- 49) Hidden supply
- 50) Salk vaccine target
- 53) Film with many extras
- 54) "Okey-dokey"
- 57) Valuable rock
- 58) Hockey surface
- 59) Wet-dry ___
- 60) Broad-antlered animal

CHAPTER OF HISTORY

By Clarke K. Denninger

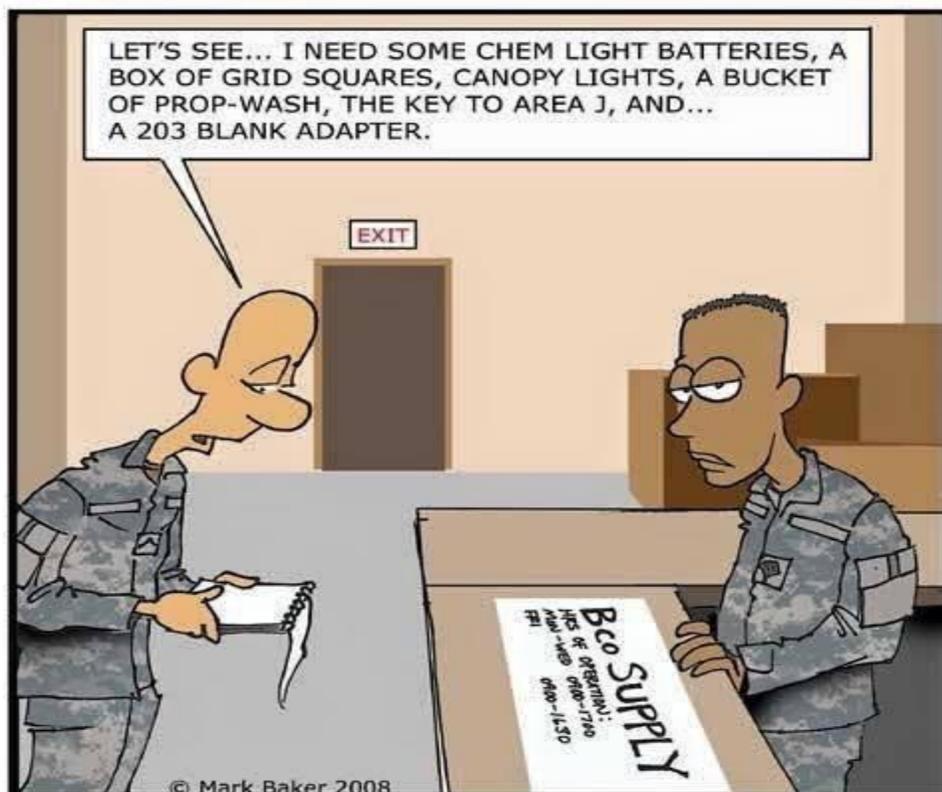
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| 55 | | | | 56 | | 57 | | | | | | 58 | 59 | 60 |
| 61 | | | | 62 | | | | | | 63 | | | | |
| 64 | | | | 65 | | | | | | 66 | | | | |

WITH GREAT APPRECIATION

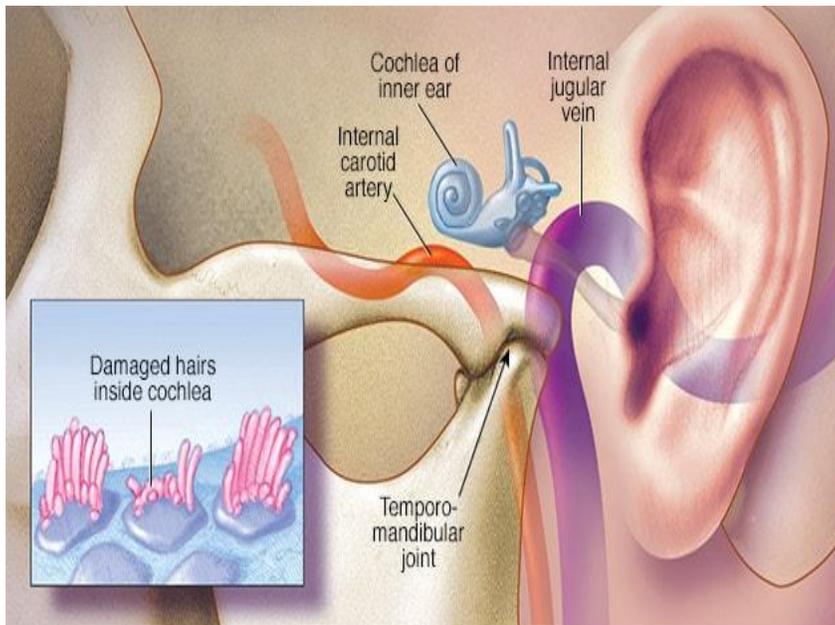
At the February Post meeting one of our members slipped and fell in the parking lot. After the alarm was raised in the Bunker, numerous members responded to assist. I would like to thank all the members who went out to help and get that member downstairs for dinner and the meeting. No injuries were reported.

Thank you to all.

**Norm Welker
Commander**



Tinnitus



Tinnitus is when you experience ringing or other noises in one or both of your ears. The noise you hear when you have tinnitus isn't caused by an external sound, and other people usually can't hear it. Tinnitus is a common problem. It affects about 15% to 20% of people, and is especially common in older adults.

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Tinnitus is usually caused by an underlying condition, such as age-related hearing loss, an ear injury or a problem with the circulatory system. For many people, tinnitus improves with treatment of the underlying cause or with other treatments that reduce or mask the noise, making tinnitus less noticeable.

Symptoms

Tinnitus is most often described as ringing in the ears, even though no external sound is present. However, tinnitus can also cause other types of phantom noises in your ears, including:

- Buzzing**
- Humming**
- Roaring**
- Clicking**
- Hissing**

Most people who have tinnitus have subjective tinnitus, or tinnitus that only you can hear. The noises of tinnitus may vary in pitch from a low roar to a high squeal, and you may hear it in one or both ears.

In some cases, the sound can be so loud it interferes with your ability to concentrate or hear external sound. Tinnitus may be present all the time, or it may come and go.

In rare cases, tinnitus can occur as a rhythmic pulsing or whooshing sound, often in time with your heartbeat. This is called pulsatile tinnitus. If you have pulsatile tinnitus, your doctor may be able to hear your tinnitus when he or she does an examination (objective tinnitus).

When to see a doctor

Some people aren't very bothered by tinnitus. For other people, tinnitus disrupts their daily lives. If you have tinnitus that bothers you, see your doctor.

Make an appointment to see your doctor if you develop tinnitus after an upper respiratory infection, such as a cold, and your tinnitus doesn't improve within a week.

See your doctor as soon as possible if you have hearing loss or dizziness with the tinnitus or you are experiencing anxiety or depression as a result of your tinnitus.

Causes

A number of health conditions can cause or worsen tinnitus. In many cases, an exact cause is never found.

Common causes of tinnitus

In many people, tinnitus is caused by one of the following:

- **Hearing loss. There are tiny, delicate hair cells in your inner ear (cochlea) that move when your ear receives sound waves.**
- **This movement triggers electrical signals along the nerve from your ear to your brain (auditory nerve). Your brain interprets these signals as sound.**

If the hairs inside your inner ear are bent or broken — this happens as you age or when you are regularly exposed to loud sounds — they can "leak" random electrical impulses to your brain, causing tinnitus.

- **Ear infection or ear canal blockage.** Your ear canals can become blocked with a buildup of fluid (ear infection), earwax, dirt or other foreign materials. A blockage can change the pressure in your ear, causing tinnitus.
- **Head or neck injuries.** Head or neck trauma can affect the inner ear, hearing nerves or brain function linked to hearing. Such injuries usually cause tinnitus in only one ear.
- **Medications.** A number of medications may cause or worsen tinnitus. Generally, the higher the dose of these medications, the worse tinnitus becomes. Often the unwanted noise disappears when you stop using these drugs.

Medications known to cause tinnitus include nonsteroidal anti-inflammatory drugs (NSAIDs) and certain antibiotics, cancer drugs, water pills (diuretics), antimalarial drugs and antidepressants.

Other causes of tinnitus

Less common causes of tinnitus include other ear problems, chronic health conditions, and injuries or conditions that affect the nerves in your ear or the hearing center in your brain.

- **Meniere's disease.** Tinnitus can be an early indicator of Meniere's disease, an inner ear disorder that may be caused by abnormal inner ear fluid pressure.
- **Eustachian tube dysfunction.** In this condition, the tube in your ear connecting the middle ear to your upper throat remains expanded all the time, which can make your ear feel full.

- **Ear bone changes.** Stiffening of the bones in your middle ear (otosclerosis) may affect your hearing and cause tinnitus. This condition, caused by abnormal bone growth, tends to run in families.
 - **Muscle spasms in the inner ear.** Muscles in the inner ear can tense up (spasm), which can result in tinnitus, hearing loss and a feeling of fullness in the ear. This sometimes happens for no explainable reason, but can also be caused by neurologic diseases, including multiple sclerosis.
 - **Temporomandibular joint (TMJ) disorders.** Problems with the TMJ, the joint on each side of your head in front of your ears, where your lower jawbone meets your skull, can cause tinnitus.
 - **Acoustic neuroma or other head and neck tumors.** Acoustic neuroma is a noncancerous (benign) tumor that develops on the cranial nerve that runs from your brain to your inner ear and controls balance and hearing. Other head, neck or brain tumors can also cause tinnitus.
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- **Blood vessel disorders.** Conditions that affect your blood vessels — such as atherosclerosis, high blood pressure, or kinked or malformed blood vessels — can cause blood to move through your veins and arteries with more force. These blood flow changes can cause tinnitus or make tinnitus more noticeable.
 - **Other chronic conditions.** Conditions including diabetes, thyroid problems, migraines, anemia, and autoimmune disorders such as rheumatoid arthritis and lupus have all been associated with tinnitus.
 - **Risk factors**

Anyone can experience tinnitus, but these factors increase your risk if you have exposure to loud noise.

Loud noises, such as those from heavy equipment, chain saws and firearms, are common sources of noise-related hearing loss.

Portable music devices, such as MP3 players, also can cause noise-related hearing loss if played loudly & regularly. People who work in noisy environments — such as factory and construction workers, musicians, and soldiers — are particularly at risk.

- **Age. As you age, the number of functioning nerve fibers in your ears declines, possibly causing hearing problems often associated with tinnitus.**
-
- **Sex. Men are more likely to experience tinnitus.**
 - **Tobacco and alcohol use. Smokers have a higher risk of developing tinnitus. Drinking alcohol also increases the risk of tinnitus.**
 - **Certain health problems. Obesity, cardiovascular problems, high blood pressure, and a history of arthritis or head injury all increase your risk of tinnitus.**
 - **Complications**

Tinnitus affects people differently. For some people, tinnitus can significantly affect quality of life. If you have tinnitus, you may also experience:

| | | |
|---------------------------------|-----------------------|---|
| Fatigue | Sleep problems | Stress |
| Trouble Concentrating | Depression | Memory problems |
| Anxiety and irritability | Headaches | Problems with work and family life |

Treating these linked conditions may not affect tinnitus directly, but it can help you feel better.

Prevention

In many cases, tinnitus is the result of something that can't be prevented. However, some precautions can help prevent certain kinds of tinnitus.

- Use hearing protection. Over time, exposure to loud sounds can damage the nerves in the ears, causing hearing loss and tinnitus. Try to limit your exposure to loud sounds. And if you cannot avoid loud sounds, use ear protection to help protect your hearing. If you use chain saws, are a musician, work in an industry that uses loud machinery or use firearms (especially pistols or shotguns), always wear over-the-ear hearing protection.
- Turn down the volume. Long-term exposure to amplified music with no ear protection or listening to music at very high volume through headphones can cause hearing loss and tinnitus.
- Take care of your cardiovascular health. Regular exercise, eating right and taking other steps to keep your blood vessels healthy can help prevent tinnitus linked to obesity and blood vessel disorders.
- Limit alcohol, caffeine and nicotine. These substances, especially when used in excess, can affect blood flow and contribute to tinnitus.

March Puzzle Solution

CHAPTER OF HISTORY By Clarke K. Denninger

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