



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

May 2025 Newsletter

Post Officers:

Commander: Norm Welker
Sr. Vice Commander: John Nevenhoven
Jr. Vice Commander : Joanne “Jo” Gabl
Adjutant: John Waynick
Sergeant at Arms: Lloyd Da Mask
Judge Advocate/
Parliamentarian: Paul Gardner
Chaplain: Tim Kolzow
Interim Finance: Tim Kolzow
Post Service Officer: Norm Welker
Historian: Mark Krebs

**Salute to all our Brothers
and Sisters** 



Post Meetings:

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



DISABLED PARKING IS IN THE REAR LOT; HOWEVER, LIFTS ARE AT BOTH ENTRANCES: WHEELCHAIR LIFT IN THE FRONT, CHAIR LIFT IN THE REAR. CALL AHEAD AND UPON ARRIVAL SOMEONE WILL BE AT EITHER LIFT TO ASSIST YOU.

Post Calendar

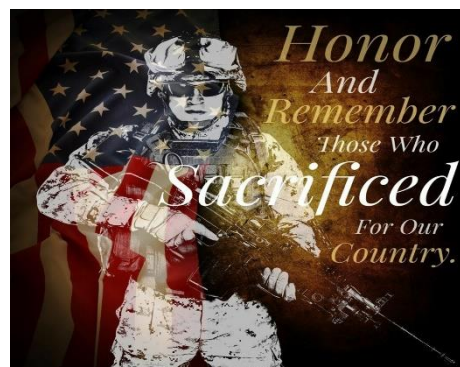
MAY 2025

(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

- 1st – May Day and Queen of Hearts
- 4th – Star Wars Day – May The Fourth Be With You
- 5th - Cinco de Mayo
- 8th – Queen of Hearts
- 10th - Queen of Hearts
- 11th – Mother's Day
- 12th – Post Meeting
- 15th – Queen of Hearts
- 17th – Armed Forces Day
- 16th and 17th – Poppy Days
- 22nd – Queen of Hearts
- 26th – Memorial Day
- 29th – Queen of Hearts



The History of Memorial Day in the United States

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2024 will occur on Monday, May 27. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season.

The Birthplace of Memorial Day and Early Observances

The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries. By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers. It is unclear where exactly this tradition originated; numerous communities may have independently initiated the memorial gatherings. And some records show that one of the earliest Memorial Day commemorations was organized by a group of formerly enslaved people in Charleston, South Carolina less than a month after the Confederacy surrendered in 1865. Nevertheless, in 1966 the federal government declared Waterloo, New York, the official birthplace of Memorial Day. Waterloo—which first celebrated the day on May 5, 1866—was chosen because it hosted an annual, community-wide event, during which businesses closed and residents decorated the graves of soldiers with flowers and flags.

Decoration Day

On May 5, 1868, General John A. Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month. “The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land,” he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle. On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Civil War soldiers buried there. Many Northern states held similar commemorative events and reprised the tradition in subsequent years; by 1890 each one had made Decoration Day an official state holiday. Southern states, on the other hand, continued to honor the dead on separate days until after World War I. History of Memorial Day Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil

War. But during World War I the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars, including World War II, The Vietnam War, The Korean War and the wars in Iraq and Afghanistan. For decades, Memorial Day continued to be observed on May 30, the date General Logan had selected for the first Decoration Day. But in 1968, Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees. The change went into effect in 1971. The same law also declared Memorial Day a federal holiday.

[Memorial Day 2024: Facts, Meaning & Traditions | HISTORY](#)

\$\$\$\$

Post 630 March Monthly Meeting

The monthly meeting of Elburn Post 630 will be held on **May 12th, 2025**. On the menu is BBQ Pork sandwiches, Baked Beans, Cole slaw, and potatoes salad. Please bring desserts.

\$\$\$\$



As of April 30th, 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 \$14,000.00

AND the board has reset because the One-eyed Jack was found!!! We are back to a full board of numbers!

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.



American Legion Auxiliary “Poppy Days”

On Friday, May 16th and Saturday 17th, the American Legion Auxiliary 630 will be conducting their annual “Poppy Days”. The American Legion Post 630, Sons of the American Legion Sqdn 630 and American Legion Riders Chapt 630 support the American Legion Auxiliary 630 during this event.

Volunteers will be posted at the following locations around Elburn; Ream’s Meat Market, Elburn Post Office, Jewel Foods, Rise N’ Dine, Town & Country Public Library, Corner Grind, and Brianna’s Pancake House.

If you would like to man a post on either of the days call the office (630-365-6530) with your choice of day and time. Please have back-up selections available because this is on first come, first served basis. If you cannot stand a post then at least come and patronize these wonderful establishments in Elburn and make a donation while you’re there.



FROM THE COMMANDER

Our annual Memorial Day “Rememberance” Program is scheduled for May 26th @ 1000 at Blackberry Cemetery. We are in need of volunteers for carrying flags and for the Rifle Squad. Those who remember your basic facing movements are encouraged to volunteer. A Breakfast will be served starting at 7AM at the Post. Contact Commander Norm at the Legion office **630-365-6530** as soon as possible.

\$\$\$\$

CONGRATULATIONS!!

Member Jim Elgar wanted us to know that Dan Geinosky, also a member of Post 630, was recently promoted to E-8 Senior Master Sergeant in the Air Force. Dan is currently stationed in Oakland, CA and has 22 years in the Air Force. Way to go Dan!!

*If you have some congratulatory news to share, let us know!
elburnpost630@gmail.com Write “Newsletter” in the subject field*



Second Tuesday of the month
 TIME: 8 a.m. - 3 p.m.
 Edward J Hines Hospital,
 5000 5th Avenue, Hines, IL 60141

VETERANS LEGAL CLINIC FREE LEGAL ASSISTANCE FOR:

- VA benefits (including VA pension, MST, VA survivors' pension, and service-connected disability compensation)
- Social Security (disability/retirement)
- Discharge upgrades and character of discharge reviews
- VA Debt
- Evictions (especially for those with housing vouchers)
- Foreclosures
- Domestic Violence
- Employee Rights
- Criminal Record expungement/sealing
- Consumer Issues

Eligibility Requirements

- Homeless or at-risk of losing current housing
- Previous or current service members with any discharge status OR spouses/children/survivors of veterans with VA-related issues

Schedule an Appointment

Please leave a voicemail or send an email with your name, phone number, and legal issue. Please state in your voicemail or email that you are calling about the Hines clinic. **Walk ins will be taken on a first come first serve basis.**

● 312-564-2365 ● rhood@voail.org



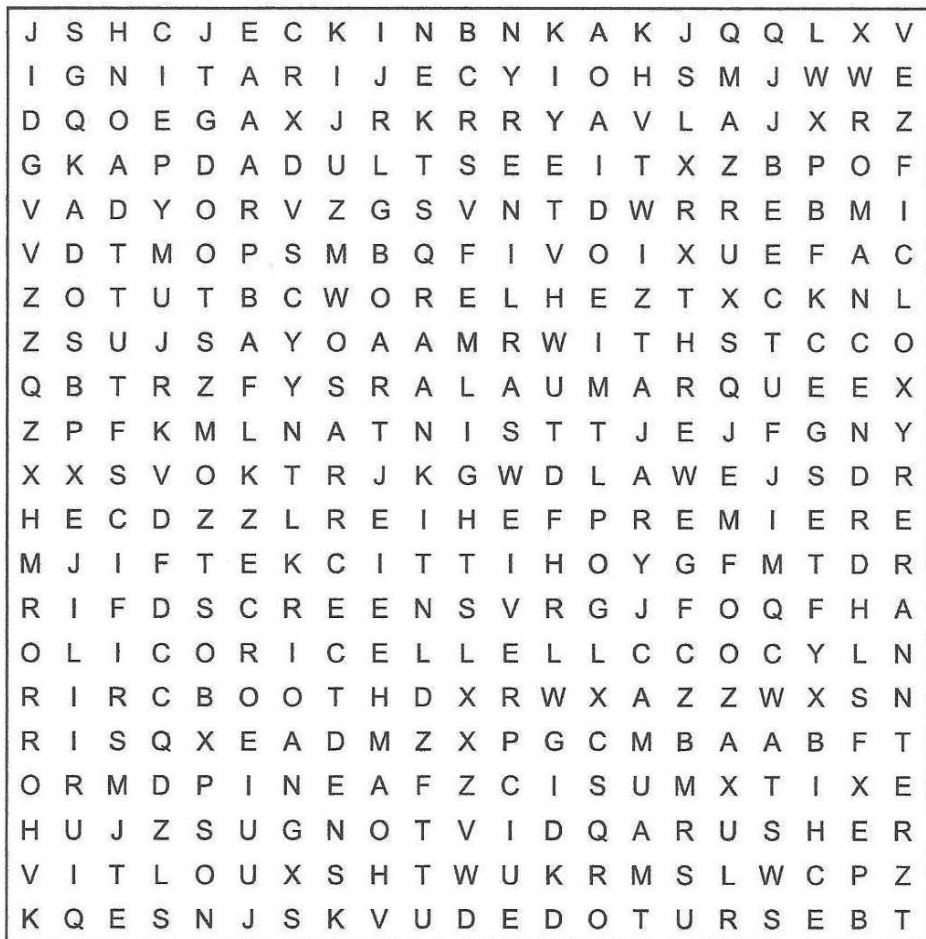
MAY PUZZLE

A Night at the Movies

Word Search



ADULTS
AISLE
BOOTH
COMEDY
CREDITS
CURTAIN
DARK
DRAMA
EXIT
FEATURE
HORROR
LICORICE
LIGHTS
LINE
MARQUEE
MUSIC
POPCORN
PREMIERE
PREVIEWS
RATING
ROMANCE
ROW
SCIFI
SCREEN
SODA
SOUND
TICKET
USHER
WESTERN



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

'BY SHEER NATURAL LAW'

The American Legion continues to uphold its commitment to young people.

Author and former *American Legion Magazine* writer Richard Seelye Jones observed after World War II that the organization's dedication to the welfare of young people - whether they face challenges not of their making, need mentorship to become responsible citizens, or both - was not a deliberate plan of the organization at the time of its founding.

"Nothing was said about the care of children in the formative meetings of The American Legion," he wrote in "A History of The American Legion" (1946). "The subject developed into a major Legion program by sheer natural law."

Today, youth support is one of the organization's four pillars of service. April is Children & Youth Month in The American Legion, and record-setting support efforts continue to assist young people nationwide as the organization lives up to its promise for the future of the nation.

\$852,593

Amount in American Legion Child Well-Being Foundation grants, second-highest of all time, for organizations that contribute to the physical, mental, emotional and spiritual needs of children, approved in 2025. In its 71 years, the CWF - until last fall known as the Child Welfare Foundation - has awarded more than \$21.5 million in grants.

\$1,645,558

Amount in American Legion Legacy Scholarship college funds disbursed in 2024, a record, to needs-based children of U.S. military personnel who have died while on active duty since Sept. 11, 2001, and those of post-9/11 veterans who have service-connected VA disability ratings of 50% or higher

\$199,500

Amount in American Legion National Oratorical Contest scholarships awarded in 2024, second-highest since 1938, to top contestants in the organization's competition that requires high school students to understand and speak fluently about the U.S. Constitution

\$18,014,677.43

Amount in national American Legion Temporary Financial Assistance cash grants disbursed overall to military personnel and qualified veteran parents of minor children who faced unexpected financial hardships that threatened the stability of their homes



HOW TO ASSIST

The American Legion Veterans & Children Foundation is a vital source of funding for the Temporary Financial Assistance grant program. American Legion Charities, Inc., provides resources for multiple youth programs and services of the nation's largest veterans organization. The American Legion Child Well-Being Foundation and Legacy Scholarship Fund also accept financial assistance.

Tax-deductible donations can be made by visiting the DONATE page at legion.org, the national American Legion website. Charitable contributions can also be sent by mail to:

The American Legion
P.O. Box 361210
Indianapolis, IN 46236-1210

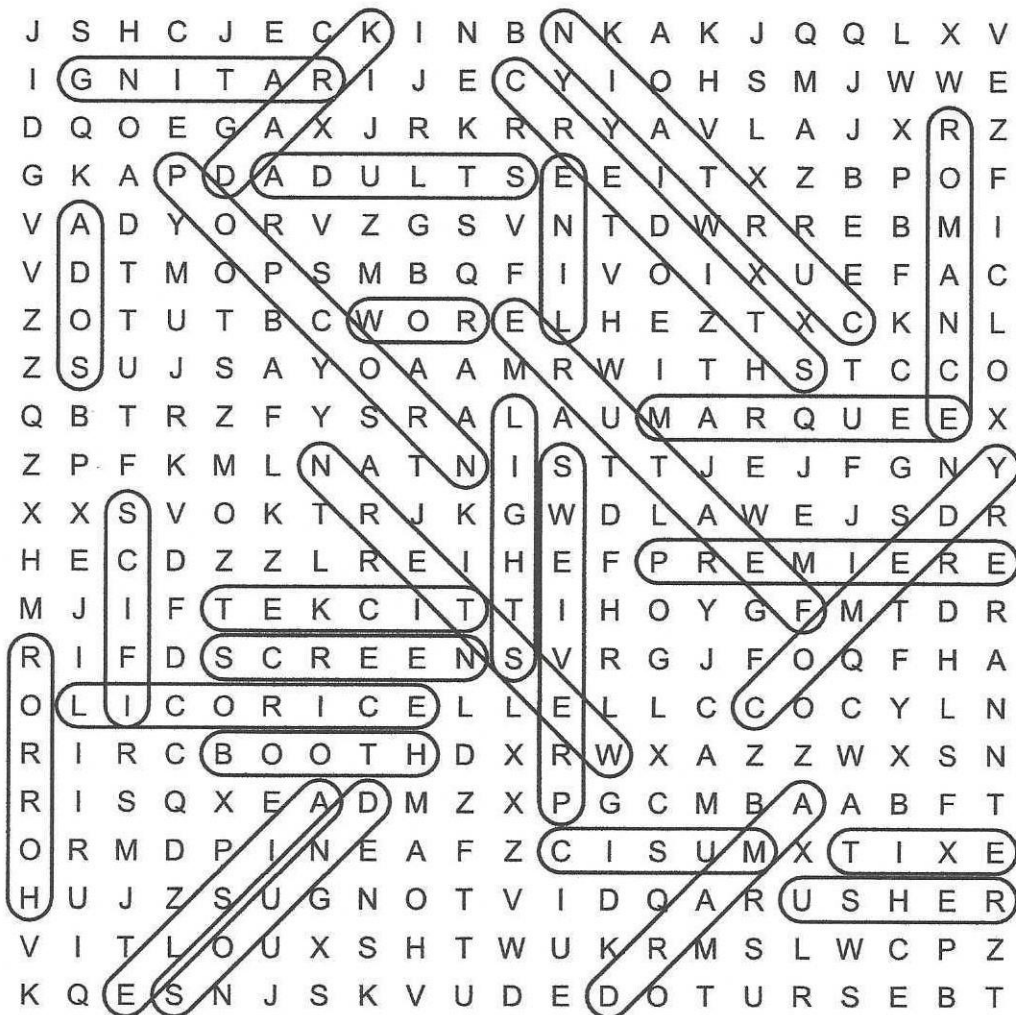
legion.org/donate

MAY PUZZLE SOLUTION

A Night at the Movies

Word Search

SOLUTION



8 Tips for a Healthier Spring



Recommit to a healthy lifestyle

By Donna Fisher

Marketing specialist for RUSH Copley.

Spring is a time of new growth and beginnings. Flowers emerge from beneath the snow, trees blossom and dormant grass starts growing. Spring can mean a new beginning for you, too, to recommit to a healthier lifestyle. RUSH Copley providers recommend 8 tips for a healthier you this spring.



1. Eat a healthy diet, including a good breakfast.

Good nutrition is key to a healthy body and healthy brain. Experts recommend eating five servings of fruits and vegetables daily. For a healthy body, [Stephanie Kalant, DO](#), a gastroenterologist with RUSH Copley Medical Group, recommends incorporating fish, lean meat, poultry, eggs, beans, peas, nuts and seeds into your diet.

For good brain health, eat broccoli, blueberries, green tea, eggs, oranges, and salmon and foods that contain omega-3.

And don't forget to start your day off right — eating a healthy breakfast has been associated with better memory, decreased irritability and healthier body weight.

2. Drink plenty of water.

Staying hydrated is important for your overall health. It's good for your heart, joints, muscles and skin. It also helps improve your memory, mood and motivation.

3. Exercise your body.

Regular physical activity promotes lifelong health and well-being and helps prevent risk factors for heart disease, obesity, Type 2 diabetes and other health conditions. It's also good for your brain and can help protect against cognitive decline.

Exercise has immediate positive mental effects, such as boosting your mood and relieving stress by releasing endorphins, says [Zane Lodico](#), a personal trainer at RUSH Copley Healthplex. Exercise also increases energy levels and improves sleep quality.

4. Exercise your brain.

Read, do crossword puzzles, learn something new. Challenge your brain daily through work or play and keep it active.

5. Get enough sleep.

From children to older adults, sleep is important for individuals of every age. Lack of sleep can cause mood swings, irritability and difficulty concentrating, learning and problem-solving.

6. Get an annual physical.

Be proactive about your health and talk to your primary care provider about any concerns or new issues. At your annual physical, your provider will help to make sure you are current on immunizations, including tetanus.

7. Limit alcohol and sweet drinks.

Alcohol should be consumed in moderation. Kalant advises no more than one drink per day for women and two drinks per day for men. You should also watch how many soft drinks and sweetened beverages you're drinking because they contribute to weight gain and increase your risk for coronary artery disease, diabetes and high blood pressure.

8. Help others.

Studies have shown that volunteering can help lower your blood pressure. It can also help you decrease pain, manage stress, live longer and be happier.

