



# DANIEL SIMPSON POST 630

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## August 2024 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:  
Chaplain: Tim Kolzow  
Finance: Dave Dickenson  
Post Service Officer: To Be Determined  
Historian: To Be Determined



**“I SAID..., SEMPER FI,  
NOT  
SEND ME PIES!!!”**



**- HOW TO TELL  
YOUR COMM IS GOING DOWN-**

### Post Meetings

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



**DISABLED PARKING IS IN THE REAR LOT.  
CHAIRLIFTS ARE AT BOTH ENTRANCES. CALL US WHEN  
YOU ARRIVE SO WE CAN HAVE SOMEONE READY TO  
ASSIST YOU.**

## New Post Officers

Traditionally after the Department Convention concludes, newly elected Post officers begin their term in office. Our 2024 officers are **Commander:** Norm Welker. **Sr Vice Commander:** John Nevenhoven, **Jr Vice Commander:** Joanne "Jo" Gabl, **Adjutant:** John Waynick, **Chaplain:** Tim Kolzow, **Sargeant at Arms:** Lloyd Da Mask and **Finance Officer:** Dave Dickinson. Due to vacations and illnesses, these officers will assume their duties and be sworn in at the August 12, 2024 meeting.

## Post Website is up and running

Connie Wurfel informed us that the updated Post Website is basically completed however no website is truly completed because we'll constantly be adding and changing information. So, check out the website ([elburnpost630.org](http://elburnpost630.org)). Any comments came be directed to the Post email [elburnpost630@gmail.com](mailto:elburnpost630@gmail.com). Put "Website" in the subject line and we will get back to you as soon as possible.

## Upcoming Event



**ELBURN DAYS FESTIVAL 2024**

*Elburn Lions, Nurturing Tomorrow's Leaders Today*

Once again, we will be manning 2 booths during Elburn Days Aug. 16, 17 and 18. One in the beer tent area collecting for K-9s for Vets and an American Legion informational booth in the midway of the festival. A sign-up sheet is at the office for all 3 days. Days are blocked off in 1-hour increments. Sign up for one, two or as many slots as you want. We would like to get at least 2 people per time slot. Call the office and leave a message with a time frame preference or sign up at Queen of Hearts or the Post meeting.

## Is the F-22 Raptor the fastest jet? 🇺🇸

The **F-22 Raptor** is an incredibly advanced and capable aircraft, but it's not the fastest jet in the world.

The F-22 has a top speed of around Mach 2.25 (around 1,700 mph or 2,735 km/h), which is impressive, but not the fastest.

The fastest military jet in service today is the **Lockheed SR-72**, a hypersonic reconnaissance aircraft developed by Lockheed Martin. It has a top speed of over Mach 6 (around 4,600 mph or 7,400 km/h).

Other contenders for the title of fastest jet include:

**X-51 Waverider:** A scramjet-powered experimental aircraft that has reached speeds over Mach 5 (around 3,800 mph or 6,116 km/h).

**X-59 QueSST:** A supersonic aircraft designed to fly at speeds up to Mach 1.4 (around 940 mph or 1,513 km/h).

**YF-23 Black Widow II:** A prototype fighter jet that reportedly reached speeds over Mach 2.5 (around 1,900 mph or 3,058 km/h).

It's worth noting that the F-22 Raptor is designed for air-to-air combat and stealth capabilities, rather than pure speed. Its advanced avionics and maneuverability make it an exceptional fighter jet, but it's not necessarily designed to be the fastest.



## Monthly Post Meeting

The monthly meeting of Elburn Post 630 will be held on **August 12th, 2024**, at 112 N. Main St., Elburn. Dinner begins at 6PM with the meeting starting at 7PM. The menu is as follows: Pulled Pork Sandwiches from Ream's, chips, pickles and sauces. Additional contributions of side dishes or desserts are always appreciated.

# Heat or Ice for Your Pain?

What's the best remedy to relieve your pain?

Aches and pains. Sooner or later everyone has them and when you do, you want them gone. Often, applying heat or cold will help, but which is the right choice?



"Typically, if you have an injury that comes on suddenly, use ice in the first 48 hours to try to reduce swelling," says [Jessica Diethelm, MD](#), an internist at Rush University Medical Center. "Then, it's whichever feels better for that particular issue." Diethelm offers advice on how to

handle three common pain-producing scenarios:

## 1. You step off the curb and sprain your ankle.

An ice pack wrapped in a towel can reduce swelling and fluid accumulation when soft tissues are injured.

"Never apply ice directly to your skin," Diethelm cautions. "It can cause frostbite."

## 2. You regularly awaken with neck pain and stiffness.

Persistent pain should be evaluated by your doctor.

If caused by arthritis, a warm shower or heating pad applied for 10- to 15-minute periods may stimulate blood flow and relax muscles surrounding your joints.

"Ice can reduce inflammation and ease discomfort too, but on areas that lack fat — for example, your elbow — application times around 10 minutes are best because longer periods may be more irritating than helpful", Diethelm says.

## 3. After a day spent moving heavy furniture, you have nagging back pain.

"Provided you don't have severe pain, leg weakness, loss of bowel or bladder control, or numbness and tingling in the legs — signs of a potentially serious problem that you should bring to your doctor's attention immediately — you can usually treat back pain at home", Diethelm says.

Ten-minute periods of icing for the first 48 hours may numb the area and lessen pain, and that's likely to be the priority when you're hurting. If your discomfort is muscle related and persists after two days, heat may help.



## **And The Winner Is...**

The SAL Night at the Theater Raffle drawing was held on Thursday July 25 during the Queen of Hearts drawing. The lucky winner was Dan A. from Elburn. He won 2 tickets to see "Million Dollar Quartet" at the new Stolt Island Theater in Aurora. Congratulations Dan, enjoy the show.

## **Greetings from your American Legion Riders**

On Sunday, July 28<sup>th</sup>, we held our 2<sup>nd</sup> Annual Toys for Tots in July Run. The day started off with rain and a threat of thunderstorms. However, about 35 motorcycles and 45 or so individuals participated in the event. The after Party was a great time, although a little on the humid side (understatement). The band, 27 West, from Elgin was excellent. Food was plentiful and delicious. Thank you to all of you that helped with food, 50/50, donations, beer tent, ID checks, ticket sales, set-up and tear-down, etc. All in all, it was a success. We raised more than last year, so we are pretty happy. We are looking forward to a short rest, then we will begin planning for our 3<sup>rd</sup> Annual Run next year on Sunday, July 20, 2025. We are planning on riding in the Elburn Days Parade again this year. We will be selling Pulled Pork Sandwiches before the parade. Details will be available after the August 12<sup>th</sup> Legion meeting.

Any questions, call John Reece at 847/975-9643.

BE THE ONE

Respectfully,

John Reece  
Director, Elburn ALR 630

# Post Calendar

## August 2024

(Holiday/Notable/Post Event)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<u>1</u>	2	3
<u>4</u>	5	6	<u>7</u>	<u>8</u>	9	<u>10</u>
11	<u>12</u>	13	14	<u>15</u>	16	17
<u>18</u>	19	20	21	<u>22</u>	23	<u>24</u>
<u>25</u>	<u>26</u>	27	28	<u>29</u>	30	31

### August

1<sup>st</sup> Queen of Hearts

4<sup>th</sup> Coast Guard Birthday

7<sup>th</sup> Purple Heart Day

8<sup>th</sup> Victory over Japan Day – VJ Day World War II

8<sup>th</sup> Queen of Hearts

12<sup>th</sup> Post Meeting

15<sup>th</sup> Queen of Hearts

18<sup>th</sup> Navajo Talkers Day

22<sup>nd</sup> Queen of Hearts

29<sup>th</sup> Marine Forces Reserve Birthday

29<sup>th</sup> Queen of Hearts



## ACROSS

- |  |                                     |
|--|-------------------------------------|
| 1) Bird known for thievery, briefly    | 43) Poker payment                   |
| 4) Soft-palate attachment              | 44) Investment firm T. ___ Price    |
| 9) Not appropriate or suitable         | 45) Spectacular stars               |
| 14) Roth plan                          | 47) "Vandal" suffix                 |
| 15) Banking expert?                    | 48) Damaged                         |
| 16) Workplace for some clowns          | 51) River through Wales and England |
| 17) Nothing at all                     | 53) Bobcats' relatives              |
| 18) Preparing for Thanksgiving dinner? | 55) Backs out                       |
| 20) Like an improperly hung picture    | 58) Bit of this and a bit of that   |
| 22) Gin-flavoring fruit                | 60) Campaign manager?               |
| 23) Female inheritor                   | 61) Declining to draw               |
| 26) Professor's job security           | 67) Become mature                   |
| 30) Nervous ___ (worrisome person)     | 68) Middle Eastern rice dish (Var.) |
| 32) Plays a guitar                     | 69) Wear away                       |
| 34) Clothing attachment                | 70) Ball prop                       |
| 36) Yoga position                      | 71) Barks sharply                   |
| 38) Agitation                          | 72) Uses an acetylene torch         |
| 39) Bonneville Flats locale            | 73) Botch something up              |
| 41) Wearing a hidden microphone        |                                     |

## DOWN

- 1) Washington the blues legend
- 2) Questions do it
- 3) Rudely implying "forget it"
- 4) Abrupt increase
- 5) Seven on a grandfather clock
- 6) Consultants' center?
- 7) A great deal
- 8) See 20-Across
- 9) Like some requests
- 10) Silent assent
- 11) Hue and cry
- 12) Sermon seating
- 13) Tare factor
- 19) "Nay" and "uh-uh"
- 21) Before, poetically
- 24) Like a snail's pace
- 25) Play a set with the band
- 27) \_\_\_ Major ("Big Bear" constellation)
- 28) Biden, to Obama
- 29) Gives off
- 31) Common Market money
- 33) Part of a plant
- 34) Artificial grass
- 35) Coral island
- 37) Dissolve, as ties
- 40) Felled, as a small tree
- 42) Mr. Letterman
- 46) Government upper houses
- 49) Book of Moses
- 50) Place for cold cuts
- 52) U.S. flag color
- 54) Muscular "swine" anagram
- 56) Like beavers, it's said
- 57) Look with a curled lip
- 59) Grimm villain
- 61) Undercover infiltrator
- 62) Bit of men's formalwear
- 63) What a monopolist wants
- 64) Brief lie-down
- 65) D.C. dealmaker
- 66) Do simple math

## MOVING RIGHT ALONG

By Timothy E. Parker

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		32				33
34	35		36				37		38			
39			40		41			42		43		
44					45				46		47	
48				49	50		51			52		
	53					54		55			56	57
				58			59		60			
61	62	63	64					65	66		67	
68						69					70	
71						72					73	

**MOVING RIGHT ALONG**

By Timothy E. Parker

1	2	3	4	5	6	7	8	9	10	11	12	13					
D	A	W	U	V	U	L	A	U	N	A	P	T					
14	I	R	A	P	I	L	O	T	R	O	D	E	O				
17	N	I	L	S	I	T	T	I	N	G	D	O	W	N			
20	A	S	K	E	W	S	L	O	E								
23	H	E	I	R	E	S	S	T	E	N	U	R	E				
			30	N	E	L	L	I	E	S	T	R	U	M	S		
34	35	T	A	G	L	O	T	U	S	S	N	I	T				
39	40	U	T	A	H	W	I	R	E	D	A	N	T	E			
44	45	R	O	W	E	N	O	V	A	S	I	S	M				
48	49	F	L	A	W	E	D	S	E	V	E	R	N				
	53		L	Y	N	X	E	S	R	E	N	E	G	E	S		
					58	O	L	I	O	A	D	M	A	N			
61	62	63	64	S	T	A	N	D	I	N	G	P	A	T	A	G	E
68	69	P	I	L	A	U	E	R	O	D	E	T	E	E			
71	72	Y	E	L	P	S	W	E	L	D	S	E	R	R			