

Post 243 Newsletter

March 30, 2020

Volume 1, Number 5

Havana, Cuba, in which city yellow fever has not failed to make its yearly appearance during the past one hundred and forty years...Havana was freed from yellow fever within ninety days.

~Dr. Walter Reed

Upcoming Post & Community Events

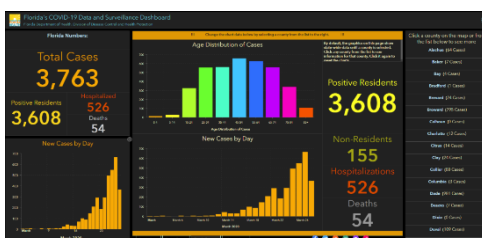
All are postponed until further notice

Our Post-wide Buddy Check program started this week

Please stay in touch if you are in need of assistance

Contact information for your Buddy can be found on page two

Florida's COVID-19 Data and Surveillance Dashboard
(Click on the image below)



From the Commander

March 2020, and maybe even April, will be remembered as a difficult time in American history because of the Coronavirus. We, in the local area, have been fortunate thus far with few reported cases. We did not like to close the Post, but limiting our members' exposure to the virus was an absolute necessity.

Our Buddy Check plan, staffed by our Post Officers and Program Chairs, was able to contact almost all members of Post 243. We received many appreciative comments, and gladly, received no reports of members in need. If the threat continues into April (or beyond) we will need to make the calls again. And, if any members need assistance, please contact the Post or a fellow Legionnaire.

Stay home. Stay safe. We will all get through this together!

For God and Country!
Bill

Definitions

Several terms are being used in connection with the current worldwide situation. In an effort to educate and inform, this list has been created. It is not all inclusive, but simply a good start to helping us better understand some terminology.

Antibiotic

Any of a large group of chemical substances, as penicillin or streptomycin, produced by various microorganisms and fungi, having the capacity in dilute solutions to inhibit the growth of or to destroy bacteria and other microorganisms, used chiefly in the treatment of infectious diseases. (Dictionary.com)

Bacteria

One-celled organisms that sometimes cause infectious diseases but, very often, are essential to keeping us healthy or are harmless. (Dictionary.com)

COVID-19 (the disease)

The name of the disease caused by the novel coronavirus, SARS-CoV-2, and is short for "Coronavirus Disease 2019." (Source: [WHO](#))

Coronavirus

A family of viruses that cause illness ranging from the common cold to more severe diseases, such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). The novel coronavirus recently discovered has been named SARS-CoV-2 and it causes COVID-19. (Source: [WHO](#))

Novel

Of a new kind; different from anything seen or known before: *a novel idea*. (Dictionary.com)

SARS-CoV-2 (the virus that causes the disease)

The name of the novel coronavirus that causes COVID-19 disease. (Source: [WHO](#))



Start to Finish Brain Teasers

DIRECTIONS: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Eskimo canoe.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	

Self-quarantine

Staying home and away from other people as much as possible after exposure.

Social distancing (current Seminole County order level)

Measures taken to reduce person-to-person contact in a given community, with a goal to stop or slow down the spread of a contagious disease. Measures can include working from home, closing offices and schools, canceling events, and avoiding public transportation. (Source: [CIDRAP](#))

Stay-at-Home (current Orange County order level)

Issued to restrict people from leaving their homes for anything other than essential activities. By March 30, at least 27 states will have those orders in effect. Those states contain more than 225 million people -- more than two-thirds of the country's population.

Vaccine

Any preparation used as a preventive inoculation to confer immunity against a specific disease, usually employing an innocuous form of the disease agent, such as killed or weakened bacteria or viruses, to stimulate antibody production.

Virus

Entered English around 1590–1600. It comes directly from the Latin *vīrus*, meaning "slime, poison." (Dictionary.com)

Buddy Contact Information

These members are available for contact. Please reach out to them if assistance is needed. They will also be in contact with you periodically.

Carl Barber	vetrespect@gmail.com	407-630-2539
Del Burfitt	delburfitt@gmail.com	407-454-4016
Ralph Cain	cblr@aol.com	407-366-6511
Scott Curtis	scottycr2@gmail.com	407-350-0611
Erich Erdman	eerdman5046@gmail.com	407-625-7862
Thomas Finnimore	tom19913@gmail.com	407-366-4371
Peter Gregory	pjgreg1@earthlink.net	407-951-4630
Bill Hyde	w_hyde@bellsouth.net	407-415-1707
Bill Mitchem	wmitchem@cfl.rr.com	904-655-8210
Berkley Moss	moss134@bellsouth.net	407-416-7132
James Murray	jamesm@exit109.com	407-687-5592
Laurel Ross	laureleross@gmail.com	407-227-5340
Kenny Rudock	razor_gg@yahoo.com	215-499-1036
Bill Thompson	wjt824@gmail.com	407-924-7148

Facebook - [American Legion Oviedo](#)

Instagram - [Americanlegionpost243](#)

Stay in Touch

If you'd like to be added to our email distribution, please send your contact information to the email address to the right. If you need help getting to or from Post events, just ask, we're here to help!

Website: www.OviedoLegion.org

Email: almpost243@gmail.com