MEETING NOTICES

WED., JULY 1ST
AUXILIARY MEETING
6:30PM

FRI., JULY 10TH
VIETNAM VETS GROUP
3:00PM

SAT., JULY 11TH
POST MEMBERS MEETING
NOON

THUR., JULY 16TH
AMVETS MEETING
6:30PM

SUN., JULY 19TH
NEWSLETTER MEETING
10:30AM

SAT., JULY 25TH
SHE VETS MEETING
10:00AM

WED., JULY 29TH
GENERAL POST & AUXILIARY MEETING
6:30PM

Masks will be required to enter the facility

Physical distancing will be enforced

Happy 4th of July
Independence Day

Welcome Back!

★ PAGE 1 ★
A Message from the VFW Post 5149 Commander

Welcome to July! NO FIREWORKS! NO PARADES! It is going to be a L-O-N-G SUMMER!

We are opening the Canteen on 3 July 2020, at 2 o’clock and will have abbreviated hours...closing time will be according to activity (lack thereof).

Physical distancing will be enforced. The will only be 4 spaces available for seating at the bar. A distance of 6 feet, 5 inches will be maintained between a 2-foot personal-drinking space. We have 3 pub tables, 60 inches long lined against the wall that have clear plastic dividers between them to accommodate those couples from the SAME HOUSEHOLD OR, have been working together like the volunteers have been here at the Post. There is a pub table near the entrance that is 60 inches long and will only accommodate 2 drinking spaces in order to maintain proper physical distance for 2 drinking spaces at the handicap table.

The Larry D. Jackson banquet hall has 5 plastic tables, 60 inches long, 2 seating spaces, one on each end; 3 36-inch pub tables with one (1) seat; one 60-inch pub table with one (1) seat. Meetings may resume using the hall and/or outdoor picnic area. NO HALL RENTALS WILL BE SCHEDULED UNTIL FURTHER NOTICE.

All Protocols established and issued by the Center for Disease Control, the Illinois Governor, and the Winnebago County Health Department will be adhered to in order for our Canteen to enter Phase 4. MASKS WILL BE REQUIRED TO ENTER THE FACILITY. If you move around the building; i.e., to use the bathroom, sit in the banquet hall, or sit in the outside picnic area you will be required to wear your mask until you sit.

WE DO NOT HAVE AN OUTSIDE BAR AREA SET UP FOR SERVICE. You may order a beverage at the inside bar DESIGNATED service area and carry it to the picnic area and sit in chairs that have been properly distanced for your safety.

Our facility is still providing FREE 2-Go Feed-A-Vet Meals every Saturday, 1:00 to 4:00. The meal is FREE to a veteran and/or family member(s)...a donation of 5 dollars for everyone else.

REMINDER: The Post Membership Meeting has a NEW DATE AND TIME...SECOND SATURDAY OF EACH MONTH AT 12:00. This month’s meeting will be 11 JULY at 12:00. Please attend this meeting as we have financial business to discuss and possibly vote on in order to proceed with facility improvements. We still have half a year to go and we need to also discuss the direction our VFW is going.


Nancy Clark, US Army (Retired)
Commander
A Message from the VFW Post 5149 Quartermaster

As I sit here today, our gaming machines should be turned on and ready to go. We have a brand new parking lot, the shed has been wired to have lights and outlets. We have posted signs for VFW Parking Only and No Trespassing signs to keep the foot traffic out of our parking lot. I do not know how well this will be received, but I plan to enforce it as much as possible. Also, the Rockford Police have said they will arrest violators if called.

We have gotten a quote for a lean-to for our new grill, and also for a 4 ft. high fence around our lot. Unfortunately, we will have to wait on these projects as we are short on money. Our plans are to open the Post on Friday, July 3rd. This will be a wait and see on how all the rules affect us (social distancing, etc.).

Our next Post meeting will be on July 11th, and we need as many members as possible in attendance to recommend how we should proceed to pay our remaining bills. Remember the meeting is now on Saturday at 12 noon.

God Bless our Troops and God Bless the USA!
John Guler - Quartermaster

Our New Parking Lot Is Complete!

Thank you to the crew at Trickie Enterprises Parking Lot Services
Hello Auxiliary Sisters, Brothers, VFW Post Comrades, families and friends!

Our business year comes to an end at the end of June, and despite Covid-19, shutdowns, riots, fanaticism, and closures, I am very proud of what we have done as an Auxiliary this past year! You all deserve repeated thanks!

Our Auxiliary members have spent hundreds of hours helping our veterans by providing transportation, food and basics, property maintenance, financial assistance, and personal time. We have sent hundreds of emails and letters to our legislators pushing for VA Hospital reforms, more assistance to those exposed to Agent Orange and other chemicals, and proper benefits to our veterans and enlisted soldiers. We have sent hundreds of gifts, blankets, necessities, craft kits, and handmade Pockets to VA Hospitals, Clinics, and Homes. Our members have participated in uncountable hours, by providing service to our Post by volunteering at functions, cleaning, painting, yard work and landscaping, donating money, having functions that bring in people, and supporting the Canteen. We have reached out to our community by participating in the Back-To-School assistance programs, our Patriotic Instruction programs and coloring pages, brought awareness to the public about our veterans and our Post at public functions and Poppy Drives, provided food, clothing and supplies for the homeless, collecting, stuffing and distributing Christmas stockings to children of struggling families, offered support and aid to our community senior citizens, collecting pet supplies for families in need and shelter animals, and by making and distributing face masks to be available to our veterans, members, and those who needed them at our hospitals and outreach centers. Our members have been involved with other veteran organizations, and have been of support to the families of our departed veterans and members. Our participation and support of our department and National Auxiliary organization and its special programs has increased. The hours, monies, and miles have been a huge asset to those who benefited directly, and by increasing the strength of the VFW and the great works it does! I'm sure there are many other things, but not a single minute or dollar given by our great members should be discounted. We are praised greatly by our peers and the leaders of the VFW Auxiliary organization.

We are looking forward to the new year and to new activities to further the great causes that we believe in and support. I have been in regular contact with our Auxiliary District 6 President, Diana Rudeen, and our incoming Department of Illinois Auxiliary President, Linda Armstrong, and many other Department staff members. There are many needs to be fulfilled, great works to be done, and many opportunities for growth. The work will be light and fun if everybody participates!

I would also like to thank all of those who have stepped up to be Officers, and thank those who have served us in the past year. Our best wishes go out to them and our elected Post Officers! The challenges ahead and the work to be done could not be done without the individual efforts of these people and our strength to be a team.

(continued on page 5)
A Message from the VFW Post 5149 Auxiliary President (Cont.)

I would like to remind everybody that we are again supporting Pastor Ruby and the Ministry of Restoration in the Back To school program. We are collecting supplies and donations to help the youth of our community have the essential supplies that they need to learn and grow. It is a privilege to be able to support this cause. It also brings exposure to who we and the VFW are, and our continued efforts to be a part of our community. The event will be August 8th, from 10am to 2pm, at Blackhawk Park in Rockford. Donations will be needed by July 18th. If you have any questions, please contact Tim Myers-Baltes or Sandy Wilson. Volunteers are needed for this day. The set-up will be low-contact and we will observe all recommended safety precautions.

Our Post still needs volunteers for the Saturday lunches. Drivers are especially welcome to help deliver food or care packages. Please contact Commander Nancy Clark if you are able to drive, or even come help prep and package. This is a valuable outreach to those who need and depend on this service.

I am excited that our Post and Canteen are reopen for our members to enjoy. Please respect everybody’s right to feel safe in whatever way they are comfortable with. These are indeed unique times. Many of our members and guests are older or have ailments and we need to be responsible and respectful to them as they feel comfortable when they return to our Post. Thank-you again to everybody! Please have a safe Fourth of July!

John Thomas Gardner, Auxiliary 5149 President
itisgreen@yahoo.com
815.721.2012

VFW Post 5149 Auxiliary Election Results

President: John Thomas Gardner
Sr. Vice: Tim Myers-Baltes
Jr. Vice: Sandy Vance
Treasurer: Sandy Wilson
Secretary: Alyce Howe
Chaplain: Floyd Fluaitt
Conductress: Becky Hilburst
Guard: Renick Shank
Patriotic Instructor: Wade Vance
Historian: Tim Myers-Baltes
Trustees: 3 YR - Bobbie Richardson
2 YR - Sandy Vance
1 YR - Tim Myers-Baltes

Get Your Tickets Now!

QUEEN OF HEARTS Drawing will Resume on Tuesday, July 14th

Queen of Hearts Tickets will be available in the Canteen starting July 3rd.
Queen of Hearts Tickets, Drawing, and 50/50 will be held outside in the Beer Garden night of drawing.
Social distancing & masks will be required!
The Winnebago County Veterans Association (WCVA), along with the National Women Veterans United Rockford SheVets Chapter, and the Ross-Pearson VFW Post 5149 collaborated to start a weekly 2-Go Feed-A-Veteran Meal Program every Saturday.

Every Saturday, (except for July 4th) a hot meal will be available for 2-Go pick-up beginning at 1:00 pm, in the parking lot of 922 7th Street. A meal can be scheduled for delivery on Saturdays, by calling the VFW at 815-962-0267 or the Commander at 815-980-9536 on Fridays between 1:00 pm and 4:00 pm.

We are in need of volunteers to help deliver meals to veterans that are unable to come to the post and pick them up themselves. Please call the Post or the Commander if you are willing to help deliver meals.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 AM-10 PM</td>
<td>2 PM-11 PM</td>
<td>2 PM-11 PM</td>
<td>2 PM-11 PM</td>
<td>2 PM-11 PM</td>
<td>2 PM-11 PM</td>
<td>1 PM-11 PM</td>
</tr>
</tbody>
</table>

### Calendar of Events

**July 2020**

- **10 AM - Noon**: Morning Meeting
- **1 PM - 7 PM**: Happy Hour
- **2 PM - 7 PM**: General Post & Auxiliary Meeting
- **3 PM - 7 PM**: 2-Go Feed A Veteran Program
- **5:30 PM**: Vietnam Veterans Group Meeting
- **6 PM**: Queen of Hearts Drawing
- **6 PM - 7 PM**: Happy Hour

**Special Events**

- **Independence Day**: Fireworks at 9:00 PM
- **Veteran's Day Armistice Day**: 2-Go Feed A Veteran Meal Program
  - **Pickup**: 1:00 PM
- **Army Chaplain Corps Anniversary**: 6:30 PM
- **Veteran's Day**: 2-Go Feed A Veteran Meal Program
  - **Pickup**: 1:00 PM

**Additional Information**

- **Contact** Nancy Clark or John Guler for Information and Reservations
- **Veterans Hall Rental**
  - **$400 Standard**
  - **$100 Member**

**Veterans of Foreign Wars**

922 7th Street, Rockford, IL 61104
815-962-0267

**Holiday and Military Events**

- **Veteran's Day Armistice Day**
- **Independence Day**

**Calendar Legend**

- **Holiday**
- **Military Holiday**
- **Event**
- **Contest**

**Ross-Pearson Post 5149**

Veterans of Foreign Wars
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>08/30</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>08/31</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/01</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/02</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/03</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/04</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/05</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/06</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/07</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/08</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/09</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/10</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/11</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/12</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/13</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/14</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/15</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/16</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/17</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/18</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/19</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/20</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/21</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/22</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/23</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/24</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/25</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/26</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/27</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/28</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/29</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
<tr>
<td>09/30</td>
<td>Happy Hour 3PM - 7PM</td>
</tr>
</tbody>
</table>
On July 4, 1776, the 13 colonies claimed their independence from England, an event which eventually led to the formation of the United States. Each year on the fourth of July, also known as Independence Day, Americans celebrate this historic event.

Conflict between the colonies and England was already a year old when the colonies convened a Continental Congress in Philadelphia in the summer of 1776. In a June 7 session in the Pennsylvania State House (later Independence Hall), Richard Henry Lee of Virginia presented a resolution with the famous words: “Resolved: That these United Colonies are, and of right ought to be, free and independent States, that they are absolved from all allegiance to the British Crown, and that all political connection between them and the State of Great Britain is, and ought to be, totally dissolved.”

Lee’s words were the impetus for the drafting of a formal Declaration of Independence, although the resolution was not followed up on immediately. On June 11, consideration of the resolution was postponed by a vote of seven colonies to five, with New York abstaining. However, a Committee of Five was appointed to draft a statement presenting to the world the colonies’ case for independence.

Members of the Committee included John Adams of Massachusetts; Roger Sherman of Connecticut; Benjamin Franklin of Pennsylvania; Robert R. Livingston of New York; and Thomas Jefferson of Virginia. The task of drafting the actual document fell on Jefferson.

On July 1, 1776, the Continental Congress reconvened, and on the following day, the Lee Resolution for independence was adopted by 12 of the 13 colonies, New York not voting.

Why do we celebrate the Fourth of July?

Discussions of Jefferson’s Declaration of Independence resulted in some minor changes, but the spirit of the document was unchanged. The process of revision continued through all of July 3 and into the late afternoon of July 4, when the Declaration was officially adopted. Of the 13 colonies, nine voted in favor of the Declaration, two -- Pennsylvania and South Carolina -- voted No, Delaware was undecided and New York abstained.

John Hancock, President of the Continental Congress, signed the Declaration of Independence. It is said that John Hancock’s signed his name “with a great flourish” so England’s “King George can read that without spectacles!”

Today, the original copy of the Declaration is housed in the National Archives in Washington, D.C., and July 4 has been designated a national holiday to commemorate the day the United States laid down its claim to be a free and independent nation.

Source: Military.com
ATTENTION THOSE IN NEED!!

The VFW Post 5149 has an assortment of canes, wheelchairs, bath assist items, walkers, u-shaped crutches, electric wheelchairs, electric scooters and adult personal hygiene items available FREE to veterans or a veteran family member.

If there is a certain item not listed that you are in need of let us know.

Contact VFW Post 5149 at 815-962-0267
Veterans Transportation Services, known as “The Madison Van” is a part of the Veterans Assistance Commission of Winnebago County.

We need volunteer drivers for 2 or more days a month that are willing to spend 8 to 12 hours per day driving local Veterans up to their Madison appointments with our government issued van.

Volunteer Drivers must fill out an application, pass the driver’s physical, have finger prints taken, clear a background check, complete the orientation training, provide us with a copy of a valid state issued driver’s license and current car insurance.

If you are interested in becoming a Volunteer Driver, call us at: 815-516-2850

Ask for Julie
Transportation Coordinator

Veterans Assistance Commission
Of Winnebago County
555 N. Court Street Suite 300
Rockford, IL 61103
815-516-2850
Our Veterans Affairs Accredited Veteran Service Officers (VSO) are here to assist veterans with the following:

- VA Health Care Applications
- VA Compensation Claims
- VA Pension Claims
- VA Aid & Attendance Claims
- VA Burial Benefits Assistance & Claims
- Obtaining Discharge papers (DD214)
- Obtaining Military Service Records
- Obtaining Medals, Awards & Ribbons
- Other VA Assistance as needed

Due to operational needs, there are occasions when a Veteran Service Officer is not available. Therefore, we suggest visiting our Veteran Service Officers by appointment only.

Our Veteran Service Officers are Certified and Accredited through the National Association of County Veterans Service Officers (NACVSO).

FINANCIAL ASSISTANCE and REFERRALS

Our Veteran Assistance Caseworkers are your advocates and will assist you with our services and/or, if needed, refer you to other assistance providers.

Financial Assistance we provide is based on household income and addresses only the necessary needs of shelter, utilities and personal/household hygiene.

If you qualify for our financial assistance we pick up where other agencies leave off, by providing limited fixed-rate assistance.

Any payments made go directly to your service providers using Payment Vouchers.

Personal/Household Hygiene Items are provided using limited-use Vouchers.

Our assistance is intended to be a Temporary Assistance Program.

OFFICE HOURS
OPEN: 0730 - 1500 (3PM)
BY APPOINTMENT ONLY

OFFICE LOCATION
555 N. Court Street, Suite 300
Rockford, IL 61103-6869
Phone: 815-516-2850
Fax: 815-516-2851
Email: VAC@wincoi.us

VETERANS ASSISTANCE COMMISSION of WINNEBAGO COUNTY

OUR MISSION

The Veterans Assistance Commission of Winnebago County assists Honorably Discharged Veterans, their Families and their Surviving Spouses, residing in Winnebago County, with Financial Assistance, Veterans Affairs Services and Referrals.

FINANCIAL ASSISTANCE QUALIFICATIONS

- Be a resident of Winnebago County.
- Have limited financial resources.
- Be seeking employment, seeking disability, or are already classified as disabled and unable to work.
- Present an original or certified copy of a DD-214/DD-215 with a Honorable and General Discharge.
- Provide a valid photo ID and Social Security Card.
- If applicable, provide a marriage license, divorce decree, dependent information, death certificate, or other documentation as needed.

FINANCIAL/REFERRAL ASSISTANCE

- Rent Payments (Voucher)
- Limited Mortgage Payments (Voucher)
- Utility Payments (Voucher and/or Referral)
- Personal/Household Hygiene Items (Limited-use Voucher and/or Referral)
- Veteran Related Services not provided by our services (Referral)
- Non-Veteran Related Services (Referral)
- Employment Services (Referral)
- SNAP Card, LIHEP, etc. (Referral)
A Tisket, A Tasket... I need another Basket!

Post 5149 is looking for donations of empty baskets to be used in upcoming functions and events. They can be any shape or size, but need to be in good condition. Please drop off any extra baskets you have at the Post the next time you come down. We thank you for your help!

“POCKETS FOR VETS”

We are collecting old, holey blue jeans for “Pocket for Vets”. Pockets are removed from the jeans and have a back sewed on and a binding ribbon added. These pockets are given to veterans in the VA Hospital in Madison, WI and Northern IL nursing homes. After the pockets are removed the jeans are passed on to other sewing groups; one takes zippers, another cuts quilting squares to make lap blankets. All four sewing groups that receive parts from the jeans sew items for veterans.

RECIPE CORNER

RED WHITE AND BLUE JELLO POKE CAKE

Prep Time: 10 minutes  Cook Time: 35 minutes  Total Time: 45 minutes  Servings: 18

Ingredients

- 1 Box Cake Mix White, plus ingredients to make the cake
- 8 oz Whipped Topping Cool Whip
- Sprinkles red, white and blue
- 1 Cup Water boiling, divided in half
- 3 oz Jello cherry
- 3 oz Jello blue

Directions

Prepare the cake according to the directions.

Meanwhile, use 1.5 ounces (half) of the red jello in 1/2 cup boiling water, stirring to combine and the other 1/2 cup boiling water with 1.5 ounces of the blue jello.

Place in the fridge for 30 minutes or up to overnight. Top with cool whip and sprinkles and serve!

Notes:
To freeze this cake, wrap in plastic wrap and then foil and place in the freezer.

Recipe & Tips: https://ohsweetbasil.com/red-white-and-blue-jello-poke-cake-recipe/#recipe

THANK YOU FOR YOUR SERVICE
Driveway and Commercial BLACKTOP

TRICKIE Enterprises
Parking Lot Services

Ike Trickie
Owner
Proud Service Provider

Parking Lot & Street Sweeping
Commercial & Residential Seal Coating
Parking Lot Striping
Commercial Lawn Mowing / Plowing

9200 N Second Street
Machesney Park, IL
Ph 815.637.6524
Cell 815.871.7601
Trickieent@aol.com
What happens when a bunch of VIETNAM VETERANS get together?
Any Vietnam Veteran is welcome to Come Join Us & Find Out!!
SECOND FRIDAY OF EACH MONTH STARTING AT 3:00 PM
Come enjoy a bunch of great guys and great food!
Be a part of something special and enjoy the hospitality of Quartermaster John Guler here at the VFW Post 5149.
ENJOY THE MUSIC OF JIMMY Z

Advertising Donation Rates

<table>
<thead>
<tr>
<th>AD SIZE</th>
<th>DESCRIPTION</th>
<th>1 MONTH RATE</th>
<th>3 MONTH RATE</th>
<th>ANNUAL RATE</th>
</tr>
</thead>
</table>
| PERSONAL MESSAGE | 3 LINES OF TEXT  
Congratulating, Birthday, Anniversary,  
Well Wishes, Thank You, etc.  
Make someone feel special! | $5.00 per month  
Additional $3.00  
Add Clip-art/Photo | N/A | N/A |
| BUSINESS CARD | Traditional Business Card  
(2” x 3.5”) Size in Full Color | $10.00 | $28.50 | $108.00 |
| 1/4 PAGE      | Bring or Create Your Own Ad  
Up to (4” x 5”) Size in Full Color | $25.00 | $71.25 | $270.00 |
| 1/2 PAGE      | Bring or Create Your Own Ad  
Up to (8” x 5”) Size in Full Color | $10.00 | $128.25 | $486.00 |
| 3/4 PAGE      | Bring or Create Your Own Ad  
Up to (8” x 8”) Size in Full Color | $65.00 | $185.25 | $702.00 |
| FULL PAGE     | Bring or Create Your Own Ad  
Up to (8” x 10”) Size in Full Color | $85.00 | $242.25 | $918.00 |

To place your personal message, business card, or have contact to share for future issues, please contact Nancy Clark.
Any officer or member may submit an article to the editor for consideration of publication.

The paid notices and advertisements are not to be considered endorsements by the VFW or Ross-Pearson Post 5149. All funds received are non-refundable donations to the VFW Ross-Pearson Post 5149 directly to benefit this post and to continue the free publication and distribution of this monthly newsletter.

Newsletter Created/Designed By: Darcie Powelson    Editors: Nancy Clark & John Guler
Published by: Commercial Printing of Rockford

AUGUST Newsletter Content
Due By: July 20th at 6pm