



*DEPARTMENT OF ILLINOIS  
PROGRAM BULLETIN*

*NOVEMBER 2020*

**NATIONAL HOME**

Michael J. McGrath, Director

630.357.2680

E-mail: [mackcavi@sbcglobal.net](mailto:mackcavi@sbcglobal.net)

**\*\* ILLINOIS V.F.W. 100 YEARS OF SERVICE \*\***

**\* VETERANS DAY 2020 \***

As Veterans Day approaches we are reminded of how important it is to help our fellow Veterans and one way we can do this is through the VFW National Homes Veteran and Family Helpline. (800)313-4200 this is a free Service that offers information, creates connections and can give hope to struggling military and Veteran's families. It can also serve as a first step to living in the National Home community for up to four years. Could this help someone you know?

Illinois Day has been set at the National Home for Saturday September 25 2021

**\*\*\*Thank You All\*\*\***

As our National Home receives no government funding, your donations are very helpful and greatly appreciated. Please keep in mind that life memberships and commemorative bricks are available and are very popular.

**\*\*\*Please Reach Out\*\*\***

If you have any questions do reach out. Call or e-mail and I AM GLAD TO HELP YOU!

**DEPARTMENT SURGEON**

Eugene Blackwell

708.207.1723

E-mail: [eugene.blackwell@comcast.net](mailto:eugene.blackwell@comcast.net)

Hello Comrades:

As we approach the next season, I would like to address these concerns.

1. FLU SEASON: The best way to protect against flu and its potentially serious complications is with a flu vaccine. CDC recommends that almost everyone 6 months of age and older get a seasonal flu vaccine each year by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even into January or later. Flu vaccination has many benefits. It has been shown to reduce flu illnesses and to reduce the risk of more serious flu outcomes that can result in

hospitalization or even death in older people. Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick. Individuals who are 65 years and older also should be up to date with pneumococcal vaccination to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections. Pneumococcal pneumonia is an example of a serious flu-related complication that can cause death.

2. Stress during Pandemic: The COVID-19 pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.

3. Support for Veterans: Many Veterans may experience worry or anxiety about their risk for contracting COVID-19 or about their ability to get recommended care. Fear or concern about the impact of COVID-19 on physical health and daily life may contribute to the onset of or worsen existing mental health problems. In addition, the COVID-19 pandemic may increase stress for many service members and Veterans making an already-challenging transition from military to civilian life because access to resources may be limited.

You may experience [increased stress](#) during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

4. Take care of your mental health

**Get immediate help in a crisis**

- Call 911
- Disaster Distress Helpline: 1-800-985-5990, or text TalkWithUs for English to 66746.
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat.
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-HOPE (4673) or Online Chat
- The Eldercare Locator: 1-800-677-1116
- Veteran's Crisis Line: 1-800-273-TALK (8255) or Crisis Chat or text: 8388255
- Find a health care provider or treatment for substance use disorder and mental health at SAMHSA's National Helpline: 1-800-662-HELP (4357) and TTY 1-800-487-4889

Stay safe,  
Eugene Blackwell  
Department Surgeon

## COMMUNITY ACTIVITIES PROGRAM

Charles Ingle, Director

(815) 979-7152

E-mail: [chuck@roscoevfw.com](mailto:chuck@roscoevfw.com)

As we begin November, the VFW Foundation has awarded to, no less than 103 qualifying VFW Posts, funding grants under their "Post Pandemic Relief Grant" program. Many VFW Posts are unable to utilize traditional fundraising methods and are in dire need of aid. Illinois Posts 1379 and 4763 are among the recipients.

To learn more about the qualifying criteria, download the application available at [www.vfw.org/grants](http://www.vfw.org/grants).

Community Activity X-Sheet reporting by Districts:

## VFW 2020-2021 Community Activities, Dept. of IL

<u>District</u>	<u>Commander</u>	<u>Posts Reported</u>	<u>District</u>	<u>Community Activities Director</u>
3	Michael A. DeRoss	4	31%	Israel Becerra
4	Stephen MacInnes	3	21%	
5	Christine A. Pawley	5	26%	
6	Mark A. Miller	4	24%	Charles Ingle
7	Barton F. Gutteridge	2	10%	Robert Sable
8	Russell "Pete" Mosher	4	24%	Mark W. Sowers
9	Christopher E. Rush	5	25%	
10	Friedrich "Jim" Carroll	2	13%	Joseph H. Bartley
11	Rick L. Hobbs	13	93%	
12	Timothy B. O'Donnell	5	28%	
13	Ryan A. Higginbotham	4	33%	
14	Steven P. Eller	14	82%	Edward Martinez
15	Gary J. Fravel	1	8%	Barbara R. Wilson
16	Keith Krull	5	45%	
17	Sean D. Conner	5	36%	Dan R. Swaner
18	Paul Barclay	8	67%	Robert E. McLeod
19	Brett E. Nila	23	96%	George R. Cramer

Total Posts
272

X-Sheet Data  
28-10-20

Department Percentage
<b>39%</b>

◆ Assistant State Director

Compiled by  
Chuck Ingle

## VOICE OF DEMOCRACY

Robert E. McLeod, Director

708.363.7462

E-mail: [rock76@yahoo.com](mailto:rock76@yahoo.com)

Post Chairmen, congratulations to you and your Auxiliaries for the work you have done in your communities this year. Now comes the hard part – judging. I have talked about this before in the past bulletins. If you still have any questions, please contact me for guidance. Ensure that all the paperwork is filled out, completed and correct.

District chairmen: time to get your line-up of judges going. Help your Post chairmen when they need it. Once you receive the post entries, ensure that the paperwork is filled out and correct. If there is something wrong get it corrected before you have your District judging. Once you have completed the judging for your District get your District winners into the Department for the Department judging and your District can carry on with celebrating your District winner. If there are any questions, please give me a call for guidance.

Remember this is about the students not the Post or Districts.

## MEMBERSHIP

J.D. Spindler, Director

618.544.8562

E-mail: [spindler@springnet1.com](mailto:spindler@springnet1.com)

To begin with, I would like to wish everyone a Happy Thanksgiving, and I hope you are all well and doing okay. We already have some Posts at 100% or above in membership! Congratulations go out to the following Posts: Post **3940** = 105%; Post **4831** = 100%; Post **11019** = 100%; Post **9016** = 100%; Post **5346** = 100%; and Post **7710** = 102%. Thanks go out to the Post Commanders and Quartermasters of these Posts and their respective membership for the effort they have put in to make this happen!

Don't forget the requirements for "All State" this year are 100% + 3 in membership, and **100% reported on your x-sheet**. We have several Posts at 90% or more, and I'm sure the number of Posts over 100% will continue to grow as we process the dues that are paid annually at year's end.

Our top District at the present time is **District 16, at 91.05%**, and we have several in the high 80% - 89% range. **District Commanders, remember your "All State" membership requirement is 100% plus ten members.**

Now is the time for our Post and District Membership teams to closely monitor annual paying members and to make immediate contact with any that are past due. **DON'T WAIT**—pick up the phone and explain to them how important they are to the success of the VFW and our programs during these challenging times.

I have only had a couple of District Commanders request unpaid lists from prior years. This is a good way to reach out to Post members who have fallen by the wayside. Remember, I need the zip codes you want to work in; how many years you want to go back (a maximum of 9 years); the radius you want to go out to (i.e, 5, 10, 15, 25 miles). We literally have thousands of names available on these lists. Are these lists perfect? No, but it's a place to start.

If you want lists, e-mail me and I will provide them to you. Let's all stay positive and continue to work our membership program and bring the great State of Illinois in **at 100% again this year!**

I appreciate the hard work and devotion you have given to the VFW – year after year – and I'm here to help and listen to your ideas or concerns. God bless, and stay well!