

**October 2018**  
**Post Newsletter**  
WesternSpringsVFW.org

**Commander's Stuff**

**By Rich Jesswein**

Jess2643@sbcglobal.net

It's hard to believe, October is already here. We still have sunny cool days and chilly crisp nights. Can you remember the smell of burning leaves? Oh well, moving right along.

A few important dates in October:

- 8th Columbus Day
- 13th US Navy birthday (remember, one of the major responsibilities of the Navy is to get the Marines and Army there on time)
- 31st Patriots Pen student entry deadline
- Voice of Democracy student entry deadline
- Teacher Award nominations to Posts deadline
- Last, but not least, HALLOWEEN!!

There is a new Veterans creed that serves as a call to action for veterans to keep the values they learned in the service.

**THE VETERANS CREED**

1. I am an American veteran.
2. I proudly served my country.
3. I live the values I learned in the military.
4. I continue to serve my community, my country, and my fellow veterans.

**Save the Dates**

Oct. 9<sup>th</sup> – 7:30 p.m. **Post Regular meeting** at Grace Lutheran Church  
Oct. 11<sup>th</sup> – Hospital Visit  
Oct. 12<sup>th</sup> – deadline for November newsletter  
Nov. 8<sup>th</sup> – 7:30 p.m. **Post Regular meeting** at Grace Lutheran Church

5. I maintain my physical and mental discipline.
6. I continue to lead and improve.
7. I make a difference.
8. I honor and remember my fallen comrades.

We, as a Post, have a lot of opportunities and responsibilities this month, but don't get "up tight."

Sooooooooooooo,

*Roses are Red  
Violets are Blue  
Don't forget to smell the Roses  
It's a wonderful view*

Till next month CHOI

## **Quartermaster Report**

**By Mike Winner**

(708) 829-0069

Gonakadet@att.net

### Statement of funds as of 9/11/18:

Post General Fund	\$15,016.15
Post Relief Fund	4,790.67
TOTAL:	\$19,806.82

Semper Fidelis!

## **Hospital Chairman Report**

**By Walt Bergenthal**

(708) 246-4858

On Aug. 25, your Post hosted a pizza party at the Darien Home Run Inn for six patients from the residential care facility, Hines Hospital, plus two Hines patient caregivers, bus driver and 10 Post and bingo players. Adjutant Bruce Harken arranged for a well-received outing.

On Sept. 13, after our monthly bingo party at Hines, we presented a check for \$2,900 to voluntary services to cover patient needs:

- Two dermascopes at \$950 each
- Two flat screen TVs to replace old tube types at \$500 each.

Those in attendance were Bruce Harken, Seedy Ulrich, Jack Lund, and Walt Bergenthal. Again, all funds were made available through Poppy Day sales.

## **Falling Into Healthy Habits**

It's tempting to dip into the kids' or grandkids' trick or treat basket. If you're trying to watch your weight before the holiday season, for 150 calories you can enjoy:

20 pieces candy corn

2 fun size Butterfingers

3.5 Reese miniature peanut butter cup

2.5 fun size bags plain M&Ms

If, however, you indulge into one too many treats, here's how many calories you can burn while doing fall activities:

272 raking leaves

238 picking apples

411 easy hiking

*Source Better Home & Gardens*