

February 2017
Post Newsletter
WesternSpringsVFW.org

Commander's Stuff

By Joe Barker

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If you missed January's meeting, you missed quite an evening. Even though we lost lights due to a power outage, we continued the meeting (we own the night!). Of note:

- We received confirmation of the generous donation from the Wakerly Family Foundation in order to continue the scholarship at Lyons Township High School.
- The Patriot's Pen and Voice of Democracy winners read their essays. Sarah Meece (Patriot's Pen) and Anne Caplice (VOD) both were thoughtful, insightful, and poised. Not an easy task to read in front of strangers – even more impressive given the blackout conditions. Congratulations to both! On Jan. 13, Anne, her father and brother, Bruce Harken, Jim Boland, Pete Zika and myself attended the District awards dinner. It was a very nice event honoring the local winners from across the District. Thanks goes out to Bruce and the Education

Save the Dates

Feb. 9th – Hospital Visit
Feb. 14th – 7:30 p.m. **Post Regular meeting** at Grace Lutheran Church
Feb. 17th – deadline for March newsletter
March 14th – 7:30 p.m. **Post Regular meeting** at Grace Lutheran Church

Committee for their continued efforts!

In last month's newsletter, I mentioned the Lyons Township High School newspaper suggested an article about the VFW. Over the course of the interview, I tried to highlight what we accomplish as a Post. It became apparent this is an impossible task, as how can I quantify your impact?

It goes beyond the monetary awards from the education program and scholarship, because we afford the young adults opportunity and understanding.

It goes beyond the number of books delivered to Hines, because you give the neediest of veterans the most valuable resource of all (time) and presence.

It goes beyond the pomp and pageantry of the Memorial Day parade, because you give the community

remembrance and the opportunity to stop and think about the greatest sacrifice.

All of this is to say thanks again for what you do. If you are interested in joining these ventures, I am sure Bruce, Walt, and Chuck would be more than willing to share the load. Many hands, light work.

Speaking of which, the Buddy Poppy Drive is just around the corner!

Jr. Vice Commander Report

By Jim Boland

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There are two major events the national VFW puts on every year. One is the **National VFW Convention** where an election is held for a new national commander and officers. There are many meetings held where topics of concern are discussed and policy positions are taken.

It is well worth attending and I personally have been to at least seven or eight National Conventions. One year, I attended with Post Commanders Seedy Ulrich and Dick Demski, and their lovely wives in Las Vegas. Another year, I attended with Dr. Fred Rodriguez in Kansas City, another year with Joe Kot and Dick Demski to Indianapolis and more recently, in 2005, to Salt Lake City with Rich Flatley and his kind wife, Beth.

The National Conventions are a lot of fun as each state, or as the VFW call them Departments, set up hospitality suites and you are given an opportunity to meet fellow veterans from all over the country.

It was at one of these conventions that I met representatives from the VFW magazine. I told them about one of our members, Terry Sereda, who was collecting and repairing bikes for the

children at the National Home. The magazine published a great article about our Post and the wonderful work being done in delivering bikes to the children of the National Home. Member Tiger Hill provided me with some outstanding pictures he had taken of Terry working on the bikes and the magazine published them with the article.

The second major event is the **Legislative Conference** or as it used to be called the "Washington Conference." This year the conference will be from Feb. 26 to March 2 and like the annual National Convention, it is attended by representatives from VFW Posts across the country.

Again, each state hosts a hospitality suite and veterans from across the country are invited to stop by to say hello. The purpose of this conference is to discuss veteran issues and how best to address them. Real meaningful discussions are held and then various talking points are agreed upon. Then, and this is the fun part, all those in attendance meet in groups with our nation's congressmen and senators to discuss our agreed upon concerns.

As far as I know, I am the only member of our Post to ever attend the conference and believe it or not, that was 26 years ago. I not only had the opportunity to meet congressmen and our state's senators but I also attended a joint sub-committee hearing on veteran issues. Very interesting and we were all treated with respect and deference.

This year, our National VFW Commander Brian Duffy will be addressing the joint congressional hearing, which should be informative. Having so many veterans from across our nation attending demonstrates support for these issues.

Just a funny story here. Prior to getting into the Senate Building we had to empty our pockets. In doing so, the editor and publisher of our state newspaper Bob McCarthy put his pocket change into his hat. As we cleared security we all put our hats back on. When we got to Sen. Paul Simon's office, we felt we should remove our hats out of respect. As the meeting with Sen. Simon began, we all followed Simon's gaze at McCarthy, who had a dime on his forehead. Apparently, when he took his change from his hat, he left a dime in his hat and it became plastered to his forehead. Bob McCarthy was not aware of it until Simon asked why he had money on his forehead. I responded, "It is an Irish tradition to meet a politician with money on your forehead." Simon paused for a moment thinking about what I said and at that broke out in a big guffaw. We all laughed and ended up having a wonderful time with Sen. Simon. He was most considerate of our veteran concerns.

Finally, it is at the annual Legislative Conference where the Voice of Democracy winners are determined. All those entries that have been accorded as state winners are read and judged by a national committee in Washington and the winners are announced. I was at our last Post meeting on Jan. 10 and heard our Post winner read her essay. It was outstanding and hopefully she will go on to win district, state (department) and national.

I am writing about this to inform you of the two major national events and invite you to consider attending the Legislative Conference and/or the National Convention. As I just wrote, I last attended the Legislative Conference 26 years ago but will always carry with

me the warm memories of meeting veterans from across the country, calling upon our legislators and on my free time seeing some of our nation's beautiful monuments. In fact, the only time I have ever seen the Vietnam Memorial and the names of many of my fellow Marines names engraved on it was when I went to the Washington Conference in 1991.

Please consider going and if you are interested let our Post Commander know.

Quartermaster Report

By Mike Winner

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Statement of funds as of 1/10/17:

Post General Fund	\$18,512.61
Post Relief Fund	3,015.00
Post Dues Reserve	0
TOTAL:	\$21,527.61

We continue to receive donations in honor of Ed Pilarski. It seems that he still has more to say even after he stopped coming to meetings.

Hospital Chairman Report

By Walt Bergenthal

(708) 246-4858

Update your calling tree: Delete Ed Pilarski and in its place insert Mike Winner (708) 829-0069.

Ed Pilarski passed away in December. Ed was a Navy veteran having served in Korea. He was our Post's Service Officer for many years.

Our Post has been blessed with the Wakerly Family Foundation. We received a \$10,000 grant from the foundation to expand our Ralph F. Wakerly/VFW Post 10778 Scholarship Fund at Lyons Township High School to

help a college-bound student in need from \$500 to \$1,000 and from 10 years to 15 years. What more can one say other than thank you!

Service Officer Staff

By Chuck Bosko

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(312) 980-4512

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For your health department:

Thought about sharing an article with you, the reader, focusing on our health. This article was published by the VA health care folks and is an exercise we can all accomplish; in fact we actually do it every day anyway. Walking! The article is included. Hey, for the record, I'm including this without permission so do not snitch on me, okay?

Something else for the health of your mind department:

A bit of humor.

We all remember those days in our military careers when either a Drill Sergeant or NCO yelled at us and ordered us to perform some weird stuff, like getting on the ground on your back, arms and legs flopping about and uttering, "I'm a dying cockroach!" Back then, the offended just "sucked it up" and continued training. However, today's military has provided an avenue for those service members who have experienced "Hurt Feelings." This avenue is a form (yea, there's a form for everything) that is available and must be completed and submitted to a company commander, chaplain or even directly to the Secretary of Defense. That new form, the "Hurt Feelings" form, is included in this newsletter just so you can read it and be amused. (Caution - remember, this is humor).

There will be two Veteran Benefits sessions at the South Campus of Lyons Township High School this semester. For a description and registration, visit www.lths.net, adult education. The course numbers are #10080, Monday, Feb. 27, 7-8 p.m. or #10081, Monday, April 10, 7-8 p.m. And those are free!

Regarding various veteran benefits from the Veterans Administration or the State of Illinois, contact me via the above sources or at the office where I work (or as Maynard G Krebs would say "Woorrk!" very old TV show for the younger generation), the Illinois Department of Veterans Affairs.

Another joke:

Doctor: You need to do something for your health. Start jogging!

Patient: But I already jog!

Doctor: Then give up jogging

Memorial Day Parade

By Chuck Bosko

(708) 205-3541

chuckbosko@att.net

Fellow Comrades, an integral aspect of the Memorial Day Parade is the selection of a Grand Marshall. The individual selected represents service to America-in uniform and afterwards. So, with that in mind, if you believe you have an ideal candidate, please follow the Post guidelines below. Remember, your candidate does not have to be a Post member.

1. Name of individual.
2. Veteran's branch of service and period served.

3. Member of the VFW. Not necessary, but nice.
4. Military awards, honors, citations, etc.
5. What has veteran done since service- career, civic, volunteer, etc.?
6. And here is the gotcha! In your opinion, why is this individual nominated by you. Why should this person be the Grand Marshall?

Acceptance of nominations closes on Feb. 27, 2017. Submit your nomination either by bringing them to the February Post meeting or by mail to:

VFW Post 10778
C/O Chuck Bosko
1230 Robinhood Lane
La Grange Park, IL 60526

Hey, by the time you read this, Memorial Day is only 17 weeks and 2 days away!!!

Food for Thought

Sampling exotic foods was one reason people flocked to the world fairs and exhibitions beginning with Prince Albert's Great Exhibition at the Crystal Palace in London in 1851 and continuing around the globe for more than one hundred years. Below is a sampling of foods that made their debut at these events:

Philadelphia Centennial Exposition in 1876

- Pineapples
- Bananas

Chicago World's Columbian Exposition in 1893

- Hot dog
- Chili
- The event inspired Milton Hershey to later create the Hershey bar using new chocolate-making technology unveiled at the Chicago World's Columbian Exposition.

St. Louis World's Fair in 1904

- Cracker Jack
- Heinz Ketchup
- Ice cream cone

Source: The American Plate by Libby H. O'Connell

Walk

Walking is a great way to be more physically active. It's free, fun, and you can do it almost anywhere.

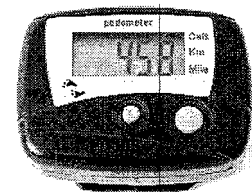
Here are six reasons to get up and walk:

- ① Regular walking burns calories, which, in addition to a healthy diet, can help you manage your weight.
- ② More than half of the body's muscles are designed for walking, which makes it a very natural movement for the body.
- ③ Regular, brisk walking has many health benefits.
- ④ Brisk walking is an aerobic activity. It makes your heart, lungs, and muscles stronger.
- ⑤ Regular walking refreshes the mind, reduces fatigue, increases energy, and improves sleep.
- ⑥ Walking can be a great time to share and socialize with friends and family.

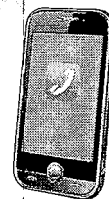


Getting started:

- A little walking everyday is better than an occasional weekend bout of activity. Start with short, 10-minute walks and build from there.
- Consider using a pedometer to measure the number of steps you walk.
- Warm up before and cool down after activity.



- Choose routes that are interesting, safe, and convenient. Avoid heavy traffic, loose dogs, and rough or uneven ground. Remember hills are more difficult. You may want to start out on flat ground and progress to hills later.
- Walking with others can help motivate you and help to pass the time in an enjoyable way.
- Be safe. Take a friend when it is dark outside. Tell someone where you are going, and bring a cell phone if you can.
- When it is very hot, walk during the coolest hours of the day, choose a shady route, and walk a little slower.
- When it is cold, watch for ice.
- Dress in loose, comfortable clothing. In cold weather, dress in layers and wear mittens and a hat.
- Wear comfortable, appropriate shoes.



SAMPLE 10-WEEK WALKING PLANS TO GET YOU STARTED

Plan for those who are beginning a walking program

Week	1	2	3	4	5	6	7	8	9	10
Minutes walking	10	10	15	18	20	20	25	30	32	35
Walks per week	2	3	3	3	3-4	4	4	4	4	4

Plan for those who are already physically active

Week	1	2	3	4	5	6	7	8	9	10
Minutes walking	20	22	25	30	30	35	35	40	42	45
Walks per week	3	3	3	3	4	4	4-5	4-5	4-5	4-5

HURT FEELINGS REPORT

For use of this form, see FM 22-102; the proponent agency is TRADOC

DATA REQUIRED BY THE PRIVACY ACT OF 1974

AUTHORITY: 5 USC 301, Departmental Regulations; 10 USC 3013, Secretary of the Army and E.O. 9397 (SSN)
PRINCIPAL PURPOSE: To assist whiners in documenting hurt feelings, and to provide leaders with a list of soldiers who require additional counseling, NCO leadership, and extra duty.
ROUTINE USES: For subordinate leader development IAW FM 22-102. Leaders & whiners should use this form as necessary.
DISCLOSURE: Disclosure is voluntary, but repeated disclosure may result in a DA Form 779-1A, Report of Wall To Wall Counseling

PART I - ADMINISTRATIVE DATA

A. WHINER'S NAME (Last, First, MI)	B. RANK/GRADE	C. SOCIAL SECURITY NUMBER	D. DATE OF REPORT
E. ORGANIZATION		F. NAME & TITLE OF THE PERSON FILLING OUT THIS FORM	

PART II - INCIDENT REPORT

A. DATE FEELINGS WERE HURT	B. TIME OF HURTFULNESS	C. LOCATION OF HURTFUL INCIDENT	D. NCO OR OFFICER SYMPATHETIC TO WHINER
E. NAME OF REAL MAN/WOMAN WHO HURT YOUR SENSITIVE FEELINGS		F. RANK/GRADE	G. ORGANIZATION (if different from 1e above)

E. INJURY (Mark all that apply)

1. WHICH EAR WERE THE WORDS OF HURTFULNESS SPOKEN INTO? <input type="checkbox"/> LEFT <input type="checkbox"/> RIGHT <input type="checkbox"/> BOTH	2. IS THERE PERMANENT FEELING DAMAGE? <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> MAYBE
3. DID YOU REQUIRE A "TISSUE" FOR TEARS? <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> MULTIPLE _____	4. HAS THIS RESULTED IN A TRAUMATIC BRAIN INJURY? <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> MAYBE

F. REASON FOR FILING THIS REPORT (Mark all that apply)

<input type="checkbox"/> I am thin skinned	<input type="checkbox"/> The Army needs to fix my problems	<input type="checkbox"/> Two beers is not enough
<input type="checkbox"/> I am a wimp	<input type="checkbox"/> My feelings are easily hurt	<input type="checkbox"/> My hands should be in my pockets
<input type="checkbox"/> I have woman/man-like hormones	<input type="checkbox"/> I didn't sign up for this	<input type="checkbox"/> I was not offered a post brief
<input type="checkbox"/> I am a crybaby	<input type="checkbox"/> I was told that I am not a hero	<input type="checkbox"/> Someone requested a post brief
<input type="checkbox"/> I want my mommy	<input type="checkbox"/> The weather is to cold	<input type="checkbox"/> All of the above and more

G. NARRATIVE (Tell us in your own sissy words how your feelings were hurt.)

PART III - AUTHENTICATION

a. PRINTED NAME OF REAL MAN/WOMAN	b. SIGNATURE	c. PRINTED NAME OF WHINER	d. SIGNATURE
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We, as the Army, take hurt feelings seriously. If you don't have someone who can give you a hug and make things all better, please let us know and we will promptly dispatch a "hugger" to you ASAP. In the event we are unable to find a "hugger" we will notify the fire department and request that they send fire personnel to your location. If you are in need of supplemental support, upon written request, we will make every reasonable effort to provide you with a "blankey", a "binky" and/or a bottle if you so desire.

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