

August 2020
Post Newsletter
WesternSpringsVFW.org

Commander's Stuff

By Esteban Lopez

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Another month goes by and we are still facing the challenges that comes with COVID-19. How many house projects and goals have been finished these past months? I know I have achieved one or two personal goals, which keeps me busy during these trying times.

Moving on to the next 30 days, we should continue to take care of ourselves and our families by wearing masks in public and keeping social distancing. Gov. Pritzker announced that Illinois will not move to total reopening until a vaccine is available.

According to the Patch, "Western Springs has seen low numbers of confirmed coronavirus cases, but it is seeing bigger increases lately. The village's caseload rose 17 percent to 97 cases. Western Springs is still better than other area towns."

Hines VA is still restricting access to the hospital for appointments and is conducting more appointments via telephone or video conference. Call your provider to schedule tele-health appointments. If after the telephone or video appointment the provider requires

Save the Dates

Aug. 11th – 7:30 p.m. **Post Regular meeting** at Grace Lutheran Church
Aug. 14th – deadline for September newsletter
Sept. 8th – 7:30 p.m. **Post Regular meeting** at Grace Lutheran Church

a personal visit to the hospital, your doctor will set the appointment for you.

Soon you will receive an email where I will send a link to test for video conferencing either via Zoom or MS Teams. The Post should start looking into remote meetings as an alternative to regular meetings. Thanks to Chuck for bringing up the idea. I will research a way to add telephone calls for the test to accommodate our comrades without computers.

Looking forward to seeing you all soon. Take care of yourselves and loved ones.

Ad Maiora

Quartermaster Report

By Mike Winner

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Statement of funds as of 7/14/20:

Post General Fund	\$6,470.03
Post Relief Fund	3,830.10
TOTAL:	\$10,300.13

Semper Fidelis

Hospital Chairman Report

By Walt Bergenthal

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Our sympathy to the families of Life Members Charles Battaglia and John Blaha, who recently passed away.

Chuck earned a Purple Heart and Bronze Star while serving in the Army in Europe during WWII. After his service, he spent 35 years working for the VA at Hines Hospital. Services were private.

John served in the Army in Korea earning the Korean Service Medal.

Let's Do Lunch!

Whether it's in person, remote learning from home or a combination of the two, kids will be returning to some form of school this month. In honor of what's sure to be a unique school year, here's a look at some memorable moments in school lunch history.

1908 – Kids used to go home for school lunches until charities and women's groups began selling hot lunches at school. For 3 cents, youngsters in Manhattan enjoyed their choice of pea soup or rice pudding and two slices of bread.

1920s and 30s – Dietary guidelines recommended at least two tablespoons of butter a day, thus leading to the advent of bread and butter sandwiches in the cafeteria.

1946 – A lot of young men drafted into WWII couldn't fight due to malnourishment. This led to President Truman signing the National School Lunch Act, which helped provide affordable meals so kids could grow up to become strong soldiers.

1954 – While paper milk cartons were patented in 1915, they didn't catch on until 1954 when the government started helping give kids a half pint of milk. It was cheaper to ship paper cartons than glass bottles.

1980s – Pizza and fries became the cafeteria norm after the Reagan administration cut funding and eased nutritional requirements for school lunch programs.

1980s and 90s– Tight budgets led many schools to run their cafeterias like a business. In fact, many struck deals to sell food from chains like Subway, Taco Bell and Pizza Hut in lunchrooms.

Today – Changes by the Obama administration led to healthier school lunches made with whole grains and vegetables, less salt and fewer calories. Schools have started build-your-own bowls. And last fall, all public schools in New York city started offering Meatless Mondays.

Source: Food Network Magazine