



VETERANS HELPING VETERANS
AMERICAN LEGION

ALEXANDER BRADLEY BURNS POST 80
4000 SARATOGA AVENUE
DOWNERS GROVE, IL 60515

LEGION - AIRE

April 2021





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Commander's Column

Spring has sprung, with Daylight Saving Time underway; we dutifully reset our clocks, but the extended sunlight is what we all enjoy. As the temperatures rise and the grass greens, leaves sprout and provide shade we all enjoy, the renewal of the northern hemisphere begins. It is also clean up time after winter; both physically and mentally. The unpredictability of the weather keeps us all on our toes. When will the last frost occur; the first 70-degree day? We are anticipating we can also open the Post up as the virus recedes and normalcy returns soon – we hope.

Your Post leadership is anticipating the re-opening of Bingo as soon as the various health agencies allow attendance of 100+ gatherings. Rest assured we shall follow the protocols to provide a safe environment for both members and guests of the Post. Our House & Grounds committee (including Ed Ludwig, John Cruz, Emery Wolff, Dave Wisbrock, Howard Parker and many more) have kept our buildings and property extremely clean and sanitary to ensure our facility is as safe for use by all. We are so very fortunate as a Post to have such terrific volunteers who utilize their skills to maintain our facilities and activities. Dan Konczak has again cut down diseased and damaged trees and please thank all our volunteers who keep us in tip top shape.

We are emerging from a darker period as rentals are again being booked by our Rental Agent, Past Commander Dave Wisbrock. Ed Ludwig and John Cruz had made sure the Lounge and bar are in great shape and ready for use as needed. We are anxiously awaiting the lifting of the very limited attendees permitted to use the Post. While other surrounding counties may allow the hosting of larger gatherings and Bingo, we are severely limited to no more than 50 people including those staffing the events. Until this restriction is eased, we must follow the protocols enforced by the Village of Downers Grove and DuPage County.

You will soon see baseball played on the American Legion Field just to the north of the Post. Last year was canceled and we are hoping the DGN team will be successful both on the field and avoiding the presence of the Wuhan-virus. The DGN football team will also be playing a limited schedule at Carsten Field next to the high school. Girls' softball is also revving back up, again limited schedules. I do not keep up with all events at North and other schools but know the teens are anxious as are their families and friends. The virus has really disrupted all our lives, even postponing football until this spring (really?) and limiting all schedules.

We are very fortunate to be Americans, either by birth or choice. What other nation has sacrificed so much in lives, treasure and providing the opportunity for freedom of both the United States and so much of the world. While we are still involved in Afghanistan, Iraq, Syria, and many other hot spots around the world – it is not the same volume of our men and women as just 5-6 years ago. Thank God for our Armed Forces. Our men and women are in Harm's Way daily. If we keep a keen ear to the news, there is always some training activity of our Armed Forces and Coast Guard where danger is an ever-constant reminder that freedom is not free.

It was also a little over 103 years ago that the namesake of our Post was killed in action in France during World War 1. Alexander (Alec) Bradley Burns had been an active student at Downers Grove Community High School, having just graduated and enlisted in the Army shortly after the war broke out. He joined Battery C of the First



Commander's Column continued from page 3...

Illinois Field Artillery, part of the famous "Rainbow Division". While he was repairing radio wire which ran from an advanced position to the direct fire battery, and he was severely wounded. He had volunteered to repair the wires after heavy enemy shelling had caused several breaks in the wire. While he was in an exposed position, an artillery shell exploded directly above him, wounding him in 23 places. He was wounded on 10 MARCH 1918 and died on 12 MARCH 1918. He was the first of the men from Downers Grove to make the "supreme sacrifice" during WW 1. Another 7 would lose their lives during the "Great War" and all who served are remembered on the plaque in our foyer, east wall.

War is a horrible, vicious action we as a country seek to avoid at all costs – and generally succeed. We should always revere those who have served and especially those who have given the supreme sacrifice of their lives or grievous injuries both physical and mental to preserve the freedoms we all enjoy every day. While Memorial Day, Veterans Day, Pearl Harbor Day and many other days of remembrance should cause us to pause – every day of the year represents a day our fellow Americans have sacrificed for our freedom. We can only avoid future conflicts by remaining strong and vigilant. We should thank God every day for those still manning the ships, aircraft, vehicles as well as walking patrol and pray for their safety and health so they can return to their families as soon as their time permits.

Semper Fidelis, Bruce Peiffer



Are you moving?

We hate to have you miss the next
LEGION-AIRE Newsletter!

CHANGE OF ADDRESS FORM

Please Change My Address

NAME _____

NEW Address: _____

City/State/Zip: _____

Effective Date: _____

New Phone Number: _____

Mail this form to:
Alexander Bradley Burns Post 80
Attn: Adjutant
4000 Saratoga Ave.
Downers Grove, IL 60515





Auxiliary News – APRIL 2021

Celebrate Your Pride in Membership to Grow for the Future

Well March came in with a bang and Spring is finally here.

We are planning on having Our General Meeting on April 12th at 7:00 pm. We should be able to meet and still social distance. If things change, I will let everyone know via email.

We attempted to have a General Meeting on March 8th but not a lot of members showed. So, we had a little get together. It was nice to see everyone and share what has been going with everyone. I hope more members try to join us for the April General meeting.

With the warmer weather on the horizon, I was thinking about starting the Bring Your Own Dinner again. It was fun last year. We can meet at the Legion's pavilion.

We had one winner on Our yearly Essay contest. Mia Fitzgerald won again, and her essay is forward on to District. Thank you, Mia, for participating.

The Auxiliary National Executive Committee has made some changes to the Auxiliary Emergency Fund (AEF). The Units and Departments will no longer be required to sign or approve an AEF application prior to ALA National headquarters receiving them. Remember the Auxiliary Emergency Fun is around to help members get through tough times. With everything that is happening in 2020, COVID 19, fire, acts of nature and personal crisis, we sometimes come up a little short, as Auxiliary you could be eligible for a grant. If you are a member with current dues paid and the previous two years you are eligible to apply for a grant up to \$2,400.00. Your information remains confidential and the grant fund committee at National awards the grant based on criterial set; one being that all other means have been exhausted. The Auxiliary Emergency Fund Brochure can be found on the National website (<https://www.alaforweternas.org>). The Auxiliary Emergency Fund will also take contributions which then can be used to help Our Auxiliary members.

With COVID vaccinations happening everywhere the Legion is hoping to start BINGO up. So, keeping checking the Legion website (www.post80.org) soon. As soon as I know I will send out an email. If you would like to help in the kitchen or tickets, please Kim Cruz-630-408-2322. We will have some new rules and protective glass to use when we open to help keep everyone safe.





Auxiliary News continued from page 5...

The Board is open to any ideas on what you want your Auxiliary Unit to accomplish next year. We will need to adjust how we work this year due to COVID19, but we want to continue to support Our Community Veterans, Active Military, and their families the best we can. So, if you have any ideas please let us know.

Stay Safe and Healthy so we can all get together soon.

Happy Easter
Mary Ann Proney
Unit 80 President



Poppy Day Honor Board \$5.00 per Name

The Poppy Program raises community awareness and respect for our veterans by educating the public about the symbol of the poppy, taken from a line in the poem **“In The Flanders Fields”** written on the battlefield during World War 1 by Lt Col. John McCrae, M.D.

In honor of the men and women that have served and sacrificed their lives for our freedom, we will display an **“HONOR BOARD”** displaying the Auxiliary version of Flanders Field on the Auxiliary Bulletin Board at Post 80 to give thanks to them. We look forward to your honored veteran’s name.

All Poppy Day Honor Board donations go directly to the Veterans and their families. During the month of July through September, the displayed board will honor your loved ones that served.

Make Checks Payable To :
American Legion Auxiliary, Unit 80
Attn: Jean Krupin, Treasurer
6513 Wells St
Downers Grove IL, 60516
Donation of \$5 per Name

Thank You for supporting Poppy Day Honor Board
The Honor Board will be displayed on Unit 80 Auxiliary’s
Bulletin board in Post entrance hall.

Please fill out the form below and list the full names & branches of service that your loved ones served.

Name: _____

Branch of Service: _____





American Legion Riders

American Legion Riders – Chapter 80 –APRIL 2021 Update

Legion Rider membership requires membership or affiliation with the American Legion and ownership of a 350cc or larger motorcycle. Annual dues are \$20.00.

Please check with Director Mike Klick (708.670.1475) or John Pavich (630-712-1834) to confirm meeting locations for any given month.

Upcoming Rides and Events

Check the Post 80 web site at post80.org/legion_riders for updates for the Legion Rider meeting and event schedule.

Our motto is always, Veterans Helping Veterans!



The Herb & Mary Morrison Veterans Memorial Scholarship for 2021

This is the 45th year of our memorial college scholarship program. Eligible participants are children and grandchildren of Post members who will be entering or continuing their college education, Fall 2021. Applicants must be less than 23 years of age. Applications are available online: <http://www.post80.org/forms.html>, or contact Todd Hanson at 630-968-9710.

Scholarship forms must be received by **April 15, 2021** to be eligible.

Mail Scholarship Entry Forms to:
Todd Hanson c/o Post Adjutant
c/o American Legion Post 80,
4000 Saratoga Ave.
Downers Grove, IL 60515





Health watch: covid

Subject: Johns Hopkins Hospital information sheet about Coronavirus

This certainly makes the CoVid -19 protection methods more understandable.

- This virus is not a living organism. It is a protein molecule (RNA or DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular (eyes), nasal (nose) or buccal mucosa (mouth), changes its genetic code (mutates) and converts into aggressor and multiplier cells.
- Since the virus is not a living organism but is a protein molecule, it cannot be killed. It has to decay on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.
- The virus is very fragile; the only thing that protects it is a thin outer layer of fat, and that is the reason why soap or detergent is the best weapon. The foam CUTS THE FAT (that is why you have to scrub for 20 seconds or more to create lots of foam). By dissolving the fat layer, the protein molecule disperses and breaks down.
- HEAT melts fat; this is why it is necessary to use water above 77 degrees for hand washing, laundry and cleaning surfaces. In addition, hot water makes more foam, making it more effective.
- Alcohol or any mixture with alcohol over 65% DISSOLVES ALL FAT, especially the external lipid layer of the virus.
- Any solution with 1 part bleach and 5 parts water directly dissolves the protein, breaking it down from the inside.
- Oxygenated water increases the effectiveness of soap, alcohol, and chlorine because peroxide dissolves the virus protein. However, because you have to use it in its pure form, it can damage your skin
- NO BACTERICIDE OR ANTIBIOTIC WILL WORK because the virus is not a living organism like bacteria; antibodies cannot kill what is not alive.
- The virus molecules remain very stable at colder temperatures, including air conditioning in houses and cars. They also need moisture and darkness to stay stable. Therefore, dehumidified, dry, warm and bright environments will degrade the virus faster.
- UV LIGHT on any object that may contain the virus breaks down the protein. Be careful. It also breaks down collagen (which is protein) in the skin. The virus CANNOT go through healthy skin.
- Vinegar is NOT useful because it does not break down the protective layer of fat.
- NO SPIRITS, NOR VODKA, serve. The strongest vodka is only 40% alcohol, and you need a minimum of 65%.
- LISTERINE is 65% alcohol.
- The more confined the space, the higher the concentration of the virus there can be—the more open or naturally ventilated, the less.
- You have to wash your hands before and after touching any commonly used surfaces such as mucosa (mouth area), food, locks, knobs, switches, remotes, cell phones, watches, computers, desks etc... and don't forget when you use the bathroom.
- You have to MOISTURIZE YOUR HANDS due to frequent washing. Dry hands have cracks, and the molecules can hide in the micro cracks. The thicker the moisturizer, the better.
- Also, keep your NAILS SHORT so that the virus does not hide there.



Now for some additional input:

Dr. Bonnie Henry is the Provincial Health Officer for British Columbia, the first woman in this position. She is also an associate professor at the University of British Columbia. She has a background in epidemiology and is a specialist in public health and preventive medicine .

The Wisdom of Dr. Bonnie Henry

1. We may have to live with COVID-19 for months or years. Let's not deny it or panic. Let's not make our lives useless. Let's learn to live with this fact.
2. You can't destroy COVID-19 viruses that have penetrated cell walls, by drinking gallons of hot water, you'll just go to the bathroom more often.
3. Washing hands and maintaining a two-meter physical distance is the best method for your protection.
4. If you don't have a COVID-19 patient at home, there's no need to disinfect the surfaces at your house.
5. Packaged cargo, gas pumps, shopping carts and ATMs do not cause infection. If you wash your hands, live your life as usual.
6. COVID-19 is not a food infection. It is associated with drops of infection like the 'flu'. There is no demonstrated risk that COVID-19 is transmitted by food.
7. You can lose your sense of smell with a lot of allergies and viral infections. This is only a non-specific symptom of COVID-19.
8. Once at home, you don't need to change your clothes urgently and go shower! Purity is a virtue, paranoia is not!
9. The COVID-19 virus doesn't hang in the air for long. This is a respiratory droplet infection that requires close contact.
10. The air is clean; you can walk through the gardens and through parks (just keeping your physical protection distance).
11. It is sufficient to use normal soap against COVID-19, not antibacterial soap. This is a virus, not a bacterium.
12. You don't have to worry about your food orders. But you can heat it all up in the microwave if you wish.
13. The chances of bringing COVID-19 home with your shoes is like being struck by lightning twice in a day. I've been working against viruses for 20 years- drop infections don't spread like that!
14. You can't be protected from the virus by taking vinegar, sugarcane juice and ginger! These are for immunity not a cure.
15. Wearing a mask for long periods interferes with your breathing and oxygen levels. Wear it only in crowds *and as State health mandates dictate*.
16. Wearing gloves is also a bad idea; the virus can accumulate into the glove and be easily transmitted if you touch your face. Better just to wash your hands regularly.

Immunity is weakened by always staying in a sterile environment. Even if you eat immune boosting foods, please go out of your house regularly to any park/beach. Immunity is increased by EXPOSURE TO PATHOGENS, not by sitting at home and consuming fried/ spicy/sugary food and aerated drinks.

Be smart and stay informed! Live life sensibly and to the fullest.

Be Kind, Be Calm and wash your hands.



Do You Know Whats UP? Understanding Veterans Benefits

Saturday
May 1st

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WHAT WILL I LEARN? How to identify & locate the many benefits available through the VA as well as how to apply for and receive them.

WHO WILL TEACH ME? Experienced Veteran Service Officers who are experts at locating the applicable benefit rules and guiding you through the paperwork. You will learn from the pros!

WHAT ABOUT FOLLOW UP? Free pamphlets & booklets and contact information about VA benefits will be available for you!

WHEN: 1 May 2021 Sign in & Breakfast 0800 to 0900.
Program 0900 to 1500.

WHERE: VFW Post 1197, 645 S. River St.
Batavia, IL 60510

COST: \$20; includes breakfast & lunch

REGISTRATION: www.vetworkshop.org

Visit our site for details of presenters and topics.

QUESTIONS: Call 847-814-2585

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AMERICAN LEGION NEWS



COVID-19 VACCINE
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65 years and older, and those
with pre-existing medical conditions
REGISTER TODAY!

DuPage County has been preparing since the pandemic started to make one or more COVID-19 vaccines available as soon as possible. There is a limited supply of COVID-19 vaccines. Supply will continually increase in the weeks and months that follow. The DuPage County Health Department is working with partners at all levels, including hospitals, health care providers, and community leaders, on flexible COVID-19 vaccination programs that can accommodate different vaccines and scenarios. For more information on the vaccine please go to: <https://www.dupagehealth.org/667/COVID-19-Vaccine> ...or call (630) 682-7400.

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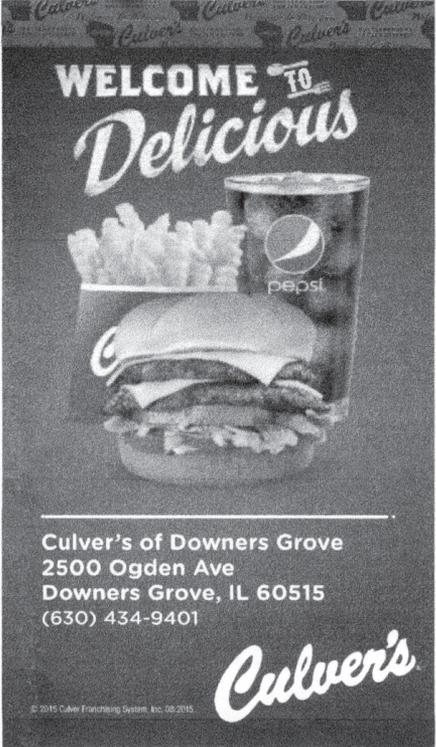
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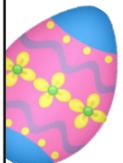


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Visit our website at www.vfw503.org

Monthly Events:

- Canteen open Tuesdays, Thursdays, & Fridays at 3:00 PM
- Members meeting, 3rd Thursday at 7:00 PM
- Auxiliary meeting, 2nd Wednesday at 6:30 PM
- Taco Tuesday, 2nd Tuesday of the month at 3:00 PM
- Hall Rental (Maximum Seating 100 people) see website
- Upcoming events (Calendar) see website

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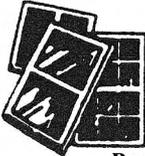
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Office Hours: 8 a.m. - 12 p.m. and 1-4 p.m. Monday - Friday

email: dupagevac@dupageco.org



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Audrey Mollo, Administrative Assistant I

Telephone: **312-603-2221** Fax: 312-603-4479

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YOU JUST LOG INTO YOUR AMAZON ACCOUNT
THROUGH THE LINK ON THE AUXILIARY WEBSITE:

<https://www.alaforveterans.org/Amazon-Smile/>

**JUST FOLLOW THE STEPS ON THE WEBSITE WHEN YOU
ARE READY TO SHOP!**

For a list of benefits Exclusively for ILLINOIS VETERANS, go to

<https://www.legion.org/veteransbenefits/illinois>

DD 214 REQUESTS

If you are in need of your **DD 214** go to the following website:

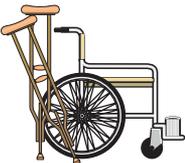
www.archives.gov/veterans/military-service-records

Then go to Start your Military Service Record (DD Form 214) Request and follow the prompts and fill in the required information. It also has you print a signature sheet that you have to mail to them. When they receive the signature paper, they will send you an email confirming that they received it. Then in about 10 days, you'll receive 2 certified copies of your DD 214 and copies of your discharge orders.

It's really easy and it only costs you the price of a postage stamp and an envelope.

Your Service Officer.

WHEELCHAIRS, WALKERS & CRUTCHES



Post 80 lends out wheel chairs, walkers and crutches to anyone that may need them. For more information, call Rich Jones at 630-964-2434.

Anyone who has borrowed a wheelchair, walker, or crutches and no longer needs them, please return them to Post 80 so they may be available for other veterans.

ADDITIONAL ONLINE RESOURCES:

va.org • legion.org • suicidepreventionlifeline.org

**For anyone having difficulties with the VA, there is a
White House HOTLINE that is staffed 24/7: 855.948.2311**



In the United States, almost half of adults will experience a mental illness during their lifetime.

MENTAL HEALTH FIRST AID TRAINING



Learn

to identify, understand, and respond to signs of mental illness and substance use disorders in your community.

Date/Time

Friday, April 9, 10:00am-3:00pm Central

Location

Virtual!

Details

Hines VA and Clover are proud to present this virtual training. **Participation includes viewing a 2-hour prerecorded webinar prior to attending a live training led by Gail Schoenbach.** Access to the webinar and training will be made available upon registration.

RSVP

This training is **FREE***. Spots are limited. RSVP at [clovered.org](https://www.clovered.org) or by calling 512-494-4556

#EmbraceTheAwkward

Scan Here to RSVP



*Participation in the MHFA training is valued at \$170. Clover is able to provide the training at no cost thanks to grant funding from the federal Substance Abuse and Mental Health Services Administration (SAMHSA).

- Why did the Easter egg hide? ...because he was a little chicken.
- What is the Easter Bunny's favorite dance?The bunny hop.
- How can you tell which rabbits are the oldest in a group? ...Just look for the gray hares.
- What do you call a rabbit that tells good jokes?A funny bunny.



IN MEMORIAM

This Legionnaire Has Gone To The
Commander of Us All.

JACK BORDER

U.S. Army Vietnam Veteran
Legion-Aire Editor
American Legion member - 25 years

Rest Well, Our Friend.

**PAST COMMANDERS
DINNER**

SATURDAY, MAY 15TH

...is the Past Commanders Dinner which is open to one and all Legion, Auxiliary, and other family members. It is the one chance to pay honor to the past commanders who are alive and those whose voices have been stilled.

The Social Hour.....5PM – 6PM

Dinner.....6PM

Program will follow dinner

We are asking \$8/per person for the dinner. Past Commanders and their spouses are free.

Please come and join us, by returning the lower part of this notice so that we can minimize waste and off set the cost of food.

Yes, I am coming to Past Commanders Dinner

Name _____

How many in your party? _____

**Mail back to: American Legion Post 80
Attn: Rich McLaren
4000 Saratoga Ave
Downers Grove, IL 60515**



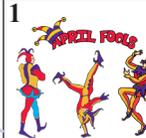
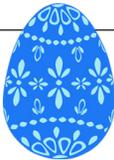
**BINGO HAS BEEN
CANCELLED
until further notice.
PLEASE CHECK
www.post80.org/calendar
for regular updates**



NOTE: This calendar can change without notice

SEE www.post80.org/calendar

FOR MORE DETAILS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>April 2021</h1> 				1 	2	3 Coffee Donuts & Conversation 8:30 am
4  EASTER	5  Gold Star Spouses Day	6	7 Business Meeting 7:30 pm	8	9	10 Coffee Donuts & Conversation 8:30 am
11	12 Auxiliary Meeting 7:00 pm	13	14  Air Force Reserves Birthday	15	16	17 Coffee Donuts & Conversation 8:30 am
18	19	20	21	22 	23  Army Reserves Birthday	24 Coffee Donuts & Conversation 8:30 am
25	26	27	28 Board of Directors Meeting 7:30 pm	29	30	
			<p style="text-align: center;">ELIGIBILITY DATES WORLD WAR I - APRIL 6, 1917 - NOVEMBER 11, 1918 WORLD WAR II - DECEMBER 7, 1941 to present for any veteran with an Honorable Discharge.</p>			