



# Shrapnel



Newsletter of American Legion Post 42  
1030 Central Street - Evanston, IL 60201 - 847-475-9076

July 2024

## Commander



**Will Candelario**

## “Commander’s Corner”

Hello all, and welcome to summer. It’s been a busy time for everyone at Post 42. We’ve had some recent activities around the Post, and have several summer events coming up. Memorial Day and weekend were quite busy. About two dozen volunteers helped plant flags on Veterans’ graves at Memorial Park on Saturday, May 25. We returned to Memorial Park for an early ceremony at 0800 on Monday, May 27. Afterward, we had a very good turnout for the Memorial Day ceremony in Fountain Square at 1030. Both Evanston Post 42 and VFW Snell Post 7186 took part in the ceremony along with Mayor Daniel Biss. We then hosted refreshments at the Post.

On Saturday, June 9, we conducted a flag retirement ceremony at Post 42. This was much needed, as the number of flags brought to us for

retirement had grown significantly over the winter months. Many thanks to Jr. Vice Mike Wojciechowski and Chaplain Christine Candelario for their work on the ceremony. Also on June 9, we were able to hold a ceremonial dedication for the new lift at Post 42. We asked Adam Kwiecinski, one of our oldest Members, to take the ceremonial first ride on the lifted. Adam was assisted by his wife Winnie. And I would like to again send out heartfelt thanks on behalf of myself and all the members of Post 42 to then-Service Officer Jim Farley. Jim was the driving force behind the push to get the old lift and back porch replaced. Outstanding work, Jim!

We held our annual elections for Post Officers and Directors at the June General Business meeting. I want to thank everyone who attended the meeting for the election, and I want to especially thank those who stepped up and ran for the various offices. However, we currently are facing a serious issue. As of this writing, we do NOT have anyone who was elected as Commander. As you may be aware, after last year’s election I announced that I would not be seeking election to another term as Commander. This is a firm decision on my part. After much discussion, none of our Past Post Commanders are interested in serving another term. None are looking to be a “re-tread.” This leaves us in the position of having to find someone to step up, even if that may mean on-the-job training. We, as a Post, are REQUIRED to submit a Commander to both Department (State) and National Headquarters. The consequences of failing to do so could be severe, potentially up to losing our Post Charter.

I am completing my fourth year as Commander. I firmly believe that it is time for me to step aside. I’ve been a member of Post 42 for seven years, and have served as either Vice Commander or Commander for six of those seven years. Quite frankly, I am ready to step aside. I became Commander in the early months of the COVID pandemic. Those early

days were dark days for the Post, as we didn't know how we would stay afloat with everything shut down. Fortunately, Post 42 is blessed with many creative and hardworking Members and supporters. No one person runs a Post, and I was very fortunate to have many wonderful people who rallied around Post 42. It can be said that we as a Post are better off today in many ways than before the pandemic. The one thing that we seem to not be able to do is bring people up through the Chairs as Jr. Vice and Sr. Vice in preparation to become Commander. I and the Past Commanders all know that this can be a difficult job. But bringing in new people to serve in these roles is vital to the long-term health of our, or any, Post. Posts with long term Commanders begin to stagnate, and this unfortunately often means closing after years with one Commander. We cannot allow this to happen at Post 42. We currently have more than 280 Members at Post 42, but no one seems willing to move up into the Chairs. If we are forced one day to surrender our Charter, how many will say "well, we should have done something?" Well, NOW is the time to do something. If you believe that you would be willing to begin the process of moving up the Chairs, but want more information on what this entails, please feel free to reach out to me, any of the Past Commanders, or any of the Board members. You will NEVER be left on your own in the process.

As I prepare to become a Past Commander myself, I can say that I am deeply grateful for the assistance, advice, suggestions, comments and criticisms that I have received over these past six years. It made me crazy AND truly thankful. Thanks for all the words of wisdom, counsel, advice and caution from Past Commanders Brusek, Wilson, Lisinski and Carder. And thanks for lending an ear whenever I needed it. I also want to thank all of the Members of our Post for your time, patience, dedication and hard work on behalf of Post 42. It's truly been exciting, frustrating, eye opening, wearying and unforgettable. Thank you all.

## SAL Commander



**David Madison**

From Your SAL Commander:

The Votes Are Tallied!

Please join me in thanking Brian Wolf, John Sanders, Mike Cavanaugh, Jason McBride, Joe Romano and Mike Hughes for all of their efforts over the past few years to invigorate the SAL and helped to make it stronger and more active within our community and the Post. I have received many accolades on the state of the SAL, and although most times the thank-yous are directed at me, rest assured I take very little credit aside from "surrounding myself with good people." These individuals served on the SAL board as either officers or directors over the past few years and have now stepped aside in their respective roles. Each of these fine gentlemen will still be active around the Post.

The newly elected board for the SAL is as follows:

Commander, David Madison  
1st Vice Commander, Mike Coop  
2nd Vice Commander, Larry Knox  
Adjutant, Jerry Ward  
Finance Officer, Brian Kearns  
Chaplain, John Hayes  
Historian, Chris Mitchell  
Sgt. at Arms, Chris Foreman  
Director, Eric Feldman  
Director, Brian Wolf,  
Director Jason McBride

Please join us on July 11th, at 7:30pm for our monthly meeting to extend your congratulations to the new board, and perhaps determine how you can assist each of them in their duties -- we always need more volunteers!

Music Fest 2024 a SMASHING success!

On June 1st the SAL hosted its 2nd Annual Music Fest. Although the weather forced us to move the event inside, we had a great time listening to bands ranging from blue grass to jamming rock and roll – nine bands in total. This event raised \$1850 after expenses -- a special shout-out to Larry Knox, Mike Hughes, David Plante and John Hayes for doing the leg work on this, as well as special thanks to the many SAL and Legionnaires who volunteered throughout the day.

I would also like to thank Heather Bristol and the group of volunteers from the National Charity League who were out at Post 42 on June 1st cleaning up the area around the flag pole and patio.

Take a moment to update your calendars and save the 2nd Thursday of every month, 7:30PM, for the regular SAL meetings. Attending these meetings is the best way to share your input and learn about all of our events throughout the year. We hope to see you soon!

As always:

Dues can be sent (please DO NOT send CASH) to:  
SAL Squadron 42  
1030 Central Avenue  
Evanston, IL

Or electronically by sending a Zelle Payment to:  
[cdr@post42sal.org](mailto:cdr@post42sal.org)

In the memo section of either your check or Zelle payment, please put "SAL 2025 Dues" and your member number (if you have it handy).

Sincerely,  
David Madison  
Commander, SAL Squadron 42



SAL members play during the 2nd Annual Music Fest at the Post 42 Hall June 1.  
(Photo by Jim Farley)



National Charity League members at Post 42 pose for a photo June 1.  
(Photo by David Madison)

## 7th District Commander



**James M. Brusek**

### Four People

This is a story about four people: EVERYBODY, SOMEBODY, ANYBODY and NOBODY.

There was an important job to be done and EVERYBODY was asked to do it.

EVERYBODY was sure that SOMEBODY would do it.

ANYONE could have done it, but NOBODY did it.

SOMEBODY got angry about that because it was EVERYBODY's job.

EVERYBODY thought ANYBODY could do it, but NOBODY realized that EVERYBODY wouldn't do it.

It ended up that EVERYBODY blamed SOMEBODY, when actually NOBODY asked ANYBODY!

## The Richard Huck Legion Spirit Award

Nominations for the 2025 recipient of the Richard Huck Legion Spirit Award are now being accepted. **The nominating timeline will terminate on Thursday, January 23, 2025, at the conclusion of the Board of Directors Meeting.**

Commander Richard Huck was the only commander in the one hundred five-year history of Evanston American Legion Post 42 that transferred to Post Everlasting while in office. The board decided to create an award in his honor that best reflected his spirit, energy, and dedication to the principles of the American legion.

The purpose of the award is to honor a Post or SAL member, who in the course the year(s) best demonstrated motivation, vitality, and dedication to the principles of the American Legion, specifically Veterans Affairs & Rehabilitation, National Security, Americanism, and Children and Youth. These "Four Pillars" describe the heart and philosophy of the American Legion in their dedication to Veterans and service to the community, state, and nation.

The ideal recipient of the Richard Huck Legion Spirit Award is not necessarily an officer or holder of office in the Post or SAL, but rather any member who exhibits the principles of the American Legion by active participation in Post programs and activities in a manner that distinguished that individual above others.

The recipient of the Richard Huck Legion Spirit Award is selected by the nomination of any Post or SAL member. Nominations should be legible and **as detailed as possible**, placed in a sealed envelope, clearly identified as "Huck Award Nomination", addressed to the Post Adjutant. Following the nomination deadline, all envelopes will be given to the selection committee for consideration by vote. The selection committee will review the nominations and present their selection to the Board of Directors. The award presentation will be made in March at the annual corned beef dinner on Sunday, March 16, 2025.

**All nominations are due NLT the conclusion of the Board of Directors Meeting on Thursday, January 23, 2025.**



**Chaplain Christine Candelario**

**Greetings from the Chaplain's Corner**

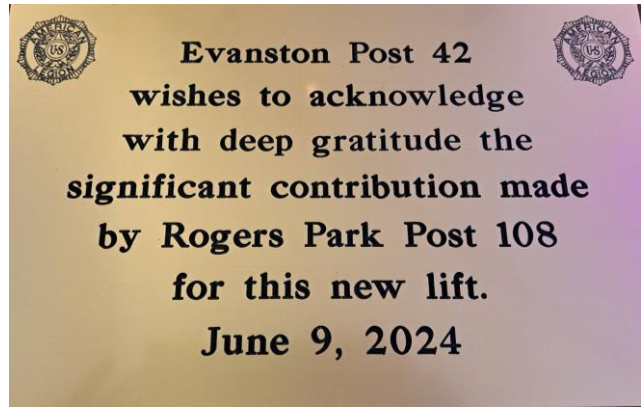
Hello Fellow Legionnaires welcome to summer! Summer has arrived like a lion. Soaring temps and humidity can be lethal. Please be smart outside. Keep hydrated with non-alcoholic beverages, limit activities, and time outside to early morning or late afternoon - evening. Now is the time to check up on each other.

We have good news! Our new lift has been officially opened. We combined the grand opening of the new lift with our Flag Retirement Ceremony.

As I write this I think of our many blessings we have at Post 42 especially the wisdom from two special members, Adam K. (95 years old) and Gerry R. (90 years old). These gentlemen have been indispensable members of the Post for many years.

Now with summer and all the exciting activities and travels, don't forget to spend some time with our Heavenly Creator. He doesn't go on vacation. He always presents us with creative ways in which we can grow in our faith, deepen our understanding of how He's working in our lives, and strengthening our spiritual muscles.

Peace and Love,  
Chaplain Christine



The plaque on the new lift recognizing the contributions of Rogers Park Post 108 toward the project, June 9. (Photo by Chaplain Candelario)



Adam Kwiecinski taking the inaugural ride on the new lift, June 9. (Photo by Chaplain Candelario)



Commander Candelario with Winnie Kwiecinski during the lift dedication ceremony June 9. (Photo by Chaplain Candelario)



Adam Kwiecinski and family in the Post Hall June 9.  
(Photo by Chaplain Candelario)



Mike Wojciechowski salutes US Flags while they are retired during the Flag Retirement Ceremony June 9.  
(Photo by Mike Wojciechowski)



Adam Kwiecinski (left) and Jerry Romme during the new lift dedication ceremony June 9.  
(Photo by Chaplain Candelario)



Members of Post 42 observe as US Flags are retired during the Flag Retirement Ceremony June 9.  
(Photo by Mike Wojciechowski)



Members of Post 42 observe as US Flags are retired during the Flag Retirement Ceremony June 9.  
(Photo by Mike Wojciechowski)



**Mike (Wojo) Wojciechowski  
Jr. Vice Commander**

### **MEMORIAL DAY**

Memorial Day was originally known as Decoration Day. It started being celebrated after the Civil War to commemorate those honorable warriors that paid the ultimate sacrifice while in battle. Memorial Day is not to be confused with Veterans Day or Armed Forces day or Military Appreciation Month. Memorial Day falls on the last Monday of May. This year, that was May 27th.

It became a federal holiday in 1971. The American Legion and the Veterans of Foreign Wars (VFW), help coordinate with volunteers, including the Scouts, to help honor those fallen troops. American flags are put on graves of the brave men and women who gave their lives for their country. There are celebrations and services that help living veterans, the families of fallen troops, civilians, and the communities that the Fallen lived in before being shipped out to fight during the Civil War, World War I, World War II, the Korean War, the Vietnam War, Iraq and Afghanistan War honor them.

As a veteran, I understand the history of the American Military and the number of sacrifices we make. Luckily, it would only be our youth that we sacrifice. But when we took the Oath of Office, we gave to the government a blank check. Hoping that they never have to cash that check and pay the ultimate sacrifice. Many civilians don't understand that the Oath of Enlistment really has no expiration because we are true patriots, willing to shed our blood for our country, family, and its citizens.

I celebrated my 69th birthday, and recall a number of neighbors, friends, and family whose names are enshrined on the Vietnam Veterans Wall Memorial in Washington, D.C. I remember watching

movies of the unfortunate families receiving that visit from a member of the U.S. Military and/or a Chaplain of the branch that their father, mother, son or daughter served in, with a telegram from the War Department, regretfully informing them of the death of their family member.

Lest we forget the price that these valiant warriors paid to protect our country, their families, and their brothers and sisters in battle.

**MAY THEY ALL REST IN PEACE FOR A JOB  
WELL DONE**

### **AMERICA'S FLAG DAY AND THE ARMY'S BIRTHDAY**

As most of you know, June 14th has been decreed as Flag Day. In 1949, President Woodrow Wilson signed into law in commemoration when the American flag was approved by Congress in 1777.

The Resolution stated, "That the flag of the 13 United States be 13 stripes, alternate red and white, that the union be 13 stars, white with blue field, representing a new constellation."

Surprisingly, in conjunction with Flag Day, the U.S. Army also celebrates their birthday on June 14th. In 1775, the Continental Congress reached a Consensus of the Committee of the Whole to celebrate the Army's Birthday.

For those of us Army veterans, we are doubly lucky to celebrate the birth of our branch of service and the adaptation of our flag as our national symbol, as we have served, fought and, when necessary, died for.

But for the rest of us, both veterans in general and the citizens of this great nation, as patriots, we show our loyalty by flying our flags on our houses, in front of our homes, and on our flag poles on our property.

Long may she wave, in full view of all citizens, young and old, patriots and veterans, to remember when and how it came to be our icon of liberty.

**OLD GLORY, WE SALUTE YOU, NOW AND  
FOREVER**

## **JULY 4TH –A NATION IS BORN**

As many of you know, both young and old citizens and patriots alike, that our nation’s birth is celebrated on July 4th. We celebrate July 4th with barbecues, parades, fireworks, and family get-togethers. Historians, veterans, and Active-Duty servicemen and women know the true meaning of the 4th of July.

The founding fathers created a nation, bound by God, fighting tyranny, corrupt taxation, and the British Military. The British hierarchy thought we were just a colony but failed to understand that we were a force to be reckoned with. Fair treatment, no taxation without representation, and protecting the rights of the New Americans.

Battles were fought, lives were lost, and a new government was formed. Representing the citizens of the United States. Some of the founding fathers lost their land, their families, and some lost their lives. Paying the ultimate sacrifice for a just cause. Many patriots rallied to the call of battle, knowing full and well what was at stake. Heroes were recognized for their valiant effort and sacrifice, protecting their families, their homes, their fellow countrymen and women, and their country itself.

Despite the fact, that this country was founded 248 years ago, citizens and patriots alike value the momentous historical importance of 4th of July. Should we, as a whole, forget the importance of this date, we might be doomed to repeat this historical event from within.

We must focus on the understanding that we need to vote into office the right representation that shares our mutual beliefs, pass laws and protect our best interests, and not that of their own agenda of corrupt representatives.

**MAY OUR COUNTRY PROSPER AND PROTECT  
THE FREE BECAUSE OF THE BRAVE.**



**Service Officer  
Steve Capiz  
Veteran Affairs**

Hello everyone. Summer has finally arrived! Hope you are enjoying the warm weather. Our poppy day/Memorial Day turnout was one of the best we ever had. I will continue to help our Veterans get the benefits they deserve. Let’s have a safe and happy summer.

Respectfully,  
Steve Capiz

## **Poppy Update**

Much thanks to all the participants from the Legion, SAL, and their families who participated in this year’s National Poppy Day. Final numbers for this year are still being tallied, but so far we’ve raised nearly \$4000!

Big thanks to Gerry Romme and Steve Capiz for organizing the collection efforts!





## Poppy Day and Flanders Field

By: Michael L. Wojciechowski

During World War I, in the year of 1915, there was an exceptionally horrific battle known as the Second Battle of Ypres, Belgium. During this battle, the use of poison gas by the German Army devastated the Allied troops. Dr. John McCrae, who was part of the Canadian Field Artillery Unit, had a friend, Alexis Helmer who was part of the 18,000 Canadians that were killed in that battle. During Helmer's burial service, McCrae wrote the first few lines of the poem Flanders Fields.

The poppies are a reminder of the valiant servicemen that paid the ultimate sacrifice, defending their country during that six-week long battle. Even in this day and age, visitors continue to pay homage to Flanders Field and the troops buried there.

Starting on May 24th, volunteers, out in front of stores, out in the streets, or on street corners, asked for donations. Those kind donors receive a poppy. I put mine on my rear view mirror in my vehicle. I've seen them on hats, coat lapels, purses and even on lunch boxes. Despite that it was over 100 years ago, we continue to honor those fallen troops.

Members of the American Legion and the VFW are vigilant in helping collect donations commemorating the date in military history. These donations help support veterans and some of the programs that they are affiliated with. 100% of the donations go directly to veterans.

### Flanders Fields

*In Flanders Fields the poppies blow  
Between the crosses, row on row  
That mark our place; and in the sky  
The larks, still bravely singing, fly*

*Scarcely heard amid the guns below  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders Fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be your to hold it high  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders Fields.*

*-Lt. Col. John McCrae*

## News from Post 42 Charitable Foundation <https://post42cf.org/>



Warm summer greetings from the Post 42 Charitable foundation. As I write this, we are seven days past our 4th annual Post 42 Charitable Foundation Golf Outing. We continue to be amazed by the support of our golfers, sponsors, and volunteers. I want to make a special shout out to some perennial volunteers. We always appreciate Mike Wojciechowski for his support and exceptional "Sherpa skills." In addition, a well-deserved kudos to Laurie Koniarski, Vera Bogojevich, and Darlene Turner for their help and support – these ladies know how to run a tight ship. There are too many others to name, but please know you are all appreciated!

The 2024 event saw a great turnout. Despite some ominous weather before the start, the clouds and rain passed, and we still had a record number of golfers. The turnout not only reflects the value and trust placed in the foundation but also the mutual dedication to helping the veteran community.

We started our morning with coffee, pastries, and of course, a Bloody Mary bar. Before our shotgun start, we had a Super Putt contest and then hit the links. Several contests on the course created some spirited competition, and the golfers had a great time. Many golfers commented on how well the course played, the ease of check-in, the enthusiasm of our volunteers, and their mutual support of helping our veteran heroes.

Our dinner afterwards was also a record attendance and diners experienced a delicious spread put on by the Bloomingdale Golf Club. They served fried chicken, ribs, sides, and a pig roast! During dinner, we had the pleasure of announcing our longest drive, longest putt winners, and the three winners from our 50/50 Cash Raffle – totaling \$10,000!

As we gather final numbers and compile the pictures from the day, we will update as soon as we can. We hope to post all pictures from the outing to the Post 42 foundation website at [www.post42cf.org](http://www.post42cf.org).

A sincere thanks to all who support the Evanston Post 42 Charitable Foundation. It could not happen without you.

Sincerely,  
Chris Mitchell  
Post 42 Charitable Foundation  
Trustee/Historian



Golf carts waiting for the start of the Charitable Foundation Golf Outing June 13. (Photo by Chris Mitchell)



Volunteers at the Charitable Foundation Golf Outing June 13. (Photo by Chris Mitchell)



Bloody Mary bar at the Charitable Foundation Golf Outing June 13. (Photo by Chris Mitchell)



Bloomington Golf Club at the start of Golf Outing June 13. (Photo by Chris Mitchell)

## GIFT AND ESTATE PLANNING FOR POST 42 AND THE FUTURE

Have considered leaving a bequest to Post 42 as part of your estate plan? A gift or bequest to Post 42 can have fantastic long-term benefits to veterans, service personnel and our community.

There are so many activities and programs your Post 42 gift or bequest would support: helping veterans, visiting the sick, raising funds for the “Gifts to the Yanks” Program, sending parcels to our troops overseas, supporting Scouting in Evanston, helping to repair housing for needy homeowners, helping the community to remember its veterans through public ceremonies and public speaking, supporting Legion Programs and sponsoring Little League and American Legion Baseball. When we have large capital investment issues like boiler replacement, we would have resources to draw on.

We have also created a 501(c)3 Charitable Foundation to be able to accept donations that are 100% tax deductible. This new Foundation will allow us to support veterans that need assistance as well as other organizations that provide similar support. We just completed our 1<sup>st</sup> annual charity golf outing that was an outstanding success to start off the foundation.

If you are interested, please contact your Attorney, and ask him to include us in your planning through a gift, will or codicil. You can also contact us for more information by e-mailing us at [evanstonp42@gmail.com](mailto:evanstonp42@gmail.com), by calling the Post Commander who is listed toward the end of this newsletter or going to our web site [www.evanstonpost42.com](http://www.evanstonpost42.com) and following the links to donate.



U.S. Department of Veterans Affairs

### Resources for Veterans

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**myVA**

Discover VA benefits and resources  
PHONE: 1-800-MyVA411 (698-2411)  
WEBSITE: [va.gov](http://va.gov)

**Veterans Crisis Line**  
DIAL 988 then PRESS 1

Crisis support for Veterans, their friends, and families  
PHONE: Dial 988 then Press 1  
CHAT: [VeteransCrisisLine.net/Chat](http://VeteransCrisisLine.net/Chat)  
TEXT: 838255

**MAKE THE CONNECTION**  
[www.MakeTheConnection.net](http://www.MakeTheConnection.net)

Stories of strength and recovery for Veterans and their families  
WEBSITE: [MakeTheConnection.net](http://MakeTheConnection.net)

**Vet Center**

Counseling, peer support, and other resources at community offices  
PHONE: 1-877-WAR-VETS (927-8387)  
WEBSITE: [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

**Help for Homeless Veterans**  
877-4AID-VET  
[va.gov/homeless](http://va.gov/homeless) (877)424-3838

Help for Veterans and their families to find and keep safe, stable housing  
PHONE: 1-877-4AID-VET (424-3838)  
WEBSITE: [va.gov/homeless](http://va.gov/homeless)

## CLUBROOM NEWS



### *Upstairs Bar at Post 42 - "Building Community While Serving Veterans"*

Greetings and Salutations from the Upstairs Bar!

For anyone that I haven't had the pleasure of meeting yet, I'm Sean Foreman, and I have the incredible honor of being the new Club Manager (I apologize in advance if I ask you to reintroduce yourself, there are so many of you and you are all so incredibly friendly and helpful, and I am terrible with names).

Before talking about myself, I first want to thank Mark Meyer for the incredible work he did over the past year and half. The groundwork he's laid, especially with events and weekly activities, has made my transition so much smoother than I could have expected. Honestly, the work Mark has done to keep the bar afloat has been nothing short of miraculous. If you ever find yourself next to Mark at the bar, be sure to thank him for his unbelievable selflessness and dedication (you could also try to buy him a drink, but he's the kind of guy who would probably wind up paying for yours instead, still worth a try though).

As for my background, I grew up in Wilmette between Vattman and Howard Parks. I was an Irish Studies Major at Washington University in St. Louis. I've worked in the hospitality industry for over a decade, and I have spent the past five years specifically managing bars. Both my grandfathers served in the military during WWII: Grandpa Joe was a B-17 ball turret gunner who flew 30 missions over Germany; and Grandpa Ray was a Master Sergeant in the US Army in the European Theater.

Now for the meat and potatoes. My goals for the bar moving forward are two-fold:

1. Improve or maintain the current atmosphere and attitude surrounding the Post 42 bar that members have come to love.

2. Reform the bar into the fundraising arm of Post 42's charitable activities that it was meant to be.

I would love to tell everyone that during the course of pursuing those goals that I will never make an unpopular change, but that would make me a liar. I will do my best, but the honest truth is that right now the bar loses money more often than it makes it. There are going to be growing pains.

To that end, I welcome any and all suggestions our members might have, no matter how small, to improve the bar. You can email me at [ClubManagerP42@gmail.com](mailto:ClubManagerP42@gmail.com). I am going to work hard and do my best to fix everything that I can, but nothing I do has meaning without the feedback and support from the members of Post 42. I would rather be chased out with torches and pitchforks than preside over an empty bar.

This is a critical juncture for the Post, and I am truly excited to work with – and more importantly for – all of you to make sure we turn this ship in the right direction.

Sincerely,  
Sean Foreman  
[ClubManagerP42@gmail.com](mailto:ClubManagerP42@gmail.com)

**Free Health and Wellness Mobile Apps**

- VA Health Live Whole Health**  
Learn skills to help you reach your whole health goals
- Mindfulness Coach**  
Reduce stress or anxiety, manage pain
- PTSD Coach**  
Monitor and manage PTSD-related symptoms
- VIRTUAL HOPE BOX**  
Manage stressors with personalized support tools
- CBT-i Coach**  
Improve sleep quality and duration
- VA Health Annie App for Veterans**  
Receive text reminders to help you manage your care  
(Note: This is only available via VA Mobile.)

# AMERICAN LEGION

## **105TH Illinois Department Convention**

July 10 – 13, 2024

Springfield, Illinois

<https://www.illegion.org/event/department-convention/>

## **The 105th American Legion National Convention**

New Orleans, LA

August 23 – 29, 2024



<https://www.legion.org/convention/resources>

**POST 42 DATES TO REMEMBER 2024  
PLEASE NOTE REVISED MEETING TIMES!**

**2024**

**July 4** 4th of July Parade Assembly begins 12:30 pm at starting point Parade at 2pm  
**July 6** No Post 42 Charitable Foundation Meeting  
**July 6** No General Business Meeting  
**July 10-14** Department Convention Springfield IL  
**July 11** SAL Board Meeting 7:00 PM  
**July 22** SAL Business Meeting 7:30 PM  
**July 25** Board Meeting 7:30 PM

**August 1** General Business Meeting 7:30 PM (Food afterward)  
**August 1** Post 42 Charitable Foundation Meeting 6:00 PM  
**August 4** US Coast Guard Birthday  
**August 8** SAL Board Meeting 7:00 PM  
**August 8** SAL Business Meeting 7:30 PM  
**August 11** Family Appreciation Day Picnic  
**August 22** Board Meeting 7:30 PM

**September 5** Post 42 Charitable Foundation Meeting 6:00 PM  
**September 5** General Business Meeting 7:30 PM (Food Afterword)  
**September 12** SAL Board Meeting 7:00 PM  
**September 12** SAL Business Meeting 7:30 PM  
**September 18** US Air Force Birthday  
**September 18** 7th District Meeting 7:30 Post 1226 Lincolnwood  
**September 26** Post 42 Board Meeting 7:30 PM

**October 3** General Business Meeting 7:30 PM (Food Afterword)  
**October 10** SAL Board Meeting 7:00 PM  
**October 10** SAL Business Meeting 7:30 PM  
**October 13** US Navy Birthday  
**October 16** 7th District Meeting 7:30 (Host Post TBD)  
**October 24** Post 42 Board Meeting 7:30 PM

**Note: Some Dates are subject to change**

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## 2024 Legion Year Officers - Post 42

Commander	Greg Lisinski (rotating)	847-309-8074
Senior Vice-Commander	Michael Carder	708-990-3489
Junior Vice-Commander	Mike Wojciechowski	708-296-6688
Adjutant	James Farley	720-244-7241
Finance Officer	James Farley	720-244-7241
Service Officer	Steve Capiz	773-319-7803
Sergeant at Arms	Ed Sanderson	757-469-0558
Chaplain	Christine Candelario	773-685-5975
Judge Advocate	Greg Lisinski	847-309-8074
Post Historian	Michael Carder	708-990-3489
Past Commander	Will Candelario	847-529-0137
SAL Commander	David Madison	312-953-6260

## BOARD OF DIRECTORS

Christine Candelario  
Ian Darbyshire  
Peter Koerner  
Larry Pahlke  
James Sullivan  
Director Emeritus Adam Kwieciwski

Newsletter Editor: Peter Koerner

Contributions are always welcome. Contact Peter Koerner (260) 318-1408 or by e-mail at [pkoerner@gmail.com](mailto:pkoerner@gmail.com)