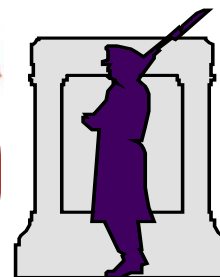




# KEEPING POSTED

American Legion Post #43  
Naperville, IL  
[www.naperlegion.org](http://www.naperlegion.org)



Volume 22 Issue 3  
March 2023

**Celebrating 104 Years of Service to Veterans, U.S. Military, Youth, & Community**

## COMMANDER'S CALL

**Nadia Baran - Post Commander**

### **Greeting Fellow Veterans:**

We have some exciting new events coming up in the month of March. First, we are having our Post Karaoke on March 4th at the Canteen from 6:00PM to 10:00PM come sing your heart out!

Our Next Dinner/Social will be taking place on March 18, 2023. The Naperville American Legion will be honoring Educators who make a difference. We will be reaching out to the community for Nominations. We will be having our traditional St. Patrick's day dinner. Maybe I will learn to make some Soda Bread.

I would like to thank all those who came out to our last months Dinner/Social to honor Naperville's Finest. I feel it is important, not only to honor our veterans, but our first responders as well.

If you have not done so, don't forget to renew your 2023 membership! It is our goal this year to hit 100%. However, we cannot do this without your help! So take out your card, and if still says 2022, contact Senior Vice Tom Jorstad.

Please join us for our next Post 43 monthly meeting on Thursday, March 2, 2023, 7:00 pm at the VFW, 908 W. Jackson Av., Naperville, IL.

### **Semper Fidelis!**

Nadia Baran  
Post 43 Commander



## Sr. Vice Commander

Happy March! Hopefully warm weather is just around the corner and we'll be able to start doing more outdoor activities – even little things like going for a short walk outside and absorbing a few minutes of sunshine can make a difference.

We've made some progress toward our goal of 100% member retention from last year. We're currently hovering around 80% but need help bridging the gap. Please check your member ID cards. If your card has "2022" across the top, it's time to **renew your membership**.



Tom Jorstad

Please remember that your dues go toward providing support programs and care for fellow Veterans as well as supporting important youth programs, educational opportunities and scholarships that help educate our youth about Americanism and our form of government. Your dues also work directly for you through our national organization and the lobbying efforts that provide more benefits and exposure to issues that affect all Veterans.

Renew your membership in one of the following ways:

1. Pay your dues in person at the next meeting by cash, check or credit card
2. By mailing a check in the amount of \$45 to:  
American Legion – Post 43 Naperville  
PO Box 4  
Naperville, IL 60566
3. Pay online by going to: [www.illegion.org/membership/renew/](http://www.illegion.org/membership/renew/)

Please note that we have a program in place to waive dues for those members who need assistance. All requests will be treated confidentially! Here are the membership retention numbers by branch. Remember, the branch that reaches 100% membership retention first will get a free drink at the VFW Canteen at the meeting following their achievement. The results as of February 17th

If you haven't made it out to one of our dinners recently, please mark your calendar for Saturday, March 18th and Saturday, April 15th. Look for the e-mail blasts with the details.

I look forward to seeing everyone at one of these upcoming social gatherings!

Tom Jorstad  
Senior Vice Commander, Post 43  
(630) 215-3592  
[tom.jorstad@yahoo.com](mailto:tom.jorstad@yahoo.com)

Branch	Unpaid	Paid	Percent
Army	55	174	75%
Marines	25	80	76%
Navy	20	74	79%
Airforce	19	59	76%
Coast Guard	1	4	80%
Blank	6	43	88%



## AMERICAN LEGION RIDERS CHAPTER 43



Steve Strickland

Our 2023 Calendar is starting to fill up!

March 11 – St. Patrick's Day Parade

March 18 – March Dinner Social Set up 10am

March Dinner Social 6pm

March 22 – Rider meeting

March 29 – National Vietnam Veterans Day Service

Mission BBQ for lunch

April 2 – First Honor Flight for 2023

Now we hope the Skies Will Shine Upon Us!

Steve Strickland  
Director ALR  
Chapter 43  
630-453-0095



### **Coffee With Vets** **Saturday Morning 10 AM**



The March dates are:

Mar 4 - Monarch Landing  
Mar 11 - Brookdale - Lisle  
Mar 18 - Independence Village  
Mar 25 - StoryPoint-Naperville

Don't forget our monthly visits with Veterans at Monarch Landing, Brookdale - Lisle, Independence Village, and StoryPoint-Naperville. Join us on the 1st Saturday at Monarch Landing, 2nd Saturday at Brookdale in Lisle, 3rd Saturday at Independence Village, and 4th Saturday at StoryPoint-Naperville. All are welcome to Attend!!

Information: Jim Stoffregen 630-430-4966 or Jerry Cooney 630-995-5053

## Sons of the American Legion Squadron



Because this article is written before our Fifth Annual Pancake Breakfast Fundraiser that will be held on February 26<sup>th</sup>, I would like to thank everyone for supporting the S.A.L. Squadron 43. Last year we donated over \$2,000 to multiple Veterans organizations. With the expected success of the Fifth Annual Pancake Breakfast Fundraiser, we hope to match or exceed last year's donations.

Our stated S.A.L. the meeting is every THIRD Tuesday at 7:00PM. We meet in the lower level "patio" at the VFW hall. Our next stated meeting is scheduled for March 21<sup>st</sup> and all members of the Legion and Legion Riders are welcome and encouraged to attend.

We are always welcoming new members and transfers. Many Legionnaires hold dual memberships in S.A.L. All male descendants, adopted sons, and stepsons of members of The American Legion, and such male descendants of veterans who died in Service, are eligible to join. The S.A.L. Squadron 43's main goals are to support our Post and support our Community.

Respectfully,

Chris Lance  
SAL Commander, Squadron 43  
(630) 926-1177



**VA Hotline**  
**1-855-948-2311**





## AMERICAN LEGION POST 43 CALENDAR



March 02, 2023  
 March 04, 2023  
 March 04, 2023  
 March 03, 2023  
 March 11, 2023  
 March 18, 2023  
 March 18, 2023  
 March 21, 2023  
 March 22, 2023  
 March 25, 2023

Thursday  
 Saturday  
 Saturday  
 Friday  
 Saturday  
 Saturday  
 Saturday  
 Tuesday  
 Wednesday  
 Saturday



Post Meeting 7:PM  
 10 am Coffee at Monarch Landing  
 6:00 PM Post Karaoke  
 Post Karaoke 7 PM  
 10 am Coffee at Brookdale-Lisle  
 Dinner/Social at 7pm  
 10 am Coffee at Independence Village  
 S.A.L. Squadron Meeting 7 pm  
 Legion Riders Meeting 7 pm  
 10 am Coffee at StoryPoint-Naperville

April 01, 2023  
 April 06, 2023  
 April 08, 2023  
 April 15, 2023  
 April 15, 2023  
 April 18, 2023  
 April 22, 2023  
 April 26, 2023  
 April 28, 2023

Saturday  
 Thursday  
 Saturday  
 Saturday  
 Saturday  
 Tuesday  
 Saturday  
 Wednesday  
 Friday



10 am Coffee at Monarch Landing  
 Post Meeting 7 pm  
 10 am Coffee at Brookdale-Lisle  
 Dinner/Social at 7pm  
 10 am Coffee at Independence Village  
 S.A.L. Squadron Meeting 7 pm  
 10 am Coffee at StoryPoint-Naperville  
 Legion Riders Meeting 7 pm  
 Legion Bag tournament Post home

May 4th, 2023  
 May 6th, 2023  
 May 6th, 2023  
 May 13, 2023  
 May 16, 2023  
 May 20, 2023  
 May 24, 2023  
 May 27, 2023  
 May 29, 2023

Thursday  
 Saturday  
 Saturday  
 Saturday  
 Tuesday  
 Saturday  
 Wednesday  
 Saturday  
 Monday



Post Meeting 7:00PM  
 10 am Coffee at Monarch Landing  
 Honor Flight Chicago 11 am to 3 PM  
 10 am Coffee at Brookdale-Lisle  
 S.A.L. Squadron Meeting 7 PM  
 10 am Coffee at Independence Village  
 Legion Riders Meeting 7 PM  
 10 am Coffee at StoryPoint-Naperville  
 Memorial Day Parade

Happy  
 Easter





## National Vietnam War "Veterans Day", Wednesday March 29th, 2023

50 years ago, our United States Armed Forces Officially left Vietnam on March 29th, 1973. Up until a few years ago, this day was pretty much forgotten. But this year marks the 50th Anniversary of our departure from Vietnam and we will be honoring our Vietnam Era Veterans on Wednesday, March 29th at our Naperville Veterans Park, and all Veterans are welcomed. We are planning a brief program starting promptly at 10:30am.

This gathering is open to the public and there will be parking available at the Grace United Methodist Church across from Veterans Park. We hope to see many of our fellow Vietnam Era Veterans there and bring a friend. It is time that all who served during the Vietnam War to be Honored.

Thanks, and Semper Fidelis-

Wayne Fischer





Some of you may have noticed that I have been adding general VA news and VA Health articles in the email blasts I send out. It's not a coincidence, I thought it would be important to collect as much "VA News" as possible. I know there is a lot of information (probably too much for anyone) in many of these releases. I don't read everything either. But I do think it is worth your time to scan over the blasts and look for articles that apply to you. There is always a chance you are missing out on some benefit you are entitled to have. My philosophy is that my job is put out as much information as I can. Your job is to decide what is important to you.

I want to quickly mention Scammers/Phishing over the Pact ACT. There has been a major increase in scammer activity due to the Pact ACT. From my point of view you should only talk to an accredited Service Officer about filing a claim. Scam's are becoming more and more sophisticated thus more difficult to identify. Here is a link to the VA's Do's and Don't when considering filing a Pact ACT claim:

Dennis Lukavsky  
Service Officer:  
VFW Post 3873  
Legion Post 43  
cell:630 272 9064  
[email:dlukavsky@yahoo.com](mailto:dlukavsky@yahoo.com)

## Significant Dates in History

Joe Strebel

- ◆ The Boston Massacre took place on March 5, 1770, after protests in front of the Boston Custom House over several issues including posting British soldiers in the city. Five people were killed and five were wounded in the incident that fueled anti-British feeling that ultimately led to the Revolutionary War.
- ◆ On March 16, 1802, Congress authorized the establishment of the U.S. Military Academy at West Point.
- ◆ The Alamo fell to Mexican forces on March 6, 1836, with all defenders – including Davy Crockett – killed with the exception of a mother, child and servant.
- ◆ The first battle between ironclad ships was fought on March 9, 1862, between the Union Monitor and the Confederate Merrimac (later named Virginia) at Hampton Roads, Va.
- ◆ On March 15, 1916, General John J. Pershing led an expedition across the Mexican border in pursuit of Pancho Villa whose forces had earlier attacked Columbus, N.M., killing 18 Americans.
- ◆ The American Legion was formed on March 15, 1919, at an organizational meeting held at Cirque de Paris at the behest of Theodore Roosevelt with the purpose of seeing to the welfare of American WWI veterans. Congress formally incorporated the Legion the following September.
- ◆ The first large-scale aerial attack on Berlin by U.S. forces in WWII took place on March 6, 1944. Some 600 heavy bombers dropped 1,600 tons of explosives on the German city.
- ◆ U.N. forces recaptured Seoul, Korea, on March 14, 1951, the fourth time the South Korean capital changed hands since the start of the Korean War.
- ◆ The first commitment of American ground troops in South Vietnam occurred on March 8, 1965, when 3,500 Marines from the 3<sup>rd</sup> Marine Division based in Okinawa landed to provide securing for the Da Nang airbase.
- ◆ On March 10, 1983, the Coast Guard retired the last operational HU-16E Albatross, ending the era of seaplanes for the service.
- ◆ The military invasion of Iraq began on March 20, 2003 led by U.S. Army General Tommy Franks under the codename Operation Iraqi Liberation (later renamed Operation Iraqi Freedom). The 248,000 U.S. soldiers and 45,000 British troops were joined by soldiers or equipment from some 40 other governments.



### WILL YOU NOMINATE NAPERVILLE'S CITIZEN OF THE YEAR?

Naperville American Legion Post 43 began naming a Citizen of the Year in 1986. Because of COVID-19, we did not have a Citizen of the Year for 2021, but we will be awarding a single Citizen of the Year award for 2023.

We are again asking for community assistance to identify deserving candidates, and we especially would like input from our own American Legion and VFW members.

**Nominee's service must be in support of the Naperville area or its bordering communities. Members of the American Legion, Sons of the Legion, VFW, and Auxiliary are eligible, but it is not limited to. The service must have been performed in a volunteer capacity, rather than as part of compensated employment.**

Anyone may nominate a candidate by sending a letter or email that includes a comprehensive description of the services the nominee performed, the time frame, duration, and significance of the service to others, and the category they are being nominated for, along with the name and contact information for the nominee and the person offering the nomination. Letters from others endorsing the nominee are encouraged.

Naperville is blessed with people who serve their fellow citizens. Typically, the judges have a very difficult task. Comprehensive information, attachments, and endorsements may be included, and are of great help to the committee in selecting the winner. Nomination may be mailed to The American Legion Post 43, Citizen of the Year, Post Office Box 4, Naperville, 60566 or emailed to [r.yndestad@yahoo.com](mailto:r.yndestad@yahoo.com) to arrive no later than March 31, 2023.

The winner will be announced in the local media and honored at The American Legion's Awards and Recognition Banquet on April 15, 2023. So, fire up your keyboard; sharpen your pencil; and make sure the selection committee knows about your candidate.

Want information on recent Citizens of the Years and their contributions? Go to our Post website at: [naperlegion.org](http://naperlegion.org)

Contacts:

Rich Yndestad [r.yndestad@yahoo.com](mailto:r.yndestad@yahoo.com)

Nadia Baran [rios.nadia@gmail.com](mailto:rios.nadia@gmail.com)

**Citizen of the Year**



G.I. Yoga is free to all Veterans and their family members. G.I. Yoga teaches stress relief methods by using the practice of Yoga to ease aches and pains, lower blood pressure, and increase strength, flexibility, and balance. G.I. Yoga also teaches participants how to use Yoga to manage symptoms of PTSD and TBI. All classes are taught by certified Yoga Instructors.

**G.I. Yoga is Live in person on Wednesdays, 9:30-10:30 am, at the VFW.** Also, Kate has many videos on YouTube, so check them out. Copy and paste this link below into your browser:

<https://www.youtube.com/channel/UCxBk498oH94Dir8KMRPjdug>

**Kate Fleming:** [kdflemingyoga@gmail.com](mailto:kdflemingyoga@gmail.com)

**G.I. Yoga is a program of** [osotAmerica.org](http://osotAmerica.org)

**There is also a Saturday morning class at 9:30 am at the Forthill Fitness Center in Naperville, led by Chitra Singh:** [mailofchitra@gmail.com](mailto:mailofchitra@gmail.com).



**2nd Annual First Responders Dinner**

**American Legion Post #43**

PO Box 4, Naperville, IL 60566

**MEMBERSHIP MEETINGS** are the first Thursday of every month at 7 PM, at the VFW Hall, 908 W. Jackson Naperville, IL

Special Meetings are held at the Post Home, 10 W. Chicago Av., Naperville, IL

[www.naperlegion.org](http://www.naperlegion.org)

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Nadia Baran 630-728-7519

**Sr. Vice-Commander**

Tom Jorstad 630-305-8803

**Jr. Vice-Commander**

Kristen Jungles 630-816-6841

**Sgt.-At-Arms**

Glenn Granat 630-209-2834

**Finance Officer**

John Noll 630-881-6718

**Service Officer**

Dennis Lukavsky 630-272-9064

**Chaplain**

Arvin Verma/Tom Richert 630-921-4511

**Historian**

Joe Strebel 630-369-3846

**Judge Advocate**

Don Hennessy 630-355-4679

**Adjutant**

Rita Kollias 630-362-7210

**Immediate Past Commander**

Don Chasteen 630-833-6102

**Public Relations Officer**

Jennifer Slown 630-803-2251

**Bugler**

Rich Yndestad 630-698-6444

**Legion Rider Director**

Steve Strickland 630-453-0095

**Honor Guard Commander**

Jim Oftedal 630-357-4030

**Color Guard Coordinator**

Dennis Regan 630-361-4644

**Sons of the American Legion**

Chris Lance 630-926-1177

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Wayne Fischer Don Chasteen

Don Hennessy

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**Please send your reports to Jason by Mar 15th for April Newsletter**

**Post 43 Webmaster**

Liz Michalski

E-mail: [lizmichalski@yahoo.com](mailto:lizmichalski@yahoo.com)

**March 2023****Activities - Opportunities**

Mar 2 - Post Meeting 7pm

Mar 4 - Coffee-Monarch Landing

Mar 11 - Coffee-Brookdale in Lisle

Mar 18 - Legion Dinner

Mar 18 - Coffee-Independence Village

Mar 25 - Coffee-StoryPoint

**Selected Thursdays & Saturdays:**

Help **OSOT America** sort & pack boxes at the Lisle warehouse.





**American Legion Post #43**  
*PO Box 4, Naperville, IL 60566*

