



**NO ONE DOES MORE FOR VETERANS.**

---

Illinois

*2021-2022*

*General Orders No. 4*

*October 2021*

**VETERAN OF THE MONTH**

Congratulations to Edward Martinez of SGT. Charles A, Fricke VFW Post 805 on being selected as the October Veteran of the Month! Thank you to all who submitted nominations for this month, please continue to do so and for those that did not please look for those comrades from your post who stand apart from the rest by serving the community, Veterans and embodying the purposes of our congressional charter: to preserve and strengthen comradeship among its members; to assist worthy comrades; to perpetuate the memory and history of our dead; and to assist their widows and orphans; to maintain true allegiance to the Government of the United States of America, and fidelity to its Constitution and laws; to foster true patriotism; to maintain and extend the institutions of American freedom, and to preserve and defend the United States from all her enemies.

**ILLINOIS DAY AT THE VFW NATIONAL HOME**

Illinois Day was held Saturday, September 25, 2021 at the VFW National Home, located in Eaton Rapids, Michigan. A special thank you to all those who took the time to attend this year's activities! In total, \$53,695 in funds was raised this year, with Post 3873 in Naperville making a \$31,000 donation. Thank you all for contributing.

**VETERANS DAY / NOVEMBER 11, 2021**

Posts are urged to start planning suitable programs for the observance of Veterans Day, November 11, 2021 – *see Sec. 223 of the Manual of Procedure*. National Headquarters will provide an updated speech on their website in early November. Once signed in on <http://vfw.org>, it can be found under *MY VFW* by clicking on *Patriotic Holiday Speeches*.

**STATE PROGRAM BOOKS/ADVERTISEMENT SOLICITATIONS**

The State of Illinois VFW has a contract with Golden Rule Publishing – which allows representatives to contact individuals and businesses for the purpose of selling advertisement in our State Convention Program Book, Fall Program Book and our Voice of Democracy Program Book. If individuals or

businesses contact you to validate this company, please let them know they are an approved solicitor of the State of Illinois VFW. Golden Rule Publishing has been working with us for years. If you have any questions/concerns, please call State Headquarters at (217) 529-6688.

### **DRINKING AND SMOKING**

Section 1001-25 is quoted for your information and necessary action. “25. The dispensation and/or consumption of alcoholic beverages or use of smoking/vaping products in VFW meeting rooms during VFW meetings are prohibited.”

The attention of all Post Commanders is directed to this section and compliance is expected.

### **ATTENTION POST QUARTERMASTERS**

The Online Membership System (OMS) – available on <http://vfw.org> – is a quick and easy way for you, as a Post Quartermaster, to handle all membership reporting, order new membership cards, update information on your Post members – such as an address change, or report a Post member has passed away. If you are not currently using the OMS, we encourage you to log on and start using the system today. If you have any questions, please don’t hesitate to contact State Headquarters at (217) 529-6688 for assistance.

### **BONDING OF ACCOUNTABLE OFFICERS**

**ATTENTION QUARTERMASTERS:** *Sec. 703 of the Veterans of Foreign Wars of the United States By-Laws* requires each accountable officer to be bonded with an indemnity company in a sum at least equal to the amount of liquid assets for which they may be accountable. Posts that are not properly bonded are subject to disciplinary actions.

If you have yet to submit your bond application, one is available on our State of Illinois Website by going to [www.vfwil.org](http://www.vfwil.org). Go to “Log In” and click on “Report Entry” on the drop down menu. You will need to Log in on this page by entering the following: username is your Post Number and your password is your District Number. After you have logged in, scroll down and click on “Bond Application”. Fill it out and hit “Submit”. ***All bonds not renewed expired on August 31, 2021.***

### **QUARTERLY REPORT OF AUDIT**

*Sec. 218 (11) b. of the Veterans of Foreign Wars of the United States Manual of Procedure*

*Within thirty (30) days from the end of each quarter, properly audit the books and records of the Post Quartermaster, Post Adjutant, and any activity, club room, holding company or unit sponsored, conducted or operated by, for or on behalf of the Post and submit a Post Trustee’s Report of Audit to the Department Quartermaster for referral to the Department Inspector.*

Audits are due at the end of September, December, March and June of each fiscal year. Every report must be in accordance with and upon such form as may be prescribed by the Adjutant General. Post Leadership, remember that the audit is the tool used to inform the Post Membership of the financial status of the Post. We owe our members an accurate and timely reporting. A thorough, complete audit can prevent financial problems down the road.

**Those Posts that are delinquent in submitting a Trustee's Report of Audit are subject to being suspended by the State Commander.**

### **FEBRUARY COUNCIL OF ADMINISTRATION MEETING**

The February Council of Administration Meeting and Voice of Democracy Banquet will be held February 11-13, 2022 at the Crowne Plaza, 3000 S. Dirksen Pkwy., Springfield, Illinois 62703.

To reserve a reservation for February, you may call the hotel directly at (217) 529-7777 and give them our group code: **VOD**. There is a reservation form attached to the end of these orders that you can fill out and mail, fax or email to this office.

### **VOICE OF DEMOCRACY BANQUET**

The State of Illinois VFW will be celebrating its Annual Voice of Democracy Banquet on Saturday, February 12, 2022 at the Crowne Plaza. Tickets are available for \$35 per person. Tickets may be ordered online by making a donation at <http://vfwil.org> – and allocating the funds to *Voice of Democracy Banquet*. You may also call State Headquarters (217) 529-6688.

District Prime Tables will once again be available; they are to be ordered by and paid for by the District Commanders who will decide who will be seated at these tables. ***Reminder – these are tables of ten.***

### **PODIUM EDITION**

The new VFW Podium Edition which contains the Congressional Charter, By-Laws, manual of Procedure and Ritual is available through the VFW Store. In accordance with Section 218(a)(6)e the Adjutant of each Post is to “maintain a current copy of the Bylaws, Manual of Procedure and Ritual of the Veterans of Foreign Wars...”

OFFICIAL:



W. DAVE STOUT  
State Adjutant-Quartermaster

BY ORDER OF:



ROBERT WELCH  
State Commander



NO ONE DOES MORE FOR VETERANS.

Illinois

76th Annual Voice of Democracy Banquet and
February Council of Administration Meeting

Hotel Reservation Form

February 11-13, 2022

Crowne Plaza
3000 S. Dirksen Parkway, Springfield, IL 62701

A block of rooms have been reserved for Thursday, February 10 through Sunday, February 13,
2022. The special room rate of \$94.00/night + 13% tax will be available until January 12, or until
the group block is sold out, whichever comes first. Check-in time is 3:00p.m., and check out time
is 11:00 a.m.

Cut-Off Date: Wednesday, January 12 2022

This form may be mailed to State Headquarters, P.O. Box 13206, Springfield, IL 62791 or faxed
to (217) 529-546-3415. Print legibly or type in the information below.

PLEASE NOTE: Only one room/reservation form.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Arrival Date: \_\_\_\_\_ Departure Date: \_\_\_\_\_

Room Preference: \_\_\_ 1 King Bed (Non-Smoking) \_\_\_ 2 Double-Beds (Non-Smoking)

Additional Occupants: \_\_\_\_\_

Special Request(s): \_\_\_\_\_

PLEASE NOTE: All reservations must be guaranteed by a debit/credit card only!

Card Type: \_\_\_ Visa \_\_\_ MasterCard \_\_\_ Discover \_\_\_ American Express

Name Listed on Card: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiration Date: \_\_\_\_\_ / \_\_\_\_\_

If you have any questions or concerns, please call State Headquarters (217) 529-6688.

## Items for your Front Burner:



- [ ] Local VA announces annual Flu Vaccine availability.
  - [ ] Posts and Districts need to be current with Quarterly Audits by Halloween.
  - [ ] VFW Foundation announces rollout of their 2021-22 Grant cycle.
- Read all about them at: [www.vfw.org/grants](http://www.vfw.org/grants).

Community Activities reporting increases  
by more than 10% since August C of A !

### VFW 2021-2022 Community Activities, Dept. of IL

<u>District</u>	<u>Commander</u>	<u>Posts Reported</u>	<u>District</u>	<u>Community Activities Chairman</u>
3	Richard Luemen	2	15%	Israel Becerra
4	Stephen MacInnes	5	38%	Richard Wojewnik
5	Dwane Lungren	10	56%	Daniel Pearson
6	Ruben Hernandez	4	24%	Gary Holmes
7	Adam Lau	5	25%	Robert Sable
8	Arthur Munos	3	19%	Mark W. Sowers
9	Christopher Rush	5	26%	
10	Anthony Bellin	4	25%	Joseph H. Bartley
11	Rick Hobbs	11	85%	
12	Dustin Dixon	6	35%	
13	Christopher Hatcher	5	42%	Elmer McDuffee
14	Ronald Milton	14	82%	Terry Grime
15	William Hatfield	1	8%	Gary Fravel
16	Fred Cagle	2	18%	
17	Sean Conner	5	36%	Dan R. Swaner
18	Todd Latham	6	50%	Alejandro Gutierrez
19	Robert Bailey	16	67%	George R. Cramer

◆ Assistant State Chairman

Total Posts
265

X-Sheet Data  
29-09-21

Department Percentage
<b>39%</b>

Compiled by  
Chuck Ingle

## Desk of the Department Surgeon

### SITUATION:

- • Diabetes is a lifelong disease.
- • Approximately 18.2 million Americans have the disease and almost one third (or approximately 5.2 million) are unaware that they have it.
- • An additional 41 million people have pre-diabetes.
- • There is no cure. People with diabetes need to manage their disease to stay healthy.

**MISSION:** To educate and minimize the risk factors associated with diabetes.

### EXECUTION:

Diabetes is a disorder of metabolism or the way our bodies use digested food for growth and energy. It involves problems with the hormone insulin. Diabetes is having a blood glucose level of **126 milligrams** per deciliter or more after an overnight fast (not eating anything). Normally, the pancreas (an organ behind the stomach) releases insulin to help your body store and use the sugar and fat from the food you eat. Diabetes occurs when one of the following occurs: When the pancreas does not produce any insulin; When the pancreas produces very little insulin; When the body does not respond appropriately to insulin, a condition called "insulin resistance". There are three main types of diabetes: Type 1, Type 2, and Gestational Diabetes.

**Type 1 diabetes** - occurs because the insulin-producing cells of the pancreas (called beta cells) are destroyed by the immune system. People with type 1 diabetes produce no insulin and must use insulin injections to control their blood sugar. Type 1 diabetes most commonly starts in people under the age of 20 but may occur at any age. The symptoms of Type 1 Diabetes often occur suddenly and can be severe which includes the following: Increased thirst; Increased hunger (especially after eating); Dry mouth; Frequent urination; Unexplained weight loss (even though you are eating and feel hungry); Fatigue (weak, tired feeling); Blurred vision; Labored, heavy breathing (Kussmaul respirations); Loss of consciousness (rare).

**Type 2 diabetes** (Also known as Adult-Onset Diabetes) - Unlike people with Type 1 diabetes, people with Type 2 diabetes produce insulin. However, the insulin their pancreas secretes is either not enough or the body is resistant to the insulin. When there isn't enough insulin or the insulin is not used as it should be, glucose can't get

into the body's cells. Type 2 diabetes is the most common form of diabetes. While most of these cases can be prevented, it remains for adults the leading cause of diabetes-related complications such as blindness, non-traumatic amputations, and chronic kidney failure requiring dialysis. Type 2 diabetes usually occurs in people over age 40 who are overweight but can occur in people who are not overweight. Type 2 Diabetes has started to appear more often in children because of the rise in obesity in young people. Some people can manage their Type 2 Diabetes by controlling their weight, watching their diet, and exercising regularly. Others may also need to take a pill that helps their body use insulin better or take insulin injections. The symptoms of Type 2 Diabetes may be the same as those listed with Type 1 Diabetes. Most often, there are no symptoms. Other symptoms may include Slow-healing sores or cuts; Itching of the skin (usually in the vaginal or groin area); Yeast infections; Recent weight gain; Numbness or tingling of the hands and feet; Impotence or erectile dysfunction.

**Gestational Diabetes** - is triggered by pregnancy. Hormone changes during pregnancy can affect insulin's ability to work properly. The condition occurs in up to 9% of all pregnancies. Pregnant women who have an increased risk of developing Gestational Diabetes are those who are over 25 years old, are above their normal body weight before pregnancy, have a family history of diabetes or are Hispanic, black, Native American, or Asian. Screening for Gestational Diabetes is performed during pregnancy. Left untreated, Gestational Diabetes increases the risk of complications to both the mother and their unborn child. Usually, blood sugar levels return to normal within six weeks of childbirth. However, women who have had Gestational Diabetes have an increased risk of developing Type 2 Diabetes later in life. In Gestational Diabetes, there are often no symptoms. However, you might notice more thirst; more urination; more hunger; or blurred vision. Pregnancy makes most women must urinate more often and feel hungrier, so these symptoms don't always mean you have gestational diabetes. But it is important to get tested, because high blood sugar can cause problems for both you and your baby.

**Prediabetes** (or impaired glucose tolerance) - blood sugar levels that are higher than normal but not high enough to be classified as diabetes. People with Prediabetes usually have no symptoms, but it's almost always there before a person develops Type 2 Diabetes. However, complications normally associated with diabetes, such as heart disease, can begin even when a person has only Prediabetes. Talk to your doctor to see if you need to be tested for prediabetes. You may be able to prevent Type 2 Diabetes and lower your risk of complications like heart disease.

**A1C** is a blood test for Type 2 Diabetes and Prediabetes. It measures your average blood glucose, or blood sugar, level over the past 3 months. Doctors may use the A1C alone or in combination with other diabetes tests to make a diagnosis. They also use the A1C to see how well you are managing your diabetes. A normal A1C level is below 5.7%, a level of 5.7% to 6.4% indicates prediabetes, and a level of 6.5% or more indicates diabetes. Within the 5.7% to 6.4% prediabetes range, the higher your A1C, the greater your risk is for developing Type 2 Diabetes.

**The Role of Insulin in Diabetes** - To understand why insulin is important in diabetes, it helps to know more about how the body uses food for energy. Your body is made up of millions of cells. To make energy, these cells need food in a very simple form. When you eat or drink, much of your food is broken down into a simple sugar called "glucose." Then, glucose is transported through the bloodstream to the cells of your body where it can be used to provide some of the energy your body needs for daily activities. The amount of glucose in your bloodstream is tightly regulated by the hormone insulin. Insulin is always being released in small amounts by the pancreas. When the amount of glucose in your blood rises to a certain level, the pancreas will release more insulin to push more glucose into the cells. This causes the glucose levels in your blood (blood glucose levels) to drop. To keep your blood glucose levels from getting too low (hypoglycemia or low blood sugar), your body signals you to eat and releases some glucose from storage kept in the liver. People with diabetes either don't make insulin or their body's cells are resistant to insulin, leading to high levels of sugar circulating in the blood, called simply high blood sugar.

**SERVICE AND SUPPORT:**

How Is Diabetes Treated? There's no cure for diabetes, but it can be managed and controlled. The goals of managing diabetes are to: Keep your blood sugar levels as near to normal as possible by balancing food intake with medication and activity; Maintain your blood cholesterol and triglyceride (lipid) levels as near their normal ranges as possible by avoiding added sugars and processed starches and by reducing saturated fat and cholesterol; Control your blood pressure. Your blood pressure should not go over 130/80.

You hold the key to managing your diabetes. You can slow or possibly prevent the development of diabetes-related health problems by doing the following: planning what you eat and following a balanced meal plan; exercising regularly; taking medicine, if prescribed, and closely following the guidelines on how and when to take it; monitoring your blood sugar and blood pressure levels at home; keeping



your appointments with your health care providers and having laboratory tests as ordered by your doctor.

Medication used to manage diabetes falls into the following drug classes:

- • **Alpha-Glucosidase Inhibitors** – like Precose (generic aycarbose) and Glyset (generic Miglitol)
- • **Amylin Analog** - like SymlinPen (generic Pramlintide)
- • **Antidiabetic Combination Products** (many various brands)
- • **Biguanides** - like Glucophage (generic metformin)
- • **Dipeptidyl Peptidase-4 Inhibitors** - like generics Alogliptin, Linagliptin, Saxagliptin, and Sitagliptin)
- • **Glucagonlike Peptide 1 Receptor Agonists** - like Tanzeum (generic Albiglutide), Trulicity (generic Dulaglutide), Byetta (generic Exenatide), Bydureon (generic Exenatide ER), Victoza;Saxemda (generic Liraglutide), Adlyxin (generic Lixisenatide), Ozempic (generic Semaglutide) and Rybelsus (generic Semaglutide)
- • **Insulin and Insulin Combination** (many various brands)
- • **Meglitinides** – like Starlix (generic Nateglinide); Prandin (generic repaglinide)
- • **Sodium-Glucose Co-Transporter 2 Inhibitors** – like Invokana (generic canagliflozin), Farxiga (generic dapagliflozin), Jardiance (generic empagliflozin), Steglatro (generic Ertugliflozin)
- • **Sulfonylureas** – like Generics - Chlorpropamide, Glimepiride, Glipizide, Tolazamide, Tolbutamide
- • **Thiazolidinediones (Glitazones)** – like Actos (generic pioglitazone), and Avandia (generic rosiglitazone)

Remember, you can minimize or eliminate taking any of the above by what you do at home every day even more than what your doctor can do every few months during your checkups.

**COMMAND AND SIGNAL:** VFW Department of Illinois, 3300 Constitution Drive, P.O. Box 13206, Springfield, IL 62791-3206. Telephone: (217) 529-6688; email at [vfwil@vfwil.org](mailto:vfwil@vfwil.org).

Eugene Blackwell  
Department Surgeon

National Home  
Mike McGrath, Program Director  
37 Sussex Ct. Naperville, IL 60540  
(630) 357-2680

Paul Zinck, Assistant Program Director

**\*\*Illinois Day 2021\*\***

Our most sincere thanks to all who participated. Our weekend was well enjoyed. It was great to see the campus again and great to know that the National Home continues to help military and veteran families.

Our activities began with a welcoming dinner Friday at the nearby post in Charlotte MI. on Saturday we placed a wreath at the NHC Cemetery in honor of National Home residents who have died in service to our country.

We toured the campus and homes with activities in the gym, museum and Montana Farmstead as well. Our "Silver March" Raised \$53,935.05. Thank you all for your generosity. Thanks for your efforts and dedication during these difficult times.

**\*\*Fundraising Ideas\*\*\***

We thank Post 3873 for their .1K "Judd-a-Thon" on September 19 and we look forward to Post 805 "Fun Run" coming up October 2<sup>nd</sup>. The proceeds from these events have been a big help to the National Home.

The recent wars in both Iraq and Afghanistan have taken a terrible toll on American Military and Veteran Families. We are reminded that the helpline can be a great resource for families who need our help.

Could this help someone you know? Make the call!

Youth Activities Program  
Robert McLeod, Chairman  
[rock76@yahoo.com](mailto:rock76@yahoo.com)

So, the students are in school (well some are). We still need to reach these students about the Patriot's Pen program so that they can get it in on time. Post adjutants – make sure you make out the report on the All-American Dashboard. Post commanders and chairman – ensure that every entry is filled out correctly and all forms are filled out. Re-check the judging rules as they have changed with the times. Remember for every 15 entries and a portion there of, one entry is advanced to the district level. Good luck to posts out there.

These students are out there doing various actives and you, the veteran can help them in the good activities they are involved in and in doing so you can report it on the x-sheets. We need to come back in a big way after last year.

Remember that the youth of today are the leaders of tomorrow. So be apart of the youth of today. Get involved with youth.

**“All I have learned, I learned from books.” Abraham Lincoln**

Blood Donor Program  
Robert McLeod, Chairman  
[rock76@yahoo.com](mailto:rock76@yahoo.com)

The need for blood is still out there. Every pint that is given is needed by a veteran that is out there that we don't even know about. By the x-sheets, I do see that there are posts and districts that are out there working the program, and then there are posts and districts that have barely had any pints reported. The time has come for us to get up, get out and help out our fellow veterans.

Think of it this way, one of the biggest gifts that we can give to another human being is a pint of blood. During this time with everything that is going on, the time is now to stand up and lead the way. So give a pint today.

**“When you reach the end of your rope, tie a knot and hang on”**

**-Abraham Lincoln**