



VETERANS OF FOREIGN WARS

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All the Newsletter information will be posted on the Post Web Page www.vfwpost454.org . Please go to the Post Web Page and Register to receive your Newsletter by e-mail. Some copies of the Newsletter will be available at the Post Lounge.



COMMANDERS COMMENTS

Hello Everyone,
Our existence is based on veterans helping veterans, and I am excited to report that our own Jr. Vice Commander, Ethan Blumhorst has developed and will be deploying a program with the Posts support called **Operation Valkyrie: Veterans Guitar Program**.

The program is designed to help our veterans through music therapy by teaching them how to play the guitar or even play a little better if they already play. This program is geared towards veterans who may be dealing with PTSD, Physical Trauma, Mental Health issues, Chronic pain etc. There are flyers around the Post describing the program in detail.

I wanted to also mention that over the past few weeks we have lost a couple of our members, Dale Mills and Dan Littell, who many of you are acquainted. It reminds us that life is short, enjoy it while you can.

G. Brent Wick
Post Commander

AUXILIARY PRESIDENT'S MESSAGE

The Auxiliary to VFW Post 454 has a birthday on February 21st. We have been chartered since 1921. This is quite a feat - 96 years. Due to conflicting schedules the celebration will be in March. More news on this next month.

Don't forget to attend the meeting on February 1st at 6:30. We did not have any of our male members attend last month. (And just so all you boys know - we do not do needlepoint at the meetings.) Please be brave and give us a try. You will find you have joined a very active group and believe me you will be welcomed with open arms.

A very heartfelt thank you to all the wonderful members who helped to make the 7th District Scholarship banquet a tremendous success. VFW and Auxiliary members like to come to events held at 454 because they know they will be

welcome and the event will be well done.

On February 11th the 7th District winner, Lucas Smith, a senior at Central Catholic High School will compete against the winners from the other 16 districts at a banquet in Springfield. Lucas is sponsored by our own Post 454. So please root for him to be able to continue on the trek to the National competition.

Also on February 11th, the Auxiliary will have another bake sale. Remember all proceeds from these sales not only benefit the buyer, by being able to purchase the best baked goods in town, but all proceeds go to the veterans assistance program.

February 19th is the District meeting in Pontiac. Joint meeting at 11am - lunch at noon. Auxiliary and VFW meetings at 1pm. Hope to see you there.

Don't forget this is the month to show those around you how much you care for them. Share the love, give a veteran a big hug and a heartfelt thank you.

Mary Sheehan, President
Phone 309-585-0489 or 309-824-7672.
Email - maryesheehan@comcast.net

MILITARY ORDER OF THE COOTIES - PUP TENT 37

LISTEN COOTIES: As usual, we are collecting for Quincy. This effort is year-round, so think of us when you clean out your unwanted items. We take unused clean clothing, books, games, and anything else that veterans staying at the home can use.

We are still looking for qualified people for membership. The only requirement is that you be a VFW member in good standing. All Cooties are VFW members, but not all VFW members are Cooties. See Bill Brown or myself for an application or more information.

Scratches are the 2nd Wednesday of the month at 6:30. We have the 52/100 Raffle tickets for sale. See Bill Brown or the bartenders. They are \$5.00 each. Drawings started the 1st of the year. Even if you win, the ticket goes back into the

barrel, so you could win again. The winner of this month's 50/50 drawing was # 34 (Nancy McReynolds).

Robert Sable, Seam Squirrel

MOCA NEWS

As many of you may know, our Treasurer is ill and had to give up her position in the MOCA. Some time ago our Secretary resigned. She lives out of town and it was getting to be a problem commuting from Peoria to attend our meetings.

If we are going to continue to do our hospital work we need our members to step forward or we need new members who are interested in working for our hospitalized Veterans.

I think most of you know how to contact me. My home phone number is 309-828-7246. I have an answering machine if I am unavailable. If you want any information on the MOCA, please call me. Our next meeting will be February 8th at 6:30 PM. Please feel free to join us.

Nancy McReynolds, President

GENERAL INFORMATION

Nominations & Elections

In keeping with National By-Laws, Nominations for Officers for the 2017-2018 year will be conducted at the March 7th Meeting with the Election of Officers taking place at the April 4th Meeting.

Nominations will be Opened and Closed at the March Meeting. A Ballot will be prepared for the April Meeting. If you intend to run for Office, you must be nominated at the March Meeting. If you cannot be present to accept the Nomination you must have a letter on file (prior to the March meeting) with the Post stating that you will accept the Nomination.

By doing this, we fulfill the requirement to inform our Post Members of who is running for Office in the April Elections by including this information in the April Newsletter and the Post website: www.vfwpost454.org.

Packing Boxes

Thanks to all who helped pack the 14 boxes in January. They were shipped to members of our military serving overseas. We will be packing boxes again, March 11, 2017, so if you have names and addresses of someone serving in a combat zone, please bring it to the Post or to the Auxiliary Office.

The Auxiliary (formerly Ladies Auxiliary) has been packing boxes every other month for over a decade. They have packed approximately 405 boxes just in the last 3 years (July 2013 to present). They continue to obtain donations and often times make trips to the store to purchase needed items. We applaud you for continuing this wonderful project.

The Post has continually supported this project by raising the needed funds to pay for the shipping cost of these care packages. Just in the last 3 years alone (July 2013 to present) the Post has covered the more than \$11,000 in postage cost to ship these support packages. This is quite an accomplishment. We could not have done this without the support of our members and the local community.

We thank you for your continued support, and always appreciate your help and donated food, hygiene products, razors, batteries, feminine products, socks, single serve canned foods, single serve Pringles chips, quart size bags and snack bags.

Pot Belly's Veterans Fund Raising

Pot Belly's at 609 South Main Street in Normal has extended an offer to **Donate 25%** of all subtotals from all purchases made between 5 - 8pm on 1 day each month for 2017. They wish to continue the partnership I formed with them for Military Suicide Awareness Month. The theme is "Walk a Mile in their Boots". The goal is to raise \$3000 over the course of the year. Some months are

designated for Post 454's Auxiliary and others to Post 454.

Please mark your calendars, and be sure to dine at Pot Belly's in Normal on the dates listed below. Thank you to all who supported our January 11th kick-off!

Angie Britch, 454 Auxiliary Jr. Vice President. 309-261-3332.

Email: SunshineBritch@gmail.com

So be sure to mark these dates down on your calendars. We hope to see you there.

February 15	March 22
April 19	May 17
June 14	July 12
August 23	September 13
October 18	November 15
December 6	

Super Bowl Sunday - Feb 5th

We OPEN at 11:00 am

11 foot Big Screen

Come watch the game with us!

Post Membership

Annual members, your membership expires 12 months from your last pay date. This would be a great time to become a "**LIFE MEMBER**". This Post will pay \$100 towards a life membership with our Post. Don't miss out on this wonderful opportunity. Act now and secure your Life Membership.

Auxiliary Membership

Do you have a veteran in your family? If so, you may be eligible to join our group. We have welcomed many men into our group and one attended our last meeting. Our life membership is very affordable. Contact Diane Hawk at the Post.

Former Men's Auxiliary

We know that some members did not get all the information about disbanding and the opportunity to become a Life Member

of the Auxiliary. If you know of a member that did not get the information or needs help completing the application process, please contact Mary or Diane at the Auxiliary office.

The Application Form is available at the bar. We also placed a printable copy of the form on our website.

District 7 Meetings

There are 2 regular District meetings left this year. The joint meeting starts at 11 am, lunch at 12 pm with individual meetings at 1 pm:

Feb 19th, VFW Post 886, Pontiac
May 7th, VFW Post 728, Danville

Remember that each Post is required to have representatives at the District meetings. So plan ahead and let's have a huge showing of members from Post 454.

Reserving the Dining Room

Just for clarification:

From time to time a political candidate may rent our dining room for a fund raising event. Their event in no way reflects the views of The Veterans of Foreign Wars, VFW Post 454 or its members.

Voting Month For Bloomington

The City of Bloomington is having an election on Feb 28th to determine which Mayoral candidates will be on the April 2017 ballot. Remember, "VOTING" is your "RIGHT"! Don't let someone else make the important choices for you. Go Vote and choose your candidates.

Newsletter Mailing

Help your post to "Go Green". "Register" on our website and a copy will be emailed to you. www.vfwpost454.org

Please checkout our website and facebook pages for more information.

IN MEMORY OF OUR DEPARTED COMRADES AND SISTERS

Kathryn McGrath (Dec)
H. Thomas Krause (Jan)
Lewis Brown (Jan)

Dale Mills (Jan)
Dan Littell (Jan)
Betty Hinshaw Tosh (Jan)



FEBRUARY 2017

SUN	MON	TUE	WED	THUR	FRI	SAT
			1 Lunch 11 - 2 Auxiliary Mtg 6:30 pm Pool 7 pm	2 Lunch 11 - 2 MOCA Bingo Aperion Care 2pm Bags Tourney 6 pm Pool 7 pm	3 Lunch 11 - 2 Dinner 5 - 8 pm VFW Dart Tournament 7 pm	4 Lunch 11 - 2 Private Party 6 pm
5	6 House Mtg 5:30 pm AMVETS Mtg 7:00 pm	7 Lunch 11 - 2 Board & Post Mtg 6:00 pm Pool 7 pm	8 Lunch 11 - 2 MOC/MOCA Mtg 6:30 pm Pool 7 pm	9 Lunch 11 - 2 MOCA Bingo Aperion Care 2pm Bags Tourney 6 pm Pool 7 pm	10 Lunch 11 - 2 Dinner 5 - 8 pm VFW Dart Tournament 7 pm	11 Lunch 11 - 2 Aux Bake Sale 11 am 50th Birthday Party 6 pm
12	13	14 Happy Valentine's Day Lunch 11 - 2 Marine Corps Leag Mtg 7 pm Pool 7 pm	15 Lunch 11 - 2 Pool 7 pm	16 Lunch 11 - 2 MOCA Bingo Aperion Care 2pm Pool 7 pm	17 Lunch 11 - 2 Dinner 5 - 8 pm VFW Dart Tournament 7 pm	18 Lunch 11 - 2 Broomstick Pool Tourney 12 pm 55th Birthday Party 6 pm
19	20 President's Day	21 Lunch 11 - 2 Open Mic Night 7 pm Pool 7 pm	22 Lunch 11 - 2 Pool 7 pm	23 Lunch 11 - 2 MOCA Bingo Aperion Care 2pm Pool 7 pm	24 Lunch 11 - 2 Dinner 5 - 8 pm ARC Trivia Night 7 pm VFW Dart Tournament 7 pm	25 Lunch 11 - 2
26	27	28 Lunch 11 - 2 American Kids Mtg 6:30 pm Pool 7 pm	1 Lunch 11 - 2 Auxiliary Mtg 6:30 pm Pool 7 pm	2 Lunch 11 - 2 MOCA Bingo Aperion Care 2pm Pool 7 pm	3 Lunch 11 - 2 Dinner 5 - 8 pm VFW Dart Tournament 7 pm	4 Lunch 11 - 2 St Jude Benefit 5 pm
5	6 House Mtg 5:30 pm AMVETS Mtg 7:00 pm	7 Lunch 11 - 2 Board & Post Mtg - Officer Nominations 6:00 pm Pool 7 pm	8 Lunch 11 - 2 MOC/MOCA Mtg 6:30 pm Pool 7 pm	9 Lunch 11 - 2 MOCA Bingo Aperion Care 2pm Pool 7 pm	10 Lunch 11 - 2 Dinner 5 - 8 pm VFW Dart Tournament 7 pm	11 Lunch 11 - 2 Pack Boxes 8 am
12 Annual St. Patrick's Day 5K Run	13	14 Lunch 11 - 2 Marine Corps League Mtg 7:00 pm Pool 7 pm	15 Lunch 11 - 2 Pool 7 pm	16 Lunch 11 - 2 MOCA Bingo Aperion Care 2pm Pool 7 pm	17 Lunch 11 - 2 Dinner 5 - 8 pm VFW Dart Tournament 7 pm Dave Martin Music 7:30 pm	18 Lunch 11 - 2
19	20	21 Lunch 11 - 2 Open Mic Night 7 pm Pool 7 pm	22 Lunch 11 - 2 Pool 7 pm	23 Lunch 11 - 2 MOCA Bingo Aperion Care 2pm Pool 7 pm	24 Lunch 11 - 2 Dinner 5 - 8 pm VFW Dart Tournament 7 pm	25 Lunch 11 - 2