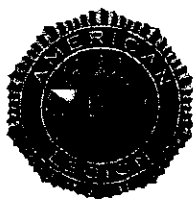


JANUARY 26, 2025



CHARLES A. WOODFORD Post 2007

COMMANDER'S COMMENTS

Since We Last Met

Christmas!

New Year!

Jan 11: Attended the Department Oratorical Contest in Centralia. I was honored to be a Judge for this event. We had two participants and both were from Fairfield High School. Grady will represent the 5th Division in March. Kayden may also represent the 5th Division depending on the other Divisions results. This is a great showcase for our youth!

Jan 16: On the road for Membership Caravan, first stop Harrisburg. Heading to Post 167. Had a 1 hour and 20 minute delay on South bound I57. A major traffic accident. I was in between exits, no way to get off. Heard several days later two persons had passed. Made it to the Post. Several speeches and cards turned in.

Continued to DuQuion Post 647 for round two of Caravan. Had a nice

conversation with National Vice Commander Roger Matheson. Roger is from Wisconsin. More speeches and more cards turned in.

Jan 17: Stops 3 and 4 of Caravan. Lunch at Breese Post 323, and dinner at Columbia Post 581. These two stops had a good turnout. I believe the stop at Columbia, 22nd District had the most in attendance and a great meal!

Some of the topics from Caravan were, Be the One, Buddy Checks, and Communications. We have these on our Post radar, but it is good to hear we are on track.

Jan 19: 22nd District Winter Caucus in Edwardsville Post 199. Commander Mahan received Committee reports and other information.

Jan 26: 5th Division Meeting in St. Libory.

CALENDAR

- Jan 27: VAC Meeting, 7PM, 19 Public Square
- Feb 15: Flag Collection, 107 Service St., Swansea
- Feb 24: Post Meetings, 6:30PM Executive, 7PM General
- Feb 25: VAC Meeting, 7PM, 19 Public Square
- Mar 16: 5th Division Caucus, Location to be Determined
- Mar 23: 22nd District Caucus, Dupon Post 485
- Mar 24: Post Meetings, 6:30PM Executive, 7PM General
- Mar 25: VAC Meeting, 7PM, 19 Public Square

DID YOU KNOW?

Be the One

We were told that the Veteran suicide rate is 22 per day at the beginning of this campaign several years ago.

Each National Commander has endorsed this important work.

During Caravan, Roger Matheson provide some "new" statistics. He said that the daily rate has been lowered to 17. While this is better number, it is not zero.

National Vice Commander Matheson also provide this information, there still is 6000 suicides in the Veterans ranks with 280 active duty suicides. He went on to say that it is estimated that for every death, 130 people are affected. Those deaths affect over 816,00 people.

We have made a difference, but we are not done.

Will you **BE THE ONE!**

**May 6: Veterans Fair,
2300 West Main Street,
Belleville, IL**

CHARLES A. WOODFORD POST 2007

Meetings are the fourth Monday of the month at 7 PM.

Swansea Improvement Association
301 Service St, Swansea IL 62226

Check Out Our Facebook Page
Swansea Post 2007

Post Email: ilpost2007@gmail.com

National Vice Commander Roger Matheson



STILL SERVING AMERICA

2025 VETERANS BENEFITS GUIDE NOW AVAILABLE

***Editor's note: Download the Federal Benefits for Veterans, Dependents and Survivors handbook online or pick up a printed copy at your local medical center, regional office or Vet Center for free.

As part of our commitment to provide world-class care and benefits to those who have served our nation, VA is pleased to present the "2025 VA Federal Benefits Guide for Veterans, Dependents, Survivors, and Caregivers."

Have you applied for VA care, benefits and services? Unsure what else you may be eligible for? Don't miss out on what you've earned—check out this handy reference guide to learn more.

The handbook contains a comprehensive listing of VA programs, including phone numbers and websites for easy reference. The annual Federal Benefits Guide hosts a wealth of information on most VA benefits and services, including:

Compensation.

Life insurance.

Pension and fiduciary services.

Education benefits.

Economic development and employment.

Home loan guaranty programs and housing assistance.

Mental health resources.

The handbook will help Veterans, service members and their families understand the full scope of VA resources available to them to help them make the most of life after service. It provides details on eligibility requirements for each benefit, and because VA serves different generations of Veterans, it also outlines the qualification guidelines for distinct periods of service to clarify eligibility for Veterans with service spanning both peace and war-time periods.

The VA Federal Benefits Guide is available in both print and digital formats. Veterans and family members can access the booklet on VA's website, providing instant and convenient access to the wealth of information it contains. A limited number of printed copies may be available at your local medical center, Vet Center or regional office. To find the nearest VA facility, go to www.va.gov/find-locations.

The information in this guide is validated by VA as of Oct. 10, 2024. For the most up-to-date information, Veterans and family members should visit www.va.gov, or go to the specific links provided in this publication to access information on the program that they're interested in, as regulations, payments and eligibility requirements are subject to change. You can also call VA at 800-827-1000 from 8 a.m. to 9 p.m. ET, Monday through Friday to speak with a representative.

TID BITS

This Day in History

1784 Benjamin Franklin expresses unhappiness over eagle as America's symbol

1837 Michigan admitted as 26th US state

2005 Condoleezza Rice is sworn in as U.S. Secretary of State, the first African American woman to hold the post

Did you know that Bob Uecker serve two years in the Army? He played baseball at Forts Leonard Wood MO. and Belvoir VA.

Currently, The American Legion is the largest Veteran Service Organization in the world. I say currently as we have appeared to stop the "membership slide". This slide has been with us for a number of years

Many people have tried to figure out why we don't get new members or are not keeping the members we have.

I don't have the "magic bullet". I have seen a couple of things that have some promise for membership. First, you just need to ask someone if they are a member of the Legion. You need to let the prospective member know what we do and support. Second, to retain the members we need to reach out to them. Emails, letters, phone calls, or even visits let the member know we care about them.

I know this is just a small part to adding and keeping membership. We are all recruiters for the Legion.

Commander Out