AUGUST 24, 2026

CHARLES A. WOODFORD POST 2007

COMMANDER'S COMMENTS

Since We Last Met

Aug 8: Met with Bill Martin and Chip Barbour. We covered the MyLegion app and how to use the system going forward. This app has potential for improving how we do membership. We are in good hands with Bill and Chip!

Aug 15: The cleanup crew arrived on site. Robin, Mary, Bill, and Barb made the grounds better. I heard there was guest appearance from Jingle!

Not much happening this month Legion wise.

I again ask that you stay in touch with Veterans issues. You can follow the issues and let your representatives know how you fell. If we do nothing, we will lose benefits.

Don't forget this is an election year! Get out and VOTE!

What's For Dinner?

In the 1940s, the U.S. military introduced C-Rations—metal-can meals with canned meat, crackers, and fruit-based desserts. While more portable than earlier rations, they were heavy, had limited shelf life, and lacked variety.

The 1960s saw the creation of the Meals, Ready-to-Eat (MRE), replacing C-Rations. First issued in 1963, MREs were vacuum-sealed, self-contained meals in flexible, waterproof packaging, designed to be eaten without cooking (though flameless heaters could warm them). They were lighter, more varied, and shelf-stable for up to 5 years.

By the 1980s, MREs incorporated freeze-drying and dehydration to preserve nutrients, expand food variety (e.g., pasta, stew, chili), and improve taste. Nutrition science advances enabled more balanced meals supporting performance, recovery, and cognitive function.

GROWING OUR POST & OUR LEGION

Recruiting

We have talked about membership before. Membership in the Department reduced by over 3000 last year! If this continues the American Legion will fade to black.

I have attended many conferences and training seminars on the subject. There is not a magic bullet to stop the slide.

Many things have been tried. Many things have limited success.

The one thing that has success is talking to people. While you are at the supermarket, Doctors Office, or where ever you go, ask if they served in the military. Be ready to answer some questions. Provide information about how to join.

Just ask!

CALENDAR

- Sep 7: Labor Day
- Sep 12: Poppy Day, 9AM to 3PM, Location to be determined
- Sep 19: Flag Collection, 9AM to Noon, 107 Service St, Swansea
- Sep 21: Post Meetings, Executive at 6:30PM, General at 7PM
- Sep 29: VACSCC Meeting, 6PM, 19 Public Square, 1st Floor Conference Room
- Oct 12: Columbus Day
- Oct 17: Flag Collection, 9AM to Noon, 107 Service St, Swansea
- Oct 19: Post Meetings, Executive at 6:30PM, General at 7PM

CHARLES A. WOODFORD
POST 2007

Meetings are the fourth Monday of the month at 7 PM.
Swansea Improvement Association
216 Service St, Swansea IL 62226

Check Out Our Facebook Page
Swansea American Legion Post 2007

Post Email:
ILLEGIONPOST2007@gmail.com

Remember Our POW/ MIAs

September 19, 2026



STILL SERVING AMERICA

DID YOU KNOW (CONTINUED)

Elderly Veterans

According to the 2015-2019 American Community Survey, the Veteran population ages 65 or older numbered in excess of 18.2 million. These Veterans served in conflicts around the world including World War II, the Korean War, the Vietnam War, and even in the Persian Gulf War. As Veterans age, the Department of Veterans Affairs (VA) will provide benefits and services that address a variety of issues including the changing health risks they face, as well as financial challenges through VA benefits and health services.

Elderly Veterans may be eligible for a wide-variety of benefits available to all U.S. military Veterans. VA benefits include disability compensation, pension, education and training, health care, home loans, insurance, Veteran Readiness and Employment, and burial. See our Veterans page for an overview of the benefits available to all Veterans.

Two VA programs provide certain elderly Veterans with an additional monetary amount if you are eligible for or receiving a VA Pension benefit.

Aid and Attendance (A&A) is an increased monthly pension amount paid if you meet one of the conditions below:

You require help performing daily functions, which may include bathing, eating or dressing.

You are bedridden.

You are a patient in a nursing home.

Your eyesight is limited to a corrected 5/200 visual acuity or less in both eyes; or concentric contraction of the visual field to 5 degrees or less.

Housebound is an increased monthly pension amount paid if you are substantially confined to your immediate premises because of a permanent disability.

You can get more information by going to the US Department of Veterans Affairs website

TID BITS

This Day in History

1814 British forces capture Washington, D.C. during the War of 1812 and destroy many landmarks

1816 The Treaty of St. Louis is signed by the USA and the united tribes of Ottawa, Ojibwa, and Potawatomi in St. Louis, Missouri

1853 First potato chips are prepared by chef George Crum at Moon's Lake House near Saratoga Springs, New York (popular legend says he invents them, though earlier recipes exist)

1945 MLB Cleveland Indians ace Bob Feller returns from serving in the US Navy and strikes out 12 batters

1949 North Atlantic Treaty Organization (NATO) goes into effect

1991 Ukraine declares independence from the Soviet Union

2006 International Astronomical Union (IAU) redefines the term "planet," classifying Pluto as a dwarf planet

Do you know a Veteran? Do you know a Veteran that is having financial issues? Do you know a Veteran wanting to file a compensation claim? How can you help?

Please give the Veteran this phone number, 618-277-0040. This number is to the Veterans Assistance Commission of St. Clair County. The VAC can help in these matters. Encourage them to make the call and set up an appointment. It is free!

Help a Veteran in need.

Commander Out