



**Cynthia  
Robbins  
Commander  
Post 32**

# The Morning Report

*Quarterly Newsletter for The American Legion Springfield Post 32 Family*

## Colonel Otis B. Duncan Past Commander, the 8<sup>th</sup> Ill. Infantry Regiment Veteran of Two Conflicts

As Presented by Commander Mike Johnson and The American Legion Otis B. Duncan Post 809



**Suzie Q.  
Weiss  
President  
Unit 32**

Colonel Otis B. Duncan was born on November 18, 1873, to Clark and Julia Duncan. He was a member of a long-established African American family of Springfield, Illinois; his father was a grocer and his maternal great-grandfather, barber William Florville, had been a friend of Abraham Lincoln.

Duncan entered the Illinois National Guard in 1902; assigned to the 8<sup>th</sup> Illinois Infantry Regiment, he was commissioned an officer. When the 8<sup>th</sup> Illinois was called into national service during the Pancho Villa Expedition into Mexico in 1916, Duncan served as a Major on the regimental staff.

After the American entry into World War I, in April 1917, the 8<sup>th</sup> Illinois was federalized once again and re-designated as the 370<sup>th</sup> Infantry Regiment. This was the only African American regiment to go into the American Expeditionary Force (AEF) while retaining most of its African American command structure. Duncan became the field commander of the regiment's 3<sup>rd</sup> Battalion. Still in this capacity, he was promoted to Lieutenant Colonel on April 3, 1918.

After the regimental commander, Colonel Franklin A. Denison, was replaced by a white officer, Lieutenant Colonel Duncan became the highest ranking African American officer in the AEF. This was a significant achievement given the segregationist attitudes of President Woodrow Wilson and his Secretary of War, Newton D. Baker.

While serving on the Western Front against

the German Army, Duncan was awarded the Purple Heart and the French Croix de Guerre for gallantry in action.

Following the war, the 370<sup>th</sup> Infantry Reverted to its prewar status as the 8<sup>th</sup> Illinois Infantry and Duncan was promoted to Colonel and Commander of the Regiment. The Regiment was headquartered at Springfield's Camp Lincoln.

Colonel Duncan retired from the State of Illinois Education Bureau in 1929 and died on May 17, 1937. He is buried at Camp Butler National Cemetery near Riverton, Illinois.

Colonel Duncan is the namesake for The American Legion Post 809 in Springfield, Illinois. In 2020, a Springfield Park District park, formerly named in honor of Stephen A. Douglas, was renamed "Duncan Park" in his honor.

### Editor's Addendum

For more information about Colonel Duncan, visit the following websites:

[https://en.wikipedia.org/wiki/Otis\\_B.\\_Duncan](https://en.wikipedia.org/wiki/Otis_B._Duncan)

<https://www.illinoistimes.com/arts-culture/springfields-world-war-i-hero-otis-b-duncan-11453870>

<https://sangamoncountyhistory.org/wp/col-otis-b-duncan/>



**Jim Peters  
Commander  
Squadron 32**



**Mike Lee  
Director  
Post 32  
Riders**

# Land of Lincoln Honor Flight

On May 29, 2004, the World War II Memorial was dedicated to the 16.1 million men and women who served during the war and the 405,000 of them who gave their life in the name of freedom.

In 2004, Earl Morse (USAF ret) asked fellow private pilots if they would be willing to help him take World War II veterans to Washington DC to visit their memorial. Morse had two key stipulations: first, that all veterans would pay nothing for their trip and, second, that the pilots would personally escort the veterans around DC for the entire day.

In 2005, the first flight took place with 12 World War II veterans on board. In 2006, Jeff Miller of Hendersonville, NC had formed his HonorAir hub and was the first to raise enough funds to fly an entire charter jet full of veterans and guardians out to Washington, DC. Morse and Miller combined their talents to officially form the National "Honor Flight Network."

In Springfield, Illinois in 2009, Vietnam Veteran Ray Wiedle (US Navy ret) and World War II Veteran Robert Matteson (US Marine Corps ret) founded Land of Lincoln Honor Flight, Inc. (LLHF) as an official hub of the national Honor Flight Network.

In May 2009, LLHF honored 12 World War II veterans on our first Honor Flight. In 2012, LLHF began serving Korean War era veterans. In 2014, LLHF began serving Vietnam era veterans. By the end of 2023, LLHF has

served 5,672 veterans on 69 flights. LLHF offers one-day flights departing from Abraham Lincoln Capitol Airport (Springfield, IL). Venues visited during this day of honor include the World War II Memorial, the Korean War Memorial, the Vietnam Wall, the Lincoln Memorial, the US Marine Corps Memorial, the US Air Force Memorial, the Smithsonian Air and Space Museum and Arlington National Cemetery for the changing of the guard at the Tomb of the Unknowns.

LLHF is operated by a small all-volunteer board of directors. There is no paid staff and no office or utility costs. This keeps our administrative costs under 1% - virtually every dollar raised supports the cost of the veteran's flight.

Our mission is to celebrate America's World War II, Korean era and Vietnam era veterans by inviting them to share a day of honor at our nation's memorials. This day trip is provided completely free of charge to the veteran in honor of his/her service to our country. Contact us at:

Website <http://www.landoflincolnhonorflight.org/>

Address: Land of Lincoln Honor Flight, Inc.  
57 Country Place Springfield, IL 62703

Joan Bortolon, LLHF Board President 217-652-4719

Email: [jmb4604@aol.com](mailto:jmb4604@aol.com)

Steve Wheeler, LLHF Vet. Coordinator 217-473-2540

Email: [smwelr\\_llhf@aol.com](mailto:smwelr_llhf@aol.com)

## Rising Membership Dues and "Early Bird" Luncheon

Senior Vice Commander Jay Sanders

With rising costs in the United States, the American Legion is still dedicated to providing the veteran community with the best possible benefits and perks of becoming a member or renewing membership.

To do this the American Legion unfortunately has to change the price of membership. In previous years American Legion Post 32 memberships dues were 40 dollars a year. Starting in the 2024/2025 membership year the cost will be 45 dollars per year. This will ensure the best possible benefits and representation of the veteran community can be achieved. There are several ways that you can lock the 45-dollar price in for several

years in the event there would be a need to raise the membership dues again. Two ways to do this is to consider a lifetime membership or a multi-year membership. Also remember that membership dues for the 2024/2025 year will be out soon and if you renew your membership or become a new member on or before November 17, 2024, you will be considered an "early bird" and you will receive an invitation for you and a guest to the Post 32 Early Bird Luncheon on November 17<sup>th</sup> 2024. This is at no cost to early bird members and a way to show our appreciation for your dedication to American Legion Post 32.

## Friends of the American Legion Family and Sponsors of The Morning Report



**THE INTER-VETERANS BURIAL  
DETAIL OF SANGAMON COUNTY**

**NEEDS YOU**

VOLUNTEER AT [KAMPER279@COMCAST.NET](mailto:KAMPER279@COMCAST.NET)  
ATTEND A FUNERAL AT CAMP BUTLER N.C.



**OUR POP-POP and GRANNY LOVE  
THE AMERICAN LEGION  
Dylan Walton, Benjamin Walton,  
Lincoln Davis & Levi Davis**

**The American Legion Family Springfield Post 32 Leadership for the 2024/2025 Command Year**



**June 25th, 2024**

**June 25, 2024 – Jerry Bellatti (Center), 21st District Commander and Post 32 Legionnaire and Adjutant, installed David Cooper (Left) as Commander and Jay Sanders (Right) as Sr. Vice Commander of The American Legion Springfield Post 32. Both have an unwavering commitment to Post 32 and in helping Veterans in the community.**

American Legion Post #32

Commander	David M. Cooper
Senior Vice Commander	Jay Sanders
Junior Vice Commander	Brian Owens II
Finance Officer	Michael E. Walton
Adjutant	Gerald R. Bellatti
Chaplain	Tim Kennedy
Sergeant At Arms	Ben Arnold
Service Officer	William “Bill” Mowder
Director Legion Riders	Mike Lee
American Legion Memorial Home President and Club Committee Chairman	Michael E. Walton

American Legion Auxiliary Unit #32

President	Suzie Q. Weiss
Vice President	Jodi Sanders
Sergeant At Arms	Sara Kay Ruebling
Chaplain	Wanda Saccaro
Historian	Sue Leka
Secretary/Treasurer	Ethel Lynn Neville

Sons of The American Legion Squadron #32

Commander	James Peters Jr.
Senior Vice Commander	Dennis Wood
Junior Vice Commander	John Chernis
Adjutant	Gerald R. Bellatti
Finance Officer	Michael E. Walton
Advisor	Bruce O’Neil

**Friends of the American Legion Family and Sponsors of The Morning Report**





# The American Legion Springfield Post 32 Family Leadership

## Post 32 Commander Cynthia Robbins

I am proud to introduce Donavon Emory Danger Scott, our recipient for the \$5,000 scholarship for the 2024-2025 scholastic year. Cadet Scott reports to West Point on July 1, 2024. Scott was one of eleven applicants for the scholarship this year. Scott attended Boys State as well as Boys Nation and was a shining star in both of those programs. This is the caliber of applicant we wanted to attract when the amount of the scholarship award was increased. (See picture on Page 5)

I awarded nine certificates to members who achieved milestones for continuous membership in Post 32. Legionnaire Ralph Hanebutt (See picture on Page 5) has 70 years of continuous service; William Lemar has 75 years; and Donald Ladson has 50 years.

I truly appreciated the support all gave to the Blue Jean Project. This is an ongoing program so please continue to contact me with your gifts in kind. To date approximately \$2,250 has been raised, hundreds of pairs of blue jeans, countless skeins of yarn and hundreds of pounds of material have been collected.

This is my last Morning Report as Commander as my tour of duty is ending. It has been a whirlwind of action. During my journey, I met with some incredible veterans such as National Commander Seehafer - A most dynamic individual. We have built strong alliances with our sister Post 809 as well as other local veterans' organizations. I continue to be fully invested in the Tour of Honor riding program for 2024. I am proud of the progress and program initiatives. Please carry on.

As always, please feel free to contact me via email [sacinrob@yahoo.com](mailto:sacinrob@yahoo.com) or 217-638-9197. You may leave a message at Post 32 for me as well.

## Post 32 Legion Riders Director Mike Lee

The upcoming 90 Days are going to be busy for the Riders. We start out the month of July with Legion Riders taking part in the Legacy Run to raise funds for American Legion Charities. We will take part in the Department of Illinois State convention this July. July is also our kickoff month for the Annual Wreaths Across America Campaign. We start collecting donations to place Remembrance wreaths on the Service members graves at Camp Butler National Cemetery on the 14th of December. In August, we will park cars for the State Fair in the Post 32 parking lot. As the end of August rolls around, we will have an ice cream run to raise funds for mittens and hats for the students at two of our local grade schools. The last month of summer we head to Perryville, Missouri for the POW/MIA remembrance and candlelight vigil. Everyone is invited to take part in any of our events. Have a great and safe summer.

## Squadron 32 Commander James Peters

Greetings American Legion Family. I hope everyone is enjoying their summer thus far.

Department/Detachment convention is coming up July 12 – 16. The SAL convention dates are July 15 – 16. We will be selling our raffle tickets for the custom American Legion commemorative .45 caliber pistol at the convention with the drawing to be held at the Commanders and Presidents dinner on Saturday July 13. Tickets are also available at Post 32.

Don't forget to attend Freedom Fest on Friday evening July 12 on Adams Street in front of the hotels. We will have cold refreshments and food along with live music. It is always a great time.

It was great to round out the membership year with both Squadron 32 and the Detachment of Illinois finishing over 100%.

Congratulations to Detachment Commander Vozar and Senior Vice Commander Allen on a great year. I can't stress enough how important membership is for all in the American Legion Family. Numbers are our voice!

Please sign up those kids and grandkids and get them involved supporting our veterans and their families. For God and Country.

Contact me: [jpeters.ilsal@yahoo.com](mailto:jpeters.ilsal@yahoo.com) or 217-416-1533.

## Unit 32 President Suzie Weiss

Just to do a little bragging, the 4th Division and 21<sup>st</sup> District of which we are a part, have been in first place with membership for almost the entire year. It takes hard work and dedication to accomplish this. Thanks Ladies. If you are not a member, please join us.

We had a successful Taco Dinner this year and look forward to another one next year. We have adopted Matheny-Withrow School and have been helping there. We helped serve the Teacher's Appreciation Lunch. We also assisted with the end of year celebrations (See Picture on Page 7).

On Saturday, June 15, we worked with The Sons of The American Legion in making the annual Car Cruise a success.

We are looking forward to working with our new officers in the 24/25 Leadership Year. Installation was held on June 25 at Post 32.

Just completed a Quarter Auction which was sooo fun and we made a profit to add to our funds for helping our Veterans (our main purpose).

As we move forward, we ask for your prayers. Our world is in such turmoil at this time, and we need all the help we can get. God Bless America!

Contact me: [Weissuziq@aol.com](mailto:Weissuziq@aol.com), 217-341-3728.

# Post 32 Quarterly Calendar

July, August, and September 2024

## Event

## Time and Date

### Regular Events at Post 32

4<sup>th</sup> Wednesday Drawing (Must be present to win Color TV or Gift Certificates)

Unit 32 Meetings

Legion Riders Meetings

LaFemmes

ALMHC Club Committee Meetings

Squadron 32 Meetings

Post 32 Meetings

### Special Events at Post 32

**4<sup>th</sup> of July – Post 32 Closed**

Department of Illinois 105<sup>th</sup> Annual Convention

Annual Post 32 Calendar Meeting

Morning Report Meeting

**State Fair – Mess Hall Closed**

State Fair Parking – Post 32 Parking Lot

**Labor Day – Post 32 Closed**

### July, August, September

7:00PM – July 24, August 28, September 25

5:00 PM – July 2, August 6, September 3

6:00 PM – July 2, August 6, September 3

5:00 PM – September 10

5:00 PM – July 16, August 5, September 17

5:30 PM – July 23, August 27, September 24

6:30 PM – July 23, August 27, September 24

**Post 32 Closed All Day – July 4**

July 9 – July 14

7:00 PM – August 6

8:00 PM – August 6

**August 9 – August 20**

August 9 – August 18

**September 2 – Post 32 Closed All Day**

**Commander Cynthia Robbins Presenting Certificate to Post 32 Legionnaire Ralph Hanebutt in Recognition of 75 Years of Continuous Membership**

**Commander Cynthia Robbins With Post 32 Scholarship Recipient: Soon to be West Point Cadet Donovan Scott**



**Friends of the American Legion Family and Sponsors of The Morning Report – Thank You!**

American Legion Post 32, 1120 Sangamon Ave – 217-523-3415

Mess Hall Restaurant

Lunch: Wednesday – Friday 11:00 AM – 2:00 PM

Dinner: Wednesday – Friday 4:00 PM – 8:00 PM

[www.springfieldamericanlegion.com](http://www.springfieldamericanlegion.com) [spfldpost32@outlook.com](mailto:spfldpost32@outlook.com)

Bar & Gaming open Monday and Tuesday – 10:30 AM-6:30 PM

Wednesday - Friday – 10:30 AM – 10:00 PM

Saturday -NOON – 10:00 PM Sunday – NOON – 4:00 PM

1120 Sangamon Avenue – 217-523-3415

Mess Hall, Bar and VIDEO GAMING – ALWAYS OPEN TO THE PUBLIC



# Innovative New Techniques for Healing PTSD: Sensorimotor Art Therapy

Janet Sgro MAATC, ATR-P

Post-Traumatic Stress Disorder (PTSD) has a negative impact on individuals' well-being and functioning. It can often go undiagnosed and specific sensory experiences related to traumatic memory do not fade over time, which often results in hypervigilance.

Hypervigilance keeps individuals in a cognitive state that prevents feelings of psychological well-being and physical safety. In high arousal states such as a traumatic experience, the language centers of the brain close so that energy can be turned towards survival. This means that the experience is not captured in words but in emotions, sensations and visual imagery.

The treatment of PTSD can be challenging because trauma memories are not organized as coherent storylines, but rather through images, sounds, and physical sensations. When words are not available, trauma may be accessed through sensory processes, such as sensorimotor art therapy. This active art making processes these memories and traumas allowing for integration and healing.

Art therapy is becoming an increasingly acknowledged type of psychotherapeutic care for PTSD and no artistic talent is required for the process (See the picture to the right). There is a transformation that the arts can evoke that no other form of psychotherapeutic intervention can achieve: taking the raw and often toxic materials from one's trauma and creating something tangible with them in the safe art therapy space.

In a safe environment and using arts media, art therapy clients can externalize fragmented memories, channel and thus manage overwhelming feelings, and find ways to work through guilt and trauma. The trauma is processed through active artmaking, and the visible depiction of internal psychological states allows clients to distance themselves from it. They then learn to develop coping strategies.

In art therapy, veterans have described how, through creating art and reflecting on it, they were able to identify problem areas (such as feeling disconnected, trying to control or avoid feelings, wanting to present a false self to the world to protect their vulnerability, or feeling stuck in their traumatic memories). The creative process enables a link between subjective imagery and

the objective product. The artwork becomes a witness and a messenger between dissociated self-states and offers a mechanism for containment by providing concrete form and boundary for a wide spectrum of PTSD symptoms.

On a personal level, art therapy has helped me to heal from my own PTSD. I used bilateral sensorimotor guided drawing, which supports body mapping in a trauma informed way. This process, which uses cross-referencing to balance the brain, helped me to alleviate anxiety and chronic pain symptoms that were rooted in PTSD. My thesis study focused on this method of bilateral sensorimotor drawing, and I am now able to help clients heal from their symptoms of trauma and PTSD. I help individuals and groups learn to draw rhythmically with repeated shapes and lines to ease inner tension, and ease patterns of pain held in the body.

I received my Master of Arts in Art Therapy and Counseling (MAATC) and am Certified in Healing Trauma with Guided Drawing through the Institute for Sensorimotor Art Therapy in Australia. Individual and group art therapy services are now offered locally in an alternative arts space in downtown Springfield, Illinois at The Pharmacy Gallery & Art Space.

If you are interested in learning more about art therapy or want to schedule a session, please contact me at [janetrxarttherapy@gmail.com](mailto:janetrxarttherapy@gmail.com) and <https://www.rxart-therapy.com>.

You can get information about The American Legion's position on Art Therapy and managing PTSD by following this link: [PTSD Awareness Month places extra focus on creative arts therapy.](#)

## Artistic Talent is Not Required For This Therapy



**Friends of the American Legion Family and Sponsors of The Morning Report – Thank you!**





**Help Your American Legion Help You!**  
Post 32 Finance Officer Mike Walton

We encourage all members to go to [www.legion.org](http://www.legion.org) to get the latest information on benefits, veteran assistance, and also how to access what our American Legion is doing at our office in Washington, D.C. where we have members who do nothing but work for Veterans, those Serving and Veterans and those Servings families. You can also sign up at [www.mylegion.org](http://www.mylegion.org) and get all the latest information regarding Veterans and those serving.

**Your Post 32 Service Officers**

**William “Bill” Mowder**  
217/607-7158  
bill.mowder@yahoo.com

**Keith Milliman**  
217/626-1378  
klmill@casscomm.com

Mr. Mowder will be your first contact.  
If unavailable, contact Mr. Milliman.


**Legion Rider Topper Davis (L), Unit 32 President Suzie Weiss (C) and Legion Riders Director Mike Lee (R) assisting at the Matheny-Withrow School Teacher’s Appreciation Lunch.**



**Important Notice**  
**Change in Hours at Post 32**  
**Please Continue Reading**  
**The Final Page of The Morning Report**

**New Hours for Post 32**  
**Bar, Restaurant and Game Room**  
**New Hours Effective July 15, 2024**

**Friends of the American Legion Family and Sponsors of The Morning Report – Thank you!**

  
*American Legion Auxiliary  
Springfield Unit 32  
1120 Sangamon Avenue  
Meeting first Tuesday of every  
month except July at 5 pm.  
Come join us*

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Presented by   
**June 26-July 2**  
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**The American Legion Springfield Post 32**  
**1120 Sangamon Avenue**  
**Springfield, Illinois 62702-1853**  
**217-523-3415**  
[Spfldpost32@outlook.com](mailto:Spfldpost32@outlook.com)  
[www.springfieldamericanlegion.com](http://www.springfieldamericanlegion.com)

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**The Mess Hall Restaurant at Post 32**  
**Best Fried Chicken, Walleye, and whole Catfish on the North End**

**MESS HALL RESTAURANT NEW HOURS – Effective July 15, 2024**

**Lunch: Wednesday – Friday**                      **11:00 AM – 2:00 PM**  
**Dinner: Wednesday – Friday**                      **4:00 PM – 8:00 PM**

**MESS HALL RESTAURANT CLOSED SATURDAY, SUNDAY, MONDAY AND TUESDAY**

**Bar-Video Gaming Hours**

**Monday & Tuesday**                      **10:30 AM – 6:30 PM\***  
**Wednesday - Friday**                      **10:30 AM – 10:00 PM\***  
**Saturday**                      **12:00 NOON – 10:00 PM\***  
**Sunday**                      **12:00 NOON – 4:00 PM\***

*\*We will stay open later for crowds and special events.*

We welcome everyone to our Video Gaming Room at your American Legion Post 32. It is considered the nicest private Gaming Room in Springfield. We have six of the most up to date gaming machines, along with our private area with very comfortable chairs.

The Gaming Room offers **free** Soft Drinks, **free** Coffee, **free** Hot Chocolate, and **free** Snacks to Gamers. You should also sign up for the **free** Give Aways offered by Prairie State Gaming. Each time you visit be sure to get your Card punched for a **free** Meal. 10 punches get you a **free** lunch or **free** “All You Can Eat” Spaghetti Dinner on Wednesday or **free** Chicken Dinner on Thursday or **free** Walleye Dinner on Friday.

**You can sign up once a day, every day that you come in for our free 4<sup>th</sup> Wednesday Drawing where we give away a 32” Color TV; a \$50 Gift Certificate and a \$25 Gift Certificate.**