



Rose Harms Legionnaire

February 2019

The Rose Harms Post Oratorical Contest contestants were; Brandon Stern, GHS sophomore Morgan MiKinnis GHS sophomore and David Stern, GHS Freshman.

Morgan was our Post's winner. She went on to win the Ozaukee County Oratorical Contest

Then place second at 2nd District's Oratorical Contest.

Congratulations Morgan, great job!
Thank you to all who participated !



Monday, February 4th

Saturday, February 9th

Monday, February 11th

Tuesday, February 12th

Saturday, February 16th

Monday, February 18th

Saturday, March 9th

Post Executive Committee meeting

The Rider's Chili Cook-off at the Saukville post

Post General Meeting

BINGO !

SAL Meeting - lower hall

Las Vegas Night

Military Historians Club

Card Club - lower hall

American Legion Birthday Dinner



Join us for coffee weekday mornings after 9:00 am at "Your" Post.

COMMANDER'S CORNER-Ken Kasprzak

ATTENTION ALL LEGION FAMILY MEMBERS:

In order to cut costs and help the Post Budget, newsletters are now being distributed via email. If I **don't** have your email address, send it to me: kkasprzak1@icloud.com

Also, if you have an email address and an error occurs causing you to not receive newsletter, let me know.

GOOD OF THE LEGION.

Support our Post by purchasing raffle tickets for the 35th Annual Las Vegas Night, Saturday, February 16. Come join us for a fun night with family and friends. Volunteers are needed, see Butch Paegelow. Setup scheduled for 9am on Friday the 15th. It's a major fundraiser, so please support Rose-Harms Post 355.

A new Post Sign will be installed this coming spring and brickwork for monument type sign will be done by SAL. Tom Berk, CKC Graphics & Signs doing the design work.

Badger Boys State. Bill Clayton and I attended Badger Boys orientation at GHS for students interested in attending 78th session June 8-15. On January 24, we interviewed our top rated students who all have very impressive resumes. Goal again this year is to sponsor four students at \$300 each---dollars given by VFW, our Post, Lions Club, and one anonymous person.

Monthly Meetings have a new twist. Thanks to Ken Gundrum, we have instituted nametags as a way to get to know fellow Legion members. Sign in as you enter Post.

LIVING WELL---WHOLE PERSON HEALING

Low back pain affects 540 million people. It also can result in overuse of unnecessary tests and treatments such as imaging, opioids, and surgery. Problem---right care not received and resources wasted. Traumatic injury, stress, hips or pelvis, and lifestyle factors contribute to low back pain. In many cases, treat-

ment providers and patients try for a quick fix, which is why some 60 percent of the people who go to the ER with back pain are prescribed opiates. Also, over-prescribing surgery that then leads to patients getting hooked on opioids. Some clinicians see a shift toward treatment of the whole person---increase their ability to do things, rather than a narrow focus on getting rid of the pain. The Boston VA has created an innovative system that includes things like yoga, guided meditation, stress-reduction therapies, and acupuncture. Also, veterans now have access to the chiropractic industry's non-drug approach to pain relief. Finally, improve your odds on preventing back pain---stay active, control your weight, stop smoking. Diet can reduce low back pain by decreasing fractures of the vertebrae and help prevent bone loss.

CORRESPONDENCE

2nd District Four Chaplains Program and Dinner scheduled for Saturday, February 2nd at 5 Pillars Banquet Hall, Hwy K, Random Lake. Dinner at 6pm, cost is \$20 per person.

Ozaukee County Bowling, March 9, Harbor Hills, 1pm, \$75 per team.

2nd District Bowling, February 17, Scotch Doubles, 9 Pin Tap, 12Noon, Watertown, \$10 per person.

Legion Riders Chili Cook-off Fundraiser, February 9, Saukville Post. Contest starts at 5:30.

A special thank you to Tom Grabow and members of our Tent Crew for a very successful year raising money for our Post.

A thank you to Al Richards and our daily morning members who do the setup and cleanup of our Post for the many rental bookings that occur every month.

A thank you to Jim Johnson, County Commander, who attended our January meeting and gave an update on Legion activities.

Print date---January 26, 2019



*The American Legion's
100th Birthday
on Saturday, March 9th*

Everyone is Welcome - the Fun begins at 6:00pm

Help Honor the Post's Legionnaire of the Year

Dinner is only \$15.00 Each

Names

_____	_____
_____	_____
_____	_____
_____	_____

Mail to; Rose Harms Post 355
1540 13th Ave.
Grafton, WI 53024

or Call 262- 377-8887

Highlights from our last meeting

Chaplain Les Williams reported that 10 fruit baskets were distributed to shut ins over the Christmas holiday. Thanks to Nick Schanen and Marty Wegner for their help.

Sergeant-at-Arms Mike Knoppa reported: No funerals for January.

Americanism: Ken Kasprzak reported he and Bill Clayton had gone to GHS and held an informational meeting on Badger Boys State for 20 student that were in attendance.

Camp American Legion: Dick Lallensack reported: Camp is scheduled to open the week of May 13th. The pier installation group is aging and requires an infusion of youth if we are to continue in that capacity. An interesting tidbit of info is the Rose-Harms Post is the only post in the state whose SAL group sponsors a cabin at Camp.

Public Safety: Sandra Krzewinski said that she is awaiting paperwork for the selection of the public safety award winners.

Recommendation Passed;

- To donate \$250 to John Long Middle School students for their annual Washington D.C. trip.
- To donate \$6,000 towards the construction of the new Cabin #22 at Camp AL which is sponsored by our SAL.

New Business:

- The Legion Riders annual chili cookout is Saturday, February 9th at the Saukville post. Contest starts at 5:30 pm.
- Paul Sorenson, a transfer member from Milwaukee, was welcomed aboard.
- County Commander, Jim Johnson was present and spoke regarding the Ozaukee County Veterans Memorial located at the Justice Center in Port Washington. It is in disrepair and upgrades are being planned for this spring.
- He also mentioned the County Bowling Tournament, the Wisconsin American

- Legion College and the Wisconsin American Legion Law Enforcement Program.
- Commander Jim also discussed the benefits of a possible weekly coffee for meeting people, entertaining ideas, and general discussion.
- The membership was reminded that the Post is open every weekday at about 9:00 am until noon for coffee, comradery and maybe a little cleanup work.

Good of the Legion:

Marty still has Legion apparel to sell. You need to contact him if interested.

A thank-you letter from the Grafton Chamber of Commerce for participating in the Grafton Tree-lighting Ceremony.

35th LAS VEGAS NIGHT

FEBRUARY 16, 2019

FREE BEER FROM 6:30 TO 7:30

GAMING TAKES PLACE 7:00 TO 11:00

To make this another successful event for Rose Harms Post 355 tell your family and friends to come out for an evening of fun and games.

Please try to sell your cash sweepstakes tickets you received in prior newsletter.

Tickets can be placed in mail slot at front of post or mailed back to post.

If you need more tickets contact the post and we will see you receive them.

If you can help for a couple of hours dealing Blackjack or Texas Hold'em please contact Steve Shock at 377-3728.

Contact Doug Arendt at 617-9737 if you can help with the roulette wheel or craps tables.

Any questions contact Butch at 377-9596.

Sons of the American Legion News – February 2019



Camp American Legion Cabin 22: The Kayak raffle package, consisting of two Hurricane San-tee 120 Sport Kayaks with a Malone Micro Sport Trailer, vests and carbon paddles and a total value of \$5,400, is in full swing. The equipment will be on display at Wisconsin's American Legion Mid-Winter Conference.

Tickets can be purchased at Heinz & Sons 57 Auto Body, Grafton Mobile and Grapes and Taste in Cedarburg. Tickets are \$10 each or 3 for \$20. Additional information on Rose-Harms Legion Post 355 Facebook page. Funds collected will be used towards replacing Cabin 22 at Camp American Legion.

GoFundMe: A GoFundMe page was setup for any person or business wishing to donate funds to Cabin 22 replacement. Visit <https://www.gofundme.com/camp-american-legion-cabin-22-replacement>.

Signage Upgrade: The Post Executive Committee approved the design and plan to construct a new sign in front of the Post. SAL will construct the brickwork for the sign and the install is being planned in late spring.

Post Bowling: This year's fun filled couple of hours of bowling and raffles is planned for at Circle B on January 26. Hope everyone can make it. See www.graftonlegion.com for more info.

Las Vegas Night: SAL members should attend February's SAL meeting so we can plan proper coverage and raffles needed for the Post's 35th Annual Las Vegas night scheduled for February 16th at 6:30pm. If for some reason you can't make the meeting, but can help with this important fundraiser, please contact Dick or Bob Rieck at 262-377-4190.

SAL 2019 membership renewals total 87 members. Contact Paul @ 262-389-4645 to renew or sign up.

SAL Clothing: Contact Brian Hadler @ 262-894-7465 for ordering info.

Legion Post Meeting Dinner Volunteers to serve at 7:45pm - **Feb** – Jimmy and Corey

Upcoming events:

Post Bowling - Jan 26 @ Circle B

Chili Cook-off - Feb 9 @ Saukville Post

Las Vegas Night - Feb 16 @ Rose-Harms

SAL Meeting - Feb 12



Date: Saturday, February 9th

Location: Post 470 Saukville

Doors Open at 5:30 pm

**Sponsored by Your
2nd District Legion Riders**





Milwaukee VA Town Hall, Feb.13th

From 4:30 to 6:30 p.m.

Join us at the Boelter Event Center

4200 N. Port Washington Road

We want to hear from our Milwaukee-area Veterans and family members on VA issues that affect you on health care, eligibility and benefits. We'll have experts on hand to answer all your questions or help you enroll for care.

Up Coming Veterans Events

March 8th, 2019

Milwaukee Art Museum

5:30pm - 8:00pm

Fundraiser in support of connecting veterans with artistic expression



May 23rd, 2019 - 9am - 6pm

Potawatomi Hotel & Casino

Become an exhibitor or plan to join us for the break-out sessions,

Awards Luncheon, and Happy Hour!

Take Precautions Against Extreme Cold

Dangerous wind chills are expected through the middle of next week



The Wisconsin Department of Health Services (DHS) wants everyone to **take precautions as dangerously cold temperatures blanket the state**. The National Weather Service is forecasting the coldest periods will begin late Thursday, January 24, and continue into Saturday morning, January 26. Wind chill readings of 25 to 40 below zero will be possible each night. Wind chills of 20 to 25 below zero will be possible nearly every night into the middle of next week.

“In the 2017-2018 winter season, 38 Wisconsin residents died from exposure to extreme cold,” said Chuck Warzecha, Deputy Administrator of the DHS Division of Public Health. “We want people to take every precaution to protect themselves, and we also urge them to check on family, friends, and neighbors to make sure they're safe too.”

To protect yourself and your family during extreme cold, follow these safety tips:

- **Stay inside.** It's the best place to be when temperatures are dangerously cold.
- **Stock a home emergency kit.** **Your home kit should include items such as food and water, cell phone and charger (link is external),** flashlight and batteries, first aid kit, important medications, a weather radio, and a change of clothes.
- **Dress in layers.** If you have to venture out, dress in several loose-fitting layers. Wear a hat, mittens, and snow boots. Use a scarf to cover your nose, mouth, and face.
- **Know the signs and symptoms of hypothermia.** Warning signs include shivering, exhaustion, confusion, and slurred speech. Call 911 if someone is exposed to cold temperatures and you see these symptoms.
- **Check on your friends, family, and neighbors.** The elderly, babies in cold bedrooms, people who are frequently outside (e.g., the homeless, hunters), and people who drink alcohol or use drugs are more likely to be harmed from the cold.
- **Make sure you have working carbon monoxide detectors.** **All homes and duplexes in Wisconsin are required to have properly working detectors on every level,** including the basement, but not the attic or storage areas. Detectors can be purchased at most hardware stores.
- **Never run a gasoline or propane heater or a grill (gas or charcoal) inside your home or garage.** Any heating system that burns fuel produces carbon monoxide. Use a battery-powered detector where you have fuel-burning devices but no electric outlets, such as in tents, cabins, and RVs.
- **Run generators at a safe distance (at least 20 feet) from the home.** Never run a generator in the home or garage, or right next to windows or doors, to avoid carbon monoxide poisoning.
- **Winterize your car.** Just as you have a home emergency kit, you need one for your car too. Pack items such as blankets, snacks and water, a shovel, jumper cables, and sand.
- **Keep your gas tank at least half-full.**
- **Limit outdoor time for pets.** Extreme cold is dangerous for animals too.

Residents in need of shelter, heating assistance, or warm clothing can call 211 for resources available where they live.



Rose Harms Post Auxiliary

UNIT MEETING was held January 15th 2019



Following updates were discussed:

Membership Lora Linder reported there are 116 paid members for 2019 which is 62% of our goal of 187 members. Our Unit is in the 5th place which is not typical for us. If you haven't paid for this please do so as soon as possible.

VA&R Mel Nowack reported the Christmas gift shop – a thank-you was received and the gifts were greatly appreciated! Unit put labels on the back of Needle point American Flag Hearts that were made and donated by Linda Fass and Judy Kuta. These will be given to the hospitalized Veterans over Valentine's Day.

Linda Fass provided update for the Bake less Bake sale. There have been 11 donations from members for a total of \$205.00. The monies raised will be given to the Fund to cover our Units cost for the new Legion Sign. Please contact her if you would like to help with the incredibly easy fund raiser!

Discussion on having a Pig Roast on August 17th to celebrate 100th year Anniversary of the American Legion Auxiliary. Committee chairs: Jean Rieck and Cathy Brunquell, other committee members are Linda Fass, Mary Arvi and Patty Wollner. They will meet and report back to the Executive Board at the next meeting.

Motion was passed to use the interest earned from the CD and donations to the unit from members/ members families towards the Legion signage.

Marcus tickets raised \$600.00 plus for the last run. Please see Laurie Schwabe

Please begin to think of Member of the Year. Amy Luft passed around nomination forms

Reminder Unit Elections are in May If you would like to serve on the Nomination Committee please let President Cathy Brunquell know – Also at this point the following position will be available

President

First Vice President

Treasurer

We'd like to thank those who have already donated to our **Bakeless Bake Sale** fundraiser. As you know,

the purpose of the project is to raise additional funds to be used for the Auxiliary portion of the new Post sign. We'd like to wrap this up over the course of the next month. If you haven't yet had the time

to donate, please see the flyer in this newsletter. Any amount is appreciated. If you have any questions,

please contact me at 262-375-1833. Thank-you. Linda Faas, Chairman

UPCOMING EVENTS:

Vegas Night	Feb 16 th
Wine Tasting	April 27 th

Next Meeting: February 19th

Social Hour at 6pm

Meeting begins at 6:30.



A BIT OF NEWS WE HAVE TODAY
A **BAKELESS BAKE SALE** IS ON THE WAY
THESE BUSY DAYS, WHO HAS THE TIME TO BAKE
PIES, COOKIES OR EVEN A CAKE?



WE'VE THOUGHT OF A PLAN THAT'S TRULY GRAND
AND FEEL QUITE SURE THAT YOU'LL UNDERSTAND
IN AN ENVELOPE PLEASE PUT THE PRICE
OF A PIE, OR CAKE OR SOMETHING NICE

NO FUSS OR BOTHER, YOU'VE DONE YOUR PART
THIS IS THE END OF OUR LITTLE TALE
HELP MAKE A SUCCESS OF OUR
BAKELESS BAKE SALE!

By now most of you are aware of the updated outdoor sign being planned for our Post. This new sign will allow us to announce upcoming events. We believe it will be an enhancement to the Post, making people aware of who we are and of the activities we sponsor for the community. It may even catch the eye of those looking to rent a facility for their event, taking a second look at what our Post and its beautiful location have to offer.

The sign will be a joint effort of our American Legion Family, with the Auxiliary and Legion each paying half the cost, and the Sons doing the installation. We need to raise some additional funds to pay our part and so are holding a "**BAKELESS BAKE SALE**". Instead of going to all the work of baking, just pick out something you would have baked and instead contribute the amount you would have spent on it. Any contribution would be appreciated, no matter what the amount. We've held this "BAKELESS" event in the past and have been successful in raising funds. Please help us once again by considering a donation.

CUT ALONG DOTTED LINE AND SEND BOTTOM HALF WITH YOUR CONTRIBUTION AS DIRECTED BELOW OR FOR THOSE RECEIVING THE NEWSLETTER BY EMAIL, SIMPLY INDICATE ON YOUR CHECK WHAT YOU WISH TO CONTRIBUTE (NO NEED TO PRINT FORM)

We are contributing to the Bakeless Bake Sale:

_____ Cupcakes 18 for \$5.00	_____ Cookies 3 dozen for \$10.00
_____ Brownies 3 dozen for \$12.00	_____ Homemade fudge 1 lb for \$25.00
_____ Dutch Apple Pie for \$7.00	_____ Homemade bread 1 loaf for \$4.00
_____ Cheesecake for \$20.00	_____ Cream pie for \$9.00
_____ Chocolate cake for \$9.00	_____ Torte for \$15.00
_____ Other (what did you not want to bake but love to eat?) for \$_____	

YOUR NAME _____

YOUR ADDRESS _____

Make all donations payable to **ALA Unit 355**

Send checks to:

Linda Faas

4088 Highview Drive

Cedarburg, WI 53012-9608

Please contact me with any questions: Linda Faas, Chairman

llfaas@sbcglobal.net home phone: 262-375-1833

We sincerely Thank-you for your generous support of this fundraising project.