



# Rose Harms Legionnaire

**November 2018**



**Thursday, November 1st**

**John Long Middle School**

**Free admission to musical “Shrek”**

**Monday, November 5th**

**Post Executive Committee**

**Friday, November 9th**

**Grafton High School at 8:00 am**

**“Honor Our Veterans”**

**Saturday, November 10th**

**Veterans Day Dinner at the Post**

**Sunday, November 11th**

**Veterans Day Ceremonies**

**Assemble at the Post - 10:30 am**

**March to Veterans Park - 10:45 am**

**Salute at 11:00 am**

**Return to Post for open house.**

**Monday, November 12th**

**Post Generally meeting at 7:00 am**

**Saturday, November 24th**

**Grafton’s Christmas Parade**

**Wednesday, November 28th**

**Post’s Blood Drive**





# Drop off your membership renewal and enjoy a FREE Veteran's Day Dinner Saturday, November 10th

**Your membership supports Legion programs in your community and across the nation.**

Programs like: Representing veterans and their families, at no cost, who are seeking VA disability and medical benefits.

Providing comfort items for hospitalized military personnel recovering from wounds and illnesses, including spending millions of volunteer hours at VA medical facilities.

Supporting veterans suffering from post traumatic stress disorder and traumatic brain injury.

Helping our homeless veterans.

Participating in more than 1,000 job fairs for veterans and their families every year.

Handling honor guard services and memorial tributes for our fallen military personnel and veterans, from individual funerals to memorial dedications.

Providing and distributing U.S. flags for the graves of American military personnel laid to rest here and overseas.

Addressing and lobbying Congress and the White House to provide timely VA health care, efficient benefits processing, effective GI Bill education provisions, a decent quality of life for active duty military personnel.

# Highlights from our last Post meeting

**Guests;** Cathy Brunnquell invited Post members to a Veterans Day lunch with 6th, 7th, and 8th grade students on November 9 at John Long Middle School. A sign up sheet was distributed.

Boy Scout Troop 840 leaders (Jim Lilyquist, Eric Schmeling) and member (Lucas Schmeling) spoke on troop activities and membership. Also, a thank you to our Legion.

Cub Scout Troop 3840 leader (Brad Diamond) and two members discussed popcorn and Christmas wreath fundraiser and spoke on troop activities.

**Chaplain Report**---Les Williams reported: Taps this evening for Thomas Kuenstler, a Honor Guard and 30 year Post member.

**Membership**---Gary Gilstrap reported membership at 182 with Post acceptance of two new members---Bernard Swauger and Edward Polgar.

Also: Grafton High School to host "Honor Our Veterans" program on November 9 at 8am. All members welcome.

Membership renewal notice sent via Group Email to 325 Auxiliary, Post, and SAL members with request to renew online at [mylegion.org](http://mylegion.org) if possible.

Sergeant-at-Arms---Mike Knoppa reported: Post **Blood Drive** on Wednesday, November 29.

Veterans Day Parade, November 11, lineup at Post to be at 1030.

**Children & Youth**---Doug Arendt invited Post members to a free presentation of musical "Shrek" at JLMS on Thursday, November 1, 4pm. Contact Doug for more info.

**Bingo**---Jim Arentz reported: October 9 setup after meeting. New Bingo machine is fantastic. New game price increase working well. Profit \$400 last month. Help is always needed and appreciated.

**Unfinished Business**---Post Sign application submitted to Village of Grafton but was denied. Village representative, said that the Post is in Dis-

trict that requires a monument type sign rather than a pole. Therefore, we need brick base, meet above ground rules, redesign sign footprint, and then resubmit application. Doesn't appear construction and install will be completed this year.

**New Business**---2nd District Fall Conference is, October 27, 8:00 am, at the Saukville Post.

Grafton's Christmas Parade, will be on November 24th, all members encouraged to participate.

Mel's Charities invited 3 members to ride on a Veterans Float like last year. All Legion members are invited to Bridge Inn after parade for food and drink.

2nd District Membership Rally will be on November 9th, at the Port Washington Post and November 10th, at the Cedarburg Post.

Host a Hero Lunch, November 8, 1130am, at Concordia University Terrace Room.

## **Good of the Legion**---

- Ken Grigas spoke on Milwaukee Military Historians continuing series on WWI.
- Dan Pals spoke on the November 3rd fundraiser held at the Post, for a benefit program whereby Nativity scenes are distribute to patients in area Nursing Homes.
- Brent Kozak announced that "Healing Patriots" will have a fundraiser on November 9. See him for more info.
- Beer and soda after the meeting were complements of Amy Luft and Honor Flight.

**Correspondence**--- Thank you from Chris Salazar for our Post's participation last summer at the Chinooks Baseball game.

## **Monthly Calendar Raffle Winners**

\$50-Neil Mertz;  
\$30-Janet Beck;  
\$25-Don Kenner;  
\$20-Kurt Sutinen;  
\$15-Al Richards;  
\$10-Char Karrels;

## COMMANDER'S CORNER-Ken Kasprzak



ATTENTION ALL LEGION FAMILY MEMBERS: The American Legion is the nation's largest and most powerful organization of U.S. wartime veterans and their families. Today, it counts 2.4 million members who operate through nearly 14,000 Posts across our great country. Let's continue to keep our American Legion strong and help it to work every day on behalf of all U.S. servicemen and women and their families. Help us get to our 75% goal by Veterans Day Target Date, November 15.

**RENEW YOUR MEMBERSHIP TODAY.** Remember you can complete your renewal at [mylegion.org](http://mylegion.org).

In order to cut costs and help the Post Budget, newsletters are now being distributed via email whenever possible. If I don't have your email address, please send to me: [kkasprzak1@icloud.com](mailto:kkasprzak1@icloud.com)

### GOOD OF THE LEGION.

- Midwinter Conference, January 17-20, at Ho-Chunk Convention Center, Baraboo.
- Grafton Christmas Parade, Saturday, November 24. Start time 11am. Legion, SAL, and Auxiliary members plan to march with Color Guards. Post members from Ozaukee County will also be invited to participate. Mel's Charities has invited 3 members to ride on a Veterans Float same as last year.
- Interested in a volunteer activity. The Salvation

Army is seeking bell ringers to help support its family services. Contact me or Amy Luft if interested----Weekends starting 11/23 and ending 12/23 at Shopko in Grafton.

Post Sign application submitted to Village of Grafton but was denied. Post is in District that requires a monument type sign rather than a pole. Therefore, CKC Signs needs to redesign sign footprint, and then resubmit application. Bad news---doesn't appear construction and install will be completed this year.

### LIVING WELL---REDUCE RISK OF PNEUMONIA

What is the second most common cause of hospitalizations----Answer = Pneumonia.

Bacteria are the most common cause (also viruses and fungi). As a result the air sacs in your lungs fill with fluid or pus, making it difficult to breathe.

Symptoms include: high fever, coughing up mucus, chills, chest pain, difficulty catching your breath, extreme fatigue, confusion, and loss of appetite.

Treatment---Viral type, fluids, rest and medications to relieve pain and reduce fever. Bacterial type, antibiotics, either home or hospital. Complication is abscess in the lung or a blood infection. Prevention. Good hygiene, healthy diet, regular exercise, and most important get a flu vaccine. Note that a bad case of flu can lead to pneumonia. Pneumonia vaccine is recommended for adults 65 and older. Also, those 2 to 65 that put them at high risk (asthma and COPD) and who have a weakened immune system. Two available vaccines are PCV 13 and PPSV23. Finally, the risk of having a severe allergic reaction to a pneumonia or flu vaccine is extremely small.

### CORRESPONDENCE

Thank you from Chinooks Family, Chris Salazar for our participation at Team Baseball game for 2018.  
Print Date----October 16, 2018kk

Meeting High Points,

Director of Camp American Legion, Don Grundy, was our guest speaker. He gave a small presentation of what is happening to cabin #22, which is the cabin we sponsor. Don said that he would like the SAL of Post 355 to be the fore runner of the fundraising effort to rebuild the cabin.



We agreed that we will do our part to help raise money for the cabin but made clear that it is not our responsibility to build the cabin. We would continue to be a sponsor and maintain the cabin.

The SAL had won the 2 kayaks with trailer that were being raffled off last month at Camp. We voted that we will be having raffle tickets made and sell tickets for the next 8 months. This could be done at our fundraising events, like the beer tasting. The kayaks will be displayed at every event.

Wisconsin's American Legion Headquarters in Portage is building monument for the 100th year to be built at Camp American Legion. The Post 355 SAL Squadron will be carved in them for donating \$500.

The new Post's sign on hold. It was not approved by village and needs some minor adjustments.

Beer tasting and Wine tasting starts at 6pm on November 25th at Fire Ridge.

Veterans Day Dinner is Saturday, Nov 10th. Tickets are \$15 for non veterans and everyone is welcomed. The Auxiliary and the SAL pay for veterans.

Veterans Day Parade will still be on Sunday, Nov 11th, Line up starts at 10:30 am.



# 2nd District Legion Riders

2nd District American Legion Riders  
Host National Guard Units from the  
West Bend Armory to the  
3rd Annual Family Picnic.



On September 8th the District 2 American Legions Riders provided volunteers, food, sweet treats, prizes for the National Guard and Armory Units of West Bend Annual Family Day. The District 2 Riders created a partnership with Texas Roadhouse of West Bend to provide the main meal for the picnic. Texas Roadhouse's 'Andy the Armadillo' also made a guest appearance for the picnic. Cedar Crest Ice Cream also provided a cool treat for the families that day. The Riders have been providing for the Family Day, free of charge to the military and their families, for three years with a commitment to do so in 2019 along with Texas Roadhouse.

# Rose Harms Post Auxiliary Unit 355



UNIT MEETING was held October 16, 2018

Following updates were discussed:

- Guest speaker Curtis Peck spoke regarding The Fischer House and what our Unit could do to help by volunteering. If anyone is interested in volunteering to assist with a meal please let President Cathy Brunnquell know as there will be a few dates our Unit will sign up to work.
- Membership Lora Linder reported they are accepting renewals for 2019. We currently are at 49% for 2019.
- VA&R Mel Nowack discussed the Christmas gift shop – Please contact Mel for items or monetary donations. She will pick them up or you could drop them off at her home. They need to be given to Mel no later than November 1st. These need to be sent to Zablocki well before the holiday season. Halloween trays were greatly appreciated by those who all received them.
- Breakfast for our Police officers, EMT's and Fire Fighters will be December 7th at 9 am at the Post to thank them for their service. Cathy Brunnquell will send an invitation to Chief Wenten & Chief Rice.
- Linda Fass provided update for the Bake less Bake sale. So far \$96.00 has been raised. Please contact her if you would like to help with the incredibly easy fund raiser!
- Our Unit will donated a Tool Chest for the SAL Beer tasting. There will also be a Save the Ta Ta's Basket donated for the Ladies that attend to be able to get in on the raffle. Beer Tasting is Thurs, October 25th 6:30 – 9:00 at Fire Ridge.
- Unit approved to submit a bid to run the Auxiliary State Bowling Tournament at Circle B in 2020.

## UPCOMING EVENTS:

October 24, 2018 Fall County Meeting Cedarburg

Grafton Holiday Parade is November 24th Discussion of having a trailer for members to ride that can't march that far. Cathy will check with her in laws to see if we could use a trailer and decorate it. Members can have a picture of their Veterans to hold thru the parade.

# Rose-Harms Post

## Veterans Day Dinner Dance

**Saturday, November 10, 2018**

Doors Open at 5:30 p.m./Dinner served at 6:30 p.m.

~Guest Speaker~Music~Dancing~

**All are welcome.**

Veterans are free compliments of the American Legion Auxiliary  
and Sons of the American Legion.



Name	Veteran \$0	Non-Veteran \$15

**Total Enclosed      \$\_\_\_\_\_**

**\*All reservations due by November 5\***

Any questions contact Bill Riedl 414-731-1351 or Amy Luft 414-651-7300.

***Make checks payable to: Veterans Dinner Dance***

***1540 13th Ave., Grafton, WI 53024***