



*August 2019*

# *Rose Harms Legionnaire*

**Monday, August 5th, Executive Committee meeting**

**Monday, August 12th, Post's Annual Cookout**

**All of the Post's Legion Family  
members are Welcome !**



**Monday, August 19th, Card Club**

**Saturday, September 7th, Post's Golf Outing  
At Edgewater Golf Course**

**Sign-up Today!**



## Highlights from our last Post meeting

**Chaplain** Ken Kasprzak reported that Les has been invited to the State Convention to receive an Outstanding Chaplains Award.

Two Post members have passed away, including Stanley Tacked and Bob Matthaeus.

**Vice Commander** Gary Gilstrap reported that our final Post membership number was 298.

**Sergeant-at-Arms:** Mike Knoppa reported that, thankfully, there weren't any funerals for the month.

**Athletic Chairman:** Doug Arendt reminded the membership that our Post's annual 9 Hole Golf Outing will be on September 7th, at the Edge-water Golf Course.

**Hall and Activities:** Al Richards announced that the Post's annual Chinook's baseball game will be on Wednesday, July 24th. Tickets are only \$15 and includes a hot dog, soda and chips. A free hat will also be given out. We have 42 signed on thus far...lots of food and good times.

Kudos to Nick Schanen for cleaning up a messy soda syrup spill on his first day back from vacation.

Refreshments after the meeting are compliments of the outgoing and incoming commanders, Ken Kasprzak and Kevin Dressel.

The Post's new sign is ready to be installed now that the dead ash trees have been cut down.

**Unfinished Business:** There will not be a formal Post meeting following the Corn roast and brat fry on August 12th.

Tom Grabow reported the tent rentals continue to roll on. Help is always appreciated.

### Executive Committee Recommendations Passed:

1. The Post annually provides two scholarships, 1 Academic and 1 Technical, to Grafton High School graduates. The membership voted to increase the remuneration from \$1,000 each to \$1,500 each.

2. The Post will sponsor another boy for the American Legion's Badger Boys State Program, bringing to a total of 4 boys from Grafton High School attending the program.



Grafton's Badger Boys, who recently completed this years program, spoke about their personal experiences at Badger Boys State held at Ripon College. They thanked the membership for that great opportunity.

**Good of the Legion:** Veterans from Zablocki V.A. Hospital enjoyed a great time at our Post. They left with smiles on their faces as a result of the picnic sponsored by our Auxiliary Ladies.



Correspondence: Commander, Ken Kasprzak read a thank -you letter from John Long Middle School for the Post's support of their field trip to Washington D.C.



## **CHAPLAIN'S CORNER—Ken Kasprzak**

My new role as Chaplain has begun effective at our last regular meeting on July 8. I'm excited to assume this office and plan to emulate and continue the work done by Les Williams over the past 15 years. Earlier this month, I served as Chaplain and Honor Guard for three Post member funerals. In the future, I plan to record information about the military service of members who pass.

Our next Post meeting will be in September as our annual picnic is in August. However, do attend picnic for a great meal and social gathering of fellow Post members. Thanks for considering my proposal to purchase a Chaplain's vehicle. Needless to say, it didn't get necessary votes due to inadequate funds in our Bingo Account.

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

- A. I shall continue to assist Al Richards and be responsible for emailing monthly copy to Legion family members. You can help defray cost of USPS mail by submitting your email address to me. Please send to [kkasprzak1@icloud.com](mailto:kkasprzak1@icloud.com)
- B. Tom Berk, CKC Signs, has finalized and been given approval to make the advertisement magnets for our events; i.e. Bingo, Blood Drive, Hall & Tent Rental, Las Vegas Night, Post and SAL Golf Outings, SAL Beer Tasting, and Sweat4Vets. A thank you to all who helped with our Sign Project.
- C. Remember there is still time to submit Calendar Raffle entries.
- D. Our Post participated in both Grafton and Cedarburg July 4 Holiday Parades. Thank you to our Legion family members who made these events a success.
- E. Also, thanks to Gary Gilstrap and Kevin Dressel for coordinating scheduled times for these parades and presenting the colors prior to Grafton's firework display.



### **Post's Calendar Raffle Winners:**

\$50 – Lee Baldwin  
\$30 – Bill Faber  
\$25 – John Meyer  
\$20 – Lisa Mueller  
\$15 – June Shock  
\$10 – Ian Schermel

**Living Well----Preventing backaches.** Drink more water. Dehydration can cause back muscles to stiffen and even spasm. Keep muscles flexible and strong. Take breaks from sitting and walk or move around to raise heart rate and increase blood circulation. Sleep on a good mattress. Get support without pressure points. Don't sleep on your stomach.

# Congratulations!



Auxiliary President's Award of Excellence was awarded to Rose-Harms Unit 355.

Department President, Char Kiesling presents the award to Unit 355 President, Cathy Brunnquell.



The President's Award of Excellence for the best Department Leadership Program was awarded to:  
Amy Luft, Chairman,  
Judy Kuta, Co-chair,  
Donna Jensen, Co-chair.

Auxiliary Members, Amy Luft, Judy Kuta, Mel Nowak, Linda Faas and Cathy Brunnquell attended the Department Convention in Middleton. Our unit was honored to be given a Presidents Choice of Excellence Award for all the many things our unit did for the Veterans. Thank you to Mary Molaski for putting together and organizing our units reports. The Department President Char Kiesling would not have chosen to give us the award if not for the reports that she read.

Amy Luft and Judy Kuta were awarded a Presidents Choice of Excellence Award for their hard work in Leadership workshops. They traveled to many places all over Wisconsin to do their training.

County Installation Dinner was at Rose Harms American Legion and hosted by the Port Washington American Legion. Amy Luft was sworn in as President of 2nd District and Cathy Brunnquell as Ozaukee County President.

## Upcoming Auxiliary Events

Ozaukee County Fair August 2nd - Rose-Harms day will be Friday in the Commercial building. We have a signup sheet for 2 hour shifts. This is a wonderful opportunity for our Post to be recognized by the Community. If you would like to help out call Cathy Brunnquell 262-377-0718

"Trees from Home" Saturday, August 3rd 9 am start. If you would like to join and decorate the trees for the Troops call Linda Brown 262-339-0826

Next Meeting: After the August 12th Cookout at the Legion Post upstairs.

## American Legion Welcomes Recognition of Additional Vets as House Passes LEGION Act (INDIANAPOLIS, July 23, 2019) --

The head of the nation's largest veterans organization, welcomed today's passage by the House of Representatives of a bipartisan act which will recognize veterans who served during periods not previously considered "wartime."

The Let Everyone Get Involved In Opportunities for National Service Act (LEGION Act) opens the door for hundreds of thousands of veterans to access American Legion programs and benefits for which they previously had not been eligible. As a congressionally-chartered organization, the legislation was required for The American Legion to change its eligibility criteria.

"Today's passage of the LEGION Act is a victory for veterans who until now have not had their service to our nation fully recognized," American Legion National Commander Brett Reistad said. "These veterans and their family members can now enjoy all the benefits of their service which they so richly deserve."

The gaps in the war eras were largely during the Cold War, a time when threats to U.S. national security was real, especially to the men and women serving in uniform. Overall, estimates show that about 1,600 U.S. servicemembers were killed or wounded in hostile operations during periods that were not previously recognized as times of war by the federal government.

On Feb. 14, Sen. Kyrsten Sinema, D-Ariz., introduced the LEGION Act, along with Sen. Thom Tillis, R-N.C. It passed the Senate by unanimous consent on June 11. Reps. Lou Correa, D-Calif., and Ben Cline, R-Va., introduced the House version. President Trump is expected to sign the LEGION Act law soon.

Reistad evoked the memories of The American Legion's founders who launched the organization 100 years ago this year.

"As we celebrate our centennial anniversary, we hold to the same truths that our founders appropriately crafted a century ago," Reistad said. "Among those: a veteran is a veteran. It does not matter whether a veteran fought enemies on foreign soil, protected our interests in an ocean far away or secured our national defense here at home. Their service is what matters most. Now, thanks to this legislation, all veterans will be properly remembered for their service."

With a current membership of nearly two million wartime veterans, The American Legion was founded in 1919 on the four pillars of a strong national security, veterans affairs, patriotic youth programs and Americanism. Legionnaires work for the betterment of their communities through nearly 13,000 posts worldwide. From the drafting of the original GI Bill to the creation of the Department of Veterans Affairs, The American Legion is the most influential voice for America's veterans. The American Legion, [www.legion.org](http://www.legion.org), will be celebrating its centennial through Veterans Day.

# VA MISSION Act

**Urgent care** - is one of the new benefits offered as part of the VA MISSION Act that gives Veterans greater choice in their health care. The benefit is offered in addition to the opportunity to receive care from a VA provider, as VA also offers same-day services. We are working to ensure Veterans understand how to use the new urgent care benefit as part of VA's comprehensive benefits package. In this article, we answer some common questions about the new urgent care benefit.

## **What is urgent care?**

Urgent care is a type of walk-in health care for situations where you need help but don't have an emergency, such as colds, ear infections, minor injuries, pink eye, skin infections, and strep throat.

## **Why are there different urgent care locations?**

There are two types of urgent care network locations: Retail and Urgent. Retail locations such as CVS or Walgreens are places where you can get care for minor ailments like a sore throat or earache. Urgent locations provide more comprehensive walk-in care for illnesses or injuries that are not life-threatening, like splinting, casting, lacerations, or wound treatment. Both retail and urgent locations are staffed with healthcare professionals who are licensed and credentialed.

## **Are there urgent care providers near me?**

VA launched the urgent care benefit on June 6, 2019, and we are working to expand our network of urgent care providers, adding more every week. Urgent care providers are vetted and must meet strict standards of care and other requirements before they are added to VA's network. To find a location, use the VA facility locator at <https://www.va.gov/find-locations/>. Select the link entitled "Find VA approved urgent care locations and pharmacies near you". If you arrive at an urgent care network location and have difficulty receiving care, call 866-620-2071 for assistance. More information.

## **How do I get prescription medication with the urgent care benefit?**

You can get up to a 14-day supply of prescription medication through VA, a VA-contracted pharmacy, or a non-contracted pharmacy. If you choose to fill an urgent care prescription at a non-contracted pharmacy, you will be required to pay for the prescription when you pick it up and then file a claim for reimbursement at your local VA medical facility. Prescription medication for longer than a 14-day supply must be filled by a VA pharmacy. More information.

## **Do I have to make copayments for urgent care?**

Copayments for urgent care depend on your assigned priority group and the number of times you visit any urgent care provider in a calendar year. Urgent care copayments are not charged when you receive care from an urgent care provider, but are billed separately by VA.

**For additional information about the VA MISSION Act, visit <https://missionact.va.gov/>**





# Rose Harms Post 26th Annual Golf Outing



Edgewater Golf Club

Saturday, September 7, 2019

1:00 pm Shotgun Start

Beer & Soda on Course

Dinner served at 4:30 pm

**All Legion Family and Friends are invited**

Golf, Dinner and prizes: \$35.00 (cart included for outing)

Golf and prizes Only: \$20.00 (cart included for outing)

Dinner only: \$20.00 (gratuuity included)

Return (with payment please) to:

Rose-Harms Post 355

Attn: Golf Outing

1540 13th Avenue

Grafton, WI 53024

**Please send reservations to the Post  
by Saturday, September 1, 2019**

Note:

Edgewater members NO PRICE REDUCTION

Name (foursomes golf together, others	Golf and Dinner \$35.00	Golf Only \$20.00	Dinner Only \$20.00	Total
Total Amount Enclosed				