



# Rose Harms Legionnaire

## April 2020



Ralph Beck (L) and Commander Kevin Dressel (R) presented the Post's Legionnaire of the Year award to Ken Kasprzak .

Monday, March 29th

National Vietnam Veterans Day

Sunday, April 4th



Monday, April 5th

Post Executive Committee Meeting

Monday, April 12th

Post General Meeting

Tuesday, April 13th

Sons of the American Legion

Monday, April 19th

Card Club in lower hall



stay informed at [griftonlegion.com](http://griftonlegion.com)

# Highlights From Our Last Post Meeting

**Chaplain Ken Kasprzak** ask everyone to keep Romie Monarski in their prayers who is recovering at home from gallbladder surgery.

**Membership.** Gary Gilstrap reported Post paid members were at 276. New member Ever Armandariz, US Air Force veteran was welcomed into the Post. Continuous Membership Certificates for 50 & 60 years will be presented at our Post's April meeting.

**Finance** Report distributed and approved by members. The \$1,035-line item was a donation from Art Viesselmann's family.

Raffle sales thus far are a huge success. In addition, we have received dollar donations from several Legion Family members.

**Steve Shock** highlighted the March County meeting. Camp American Legion set to tentatively open on June 1. The newly restored Cabin 22 dedication will be on May 25.

Deceased Post members list (2019 and 2020) is due to the 2<sup>nd</sup> District Chaplain. A Memorial service will be held on Saturday, April 24th, at the 2nd District Spring Conference at the Horicon Post.

**Americanism;** The names of Emergency Medical Technician, Firefighter, and Police Officer candidates from our Post have been delivered to Ozaukee County Commander.

**Legion Baseball----****Dan Harris**, Post AL Baseball Coordinator, reported that rosters for the Junior and Senior teams is ongoing.

Also, both the News Graphic and Ozaukee Press have published articles recently about our sponsorship of an American Legion Baseball team.

**Children & Youth.** **Doug Arendt** noted that the student Patriotic Color and Essay entries are due this week. He will present the winners at our April meeting.

## **Correspondence**

Thank you from Stars n Stripes Honor Flight for our donation of \$500 last year.

A thank you from the Auxiliary for our assistance with buddy baskets for the Milwaukee Homeless Veterans.

## **Good of Legion.**

Tents---Tom Grabow. Rental requests being received and hopefully will not have cancellations per pandemic last year.

After meeting drinks provided by Bill Klein, Ken Klein, and Claude Taylor.

A thank you to Ladies Auxiliary for the chicken dinner during our social gathering.

## Calendar Raffle Winners This Month

Colten Schmitt \$50.

Gary Lallensack \$30.

Lillian Didier \$25.

John Jozwowski \$20.

Hadley Musbach \$15.

Beth Dressel \$10.



**Chris Wegner**, from The Buckskin Bowmen Archery Club, who recently held an event at our Post. Chris presented a check for \$750 from the Archery Club. He also turned over the purchased \$200 Las Vegas raffle tickets.

**Sue Turowski**, Post Auxiliary President, presented a \$2,000 donation to assist with Post building expenses.

**Butch** presented a \$1,000 check from **Steve “Doc” Klotz** to Commander Kevin.



### **CHAPLAINS CORNER-----KEN KASPRZAK----03/22/21**

Attendance at our Post meeting continues to increase. It's great to visit with members who we have not seen due to the Covid pandemic. After meeting drinks provided by Bill Klein, Ken Klein, and Claude Taylor. A thank you to Ladies Auxiliary for the chicken dinner during our social gathering. Membership renewal update. Records show that 18 members still haven't renewed for 2021. Notification sent via email and USPS. Las Vegas sweepstakes raffle tickets mailed to Legion Family members. Thank you to everyone who purchased raffle tickets this year. Sales have been overwhelming and we are out of tickets for sale. If you have tickets that you don't plan to purchase do the following:

Return your tickets to our Post: Mail to Post via USPS or Drop them in our Post mailbox.

Prayers for members who passed away 2020-21: Elroy Tiegs, Francis Scheer, Joe Tinebra, Richard Langlois, Robert VanDyck, Ronald Yokes, William Greene, Art Viesselmann, James Herian, and John Peterson.

Each year the American Legion selects Legionnaires who qualify for 50, 60, 70, and 80-year continuous membership certificates. Surpassing this milestone in The American Legion exemplifies the endurance of our organization as the leading advocate for veterans' rights and benefits.

Honorees at our April meeting will be: **50 Years** - Michael Kleinhans, Danny Hahn, Lester Williams.

**60 Years** - Melvin Eischen and Neil Mertz. Also, at our meeting we will honor Public Safety Officers Of The Year. EMT Kelley Marriott, Firefighter Jordan Kreutzer, and Law and Order Dustin Cline.

**Living Well**—10 Ways to Reduce Stress. From the on-going pandemic, stress is taking its toll. Nearly half of Americans believe their stress has increased over the past 5 years. Connection between stress and physical health is real. Here are some tips: Exercise regularly. Studies show that those who do experience lower levels of anxiety and depression. Get some rest. Meditation and patterned breathing help improve sleep. Focus on antioxidants in your diet such as pecans, beans, beets, berries, artichokes, kale, and spinach. Cut caffeine (coffee & energy drinks). High doses of stimulant can lead to anxiety. Swap that extra cup of coffee for a green tea. Start a hobby. Try aromatherapy. Start a journal. Putting your thoughts in writing. Laughing can improve immune function. Just say no. Too many activities don't allow yourself to focus on priorities.



## Toxic Exposure & Burn Pits

A disturbingly high percentage of post-9/11 veterans have been exposed to airborne toxic hazards, often the result of personal proximity to burn pits for extended times during service. The American Legion has fought for service-connected disability benefits for conditions linked to toxic exposures for decades and will continue to do so for this generation. The American Legion urges Congress to reintroduce and pass the Toxic Exposure in the American Military (TEAM) Act of 2020.

Last week, a VA advisory committee heard from researchers on several promising treatments for Gulf War Illness (GWI). Several therapies are showing promising effectiveness during clinical trials. One that would be immediately accessible to large numbers of veterans is diet-based. A low glutamate diet has been shown to dramatically reduce the symptoms of GWI. Some trial participants complain that their diet becomes highly restrictive. Others are willing to deal with that in exchange for alleviation of symptoms. In initial clinical tests, 73% of people were considered to have improved after one month on the special diet.

During the meeting, the committee chair stressed the importance of people having enough vitamin D, and encouraged veterans to take D3 supplements. Dr. Lawrence Steinman added that people with more melanin in their skin (e.g., darker skin color) will routinely have lower levels of this vitamin, which is important for boosting the immune system.



## The American Legion 100 Miles for Hope

The American Legion's second annual 100 Miles for Hope has been expanded for 2021. There are two ways to register and participate. In order to allow participants to track their activities and encourage others to fundraise, we are using an app from a company called Kilter. Here's how to get started:

- 1) [Register](#) via Kilter and join our activity challenge, donate and fundraise for The American Legion. Every participant receives a medal to celebrate their achievement. It's easy and takes less than a minute.
- 2) Download the [free Kilter app](#) in the app store
- 3) Choose Sign In (top right)
- 4) Go to the Events tab > My Events (100 Miles For Hope will automatically come up as you've already registered!)
- 5) Complete your profile and connect your devices. Don't forget to set a goal!
- 6) Share! Tell all your family members and friends you're participating in The American Legion's 100 Miles for Hope that raises funds to support veterans and military families. Share [your story on Legiontown](#), post to social media and send e-mails.

### HOW TO PARTICIPATE

1. Complete daily wellness activities of at least a half-hour and accumulate points. You can complete up to three wellness activities each day that count toward your total. There are more than 40 different activities to choose from. And if your activity isn't represented on the app, you can create a manual activity that will count. Also, there are ways to receive bonus points! Check the app to find out how.

[Click this link](#) to learn more about how to track your efforts, see a list of activities, and how to add manual ones.

**American Legion Auxiliary  
Rose-Harms Unit 355  
April 2021 Newsletter**



**HAPPY EASTER MEMBERS!**

First and Foremost, we need to mention our yearly election of officers. We truly need people to come forward to help lead our group. Officer positions are: President, 1st Vice President, 2nd Vice President/ Membership Chair, Treasurer, Chaplain, and Historian. At this point Patty Wollner has agreed to serve as Treasurer. Lora Linder and Linda Mayer have agreed to remain in their respective positions as 2nd Vice and Historian. We need someone for the offices of President, 1st Vice President, and Chaplain. PLEASE contact Pam Klenner at 262-375-0085 or [pklenner@bcglobal.net](mailto:pklenner@bcglobal.net) with any questions or to place your name on the ballot. A complete listing of information on all positions was contained in the February newsletter, but information can also be found in our Constitution, By-laws, and Standing Rules. If you need a copy of any of these, please call President Sue Turowski at 262-389-4644. Past officers are always available to help you along; we won't leave you stranded. If you've ever considered a position, now is the time to make that happen.

At our meeting of March 15th President Sue announced that a donation to our Unit in the amount of \$250 was recently received from out-of-town member Mary Rose Leist. We THANK-YOU, Mary Rose, for this most generous donation!

The Membership Committee continues to make strides toward this year's goal of 180. Chairman Lora Linder reported at our March meeting that membership now stands at 90%, with 162 paid members. We need just 18 more (renewals or new members). 23 from last year's roster have not yet renewed. Please try to get your 2021 membership paid soon! Contact Lora at 262-389-5339 with any questions.

The Library Display Committee has been hard at work planning a viewing of our 75-year history. Assembly will begin April 1 and will be on display for the month. Don't miss it!

One more reminder concerning the 2nd District Spring Conference to be held at our Post on Saturday April 24th from 9 to 12 noon. In-person attendance is limited and is filled at this time, but you can put your name on a wait-list. Attendance by ZOOM is highly recommended. RSVP's are due by April 12th. Mail to Amy Luft, 1955 Comanche Court, Grafton, WI 53024 or email to [amyjlucht@gmail.com](mailto:amyjlucht@gmail.com).

It's time to start thinking of your nominee for the 2021 Unit Member of the Year Award, to be presented at the June Banquet. The deadline for ballot submission to 1st Vice Mary Molaski is May 17th. Attached is the ballot, please forward via email to [sueturowski@hotmail.com](mailto:sueturowski@hotmail.com) or us mail to Mary Molaski 220 W. Birch Street, Grafton, WI 53024.

**VOLUNTEER OPPORTUNITIES TO HELP:**

The long-awaited State Auxiliary Bowling Tournament WILL be held on the weekends of April 10/11 and 17/18 at Circle B! As we're the hosting Unit, we have the opportunity to run both 50/50 raffles and basket raffles, with proceeds going to the Unit. 20 baskets will be raffled each weekend with two 50/50 raffles each Saturday and one on each Sunday. Volunteers are needed to help on all shifts (Saturdays 10-1:30 or 1:30-5:00 and on Sundays 10-noon).

VA & R Project at our April Meeting: Mel Nowak, VA & R Chairman, has passed on the following message from the Spinal Cord Unit at Zablocki: "The Spinal Cord Injury Unit would love to add some color to our outdoor patio space! We are looking to plant some flowers in our planter boxes that the Veterans will be able to enjoy and tend to all season long. The recreation therapists are able to work with the Veterans to provide special equipment so that every Veteran is able to participate. The Spinal Cord Injury Unit can be a busy place at times and we currently have 20 patients staying with us.

All donations will be collected and presented to Erinn, recreation therapist that works with every Veteran on the unit. We would love if you are able to contribute the following items for our Veterans to use to help brighten their stay:

Flower packets (Specifically Impatiens, Marigolds, Morning Glory, Zinnias)

Plastic Planters from the Dollar Tree Store (glossy round planters with saucers 6.25" x 5.5")

As they are planning to plant the week of April 27th, Mel asks that we bring our donations to our April 19th Unit meeting or drop off at Mel's house at 1115 2nd Avenue in Grafton. If more convenient for you, cash donations are welcome, and we'll do the shopping. Thanks for your consideration of this project which directly impacts our Veterans.

**SENDIK'S BRAT FRY FUNDRAISER:** Please save the date of Saturday June 5th to help. Contact Amy Luft at 414-651-7300 to sign up for a shift.



## **That Time of Year is Coming and We Need You!**



The Poppy Committee will be attending the April meetings for the Legion, Sons of American Legion and Auxiliary.

We will have sign-up sheets to help us May 28th and May 29th Distribute Poppies.

We have our traditional locations here in Grafton.

Please consider one or more of these volunteer opportunities! Until we meet again, stay safe.

### **ATTACHED PLEASE FIND THE ORDER FORM FOR THE VETERAN SIGN'S AND POSTERS.**

**ORDER DEADLINE MAY 15, 2021**

#### ***Submitted by:***

Sue Turowski, President and Linda Faas, Secretary

#### ***Upcoming Events:***

**April 1-30:** Auxiliary Display at Grafton Library April 6:

Exec Board Meeting 6:30 pm downstairs

**April 10-11 & April 17-18:** State Auxiliary Bowling Tournament, Circle B April 17:

Drawing for Las Vegas Night Sweepstakes tickets

**April 19:** Unit Meeting 6:30 pm UPSTAIRS

**April 24:** 2nd District Spring Conference and Sweepstakes ticket drawing May 5:

Auxiliary In-the-Know scheduled at Mid-Winter Conference May 17:

Unit Member of the Year ballot due

**May 28/29:** Poppy Distribution June 5:

Sendik's Brat Fry



# Grafton American Legion Auxiliary

## *Honor Our Veterans* Yard Sign

Show your support of our Veterans by displaying  
or giving an attractive yard sign!



**Please Print**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Each 18" 'x 24" two-sided yard sign includes a metal yard stake.

Designs below also available as an 18" x 24" poster. Enter quantities for each below.



Yard Sign: \_\_\_\_\_

Poster: \_\_\_\_\_



Yard Sign: \_\_\_\_\_

Poster: \_\_\_\_\_



Yard Sign: \_\_\_\_\_

Poster: \_\_\_\_\_

**Order Deadline: May 15, 2021**

# of yard signs: \_\_\_\_\_

# of posters: \_\_\_\_\_

Total: \_\_\_\_\_

Total \_\_\_\_\_ X \$20 each \_\_\_\_\_

Mail order form and check payable to:

ALA #355 Amy Luft

1955 Comanche Court

Grafton, WI 53024

Questions? [alagrafton@gmail.com](mailto:alagrafton@gmail.com) or 414-651-7300

Pick-up will be at the Grafton American Legion Post (1540 13th Ave.)

You will be contacted when your order is ready for pick-up,  
which is estimated to be the week of May 31



## March 2021 SAL News

**Membership:** SAL Membership is now 80 members with 72 who have paid this year dues. Membership dues are due now and contact Paul Turowski @ 262-389-4645 for membership opportunities and to pay your annual dues. Discussion on membership recruitment efforts to include word of mouth, advertising and obtaining referrals from our current Legion Members.

**SAL Clothing:** Contact Brian Hadler @ 262-894-7465 let Brian know if anyone needs anything.

**Camp American Legion:** New cabin is done, and dedication scheduled for May 25, 2021. May need some of our help in annual spring cleanup.

### SAL Volunteer Activities -

**Bowling:** The 3/6/21 event was very well received with 11 full teams and many successful raffles.

**Golf:** The golf outing is planned for June 5, 2021 with again morning start with a Bloody Mary bar and breakfast. Banners and signup sheets are being printed.



**Old:** Vegas night raffle tickets are being well received and selling well. Please continue to sell and have turned into Legion by virtual drawing on April 17<sup>th</sup>.

Post 355 is to sponsor American Legion Baseball team. Pass on voice vote to fund insurance for the junior team.

State meeting planned for May 6<sup>th</sup>-9<sup>th</sup>

**New:** Support Auxiliary yard sign campaign.

Post is looking at setting date to open and will need help doing some cleaning prior to the opening.

**Legion Post Meeting Dinner:** Volunteers planning to serve Dinner that starts at 7:45pm

**April** – Tim/Corey

**May** – Dave and Jim

**June** – Gary and Neil

# THANK YOU VETERANS

