



Rose Harms Legionnaire 2022

Look Out for the
Cookout

Monday, August 8th



Monday, August 1st

Post Executive Committee meeting

Monday, August 8th

The Post's Legion Family
Cookout and Corn Roast



Tuesday, August 9th

Sorry, no BINGO until September

Monday, August 15th

Card Club (Everyone is Welcome)



Sunday, August 28th to Thursday, September 1st
The American Legion's National Convention in Milwaukee



**Rose Harms Post 355
Annual Golf Outing
Saturday, September 17th**

Highlights from our last Post meeting



Congratulations,

Gary Gilstrap reported that the Post's membership is at 103% of its 2022 goal.

Ken Michaud, US Army, a transfer from Portage, was welcomed aboard.

Building & Grounds:

Butch Paegelow reported that the Post's front parking project will be completed as time and resources permit.

Camp American Legion:

Bill Vorac reported he will journey to Camp and thank our cabin roofers for the gratis work to repair our hole in the roof.

He also said that the insurance policy for our cabin had lapsed. The new one has a major drawback, but it is the only one available at the time. It goes into effect May 1st and ensures the cabin for only \$35,000 with a \$2,500 deductible. A motion from the floor to spend \$175 for the premium in addition to the \$284 premium for the SAL sponsored cabin was made and seconded. With no discussion, it was passed unanimously.

Athletic:

Doug Arendt reminded the members that the Post Golf Outing is scheduled for Saturday, September 17th.



Old Business:

The Post participated in both the Grafton and Cedarburg 4th of July Parades.

Recommendation was passed

To donate the budgeted \$100 to the Grafton Gladiators Football Program with money coming from the Bingo Account.

New Business:

Kris Raymond, President of the Paramount Music Festival, spoke to us regarding the music festival at Lime Kiln Park on the 22nd and 23rd of July. In addition, she also brought along free tickets to the festival for members who wanted them.

Good of the Legion:

Al Richards explained the Legion Riders "IROC Run" to help our Veterans deal with their issues at the Neillsville "High Ground" veterans memorial. 60 motorcycle Riders cover almost 800 miles in 3 Days of traveling around the state, visiting posts and raising \$35,000.

Refreshments for the evening were compliments of Al Richards and Kevin Dressel celebrating their Birthdays of 76 and 61 respectively.

The Post's annual picnic will be held on August 8th. Chaplain Claude requested help in cooking corn for the Picnic.

Correspondence:

Commander Ken recieved "thank-you" letters from the Post's sponsored Badger Boys State representatives. 2 of the 3 boys will be able to attend our September Post meeting.

Monthly Calendar Raffle Winners:

\$50 - Amelia Norton

\$30 - Emily Suber

\$25 - Diane Barbieri

\$20 - Julie Stiebs

\$15 - Jim Arentz

\$10 - Mike Karrels

It's not to late to send yours in!

COMMANDERS CORNER-KEN KASPRZAK

New Veterans Crisis Line. Effective July 16, Veterans have the option to Dial 988 then press 1 to connect with caring, qualified responders for 24/7 crisis support.

The Department of Veterans Affairs has made it more user friendly to access the Veterans Crisis Line. Reducing Veteran suicide is the top clinical priority and addresses the country's mental health problems.

Each year our Post presents an award to Grafton Middle School's Outstanding 8th Grade Students. Selection is done by school principals and teachers based on Academics, Leadership, and Service.

Two schools (Our Savior Lutheran and St. Joseph Parish School) invited me to an assembly where I presented the award. Picture is award winner Katia Bloedel, Our Savior Lutheran.



Other awardees are: Audrey Hanson, John Long, RaeAnn Kegley, St. Paul Lutheran, and Amelia Lundberg, St. Joseph Parish School. Congratulations to these outstanding students.

Annual Post Picnic—August 8, Monday, 5:30pm, No Post Regular Meeting this month, but will resume in September. Corn peelers needed, contact me 812-345-4564.

Living Well----The Power of Walking. Adding daily walking to your routine improves physical and mental health. It supports a healthy immune system, boosts your metabolism and strengthens your joints, muscles and bones. Also, walking helps relieve stress and reduces body fat which results to improve your body's response to insulin. Experts recommend walking at least 30 minutes daily for the greatest benefits. Ways to get the most out of it: Mix in Intervals defined as short spurts with a quicker pace. Explore nature by taking walks outdoors. Breathing natural air, rather than recycled air indoors, improves brain function. Note the American Legion's 3rd annual 100 miles of Hope challenge is underway. For details visit----legion.org/100miles.

Reminder----Legion Apparel is now distributed via Silk Screen Specialists. An order form is available for jackets and polo shirts. Note that other clothing items and sewing requests are available. Questions Call Sarah at 262-377-5889.

Correspondence----Post to Post Walk. On behalf of Sweat4Vets, thank you for your kind donation of \$250, the use of the Post and a tent, and supplying two bartenders. Thanks to your generosity, this event has raised more than \$80,000 for veterans since its inception in 2016. We couldn't do it without you. Cedarburg and Grafton American Legion Auxiliary.

Print date----07/20/22.

Rose Harms Post 29th Annual Golf Outing



Edgewater Golf Club

Saturday, September 17, 2022

1:00 pm Shotgun Start

Beer & Soda on Course

Dinner served at 4:30 pm

**All Legion Family & Friends
of All Ages Are Invited**

Golf, Dinner and prizes: \$40.00 (cart included for outing)

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

Dinner only: \$20.00 (gratuuity included)

Return with payment to:

**Rose-Harms Post 355
Attn: Golf Outing
1540 13th Avenue
Grafton, WI 53024**

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

Note:

Edgewater members NO PRICE REDUCTION

Name (foursomes golf together, others will be made into foursomes)	Golf and Dinner \$40	Golf Only \$20	Dinner Only \$20	Total
Total Amount Enclosed (Checks Payable to Rose-Harms Post 55)				