

FOUR FORTY NINER

**Cudworth - Stenz - Griesell - Smith American Legion Post 449
Brookfield, Wisconsin**

Charter Received April 1946

Serving God, Veterans & Country



**Four Forty Niner is the Official Newsletter of
Cudworth-Stenz-Griesell-Smith Post 449**

**3245 N. 124th Street
Brookfield, WI 53005
262-781-0488
Fax: 262-781-4568
www.Post449.com**

OFFICERS DIRECTORY

Commander	Alex Kolander	414-322-8702
1st Vice Commander	Roger Kiesner	414-350-0402
2nd Vice Commander	Alex Kolander	414-322-8702
Assist. 2nd Vice Com.	Lisa Nelson	262-364-3033
Adjutant	Bill Roche	414-477-9378
Finance Officer	Open	414-702-0391
Chaplain	Rod Haines	414-852-2012
Judge Advocate	Tom Rhoda	414-510-9901
Service Officer	Richard Strehlow	262-641-0977
Sgt At Arms	Mike Daigle	262-330-3611
Public Relations	Steve Fraenzl	262-719-5660
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Catering by Bunzel's		414-873-7960
Parliamentarian	Open	
Historian	Mike Bell	414-702-0391
Children & Youth	Open	
Scholarships	Jim Young	414-759-3624

Commander's Message

By Alex Kolander, 414-322-8702



GREETINGS FELLOW LEGIONNAIRE'S:

Unbelievable!!, Our Green Bay Packers start playing this month already. What happened to our summer? I hope everyone has been enjoying the summer outside with family and friends. Naturally, we are slow at the post during the summer months and look forward to our schedule revving up again with music Friday's and Saturday's starting in September.

I would like to welcome our new Chaplain. Mr. Rod Haines to the board. Rod served in the Air Force as a Chaplain. Please welcome Rod when you see him. Not easy to get members to serve on the board which makes Rod an exceptional member.

I am still getting questions about how many members are coming to the post. Back in June I published the statistics on our membership. Sometimes I wonder if everyone really reads the newsletter or just considers it JUNK MAIL? I would hope, after all the effort our people put into the newsletter writing articles, assembling, and mailing it and the cost, that this is not so. It would be nice in the future if all could receive the newsletter electronically. I know it is sometimes difficult for us "Old People" (I am 79) to not have the print in front of us. I was the last person in the Army unit I was in to change over to direct deposit from a printed check to direct deposit. The Colonel came into my office and told me I was the last person in the unit to not have switched over to direct deposit. I told him I really liked the paper check, and I guess you can only surmise what he told me!

Here again, is the summary of our membership. It

NEWSLETTER CIRCULATION VOLUNTEERS

Richard Strehlow, Bill Roche, Clair & Larry Decker, Vivian Schmidt, Joleen Gordon, Kitty Larkin, Beth Weare, Lylette Smith, Bev & Lance Westen, Teri Seegert, Frank & Joyce Sternisha, Bev Gunther, Elizabeth Wilkinson, Larry Kaplan, Geri Mertes., Nancy Kelley

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Please email articles to Steve Fraenzl at sfraenzl@gmail.com.

Hard copy may be brought to the Legion office and given to a bartender. Change of address/ phone number/email address should go to:

Legionnaires ► Post Address, Attn: Tom Bonesho, Adjutant

Auxiliary ► Post Address, Attn: KITTY LARKIN, Membership S.A.L. ► Post Address, Attn: LEIGH RAINER

has changed a little since the June printing:

Looking at our database we see we have around 525 members currently. We have, about 30-35 members who have not renewed their membership for 2024. Of the 525 members, 204 (40%) live out of state or other non-local cities in Wisconsin. Add to this, there are so-called "Snow Birds" who only live in the state 5 or 6 months per year. Of the approximate remaining 295 members the average age is around 73 years old. Many of them no longer drive, or drive at night.

Our annual giving fund will start soon. This is a very important fund raiser to help us support our Veterans in many ways. Please open up your hearts and give as much as you can afford to help us keep doing what we are chartered for. Thank you!

AND GOD SAID:

Whoever conceals hatred with lying lips and spreads slander is a fool (Proverbs 10:18)

Let those who love the Lord hate evil, for he guards the lives of his faithful ones and delivers them from the hand of the wicked. (Psalms 97:10)

The fear of the Lord is hatred of evil. Pride and arrogance and the way of evil and perverted speech I hate. (Proverbs 8:13)

Service Officer's Message...

By Richard Strehlow 262-641-0977



Last Bugle (Post Members)

Jay Jorgensen (Past Commander)

Last Bugle (Non-Post Members):

Vladermar Garcia Korea Kevin Shilling Peace Time
Roy Zietlow WWII Dennis Dertz Peace Time
Jerome Tyska Vietnam John Moore WWII
Floyd Swanke Peace Time

May they rest in peace

Honor Guard News:

The Honor Guard has two new members. Both Andy Bednarski and John Harold have joined our ranks. They have also joined SAL Squadron 449. I would like to thank the following for their donations to our Post for the Honors presented to their family. The Duke Family, VFW Post 8320.

Post Member Reminder: Please make sure that you renew your membership for 2024. The cost is \$45.00 and keeps you current in your continuous year's status. If you have not received or misplaced your renewal notice, send a check to Adjutant, Post 449, 3245 N 124th St, Brookfield, WI 53005. The Adjutant will issue you a new card which can be used to receive many veteran discounts at many stores.

Post Contact Info:

Post E-Mail is
americanlegionpost449mail@yahoo.com to contact us.

Post Website is POST449.com which lists all current Post formation.

Post Facebook group is Post 449 American Legion which also lists all scheduled activities.

VA NEWS & INFORMATION:

Did you know some older veterans live with the inability to perceive temperature changes? Particularly if they have some form of dementia or cognitive decline. As a result, they won't respond appropriately to heat, both biologically (through sweating) and behaviorally (by moving to someplace cool).

As you prepare for your Compensation and Pension exam, remember that you are not alone in this process. Hill & Ponton have provided valuable insights to guide you through this journey. Remember to approach the exam with confidence and honesty, knowing that your well-being is at the forefront of this evaluation. Take the time to prepare mentally and emotionally, and trust that your experiences and struggles are valid. Tips from Hill & Ponton below:

Prepare Ahead of Time: Keep detailed records of your condition, know what you're being evaluated for, and have all necessary forms ready.

Be Honest and Detailed: Clearly explain your symptoms and how they affect your daily life. If you have "bad days," describe their frequency and impact.

Bring a Support Person: Someone close to you can provide additional insights and help observe the details of your exam, even if they're not allowed in the exam room.

Get a Copy of the Results: Request a copy of your C&P exam results from the VA. This can be helpful if you need to dispute the findings later.

Multiple Visits May Be Needed: If you file multiple claims, be prepared for multiple exams. Each exam should help support your claim, so approach each one with care.

Chart Reviews: Sometimes the VA may do a chart review instead of an in-person exam. If you feel a chart review is insufficient, consider seeking a second opinion from an independent medical facility.

Did you know compared with usual care alone, partnership with a trained psychiatric service dog was associated with lower PTSD symptom severity and better psychosocial functioning for U.S. military members and veterans? It seems as if service dog partnership may serve as an effective complementary intervention for military service-related PTSD, according to a recent study by JAMA.

Did you know previously denied veterans can now reapply for federal benefits? Starting July 2, 2024, the Department of Veterans Affairs (VA) has expanded access to benefits to thousands of veterans who had been considered ineligible, including some kicked out for homosexuality. Veteran Services Offices (VSO) are preparing for former service members to come forward and appeal their previously denied benefits.

Did you know SSDI and VA disability compensations are not affected by each other and you may be eligible to receive both of them at the same time? However, you do need to apply for them separately.

Did you know before asbestos was identified as carcinogenic, it was held in high regard for its characteristic resistance to heat and fire, and for its strength? Asbestos was also accessible and inexpensive, so the military explicitly ordered its use in the construction of barracks, mess halls, hospitals, administrative buildings, and other structures, as well as to insulate numerous parts of vehicles, aircraft, and ships.

Ischemic Heart Disease (IHD) is a condition in which fatty deposits (atheroma) accumulate in the cells lining the wall of the coronary arteries. These fatty deposits build up gradually and irregularly in the large branches of the two main coronary arteries which encircle the heart and are the main source of its blood supply. This process is called atherosclerosis which leads to narrowing or hardening of the blood vessels supplying blood to the heart muscle (the coronary arteries). This results in ischemia (inability to provide adequate oxygen) to

heart muscle and this can cause damage to the heart muscle. Complete occlusion of the blood vessel leads to a heart attack (myocardial infarction).

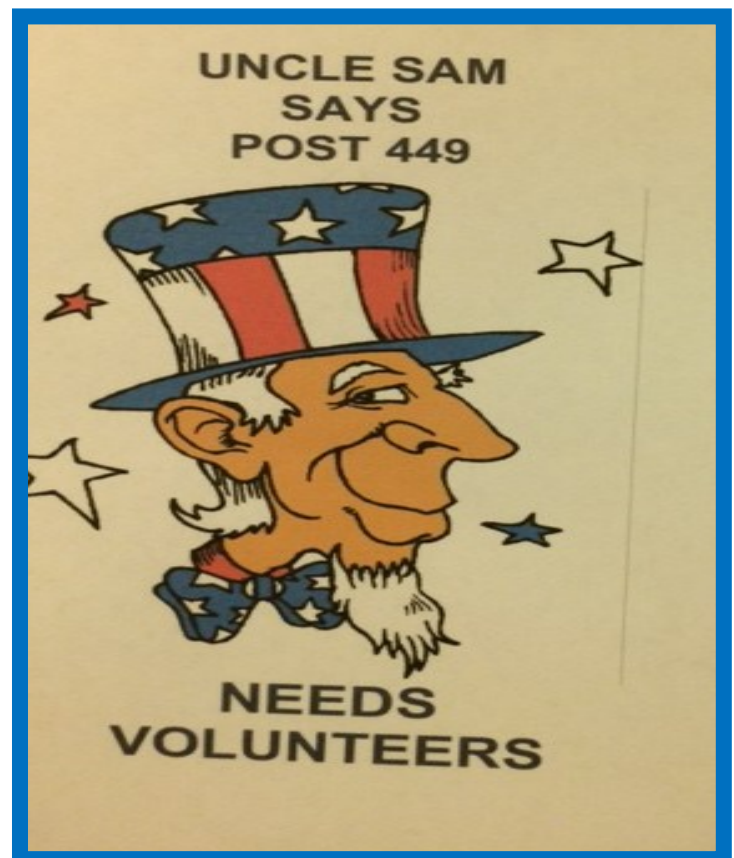
It is disheartening to acknowledge that veterans are disproportionately affected by IHD. This disparity highlights the urgent need to address the health issues faced by those who have bravely served our country.

The brave men and women who have served our country face a significant health challenge in the form of pancreatic cancer, a disease that has affected a disproportionate number of veterans who were exposed to Agent Orange. These individuals, who have already sacrificed so much for our nation, now find themselves battling a formidable opponent in the form of this aggressive disease. Despite these adversities, their resilience, courage, and unwavering spirit continue to inspire us all, reminding us of the incredible strength and determination that defines our veterans.

Did you know families have two years from the date of passing of a veteran to apply for burial benefits? The VA will review the application and, if the veteran was honorably discharged, reimburse up to \$948 for a cremation and up to \$231 for an urn. Veterans who die from a service-connected disability are eligible for higher death benefits, up to \$2,000.

Did you know there are rumors that the Department of Veterans Affairs (VA) may consider removing VA enrollment for veterans who have no compensable service-connected disabilities and annual incomes above a certain national threshold? Because the VA can only add as many new enrollees each year as its funding allows, veterans are sorted into eight different enrollment priority groups depending on factors including their service history, disability rating, income level, and qualification for Medicaid. The VA may end new enrollments for veterans in the lowest two priority groups and disenroll those who are already in the VA system.

Remember..... That all gave some, but many gave all!



ELMBROOK CABIN UPDATE

Lake Tomahawk, WI – The hot summer days will soon be replaced by warm afternoons and balmy evenings of the autumn season.

ONLY 14 - 'FALL' rental weeks remain!

8/3 to 8/10

8/10 to 8/17

8/17 to 8/24

9/7 to 9/14

9/14 to 9/21

9/21 to 9/28

9/28 to 10/5



Fall in Wisconsin can be summed up in just one word **Purrrr-fect!** Spending that time at a Elmbrook cabin will only add to your enjoyment.



Contact Al Reich
(262) 523-4525

to reserve your week.

www.449cabins.org



AMERICAN LEGION AUXILIARY



Empowering Women, Inspiring Communities

AUXILIARY DIRECTORY

President	Jennie Riemer	262-642-7206
Vice President	Virginia Bragg	
Treasurer/Membership Sect'y	Darlene Baczek	262-853-8413
Secretary	Lilli Schwantes	262-617-2686
Chaplain	Betty Conlon	414-870-1432
Sgt.-at-Arms	Heidi Plutul	414-870-1948
Asst. Sgt.-at-Arms	Vivian Schmidt	262-782-0605
Parliamentarian	Lynne Ehnert	414-630-1959
Member-at-Large	Jean Ramlow	
Member-at-Large	Colleen Gotowitz	414-617-8887
Past President	Kitty Larkin	262-295-2922

President

Jennie Riemer 262-642-7206
shakinjmr@yahoo.com



Hello everyone.

Hope everyone is staying cool and dry. The honor guard, the Sal and the auxiliary were well represented in the Brookfield 4th of July parade. I hope everyone enjoys the pictures.

We didn't have a meeting in July, but we will have an executive board meeting August 6th at 5:00 pm. We will discuss the meal we are planning on providing for the WOW group and other ideas people have. This is followed by our meeting August 20th 6:00 for refreshments and 6:30 for our meeting. Hope we see you all there and bring a guest

Thank you
Jennie

Chaplain News

Betty Conlon. 414 870~1432
Bettylconlon@sbcglobal.net



Hope everyone is enjoying the summer. I am looking forward to seeing you at our August 20th meeting. Remember to bring a friend. This will be an interesting meeting since we shall have an update on the State Convention.

Cards were sent to Beverly Thiel who was in rehab and now back home. I learned that Loretta Shellman's son requested we send a card to his Mom. Loretta was Past Department President and is now in assisted living. The card was mailed to her Oconto Falls address. I regret to inform you that Mildred (Millie) Wdowicki passed away on June 28th. She is survived by her sisters Margaret Mehigan and Patricia Mehigan. There was no poppy ceremony. I did however attend the funeral Mass. Thanks to Katie Metzeifeld for joining me.

If we direct our work towards God, we shall work better than we know.

God's Blessings. See you at the Post.

INDEPENDENCE DAY POST 449



Displaying the Cudworth-Stenz- Griesell-Smith Post 449 banner at the Brookfield parade.

INDEPENDENCE DAY POST 449



The Brookfield parade.
Bill Roche, Ernie Jaekle, Richard Strehlow, Rod Haines, Andy Bednarski, John Mahoney III (back).



SONS OF THE AMERICAN LEGION



OFFICERS DIRECTORY

Commander	Leigh Rainer	262-549-1939
Vice Cmdr.	John Mahoney	
2nd Vice Cmdr.	Open	
3rd Vice Cmdr.	Joe Bragg	
Chaplain	Open	
Finance Officer	Leigh Rainer (Angi)	262-549-1939
Sgt at Arms	Joe Bragg (Billy)	
Adjutant	Leigh Rainer	262-549-1939
Judge Advocate	Rick D Steinberg	
Legion/S.A.L. Advisor	Open	



A “Greetings” from Leigh Rainer, your S.A.L. Grand Pubba

Our next S.A.L. meeting will be Monday, September 16 at 7:00 p.m. after the Sign-in at the Post.

Don't forget to renew your S.A.L. membership as soon as possible. You can leave them in an envelope, (marked S.A.L.) at the Post or preferably, mail them to me, **Leigh Rainer, at N20W22276 North Ave., Waukesha, WI 53186. “PLEASE, DO NOT RENEW ONLINE”**. The dues are \$20.00 per year or \$35.00 for 2 years. _“Please include your e-mail addresses.”

The new 2025 S.A.L. membership cards are here.

The cards will start going out this month so remember to renew your membership. If you don't get a card, then you haven't renewed. Please consider renewing and remember, “You're a valued asset to our organization”. (Not to mention, that you can be in a parade with the rest of us)

Remember, that you're never too old to be in the Honor Guard, (except for Dick) and we could always use your help in honoring our fallen veterans. Please consider becoming a member of our Post 449 **“Honor Guard,”** Please give Mr. Dick Stehlow a call at 262-641-0977 or talk to any member of the Honor Guard.

Hopefully this will lighten up your day.

The other day my girlfriend asked me to take her to one of those fancy restaurants that prepare the food in front of you. “No problem “, I took her to Subway.

We are the **“Sons of the American Legion,”** a team you can depend on.

THE LEGION FAMILY OF VOLUNTEERS

INVITE YOU TO THE THURSDAY NIGHT COOK-IN 5:30 TO 8:00

American Legion Post 449
3245 N 124th St, Brookfield
Cooking by Legion family members.
Rotating Menu of delicious options.

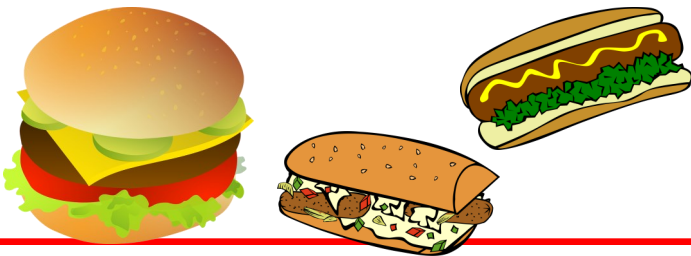
And dessert.

This is a fund raiser for the Post.

Karoke Also Scheduled!

Public Welcome!!!!

No Drink Carry Ins



POST 449 PROUDLY PRESENTS



JOYCE BEVAN on the piano EVERY FRIDAY NIGHT 4:30 TO 6:00

FRIDAY LOUNGE MUSIC 6:30 - 10:00 (\$7.00 Cover Charge)

PUBLIC WELCOME, NO CARRY-INS!



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Have you checked out Post 449 Website?
You can find us at www.post449.com



A screenshot of the Post 449 website is shown. The website header reads "CUDWORTH-STENZ-GRISSELL-SMITH AMERICAN LEGION POST #449". A central banner says "Post 449 will be closed on Friday December 8th, Saturday December 9th, Friday December 11th, Saturday January 1st, and Friday January 15th. We hope to see you again in 2024!". Surrounding the screenshot are labels: "Photos", "Events", "Fundraisers", "Flyers", "News", and "Announcements".

Have something you'd like posted?
Send content to dmariscal@wi.rr.com

Have you ever checked out Post 449's website? If not, please do so at www.post449.com to stay up to date with current information and Post activities. Do you prefer social media? If so then be sure to "LIKE" or follow us on Facebook at [Post 449 American Legion, Cudworth, Stenz, Grissell, Smith](https://www.facebook.com/Post449AmericanLegion). Both sites are maintained daily by our website administrator Dawn Mariscal who also manages the ad TV in the bar. If you ever get questions or comments from customers saying something does or doesn't appear on our website or social media channel by sure to ask them where they are getting their information and if they are looking at the correct sites. If you ever have questions about website or social media content, please reach out to Dawn Mariscal at (262)442-4952.



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\$ MONDAY FUN NITE \$
Mark your calendars—tell everyone!

American Legion Post 449
3245 N. 124th St., Brookfield

Sign In Drawing at 7:00 pm
Support Your Post!
●●●●●Public Welcome●●●●●
Drink Carry Ins Not Allowed



KARAOKE

THURSDAYS 5 Till 9

Cudworth-Stenz-Griesell-Smith
 American Legion Post 449
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 Brookfield, WI 53005
 Phone: 262-781-0488
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 Please deliver promptly

FOUR FORTY NINER



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August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Open 4:30 - 10p Karaoke from 5-9 p Cook-in 5:30-8p	2 Closed	3 Closed
4 Closed	5 Open 4:30-10p Sign in	6 Closed	7 Closed	8 Open 4:30 - 10p Karaoke from 5-9 p Cook-in 5:30-8p	9 Open 4:30 - 10p Joyce Bevan 4:30-6:00 Freddie and the Cruisers 6:30-10p	10 Closed
11. Closed	12 Open 4:30-10p Sign in	13 Closed Executive Meeting 1-2p	14 Closed WOW meeting 5:00-9:00p	15 Open 4:30 - 10p Karaoke from 5-9p Cook-in 5:30-8p	16 Open 4:30 - 10p Joyce Bevan 4:30-6:00 Larry Lynn 6:30-10p	17 Open 11:30-4:30p
18 Closed	19 Open 4:30-10p Sign In	20 Closed Auxiliary MEETING 6-7p	21 Closed	22 Open 4:30 - 10p Karaoke from 5-9p Cook-in 5:30-8p	23 Open 4:30 - 10p Joyce Bevan 4:30-6:00 The Lounge Dogs 6:30-10p	24 Open 4:30-10p Montage 6:30-10p
25 Closed	26 Open 4:30-10p Sign In	27 Closed	28 Closed	29 Open 4:30 - 10p Karaoke from 5-9p Cook-in 5:30-8p	30 Open 4:30 - 10p Joyce Bevan 4:30-6:00 American Graffiti 6:30-10p	31 Closed