

CAPE LEGION'S VOICE

THE AMERICAN LEGION

Cape Coral, Florida - Post #90



OCTOBER &
NOVEMBER OF 2025



With Lisa Arnold

Greetings everyone,

American Legion Post 90 has so much to celebrate as we continue strengthening our post and supporting our American Legion Family. One of the most exciting recent upgrades has been the installation of brand-new TVs throughout the post, giving every branch of our family—Legionnaires, Riders, Auxiliary, and Sons—a place to share important events. These TVs are more than just screens; they are a way to highlight each family members' accomplishments of the past and highlight upcoming events. This modern way of advertising makes Post 90 an even more welcoming home for veterans and their families. We are also extremely proud to share that Post 90 will be the lead organization in this year's Cape Coral Veterans Day Parade. This is an incredible honor and a moment of recognition for our members' service and dedication. Veterans should always be front and center on Veterans Day, and this year, Post 90 will proudly represent not only our own membership but the entire community of those who served. Recently, our Early Bird Dinner and Oktoberfest were huge successes, with outstanding attendance, delicious food, and plenty of laughter and friendship. These events showed the true spirit of Post 90—where service, fun, and family all come together. As we move forward, we want to remind all members to renew your membership if you have not already done so. Renewing ensures you stay connected, continue to support our programs, and keep our post thriving. A big thank you and shout out goes to all who have already renewed—you help keep Post 90 strong and moving forward. With new improvements, upcoming events, and the honor of leading the parade, the future is bright, and we invite every member of the American Legion Family to stay involved and be part of the exciting things ahead at Post 90.

For God and Country,

New American Legion Post 90 Commander,

Lisa Arnold



Hello Everyone,

We have several new officers and executive committeemen for the 2025-2026 year. If you have any questions regarding your membership, please contact me by phone, text or email. We ended the fiscal year at 100.47% of our membership goal for the fiscal year 2024-2025, and as of September 18th, the paid membership is 50.09%.

July 1st, 2025, began the American Legion's membership drive for 2026, and all Legion members are encouraged to renew their 2026 membership soon or before December 31st, 2025. Members can renew online at MyLegion.org or at the Post with cash or credit card.

The date for the Early Bird Dinner was September 27th for all who renewed their membership by September 4th and coincides with the Post's Oktoberfest. The food this year was Schnitzel Art, Yaeger Schnitzel, or Bratwurst with your choice of sides. If you want to share in this Legion Family benefit next year, please renew your 2027 membership early.

If you need to obtain your DD-214, here is a link to get it
<https://www.archives.gov/veterans/military-service-records>.

Remember, the Post holds its Legion Membership Meetings every fourth Monday of the month beginning at 7:00 PM. Typically, they last 55 minutes to an hour, and a lot of information is processed, gained, and approved during the meetings. Post 90 belongs to you, the Members, so, please come to the meetings and express your rights.

Sincerely,

American Legion Post 90 Adjutant,

John Baker



Hello Everyone,

I hope everyone is safe and well. If you know of anyone else who is sick or passed away recently in our American Legion Post 90 membership, please let me know. You can reach me at: (734) 475-1080 or you can email me at: ron.nancy01@gmail.com.

Sincerely,

American Legion Post 90 Chaplain,

Ron Montange





SONS OF AMERICAN LEGION POST 90



Hello everyone,

Squadron 90 has performed well in the past and is an asset to the American Legion Post 90 Family. Squadron 90 is on its way to achieving its 2026 membership goals. I encourage all SAL members to renew their 2026 membership soon or before December 31, 2025.

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Squadron 90 has raised funds for charities and operations through the Annual Gun Raffle, Christmas Cash Raffle, Meat Raffle, basket raffles, etc. Squadron 90 has also supported and provided volunteers for Post 90's Honor & Color Guards, Red Sox Training Camp concession stand, the ALA Poppy drive, Honor Flight Promotion, and others. I would like to expand these efforts and improve on the current programs. However, this cannot be accomplished without ideas from Squadron 90 members and without volunteers.

The Post Canteen has new operating hours which begin on October 1st. The new hours are:

A. The Post canteen will close at 6:00 PM on Sundays; however, the bar may remain open if in determination of the bartender there are enough customers present to keep it open.

B. The canteen will remain open on Mondays. Except when there was a fifth Monday during the month when the Sunday closure rule would apply.

C. The historic core hours for the canteen are 11:00 AM to 10:00 PM Monday through Sunday, except for the new Sunday and fifth Monday closure times. The bartender has the option of closing at 9:00 PM on Monday through Saturday if there are less than three customers.

With the increase in labor costs, food, and liquor beginning October 1st, the price of beer, pitchers, mixed drinks, and wine glasses will increase by \$0.25. Glasses of beer, wine carafes, and soda have not increased. The menu is expanding, and the price of some meals has increased.

I hope you are receiving Post 90's weekly update on Post activities. Also, please check out Post 90's website (www.post90swf.org) and Facebook page for more information.

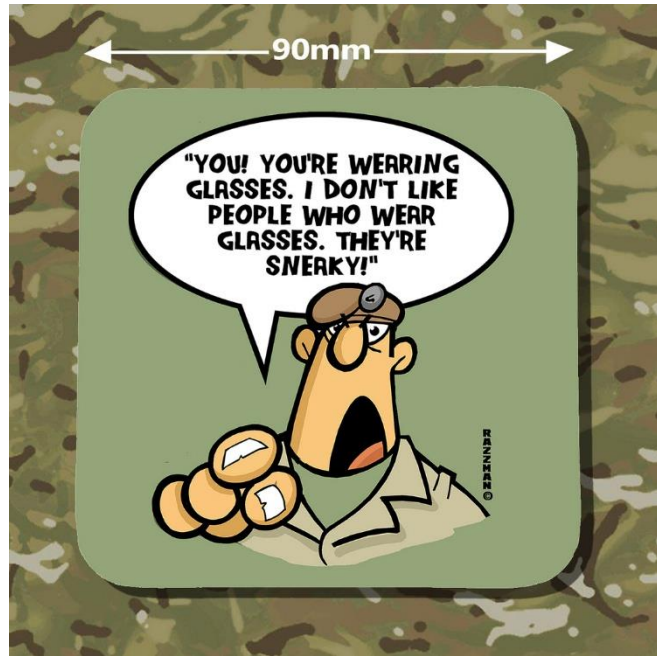
Remember, Squadron 90 holds its Membership Meetings every second Monday of the month, beginning at 7:00 PM. Typically, they last 55 minutes to an hour, and much information is processed, gained, and approved during the meetings. Squadron 90 and Post 90 belong to you, the Members, so, please come to the meetings and express your rights.

Sincerely,

Sons Of American Legion Post 90 Squadron Commander,

John Baker





These jokes were submitted by Amy Oneill. Thank you! I am looking for some clean and funny Military Jokes for the American Legion Post 90 Newsletter. If you have any, please email, text, or call me. Please include your full name for recognition.
strawjazz1978@gmail.com
(304)

Sincerely,

Chairman & Editor of American Legion Post 90 Newsletter,

Amy O'Neill



Hello Everyone,

The Post has implemented a House Committee for the 2025-2026 fiscal year that will manage the Post property. The House Committee is comprised of Jack Fitzgerald (Legion & ALR), Tim Fisher (Legion), Sherry Baker (Legion Auxiliary), and Jay Bissel (SAL). I will continue to oversee the canteen and kitchen operations and will also be a member of the House Committee.

The kitchen is open during the NFL season which started on September 5th, and all NFL games are televised on Sundays during the football season. The kitchen will be open with a limited menu during the games. Please join us on football Sundays for the games and horse races.

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If you have any questions or comments regarding the Post and/or Post operation, please do not hesitate to contact me, Commander Arnold, or any member of the House Committee. There is a suggestion box at the Post where you can submit your comments, but if there is no name or phone number attached to the suggestion, we will not be able to make any contact or response.

I am looking forward to a successful year for Post 90. Please help make it better.

Sincerely,

2nd Vice Commander of American Legion Post 90,

John Baker



AMERICAN LEGION POST 90

HONOR GUARD CORNER



Hello Everyone,

We have practice on the 2nd Saturday of each month. We will continue to practice on every 2nd Saturday of the month starting at 9am at the Post. The following are dates and times of the next 3 Honor/Color Guard practices.

There will be Honor & Color Guard Practice at American Legion Post 90 on Saturday, October 11th, 2025, in civilian clothes.

There will not be Honor & Color Guard Practice at American Legion Post 90 on Saturday, November 8th, 2025, in civilian clothes. Please see me for more information. (This event is cancelled due to the Cape Coral Veteran's Day parade).

Please help honor our veterans by volunteering for our Legion's Color and Honor guards. We do a lot in the community to honor our fellow departed & living veterans. You must be a current member of American Legion Post 90's membership, Riders, Auxiliary, and/or SAL to join. No experience is necessary. Your uniform will be supplied & we will train you. If you are interested in joining any of American Legion Post 90 Honor/Color Guards, please call me at: (303) 882-5164 or you can email me at: baker292@comcast.net. Thank you!

Sincerely,

Captain of American Legion Post 90 Color & Honor Guards,

John Baker





Hello everyone,

The Chapter 90 American Legion Riders have been busy throughout the summer riding to support Veteran causes. We recently held our first annual Southwest area POW/MIA ride on September 21st. We held our halfway to St Patrick day on September 13th and thank you to everyone who attended and made this event a success!

As we enter our Fall season and our snowbird members return, we will begin to ramp up our events.

Our first breakfast will be held on October 26 at Post 90. As always, we hold our 50/50 drawings at the Post on Friday nights and this year we will also have 50/50 drawings on the 2nd Sunday of the month at the Post during the Football games.

The month of October is Merry Go Round month for the American Legion Riders. We ride to raise money for American Legions Children and Youth programs.

This year, we have organized a District wide Poker Run to help raise funds for that event. We will visit Posts 303, 274, 90, 136, and end at Post 103 for the district 13 picnic.

Our pocketbook bingo event will be held this November at Post 90. So, keep a watch out for the date.

The Chapter 90 Riders want to thank everyone for their support throughout the year, and we look forward to another successful year.

Sincerely,

Chapter 90 ALR Director,

John Fitzgerald





UNIT 90 **AUXILIARY** **CORNER**



Hello everyone,

Thank you to all who attended our September meeting. It was well attended and we have a lot of exciting things planned for the next year. Hope to see you more at our Oct 20th meeting, 7pm at Post 90. Come out and see how you can help our mission to serve our veterans and community.

The auxiliary was given a beautiful quilt, and we will raffle it off starting in October, with the drawing being held on Feb 7, 2026. Tickets are \$10 each or 3 for \$25. Contact any auxiliary member or see the bartender for tickets. You do not have to be present to win. All proceeds will go towards our Units Veterans projects.

Congratulations to our own Patti Kelton! Patti has been appointed by ALA National Headquarters as the Veterans Affairs Volunteer Service (VAVS) Representative at the Lee County Veterans Outpatient Center (OPC).

November 1 is a busy day for the Auxiliary. The Post is sponsoring a "Be the One" training and the Auxiliary have graciously volunteered to provide homemade baked goods and coffee that morning to attendees. If interested in donating any baked goods, please contact Judy Lindhorst at 618-444-1705. Most importantly it is our 3rd Annual Chili Cookoff later that afternoon/evening. More will be forthcoming at this event. Dust off your favorite chili recipe! We will need volunteers to help that day. So, please sign up. Sign-up sheets will be posted soon.

Sincerely,

Unit 90 Auxiliary President,

Sherry Baker



American Legion Post 90
Women Veteran's Committee



Sisters-in-Arms
Bravery Knows No Gender

Sisters-In-Arms, Post 90's Women's Veteran Committee, has been making incredible strides in honoring and supporting our female veterans while strengthening their presence in the community. One of the committee's most notable achievements has been meeting with several city leaders to begin the process of creating a Women's Veteran Memorial—the first of its kind in Cape Coral. This historic project will serve as a lasting tribute to the courage, sacrifice, and service of all women who have worn the uniform, and while there is still much work to be done, with the support and assistance of our American Legion Family and community partners, this remarkable goal will be achieved. Beyond this important mission, the committee also focuses on building camaraderie and unity among its members. Recently, Sisters-In-Arms hosted an outing at Top Golf, where laughter, teamwork, and shared stories helped strengthen friendships and forge an even stronger bond among our lady heroes. Events like this not only provide a space for women veterans to connect but also highlight the importance of recognizing and celebrating their unique contributions. Sisters-In-Arms meets on the fourth Thursday of each month at 6 PM at Post 90, and all women veterans are encouraged to join this inspiring and impactful group.

Sincerely,

American Legion Post 90 Women Veterans Committee Chairperson,

Lisa Arnold



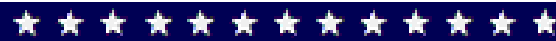
Hello Everyone,

On Saturday, September 27th, from 4 to 7pm at American Legion Post 90, there was an Oktoberfest and Early Bird Dinner celebration. It was free to members who renewed their membership by September 4th, 2025. For everyone else the prices were Schnitzel Art for \$16, Yeager Snitzel for \$17, and Bratwurst for \$15 with your choice of Cheesy Potatoes, Spätzle, and Red Cabbage. The bar was open and there were guest speakers from Coral Ridge. Thank you to all the SAL, Legion, and Auxiliary volunteers who made this another successful dinner!

Sincerely,

Amy O'Neill





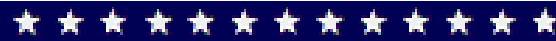
Free Haircuts



October 15th
10 am to Noon

Provided by the

Cape Coral Technical
Barber School



PRIME RIB DINNER

October 18th

Starting at 5 pm

Signup by October 15th

Price \$23

Prime Rib
Baked Potato
Green Beans
Salad

Optional - Fish Dinner (\$16)

Volunteers Needed

Post #90 FAMILY Children & Youth Committee
Needs volunteers for Boo Bash

When: Saturday October 25, 2025
2 hour time slots available!

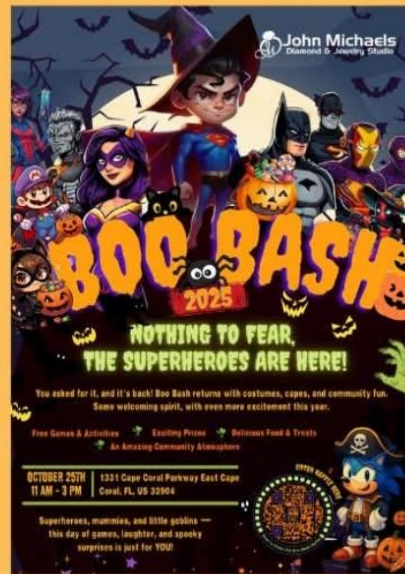
Where: Big John's Plaza



Use the QR code to sign up, sign up at the Post or text Michelle.

Questions? Contact Michelle Moore @ 954-461-4817
or Tammy Gillhouse @ 410-961-2848

We are also collecting donations of individually wrapped candy!



ALR Chapter 90



Breakfast FUNDRAISER

Sunday, October 26th 8-11

\$12

EGGS MADE TO ORDER, CORNED BEEF HASH, BACON, HASH BROWNS, TOAST, COFFEE AND TEA - DRINK SPECIALS AND CASH BAR

PROCEEDS WILL BENEFIT VETERAN CAUSES AND PROJECT VET RELIEF

3rd Annual Auxiliary Chili Cookoff November 1st

Open to All Family Members and their Guests

\$5 entry fee - Sign-up by October 30th

Entries Must be Submitted by 3:30 pm

Judging at 4:30 pm



After Judging

\$5 Chili Bowl and \$3 Hot Dogs

Please sign-up if attending

Winner gets bragging rights and name placed on a plaque



Saturday, November 8th.

**Blood Drive
CANCELLED**

Next drive will be held on:

January 17, 2026

Contact Michelle Moore @ 954-461-4817 to
schedule an appointment to donate



LEGION AUXILIARY QUILT RAFFLE



Drawing at 7 pm
February 7th, 2026

Need not be present to win
All proceeds go to support
Veterans Charities

\$10 per chance

Or

3 chances for \$25

**Purchase tickets at the bar or from
Auxiliary Officers**



Find us on
Facebook



You can find us here... On Facebook,

American Legion Post 90

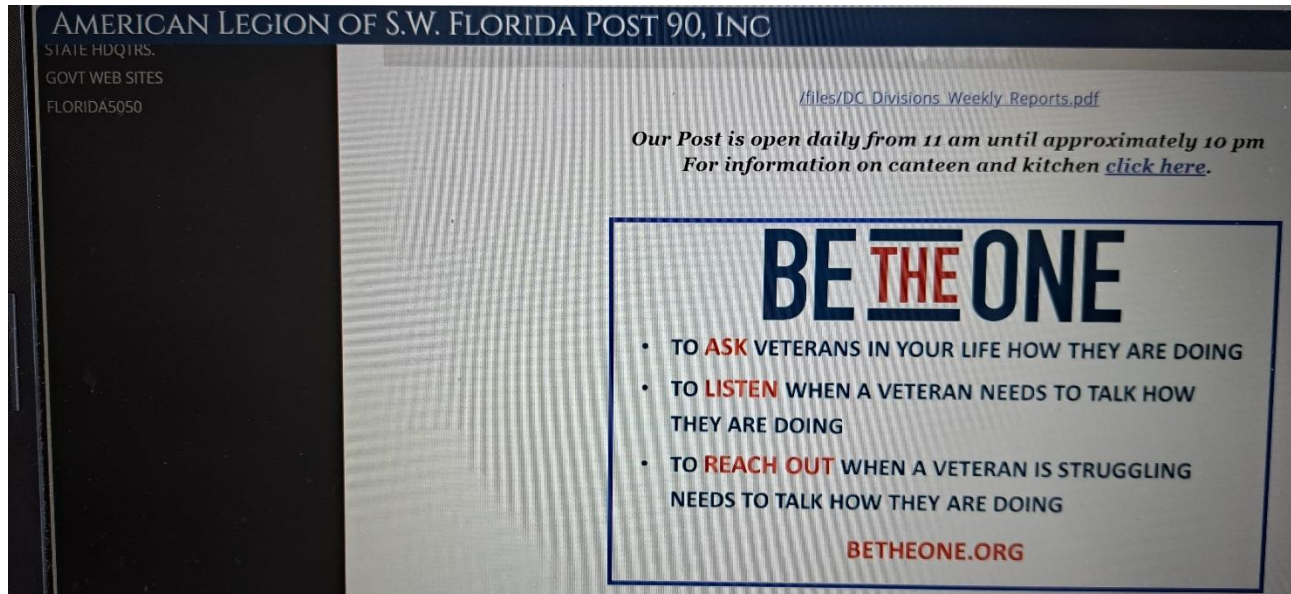
If you have not visited our website lately, you really should go check it out!

We have an all-new look, and more to come!!

See what is new and what we have already been doing!

***See the website for additional information! ***

www.post90swf.org





Coming Events Summary

****See the website for additional information****

Enjoy any or all these events and entertainment.

We appreciate your support of American Legion Post 90.



October 2025 (Music & Events)

Monday the 6th - meeting at 7pm for AMERICAN LEGION RIDERS

Monday the 13th - meeting at 7pm for SONS OF AMERICAN LEGION

Monday the 20th - meeting at 7pm for AMERICAN LEGION AUXILIARY

Wednesday the 22nd - meeting at 7pm for EXECUTIVE BOARD MEMBERS

Monday the 27th – meeting at 7pm for AMERICAN LEGION MEMBERSHIP

(For information about any upcoming holiday celebrations, please ask a Post 90 Bartender, look at flat screen tv by the office, or you can check out Post 90's website address which is on page 14.)

November 2025 (Music & Events)

Monday the 3rd - meeting at 7pm for AMERICAN LEGION RIDERS

Monday the 10th - meeting at 7pm for SONS OF AMERICAN LEGION

Monday the 17th - meeting at 7pm for AMERICAN LEGION AUXILIARY

Wednesday the 19th - meeting at 7pm for EXECUTIVE BOARD MEMBERS

Monday the 24th – meeting at 7pm for AMERICAN LEGION MEMBERSHIP

(For information about Friday night's entertainment schedule, please ask a Post 90 Bartender, look at flat screen tv by the office, or you can check out Post 90's website address which is on page 14.)



**AMERICAN LEGION POST 90 IS NOW OPEN EVERY
MONDAY- SUNDAY, FROM 11AM-10PM.**

Every Tuesday – 5:30pm - **SHOW ME THE MONEY CARD GAME**

Every Wednesday – 11am to 1pm – **FREE DROP-IN GAME DAY**

Every Wednesday – 7pm – **WEEKLY POOL TOURNAMENT = \$5
SIGN-UP TO PLAY**

Every Third Wednesday - 10am to 1pm – **FREE HAIRCUTS FOR ALL VETERANS**

Every Thursday – 5pm – **DINNER SPECIALS - SPECIALS ARE NEW EVERY WEEK
50/50 NAME DRAWING AT 7PM**

Every Friday – 11:30 to 4pm – **REGULAR MENU**

Every Friday – 5pm to 7:30pm – **DINNER SPECIALS –
SPECIALS ARE NEW EVERY WEEK**

Every Friday – 6pm to 8pm – **LIVE ENTERTAINMENT – SEE PAGE 13**

Every Saturday – Noon to 7:30pm – **REGULAR MENU & SPECIALS**

Every Saturday – 7pm – **LAST ACE STANDING GAME (MEMBERS ONLY)**

KITCHEN IS OPEN TUESDAY TO SATURDAY FROM NOON – 7:30PM



**American Legion Post 90 Newsletter
Chairman & Editor: Amy O'Neill
Associate Editor: Bruce Bohlander**