

CAPE LEGION'S VOICE

THE AMERICAN LEGION

Cape Coral, Florida - Post #90



APRIL & MAY OF 2026



COMMANDER'S CORNER

With Lisa Arnold

Greetings everyone,

American Legion Post 90 has truly enjoyed an outstanding winter season, marked by strong community engagement and remarkable contributions from every corner of the organization. The Boston Red Sox volunteers delivered a particularly successful year in support of the post, helping to strengthen both operations and camaraderie. Ongoing upgrades to the post have also been a highlight, and sincere thanks go out to SAL member Jay Bissell for his dedication and hard work in bringing these improvements to life. Throughout the busy snowbird season, the kitchen, bar, and server staff have consistently gone above and beyond, creating a welcoming and enjoyable atmosphere for members and guests alike. The Unit 90 Auxiliary deserves special recognition for a fantastic Shamrock fundraiser, while the Chapter 90 Riders added excitement with a successful 2026 Leprechaun Crawl. Rounding out the season, the Squadron 90 Sons of the American Legion hosted a well-attended and successful fish dinner, further showcasing the spirit and teamwork that make Post 90 such a vibrant and thriving community.

For God and Country,

New American Legion Post 90 Commander,

Lisa Arnold



Hello Everyone,

Membership is 93.22% of the Department's goal as of March 19. We have exceeded the March goal of 90%, but need 19 more members to renewal, or new members to achieve the 90% goal for April 1. To achieve 100%, Post 90 will have to gain 73 new or renewing members. As of March 5th, the paid membership is 92% and exceeds our March 4th goal of 90%. The next goal is 95% for April 1.

The membership year ended at midnight on December 31, 2025. If you have not renewed your membership for 2026 by January 31, 2026, the American Legion considers your membership has expired, and you will have to reapply for membership with your continuous years reverting to 1 (one). For example, if you have twenty-five continuous years of membership, your membership will start at 1 continuous year.

Until you renew your membership, you will not be able to enter the Post unless you ring the buzzer and cannot purchase alcohol. Please renew as soon as possible.

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

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.

There will be a large turnover of officers for Post 90 for the year 2026-2027. The current Officers in the following positions will not be available for the year 2026-2027: Commander, First Vice Commander, Second Vice Commander, Adjutant, and Finance Officer. If you are interested in running for any officer position at Post 90, please let Commander Arnold or Adjutant Baker know. The sign-up sheet for Officer positions is on the Legion bulletin board. Please sign up for an officer's position and/or a committee chair position. The last call will be at the April 27th membership meeting with the election following on May 18. At the Executive Board meeting on May 20, the Executive Board approves the Commander's appointments for Adjutant, Assistant Adjutant, Judge Advocate, and Service Officer.

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





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. As of December 22, 2025, the paid membership for Squadron 90 is 58.65%, which exceeds the expected goal of 45.00%. The next goal to be achieved is 60 %, and Squadron 90 is near that goal. Please renew your membership soon.

Membership is 93.22% of the Department’s goal as of March 19. We have exceeded the March goal of 90%, but need 19 more members to renewal, or new members to achieve the 90% goal for April 1. To achieve 100%, Post 90 will have to gain 73 new or renewing members.

The membership year ended at midnight on December 31, 2025. If you have not renewed your membership for 2026 by January 31, 2026, the American Legion considers your membership has expired, and you will have to reapply for membership with your continuous years reverting to 1 (one). For example, if you have twenty-five continuous years of membership, your membership will start at 1 continuous year.

Until you renew your membership, you will not be able to enter the Post unless you ring the buzzer and cannot purchase alcohol. Please renew as soon as possible.

Squadron 90 has raised funds for charities and operations with the Annual Gun Raffle, Christmas Cash Raffle, Meat Raffle, basket raffles, etc. Raffle proceeds typically help fund the Honor Flights. Other projects the Squadron volunteers support are Honor & Color Guards, Red Sox Training Camp Concession Stand, the ALA Poppy drive, and others. I would like to expand these efforts and improve on the current programs. However, this can only be accomplished with ideas from Squadron 90 members and with volunteers.

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.

There will be a turnover of Squadron officers for Post 90 for the year 2026-2027. The SAL has a full complement of officers listed in the ballot for 2026-2027. The sign-up sheet for SAL Officer positions is on the Legion bulletin board. The last call will be at the May 11 SAL meeting with the election following on May 18.

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 SAL Squadron Commander,

John Baker



Hello everyone,

Devin Pothier has been hired as the Kitchen Manager. She is well qualified and will be making sure the kitchen operation follows the FDA Code. The Post will send Ms. Pothier to a Food Manager's class in Sarasota to obtain the Florida certification. I have also asked the cooks if they would like to obtain the Food Handler's certification. The Food Handler's class will be an online class.

The hurricane screen was installed. This is the last item required to make Post 90 100% hurricane proof, if that is possible.

The Canteen manager has requested the purchase of more Red Shirt Friday T-shirts. The total cost for 148 shirts is estimated to be \$1,836.00, which is an average of \$12.41 per shirt. Post 90 sells them for \$25.00; thus, there is a profit of about \$12.59 per shirt. A motion to fund the purchase of the shirts was made by Brian Gillis and seconded by Dennis Stebbins at the last American Legion Post 90 Membership meeting. Discussion: none. Vote: Yeas Unanimous, Nays None, Motion Passed.

Sincerely,

2nd Vice Commander of American Legion Post 90,

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 Montage





This joke was submitted by Amy O'Neill. 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) 377-4466

Sincerely,

Chairman & Editor of American Legion Post 90 Newsletter,

Amy O'Neill



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 2 Honor/Color Guard practices.

There will be Honor & Color Guard Practice at American Legion Post 90 on Saturday, April 11, 2026, in civilian clothes.

There will be Honor & Color Guard Practice at American Legion Post 90 on Saturday, May 9, 2026, in civilian clothes.

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,

This is the busy time of the year for the Post 90 Riders.

Ten of our Members rode to Daytona Beach for the American Legion Riders Summit where we attended classes to help us in our efforts to help our veterans.

We held our annual "Pancakes for a Cause" breakfast fundraising event with proceeds going to Project Vet relief Suicide Prevention Initiative. This year, we served over 290 meals.

We also manned a tent at the Cape Coral bike night to recruit new members for our Post.

February also brought us to the end of the Passport tour, which also raised money for Project Vet Relief Suicide Prevention Initiative.

In March, the Chapter 90 Riders held a Leprechaun Pub Crawl through Cape Coral to recruit new members and to Raise money for PRVRSPI. We had over 90 participants attend the event and visit our Post.

April will be another busy month for the Riders as it is the Round Robin month and the In State Unity Ride month to raise money for Project Vet Relief Suicide Prevention Initiative. This year, Chapter 90 will donate at least \$10,00.00 to PVRSPI and District 13 will donate \$14,000,000 to the cause.

Also in April, we will be at the last Bike night of the season in Cape Coral. As always, the Chapter 90 riders conduct their 50/50 raffles on Friday nights at the Post, and we appreciate all your support. Watch out for motorcycles on the road. The life you save could be ours.

Sincerely,

Chapter 90 ALR Director,

John Fitzgerald





UNIT 90
AUXILIARY
CORNER



Auxiliary for April and May



April 28 - Bunny Hop - 3 to 5pm
Free drink with meal
Egg roll with prizes



May 2 - Derby Day - 3 to 8pm
Bar Horse Races
Wear your Derby Hats



Dinner at 5:30 for \$13. Don't forget to sign up.
Kentucky Derby Whiskey Sour shot \$2.50

Sincerely,

Unit 90 Auxiliary President,

Sherry Baker



American Legion Post 90
Women Veteran's Committee



Sisters-in-Arms
Bravery Knows No Gender

Hello everyone,

Post 90's Sisters In Arms Women Veterans Committee continues to make inspiring strides in honoring the service and sacrifices of women who have served our nation. The committee is currently in the process of becoming an official nonprofit organization, a significant milestone that will expand its ability to make a lasting impact in the community. With that progress comes exciting momentum, as they are now extremely close to launching fundraising efforts for the first-ever Women Veterans Memorial Monument at Eco Preserve Park in Cape Coral. This meaningful project will stand as a powerful tribute to the courage, dedication, and contributions of women veterans across all branches of the military. Through their vision and commitment, the Sisters In Arms committee is ensuring that the legacy of women who served is recognized, remembered, and honored for generations to come.

Sincerely,

American Legion Post 90 Women Veterans Committee Chairperson,

Lisa Arnold





**POST WILL BE CLOSED FOR
EASTER
APRIL 5, 2026
HAVE A GREAT DAY**



PRIME RIB DINNER

**April 18th
Starting at 5 pm
Signup by April 15th**

Price \$23

**Prime Rib
Baked Potato
Green Beans
Salad**

**Optional - Fish Dinner
(\$16)**

**YOUR POST 90
COMMANDER**

IS TEACHING A
CONFLICT
RESOLUTION



TRAINING COURSE

April 27th, 2026

5:00 PM – 6:30 PM

@ Post 90

No sign up – just show

The purpose of this training is to promote respect, integrity, and professionalism amongst each other.

American Legion Auxiliary Unit 90
2nd Annual Derby Party
May 2nd – 3 to ~8 pm

Please sign-up by Thursday, April 30th

Service Horse Races @ 4 pm
Parimutuel

50/50 Raffle

Derby Hat Contest @ 5 pm
\$5 entry - Winner Take All

Kentucky Hot Brown w/ Salad - \$13.00
Whiskey Sour - \$2.50

Music with Rockin Robin
5:30 – 8 pm

Bottle of Woodford Reserve Kentucky
Derby Whiskey Raffle

Proceeds to Children and Youth



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



Our Post is open daily from 11 am until approximately 10 pm
For information on canteen and kitchen [click here.](#)

BE THE ONE

- TO **ASK** VETERANS IN YOUR LIFE HOW THEY ARE DOING
- TO **LISTEN** WHEN A VETERAN NEEDS TO TALK HOW THEY ARE DOING
- TO **REACH OUT** WHEN A VETERAN IS STRUGGLING NEEDS TO TALK HOW THEY ARE DOING

BETHEONE.ORG



Coming Events Summary

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

Enjoy any or all these meetings and entertainment.
We appreciate your support of American Legion Post 90.



April 2026 (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 12. Some meetings may be cancelled due to holidays.)

May 2026 (Music & Events)

Monday the 4th - meeting at 7pm for **AMERICAN LEGION RIDERS**

Monday the 11th - meeting at 7pm for **SONS OF AMERICAN LEGION**

Monday the 18th - meeting at 7pm for **AMERICAN LEGION AUXILIARY**

Wednesday the 20th - meeting at 7pm for **EXECUTIVE BOARD MEMBERS**

Monday the 25th – 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, which is on page 12.)



**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**

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**