

CAPE LEGION'S VOICE

THE AMERICAN LEGION

Cape Coral, Florida - Post #90



**FEBRUARY &
MARCH 2026**



With Lisa Arnold

Greetings everyone,

Welcome to 2026! American Legion Post 90 continues to demonstrate the very best of service, Fellowship, and patriotism through its outstanding community efforts. In December, alongside our dedicated Auxiliary, the Post proudly hosted the Jacobson Veteran Home residents for a special day with lunch and thoughtful gifts donated by Legion members. The residents truly enjoyed the experience, and it was an honor to welcome them into our Post. Spending time with veterans allowed us to express our sincere gratitude for their sacrifices and service to our country. Moments like these remind us why our mission is so important.

The Post Riders also made the holiday season especially meaningful by hosting an extraordinary Christmas brunch for veterans and their families. This wonderful event provided a warm and welcoming atmosphere filled with great food, Laughter, and heartfelt appreciation.

Once again, it was a perfect opportunity to bring our Post family together in celebration and gratitude for all that our veterans have done for our country.

The Auxiliary also delivered another remarkable success by hosting the Budapest New Year's Eve Party, providing a spectacular, safe, and joyful way to ring in the new year. This beloved tradition once again brought our community together for an unforgettable evening. Finally, Cape Coral's Art Festival proved to be another tremendous opportunity, helping us recruit new Post family members across all families. Each day of the event welcomed new members and supplied our outstanding marketing committee with hundreds of promising contacts.

It is truly an honor to serve as your Commander, and I look forward to sharing even more of the Post 90 goodness to you in 2026,

For God and Country,

New American Legion Post 90 Commander,

Lisa Arn





Hello Everyone,

As of January 22, 2026, the paid membership is 84.94% which is one renewal short of the expected goal of 85% on February 4, 2026. The next goal to be achieved is 90% by March 4, 2026. Please renew your membership soon.

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. The election is currently scheduled for Monday, May 18, 2026, with the Executive Board meeting on Wednesday, May 20, 2026, to approve of Commander appointments.

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.

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 current Officers in the following positions will not be available for the year 2026-2027: Commander and Adjutant. If you are interested in running for any Officer position at Post 90, please let Commander Baker or Adjutant Berres know. The sign-up sheet for office positions is on the SAL bulletin board. The election is currently scheduled for Monday, May 11, 2026,

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





Hello eveeryone,

The Post implemented a House Committee for the 2025-2026 fiscal year that manages 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.

In December and January, much has occurred at Post 90 since our Northern members and friends have returned. Currently, we will be installing a hurricane screen for the front door of the Post. The hurricane screens are the last elements we can do to make Post 90 100% hurricane proof. A new grill for the kitchen will be purchased and installed. The Post has approved the formation of a non-profit entity so that the Post 90 Women's Veterans Program can raise funds for a statue be placed at Echo Park to honor women veterans. Please consider donating to this very important project.

The kitchen is open during the NFL playoff ending with the Super Bowl on Sunday, February 8. Based on participation, the kitchen will remain open while "Show Me the Money" is underway beginning Sunday, February 15.

The Post Canteen has new operating hours which began January 1, 2026. The new hours are:

- A. After the NFL Super Bowl, the Post canteen will close at 6:00 PM on Sundays with last call issued at 5:30 PM; 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 Monday through Saturday, except when there is a fifth Monday during the month when the Sunday closure will apply.
- C. The historic core hours for the canteen are 11:00 AM to 10:00 PM Monday through Sunday and last call will be issued at 9:30 PM.

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.

Sincerely,

2nd Vice Commander of American Legion Post 90,

John Baker





These jokes were 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)

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 was a 4 Chaplain's Ceremony at Post 90 on Sunday, February 1st, 2026. Please wear black neck sash & black shoulder rope. The ceremony was from 1PM to 2PM.

There will be Honor & Color Guard Practice at American Legion Post 90 on Saturday, February 14th, 2026, in civilian clothes.

There will be Honor & Color Guard Practice at American Legion Post 90 on Saturday, March 14th, 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,

Chapter 90 continues its efforts to help our veterans. We have been involved with the “Be the One” Program to help veterans in need. Ed Lyons has been instrumental in the training aspect of this program. We continue with our fundraisers that help to fund these Veteran programs succeed. Our fundraisers, which consist of our breakfasts, dinners, and 50/50 drawing proceeds, go to donations of veteran causes. We donate heavily to Project Vet Relief Suicide Prevention Initiative, and to our veterans at the Jacobson Home.

We will be having our big fundraiser of the year on February 15th at Post 90. It is our annual “Pancakes for a Cause” Breakfast. Tickets are \$12 and available at the post, or contact me at: jfitzge3597@hotmail.com. This event is open to the public and 100% of the proceeds goes to PRVRSPI.

In December, the Chapter 90 Riders held their first annual Santa Con Crawl, which started and ended at Post 90, brought attention to our Post, and some new members. We will be having a Leprechaun Crawl on March 17th, which will start and end at Post 90. It is open to the public.

As we near the month of April, the Post 90 American Legion Riders are preparing for the In State Unity Ride and we will be looking for donations to contribute to PVRSPi.

Upcoming event calendar for the Chapter 90 Riders:

February 15th - Pancakes for a cause 08:00-11:00
February 18th to the 22nd - ALR Summit in Daytona Beach
March 17th - The Leprechaun Crawl
April 18th to the 26th - ALR Florida In State Unity Ride
May 9th - 16:00 to 20:00, Pocketbook Bingo

The Chapter 90 Riders appreciate all your support and donations throughout the year. Without you, we cannot help our veterans.

Watch out for motorcycles on the road. The life you save could be one of us. For the Cause, not the applause.

Sincerely,

Chapter 90 ALR Director,

John Fitzgerald



UNIT 90
AUXILIARY
CORNER



REMINDER MEETING TIME CHANGE

NEW MEETING TIME

Meeting will now start at **5:30pm**

January 19, 2026

We are still looking for 3 members at large
Please see Sherry Baker for more information

Up Coming Events

Soup Per Bowl

February 7th at the Legion

Event starts at 4:00pm

Soups need to be at the legion by 3:30

Entry is \$5.00

2026 Membership Dues are payable now

Sincerely,

American Legion Unit 90 Auxiliary President,

Sherry Baker



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American Legion Post 90 Women Veteran's Committee



Sisters-in-Arms Bravery Knows No Gender

The Sisters-in-Arms Women Veteran Committee, working hand in hand with the Post Riders, made a heartfelt impact this holiday season by donating funds to support three veteran families who were facing difficult circumstances. Recognizing the unique challenges these families were experiencing, the committee stepped forward with compassion and purpose. Their generosity helped ease financial burdens during a time when no family should feel alone. This effort truly reflected the spirit of camaraderie and service that defines our Post family.

The donation directly provided gifts and holiday goodies for five children, ensuring they experienced a Christmas filled with love, joy, and laughter. Smiles, excitement, and holiday cheer replaced worry, creating lasting memories for both the children and their families. Acts of kindness like this remind us that the strength of our Post lies in lifting one another up, especially during the holiday season.

Sincerely,

American Legion Post 90 Women Veterans Committee Chairperson,

Lisa Arnold





American Legion Post 90 Women Veteran's Committee

We had a great Sister-in-Arms Women Veterans Group Meeting last night! If you were unable to attend, Lisa gave some great news on her meeting with Cape Coral, Florida concerning a female veterans monument to be placed next to the Iwo Jima monument! She is now in the process of obtaining non-profit tax-exempt status and then we will start reaching out for donations.

We also had an excellent speaker. [Dr. Deanna Hall](#) is a Marine veteran, educator and founder of Brave Again who spoke to us about the five O's:

Overthinking, Oversharing, Overcommitting, Overcompensating, and Over-apologizing.

She talked about being a stoic woman. Stoicism is for everyone, including women, offering universal principles for resilience, virtue (wisdom, justice, courage, temperance), and inner peace, countering the misconception of it being a "man's philosophy". Modern practitioners demonstrate its application for feminine strength, focusing on rational acceptance, self-control, and finding purpose amidst life's challenges, aligning with core Stoic ideas that virtue and reason are not gender-specific.

How Women Practice Stoicism Today

- **Embracing Virtue:** Cultivating wisdom in decisions, justice in actions, courage in facing fears, and temperance in desires.
- **Controlling Reactions:** Using techniques like perspective-shifting (seeing rudeness as someone else's bad day) and focusing on what's within their control.
- **Purposeful Living:** Building a life of integrity, contributing positively to their communities, and finding serenity through self-awareness, not external validation.

We hope you will come to our next meeting on February 27th at 6 PM at Post 90.

Sincerely,

American Legion Post 90 Women Veterans Committee Chairperson,

Lisa Arnold





POST 90 MARKETING CORNER



Cape Coral Arts Festival 2026

I am delighted to report on the successful outcome of the Marketing Committee at Cape Coral's 2026 Arts Festival! This festival is the most significant cultural event the city of Cape Coral offers, coordinated by the Cape Coral Rotary Club, held on Saturday and Sunday, 1/10 and 1/11.

We spoke with approximately 1,000 festival attendees (a 40% increase), distributed 175 Legionnaire, Auxiliary, and SAL applications (a 100% increase), and two hundred business cards (a 95% increase). Most importantly, we collected contact information on ninety-nine legionnaire prospects (a thirty-seven percent increase), including twenty-one female vets, 11 SAL, 14 Auxiliary, and three transfers. The difficult work of following up on these prospective leads has begun.

The publicity our Post and programs receive from exposure to thousands of festival attendees and passersby is challenging to measure. Still, it is effective in enhancing our image and promoting our Post.

Although the number of festival attendees at the Art Fest easily exceeded the Oktoberfest attendance, we were concerned that the number of qualified prospects would be lower or the same as at Oktoberfest. We expected this for three reasons:

- We staffed the booth for two days at the Arts Fest, while the Oktoberfest needed more hours, 12-10 pm, for four days and two nights, versus 10-5 for two days at the Arts Festival.
- The wide geographic distribution of the Arts Festival attendees was a challenge. The Arts Festival is very popular with attendees from across Lee County, reducing the number of eligible prospects for our Legion Cape Coral membership; however, it often requires the same amount of time to interview prospects.
- At the time when attendees passing the booth were most frequent, we needed more staff to interview all the potential candidates. SAL did not participate, and one Marketing Committee member was unavailable. Next year, we will need to recruit more volunteers.





I thank all the members for setting up the tent, especially John Leuthard. On Saturday, Bill McKernan, Lisa Arnold, Michelle Moore, Joe, and I had an extraordinarily successful day staffing the tent. On Sunday, Bill, Joe, Tony, and I staffed the tent and had another successful day, although the crowds were smaller and the hours fewer.

We have registered for and will set up our tent at the Cape Coral Charity Car Show, scheduled at Mariner HS for February 22nd. The show features a military tribute at noon. The Cape Coral Car Show is the largest classic car show in Lee County.

This article was written by our American Legion Post 90 Publicist, Ted Clark.



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





JROTC District and State Competitions from January of 2026

The JROTC District Competition was held on January 23rd – 26th and the State Championship Competition was held on January 24-26. Both were held at Island Coast High School in Cape Coral, Florida. The District Competition was sponsored by American Legion Post 90 and the State Competition was sponsored by American Legion Florida State.

The competition was close between the fifteen schools within the District, but when the dust settled, Mariner HS took first place. Mariner also had the four top shooters in the District!

The State Marksmanship Competition had 105 shooters from around the state, many of the teams coming in the day before due to long drives. The competition started at 9am and lasted until 4 pm. The gym where the competition was held in was packed with families and other spectators throughout the day. Food and refreshments were sold outside of the gym by the host school, Island Coast High School.

It was an exciting day for everyone who attended, suspense was building as it came down to the last shooter who determined which team was going to win. DRUM- ROLL PLEASE!!

1st Place - Mariner
2nd Place - Mulberry
3rd Place - Forest Hill
4th Place - Summerlin
5th Place - Parrish Community

Sincerely,

American Legion Post 90 JROTC JSSP Chairman,

Dennis Stebbins





2026 Lee County JROTC District and Florida State Championships

District Team

1. Mariner
2. Riverdale
3. Ida S. Baker
4. South Fort Myers
5. East Lee



Top Shooters

1st – Elyssa Vazquez, Mariner
2nd – Zoe Enstein, Mariner
3rd – Jakobe Changasie, Mariner
4th – Manami Pinkard, Mariner



State Team

1. Mariner
2. Mulberry
3. Forest Hill
4. Summerlin
5. Parish Community

Top Shooters

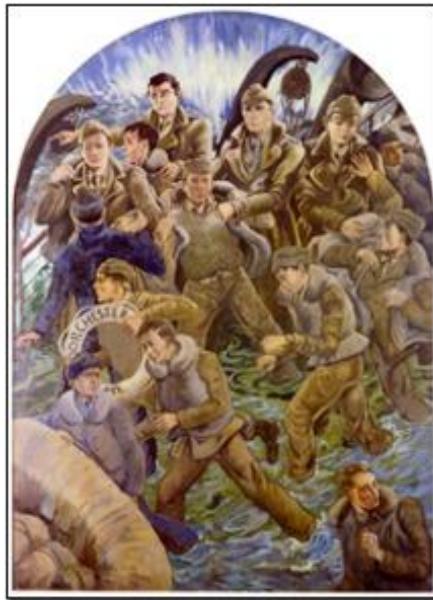
1st - Peyton Ullery, Mulberry
2nd - Alyssa Vasquez, Mariner
3rd - Zoe Enslin, Mariner
4th - Jordayn Stapleton
5th - Jakobe Changasie
6th - Aytana Crespo, Forest Hill
7th - Samantha Salazar
8th - Miguel Cruz, Ridge Community
9th - Elbert Shumake, Newsome
10th – Derrick Gano, Mulberry

This article was written by Dennis Stebbins.



FOUR CHAPLAINS' CEREMONY

**This ceremony occurred on February 1, 2026, from 1:00 to 2:00 PM
in the Post 90 Lounge.**



Help us celebrate the bravery and sacrifice of four Army Chaplains, who on the evening of February 3, 1943, gave their lives on the troop transport U.S.A.T. Dorchester which was carrying 902 American servicemen, merchant seamen and civilian workers to England (672 died & 230 survived). The Dorchester was 150 miles from its destination when it was struck by one of three torpedoes launched from the German submarine U-223. Aboard the Dorchester were four chaplains, Lt. George Fox, Methodist, Lt. Alexander Goode, Jewish, Lt. John Washington, Roman Catholic and Lt. Clark Poling, Dutch Reformed. The Chaplains distributed life jackets to all except themselves. As the ship sank, the surviving men saw the four chaplains with linked arms offering prayers. The four chaplains became an enduring example of extraordinary, faith, courage and selflessness.

We honor these men for their service.



In honor of America's 250th birthday, there's a ceremony planned that will recognize 250 Lee County heroes whose courage, service, and sacrifice helped safeguard our nation.

Nominate a military veteran to be honored as part of this historic celebration. Selected honorees will be notified by email or phone.

Deadline to nominate is February 15th.

For more information, please email:

STEVE EPKINS

Colonel, U.S. Army (Ret.)

sepkins@proton.me

https://mtbtest.formstack.com/forms/lee_county_250





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



American Legion Chapter 90 Riders **BREAKFAST**

to benefit

PROJECT VET RELIEF

Sunday February 15

8:00 – 11:00 AM

\$12 per plate

Scrambled eggs pancakes, bacon,
sausage, juice, tea & coffee

Cash Bar

Drink specials



American Legion Post 90
1401 47th Street, Cape Coral

For tickets, please call 716-863-6813



 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.



February 2026 (Music & Events)

Monday the 2nd - meeting at 7pm for AMERICAN LEGION RIDERS

Monday the 9th - meeting at 7pm for SONS OF AMERICAN LEGION

Monday the 16th - meeting at 7pm for AMERICAN LEGION AUXILIARY

Wednesday the 18th - meeting at 7pm for EXECUTIVE BOARD MEMBERS

Monday the 23rd – 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 18. Some meetings may be cancelled due to holidays.)

March 2026 (Music & Events)

Monday the 2nd - meeting at 7pm for AMERICAN LEGION RIDERS

Monday the 9th - meeting at 7pm for SONS OF AMERICAN LEGION

Monday the 16th - meeting at 7pm for AMERICAN LEGION AUXILIARY

Wednesday the 18th - meeting at 7pm for EXECUTIVE BOARD MEMBERS

Monday the 23rd – 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 18.)





**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 19**

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: Ted Clark, Acting Chair Membership & Marketing