

POST NEWSLETTER

THE AMERICAN LEGION

Cape Coral, Florida - Post #90



MAR - APR 2019



COMMANDER'S CORNER

with John Baker

Hello everyone,

The first two months of 2019 have been very busy at Post 90, and Ivana and her crew have prepared many fine meals for Post 90 events and on a daily basis. Our blood drive in January raised 20 units for Lee Health, and we have scheduled our next blood drive for April 6, 2019. The Super Bowl was played on February 3rd, and on that day, we had a successful Four Chaplains Ceremony with our largest crowd ever. It was standing room only. Also, a Super Bowl Party was held that evening that was well attended. Our participation in manning the First Base Grill at Jet Blue Park for the Boston Red Sox training camp is underway. We still have games in March, and would like help from our members so that we can raise \$20,000 again this year to donate to needy charities and help the Post continue to operate at a high level for your benefit. If you are interested, the Post 90 Honor and Color Guards are still seeking members. As word is getting out, the demand on the Guard's is increasing. Please talk to the Honor Guard Captain, Carl Saitta if you want to join.

February was the beginning of Officer Call for the Legion, the Sons of the American Legion (SAL) and Legion Riders, and there will be some turnover in Command. If you are interested in serving the Post and its members as an Officer or Executive Board Committeeman, please put your name on the sign-up sheet posted on the bulletin board by the west entry door. The officer call lasts three months (February, March and April) with the election in May. The term of service is one year from July 2019 to June 2020. Everyone will have a job, so your time will not be wasted. Please serve your Post members and keep the Post running smoothly and with great accountability.

There are several things scheduled in March and April at Post 90. The St. Patrick's Day party is March 17, and the kitchen is serving corned beef and cabbage. Please sign up. The Legion Auxiliary is hosting a garage sale on March 23 from 8 AM to Noon. Please call Tammy Allen if you want to participate and rent a space. The Legion Auxiliary also hosts a Sunday Breakfast on

the second Sunday of each month. Post 90 is having its last blood drive of the season on April 6; so, please donate. Remember you get a burger and chips if you try.

As you may or may not know, the kitchen is closed on Sunday and Monday now that the NFL season is over. However, the Lounge will have food from Noon to 7 PM on the days the kitchen is closed. Usually, it will be one delicious dish for a reasonable price. In February the Lounge had Taco Mania that went over well with the Members. Please watch for special events throughout the year which may occur on Saturdays and Sundays. In February a BBQ Dinner was presented.

We here at Post 90 have two excellent Veteran's Service Officers (VSO's): Nick Napolitano and Brian "Taz" Gehling. These men are trained and certified to assist Veteran's with their walk through the VA maize. Both of our VSO's are stationed at the Cape Coral Military Museum, but Brian holds office at Post 90 on Monday and Tuesday from 1:00 to 5:00 PM. They can be contacted by phone or email. If you need help, PLEASE contact them and make an appointment.

If as an American Legion Member, you might qualify to also be a member of the Sons of the American Legion or the Legion Auxiliary, please give some thought to joining the SAL and Auxiliary. There is a substantial discount on the annual dues for being a Dual Member.

Post 90 has a closed group Facebook Post: ***Cape Coral American Legion of Southwest Florida Post 90***. It is open only to Post 90 Members (Legion, SAL, Auxiliary and Riders) and their family. A lot of good and current information is sited in the post; so, please sign up. Just answer the one and only question when you do.

Please remember the soldiers, sailors, marines, airmen and coast guardsmen who sacrificed so much for our freedom, liberty and our way of life.

For God and Country,

John Baker





The open seas bring many solitary hours for a Captain and his crew. Anticipating the arrival to our next Port of Entry has the crew and I brainstorming about the activities we will encounter when we are on shore. Asking the crew to control their impulses to stay out of trouble doesn't work. Every port we disembark from we may leave with a bad name on the lips of the local residents. I will not dwell on these activities that have given us a bad name.

My ship log is in front of me and I will now convey to you some activities worth mentioning.

The Legion has taken measures to reduce electrical consumption. We have replaced all of our lighting bulbs with LED bulbs which also provide clearer brighter lighting.

The Children's Christmas Party that was hosted by the Legion Auxiliary was an excellent event that provided for several families.

The Giving Tree was well accepted and those of you that contributed a gift or monetary donations made this an excellent event. We cannot thank you enough.

There were several other events that took place over the Holiday season and we thank you all that volunteered to make these events successful.

I am closing for now and may you all enjoy god health and God Bless.

Respectfully Submitted

Donald Gurney





Our Assistant Director did the American Legion College last month. What a wealth of information! Every Legionnaire should do it at least once!

The Blessing of the Bikes ride was rained out this year, but we (13 bikes, 17 people) did go to Post 103, Punta Gorda to support their event for Tender Hearts, an adult Special Needs organization.

We also did a ride out to Arcadia for BBQ with 6 bikes.

MARK your calendars for May 5th. Our Riders' Annual Applebee's Breakfast Event is upon us. It's a FREE breakfast for a \$10 donation. Invite your family, your friends and neighbors! (Don't worry, we AREN'T cooking). Applebees (Cape Coral) provides the place AND the cook. We do the serving and cleaning up!! It's a fun time to watch big bad bikers waiting on tables. See any Post 90 Rider for tickets. Any questions can be directed to me: Rebecca Sewell 239-246-2838

Respectfully,

Rebecca Sewell
Assistant Director ALR





January 2019 Blood Drive!!

I consider the January 2019 Blood Drive a success even though we did not reach our goal of 25 units. Our next blood drive is April 6, 2019.

We had 28 people participate and come out to give, and we collected 20 units of blood for Lee Health. Those who could not give blood this time may have been denied because of high blood pressure, low iron count, and others due to medications that were being taken. Try to avoid foods which have salt and nitrates in them as they tend to raise the blood pressure. Canned soups have a high level of salt, and try to avoid milk products near your donation time. Calcium in milk seems to pull your iron count down. Please remember this for our next blood drive on April 6.

The blood drives attract new donors every time when they see our posters. Our advertising for the blood drive starts about two weeks before the actual drive. Posters and the sign-up sheet are put up at Post 90. We also put posters at Fuller-Metz Funeral Home, the SW Florida Military Museum, Moose Club #2199, Cape Cabaret and many other places. We also advertise in the Cape Coral Breeze newspaper. Flyers and Posters will be available at our membership meeting on March 25, 2019. Please join us at 7:00 PM and be a supporter of this Post 90 project. Take a few posters and put them up and pass them around.

At our last Blood Drive on January 12, we had a blood donor recruiter from Lee Health with us, Mr. Jeremy Puckett. He spoke to us about the weekly need of 800 units at the four hospitals in Lee County. Population growth in Lee County has required that more beds be added to Gulf Coast Medical Center. More blood is needed. **IT IS A LIFE SAVER.** Mr. Puckett also stated the Post 90 donates more blood than any other American Legion Post in Lee County.

Please come out on Saturday, April 6, 2019 from 1:00 PM to 5:00 PM for our last blood drive before the long hot summer.

Please sign-up, don't forget, and plan for it now.

See you in April,

Sincerely,

Richard Osman

Blood Drive Chairman





Greeting from SAL Squadron 90 in beautiful Cape Coral. Another wonderful day with many more to go and plenty of work to do. As of January 21st, our membership is at 72.299% with many more members that have renewed since then. If you haven't renewed yet or haven't signed up someone who qualifies for the SAL, don't hesitate so we can surpass our 100% membership goal before the end of the year. Also, don't forget to submit anything needed so it's reported in our squadron report.

Nominations for officers are ongoing and the squadron can use new officers so don't delay in signing up. If you would like to be more involved in the SAL become an officer and learn all there is about this charitable organization. Elections will be held in May, so make sure to be here so you can vote for your officers of choice for the coming year.

A great opportunity to meet district officers and have great food will be the district picnic open to the entire Legion family which starts April 7th at 10:00 AM

This year is going by so fast, but there is still plenty left to do and many more veteran's and their families that need assistance. Let us always remember the purpose of the SAL and rededicate ourselves to the goals of the SAL.

Thank you,

Brian Lee Gehling II

S.A.L Commander

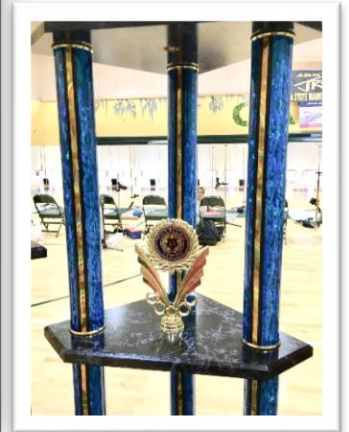
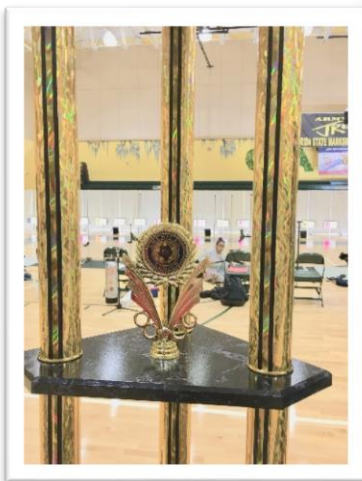




Join us and other local Legion Posts at the Lee County Marksmanship Tournament on April 26th starting at 2pm and running to approx. 7pm, in the Island Coast HS Gym. Help support our future generation.

(All 14 local high schools will be participating)

****NOTE:** The Florida State Army JROTC Marksmanship Championship will be the following day, April 27st, from 8am until approx. 1:30pm at the same location.





POST 90 OFFICER NOMINATIONS HAVE BEGUN!



Calls for nominations are taken during the General Membership Meetings the 4th Monday of the months of Feb, Mar, and Apr 2019.

Elections will be conducted on May 8th 2016, from 3-7pm



You can find us here... On Facebook,



Cape Coral American Legion of Southwest Florida Post 90

Or on the Web

www.Post90swf.org

If you haven't visited our website lately you really should go check it out! We have so many updates and all new look, and more to come!!



Come see what's new and what we've already been doing!





Quick Coming Event Summary

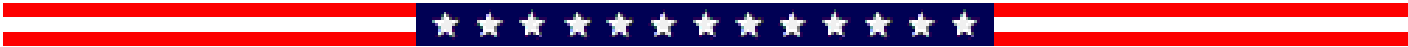
(SEE THE CALENDAR AT THE POST FOR DETAILS)

Mar 2019 (Music & Events)

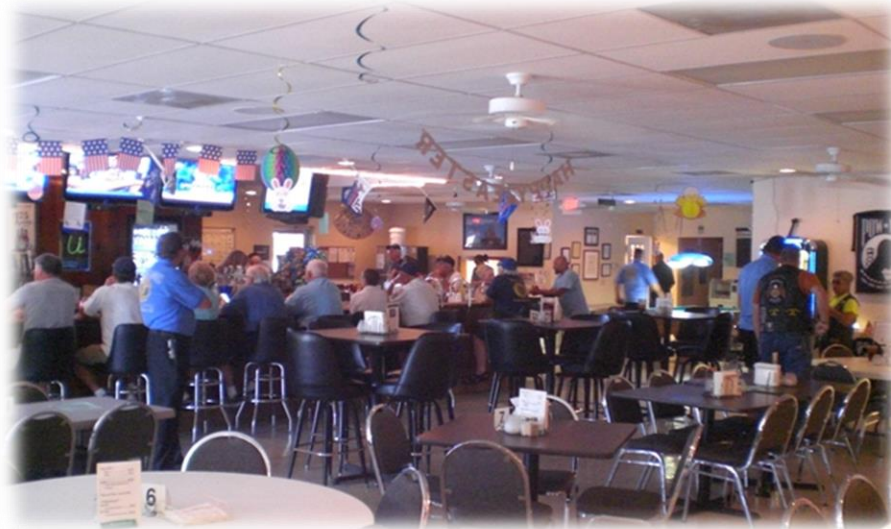
- Friday the 1st - music by TBD
- Friday the 8th - music by TBD
- Friday the 15th - music by TBD
- Friday the 22nd - music TBD
- Friday the 29th - music TBD

Apr 2019 (Music & Events)

- Friday the 5th - music by TBD
- Friday the 12th – music by TBD
- Friday the 19th – music by TBD
- Friday the 26th – music by TBD



See the website for additional information



Come and enjoy any or all of these events and entertainment. We appreciate your support of Post 90.

