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
262-330-0332
www.Post449.com

OFFICERS DIRECTORY

Commander	**Alex Kolander**	**414-322-8702**
Asst. to Commander	**Dave Landrith**	**414-232-4942**
1st Vice Commander	**Roger Kiesner**	**414-350-0402**
2nd Vice Commander	**Alex Kolander**	**414-322-8702**
Assist. 2nd Vice Com.	**Lisa Nelson**	**262-374-3033**
Adjutant	**Bill Roche**	**414-477-9378**
Finance Officer	**Alex Kolander**	**414-322-8702**
Chaplain	**Patricia Kingsbery**	**414-476-9485**
Judge Advocate	**Tom Rhoda**	**414-510-9901**
Service Officer	**Richard Strehlow**	**262-641-0977**
Sgt At Arms	**Open**	
Public Relations	**Steve Fraenzl**	**262-719-5660**
CPA	**Tina Schultz**	**920-545-4566**
Bar Manager	**Ken Checkai**	**414-426-8505**
Asst. Bar Manager	**Tiffany Rossetti**	**414-793-9867**
Lounge Manager	**Tiffany Rossetti**	**414-793-9867**
Catering by Bunzel's		**414-873-7960**
Parliamentarian	**Open**	
Children & Youth	**Open**	

NEWSLETTER CIRCULATION VOLUNTEERS
Richard Strehlow, Bill Roche, Vivian Schmidt, Joleen Gordon, Kitty Larkin, Beth Weare, Lylette Smith, Bev & Lance Westen, Teri Seegert, Andy Bednarski , Elizabeth Wilkinson, Larry Kaplan, Geri Mertes

Editor – Steve Fraenzl
sfraenzl@gmail.com

Database Coordinator – Richard Strehlow
americanlegionpost449mail@yahoo.com

Cudworth-Stenz-Griesell-Smith AL Post 449

Website/Facebook/OPTI Coordination – Dawn Mariscal
262-442-4952

Facebook Auxiliary Coordinator – Jennie Riemer
shakinjmr@yahoo.com

Postal Distribution Coordinator – Richard Strehlow

Circulation Coordinator – Lylette Smith
lylettesmith03@yahoo.com

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

Commander's Message

By Alex Kolander, 414-322-8702

GREETINGS FELLOW LEGIONNAIRES

Spring is right around the corner, and we are looking forward to another year of members and friends gathering at our wonderful memorial building. Yes, we are still here and going strong, contrary to the rumor mill.

Elections are next year in May and moving forward with planning on bringing a new Commander into the fold, we have a volunteer for the position of Commander. A gentleman by the name of Dave Landrith has been assigned to the title of Assistant to the Commander from now until May of next year for training. At that time, we will switch positions and I will be the assistant to the Commander. This should give Dave ample time to learn the tasks needed for the position and allow me to continue with the leadership team in moving forward. (see the picture of me welcoming Dave with a ceremony on the 19th of February that evening elsewhere in the newsletter.)

I have heard people rave about our Friday night Fish Fry. Please come in and support this very tasty meal.

Music continues to be a big hit on Friday and Saturday nights. Please come in and enjoy an evening of great music and dancing. And remember that for the period of June through August there will only be music on Friday evenings.

AND GOD SAID:

"Anyone who hates a brother or sister is a murderer,

and you know that no murderer has eternal life abiding in him". (1 John 3:15)

"But I say to you who hear: Love your enemies, do good to those who hate you". (Luke 6:27)

"But if you have bitter jealousy and selfish ambition in your hearts, do not boast and be false to the truth".) James 3:14)

Dave Landrith has been assigned to the title of Assistant to the Commander from now until May of next year for training. Pictured: Alex Kolander, Dave Landrith

Service Officer's Message…

By Richard Strehlow 262-641-0977

My Message: I am still seeking anyone that would be interested in learning to become a back-up Post Database Coordinator and Newsletter Distribution Coordinator. These two roles go hand in hand, and I will gladly meet with you to discuss the details of these positions. If you may be interested in helping, please call my home number (listed above) or email me at shot2guns@yahoo.com. Thank you.

Last Bugle (Post Members)
Kurt Peters Vietnam

Last Bugle (Non-Post Members)

James Horvat Korea	Ray Utsey Korea
Donald Couillard Peace Time	Daniel Wilke Vietnam
Rodney Harris Peace Time	Gerald Brauns Vietnam
James Elleson Peace Time	

May they rest in peace

Post Info: American Legion Post 449 is committed to serving those who have served by helping veterans and their dependents navigate the complex process of applying for VA benefits. With a strong understanding of available programs and eligibility requirements, American Legion Post 449 works to ensure that no veteran or family member misses out on benefits they have earned through service and sacrifice. Through guidance, advocacy, and community support, American Legion Post 449 strives to make the application process clearer, more accessible, and less stressful, reinforcing its mission to honor and support veterans at every stage of life.

Just a reminder that our Annual Giving Fund letters have recently been sent to all members. Please find it in your heart to contribute what you can. This is our largest fund-raising event of the year, and we count on your continued support to help keep our Post

alive. Our operating expenses are steadily increasing, and we are implementing all possible measures to manage them effectively. We kindly request your support in this effort. Please remember that you are not just a Post 449 Legion Member but also an owner of our great Memorial Building.

Honor Guard News: The Honor Guard is still in need of new members. Please consider joining whether you are an ALA, SAL or a Legion member. We have plenty of uniforms that can be issued. Please contact me at the number listed above or any Honor Guard member. We would like to thank The Ramer Family and the Bransfield Family or their donations to our Post for the services rendered by our Honor Guard.

Post Contact Info:
Post E-Mail is americanlegionpost449mail@yahoo.com to contact us.
Post Website is **POST449.com** which lists all current Post information and Newsletters.
Post Facebook is **American Legion Post 449**
*****Please Note that if you have a new email address or have moved, please send us your new contact information including phone number and e-mail to americanlegionpost449mail@yahoo.com or mail it to American Legion Post 449, 3245 N 124th St. , Brookfield, WI 53005 for you to continue to receive our Newsletter and postal mailings.*****

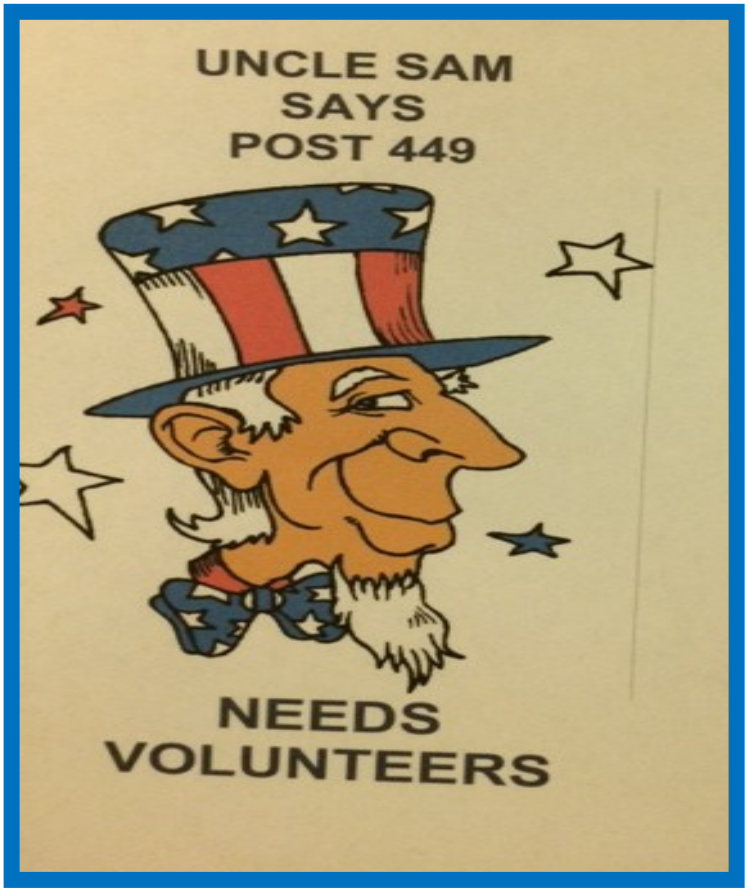
VA NEWS & INFORMATION:
Post-traumatic stress disorder (PTSD) is an emotional illness classified as a trauma and stressor-related disorder as of the most recent edition of the diagnostic reference for mental health disorders, the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5 or DSM-V).
This condition usually develops because of a terribly frightening, life-threatening, or otherwise highly unsafe experience. PTSD sufferers re-experience the traumatic event or events in some way, tend to avoid places, people, or other things that remind them of the event (avoidance), and are exquisitely sensitive to normal life experiences (hyperarousal).
Did you know the Centers for Disease Control and Prevention (CDC) recently approved an official diagnostic code for Gulf War Illness (GWI) more than 30 years after symptoms of the condition began to be reported? The illness, which is described as an amalgamation of several chronic symptoms including fatigue, respiratory issues, joint pain and gastrointestinal pains, has been historically dismissed by doctors and physicians as psychological. With an established diagnostic code, patients with GWI can be easily found through medical search records, as opposed to being found through less efficient methods, such as social media.
Discovering which disabilities consistently qualify for a 100% rating is not just a matter of paperwork it's a critical step in securing the benefits you've rightfully earned as a veteran. Compiled by a leading veterans disability law firm, this information is not only authoritative but also essential for you to navigate the complexities of the disability claims process. Don't wait any longer; the urgency of your situation deserves immediate attention. Take action today to uncover your eligibility and empower yourself to access the support you need and deserve.
A groundbreaking study has revealed critical findings for our veterans who have faced the harsh realities of military burn pits. This extensive research, which included biopsies from veterans, has provided compelling evidence linking burn pit exposure to serious lung diseases. For those who have served, these findings not only validate the struggles you may be experiencing, but also highlights the importance of understanding the long-term health implications of such exposures.
Did you know Shoulder Injury Related to Vaccine Administration (SIRVA) is a vaccine-related condition that affects some veterans as a result of improper injection technique during military immunizations? Veterans often receive multiple vaccines in short time frames, sometimes in mass immunization settings where injections are given quickly and under less-than-ideal conditions. When a vaccine is injected too high or too deep into the shoulder, it can enter the shoulder joint or surrounding structures rather than the deltoid muscle, leading to inflammation and injury. Veterans with SIRVA commonly report

persistent shoulder pain, reduced range of motion, weakness, and difficulty performing everyday tasks, with symptoms beginning shortly after vaccination and lasting months or longer.

Veterans are being urged to stay alert to a new scam that targets them through seemingly harmless phone calls. In this scheme, scammers place calls to veterans simply to record a veteran's voice, which is later used by AI technology to impersonate the veteran. The fraud often escalates when the AI-generated voice pretends to be the veteran in urgent trouble and claiming they need money immediately for bail, medical bills, or another emergency. These calls are designed to create panic and pressure victims into sending money quickly to the veteran in need. Veterans should avoid engaging with unknown callers, never share personal information over the phone, and verify any emergency requests directly with family members through trusted contact methods before taking action.

Here is a useful tip that many veterans and VA-accredited experts recommend when applying for a service-connected disability claim. Proactively obtain and submit a strong nexus opinion, often in the form of a nexus letter or a completed Disability Benefits Questionnaire (DBQ) from a qualified private healthcare provider familiar with your condition, rather than relying solely on the VA's Compensation and Pension (C&P) exam. This medical evidence directly links your current diagnosis to an in-service event, injury, exposure, or aggravation (using language like "at least as likely as not" or "more likely than not" caused by or related to service), which is crucial for establishing service connection, especially for conditions without clear in-service documentation, secondary conditions, or when private records show long-term issues.

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



HELP IS NEEDED. ALL MEMBERS OF POST #449

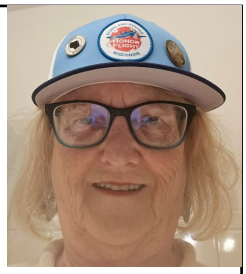
The Post Sheepshead Players need people to join our group. We play at the restaurant O'Sullivan Public House at 12525 W. North av. At this time we play on the 1st and 3rd Thursday of the month. The time is 1:00 PM to 4:00 PM. If interested in joining us please call or text me (Betty Conlon) at 414 870 1432.

Looking forward to seeing you.

Betty

Post 449 Chaplain Message

By Patricia Kingsbery 414-476-9485



Enjoy the Superbowl? The Seahawks sure did after a 29-13 win against the New England Patriots. This was only their second Superbowl win. As many of us were watching the Superbowl across the nation from living rooms and comfortable couches, American astronauts aboard the International Space Station were watching the same game from about 250 miles above earth after NASA beamed Superbowl LX to the orbiting crew. The halftime shows featured Bad Bunny who I never heard of (guess I'm too old).

Moving on to March, St. Patrick's Day is March 27th and commemorates St. Patrick, the Patron Saint of Ireland. It also commemorates the arrival of Christianity in Ireland and the heritage and culture of the Irish in general. It was made an official observation in the 17th century and is observed by the Catholic Church, the Eastern Orthodox Church, and the Lutheran Church.

There are many stories about St. Patrick but one says he worked in Ireland as a slave for 6 years. During his captivity, he prayed constantly until he was able to flee. He knew he wanted to devote himself to the service of God. Soon, he became a student of St. Germain, who educated St. Patrick in philosophy and theology. During these years of education, Patrick would sometimes dream visions from God. Noted on his Breastplate are the words "I bind to myself today: God's power to guide me, God's might to uphold me, God's wisdom to teach me, God's eye to watch over me, God's ear to hear me, God's word to give me speech, God's hand to guide me."

May your troubles be less and your blessings be more and nothing but happiness comes through your door.

Thank you so much for the forks for Union Grove VA, from the American Legion, Post 449. It truly means so much to the Veterans to have plenty of silverware to use. You never know what you have until it is gone! Thank you American Legion, Post 449!

Huge thank you to Sheila Hinek and Joyce Becker for providing silverware to Union Grove VA. Truly appreciated!

CABIN RENTAL

~ RESERVATION DAY ~

Saturday – March 21, 2026

1:00 PM

Post 449 Memorial Bldg - 3245 N. 124th St., Brookfield, WI

We suggest getting to the Post early that day because it's first come, first served.
The official sign-up sheet will be placed on the back door of the building.

This will be your first opportunity to reserve a vacation week(s) at an Elmbrook Cabin. You may select from three cabins situated on a bluff overlooking Little Lake Tomahawk near Hazelhurst, WI. Each cabin sleeps six people comfortably with two bedroom and a queen futon in the living room, with a fully equipped kitchen, modern bath w/ walk-in showers. Your own private deck provides you with a tranquil setting to enjoy the full splendor of Wisconsin's Northwoods.

Be prepared for a first-class, relaxing and tranquil get-away!

Only $550 per week

(Our first rental increase in five years)

~ No pets & no smoking in our cabins ~

CLICK - www.449cabins.org for more information.

You may contact Al Reich - Cabin Chairman, should you need additional clarification or advise – (262) 523-4525

AMERICAN LEGION AUXILIARY

Empowering Women, Inspiring Communities

AUXILIARY DIRECTORY

President	**Jennie Riemer**	**262-215-8617**
Vice President	**Virginia Bragg**	**850-247-3297**
Treasurer	**Kitty Larkin**	**262-295-2922**
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**	**414-476-2721**
Member-at-Large	**Colleen Gotowitz**	**414-617-8887**
Member-at-Large	**Carol Lers**	**262-719-1105**

President

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

I sure hope everyone enjoyed this warmup after being in the freezer in January.

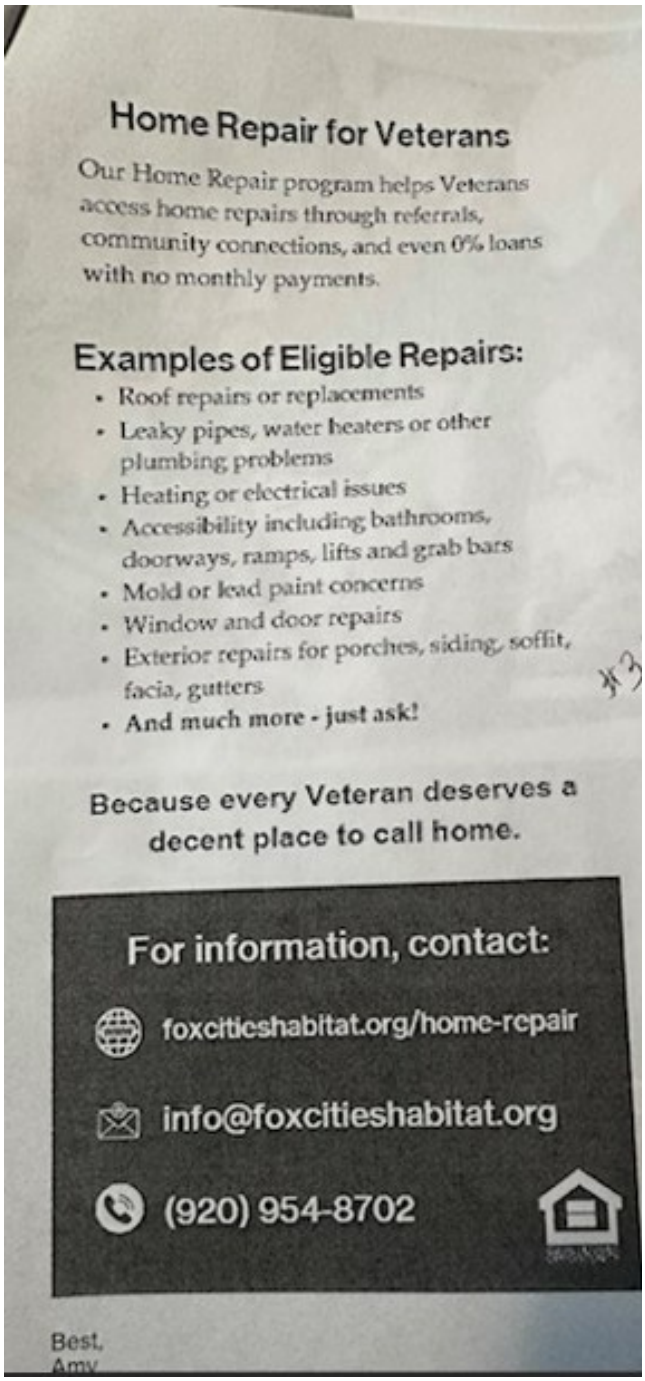
I was at a meeting at the VA hospital today, February 19th, and there was a speaker from Habitat for Humanity there. I'd like to pass on this information about obtaining a home there:

No interest and payment is not due until you sell the house. You must own the house. The phone number for Milwaukee is 414-562-6100. Call either number for more information.

Past Presidents are planning a raffle for May 16, 2026 at Daffy Days. More information to follow.

I would like to thank everyone that brought snacks to the February meeting. It was nice seeing so many people at the meeting.

Next meeting March 17th is at 6:00pm, social time is at 6:30pm. Hope to see you all in March. If anyone would like to supply snacks it would be appreciated.



Unit 449 Auxiliary Membership Report

Kitty Larkin, Carol Lers

Wisconsin's fickle weather has been playing games with us and it would be great if we could count on the coldest and snowiest parts of winter being over with. But somehow, I have a feeling that it is a little early in the season to be able to depend on that even though we are making plans for the arrival of Spring.

Some of these plans include holding our Traditional Daffy Days fund raiser on May 16th which will include a 1:00 p.m. homemade luncheon with it being inclusive of a raffle, a wine pull and a 50/50 event. Of course, that is all dependent upon each of YOU participating by being generous with your time and energy. We need everyone's help in donating bottles of wine, raffle items which could include gift cards to be raffled inside of purses and the like. We need people to help make and serve the lunch as well as individuals to purchase the lunch. But most of all we need open hearts and open minds to help us reach out to our veterans.

During our recent cold spell, we did reach out to our veterans with numerous clothing items to help get them through a rough period. We purchased thermal under garments, hats and facial coverings, as well as sweat suits, thermal socks and gloves. It is very difficult to be comfortable during below zero weather.

In response to another one of our mission goals, we donated $1,000,00 to send two girls who are completing their junior high school year, to Badger Girls State through the efforts of our Badger Girls State Chairman, Carol Lers. Tomorrow's future depends on the actions taken by the young people of today.

At our next meeting on March 17th, a Nominating Committee will be appointed to prepare a slate of potential officers to lead our membership to great heights of service. If any member would like to serve as a member of the Nominating Committee or as an officer of the Unit, please contact any current member of the Executive Committee to discuss that desire. All are willing to reach out to help you fulfill that desire. All the officer positions for the next term are open.

Who was one of the recent winners of the Super Bowl Game? The generous winner was Jim Young who graciously donated his winnings to ALA Unit 449. We are very grateful to Jim for helping us to reach out to the veterans.

Chaplain

Lylette Smith
414-378-4107 lylettesmith03@yahoo.com

Happy St. Patrick's Day!!!

Thank you to Tom & Vicki Bonesho, Sheila Hinek, Joyce Becker & Dick Strehlow for providing silverware for Union Grove VA. Truly appreciated. Thank you from the bottom of the Veterans Hearts!

Spring begins March 20th and Palm Sunday is March 29th.

"Thinking of You" cards are sent monthly to several Auxiliary members to let our members know how valued and missed they are within our ALA.

Our meetings are on the 3rd Tuesday of each month. Please consider attending. Your presence brightens our gatherings and enriches our community.

"No Veteran was ever honored for what he received. Honor has been the reward for what he gave." --- Calvin Coolidge, 30th president of the United States of America

As we navigate through our days, let's remember to seek strength, protection, and guidance from God. May the Lord's love accompany us always! Always choose kindness!

THE KIND HEART: Kindness brings such great comfort to our lives. Even the littlest acts of kindness have a way of spiraling into so much more. Kindness is at the heart of God and at the heart of making life great. In little acts of kindness is the magic to transform our lives into something wonderful!!

God's riches Blessings & Prayers to you all!

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	

Nothing to report.

American Legion Post #449 MENU

Appetizers:

Chicken Wings

1lb Chicken Wings

Buffalo or BBQ Sauce

Celery Sticks

Ranch ($12.00)

Entrees:

Cod Fish Fry Basket (Fridays Only)

2 pcs Beer Battered Cod Loins

Accompanied with a Choice of Fries or Potato Pancakes with Apple Sauce, Tartar Sauce, Coleslaw, Lemon and Rye Bread with Butter ($15.00)

Double Smashed Burgers

2-3oz Beef Patties, American Cheese, Shaved Red Onions, Lettuce, Tomato, Mayo on a Burger Bun

Accompanied with Fries ($10.00)

Crispy Chicken Sandwich

House Breaded Chicken Tenders, Mayo, Lettuce, Tomatoes, Shaved Red Onions on a Bun

Accompanied with Fries ($10.00)

Grilled Chicken Sandwich

Grilled Chicken Breast, American Cheese, Lettuce, Tomatoes, Onions, Mayo on a Bun

Accompanied with Crinkle Fries ($10.00)

Chicken Tender Basket

4 Pieces of House Breaded Chicken Tenders with Fries,

Honey Mustard Sauce ($10.00)

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*)

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Fax: 414-774-3413
Rick D. Steinberg, J.D.
Attorney at Law
GlojekSteinbergLaw.com

STEVE SCHMIDT
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Schmidt & Bartelt, Inc.
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Homes for Heroes
Homes for Heroes® is dedicated to serving and giving back to firefighters, EMS, law enforcement, military (active, reserves and veterans), healthcare professionals and teachers when they buy, sell or refinance a home.
It's our way to say Thank You.
Average Hero Rewards® Savings:
$3,000
Receive significant Hero Rewards savings when you buy, sell or refinance a home with our real estate, mortgage, title and home inspection specialists.
"The Homes for Heroes program made me feel like my sacrifices to my community and my country were worth it. That there was somebody there, to tell me, thank you for your service and shaking my hand." - Cinda
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FOUR FORTY NINER

Volume 80, Issue 3 | **The *Four Forty Niner* is published monthly** | **March 2026**

March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 Open 4:30-10p Sign in	3 Closed	4 Closed	5 Open 4:30 - 10p Karaoke from 5-9 p Cook-in 5:30-8p	6 Open 4:30-10p Joyce Bevan 4:30-6p DIRTY BOOGIE 6:30-10p	7 Open 1-10p OUR HOUSE 6:30-10p
8 Closed	9 Open 4:30-10p Sign in	10 Closed LEGION MEETNG 1-2p	11 Closed	12 Open 4:30 - 10p Karaoke from 5-9p Cook-in 5:30-8p	13 Open 4:30-10p Joyce Bevan 4:-6p FALCONS 6:30-10p	14 Open 4:30-10p HIT MEN 6:30-10p
15 Open 1-4p Our House	16 Open 4:30-10p Sign In	17 Closed AUX MEETING 6-8 p	18 Closed MILLER/ COORS 10-4p	19 Open 4:30 - 10p Karaoke from 5-9p Cook-in 5:30-8p	20 Open 4:30-10p Joyce Bevan 4- 6p HIT MEN 6:30-10p	21 Open 4:30--10p OUR HOUSE 6:30 -10p
22 Open 2-5p DIRTY BOOGIE	23 Open 4:30-10p Sign In	24 Closed	25 Closed	26 Open 4:30 - 10p Karaoke from 5-9p Cook-in 5:30-8p	27 Open 4:30-10p Joyce Bevan 4:-6p FALCONS 6:30-10p	28 Open 4:30-10p CIA 6:30-10p
29 Closed	30 Open 4:30-10p Sign In	31 Closed				