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

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Catering by Bunzel's		**414-873-7960**
Children & Youth	**Open**	

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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:

I pray all goes well with you and yours and that you are looking forward to summer as much as I am.

By now all paid-up members should have received your American Home Life Insurance policy. This is a free AD&D policy secured by us for you. You should send in the Beneficiary card right away in the green envelope provided.

Available to all members is a legacy will kit, Health services discount program, a child safe kit and a Needs-based analysis.

LEGACY WILL KIT:

-Will and testament = Bequest of personal items, residuary estate, and charitable giving. Guardian for minor children. Payments of debts, taxes, and expenses. Pet caregiver funds and guardianship.

-Power of Attorney = Designate someone to represent you/your property in the event you were unable to make decisions.

-Advance directive for health care = Choose how your health care decisions are made, and who can make them.

HEALTH SERVICES DISCOUNT PROGRAM:

-Provides entire household access to convenient discounts on dental care, prescriptions, diabetic supplies, vision care and supplies, chiropractic care, Pet RX, and more.

CHILD SAFE KIT:

-Provides vital information, including photos and fingerprints, to assist authorities should a child become lost or missing.

NEEDS-BASES ANALYSIS:

-The computerized needs survey tailor's coverage options to your family's individual circumstances and budget.

Remember, a AIL representative will contact you to schedule an appointment to introduce you to the no-cost offers and sponsorship program, and review of the group letter and completion of no-cost needs analysis, presentation of supplemental insurance benefits available to you, and the application and review of member's service folder.

Here is the contact for the policy: Heather Nickerson, 866-797-6455.

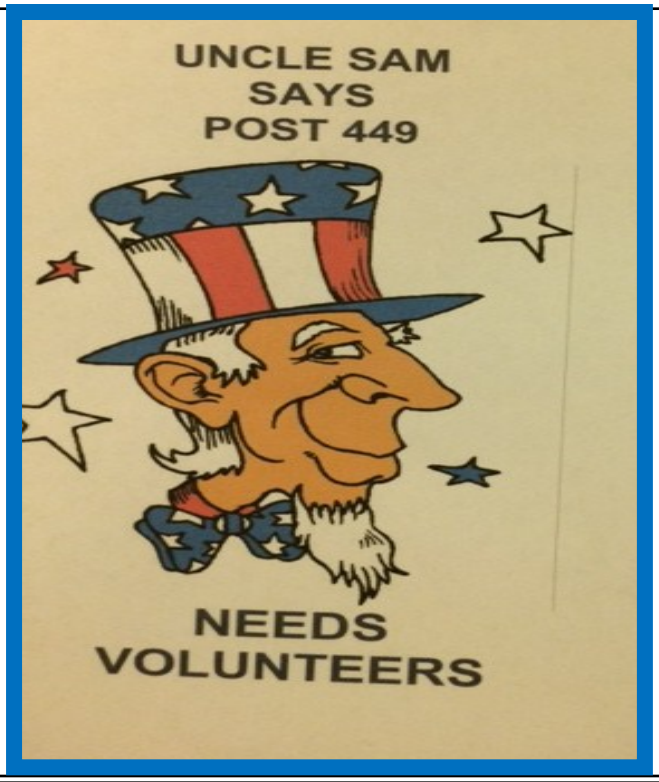
Keep an eye on our summer music schedule and future events to include bingo and our large Memorial Day event.

AND GOD SAID:

Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. (2 Corinthians 9:7)

The wicked borrow and do not repay, but the righteous give generously. (Psalm 37.21)

Each of you must bring a gift in proportion to the way the Lord your God has blessed you. (Deuteronomy 16:17)



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.

Also, if you have an e-mail address, please update your contact information by sending us your e-mail address to **americanlegionpost449mail@yahoo.com.** The Postal service charges us an additional $0.97 for each hard copy of our Newsletter that is mailed and returned back due to an incorrect street address. This is on top of the cost of $0.76 for printing and mailing costs for each Newsletter. The Executive Board will be discussing this issue in the near future.

Last Bugle (Post Members)

Last Bugle (Non-Post Members)

David Stephenson Korea
Kenneth Ryan Korea
Loraine Travers Korea
Larry Ellis Vietnam
Nicholas Arestides Peace Time
Clarence Fenner Vietnam
John Myatt WWII

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.

The Post will again participate in the annual Elm Grove Memorial Day parade. If you are or planning to be in the

parade or would like to be in the parade, please be present at the Post by 8:00am on Monday, May 25th. After the parade, we will hold our annual Memorial Day Program starting at Noon. The Post will then be open until 8:00pm with plenty of good foods, music and vendors and a bake sale. See more info posted in this Newsletter.

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 Family for 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:

As a veteran, you may be eligible for VA disability compensation awards to help you cope with the physical and mental tolls of military service. However, navigating the VA claims process can be a daunting and overwhelming
experience. That's why we've gathered insider secrets from experts to help you increase your chances of winning your claim.

Firstly, it's vital to have a clear understanding of the VA rating system and how it works. This will allow you to present your case in the best possible light. Additionally, gathering compelling evidence and documentation is crucial to proving the severity of your condition and the impact it has on your daily life.

Another key factor in winning your VA disability compensation award is finding a knowledgeable and experienced VA attorney or accredited claims agent. They can guide you through the complicated claims process, help you avoid common mistakes, and ensure that your claim is presented in the most favorable light possible.

There is a silent struggle that many veterans face long after their time in service has ended - undiagnosed illnesses. These invisible battles can manifest in various forms, from chronic pain to cognitive impairments, leaving veterans feeling lost and unheard. Despite their sacrifices for their country, these heroes often find themselves navigating a complex healthcare system that may not fully understand or address their unique medical needs.

The journey of seeking a diagnosis for these elusive illnesses can be filled with frustration and setbacks. Many veterans are left feeling isolated and misunderstood, as their symptoms are dismissed or overlooked. It is crucial for healthcare providers to recognize the importance of listening
to veterans, validating their experiences, and advocating for their health needs.

A new scam is targeting veterans by impersonating representatives connected to the VA and its Veterans Health Administration community care programs. In this scheme, scammers contact veterans by phone, text, or email claiming that a payment is required upfront to schedule or confirm a VA or Community Care medical appointment. They may pressure victims to provide credit card information, send money through payment apps, or purchase gift cards to “secure” the appointment.
The VA does not require upfront payment to book or access care through VA facilities or authorized Community Care providers, and legitimate VA staff will not demand immediate payment over the
phone. Veterans who receive suspicious requests should avoid sharing personal or financial information and report the incident to the VA or the Federal Trade Commission.

The Orange Heart Medal is a non-governmental award created to honor U.S. Vietnam War veterans who were exposed to Agent Orange, a toxic herbicide and defoliant used by the U.S. military during the war from 1961 to 1971 and who have since suffered service-connected health issues as a result. It is not an official military decoration recognized by the Department of Defense or

the Department of Veterans Affairs (VA), but rather a symbolic recognition of the long-term sacrifices these veterans endure due to chemical exposure, often likened to the Purple Heart for combat wounds. The medal's design features an orange heart emblem, trademarked and patented, and is provided free of charge to eligible recipients.

Did you know if you spend time in a VA hospital or a VA-approved hospital for a disability related to your military service, you may be able to get a temporary 100% disability rating? Here's how: You spend more than 21 days in a VA hospital or other approved hospital for a service-connected disability; You are under hospital observation for more than 21 days at a VA facility for a service-connected disability. Veteran must file a claim to get a temporary 100% rating.

A new study links Agent Orange to more aggressive bone marrow cancers in Vietnam veterans, which researchers say strengthens the case for granting presumptive service-connected benefits to veterans diagnosed with the disease decades after military service.

Many veterans and even some Veteran Service Officers (VSOs) are unaware of the full range of benefits available beyond the commonly discussed healthcare and education programs. In addition to core services, veterans may qualify for lesser-known benefits such as property tax exemptions, free or reduced-cost hunting and fishing licenses, and specialized small business grants or mentorship programs designed to support veteran entrepreneurs. There are also state-level benefits that vary widely, including tuition waivers for dependents, housing assistance, and employment preferences in public sector jobs.

Anemia is a condition characterized by a deficiency of red blood cells or hemoglobin in the blood, which can lead to reduced oxygen transport throughout the body. This is particularly relevant to veterans, who may experience anemia due to various factors such as chronic health conditions, nutritional deficiencies, or the physical and emotional toll of military service. Anemia can significantly impact both the physical and emotional well-being of veterans, leading to symptoms such as fatigue, weakness, and decreased cognitive function, which can hinder their ability to engage in daily activities and enjoy a quality life. According to the Centers for Disease Control and Prevention, approximately 3.5 million people in the United States are affected by anemia, highlighting the importance of awareness and education in this area. For veterans, understanding the implications of anemia and its management is crucial to fostering a supportive community and promoting overall health.

Did you know the single deadliest condition affecting U.S. veterans overall is not a mental health issue but chronic physical diseases, especially heart disease and cancer? The two conditions account for the majority of veteran deaths, just as they do in the general U.S. population. Heart disease alone has the highest mortality rate among veterans, followed closely by cancer, making these the leading causes of death by a wide margin. However, what makes veterans distinct is that suicide is disproportionately high compared to the general population and represents a major and uniquely severe health crisis within this group. In fact, while suicide is not the top cause of death overall, it is one of the leading causes among younger veterans and occurs at significantly higher rates than among non-veterans, with thousands of deaths each year. In summary, heart disease and cancer are the deadliest conditions in terms of total deaths, but suicide stands out as a critical and disproportionately impactful condition affecting veterans, particularly in younger age groups.

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

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THE KITCHEN CAN ALSO BE RENTED ON A DAILY BASIS @ $100.00 DAILY.

CALL 414-322-8702 FOR MORE INFORMATION.

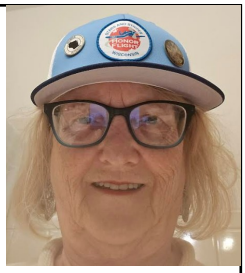
2nd Vice Commander…

By Dave Landrith 414-232-4942

This is Dave Landrith 2nd Vice Commander. Don't miss our Memorial Day celebration. There will be vendors, food, the bar will be open, and Three bands. Legion members, Auxiliary, and SAL get in for free just show your membership card at the gate. Post will be open from 11am until 8pm. Let's all come together and honor our veterans. I hope to see you all there.

Post 449 Chaplain Message

By Patricia Kingsbery 414-476-9485



This month we celebrate Mother's Day. In preparing my message, I came across a story honoring that special person in our lives:

When the good Lord was creating mothers, He was into His sixth day of overtime when an angel appeared and said, "You're doing a lot of fiddling around on this one."
The Lord said, "Have you read the specs on this order? She has to be completely washable but not plastic, have 180 movable parts, all replaceable, run on black coffee and leftovers, have a lap that disappears when she stands up, a kiss that can cure anything from a broken leg to a disappointed love affair, and six pairs of hands."
The angel shook her head slowly and said, "Six pairs of hands? No way."
"It's not the hands that are causing me problems," said the Lord. "It's the three pairs of eyes that mothers have to have."
"That's on the standard model?" asked the angel.
The Lord nodded. "One pair that sees through closed doors when she asks, 'What are you kids doing in there?' when she already knows. Another in the back of her head that sees what she shouldn't, but what she has to know. And, of course, the ones in front that can look at a child when he goofs up and says, 'I understand and I love you,' without so much as uttering a word."
"Lord," said the angel, touching His sleeve gently, "go to bed. Tomorrow is another day."
"I can't," said the Lord. "I'm so close now. Already, I have one who heals herself when she is sick, can feed a family of six on one pound of hamburger, and can get a nine-year-old to stand in a shower."
The angel circled the model of a mother very slowly. "It's too soft," she said.
"But tough," said the Lord excitedly. "You can't imagine what this mother can do or endure."
The angel asked, "Can it think?"
"Not only can it think, but it can reason and compromise," said the Creator.
Finally, the angel bent over and ran her fingers across the cheek. "There's a leak," she pronounced.
"It's not a leak," said the Lord. "It's a tear."
"What's it for?"
"It's for joy, sadness, disappointment, pain, loneliness, and pride."
"You're a genius," said the angel.
The Lord looked somber. "I didn't put it there."

Lord God, our Creator, we give thanks for the many things You provide for us, but mothers are the greatest treasure You have blessed us with. We ask Your blessings on all mothers. For those whose mothers are with them, now is the time to tell them how much you love them. For those mothers who have gone on before, instill in our memory the good times we spent together. Let us never forget them, what they stand for, and what they sacrificed for us. We ask this in Your holy name. Amen.

Happy Mother's Day!

Huge Thank you to Jean & Bill Ramlow for donating stamps for the Chaplain to mail out cards to members! Thank you, Thank you!!!

Cabin UPDATE

Al Reich – (262) 523-4525

Reservation Day was a big success and rentals continue to be brisk.

Only **25 weeks remain** ---- still lots of good fish'n weeks, in June; those great summer weeks are in short supply and going fast; but my favorite time of the year – late summer and fall are plentiful. Call and rent today!

So, click on www.**449cabins.org** and take advantage of the best and most inexpensive vacation you'll find in Wisconsin. **Only $550 a week** in a 2 bedroom - 1 bath cabin with full kitchen – outside patio – private pier. Enjoy all the comforts of home, where the views are spectacular and the air is divine.

VACATION TIME'
is upon us!

Our three cabins are on Little Tomahawk Lake, located in Wisconsin's American Legion State Forest, just down the road from Camp American Legion's Main Lodge.

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

We are having a bake sale on Memorial Day May 25 please have your baked goods to the post before 10AM. If you know any vendors that might be interested in setting up on May 25th please contact the post with your information. Please contact Dave at 414-232-4942.
Our next meeting will be May 19,2026 6PM
We are looking for someone to bring a treat.

Chaplain

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

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 the 3rd Tuesday of each month, 6:00pm is social & snacks, meeting is at 6:30pm. Please consider attending. Your presence brightens our gatherings and enriches our community.

Please support our Auxiliary Fundraiser, Daffy Days, May 16th, 1:00pm - 4:00pm. We will have a basket raffle, wine pull, 50/50 raffle & Food Mark your calendar to attend and support. Call me if you have any questions on how you can help support the ALA Fundraiser.

Also, please support the Memorial Day Celebration May 25, 2026, at Post 449 from 11:00am - 8:00pm. There will be Venders, ALA Bake Sale, Music, Food and lots of Fun had by all!! Join us for the Elm Grove Memorial Day Parade in the morning.

"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

Heavenly Father, as we navigate through our days, help us to seek strength, protection, and guidance from God. May the Lord's love accompany us always! Always choose kindness! From each of life's misfortunes, large or small, comes a new beginning, an opportunity to renew our faith. In Christs name we pray. Amen

God's riches Blessings & Prayers to everyone!

BAKE SALE: The auxiliary will be having a bake sale on Memorial Day at the post. Please have bakery at the post by 10 am. Carol Jensen is the contact person and is in charge of the bake sale. If you have any extra rhubarb or plants you would like to donate it would be appreciated.

Unit 449 Auxiliary Membership Report

Kitty Larkin, Carol Lers

Things are starting to move in a positive direction for Unit 449, but it would be even better if we could fill the officer positions prior to May's meeting, as it is difficult to make plans for future meetings without volunteers in these roles. Currently, all of the elected officers plan to step down rather than serve another year. If it has been on your bucket list to hold an office in the ALA, now is a great time to volunteer. Several individuals are willing to help and support anyone who steps forward.

We currently have 126 paid members for 2026, with 17 members who paid for 2025 but have not yet renewed for 2026. Please note: if an individual skips one year of dues (for example, skips 2025 but pays for 2026), their membership longevity starts over at one year unless the missed year is later paid.

Two months ago, Unit 449 voted to raise our Unit dues from $2.00 to $6.00 beginning in 2027, for a total of $40.00 ($16.00 to Department, $18.00 to National, and $6.00 to the Unit). The $2.00 we previously paid to the Unit barely covered mailing the membership card (currently $0.78), much less paying the Unit's dues to County and the newly raised District dues of $0.50 per member, per year. That left less than a dollar to help Veterans who are having a difficult time meeting their cost of living. They gave a lot for our way of life; surely we can help them in their more difficult times.

The Unit's Past Presidents are asking for your support of their Daffy Days fundraiser on May 16th. The Unit has done very little fundraising this year, but we feel it is necessary if we are going to remain an active Unit. We are hoping to receive donated gift cards (up to $20.00 each) to be used for a new type of raffle. If you wish to donate, please contact Kitty Larkin. Read more about the event elsewhere in this edition of the 449er.

Our annual Poppy Distribution begins this month, with a poppy included in this issue of the 449er. Our poppies are handmade by Veterans as a way to earn a few cents to help augment their minimum living costs. While this is an especially active time to wear a poppy, poppies can be distributed any time of the year and can be worn by any gender and at any age. You will see active ALA members distributing poppies, but all family members are welcome to help with this project. Please contact Anita Catura or Heidi Plutul to lend a hand for an hour or two.

May 27th at 9:00 a.m. is the date and time listed for our court case to be heard at the Waukesha County Courthouse. This is one way you can support our Unit—simply by showing that you are interested in what is happening. See you there!

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

TO ALL OUR BAKERS, WE NEED BAKERY FOR OUR MEMORAIL DAY BAKE SALE MAY 25.

PLEASE HAVE THERE BY 10:30. THANK YOU IN ADVANCE. AS ALWAYS GREATLY APRRECIATED.

ANY QUESTIONS PLEASE CALL CAROL JENSEN @ 262-783-7041.

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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Receive significant Hero Rewards savings when you buy, sell or refinance a home with our real estate, mortgage, title and home inspection specialists.
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FOUR FORTY NINER

Volume 80, Issue 5 | **The *Four Forty Niner* is published monthly** | **May 2026**

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Open 4:30-10p Joyce Bevan 4:30-6p NORTH CAPE EXPRESS 6:30-10p	2 Open 1-10p CIA 6:30-10p
3 Closed	4 Open 4:30-10p Sign in	5 Closed	6 Closed	7 Open 4:30 - 10p Karaoke from 5-9p Cook-in 5:30-8p	8 Open 4:30-10p Joyce Bevan 4:-6p FALCONS 6:30-10p	9 Open 4:30-10p HIT MEN 6:30-10p
10 Closed	11 Open 4:30-10p Sign In	12 Closed	13 Closed MILLER/ COORS 10-4p	14 Open 4:30 - 10p Karaoke from 5-9p Cook-in 5:30-8p	15 Open 4:30-10p Joyce Bevan 4- 6p Sovereign Drive Collective 6:30-10p	16 Open 1--10p XCALIBERS Daffy Days 1-4p 6:30-10p
17 Closed	18 Open 4:30-10p Sign In	19 Closed LEGION MEETNG 1-2p AUX MEETING 6-8 p	20 Closed	21 Open 4:30 - 10p Karaoke from 5-9p Cook-in 5:30-8p	22 Open 4:30-10p Joyce Bevan 4:-6p FALCONS 6:30-10p	23 Open 4:30-10p OUR HOUSE 6:30-10p
24 Closed	25 **Memorial Day** Elm Grove parade-meet at post 0800 Open 11a-8p Live Music	26 Closed	27 Closed	28 Open 4:30 - 10p Karaoke from 5-9p Cook-in 5:30-8p	29 Open 4:30-10p Joyce Bevan 4:-6p AMERICAN GRAFFITI 6:30-10p	30 Open 4:30-10p DIRTY BOOGY 6:30-10p
31 Open 12-5p SOVERN DR COLLECTIVE						