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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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**
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Sgt At Arms	**Bill Kolander**	**414-460-2541**
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Catering by Bunzel's		**414-873-7960**
Parliamentarian	**Open**	
Historian	**Mike Bell**	**414-702-0391**
Children & Youth	**Open**	

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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:

The trees are changing again, and fall is here. Another summer in our lives disappears. And our post 449 still is in existence! For Now!

I have worked very hard through the years to keep our post afloat. I laid in bed the other night and started thinking about our situation. I am pushing 81 years old and, as we all know, how much longer am I around? If I pass who takes over? Our next election may very well need people to run for office. Then there is Dick Strehlow, our service officer, who oversees the database and the newsletter. There is no back-up for him either. These are two very critical positions that we cannot afford to lose.

As you can see, I am very concerned about our future. What do we need to do? We need some members to step up and serve on the board to learn these positions, or we fall by the wayside in the future. Naturally, I will continue to work as hard as I can to keep us going forward. Pray I live to a hundred!

Come to our meeting on the second Tuesday of the month at 1300 and converse about our future!

Please mark your calendar for our October fest celebration (And Fund Raiser), on the 5th of the month. See the flyer in this newsletter.

Please remember that now we are in our fall, winter, and spring entertainment schedule with Friday and Saturday night live music. Don't forget Thursday evening Karaoke with hot food served by Wicked Thyme and their famous Fish Fry on Friday nights.

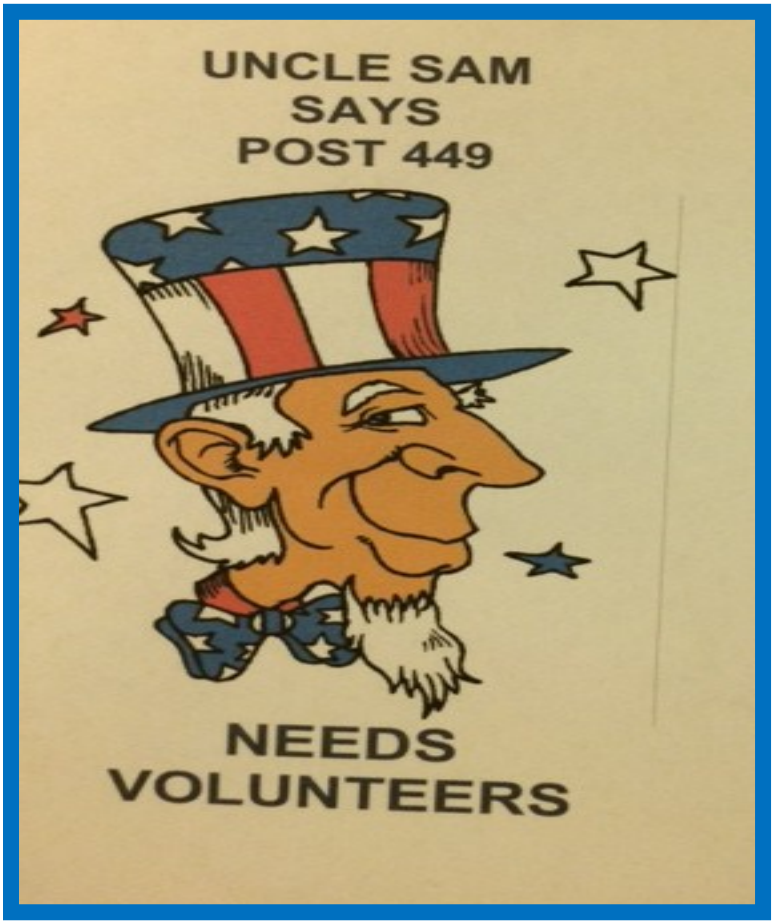
Note: We will be open on Veterans Day, Tuesday the 11th of November, at 11:30.

Please contribute to our annual giving fundraising effort, this is so very important for our existence, as nothing gets any cheaper and raising prices is difficult at best.

AND GOD SAID:

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. (Ecclesiastes 4:9-12)

“Iron sharpens iron, and one man sharpens another”. (Proverbs 27:17)



Service Officer’s Message…

By Richard Strehlow 262-641-0977

Last Bugle (Post Members)

Richard Deuel Korea
Elmer Zimmerman Korea

Last Bugle (Non-Post Members)

Kimball Smith Vietnam
Alois Weinhandl Korea
Patrick Henry Korea
William Mack Vietnam

May they rest in peace

Post Info: Our Annual Giving Fund letters have been sent to all members this past week. 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 costs continue to rise and we are taking any action necessary to reduce them but need your help. Please remember that you are not just a Legion Member but also an owner of this great Post.

Honor Guard News: The Honor Guard is still in need of new members. Please consider it whether you are ALA, SAL or a Legion member. We have plenty of uniforms that can be issued. Please contact me at the number listed above or anyone serving now.

The Honor Guard would like to thank the following for their donations to the Post for the services that the Honor Guard provided for them. The David Family, and The Henry Family,

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 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:

You must clearly establish a link between your current medical condition and your military service. The VA calls this the "nexus." This means thoroughly documenting your condition with medical evidence, including diagnosis, treatment history, and how it affects your daily life, while also connecting it to specific in-service events, injuries, or exposures. It's critical to submit a well-prepared and detailed personal statement (a "lay statement") describing how your condition began or worsened during service, and how it impacts you now. Enlist the help of a Veteran Service Officer (VSO). They are trained to help with the process, they are free of charge, and can ensure your claim is properly developed and submitted with the right supporting evidence. Lastly, be persistent and don't be discouraged by initial denials. Many successful claims are won on appeal with better evidence or clarification and may take years to develop.

Did you know a Veterans Service Organization (VSO) is a non-profit entity that provides support and assistance to veterans in their VA claims? VSOs are accredited by the Department of Veterans Affairs (VA) to represent veterans. The organizations are usually staffed by veterans familiar with VA claims and policies. VSOs offer guidance, advocacy, and help with filing claims and appeals.

Did you know low back pain is one of the most common chronic musculoskeletal conditions among veterans due to the physical demands of military service? Due to carrying heavy gear, jumping, running, and repeated strain, it is consistently among the top VA disability claims each year.

Did you know when considering the residuals of a veterans' injury, it is essential to trace the medical-industrial history of the veteran from the original injury, considering the nature of the injury and the attendant circumstances, and the requirements for, and the effect of, treatment over past periods, and the course of the recovery to date?

Did you know according to many VA specialty law firms, hundreds, if not thousands of veterans are missing out on VA backpay benefits? And, the big problem is that many veterans have no idea they are missing out. Ideally, the VA should pay veterans money back to the effective date of the claim. Unfortunately, the VA often gives incorrect back dates. This results in veterans losing out on thousands of dollars.

Did you know thousands of veterans are concerned and fearful over the U.S. Department of Veterans Affairs' (VA) proposal to remove tinnitus as a stand-alone disability and to change the language surrounding a sleep apnea disability? VA Officials said, "The proposed updates to the rating schedule for these conditions will enable VA to incorporate modern medical data and terminology to provide veterans with more accurate and consistent decisions. Veterans who currently receive compensation for a service-connected condition in these body systems will not have their disability rating impacted when the VA Schedule for Rating Disabilities is updated."

Understanding the VA's rule regarding higher combined disability ratings is essential for veterans seeking to maximize their benefits and ensure they receive the compensation they deserve. Unfortunately, many veterans remain unaware of this critical rule, which can significantly impact their

financial well-being. By arming yourself with knowledge, you can not only navigate the complexities of disability ratings more effectively but also advocate for your rights with confidence.

Peripheral neuropathy is a prevalent and debilitating health concern among veterans, significantly more so than in the general population. Studies indicate that war-service veterans face substantially higher odds of developing this debilitating condition. One study found a prevalence of 12.3% among veterans, compared to just 3.3% in non-veterans. Historical exposure to Agent Orange in Vietnam-era veterans has also been strongly linked to early-onset peripheral neuropathy, and with presumption policies in place to aid veterans exposed to herbicides.
Additionally, veterans with diabetes treated long-term with metformin face a sharply elevated risk of developing peripheral neuropathy. Veterans on metformin for 61 months or longer had nearly 2.7 times the odds of developing peripheral neuropathy compared to those on treatment for less than 18 months.

As part of a significant shift in the way payments are processed, the federal government will cease the issuance of paper checks, which may impact your financial planning and overall well-being. To ensure that you remain on track with your payments, we encourage you to connect with your Veteran Service Officer (VSO) for personalized support and guidance during this transition. Making the necessary adjustments now will help you avoid any disruptions in your benefits payment.

Did you know the Technology Enabled Respite Homecare Model (TERHM) indicates
that veterans have a higher patient satisfaction and fewer unmet care needs? VA researchers noted there was also less risk of adverse outcomes, such as emergency visits and hospital readmissions. TERHM allowed veterans to pick their own home health aides, which could even include family members, and state their personal care needs through an online platform. The researchers also found that veterans who were able to choose a family member as an aide were more likely to ask for and receive needed services. The online system not only increased veterans control of their health care, it benefited the home health aides by easing their administrative burden, such as submitting timecards.

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.

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

OCTOBER FEST
OCTOBER 5TH
11:30 AM - 5 PM
PIG ROAST
12:15 PM - 3:30 PM
includes
baked beans
German potato salad
sauerkraut
red cabbage
German pancakes
& desserts by
ALA Unit 449
food prepared by
Wicked Thyme Catering
COSTUME CONTEST
$100 1ST PLACE
$50 2ND PLACE
$25 3RD PLACE
50/50 RAFFLE
German Music
AMERICAN LEGION POST 449
3245 N 124TH ST, BROOKFIELD

HAPPY BIRTHDAY
POST 449
BIRTHDAY DINNER
NOVEMBER 15, 2025
SOCIAL HOUR: 5:30PM
DINNER: 6:30PM
ALL FAMILY MEMBERS ARE INVITED!
SAVE THE DATE FOR A BUFFET DINNER IN THE POST HALL
MORE INFORMATION TO FOLLOW

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**

Unit 449 Auxiliary Membership Report

Kitty Larkin, Carol Lers

This past month has gone by so fast I can hardly believe it Is time to begin writing a newsletter article again. Where has the summer gone? The spurt of cooler weather that we had has preceded a beautiful time of the year with warm balmy days. One could almost go outdoors and stand still just letting time pass and watch the trees change colors. This transition is so glorious one must enjoy the short time it lasts before the weather really changes into the next season. Is your Christmas shopping done yet? The time in one's life when one had that all done by this time of the year seems to have passed me by. There are two months more time to accomplish all of that so why waste this beautiful weather.

A couple of weeks ago I had a surprise when I opened an envelope that contained a check for dues along with a SASE. A SASE you say, what's that? This wonderful lady had sent a self-addressed stamped envelope along with her dues to lighten the workload and send to her by return mail her membership card. Thinking this was such a wonderful idea, it was presented at the next membership meeting where the membership voted to share this idea with everyone who is paying their dues to the Unit treasurer by mail to enclose a SASE to return their membership card. This saves time and energy, speeding up the whole process for the treasurer and earns you a big Thank You for doing this. OR you could attend a meeting on the third Tuesday of any month at 6:00 p.m. for refreshments and 6:30 for the meeting and get to know some of the other members that make up the membership. This is an ideal situation to hand your membership fee directly to the treasurer to complete your journey and learn a little more about our Unit's mission for the veterans. The membership would be pleased to meet you, share hospitality and speak with you.

I do not hesitate to remind you of the option of paying dues directly to National by phone call to 317-569-4570.

Have a joyous Fall and enjoy watching the trees change their colors.

From Your Membership Team

Vice President

Virginia Bragg
Email: Litewaitva1@gmail.com

Hello ladies

Welcome back to the fall season for the month of October we have some exciting events happening this month.

The Fall Into Fall Bake Walk is a Waukesha County Auxiliary Fund Raise held on October 18 from 11am to 3pm. It is hosted by the Mukwonago Post.

Our next meeting will be October 21, 2025 and thanks to all the volunteers who bring snacks for the meetings.

Virginia Bragg

Post 449 Chaplain Message

By Patricia Kingsbery 414-476-9485

I was "missing in action" last month. I love the stories in the Bible, especially the Old Testament, and got wrapped up in the book of Job. Many stories in the Bible can be related to current situations. For example, Job suffered unimaginable pain. Job believed that he had not sinned in a way to deserve such suffering. When we face hardship, whether big or small, we can become indignant, believing that we did nothing to deserve them. God uses suffering in our lives to teach us faith and dependence on him. Suffering can bring a dynamic quality to life and drive us beyond superficial acceptance of truth to dependence on God for hope and life. Be thankful for the gift of life and live each day to the fullest.

Patricia Kingsbery

Having fun Thursday evening at karaoke are singer Bobby Frank and his backups John Mahoney & Bill Roche. Come join the fun!!!

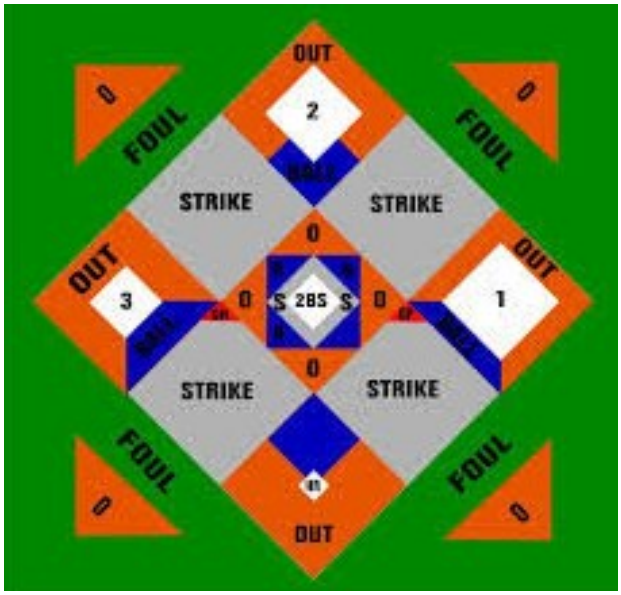
FUN time was had by many at the Leadership Celebration on September 11th. Food was delicious made by Sam. Thank you to Joyce Bevens-Becker, Mary Ihrig, Joleen Gordon and Lylette Smith for all the delicious desserts.

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



If you're interested in playing dartball, come join us. It's for men and women, for fun. We start Monday September 29 and play for 8 weeks at 6:30. Our last week is November 17, No teams are needed, we pick teams that night. Any question or to join call or text Debbie Wink @ (414-852-5006) and leave a message.

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)*

PUBLIC WELCOME, NO CARRY-INS!

Amerigraphics

Ted Giannattasio
Owner

Phone: 414.643.2123
2213 S. 54th Street
West Allis, WI 53219
www.amerigraphicsgroup.com
ted@amerigraphicsgroup.com

THURSDAYS 5 Till 9

Try our daily Bloody Mary special served with Sugarlands Maple Bacon Moonshine Only $6.50

$ MONDAY FUN NITE $

Mark your calendars—tell everyone!

American Legion Post 449
3245 N. 124th St., Brookfield

Sign In Drawing at 7:00 pm

Support Your Post!

●●●●●**Public Welcome**●●●●●

Drink Carry Ins Not Allowed

Cudworth-Stenz-Griesell-Smith
American Legion Post 449
3245 N. 124th Street
Brookfield, WI 53005
Phone: 262-781-0488
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Please deliver promptly

FOUR FORTY NINER

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October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Closed	2 Open 4:30 - 10p Karaoke from 5-9 p Cook-in 5:30-8p	3 Open 4:30-10p Joyce Bevan 4:30-6:00 AMERICAN GRAFFETTI 6:30-10p	4 Open 1-10p FALCONS 6:30-10p
5 Open 11:30-4p Octoberfest	6 Open 4:30-10p Sign in	7 Closed LEGION MEETING 1-2	8 Closed	9 Open 4:30 - 10p Karaoke from 5-9 p Cook-in 5:30-8p	10 Open 4:30-10p Joyce Bevan 4:30-6:00 HIT-MEN 6:30-10p	11 Open 4:30-10p FALCONS 6:30-10p
12 Closed	13 Open 4:30-10p Sign in	14 Closed	15 Closed MILLER/COORS 11AM-2PM	16 Open 4:30 - 10p Karaoke from 5-9p Cook-in 5:30-8p	17 Open 4:30-10p Joyce Bevan 4:30-6:00 CLOSE-ENUF 6:30-10p	18 Open 4:30-10p OUR HOUSE 6:30-10p
19 Closed	20 Open 4:30-10p Sign In	21 AUX MEETING 6-8 PM	22 Closed	23 Open 4:30 - 10p Karaoke from 5-9p Cook-in 5:30-8p	24 Open 4:30-10p Joyce Bevan 4:30-6:00 CIA 6:30-10p	25 Open 4:30-10p DEPOT EXPRESS 6:30-10p
26 Open 12-3p TONY ROCKER	27 Open 11:30-10p Sign In	28 Closed	29 Closed	30 Open 4:30 - 10p Karaoke from 5-9p Cook-in 5:30-8p	31 Open 4:30-10p Joyce Bevan 4:30-6:00 FALCONS 6:30-10p	