



Struck-Klandrud Post No. 336

Onalaska American Legion

Chartered May 14, 1921

WEBSITE: WWW.ONALASKAPOST336.ORG EMAIL: LEGION3300@CHARTERINTERNET.COM

ONALASKA LEGION BASEBALL NEWS

TYLER ADAMS PLAYED IN THE STATE LEGION ALL-STAR GAME held August 8 at Miller Park, home of the Milwaukee Brewers. Tyler went 1 for 2 with one RBI. Congratulations to Tyler and thank you for representing Onalaska Legion Post 336!

THE 18 & UNDER TEAM finished the season with a 21 & 15 records. On Tuesday, July 27, Holmen, 3rd ranked in State AA Legion Baseball, defeated Onalaska 9 - 2 in the Championship Game of the Regional Tournament. We congratulate and thank players for their years of service to Post 336 Baseball. With 5 years: Jordan Guth and Tony Tweten; and with 4 years: Mason Sedlacek, Tony Vieaux, Taylor Steele, Nick Dziedzic, and Tyler Adams. The 16 & under team finished their season with a 14 & 16 record, along with a promising future!

THANKS GO OUT TO SEVERAL INDIVIDUALS who helped out with Legion Baseball through the season! Baseball General Manager MERLE CUNNINGHAM spent countless hours mowing the baseball field and complex. BILL MARTINSON attended most games to maintain the "stats book" for the 18 & under team. DAVID CHESTNUT handled announcing duties along with the "stats book" for the 16 & under team. What didn't MIKE RUDE help with? By our count, he maintains all aspects of finance, sometimes announces, calls in results and stats to the newspaper, helps wife Tina with concessions, sells a variety of fund - raising ads, works with Merle on bus scheduling along with schedules for both teams, etc., etc. There are a couple of "characters" who we'll call "Friends - of - Baseball" who set new sales records for baseball cash raffle books! Thanks go out to "ICE" and "DOC". Obviously there are many others as well, who help make this baseball program "work" including fans, parents, etc. Thanks to all!

WINTER STORAGE IN THE ACTIVITY CENTER is a significant fundraiser for our baseball program. Preference is given long - term (past) customers. For the past two years, past customers have returned to fill the facility. We will be calling past customers to schedule their storage, beginning in mid - October with completion about November 1. Should we be unable to fill with past customers, and have space available, we will put notices on the Legion bulletin boards.

THIS WRAPUP CLOSSES OUT OUR NEWSLETTER BASEBALL COMMENTARY for the season. We particularly want to thank members and friends of Post 336 for your help and support, to include financial, throughout the season! Ours is one of the finest Legion Baseball Programs in Wisconsin, and your support enables that to happen!

Thank You!
Bob Frechette

Scholarship Initiative of Post 336

The 2010 - 2011 school year is about to begin. That also means, we as a Legion, reload our commitment to our Youth Scholarship / Awards Programs. Listed below are our 2010 recipients. I will keep you updated as we get into this year's process. That will include a description of each category, along with the money provided to those selected. Thanks to all of you for supporting our Post with these initiatives.

BADGER BOY'S STATE 2010

Joe Anderson - OHS
Elliott Bartheld - OHS
Joseph Mueller - LHS (Lions)
Jeffery Ross - LHS

TERRY EGGAN SCHOLARSHIP 2010

Cody Sjolander

AMERICANISM 2010

Sara Dretske
Jesse Nofftz
Hallie Schanke
Mason Sedlack

Rich Musolf - 2nd Vice

Officers:

Commander:
Jim Nelson - 783-1715
1st Vice:
Ralph Amundsen
2nd Vice:
Rich Musolf
3rd Vice:
Clarence Stellner
Adjutant:
Willard Christenson
Finance Officer:
Mike Fries
Judge Advocate:
Todd Bjerke
Chaplain:
Claude Deck
Service Officer:
Vern Reekers - 783-3913
Historian:
Bill Jaekel
Sgt. at Arms
Willie Fernholz
Editor:
BILL JAEKEL
608-783-3623
wrjkl@charter.net

Legionnaires, Auxiliary, S.A.L., and Friends

GREETINGS TO ALL FROM THE COMMANDER:

I hope your summer has been all that you had hoped for. Other than a few warm days, some heavy thunder storms, wind and fog, it was a summer matching those of my youth.

Speaking of youth, remember schools are starting and many children will be on the streets. Drive carefully.

My bride wishes to express her sincere thanks for all of the cards and well wishes she has received lately. Her early August birthday was a huge gathering of family at our home. Her disease is still progressing and she is becoming noticeably weaker. She is still a steadfast optimist and a weaker but most sincere hugger.

As we go to press, Onalaska Legion Community Days is only a few days away. Everything seems to be ready. We will have a report after the event.

Here we go; September starts our Chicken & Dumplings & Fish Fry nights. Chicken & Dumplings is the 1st Wednesday each month thru May. Fish Fry are the 2nd Friday of each month thru May. Mark your calendars, see you at dinner. We will be participating in four parades in September. Sunday September 12, 1:30pm at the Melrose Spanferkel. Sunday September 19, 1:00pm at the La Crescent Applefest. Sunday September 26, noon at the Warrens Cranberry fest. Thursday September 30, 7:00pm at the La Crosse Torchlight Parade. I want to Congratulate and say thank you to all the coaches, players, moms, dads and other supporters of the Onalaska Baseball program this year. All of your effort is truly appreciated, provides a great opportunity for the players and is a great activity for the community.

The bar in the dining hall has been removed and replaced with a cabinet that houses the beer and pop taps. Vern Reekers and John Marcou built the cabinet and did an excellent job. Thanks to you both.

The Post & grounds have never looked better. All of the guys who mow & care for the grounds have done an excellent job this summer. I also want to acknowledge Bernie Sasse for the work he has done at the Veterans Memorial. Inside the Post, cleanliness is exceptional. I urge all to stop in and note that the smoke odor has been eliminated.

Have a great September.

Remember to fly the Flag. God Bless our troops, their families and our veterans. God Bless America.

Jim Nelson, Commander

MEMBERSHIP

We are almost at 60% for our membership goal for the membership year of 2011. That's rather impressive. Thank you all who have already renewed and we look ahead to many more "early birds".

Again, don't forget to show your "early bird" stamped on your membership card for your annual "early bird" drink at the bar. Please welcome new and transferred in members Robert Miles and Jason Stoll. Hello to you from Post 336.

As a plug to our Post, please remember that we begin the monthly Chicken and Dumplings on September 1 and monthly Fish Fry on September 10.

Here's to a great time of the year.

Ralph Amundsen, 1st Vice Commander

Service Officers Report

~ LAST BUGLE ~

Virgil Johnson - George W. Stanienda

~ SICK CALL ~

Linus Kugak - Phillip Herrman - Robert Rude

Vern Reekers - Service Officer

THE ONALASKA LEGION MONTHLY NEWSLETTER

Publication No. 9-2010

Issue Date - SEPTEMBER, 2010

**Published by: American Legion Post 336
731 Sand Lake Road
P.O. Box 326
Onalaska, Wisconsin 54650**



Auxiliary:

President:

Diane Ryan - 792-6488

1st Vice:

Bev Mahlum - 526-3719

2nd Vice: **Cindy Bucholtz**

Secretary:

Mary Boardman

Treasurer: **Colleen Kujak**

Historian:

Cynthia Bulkholtz

Sgt. at Arms:

**Judy Chesebro &
La Vonne Rivers**

Chaplain:

Eunice Christensen

Members at Large:

**Mary Boardman &
Nancy Hurm**

Parliamentarian:

Delores Kenyon

Sunshine Chairwoman:

Liz Reekers

Auxiliary

By the time you read this the Community Days will be over and I would like to give a BIG THANKS to all Auxiliary members who worked and made it a success.

Here we are in September and our summer is over and the kids are back to school. Please drive carefully because you never know when they will dash into the street. God's great hands will be at work with the changing of the 2nd Vice: leaves and we all know what comes next??? Winter. September also brings our Legion family together for our picnic. The picnic will be Sunday, September 19 at 1:00pm. Come enjoy the afternoon and have a chance to win a prize. Let's help out the Food Pantry also and bring a canned food item. Remember ladies if you pay your dues before or the day of the picnic your name will be put into a drawing for one of three \$20.00 checks. Let's start our membership off to a good start. I want to THANK all the ladies that came to the August meeting and voted in our new Standing Rules. I know that it was a long meeting but we needed to get them updated. Ladies please if you have any old copies of the Standing Rules THROW THEM AWAY, we need to have only one set out there to run our unit with. Come to the September meeting and get your updated copy. I would like to thank Delores Kenyon and her committee for going over them and Members at Large: for bringing the changes to the August meeting. Delores also sat in for Mary, our secretary the night of the meeting and it wasn't an easy job with all the changes. She then put all the changes together and made the new Standing Rules sheets so they would be ready for the September meeting. THANKS AGAIN DEE.

Reita Weber and I went to the storage area in the old building, what a mess. We threw away a lot of old things and got the rest put in order. Please, if you need to go in that area, please place your item neatly.

Our serving committee for September is Cindy Bucholtz 783-7790, Delores Kenyon 783-4480, Jessica Cook 385-5410 and Judy Chesebro 526-4465.

Department Fall Information Forum is October 29-30 in Wisconsin Dells and the 7th District Fall Conference is November 20 in New Lisbon.

Remember our Veterans and their families and try to help when called upon.

Diane Ryan - President

NOTES FROM THE CHAPLAIN

Veterans can salute the Flag! Passage of the 2007 Defense Appropriations bill, Section 9 of title 4 of the US CODE permits veterans and active duty personnel not in uniform to salute the flag during flag ceremonies, including parades, flag raising & lowering & other occasions.

Claude Deck - Chaplain



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SEPTEMBER 2010



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SEPTEMBER 2010

RENEWALS - NEWSLETTER ADS ... We will be communicating with the current newsletter advertisers to determine if they wish to continue to advertise with us. Ads are available on a one-year basis, Jan. thru Dec. 2009. Sizes available are a 2"x2" @ \$50./year and a 2"x3.75" @ \$80./year. The larger ad is horizontal. All payments must be made for the full year, payable in advance. New ad space will open up if there are some non-renewals. The space will be made available on a first-come first-served basis for new advertisers. Questions, comments and ad purchase should be directed to Bill Jaekel at 608-783-3623 between the hours of 9am and 5pm. If needed, leave a message. My email is wrjkl@charter.net. All phone calls and emails will be returned. Thank You, Bill Jaekel, Newsletter Editor.

SEPTEMBER 2010



Old Dutch

Everybody's Flavor Favorite
"Official Snacks of the Onalaska Legion"

SEPTEMBER 2010

VAVS

What a beautiful summer to be at the Tomah VAMC, the green grass and golf course. The geese have gotten their feathers and the flowers from the green house are real colorful.

Two events this summer at Tomah VAMC stand out to me about Post 336, at the annual fishing tournament; three large garbage bags of caps were delivered from Post 336. State Commander Leo Endres, couldn't believe they came just from one post. Also, for the 4th of July carnival caps from the post were handed out as well as canteen books as prizes. The state American Legion booth was first, it sure was nice to get a new cap right away. Most of them wore them all day. Thank you for helping to make these two events that much better for the veterans at Tomah VAMC.

There will be a car show the last part of August and a 5K and a 10K run/walk event for Operation Enduring Freedom, and Operation Iraqi Freedom Veterans from every era are welcome to escort or run. I will have more at the Post on these events.

Remember not to forget the fallen, missing, or hospitalized vet.

Michael Christianson - VAVS A.L. Rep.

S.A.L.

Commander:
Rodd (Doc) Hagel

1st Vice:
Bill Sterling

2nd Vice:
Bob Webber

Adjutant:
Ray Kline

Sgt. at Arms:
Steve Yonkovich
John Marco

Chaplain:
Matt Wobeck

SAL Advisor:
Clarence Stellner

S.A.L.

Well our summer break is over and it's back to work. In September we will have two Breakfast Buffets, one on the 12th and one on the 26th. We had a great year last year and really look forward to this year.

Our new officers for the next season are as follows:

Commander and Finance Officer - Todd (Doc) Hagel

1st Vice - Bill Sterling

2nd Vice - Bob Webber

Adjutant - Ray Kline

We have two Sgt. at Arms - Steve Yonkovich and John Marco

Chaplain - Matt Wobeck.

S.A.L. Advisor - Clarence Stellner

Hope I spelled them all right. Dues are due again and can be dropped off at or mailed to the Post. Please specify that they are for the SAL dues on the envelope. Bill Sterling will be taking care of membership this year. Once we receive your dues your card will be mailed to you.

Todd (Doc) Hagel

Great Gift/Remembrance

Give A "Brick"

for a loved one or friend who has served his or her country

Applications Available at the Onalaska Legion



SEPTEMBER 2010

Legion Baseball Collecting Cans

The Baseball Committee of our Legion Post 336 has a site in the parking lot to collect aluminum cans to raise money for our Legion Baseball. All are encouraged to donate their aluminum cans to this most worthy cause!

SEPTEMBER 2010

What's Your Current ID Number?

Somewhere in this newsletter is a member's membership number.

If it's your number you win \$10.00 - easy way to get \$10.00.

If it's your number call:
Ralph Amundsen:
783-7599

AMERICA IS AT WAR

A tradition continues



A Blue Star Service Banner in the window of a home shows a family's pride in their loved one serving in the U.S. Armed Forces - and reminds others that preserving America's freedom demands great sacrifice.

To each and every one who serves, we say "thank you."



SEPTEMBER 2010

FROM THE EDITOR

Did you know you could read the **Onalaska Legion Post 336 Newsletter online at: www.onalaskapost336.org ?**

By opting out of receiving the print edition of the newsletter, you can save the Post money and get the information sooner! The online edition of the Legion Newsletter is usually available 2-3 days before the newsletter hits your mailbox. Provide us with your e-mail address and we will notify you each month when the latest edition is available on our site.

I no longer wish to receive the Print edition of the Legion Newsletter.

Name: _____

Member ID: _____

E-mail Address: _____

Please Note: If there is an Auxiliary or SAL member in your household, they must also opt out of the print version or it will continue to be mailed to your home. Return this filled out form to Onalaska American Legion Post 336, 731 Sand Lake Road, Onalaska WI 54650 or email the information to Bill Jaekel, wrjkl@charter.net .

SEPTEMBER 2010

Food - Fun - Friends

**Veterans and the Public Welcome
New & Transfer Members Invited**

Food Events & Entertainment on Selected Evenings

Bar opens 11 a.m. daily

Lunch served 11 a.m. - 2 p.m. • Monday thru Friday

**Facilities & Catering for Weddings,
Anniversaries, Special Events, Etc.**



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SEPTEMBER 2010



La Crosse County Aging Unit

Do you have some spare time? Would you like to feel good about helping the great community of Onalaska?

We are looking for people to deliver meals to homebound seniors and to help out at the Onalaska Senior Dining Center.

Who knows you may see your neighbor there?

Please contact La Crosse County Aging Unit @ 785-6137.

SEPTEMBER 2010

festival
foods

SEPTEMBER 2010

Sloopy's Alma Mater begins year 29 at 163 Copeland Ave., La Crosse, WI and year 40 since 1969.

Come and enjoy! - Open 7am Mon.-Sat.; Sunday 8am
103646435

Breakfast, Lunch, and much more.
Big 10 Burgers - Homemade Pizza
Broasted Chicken - Soups - Chili

A Legion Member for 36 years.

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Breakfast, Lunch, and much more.


Big 10 Burgers - Homemade Pizza

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A Legion Member for 36 years.

SEPTEMBER 2010

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chicken & Dumplings 4:30 - 7:00PM	2 Tacos 11:00AM - 2:00PM Burger Night 11:00AM - 2:00PM	3 Buck Hollow Band 7:00 - 11:00PM	4 Wedding Dining Hall
5	6 Labor Day 	7 Wings & Shrimp 4:30 - 7:00PM	8 Aux. Meeting 7:00PM	9 Tacos 11:00AM - 2:00PM Burger Night 4:30 - 7:00 PM Texas Hold'Em 6:00 - 10:00PM	10 John Stevenson DJ 7:00 - 11:00PM Fish Fry 4:30 - 7:00PM	11 LAX Builders Exchange Auction Activity Center
12 SAL Breakfast 8:00AM - Noon	13 Executive Committee 6:00 PM Membership Mtg. 7:00 PM	14 Wings & Shrimp 4:30 - 7:00PM NARVE 10:00AM	15	16 Tacos 11:00AM - 2:00PM Burger Night 4:30 - 7:00 PM Texas Hold'Em 6:00 - 10:00PM	17 Stoney Ridge Band 7:00 - 11:00PM	18 Bar Party
19	20 BLET Div 3 Meeting	21 Wings & Shrimp 4:30 - 7:00PM	22	23 Tacos 11:00AM - 2:00PM Burger Night 4:30 - 7:00 PM Texas Hold'Em 6:00 - 10:00PM	24 Happy's Garage Band 7:00 - 11:00PM	25 50th Wedding Anniversary Dining Hall
26 SAL Breakfast 8:00AM - Noon	27	28 Wings & Shrimp 4:30 - 7:00PM Building Comm. Mtg 5:30 PM House Comm. Mtg 6:30 PM	29	30 Tacos 11:00AM - 2:00PM Burger Night 4:30 - 7:00 PM Texas Hold'Em 6:00 - 10:00PM		

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HONOR GUARD ACIVITY

The Post Honor Guard Posted Colors at the
Glove University and the
"Christmas In July" Event

The Veterans Picnic was held on July 12,
with 51 Veterans and their escorts attending.

There were 17 Post Members
who helped with the food.

Claude Deck - Chaplain



Texas Hold'Em

What a great summer we have had, but from what I hear everybody is waiting for the Pit Bull to say, "shuffle up and deal"! Well the date is here, September 9 is the start of the fall season.

With the new smoking ban in place some changes are expected. In that no smoking is in place and we at the Texas Hold'Em Tourney have decided, and have the backing of the Post, that no tobacco product will be allowed at the tables.

The rules for the game will stay the same. So until September 9, have a great summer and we look forward to seeing all you, great players and watchers.

*Pit Bosses: Jerry, Les, Jerry,
and the Pit Bull Clarence*

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**Call: Sharon Olson
at 781-4859.**

**Meetings are every
2nd Tuesday at 10:00 am
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SEPTEMBER
2010

SEPTEMBER 2010 Newsletter
Onalaska, WI 54650

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Veterans Outreach

I now you are sweating like crazy and walking through all the rain!! Just remember a year ago it was dry and cool. And if you went golfing a year ago and you “hit a worm burner” it would roll forever. I sure remember that!!!

PTSD – Post-Traumatic Stress Disorder. This month I want to take a look at what is know as PTSD. We all hear a lot about it. But what really is PTSD. PTSD stands for post-traumatic stress disorder. A diagnosable anxiety disorder since 1980, PTSD seems to be coming out too often among veterans of the Iraq and Afghanistan wars. According to an **Institute for Operations Research and Management Sciences** study, researchers anticipate PTSD rates as high as 35% among this generation of veterans.

But exactly what is PTSD? Symptoms of combat stress and PTDS include the following:

- Avoidance of places and activities
- Intrusive thoughts and memories
- Hyper-reactivity to specific triggers
- Poor sleep and nightmares
- Irritability and anger
- Feeling jumpy or on-edge
- Impatience
- Poor concentration
- Inability to relax
- Feeling ineffective
- Anxiety
- Feeling Depressed

Since, 2001, when the Afghanistan War started, PTSD claims have dramatically increased every year among 1991 Persian Gulf War, Iraq and Afghanistan veterans. In 2005, 19,356 of them combined received VA disability compensation for PTSD, compared to 91,661 in 2009. Those numbers are likely to dramatically increase now that VA has made it easier for a veteran to claim service-connected disability compensation for PTSD. According to the VA, under a new rule, veterans would not have to provide corroboration of a stressor related to fear of hostile military or terrorist activity.

Interestingly, as they did in the 1960s and early 1970s, Vietnam veterans continue to carry their country. If it were not for Vietnam veterans seeking help for their war-related trauma, doctors would not have nearly as good of treatment methods for today’s veterans and other suffering from PTSD. Since 2001, service-connected PTSD disability compensation claims granted to Vietnam vets have increased from 106,779 veterans to 247,486 in 2009—a 132% increase.

But there is help for this. If you are a veteran concerned about this or a fellow veteran’s friend concerned about it contact La Crosse County Veteran Service Office Jim Gausmann at (608) 785-9719 or Mike Knapp at the VA River Valley Integrated Health Care at (608) 787-6411. They can get that VA help for PTSD.

Just remember it’s the start of football season. Join us at the club house for a Great Game Time. Who knows Brett Favre might be there!!!

Thom Downer - Veterans Outreach Liaison, Onalaska Post 336