

CAPE LEGION'S VOICE

THE AMERICAN LEGION

Cape Coral, Florida - Post #90



JULY, AUGUST, &
SEPTEMBER OF 2025



With Lisa Arnold

Greetings everyone,

I am deeply honored and humbled to serve as the new Commander of American Legion Post 90. As we look ahead to 2025 and 2026, I am filled with pride and excitement for the opportunities that lie before us. Together, as a united Legion family — including our Legionnaires, Auxiliary, Sons of the American Legion, and Legion Riders — we will continue our legacy of service, patriotism, and community involvement. Our shared mission remains steadfast: to support our veterans, strengthen our military families, and invest in the youth and future of our great nation.

Over the next year, we will focus on expanding outreach to local veterans, enhancing support services, and increasing our presence in the community through meaningful programs and events. We will continue to build stronger partnerships with schools, host veteran appreciation activities, and grow our membership with purpose and passion. Post 90 is more than just a private club — it's a family, a refuge, and a force for good. I look forward to working alongside each of you as we write the next chapter of Post 90's proud history. Together, we can, and we will achieve great things.

For God and Country,

New American Legion Post 90 Commander,

Lisa Arnold





JOHN'S CORNER



Hello Everyone,

We have several new officers and executive committeemen for the 2025-2026 year. If you have any questions regarding your membership, please contact me by phone, text or email. We ended the fiscal year at 100.47% of our membership goal for the fiscal year 2024-2025.

July 1, 2025, began the American Legion's membership drive for 2025. Post 90, Squadron 90, and Legion Auxiliary Unit 90 will participate in an early bird dinner in September or October for all members who renewed their 2026 membership before September 4. The dinner date is yet to be determined; so, please watch the Post calendar. Please, renew your 2026 membership before September 4th and join us at the Early Bird dinner.

If you need to obtain your DD-214, here is a link to get it:

<https://www.archives.gov/veterans/military-service-records>.

Remember, the Post holds its Legion Membership Meetings every fourth Monday of the month beginning at 7:00 PM. Typically, they last 55 minutes to an hour, and a lot of information is processed, gained, and approved during the meetings. Post 90 belongs to you, the Members, so, please come to the meetings and express your rights.

Sincerely,

American Legion Post 90 Adjutant,

John Baker



Hello Everyone,

I hope everyone is safe and well. American Legion Post 90 member, Armand La Fleur, and SAL member, Ralph Camp, passed away recently and they will be greatly missed. They did a lot for Post 90 over the years. If you know of anyone else who is sick or passed away recently in our American Legion Post 90 membership, please let me know. You can reach me at: (734) 475-1080 or you can email me at: ron.nancy01@gmail.com.

Sincerely,

American Legion Post 90 Chaplain,

Ron Montange





SONS OF AMERICAN LEGION POST 90



Hello everyone,

Sadly, Squadron 90 lost its devoted and much-loved Adjutant, Ralph Camp, in July. We pray for his family and Ralph as he is now with his God. The American Legion has a write-up about Ralph as he has held many Legion and SAL offices in Florida.

Squadron 90 has performed well in the past and is an asset to the American Legion Post 90 Family. Squadron 90 achieved 110% of its membership goal in the fiscal year ending May 2025. July 1, 2025, began the American Legion's membership drive for 2026. Squadron 90 participates with American Legion Post 90 and Legion Auxiliary Unit 90 in an Early Bird Dinner for all members who renew their 2026 membership before September 4th. The date for the Early Bird Dinner needs to be determined, so, please keep checking the Post calendar. Please renew your 2026 membership before September 4th.

Squadron 90 has raised funds for charities and operations through the Annual Gun Raffle, Christmas Cash Raffle, Meat Raffle, basket raffles, etc. Squadron 90 has also supported and provided volunteers for Post 90's Honor & Color Guards, Red Sox Training Camp Concession Stands, the ALA Poppy Drive, Honor Flight Promotion, and others. I would like to expand these efforts and improve on the current programs. However, this cannot be accomplished without ideas from Squadron 90 members and not without volunteers.

I hope you are receiving Post 90's weekly update on Post activities. Also, please check out Post 90's website (www.post90swf.org) and Facebook page for more information.

Remember, Squadron 90 holds its Membership Meetings every second Monday of the month beginning at 7:00 PM. Typically, they last 55 minutes to an hour, and much information is processed, gained, and approved during the meetings. Squadron 90 and Post 90 belong to you, the Members, so, please come to the meetings and express your rights.

Sincerely,

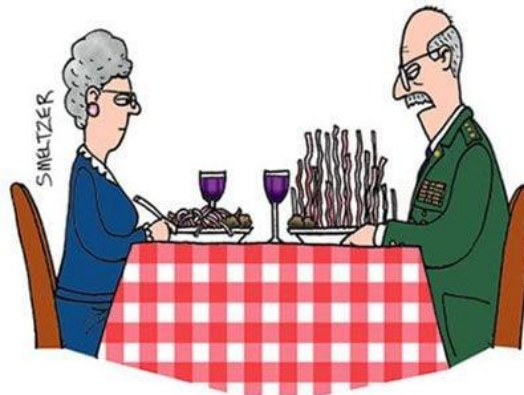
Sons Of American Legion Post 90 Squadron Commander,

John Baker





"Half of it's good."



"At ease!"

These jokes were submitted by Amy O'Neill. Thank you! I am looking for some clean and funny Military Jokes for the American Legion Post 90 Newsletter. If you have any, please email, text, or call me. Please include your full name for recognition.

strawjazz1978@gmail.com

(304)

Sincerely,

Chairman & Editor of American Legion Post 90 Newsletter,

Amy O'Neill



Hello Everyone,

The Post will implement a four person House Committee for the 2025-2026 fiscal year that will manage the Post property, and Commander Arnold will be making the appointments. I will continue to oversee the canteen and kitchen operations but also have input regarding Post property.

The kitchen will be open during the NFL season starting September 5th, and all NFL games will be televised on Sundays during the football season. The kitchen will be open with a limited menu during the games. At 4:00 PM, the horse races begin again. This game has gained popularity since it began last year. Please join us on football Sundays for the games and horse races.

If you have any questions or comments regarding the Post and/or Post operation, please do not hesitate to contact me. Also, there is a suggestion box at the Post where you can submit your comments. However, if there is no name or phone number attached to the suggestion, I will not be able to make any contact.

I am looking forward to a successful year for Post 90. Please help make it better.

Sincerely,

2nd Vice Commander of American Legion Post 90,

John Baker



Hello everyone,

To our riders: Thank you for the honor to Armand LaFleur, and care of Mom and our family, that you provided on way to the cemetery. Being escorted was absolutely incredible to experience.

Dad positively impacted a lot of people. He did more good for others all the time throughout his life than he ever gave himself credit for. We know he is loved by many. Dad kept his family together tightly. As it was his day, he chose small and intimate despite as may otherwise be entitled to recognitions from an extensive amount of groups. This was how he always rolled. He rode in stride for his family, community, faith, and then self. Take pride in service, smile, and enjoy your ride. The man is still making quiet, yet strong statements. May his legacy endure.

Beyond words – respect, love, and gratitude is felt by all of us during this time. It is with sincere heartfelt appreciation that we extend a THANK YOU plus hugs to everyone in American Legion Post 90 for support, expression, and understanding.

Sincerely,

Jennifer Hertzfeld



AMERICAN LEGION POST 90

HONOR GUARD CORNER



Hello Everyone,

We have practice on the 2nd Saturday of each month. We will continue to practice on every 2nd Saturday of the month starting at 9am at the Post. The following are dates and times of the next 3 Honor/Color Guard practices.

There will be Honor & Color Guard Practice at American Legion Post 90 on Saturday, July 12th, 2025, in civilian clothes.

There will be Honor & Color Guard Practice at American Legion Post 90 on Saturday, August 9th, 2025, in civilian clothes.

There will be Honor & Color Guard Practice at 9am at American Legion Post 90 on Saturday, September 13th, 2025, in civilian clothes.

Please help honor our veterans by volunteering for our Legion's Color and Honor guards. We do a lot in the community to honor our fellow departed & living veterans. You must be a current member of American Legion Post 90's membership, Riders, Auxiliary, and/or SAL to join. No experience is necessary. Your uniform will be supplied & we will train you. If you are interested in joining any of American Legion Post 90 Honor/Color Guards, please call me at: (303) 882-5164 or you can email me at: baker292@comcast.net. Thank you!

Sincerely,

Captain of American Legion Post 90 Color & Honor Guards,

John Bak





Hello everyone,

Summer is here and the rains are starting but, the Chapter 90 American Legion Riders ride on! We have been busy signing up participants for our upcoming passport tour to raise funds for Project Vet Relief Suicide Prevention initiative and visiting other Posts in and out of our District to bring attention to Post 90.

I have sad news to report. Last month, we lost a friend and Brother, Armand LaFleur. He will be greatly missed by his Family and His Legion Family. Armand was a great friend to all. The Chapter 90 American Legion Riders had the honor of escorting Armand's family to Sarasota National Cemetery for His interment on July 17th for a private ceremony. Armand will be greatly missed by all that new him.

The Chapter 90 Legion Riders would like to welcome our Post 90 new Commander, Lisa Arnold. We look forward to working with you and supporting you this year.

The Chapter 90 ALR will continue to hold our 50/50 drawings on Friday Night throughout the Summer at Post 90. We will restart our dinners and breakfasts again in September.

Our first event will be our ½ way to St Patrick's day in September with Irish food, music and Irish Step dancers. Stay tuned for further information. Also, our Pocketbook Bingo will resume in the Fall.

Congratulations to our Chapter 90 future Rider and Sons of the American Legion member, Charlie Pothier, on his recent appointment to the position of the district 13 Jr. Assistant Sgt. At Arms for the Sons of the American Legion!

We always appreciate the support our Legion family gives us in our efforts to support Veteran causes. For the Cause, not the applause. Watch out for motorcycles on the road. It could be us. Thank you for your support.

Sincerely,

Chapter 90 ALR Director,

John Fitzgerald





UNIT 90 **AUXILIARY** **CORNER**



Hello everyone,

1. New Unit 90 Officers
President - Sherry Baker
1st Vice. - Nita Keeling
2nd Vice - Karen Horner
Treasurer - Patti Kelton
Sgt at Arms - Carol Berres
Chaplain - Shelia Ference
Historian - Judy Lindhorst
Secretary - Susan Jones



2. Unit 90 needs the following committees filled; If interested, please contact Sherry Baker. Americanism, Auxiliary Emergence Relief, Child & Youth, Juniors, Leadership, & Baking.
3. Unit 90 sent 6 young ladies to Girls State. Each one wrote heart-warming thank you ones. So very appreciative of all they learned & the new friendships they made.
4. On July 25th, 2025, Unit 90 delivered 120 gifts to Douglas Jacobson VA Home in Port Charlotte for their "Christmas in July" party. The gifts were a small bag of toiletries and an American Flag pin.

Sincerely,

American Legion Unit 90 Auxiliary President,

Sherry Baker



Hello everyone,

On Friday, July 4th, 2025, American Legion Post 90 had a lot of great events going on at the Post. The day started with an official Flag Retirement Ceremony provided by Post 90's Honor & Color Guards at 11am. The Lee County Blood Mobile was also there from 11am – 5pm to take blood drive donations. This was followed by a July 4th Celebration at 1pm with free hamburgers and hotdogs for everyone including side dishes and desserts, which were on the pool table inside Post 90. There was also a 50/50 Raffle and music provided by DJ Claude. A lot of people dressed up in red, white, and blue including Post 90's new Commander, Lisa Arnold. Fun was had by all who attended. Thank you to everyone who helped out on that day.

Sincerely,

American Legion Post 90 Newsletter Chairman,

Amy O'Neill



A red-bordered poster for a blood drive. On the left, a young man in a blue t-shirt stands on a beach. Text on the poster includes: "It's summer-time and the givin's easy. Save lives, donate blood.", "Change a life. Donate blood.", "American Legion #90 1401 SE 47th Street Cape Coral, FL 33904", "11:00 am to 5:00 pm Friday, July 4th", "Please Help Us Make Our Goal of 25+ Units of Blood.", "Free burger & soda to anyone on event day for anyone who attempts to donate.", "Contact Michelle Moore @ 954-461-4817 to schedule an appointment to donate", and the "LEE HEALTH Blood Center" logo.



American Legion Post 90 in Cape Coral installed new Auxiliary, Riders, SAL, & Legion Officers.

New officers were installed at the American Legion Post 90 in Cape Coral for 2024-2025 on Sunday, June 29th, 2024. The ceremony started at 1pm with the installation of Legion Auxiliary Unit 90 officers, followed by Legion Riders Chapter 90 officers, Sons of American Legion Unit 90 officers and American Legion Post 90 officers. American Legion District 13 Officers were there to officiate the ceremony. Drinks and cocktails were served at noon and after the Officers' ceremony concluded. Dinner was also provided for everyone who was there. Congratulations go out to everyone, including our newly elected American Legion Post 90 Commander, Lisa Arnold, who gave a great speech upon completion of the ceremony.

American Legion Post 90 was founded in April 2001. Located at 1401 SE 47th Street in Cape Coral, the Post offers a full canteen and food service and sponsors scholarships, scouting troops, blood drives, V.A. volunteers, and national emergency funds programs to assist veterans in need.

Sincerely,

American Legion Post 90 Newsletter Chairman,

Amy O'Neill



Legion Riders Chapter 90 Officers

Director: Jack Fitzgerald
Assistant Director: John Leuthard
Treasurer: Ken Worley
Secretary: Laurene Allen-Flower
Chaplain: ET Moore
Sgt. At Arms: Charles Pothier

S.A.L. Squadron 90 Officers

Commander: John Baker
1st Vice Commander: Chris Antonellis
2nd Vice Commander: Larry Horner
Adjutant: Ralph Camp
Finance Officer: Mark Keeling
Sgt. At Arms: Tony Truzzolino
Historian: Open
Chaplain: Elon Hertzfeld
Judge Advocate: Open

American Legion Post 90 Officers

Commander: Lisa Arnold
1st Vice Commander: Bruce Bohlander
2nd Vice Commander: John Baker
Finance Officer: Keith Berres
Adjutant: John Baker
Sgt. At Arms: Brian Gillis
Judge Advocate: Bob Noble
Historian: Joe Lindhorst
Chaplain: Roy Montage
Service Officer: Open
Past Commander: John Baker

Executive Board Members:

- Laurene Allen-Flower
- Harry Finke Jr.
- Jack Fitzgerald
- Mike Flower
- Ed Lyons
- Rebecca Sewell
- Dennis Stebbins



(The pictures were provided by: Jennifer Hertzfeld. The Unit 90 Auxiliary Officers and names are on page 9.)

**American Legion Post 90
Women Veteran's Committee**



Sisters-in-Arms
Bravery Knows No Gender

American Legion Post 90 Sisters-in-Arms Veteran's Committee supports Post 90 programs, activities, and other initiatives designed to meet the needs of female veterans and their families. The committee also makes recommendations to the Commander on ways to improve, modify, and affect change in programs and services for women veterans throughout the Post and community. The committee needs members to help network with, develop, and support female veterans and activities. Your energy, expertise, skills, and knowledge will positively contribute to the committee's success. If you are interested in joining this phenomenal team or if you have any questions, please reach out to Lisa Arnold at larnold1970@yahoo.com or (937)371-5260.



Congratulations to Post 90 on being named the winner of the Best Post Shooting Program and runner-up for the Best Blood Donor Program. The Department also recognized Keith Berres for the dedication and time spent in the recovery efforts after Hurricanes Helene and Milton.

SLIDE BINGO

August 2nd - 4 pm

Sponsored by Auxiliary Unit 90



\$1 per card

Pulled Pork Sandwich
Cole Slaw and Chips
\$7

Karaoke
6 to 9 pm



50/50 Raffle
Proceeds to
Auxiliary Charities



PRIME RIB DINNER

August 16th

Starting at 5 pm

Signup by August 13th

Price \$22

Prime Rib
Baked Potato
Green Beans
Salad

Optional - Fish Dinner (\$16)



Find us on
Facebook



You can find us here... On Facebook,

American Legion Post 90

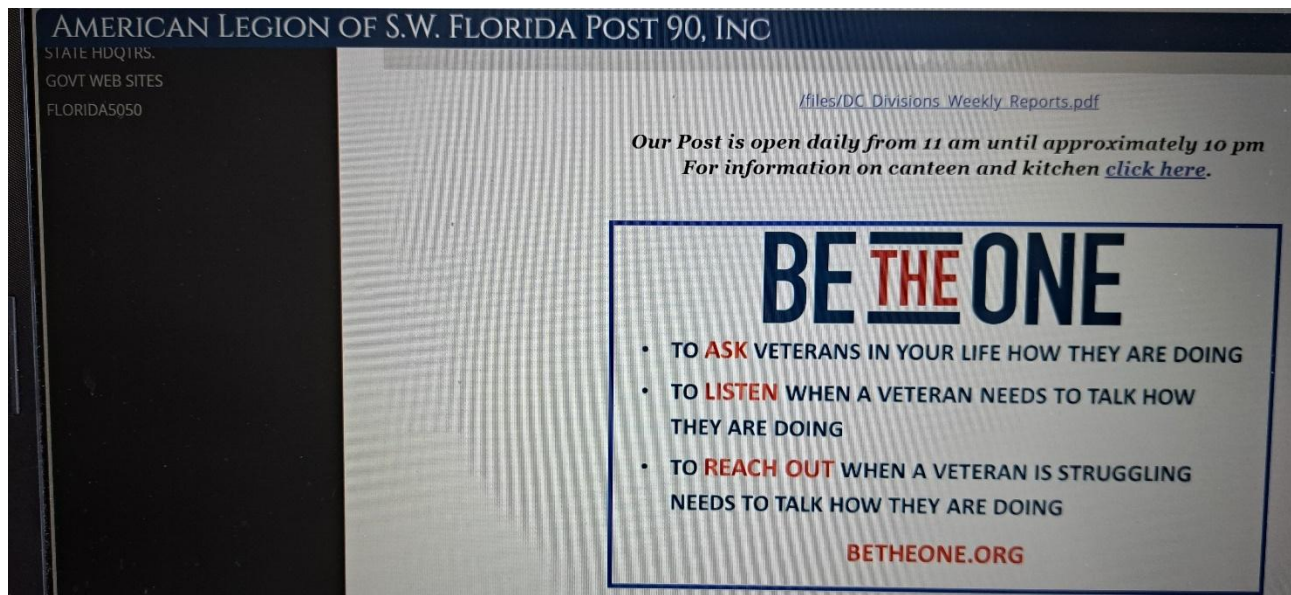
If you have not visited our website lately, you really should go check it out!

We have an all-new look, and more to come!!

See what is new and what we have already been doing!

***See the website for additional information! ***

www.post90swf.org





Coming Events Summary

****See the website for additional information****

Enjoy any or all these events and entertainment.

We appreciate your support of American Legion Post 90.



July 2025 (Music & Events)

**Monday the 7th – meeting at 7pm for
AMERICAN LEGION RIDERS**

**Monday the 14th – meeting at 7pm for SONS OF
AMERICAN LEGION**

**Monday the 21st - meeting at 7pm for AMERICAN
LEGION AUXILIARY**

**Wednesday the 23rd – meeting at 7pm for
AMERICAN EXECUTIVE BOARD**

**Monday the 28th – meeting at 7pm for
AMERICAN LEGION MEMBERSHIP**

August 2025 (Music & Events)

**Monday the 4th - meeting at 7pm for
AMERICAN LEGION RIDERS**

**Monday the 11th - meeting at 7pm for SONS OF
AMERICAN LEGION**

**Monday the 18th - meeting at 7pm for
AMERICAN LEGION AUXILIARY**

**Wednesday the 20th - meeting at 7pm for
EXECUTIVE BOARD MEMBERS**

**Monday the 25th – meeting at 7pm for
AMERICAN LEGION MEMBERSHIP**

September 2025 (Music & Events)

**Monday the 1st – meeting at 7pm for
AMERICAN LEGION RIDERS**

**Monday the 8th – meeting at 7pm for SONS OF
AMERICAN LEGION**

**Monday the 15th - meeting at 7pm for
AMERICAN LEGION AUXILIARY**

**Wednesday the 17th – meeting at 7pm for
AMERICAN EXECUTIVE BOARD**

**Monday the 22nd – meeting at 7pm for
AMERICAN LEGION MEMBERSHIP**

**(Please see any Post 90 Bartender for the
Friday Night Entertainment Schedule.)**

**(For information about any upcoming holiday
celebrations, please ask a Post 90 Bartender,
look at flat screen tv by the office, or you can
check out Post 90's website address which is on
page 15.)**

**AMERICAN LEGION POST 90 IS NOW OPEN EVERY
MONDAY- SUNDAY, FROM 11AM-10PM.**

Every Tuesday – 5:30pm - **SHOW ME THE MONEY CARD GAME**

Every Wednesday – 11am to 1pm – **FREE DROP-IN GAME DAY**

Every Wednesday – 7pm – **WEEKLY POOL TOURNAMENT = \$5
SIGN-UP TO PLAY**

Every Third Wednesday - 10am to 1pm – **FREE HAIRCUTS FOR ALL VETERANS**

Every Thursday – 5pm – **DINNER SPECIALS - SPECIALS ARE NEW EVERY WEEK
50/50 NAME DRAWING AT 7PM**

Every Friday – 11:30 to 4pm – **REGULAR MENU**

Every Friday – 5pm to 7:30pm – **DINNER SPECIALS –
SPECIALS ARE NEW EVERY WEEK**

Every Friday – 6pm to 8pm – **LIVE ENTERTAINMENT – SEE PAGE 13**

Every Saturday – Noon to 7:30pm – **REGULAR MENU & SPECIALS**

Every Saturday – 7pm – **LAST ACE STANDING GAME (MEMBERS ONLY)**

KITCHEN IS OPEN TUESDAY TO SATURDAY FROM NOON – 7:30PM



**American Legion Post 90 Newsletter
Chairman & Editor: Amy O'Neill
Associate Editor: Bruce Bohlander**