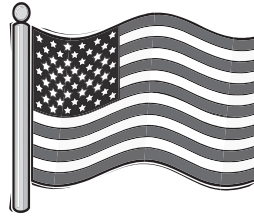




Severson-Cairns Post No. 501

American Legion
American Legion Auxiliary
Sons of the American Legion

P.O. Box 14255
Madison, WI 53708-0255
608-244-7716



May 2023						
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

THE ACTION POST

Post Email address
post501@wipost501.org

Visit our Web Page
www.madisonlegionpost501.org

Special Points of Interest:

3 May

S.A.L. 501 Meeting 6:30PM.

6 May

Unit 501 Meeting, 11AM.

10 May

Post Meeting & Elections, 7PM,
members in good standing allowed to
run and vote.

12-13 May

Department Spring Conference.

13 May

Brats & Burgers, 10-4 PM, Fundraiser.

16 May

40/8 Mtg. 7 PM at Post 385 Verona

18 May

Post Coffee and Cards, 9AM - Noon.
Donuts by Greenbush Bakery.

20 May

Brats & Burgers, 10-4 PM, Fundraiser.

25 May

Dane Co Meeting, 7 PM, Cross Plains.

26 May

Post Executive meeting 9 AM,
Virtual and In Person.

29 May

East Side Club Memorial Day Brats
12-7 PM, Flag Event,
NEED 16 WORKERS

29 May

MONONA MEMORIAL DAY Parade

3 & 17 June

Post Brats & Burgers 10-4 PM

14 June

Post Meeting, 7PM,
Install NEW Officers.

COMMANDER'S COLUMN

Post Meeting 10 May 2023 will be at 7 PM and will include post-Election of new Officer for 2023-2024 membership year. Food will be available. All offices at the Post are open for Post members in good standing (Paid up status) to vote and run for office. Need to let Commander know if you want to run for office. Remember, if you have ideas, run for office.

10 May ONE DAY RAFFLE FOR POST WINDBREAKER. 1 for \$5.00 or 3 for \$10. Must be present to WIN.

May 29th Memorial Day event is for all Veterans to be remembered and our fallen former Veterans thanked by us all. Plans for celebrations at Forrest Hills and State Capitol are planned. Additional, information when available will be put out.

The American Legion needs you to volunteer to be on some committees at the state headquarters level. These committees meet at least 4 times a year, so not much time is spent. If interested contact the Post as the paperwork is needed to be submitted soon. Post 501 have members on committee now.

If you have any expertise in the kitchen area, we need your help as some of the people need some relief. Please call 608-244-7716 if you can help. I know some of you Volunteer at other places and (Continued on page 2)

PRESIDENT'S MESSAGE

May is Poppy Month! Time for us to get out and distribute Poppy's to the community to honor and remember the sacrifice that our fallen soldiers paid the ultimate price, their life. We have lots of Poppy's to distribute. Our biggest distribution this year will again be at The East Side Club's Memorial Day celebration. Please stop out and join us that day if you are able. While we are able to distribute and wear Poppy's all year long, May is Poppy month, with National Poppy Day being May 26, 2023. As we do yearly, you will have received a Poppy in this newsletter, we want all our members to be able to have a Poppy. If you are interested and able, feel free to send a donation back in the envelope it was provided in. While this is a fundraiser, it is more important to us that you receive a Poppy to be able to wear or display to honor the memory of our fallen soldiers.

We didn't meet in April for a regular meeting, our next meeting is Saturday May 6 at 11 AM. I hope you are able to join us.

It is with a heavy heart that I have to share that we lost two of our Unit 501 Past Presidents, Sara Strain and Ellie Paulson in April. We were able to honor both of them with an Auxiliary Program at their visitation, placing Poppy's in their coffin as we said our final goodbyes. It's always heartbreaking to lose members, these two women were outstanding mentors to me personally, as well as to many others, (Continued on page 2)

Commander's column continued from pg 1-

work harder than you would at the post. I get this question, when are we going to have Post breakfast? Well, the Brats & Burgers are our bread and butter, the breakfast does not compare to the Brats. Earliest date maybe November, but I would need help in the kitchen and get training done on how the kitchen works.

Post Coffee/card playing is on 18 May 2023 9-12 Noon. Next coffee is 16 June 2022. Donuts by Greenbush Bakery.

Post Workers needed!! In May-June, we will be doing some work at the Post, IF you can help, PLEASE call the Post 608-244-7716. Work will be doing cleaning at Post and other jobs. Projects will be listed and those who want to help will be called. Let me know what you specialize in type of work.

Renew your membership on-line. Go to wilegion.org, click "renew on-line", enter name and member# and pay by credit card. REALLY THE POST NEEDS YOUR MEMBERSHIP RENEWAL. Some of you have been members for years and you have not renewed. I really would like to know WHY? The Legion has done a lot of things for VETERANS. Legion led the push for the GI Bill, welcome all Veterans to Legion, Had the first female commander at national level. I could list more things, but I need your RENEW NOW.

If you have items (No TV's, electrical or clothing) that you would like to donate to the Post Garage Sale. We could take items later this year. After you have your garage sale and want to donate to the Post, we would take your donation.

Just a note, the VA requires that you register with the VA before you can get treated. If you have problem, you can call the VA or maybe I can Help.

NOTE; Post 501 is a non-profit organization (501 C-19), which provides for tax deductions for donations to the Post. If you are interested in donating your vehicle to the Post for a tax deduction, please call 608-244-7716 and leave message. We had a vehicle that was donated couple of years ago.

Legionnaires--- I am asking you to ask your spouse if they would join the UNIT 501 AUXILIARY. They are a very important part of the Legion Family. They have a higher membership percentage than I have for Legion Post 501. They have members that are young and older members that do a lot for the Legion. If your son wants to join the Sons of The American Legion (SAL), they are 125% of their goal farther ahead of us Legionnaires.

Mission BBQ, 4702 E Towne Blvd, Madison, will be celebrating "ARMED FORCES" WEEK IN May 15-20. See flyer in newsletter.

Remember, without you the member, there would be no ACTION POST!!!

Thomas W. Stolarczyk, Post 501 Commander

President's message column continued from pg 1-

throughout the years and they will be greatly missed. Our hearts are broken, but we move forward continuing the mission that they stood behind, supporting our veterans and community. Please know that even if we don't see you regularly, you, our members, are still part of our Auxiliary family and we are here for you.

Peace.

Rebecca Lovell, Unit 501 President
608-513-2725

AUXILIARY UNIT 501 MEMBERSHIP

As of the date this article was prepared, we still need the 3 members who not renewed for this year to please come forward with your dues for the year. This will make our Unit 501 a 100% for the year, a "feather" in our record for the year. I look forward to receiving good news in the mail, dues from the 3, you know who you are. Reaching 100% membership for the year would be recognition that Unit 501 who really cares about service to our Veterans. President Becky would like to share that honor also. We have lost 6 members in death this year and 2 others who resigned, sad year for Unit 501. We also received 1 new Junior member, hooray.

Betty Ingwell, Unit Membership Chair,
608-422-0100
5002 Sudbury Way, Madison, WI 53714

LEGION MEMBERSHIP

Dear members

We have 282 members renewed and we still need 17 more members to renew so please if you have not renewed for 2023, please do it now so we can make 100%. You can pay online at americanlegion.org or mail it to the Legion Post.

If you have a problem paying your dues because of financial or health issues please contact me, we can help. If you have any questions on your membership, contact me at the post or my home at 608-633-0459.

Jerry Scalissi, Post Membership Chairman

THE AMERICAN LEGION
"Veterans Strengthening America"

SONS OF THE AMERICAN LEGION MEMBERSHIP & NEWS

Our trip to the Wisconsin Veterans Museum last month went great. It was a lot to see in just two hours. We had fun there and then a good lunch back at the Post. Plan on joining us at our next event.

We are at 125.8% in memberships for the 2023 year. Great job everyone!

“Sons of the American Legion” membership is open to any male descendant of a Legionnaire. Application are available at the Post.

Our next Squadron meeting is **May 3rd** at 6:30PM. Please try to attend.

PUBLIC RELATIONS HOW YOU CAN BE-THE-ONE

What: The American Legion's Be The One initiative encourages American Legion Family member, veterans, service members and others to take action when they believe a veteran is at risk of suicide.

Why: To reduce the alarming number of veteran suicides.

How: Our goal is to de-stigmatize asking for mental health support, provide peer-to-peer support and resources, and educate everyone on how they can Be the One.

Who: Veterans

- Talk with fellow veterans about how you are feeling
- Ask for help when you think you need it.
- Know there are millions of people ready to help you.
- Remember your family and friends care.

Non-veterans

- Ask veterans in your life how they are doing.
- Listen when a veteran needs to talk.
- Reach out when a veteran is struggling.

American Legion Posts

- Educate members, other veterans and civilians on the campaign.
- Display resources at your post or in your community.
- Share events or success stories at legiontown.org

Resources: American Legion support. Stories, videos and promotional items related to this initiative are available for posts, members and other. Visit betheone.org

All members of post 501 can be the one and help other veterans who may need a helping hand.

Harvey Phillips, Public Relations 608-692-2698

(Info taken from American Legion National, Be The One)

AED TRAINING HAS STARTED

Five Post 501 members participated in our first Automated Emergency Defibrillator (AED) training on 12 April. Member and instructor Lisa Kromanaker brought a compressible dummy for us to compress. This was the CPR portion of this potentially life saving procedure. We had learned quite a bit during this pleasant gathering. Reduced to its essence, we learned to work as a team to call 911 first, determine if this is a choking situation, and if not a choking situation, to proceed with quickly removing the shirt, attaching the electrodes, and following the audible directions provided by the AED. We learned that every minute loss might mean 10% less chance of survival. So, speed is important. Our next session will be on 10 May at 6 PM before our next monthly post meeting. There's a signup sheet at the front table as you enter the post. Lisa has agreed to continue with these sessions as long as there's interest! Thank you, Lisa! If you have questions, check with me.

Morris Sadicario

THIS DAY IN US/MILITARY HISTORY

May 2, **1921** Women's Overseas Service League Established.

May 5, **1961** Alan Shepard is the first American astronaut to ride into space.

May 7, **1945** Unconditional Surrender of all German Forces signed.

May 7, **1952** National Day of Prayer (observed first Thursday of May: May 4, 2023).

May 8, **1945** V-E Day & Military Spouses Day.

May 13, **1607** Jamestown founded, first permanent English settlement in North America.

May 15, **1942** Women's Army Auxiliary Corps Established.

May 15, **1962** Peace Officers Memorial Day.

May 17, **1954** The U.S. Supreme Court outlawed racial segregation in public educational facilities.

May 20, **1950** Armed Forces Day (observed third Saturday of May: May 20, 2023).

May 21, **1881** American Red Cross founded.

May 22, **1933** United States National Maritime Day.

May 30, **1868** Memorial Day (observed last Monday of May: May 29, 2023).

Morris Sadicario, Post Historian

CONGRATULATION WINNERS

April Meeting 50/50 - John Clarke

Meeting Jacket Raffle - Morris Sadicario

Vets Connect

Connecting Veterans in our community through food, fellowship, and faith!



Hosted by St Paul Lutheran Church, in partnership with The River Food Pantry.

Who: *All are welcome to attend!*
 When: Last Tuesday of the Month, 4:45-7PM
 Where: St Paul Lutheran Church
 2126 N Sherman Ave,
 Madison, WI 53704

Come enjoy a free meal, games, speakers, and a sense of community for veterans and their families. Questions? Contact St Paul Lutheran Church at 608-244-8077 or email at office@stpaulmadison.org.

COME CELEBRATE

ARMED FORCES WEEK

MILITARY APPRECIATION DAYS

FREE SANDWICH for all active duty service members and veterans. Thanks For Your Service.

ARMY.....MON, 5/15
 MARINE CORPS.....TUE, 5/16
 NAVY.....WED, 5/17
 AIR FORCE & SPACE FORCE.....THU, 5/18
 COAST GUARD.....FRI, 5/19

AN INVITATION FOR ALL ACTIVE DUTY MILITARY & VETERANS



LUNCH WITH THE HEROES

11:00AM-2:00PM

SAT, 5/20

Join us for a FREE SANDWICH and be sure to arrive before Noon for our live National Anthem.

MISSION BBQ
The American Way.



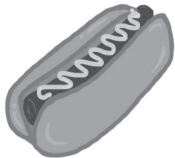
** BRAT & BURGER EVENT **

At Post 501

May 13th & 20th,

Weather Permitting

10 AM - 4 PM.



Come join us for Brats, Burgers & Hot Dogs at our Drive-Thru Service, 105 Dempsey Rd.

Public Welcome.

VA HOSPITAL NEED LISTS

1. VISA Gift cards.
 2. Kwik Trip gas cards.
 3. Large Print word search books.
 4. Sharpie markers of all colors.
 5. Coloring Pencils.
 6. Adult coloring books (large pictures).
 7. New winter coats (XL, XXL, 3XL).
 8. New plain sweatpants (L, XL, XXL).
 9. New plain sweatshirts (M, L, XL, XXL).
- If you can help out, we have a drop box at the Post.

Veterans -

Thank you for serving our great nation, state and city. We would be honored to service your auto when needed. You can count on us for the best quality auto repair.

Garcia's Garage
 6805 Seybold Road
 Madison, WI 53719
 608-239-9766



Auto Repair Shop



GUNDERSON

Funeral Home & Crematory

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Legion 501 Chaplain

God's Breath Is Yours As Well.

For many people, faith, prayer and meditation are fundamental elements of their spiritual practice. It's also common for them to experience seasons when they don't know what to pray or when their meditation feels stagnant. If you are going through something like that, breath prayers may be a way to ease back into a regular habit of communion with the divine.

Breath prayers are beneficial because they connect the spiritual aspect of talking to God with one of the natural rhythms of your body. Those who use this practice regularly often find that they pray more often because they can do it anywhere and at any time. Breath prayers are also easy to incorporate into meditation. Since meditative practices generally rely on a focus on breathing and how it affects the body, praying as you inhale, and exhale can enhance the experience and help you focus. As you inhale, you pray the first half of the prayer, and as you exhale, you pray the other half. Repeat the prayer multiple times as you meditate and notice the changes in your body as you relax.

There is no single correct way to practice breath prayer. Some people use the same phrase every time, while others come up with a new mantra every time they pray. Try out different prayers to see what works best for you.

Find a book that contains devotionals that help guide your practice and keep you consistent. Before you know it, you are likely to find yourself adapting what you say to whatever is going on in your life, making it more personal and meaningful to you.

Incorporating breath prayers into your daily practice can revitalize your communion with God and bring fresh perspective and meaning to it. Give it a try!

For God and Country!

Darrel D. 'AJ' Feucht, Post Chaplain

(Paraphrased from Universal Life Church Blog)

Auxiliary 501 Chaplain

Our dear Savior in Heaven, guide us as we move on in our journey here on earth. Help us to make the best use of every hour and every day to make the lives of others better. Help us to pray and meditate to use our time wisely. We can do this while we work, while we exercise, while we are at play or any of our spare time. Use our time wisely. Set our minds at what our God has plans for us. Take some quiet time to reflect our lives and wrap ourselves with good thoughts. God doesn't judge us. Life isn't always as we would wish, but life is what God has planned for us, take each day and rejoice in it. God will provide for us, not always as we wish or on a timely basis, but prayers are answered as he sees the need.

I pray that each of you had a special Easter holiday remembering what Easter is all about. Happy Mother's Day to all the Moms out there. You all deserve this special day. Have a wonderful Memorial Day, remembering why the day is celebrated, taking a moment to give thanks for those who are not longer with us, especially the Veterans who have passed.

I received word that Maxine Wilke has passed into the next world. She was PUFL, paid up for life, member of 45 years. Also, Sara Strain passed on April 10, 2023. She served Unit 501 as President several years and was member for 42 years. Ellie Paulson, Past Unit President passed on April 18, 2023. We know they are at rest in the Lord's hand, may they rest in peace knowing they made a difference while here.

Jesus, help us remember who we are, your beloved people, and why we are here. Help us remember, Jesus, that amid doubts and distractions, you are our constant compass. When we feel hopeless, stir in us the hope of your resurrection. Amen.

Our Blessings to all.

Have Peace, Joy and Mercy in our hearts for everyone, O Lord.

Betty Ingwell, Unit 501 Chaplain
608-422-0100

988 Suicide & Crisis Lifeline Call or Text 988

POST 501 SCHOLARSHIP PROGRAM

We now have a scholarship available for members of the American Legion Family. These scholarships, up to three (3) per year, in the amount of \$500.00 each and can be renewed each year. Any Legion Family member who is pursuing a fulltime undergraduate or technical training at any accredited educational institution may qualify.

REQUIREMENTS: U.S. citizen or permanent resident,

high school senior or graduate, enrolled or to be enrolled at an accredited educational institution. Applicants must be members or sons/daughters, grandchildren/step children of Post 501 American Legion family-Legion, Auxiliary or Sons of American Legion members. **Applications are due to the Post by July 1st, 2023.**

Applications are available at the Post, 105 Dempsey Rd., Madison or call 608-244-7716 or request an application be mailed to you.

MEMBERSHIP DUES

Legion - \$42.00, mail to:
American Legion Post 501
Membership Chairman
P.O. Box 14255
Madison WI 53708-0255

SAL - \$14.00, mail to:
Sons of the American Legion
P.O. Box 14255
Madison WI 53708-0255

Auxiliary - \$35.00, mail to:
American Legion Unit 501
Membership Chairman
P.O. Box 14255
Madison WI 53708-0255

Post location:
105 Dempsey Road,
Madison WI

Post Phone Number:
608-244-7716

Moving?

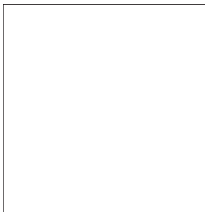
Please let us know of your
address change. Call or email us
at- post501@wipost501.org



Severson-Cairns Post No.501

American Legion
American Legion Auxiliary
Sons of the American Legion
P.O. BOX 14255
Madison, WI 53708-0255

Return Service Requested



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2021 and 2022
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GOLD WINNER-BAKERY

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608-257-1151

5225 HIGH CROSSING BLVD.
608-416-5544

**We salute our
veterans. Thank you.**



Bradley M Stepp
Financial Advisor

5950 Seminole Centre Ct
Suite 100
Fitchburg, WI 53711
608-270-9064

www.edwardjones.com

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Member SIPC

Moving? Snow Bird?

Please let us know of your address change.
Contact the Post at **608-244-7716** or email us
at post501@wipost501.org of the change.

A.L. Post 501 Meeting - **10 May**, 7PM.
A.L.A. Unit 501 Meeting - **6 May**, 11AM.
S.A.L. Squadron Meeting - **3 May**, 6:30PM.

BRAT & BURGER EVENTS

May 13th & 20th

See page 4 for information.

**Post 501's Monthly Cards,
Comradeship, Coffee and Donuts**

Thursday, May 18th
9 AM till Noon.

Donuts by Greenbush Bakery.

All members, veterans and Active/Reserve/National
Guard service personnel are invited to stop by, if only
for a few minutes just to say "HI !"