



# Newsletter

January - February 2025

www.alpost586.org



## POST OFFICERS

2024-2025

### LEGION OFFICERS

Commander - Melissa Fowle  
 1st Vice - Brian Fowle  
 2nd Vice - Michael Brenner  
 Adjutant - Bob Steggemann  
 Finance Officer - Harlan Purves  
 Sgt-At-Arms - Frank March  
 Chaplain - Chuck Frazier  
 Service Officer - Dan Elmore  
 Judge Advocate - Vacant  
 Past Cmdr - Bob Steggemann  
 Trustee - Ralph Avey  
 Trustee - John Kessler  
 Trustee - Vacant  
 Post Manager - Chuck Colby

### AUXILIARY OFFICERS

President - Sherri Matthews  
 1st Vice - Debbie Frazier  
 2nd Vice - Dorothy Prater  
 Secretary - Pat Purves  
 Treasurer - Caitlyn Brinkman  
 Chaplain - Marlene Shook  
 Historian - Marlene Shook  
 Sgt-At-Arms - Cathy Jadwin  
 Sunshine - Joyce Lewis  
 Exec Board:  
 Kristen Carlson  
 Becky Copfer  
 Lesley Jenssen

### S.A.L. OFFICERS

Commander - Dale Epperson  
 1st Vice - Dave Flint  
 2nd Vice - Vacant  
 Adjutant - Ed Brinkman  
 Sgt-At-Arms - David Copfer  
 Chaplain - Blake Bashore  
 Finance Officer - RJ Steggemann  
 Historian - Allen Willis

### LEGION RIDERS

Director - Frank March  
 1st Vice - John Vanscoy  
 Adjutant/Sec - Debbie Vanscoy  
 Treasurer - Tim Dumbauld  
 Sgt-At-Arms - Larry Seaton  
 Road Captain - Tim Dumbauld

## COMMANDER'S MESSAGE



**Melissa Fowle**  
Commander

I hope that everyone had a fantastic Holiday Season! We really had a great time with all of the Christmas get togethers. A BIG shoutout to all those who planned and executed all of the events! It was amazing to see all of our Legion family pitch in and make these events successful.

Now we enter a new year. 2025...a year full of uncertainties...yet there are so many possibilities. In order for our Post to thrive, we have our traditions but we need creative ideas and people to make them become reality. We need our members to take a chance on something new. We encourage those who would invest their time, talents, and service for our Veterans, our community, and for each other.

Legion membership is doing very well! We need less than 60 members to renew or join our Post to be quota! That's fantastic! If you haven't renewed, please consider doing so. I would like to thank those who did Buddy

Checks to find out how our Legionnaires are doing. This is important as we need to keep in touch with our members and see if there is anything that our Post can do to help. If you haven't been contacted, please check in with the Post. We may not have your current contact information (phone number or current address). If you know of a member who is not getting our emails, encourage them to send in their email address to the Post. If you know of a member who is in the hospital, a nursing home, or rehab, we would like to be made aware. Staying connected is important and can impact the health and welfare of our Legionnaires and their families.

I'm looking forward to seeing what the New Year's going to bring! I pray for health and happiness for all!

For God and Country,  
Commander Melissa

## FROM THE FIRST VICE COMMANDER



**Brian Fowle**  
1st Vice  
Commander

What does it mean to be a member of the American Legion? Sure, your membership gives you access to our local American Legion Post so you can hang out with friends and other veterans, come to dinners and events, and even help put on some of those events. But it's more than that. Locally, your membership also enables our Post to help our local youth by giving out scholarships for higher education and sending them to the Boys and Girls State program every year. Your participation directly helps us to give out significant donations to local and national charities, assist local veterans with getting access to the benefits they have earned or to just lend an ear with a phone call or a buddy check. The bigger picture is you are a part of the largest VSO (Veteran Service Organization) and each member of the American Legion helps to strengthen our numbers and our voice when our leadership is lobbying congress for veterans issues and oversight of VA operations. Americanism, National Security, Children and Youth, Veterans

Affairs and Rehabilitation...these are the four pillars of the American Legion and should be a large part of the reason you are a member.

Thank you to all of our American Legion family who have renewed their membership in the American Legion for the 2025 membership year already. If you haven't renewed your membership for the 2025 membership year yet, please consider renewing right now. Please mail or drop off your membership dues at the Post. Legionnaires and Sons (SAL) you can renew easily by logging on to your account at [www.mylegion.org](http://www.mylegion.org). We hope and pray for you all to be blessed and well in this coming year (2025).

Brian Fowle  
First Vice Commander

## SURVIVING AND THRIVING DURING OHIO'S HARSH WINTER MONTHS



**Mike Brenner**  
2nd Vice Commander

As the festive glow of the holidays fades, Ohio's January and February often usher in a challenging stretch of cold, gray days. From bitter temperatures to seemingly endless snow, it's easy to feel overwhelmed by winter's grip. But with the right mindset and strategies, you can turn these tough months into a season of productivity, connection, and self-care. Here are some tips to help you navigate Ohio's winter months with resilience and even enjoyment.

While the temptation to hibernate is strong, getting outside can significantly improve your mood and overall well-being. Bundle up in layers, invest in quality winter boots, and take advantage of Ohio's scenic winter beauty. Whether it's a walk in your local park, a hike through the snow-covered trails, or even trying out snowshoeing or cross-country skiing, embracing the cold can offer a refreshing change of pace.

Ohio winters are notorious for their lack of sunlight, which can impact mood and energy levels. Combat the darkness by brightening your living space. Consider investing in a light therapy lamp to mimic natural sunlight. Add warm, cheerful decor to your home, such as candles, colorful throws, or indoor plants to create a cozy atmosphere.

Physical activity is crucial for maintaining mental and physical health during the winter months. Join a local gym, explore yoga or fitness classes, or follow online workout routines at home. Many communities in Ohio also offer indoor recreational activities, such as swimming, pickleball, or climbing walls, that provide a fun way to stay active and break a sweat.

The isolation of winter can take a toll on mental health, so make an effort to stay connected with friends and family. Stop by the Post and enjoy the many wonderful activities we have planned. Organize game nights, movie marathons, or potluck dinners to bring people together. If in-person gatherings aren't possible, regular phone or video calls can still help maintain a sense of connection and support.

Winter is the perfect time to dive into hobbies or creative pursuits. Whether it's picking up an instrument, exploring painting or crafting, or tackling that reading list, these activities can provide a sense of accomplishment and joy. Ohio is also home to countless museums and cultural centers, which can offer inspiration and education on even the coldest days.

Pay extra attention to your physical and emotional health during the winter. Ensure you're getting enough sleep, eating a balanced diet, and staying hydrated. Practice mindfulness through meditation or journaling to manage stress and anxiety. Don't hesitate to reach out to a mental health professional if you're feeling persistently low or overwhelmed.

Ohio's winter months may be tough, but they also offer an opportunity to slow down, reflect, and find joy in life's simpler pleasures. By embracing the season with intentionality and care, you can turn the coldest months into a time of growth and renewal.



AMERICAN  
LEGION

# 2025



**JOIN THE  
AMERICAN  
LEGION TODAY!**



Find us on Facebook. Visit our webpage at [www.alpost586.org](http://www.alpost586.org) for a direct link!





## WEEKLY HAPPENINGS AT THE POST

- Euchre every Thursday at 7:00 PM - \$5
- Weekly \$5 Drawing Mondays at 8pm
- Weekly \$1 Drawing Thursdays at 8pm
- Breakfast Sunday Mornings 8:30-11am \$9

Check the calendar for all meals and entertainment



## ADVERTISE HERE!

CONTACT MIKE BRENNER  
AT  
[MIKE@ALPOST586.ORG](mailto:MIKE@ALPOST586.ORG)  
FOR MORE INFO

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NOTARY  
PUBLIC

THIS PUBLICATION IS SPONSORED BY JOHN J. SKOLNICKI. IF YOU WOULD LIKE TO SPONSOR OUR NEWSLETTER, PLEASE CONTACT HARLAN PURVES OR MICHAEL BRENNER AT THE POST. YOU CAN EMAIL MICHAEL AT [MIKE@ALPOST586.ORG](mailto:MIKE@ALPOST586.ORG).

## Regular Post Hours

Monday: 3:00 PM - 10:00 PM

Tuesday: 3:00 PM - 10:00 PM

Wednesday: 3:00 PM - 10:00 PM

Thursday: 3:00 PM - 10:00 PM

Friday: 3:00 PM - 12:00 AM

Saturday: 3:00 PM - 12:00 AM

Sunday: 11:30 AM - 7:00 PM

Frank E. Robinson  
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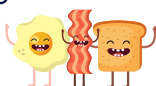




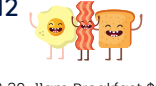










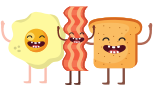




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# 2025

# JANUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1  5pm- OSU-Oregon 3-10pm Happy Hour	2  7pm Euchre 8pm Weekly \$1 Drawing	3	4
5  8:30-11am Breakfast \$9	6 8pm Weekly \$5 Drawing	7	8  3-10pm Happy Hour	9  6pm Sandwiches 7pm Riders Meeting 7pm Euchre 8pm Weekly \$1 Drawing	10  6pm Salisbury Steak	11  7pm Trivia/ Music Bingo 3rd District Bowling Poelking Lanes
12  8:30-11am Breakfast \$9 3rd District Conference Post 286- 1pm	13  7pm- SAL Mtg	14  6pm Birthday Dinner Carry-in	15  3-10pm Happy Hour	16  7pm Euchre 8pm Weekly \$1 Drawing	17 6pm- Soup and Salad Bar \$8	18  4pm- EGaming Tournament Dept Mid-Winter Columbus
19  8:30-11am Breakfast \$9 Dept Mid-Winter Columbus	20 CFP National Championship game 6pm Beef Stuffed Pasta Shells 7pm Auxiliary Meeting 8pm Weekly \$5 Drawing	21	22  7pm Darts 3-10pm Happy Hour	23  6pm Taco Salad 7pm Euchre 8pm Weekly \$1 Drawing	24  6pm-Stuffed Pork Chops \$10	25  7pm Karaoke
26  8:30-11am Breakfast \$9	27 8pm Weekly \$5 Drawing	28  7pm Legion Membership Meeting	29  7pm Darts 3-10pm Happy Hour	30  7pm Euchre 8pm Weekly \$1 Drawing	31 6pm Cook- Menu TBD	

# FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2  8:30-11am Breakfast \$9	3 8pm Weekly \$5 Drawing	4	5  7pm Darts 3-10pm Happy Hour	6  7pm Euchre 8pm Weekly \$1 Drawing	7  6pm Fish & Chicken	8 
9  8:30-11am Breakfast \$9	10  6pm-Chicken Taco's 7pm SAL Mtg 8pm Weekly \$5 Drawing	11  6:30pm Joint Calendar Meeting 7pm Joint Exec Mtg	12  7pm Darts 3-10pm Happy Hour	13  6pm Sandwiches 7pm Riders Meeting 7pm Euchre 8pm Weekly \$1 Drawing	14  6pm Chicken Parmesan	15  7pm Karaoke
16  8:30-11am Breakfast \$9	17 6pm Reuben Sandwiches 7pm Auxiliary Mtg 8pm Weekly \$5 Drawing	18	19  7pm Darts 3-10pm Happy Hour	20  7pm Euchre 8pm Weekly \$1 Drawing	21 6pm Aux Cook- Menu TBD	22
23  8:30-11am Breakfast \$9	24 8pm Weekly \$5 Drawing	25  7pm Legion Membership Meeting	26  7pm Darts 3-10pm Happy Hour	27  6pm Taco Salad 7pm Euchre 8pm Weekly \$1 Drawing	28  6pm Deb's Meatloaf	