



# Ely-Fagan Post

## Post Commander

John Compitello

Are we growing? I keep hearing about new members and new transfers, to the Legion, Auxiliary and Sons. New volunteers have stepped up to help and our functions have been great! The Sportsman's raffle has done about the best it ever has, thanks to Les Bowen, the chair, and many volunteers old and new. Our Memorial Day activities were a fitting tribute to our fallen comrades, and help with awareness to our community of the sacrifices others have made to help keep our nation free. I'm sure the County Convention we are hosting will also be a success, thanks to those who helped with the planning and are coming to help out. Let's have a fun and safe summer and if you have nothing going on stop by the Devil's bar and say hello, we'd be happy to see you there.

## For the good of the Legion

John Compitello  
585-321-3648

## June Meetings

The House Committee meets June 1<sup>st</sup> at 5:30 pm. The Executive Committee meets June 1<sup>st</sup> at 7 pm. The S.A.L. meets June 8<sup>th</sup> at 6:45 pm. The General Meeting is Wednesday, June 8<sup>th</sup> at 7:30 pm. The Auxiliary meets June 22<sup>nd</sup> at 6:00 pm. All meetings are in the Hall unless otherwise noted. Any member in good standing may attend any meeting held at the Post. The above information is correct at the time the newsletter was compiled. Things may change. Please contact your organization for updates as needed.

This month's Legion General Meeting will include the reading of Americanism Essays by the 2016 Scholarship winners. Everyone is invited to come and participate.

There will be a motion made at the Legion General Meeting to suspend the General Meetings for July and August. The next General Meeting will be in September.

## American Legion Auxiliary

### 2016 – 2017 Post Auxiliary Officers

President: Kacy Freidler  
 1st Vice: Kathy Callagee  
 2nd Vice: Vacant  
 Treasurer: Betty Jane Lond  
 Secretary: Dianne Meli  
 Chaplain: Carolyn Davis  
 Sgt at Arms: Julie Lincourt

### Color Guard Father's Day Fundraiser Basket

The Color Guard is raffling a Father's Day basket as a fundraiser to help pay for uniforms and travel to and from the parades. The basket will be on display at the Monroe County Convention on Saturday, June 4. Please support our Color Guard as they carry our Post's name around the state.

### Color Guard Marching Schedule 2016

6/4 (Sat)	6:30pm	Mendon Fireman's Parade
6/9 (Thu)	7:00pm	Spencerport Fireman's Parade
6/11 (Sat)	12:30pm	7 <sup>th</sup> District Ovid, NY
6/15 (Wed)	7:00pm	Barnard Fireman's Parade
7/8 (Fri)	7:00pm	Rush Fireman's Parade
7/15 (Fri)	5:00pm	State Convention
8/5 (Fri)	6:30pm	Pumpkin Hook Fireman's Parade
9/17 (Sat)	4:00pm	Palmyra Canal Days

### Monroe County Convention June 4<sup>th</sup>!

We are again hosting the Monroe County Convention, this time for 2016, on Saturday, June 4<sup>th</sup>. There will be members from all 35 County posts, as well as the County and District leadership and many local, regional and state politicians at the Post throughout the day. It is an excellent opportunity for us to show everyone what we are capable of. Many members have been working for the past few months quietly planning, preparing and getting things spruced up so we will be ready and look our best.

We need volunteers! We need people to direct traffic, to man the registration desk, to sell & take meal tickets, to serve coffee, doughnuts and bagels. We need help with cooking & serving the noon meal. We need help with set up and clean up. Everyone is welcome to participate and everyone is asked to help. For more information please contact Kevin Hermey at 585-746-8450 or email at lkhermey@rochester.rr.com.

## Post Everlasting

Robert G. Stundtner

USMC

WWII

## 2016 Membership Drive

As of May 27, 2016 we have 264 members assigned. Of those 264 members we have 221 paid members, or approximately 84 percent of our members have renewed their membership for 2016.

We have 19 former members who have not paid dues since 2014 and will soon be dropped from the roll. Doing so will increase our 2016 membership renewal to about percent. That would leave 24 members who have not renewed their membership since 2015.

The Legion uses a lot of different factors when computing our membership renewal and if experience is any indicator, we are probably at 100% as we go into the County Convention. Thanks to everyone for their efforts. Guess what? After the County Convention it starts all over again!

We are now serving pizza and wings at our General meetings and all non-officers attending are given a raffle ticket for a \$25 cash drawing at the end of the meeting.

If you have any questions please contact Ray McCormick or Kevin Hermey.

## Hall Floor Replacement Fund Update

The floor replacement fund as of 05/27/2016 is \$7,073.02. We need approximately \$8,500.00 to have the floor installed. We had hoped to have it in by the County Convention but it just didn't work out.

We will have what will hopefully be our final discussion before new floor installation at the June General Meeting. Our goal is to have the floor done this summer. All members of the Legion Family are welcome to come and share their thoughts. Once we have taken care of the floor we can shift our focus to the next project – and there are many.

Please support your Post. Help us maintain our Home. Come have dinner with us on a Tuesday night. Donate your change. Write a check. Your contributions are tax deductible.

## Good of the Legion

Many thanks to Irma Hermey for donating the curtains and taking the time to fix the windows in the Hall. The garish, ugly, oversized wooden blinds are now history and the Hall looks much nicer. Thanks to Kathy Schlotzer, Carol Rinaldo, Irma Hermey, Diane Kreutzer and Kathy Vogt, aka "The Tuesday Night Crew" for their loyalty and devotion. Without these ladies the Floor Fund wouldn't be half of what it is.

## Hall Rentals

Our Hall is available to rent from 8 am to 10 pm daily. Hall rental is \$175.00 with a \$100.00 security deposit. Hall rental fee does not include use of the kitchen, which is extra. A contract is required and other conditions may apply. For more information contact Ralph Litzenberger at 585-750-1854.

## Independence Day Legion Family Celebration

Our Annual Legion Family Independence Day celebration will be Monday, July 4<sup>th</sup>, starting at 4 pm. We will have hamburgers, hot dogs, barbecued beans, salads, watermelon, and fun & games for the whole family! There will be a drawing for an Apple iPadMini 2 with 16 GB of memory and WiFi (tickets will be \$1.00 each) and a 50/50 raffle. Food will be served from 5 to 7pm. The Town Fireworks Show will start about 9:30 pm, so bring lawn chairs or a blanket to watch. Cost is \$5 per family in advance. Each person attending will receive 1 raffle ticket for the iPad Mini 2. Both Picnic and Raffle tickets may be purchased at the Devil's Bar.

## Post Memorial Walkway

Honor your loved ones by purchasing a brick paver to be placed in the Post Memorial Walkway. The pavers are \$75.00 each and have 3 lines with 15 characters per line for name, rank, service & period. Order forms are available at the Post and on the Post [website](#). If you have any questions please contact Ralph Litzenberger at 585-750-1854.

## Tuesday Night Dinner Changes

Due to the long awaited warmer weather and the stuff people do in the summer, the Tuesday night dinners will be cutting back to an every-other-week schedule starting in July. This change will last until the fall when we hope to have enough people to go back to serving dinner on a weekly basis.

## June Tuesday Night Dinners

**Tuesday, June 7 / 5-7 pm: Grilled London Broil.** Marinated Flank steak, Grilled to perfection, then thin-sliced and heaped on your plate with braised, seasoned potatoes and vegetable. With house salad, only **\$8.00**

**Tuesday, June 14 / 5-7 pm: Chicken Cordon Bleu** Thin slices of chicken, wrapped around ham & Swiss cheese, coated with bread crumbs, served hot with mashed potatoes & gravy, vegetable, and house salad. Only **\$8.00!**

**Tuesday, June 21 / 5-7 pm: Country Fried Steak** A healthy portion of delicious breaded, fried steak, with mashed potatoes & smokehouse gravy, Southern-style green beans and a house salad for only **\$8.00!**

**Tuesday, June 28 / 5-7 pm: Fried Chicken Dinner** 4 pieces of delicious fried chicken, with golden brown French Fries and cole slaw, only **\$8.00!**

As always, smiles, coffee, tea & water are included with all dinners at Ely-Fagan. Soda in cans is available for \$1.00 each. Eat here and let us clean up or take it out and eat it in the comfort of your home. Call us (585-334-8228) and we will have it ready when you get here. We can deliver for orders of \$25 or more.

## Fish Fry Every Friday!

Join us for a fish fry every Friday from 4 pm to 7 pm, serving battered, breaded or baked 12 – 14 ounce haddock filets, shrimp, scallops, clams and a limited landlubber's menu. We have the best cole slaw north of the Mason-Dixon Line and it would definitely give most folks south of the Mason-Dixon Line reason to pause and think! Meet friends for dinner or make friends at dinner. Call us at 585-334-8228 and we will have it ready when you get here. We deliver locally for orders of \$25 or more.

## Sunday Breakfast Buffet

Our Sunday Breakfast Buffet will be on Sunday, June 19<sup>th</sup> from 9:00 am to 12:00 pm. Help yourself to regular or western style scrambled eggs, bacon, sausage, ham, home fries, pancakes, French toast, sausage gravy and biscuits, fruit, juice and coffee. \$8.00 for Adults & \$5.00 for children 6 – 10 years and free for children 5 & under.

## Devil's Bar News

**Karaoke nights (with Paulie!) for June** are Friday, June 10<sup>th</sup> and Friday, June 24<sup>th</sup> starting at 8 pm and lasting to midnight. There will be drink specials and free popcorn, and at the end of the night on June 24<sup>th</sup> we will award the best singer present \$25.00 cash!

The **Queen of Hearts** jackpot is in excess of \$300.00! Tickets are \$1.00 and the drawing is every Friday at 7 pm. You must have your ticket stub to claim your prize. The **Weekly Drawing** pot is nearing \$500! The drawings are every Wednesday at 6 pm. Pay a dollar & sign the book. If your number is chosen, you win! The **Dice Game** is over \$300! Pay a dollar and get 3 chances to roll 5 of a kind and win it all. We have a variety of **pull tabs** with prizes ranging from \$1 to \$100.

The **Wii Bowling League** has ended for the summer. Keep checking the newsletter and website for the next league! This year the League collected over \$2,500.00. Our dinner was held at the Longhorn Steakhouse where we spent over \$900 on a feast! Afterwards the League was able to contribute over \$1,600 to the Social Area bar stool replacement fund!

**Euchre Night** is every other Tuesday starting at 6:30 pm. June Euchre nights are the 7<sup>th</sup> & 21<sup>st</sup>. This is another great opportunity to support your Post by coming to dinner, making friends and having a good time! Everyone is welcome!

Come to the Devil's Bar on your birthday and have a **birthday drink on the Post!** Just show proof to the bartender that it is your birthday & order your favorite drink on the house. Bring your friends with you to help you celebrate...

*The Devil's Bar Reserves the Right to Refuse Service to Anyone Who Appears Intoxicated.*

## Presenting the 2016 Henrietta Town Parade Grand Marshall's Wife, the Lovely Bev List!



## Apple iPad Mini 2 Summer Raffle

This summer we are raffling tickets for an Apple iPad Mini 2 tablet with a 7.9 inch Retina display, an A7 chip with a M7 motion coprocessor and built in WiFi. It has a 5 MP iSight camera with 1080p HD video recording, a Facetime HD camera, and with iPhoto, iMovie, GarageBand, Pages, Numbers & Keynote applications included! And there are over 475,000 applications at the App Store!

Tickets are \$1.00 each and are available in the Devil's Bar, during Tuesday and Friday dinners and at our Legion Family Independence Day Picnic on July 4<sup>th</sup> where & when we will have our drawing.

## Time to Get the Poles Out!

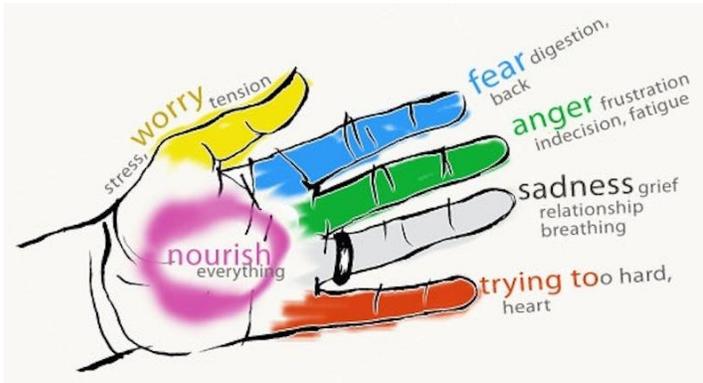
Our 10<sup>th</sup> Annual Fishing Derby will be held rain or shine on Saturday, August 6, 2016, 7:00 AM to 10:30 AM in Martin Road Park at the Buyck Pavilion. All youths aged 4 to 14 years are invited to participate. The Derby and lunch are free but participants must bring their own pole & bait. Call the Henrietta Recreation Department at 585-359-2540 for more information and to register!

## The Following Businesses Support Our Post

The following local businesses support our Post. We encourage you to consider these businesses first when you have need of services and let the manager know we sincerely appreciate their support:

<b>Gander Mountain</b>	<b>Macaroni Grill</b>
<b>Outback Steak House</b>	<b>Olive Garden</b>
<b>Mama G's Italian Restaurant</b>	<b>Rush Creekside Inn</b>
<b>Suburban Animal Hospital</b>	<b>Cerame's Italian Villa</b>
<b>Fireside Grill &amp; Sports Bar</b>	<b>Key Bank</b>
<b>Lamartina's Italian Restaurant</b>	<b>Wegman's</b>
<b>MacGregor's Grill &amp; Tap Room</b>	<b>Home Depot</b>
<b>Young and Co, CPA's LLP</b>	<b>Buffalo Wild Wings</b>

## The Healing Fingers



We all use touch for therapy – when we think, we put our chin on our fist, and when we’re uncomfortable, we rub our hands together as if we’re cold. Even babies suck on their thumbs when they go to sleep. We don’t do all of these things for nothing, as each part of our body is connected to a whole system. If we know where to apply pressure in the system, we can overcome various physical and mental symptoms.

Finger Touch Therapy originates from an ancient Chinese technique, in which every finger relates to different organs and emotions. In a study conducted by the Mercy Cancer Center in the U.S., all of the participants experienced beneficial sensations, including reduced stress and nausea during chemotherapy. Additionally, many patients that reported difficulties sleeping found that by holding their thumb and taking deep breaths, they were able to fall asleep much faster. It is assumed that thumb holding is related to the way babies suck on their thumbs, but either way, both patients and doctors strongly recommend this method.

To use this technique, all you have to do is make a fist around the finger that’s connected to the sensation or body-part you wish to soothe, and slowly apply pressure to it for 3-5 minutes while breathing deeply. If you want to balance your whole body, simply do it for each finger on both hands.

### Thumb

- Sensations: Anxiety, worry, and depression
- Organs: Stomach and spleen
- Physical Symptoms: Stomachaches, headaches, skin problems, and stress

### Index Finger

- Sensations: Fear, frustration, uncertainty, and confusion
- Organs: Kidneys and bladder
- Physical Symptoms: Indigestion, discomfort in the arms, elbows and wrists, muscle pains, backaches, teeth related problems, and any type of addiction.

### Middle Finger

- Sensations: Anger, restlessness, and indecisiveness
- Organs: Liver and gallbladder
- Physical Symptoms: Eye and vision problems, lethargy, migraines, frontal headaches, period pains, and circulatory system issues.

### Ring Finger

- Sensations: Sadness, grief, fear of abandonment and rejection, negativity
- Organs: Lungs and large intestine
- Physical Symptoms: Indigestion, respiratory problems, tinnitus, deep-layer skin problems

### Pinky

- Sensations: Low self-esteem, judgmental behavior, and stress
- Organs: Heart and small intestine
- Physical Symptoms: Stomachaches, headaches, skin problems, and stress

## Use Smartphone Pictures to Simplify Your Life

Make your smartphone work for you!

Update your contact list. Use those recent holiday cards to add an image to your digital contact list.

Find your car. Snap a photo of the parking section sign where you parked.

Wireless password. The WEP key on the bottom of your wireless modem.

Remember part numbers.

X-ray Vision. Are you remodeling? Take pictures of the walls before the sheetrock goes up. This may prove invaluable when it comes to hanging pictures, finding leaks, or considering future remodeling projects.

Maps and directories. Take the “You are here” right with you.

Disassembly. It’s one thing to take something apart; it’s another have to put it back together again. Snap a picture at every step so you won’t have any extra bolts. Grow eyes in the back of your head.

Evidence. Whether you are documenting a vehicle accident or the condition of a package, the proof is in the picture.

Medication information. Capture warnings, expiration dates, names, and refill numbers in one shot.

Capture moments..

Before and after pictures. Great for weight loss!

# June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29</b>	<b>30</b>	<b>31</b> Tuesday Dinner Spaghetti with Italian Sausage / Meatballs	<b>1</b> 6pm House Mtg 7pm Exec Mtg Weekly Drawing	<b>2</b>  TOPS	<b>3</b>  Fish Fry Friday! 7pm Queen of Hearts	<b>4</b>  Monroe County A.L. Convention
<b>5</b>	<b>6</b>	<b>7</b> 6:30 PM Euchre Tuesday Dinner Grilled London Broil	<b>8</b> Weekly Drawing 645 SAL Mtg 730 General Mtg	<b>9</b>  TOPS	<b>10</b>  Fish Fry Friday! 7pm Queen of Hearts 8pm: Karaoke!	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> Newsletter Input Due Tuesday Dinner Chicken Cordon Bleu	<b>15</b>  Weekly Drawing	<b>16</b>  TOPS	<b>17</b>  Fish Fry Friday! 7pm Queen of Hearts	<b>18</b>
<b>19</b>  Breakfast Buffet	<b>20</b>	<b>21</b> 6:30 PM Euchre Tuesday Dinner Country Fried Steak	<b>22</b>  Auxiliary Mtg Weekly Drawing	<b>23</b>  TOPS	<b>24</b>  Fish Fry Friday! 7pm Queen of Hearts 8pm Karaoke!	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>  Tuesday Dinner Fried Chicken	<b>29</b>  Weekly Drawing	<b>30</b>  TOPS	<b>1</b>  Fish Fry Friday! 7pm Queen of Hearts	<b>2</b>
<b>3</b>	<b>4</b>  Independence Day Legion Family Picnic	<b>5</b> 6:30 PM Euchre Tuesday Dinner Goulash	<b>6</b> 6pm House Mtg 7pm Exec Mtg Weekly Drawing	<b>7</b>  TOPS	<b>8</b>  Fish Fry Friday! 7pm Queen of Hearts	<b>9</b>

## Contact the Post

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