



Ely-Fagan Post

Post Commander

August gives us a break from another one of our regular meetings, I hope everyone is enjoying the summer. I have not been able to attend any parades but our Color Guard has had another excellent year representing our post and the Legion. They work very hard and we appreciate their efforts.

The County Honor Guard now meets at our Post, after many years meeting at the Greece Post; our Executive Committee offered our Post and they voted and agreed on it. The Honor Guard performs about 250 funerals each year. That's quite a commitment from their members and they are always looking for new members. If you are interested in joining, they meet the 4th Tuesday of the odd months at 7:00 pm or you can just stop in and thank them for all they do.

Our merger work continues, and yes, it is a slow process. We have a member who is doing the legal work which is saving us quite a bit of money, so it is taking longer.

After August our kitchen will be back to a Fish Fry every Friday, a Tuesday dinner each week and other meals for various occasions. Our post has benefitted greatly from the kitchen and they are always in need of volunteers and someone to run a crew. If you are interested please contact the kitchen staff, they will be happy to have you and train you if needed.

I believe as I write this it has been announced the House passed the bill expanding the eligibility requirements for the legion. All that remains is for the president to sign the order. This will greatly expand the pool of veterans for our membership. If you know of someone that falls into this category let them know they may soon be eligible for membership.

Al Purdy continues to do a great job selling sportsman raffle tickets. He certainly could use additional help as he goes to Field & Stream most weekends to sell. For those of you that have helped out, thank you. If any one would like to step up please let us know. The sportsman's raffles are the biggest fundraisers we have.

FOR THE GOOD OF THE LEGION

John Compitello
Commander
585-481-7360

Auxiliary President

Department Convention was held in Buffalo, NY July 18-20th. Our unit was well represented with four members as delegates. Our Ely-Fagan Color Guard did a great job during the parade. We congratulate them on their 2nd place win. Ladies, you are always #1 in our book!!!

Our new Department President, Linda Tome's theme for the 2019-20 Centennial year is "Preserve the Past. Focus on the Future." Linda has chosen as her President's Project Stop Soldier Suicide. This is the first national, veteran founded and led nonprofit to focus on military suicide prevention. With suicide rates among veterans on the rise, this is an issue that needs awareness and action. See the Stop Soldier Suicide website at <https://stopsoldiersuicide.org> for more information.

Even though we don't meet during the summer, there is still so much we do or can do. Some ideas are:

1. Save coupons. Military families stationed overseas can use coupons up to 3 months after expiration. If you have any coupons, I'll be happy to take them and send them off. They do have to be manufacturer coupons.
2. "Give 10 to Education" – Collect and Donate school supplies in multiples of 10 (10 pencils, 10 folders, etc.) There are many schools and other organizations that these items can be donated to.

Remember, keep track of any hours & money spent, etc. and report it to an Auxiliary officer so that we can include in our reports to Department.

One focus for the upcoming year is to get more of our young Auxiliary and SAL members involved by providing activities geared toward their age group. The ALA patch program is open to Jr Auxiliary and SAL members from Kindergarten through 12th grade. My hope is to have at least bi-monthly meetings for our younger members (Auxiliary and SAL) through the upcoming year. If you have a young person that might be interested, contact me and I'll make sure to send information.

Let's make this Auxiliary Centennial year a great one! See everyone in September.

For God and Country

Sandy Seacat, President
seacatala2@yahoo.com
585-622-0972

August Meetings

The Executive Committee meets August 7th at 7 pm. The Rice-Hallick VFW Post meets at 7 pm August 13th. Any member in good standing can attend any meeting at the Post.

2020 Membership Drive

Our 2020 membership drive begins shortly and you will be receiving dues notices in the mail. You can pay your dues by mailing them in, on line at <http://www.legion.org/renew>, or bringing your dues to the Post.

Auxiliary News

The Ely-Fagan American Legion Auxiliary Officers hope you are all enjoying your summer.

Your 2019-2020 dues are now due. Please remit payment to Kathy Callagee, 65 Authors Avenue, Henrietta, NY 14467. Senior dues \$28.00 – Junior dues \$8.00. If you have questions regarding your membership, or if a new member needs information, please call Kathy Callagee, 1st VP, Ely-Fagan American Legion Auxiliary @ 585-334-0786. She is our Membership Chair and can help you sign up or answer any Auxiliary or Junior Auxiliary membership questions you may have. You may place your dues in the Auxiliary mailbox in the “ice room” in the basement. This is a locked mailbox that is checked often.

Our next Auxiliary meeting will be held on Wednesday, September 25, 2019 at 6:00 p.m. This is our annual potluck dinner. PLEASE BRING A DISH TO PASS. Our regular meeting will follow at 7:00 p.m.

Our Auxiliary meetings are held every 4th Wednesday of each month beginning at 7:00 p.m. at the Post home, unless otherwise indicated. *Our November and December meetings are usually changed, due to the holiday schedules. Our September meeting begins at 6:00 p.m., as our pot luck dinner precedes our regular meeting. Our March meeting begins at 6:00 p.m., as we hold our annual New Member’s Banquet for all newly signed Auxiliary members only on this date. (All NEW members will receive a personal mailed invitation to this banquet). Our June Auxiliary meeting begins at 6:00 p.m., as we hold our annual summer picnic, with a regular meeting to follow.* The Auxiliary does NOT meet in the months of July or August.

Please check the monthly newsletter and/or Post calendar for Auxiliary meeting date and time confirmation.

For God and Country,



Kacy Friedler, Secretary
Ely-Fagan Auxiliary Unit 1151

13th Annual Youth Fishing Derby

This year’s Derby will be held rain or shine on Saturday, August 3rd from 7:00 am to 10:30 am at Martin Road Park. 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! To volunteer to help please contact Ray McCormick at 585-764-9548.

Post Chicken Barbecue Dinner Fundraiser and Car Show August 18.

The 2nd Annual Post Car Show will be held on August 18th from 11 am to 3 pm. There will be at least 30 “show” cars, including antiques, classics, street rods and muscle cars. Admission is free. We will also be having a Chicken BBQ Fundraising Dinner to help pay for replacing the air conditioning system at the same time. For \$10 the dinner includes ½ BBQ Chicken, BBQ Beans & Chop’s homemade Macaroni Salad. Tickets are on sale in the Devil’s Bar and can be purchased at the door as well. DJ Dave Ells will be providing entertainment. See some neat cars, have some great food listen to some outstanding music, spend time with good friends and help the Post at the same time. It is a win-win situation for everyone involved!

Post Meat Raffle

We will have our 3rd Meat Raffle on Friday, August 23rd, from 5pm to 9pm. The raffle will have a “Fall” theme with several types of complete dinners included. The raffle opens at 5 pm with the first spin of the prize wheel when all tickets are sold or at 6pm on the dot. There will be 25 different prizes and 25 different raffles for those prizes. Each raffle will have 50 tickets and the cost will vary from \$1.00 to \$5.00, depending on the prize being raffled. Once all tickets in a raffle are sold, the wheel will be spun, the winner announced and tickets will be sold for the next raffle. We will continue to sell tickets, spin the prize wheel and award prizes until all prizes are handed out or 9 pm, whichever is first. The prizes will be well worth the cost of the chances. Hot dogs, snacks & soda will be on sale for \$1 each. The public is welcome. For further information, contact Kevin Hermey by email: lkhermey@rochester.rr.com or call 585-746-8450.

Summer Kitchen Operations

The Kitchen is closed for the month of August to perform much needed maintenance and upgrades. The next Fish Fry will be September 6. The next Sunday Buffet Breakfast will be September 8, and the next Tuesday night dinner will be September 10. We will be serving fresh sandwiches in the Devil’s Bar on select nights. Check the newsletter, Facebook and the website for updates.

6th Annual Clara's Crohn's Fundraiser

Crohn's disease is an inflammatory bowel disease (IBD) that causes chronic inflammation in the digestive tract leading to abdominal pain, diarrhea, fatigue, and malnutrition. In 2015, an estimated 3.1 million Americans were diagnosed with IBD, and according to the Crohn's & Colitis Foundation, Crohn's disease may affect as many as 780,000 Americans.

Anyone can develop an IBD, but Caucasians are diagnosed more often than other ethnicities. Risk factors for Crohn's disease include family history and cigarette smoking. Active smokers are more than twice as likely as nonsmokers to develop Crohn's disease.

There is no cure for Crohn's and the goal of medical treatment is to reduce the symptoms. The Crohn's & Colitis Foundation estimates that two-thirds of those with Crohn's disease will have one or more operations in their lifetime. About 30 percent of surgical patients will have a flare-up within 3 years, and 80 percent will have one within 20 years.

Treating Crohn's is expensive, costing about \$20,000.00 per patient per year and a national cost of about \$30 billion. Costs were higher for people with more severe disease activity. Patients in the top 25 percent averaged \$60,582 per year. Those in the top 2 percent averaged more than \$300,000 per year. That's why fundraisers such as Clara's are so important!

On Sunday, August 11, from noon to 4 pm, the post will be hosting the **6th Annual Clara's Crohn's Fundraiser BBQ** to benefit the Crohn's & Colitis Foundation. This year's goal is to sell 200 Chicken BBQ Dinners at \$10 each. Each dinner includes ½ BBQ chicken, salt potatoes, corn on the cob, roll, and water. There will be live music by the Big Blue House Band, 50/50 raffles, basket auctions, raffles & more! All proceeds will be given to the Crohn's & Colitis Foundation.

For further information and to purchase tickets, please contact Carol at claravscrohns8@aol.com or call 585-285-1166.

New Parking Rules

To comply with the Americans with Disabilities Act guidelines, facilitate entering and exiting the building and to allow for unloading of supplies, we have set up a no parking zone in front of the Bar & Kitchen doors. Please do not park in the hash-marked area. As we have less than 50 total parking spaces we are required to have two handicapped accessible spaces. With the new configuration, there are 4 and all are van accessible. Please be courteous and park correctly between the lines and don't take up more than one space.

If you have need to leave your car in the parking lot for whatever reason, please call the post (585-334-8228) and at least leave a message. That will let us know if a car belongs to a member or an unauthorized guest.

Fall Sportsman's Raffle

The Fall Sportsman Raffle will be Saturday, September 21, 2019 from 12 pm to 5 pm. Tickets are \$10.00 each and include food and beverage from 1 pm to 4 pm. There will be two Early Bird Drawings, on August 1st and September 1st, at 6 pm in the Devil's Bar. You do not have to be present to win. All local, state, and federal laws will be adhered to. Instead of the actual prize, winners will receive gift cards for the cost (including tax) of the prize that can be redeemed at the Field and Stream store at the Marketplace Mall, Dick's Sporting Goods, or online. Bring in a non-perishable food item for the Rush-Henrietta Area Food Terminal (R.H.A.F.T.) and be included in a raffle for a Coleman Road Trip LXE Gas Grill (\$150 value).

The main prizes are:

1. \$200.00 Cash
2. Remington 870 12 ga
3. Ruger 10-22 Takedown
4. \$500.00 Cash
5. Wicked Ridge Invader Crossbow
6. Marlin 30-30 Lever Action
7. Field & Stream 16 Gun Safe
8. \$200.00 Cash
9. Henry Golden Boy 22 cal
10. RCBS Rock Chucker Reloader

There will be side raffles, pull tabs, a Chinese Auction, a 50/50 and last chance drawing. Tickets are available at the Devil's Bar and volunteers will be selling tickets at Field & Stream and Pep Boys at Marketplace Mall on weekends and at the Castle Road Canandaigua National Bank on Saturdays from 9 am to 1 pm. If you send a check made out to Ely-Fagan Post 1151, we will put your tickets in the mail the same day. We need help selling tickets! If you would like to volunteer to help, or if you have a question, contact Al Purdy, 585-329-8540. **The Fall Sportsman Raffle is a major source of Post income. Please help support our Post!**

Color Guard

We are always looking for women to join the Color Guard. If you are interested in joining an awesome group of ladies and having a great time, please contact Missy Clark @ [585-281-9017](tel:585-281-9017). Missy is the Sergeant of the Color Guard. Many of us march to honor a love one who has served, or is serving. We practice on Tuesday nights, we have a great time competing and representing Ely Fagan Post 1151. So come on down and check us out, we look forward to seeing you.

Have a Party Coming Up?

Did you know that the Post has tables, chairs, & canopies for rent at very reasonable prices? We also cater to parties held at the Post (we do not cater off-site). We have a price list if you're interested. Call Kevin or Ray at 585-334-8228.

Devil's Bar News

Beat the heat with one of our drink specials! Sunday Funday \$4 Bloody Marys, Monday Madness \$4 Strawberry Daiquiri, Tequila Tuesday \$4 Margaritas, Wind-Down Wednesday \$2 Wine. We also have Pina Coladas, Whiskey Sours and Mojitos for \$5 each.

We have Karaoke with Cody on Saturday, August 3rd starting at 8 pm. We have Bar Trivia with Rachel Thursday, August 15th starting at 7 pm. \$5 to play & the winners get half the pot!

Be sure to come check out the Car Show on Sunday, August 18! There will be a variety of "show quality" cars and the Post will be hosting a Chicken BBQ fundraiser to help pay for the new air conditioning system. DJ Dave Ells will be rocking the house from noon to 4 pm!

We will be serving fresh, delicious Beef on Weck in the bar on Thursdays during the month of August from 4 to 7 pm. For just \$5.00 and the purchase of a drink you'll get a stack of thin sliced roast beef piled high on a Kimmelweck bun with au jus and optional horseradish. If there is enough interest we may continue to serve fresh, hot sandwiches at the bar on days the kitchen isn't serving a meal. We also have Hot Dogs for \$2 and Personal Pizzas for \$3. Just let the bartender know you would like one.

We sell tickets for our monthly 50/50 and weekly Queen of Hearts drawings and be sure to stop by & sign up for our weekly drawing.

Please support your post!

Congress approves LEGION Act

The U.S. House passed the bipartisan LEGION Act on Tuesday, extending the recognized wartime era back to Dec. 7, 1941.

The LEGION Act — Let Everyone Get Involved in Opportunities for National Service Act — fills in the gaps of war eras and redefines The American Legion's membership eligibility dates, beginning with the bombing of Pearl Harbor and continuing until it is determined the United States is no longer in a state of war.

President Trump is expected to sign Senate bill S.504 into law later this week. When it becomes law, the legislation opens the door for hundreds of thousands of veterans to access American Legion programs and benefits for which they previously had not been eligible.

The gaps in the war era were largely during the Cold War, a time when threats to U.S. national security was real, especially to the men and women serving in uniform. Overall, estimates show that about 1,600 U.S. servicemembers were killed or wounded in hostile operations during periods that were not previously recognized as times of war by the federal government.

"As we celebrate our centennial anniversary, we hold to the same truths that our founders appropriately crafted a century ago, among those: a veteran is a veteran. It does not matter whether a veteran fought enemies on foreign soil, protected our interests in an ocean far away or secured our national defense here at home. Their service is what matters most. Now, thanks to this legislation, all veterans will be properly remembered for their service," American Legion National Commander Brett Reistad said.

Impact of Colors

*Colors have a lot more impact on our daily lives than you might think. Here are some things researchers have found out about people and their perceptions and responses to colors. (This article was first published in **Uncle John's Legendary Lost Bathroom Reader.**)*

PINK

- Studies have shown that people almost always believe pastries from a pink box taste better than from any other color box."
- People are willing to pay more for personal services (e.g., haircuts) performed by people wearing pink.
- Men believe pink products do the best job, but don't want to be seen buying them. However, if they think someone's watching, they'll choose something brown or blue.

ORANGE

- A quick attention, getter, it communicates informality.
- When it is used on a product, it "loudly proclaims that the product is for everyone."

PALE BLUE

- Pale blue can actually make people feel cooler. Designers often use it in places where men work, "because men feel 5° warmer than a woman in the same room temperature."
- Blue inhibits the desire to eat; in fact, researchers say, "people tend to eat less from blue plates."
- Because blue is associated with eating less, marketers use it to sell products like club soda, skim milk, and cottage cheese—all foods associated with dieting and weight loss.

BROWN

- Researchers say a brown suit subconsciously communicates, "a symbol of informality that invites people to open up." It is recommended for reporters and marriage counselors.

GRAY

- Your eye can process gray more easily than any other color.
- Even so, people often become prejudiced against it, especially in areas with a bleak climate.

BRONZE

- This metallic hue often gets a negative response. Researchers say it is "useful when rejection is desired."

GREEN

- It's used to sell vegetables and chewing gum. But people avoid using it to sell meat, because it reminds consumers of mold.

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30 6:30 pm Euchre	31 7pm Weekly Drawing	1 6 -8 pm Beef on Weck in the Devil's Bar 9 am T.O.P.S.	2 7 pm Queen of Hearts	3 8 pm Karaoke with Cody
4	5	6 6:30 pm Euchre	7 7pm Weekly Drawing 7pm Exec Mtg	8 9 am T.O.P.S.	9 7 pm Queen of Hearts	10
11 Crohn's & Colitis Benefit	12	13 6:30pm Euchre 7 pm VFW Mtg	14 7 pm Weekly Drawing	15 9 am T.O.P.S 5pm Grill open 7pm MG Club	16 7 pm Queen of Hearts	17
18 Post Car Show BBQ Fundraiser	19	20 5pm Grill Open 6:30 pm Euchre 7pm GOA Mtg	21 7 pm Weekly Drawing	22 9am T.O.P.S. 7pm Bar Trivia	23 5 pm Meat Raffle 7 pm Queen of Hearts	24
25	26	27 6:30 pm Euchre	28 7 pm Weekly Drawing	29 9 am T.O.P.S.	30 7 pm Queen of Hearts 50/50 Drawing	31
1	2 Labor Day	3 6:30 pm Euchre	4 7 pm Weekly Drawing 7pm Exec Mtg	5 9 am T.O.P.S.	6 Fish Fry 7 pm Queen of Hearts	7

Contact the Post

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Every Thursday in August 4-7 pm Beef on Weck at the Bar

Saturday, August 3 at 8 pm Karaoke with Cody

Sunday, August 11, 12 – 4 pm Clara’s Crohn’s BBQ Fundraiser

Thursday, August 15 at 7 pm Bar Trivia with Rachel

Thursday, August 15, 5-7 pm Grill Open

Sunday, August 18, 11 – 3 pm 2nd Annual Post Car Show

Sunday, August 18, 12 – 4 pm Chicken BBQ Fundraiser

Tuesday, August 20, 5-7 pm Grill Open

Friday, August 23, 5 – 9 pm Fall Meat Raffle