



The Echo



THE AMERICAN LEGION

JOHN F. MURPHY POST 303

Second Quarter 2016

April 2016 | Bonita Springs, FL

FROM THE COMMANDER

ANOTHER YEAR IS WRAPPING up for your officers at Post 303. It is hard to believe that I am now finishing my eighth year as your Post Commander.

First, I want to thank all the Officers, both past and present, who have served in support of myself, and the Post. Together, over the years, we have made some great achievements, and I am proud to have had the opportunity to work with all of you. This also holds true for those in the Auxiliary, Sons of the American Legion, and the American Legion Riders. I honestly believe we have a true Legion Family at Post-303 and it is because of this unity that we have been able to achieve all that we have.

I also want to extend my sincere gratitude to all the volunteers—without your time and dedication, many of our functions and events would not be possible. I appreciate each of you for all you do and the time you give in support of the Legion Family, our Veterans and the Community.

Finally, I would like to thank the amazing staff we have at the Post. From the Office to the Lounge and Kitchen, the Post is lucky to have such a dedicated and hard working group supporting the Post and it's efforts. I want you to know how much I appreciate each and every one of you.

Having said all that, there are some things, that do not make me happy, which I feel I must express. Yes, I do enjoy the great entertainment, food and discounted drinks just as much as any of you, however, there is more to the American Legion than just



the lounge and good times. As I previously stated, I am now completing my eighth year as Commander. Many of our officers have served in various offices for just as long or longer than I have. We are not going to be around forever. With more than 700 paid members at the Post level, I find it upsetting and disturbing that we cannot get more members involved. I have heard all the excuses, from "my time is limited" to "I don't know what I could do." You do what you can to support your Post. I myself work a full time job and yet I have found the time to be your Commander. I have been involved with bingo for twelve years, serve on the Veteran's Advisory Committee for the City of Bonita Springs, and make every effort to be involved in every event our Legion Family has at the Post. I do all this because I believe in our Post and I believe in supporting our fellow Veterans, our Community and our Legion Family.

This is also the case with many of our Volunteers. The same people volun-

teer each and every week, because others choose not to be involved. It is easier to sit back and have a cold one and let someone else do the work. Sad, truly when you think about it. I am not asking people to dedicate days or weeks, just a couple hours, once or twice a month, to pitch in and take some of the burden off those, who have continuously stepped up and done the job, to make our Post what it is today. I do not believe that is asking too much.

I know the Legion is not alone in this either. The Auxiliary, Sons and Riders deal with the same issues. Each and every time they hold meetings, have elections, look for volunteers to support various programs and try to put together events to support their causes and the Post. None of us are asking for blood or bundles of money, just a little time and some effort to help support the Post and the Legion Family. I have done my time, others have done theirs too! I do not think it is asking too much to ask others to

(Continued on page 2)

FROM THE COMMANDER (continued from page 1)

help share some of the burden and responsibility for keeping our Post moving forward and making it's mark, within the Legion, with our Veterans and in our Community, as well.

As I stated earlier—we will not be around forever. I myself have given serious consideration to the time I have left and the possibility of moving on to other ventures. I do believe that what would be best for the Post is for new blood and new ideas to come forward, in order that we can continue to grow and prosper. This can only happen however if people show an interest and get involved. For many currently serving, we feel the dedication and responsibility to continue to do what we can for the Post to remain strong. However, at some point, it will be time for others to take over and shape the future of YOUR Post.

WHY NOT GET INVOLVED NOW?

- Attend a meeting
- Chair one of the many programs
- Volunteer a few hours a month to support your Legion, your Auxiliary, your Sons, your Riders.

For the Legion, the first round of nominations has already been completed in March and the second round will take place at our April meeting (Tuesday, April 12 - 7 p.m.). Elections and voting (if necessary) will take place in our May meeting (Tuesday, May 10 - 7 p.m.) in accordance with our by-laws. Results will be read and posted following the May meeting. There will also be posted, at that time, on the main bulletin board, a list of various Legion Programs and what they involve along with another list of opportunities for people to volunteer. I would be happy to discuss any of these various items with anyone interested, and would welcome the opportunity.

I look forward to seeing you at the Post,

— Adam Prentki III, Commander, Post-303

The Chaplain's Corner

*"A Blessing, some Thank Yous, an Invitation
and Encouragement"*



LET'S ALL SAY THANK YOU!
To our Post Family, to our bartenders and managers, to our kitchen staff and to our servers—thank you. You have all pulled together and worked to provided Post 303 friendliness to all of the influx of our winter visitors on top of our members and our guests.

Part of our Post is a business that generates the funds so we can do the programs that make us more than an inexpensive club for food and drink. We manage to scrape enough funds up to pay the bills to keep the Post functioning and to fund our programs.

Thank you to Amy Serdahl, not just for managing the bar with Julie Sorensen, but composing and distributing this newsletter, updating the TV calendar with creativity and keeping a sound overview. (Amy, remember to sign the book.)

Thank you to our chef, Randy Villiger. What a great chef.

We have so many great volunteers who create a synergy that makes our Post more, greater and better than the sum of the parts.

Say thank you to Adam Prentki III (8 years as Commander). He pulls together the efforts of the Auxiliary with Deb Whiteley (and all of the Auxiliary), the SAL with Scot Grissom (and all of the SAL), the Legion Riders with Rod Rodrigues (and the Riders), as well as members of the Legion.

Adam has a great service planned for Memorial Day at Riverside Park. I promise you, it will be very moving.

Rev. Gene Bilotti, the SAL Chaplain blessed over 200 bikes (the souls who operate them) at the Blessing of the Bikes. Thank you Gene!

A thanks to Rusty Delmore. She keeps the paperwork on track. Thank you Rusty.

By the time you read this we will already have had our Dyngus Day celebration (April 2, 2016); that is driven by Adam Jr. and Adam III. I think of the celebration as a tribute to Susan Prentki.

As the Chaplain, I ask you to give thanks and praise to God. As a member of 303, I ask you to give thanks and some praise to all of our volunteers. I give my thanks to you for being a member of 303.

To all of the veterans of the Armed Forces of the United States of America, **THANK YOU FOR YOUR SERVICE!**

Let me give you a blessing as part of my thanks. May the roads rise to meet you. May the wind be at your back. May the sun shine warm upon your face; The rain fall soft upon your fields and, until we meet again, May God hold you in the palm of His hand.

THANK YOU!!

— Jay Murphy, Chaplain Post 303



FROM THE AUXILIARY

PRESIDENT'S LETTER

I WOULD LIKE TO START BY thanking everyone for giving so much time and effort volunteering for all of the post and Auxiliary functions we have had so far this year with many more coming up as I write this.

We have already set into motion several projects such as our girls state program. An with upcoming projects such as our District picnic as well as Dyngus Day. And I'm sure the commander has something special up his sleeve for memorial day.

We still have our food bank project in full force thank you all for helping our local needy families. We have been averaging about 12,000 Lbs a year over the last three years and it could not happen without our volunteers whom collect, bag and deliver to Bonita Assistance.

We will be having our elections soon and at this time I would like to thank everyone for your wonderful support in my last Four years as your president. We have some wonderful women In our Aux that I know will do a wonderful job in the coming years.

It has been for me a gratifying time with many memories and working with Adam has been a pleasure .

Our legion Family is exactly that to me we all work so well together. Our SAL is always right there when you need them along with the Riders. Love you all!

A big Thank you to all of our volunteers without you we could not do the things we do.

— Deb Whiteley,
Auxiliary President Post 303



PRESIDENTIAL ASPIRATIONS

Past Unit President for Unit 323, Evelyn Kanchok, visited our January 12, 2016 Auxiliary meeting to ask for our support as a candidate for District 13 President for the 2016-2017 service year. Elections are May 21, 2016 at Punta Gorda (103). She has held numerous offices and chairmanships since 1994. It's her dedication, experience and loyalty that she brings to this position and therefore would appreciate our consideration and support.

ATTENTION, PLEASE

Elections for next year are fast approaching! If you're interested in becoming an officer, please see Jan Farrington or Judy Sova. Names can be submitted at our next meeting on April 12th as well as nominations taken on the floor at the May 10th meeting. Elections will be held May 10th. We'd love to have your input!



WE ARE FAMILY

On March 6 the Post 303 Sons of the American Legion (SAL) held their 4th Annual Brian Bladergroen Memorial Horseshoe Tournament. The proceeds of the tournament went to support SAL member Damian Creed. Several of our Auxiliary members and officers were there lending a hand to the SAL for this wonderful event, from photography by Jan Farrington, to cooking and serving food by Krista Thomas, to raffle ticket sales by Cathy Young, Brenda Blade and Patrice Lomelino, to T-shirt sales by Amy Serdahl and Marie Harris. A couple of Auxiliary members were even participants in the event! Great Auxiliary presence for the cause!

Special thanks and photo credit to Jan Farrington, Auxiliary Historian

FROM THE POST HISTORIAN – BERNIE LURYE

SAINT OF THE POW CAMP—

THE INSPIRING STORY OF CHAPLAIN EMIL KAPAUN, MEDAL OF HONOR RECIPIENT

HIS CONGREGATION WAS located inside a North Korean POW camp. His parishioners, made up of every faith, were hungry, ragged, emaciated prisoners of war. His “church” was a lice ridden mud hut. His uniform bore a small cross of the Corps of Chaplains, rather than the crossed rifles of an Infantry Unit. Although he died in the POW camp at age 35, many credit him with their survival and those fortunate ones refer to him as a hero, martyr and saint. Emil Joseph Kapaun was a farm boy who called Pilsen, Kansas his home.

Ordained at age 24 in 1940 for the Diocese of Wichita Kansas, he entered the US Army as a Chaplain during World War II, serving in Burma, China and India. Fr. Kapaun was discharged, but re-enlisted as the Korean War broke out. In early November of 1950 his unit was overwhelmed by Chinese troops. Although he had an opportunity to escape, Fr. Kapaun learned there was a pocket of American troops who were unable to flee. He voluntarily made his way to the trapped and injured men. There he was captured and continued his ministry as a



Emil Kapaun (right), former chaplain with Headquarters Company, 8th Cavalry

prisoner of war. Lieutenant Ray M. Dowe Jr., was one of the POWs who survived and lived to tell of Fr. Kapaun’s ministry.

The troops of the POW Camp were being fed a starvation diet. At the risk of being shot, Fr. Kapaun would sneak out of the camp into the nearby fields around the compound, where he scrounged for leftover ears of corn, spoiled potatoes, and grains to

share with the troops. Fr. Kapaun begged for cotton undershirts to make bandages for the wounded and cared for the sick and dying as much as he was able. Most importantly Fr. Kapaun was instrumental in giving hope to his fellow prisoners. Whenever it was safe, he conducted quiet prayer services. “He would offer a prayer of thanks to God for the favors he had granted us, whether we knew about them or not, and for the food and water we received at the hands of our enemies”, recalls Dowe. He would conclude with a short simple sermon urging the men to hold on and not lose hope that they would be freed and return to their families. Recognizing the influence Fr. Kapaun had over the other men, his captors never punished him directly. However they did not hesitate to torture those closest to him, enough to solicit charges that Kapaun was advocating resistance against their captors. When the tortured men were returned to the general POW population, unsure of their welcome, it was Fr. Kapaun who greeted them saying: “You never should have suffered trying to protect me.”



Father Emil Kapaun celebrating Mass using the hood of a jeep as his altar, October 7, 1950

Because of the accusations made by the men, the POWs fully expected that Fr. Kapaun would be executed. However, their captors merely called him in and threatened him with harm.

Dowe writes: "We realized what we had half known all along. They were afraid of him. They recognized him in a strength they could not break, a spirit they could not quell."

Gradually, it became clear that Fr. Kapaun was beginning to fail in strength. Pneumonia eventually took him. But before he passed, he left his men messages of hope.

"Tell them back home that I died a happy death," he said.

He gave his prayer book to another officer saying: "You know the prayers. Keep holding the services. Don't let them make you stop."

Standing behind Dowe was a Turkish Lieutenant of the Muslim faith, who said: "To Allah who is my God, I will say a prayer for him."

Even after he died, Fr. Kapaun's influence continued to affect the camp. A young Jewish Marine was placed in the facility and said he couldn't understand why the men were taking care of each other unlike other places he had been held captive. He asked why and received this answer: "Padre Kapaun, Padre Kapaun." In April 2013, President Barack Obama posthumously bestowed Father Kapaun with the Medal of Honor, saying: "This is the valor we honor today. An American Soldier who didn't fire a gun but who wielded the mightiest weapon of all, a love for his brothers so pure, that he was willing to die so that they might live."



DISTRICT 13 PICNIC

March 20, 2016 - Fun was had by all as Post 303 was honored to host the District 13 Picnic this year. Special thanks to all who contributed to pulling off this wonderful event, which included: entertainment by the SCS Band, A Classic Car Show coordinated by Reid Riberty, a magician, a dunk tank, and so much more! Truly an awesome event!





PHOTOS FROM THE 4TH ANNUAL BLESSING OF THE BIKES

1/24/16 - A very successful Sunday event put on by our own Post 303 American Legion Riders who raised more than \$4,500 for the American Legion Legacy Fund which provides scholarships to children of veterans who have lost their lives in combat since the 9-11-01 attacks on our country.



ANNUAL TRADITIONS EVOLVING



2015



2016



2015



2016

In addition to the advertised elements of our Blessing, certain side traditions have evolved. As reported last year, the Lance family (above) celebrated the first time all four generations had been together. They have made it a new family tradition, and the fourth generation has a new member this year! And, of course we ladies have started our own tradition with our annual photo, um, showing our support for our local firemen ... Someone should see if we can get them to do their next calendar shoot at Post 303. I'd be more than happy to art direct it.

—Amy Serdahl



FROM THE POST 303 AMERICAN LEGION RIDERS

IT'S THAT TIME OF YEAR, again at American Legion Post 303 when our seasonal members of all departments and friends are getting ready to leave and nominations/elections of officers are happening. As always, it is great to see our seasonal members and catch up, socialize and to have them involved in our many activities. In the inverse, it is sad to see them go because the vibrancy of their unique personalities is missing from the Post family—as are their many volunteer hours. We truly appreciate your membership and patronage and look forward to seeing you next year.

Nominations are under way for all positions within the American Legion Riders and nominations will be accepted up to our elections at our May ALR meeting (Monday, May 9th-7 p.m.). Here are our current (2015-2016) officers:

- **Director:** Rod Rodrigues
- **Asst. Director:** John Beadles
- **Secretary:** Roni Cleary
- **Treasurer:** Julie Thompson
- **Road Captain:** Walker
- **Chaplain:** Dan Thompson
- **Sergeant-at-Arms:** Duane Somers

Several of the incumbent officers are not seeking re-election. If you have any interest in becoming an officer or nominating someone, please contact one of the current officers. IT IS VERY IMPORTANT FOR THE FUTURE OF YOUR POST 303 AMERICAN LEGION RIDERS that all members try their best to attend the April (Monday, April 11th-7 p.m.) and May meetings.

Our annual Blessing of the Bikes was

conducted on January 24th and a good time was had by all. The SCS (Serious Country Sound) Band kept everyone entertained while many vendors demonstrated and hawked their wares. A big “thank you” to all departments of the Post for their contributions and volunteerism. This year’s Blessing of the Bikes raised in excess of \$4500 for donation to the American Legion Legacy Scholarship Fund. Congratulations to Post member George Greenling, who won the golf cart donated by Hole in One Golf Carts and to Kathi Castricone for winning the 50/50 raffle. We hope to see you at next year’s Blessing of the Bikes!

I leave you with this riding practice that can be used at any speed to identify factors ahead.

- **12 SECONDS** is the anticipated path of travel. It is where riders should generally look for factors that could develop into a hazard.
- **4 SECONDS** is the immediate path of travel and approximates total stopping distance. It is the minimum amount of time we need to stop or maneuver.
- **2 SECONDS** is the minimum recommended following distance.

Having a 4 second immediate path means to always have an escape planned 4 seconds in advance. This is especially true when approaching an intersection.

© Harley Davidson Rider's Edge & MSF

— John “Ranger Rod” Rodrigues
Director, American Legion Riders
Ride Hard. Ride Often. Ride Free.

MARK YOUR CALENDAR

APRIL 11 - MONDAY:

BYE BYE BIRDY Italian Dinner
5-7pm, with Karaoke by Doc
This will be the final Spaghetti
Dinner of the Season.

MAY 8 - SUNDAY

Mother's Day

MAY 30 - MONDAY

Memorial Day
Service at Riverside Park, followed by
food and activities at the Post.

JUNE 14 - TUESDAY

Flag Day service at Post 303

JUNE 19 - SUNDAY

Father's Day

WEEKLY EVENTS

SUNDAYS:

Sunday Funday!
Breakfast from 8am-Noon.
BINGO 6 pm.

MONDAYS:

Italian Night 5-7pm \$8 -(ends 4/11/16)
with Karaoke by Doc.

WEDNESDAYS:

BINGO 7pm-9:30pm

THURSDAYS:

Food from 5-7pm. Entertainment
beginning at 6:30pm. 3 of Clubs Raffle
and 50/50 Raffle at 7pm

FRIDAYS:

Friday Night Fish Fry from 5-7pm.
Entertainment beginning at 6:30pm.

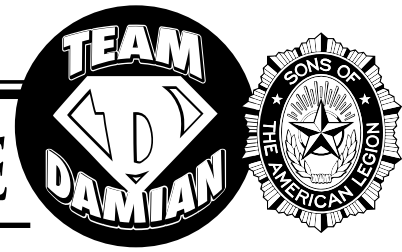
SATURDAYS:

MOOLAH from 2:30-4:30pm.
NY Strip Steak, Pot Roast
or BBQ Ribs from 5-7pm. Live Music
beginning at 6:30pm. (music ends 5/28)

UPCOMING MEETINGS:

Legionnaires ` 2nd Tuesday at 7pm
Auxiliary • 2nd Tuesday at 6:30pm
S.A.L. • 1st Thursday at 6pm
Legion Riders • 2nd Monday at 7pm

TEAM DAMIAN UPDATE



ALL SEEMED TO BE HEADED in the right direction for our little superhero who has been battling cancer the past 2 years, as his mom, Post member, Sarah Hancock, relayed this message via the Team Damian Facebook page on January 14, 2016,

"I can't keep it in any longer, Damian's MRI shows a clean, beautiful, tumor-free brain!!! It seems that the protons did their job. Yes—we are continuing with chemo because this type of cancer loves to come back with a vengeance—as we have seen. As I type this, Damian is happily singing along with shapes on his iPad. This kid has so much strength and endurance. I couldn't love him more."

"Thank you so much TEAM, for your continued support, prayers and kind words for our superhero. The fight is far from over but there is a light at the end of the tunnel. Today was a great day. XOXO"



Damian not feeling well the week before his diagnosis.

However, to put it simply, tumor-free did not mean cancer-free, unfortunately for little Damian. His family received a grave diagnosis on March 2, 2016. Here is the information Sarah provided via the Team Damian Facebook page:

"We noticed some changes in Damian last week, sleeping more, no appetite, and the most significant, holding his head. I mentioned it to his oncologists Monday

when I talked to them and when we came to Miami on Tuesday for chemo, I asked if we could do an MRI just so I could sleep better knowing it's nothing. He had the MRI yesterday morning and results were in almost immediately. There are several areas of enhancement on Damian's brain. It doesn't show up like a tumor, rather several bright lines. This indicates either inflammation from the radiation he received or cancerous spinal fluid. He had a spinal tap early this morning along with chemo administered right into the spine. We are still awaiting these results. They are treating him for leptomeningeal carcinomatosis, or cancer of the spinal fluid and membranes in and around the brain. This diagnosis is terminal, but we are still fighting. He is currently receiving the chemo protocol he had in September. We are very worried as this proved to be very toxic then. Now that he has had radiation, he is very weak and will not be able to tolerate the same doses. We are buying time until we can do a stem cell transplant, which will also be very hard on him. If it is proven that he has leptomeningeal carcinomatosis, he will get weekly chemo administered via lumbar puncture. When it stops working, we keep him comfortable and love on him."

We at Post 303 are praying for him daily and sending positive energy Sarah, Ron and Damian's way. Although a 5% diagnosis is heartbreaking, we have hope in that chance. Please keep Damian in your thoughts and prayers and sending positive energy his way.



March 21, 2016 - Damian's 4th birthday. Damian with his parents at the hospital enjoying a bubble machine the nurses gave him for his birthday. They also decorated his room with ribbons.

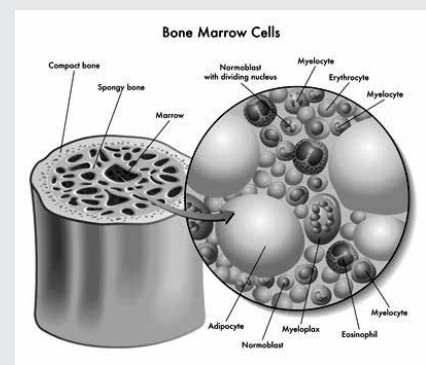


March 21, 2016 - Paying it forward. Damian has received so many gifts from people that his mom was running out of room to store them all. So, for his fourth birthday, Sarah asked that, instead of giving Damian a gift, donate a boy or girl's toy, to be donated to kids at the hospital. She took all of the donated toys and made gift bags. On his birthday, they distributed the gift bags to kids at the hospital.

Stem Cell Transplant

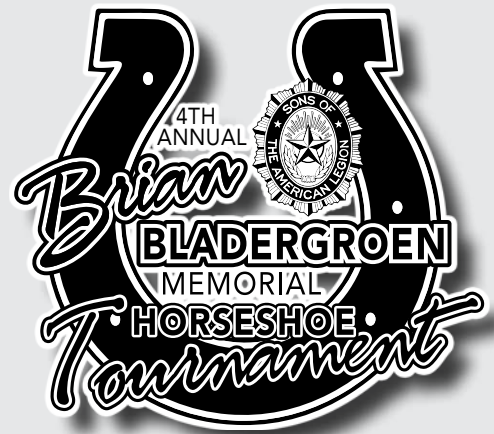
Also known as a BMT, bone marrow transplant, or hematopoietic stem cell transplant. Bone marrow is found in the center of bones and is where blood cells are made. It is found in the spongy part of the bones, especially the hips, ribs, breastbone, and spine. Bone marrow contains the youngest type of blood cells known as hematopoietic stem cells. As a hematopoietic stem cell ages, it becomes a white cell, red cell, or platelet. Hematopoietic stem cells are found in bone marrow, peripheral blood (bloodstream), and umbilical cord blood.

A bone marrow transplant (BMT) replaces diseased or damaged cells with non-cancerous stem cells that can grow healthy, new cells. BMT is usually used when cancer treatments have destroyed normal stem cells in the bone marrow. The stem cells can be replaced through BMT. A BMT is also performed when the chances for cure with chemotherapy alone are low.





THE BLADERGROEN GANG. March 6, 2016 - Family members traveled from near and far to attend this event in memoriam of Brian Bladergroen. A great time was had by all and the 4th Annual Tournament raised more than triple the funds from the year before. A special thanks goes out to all involved with the event. The events proceeds (finally tally still being calculated) will go to help support Team Damian.



TEAM DAMIAN IN EFFECT - Nemo and Amy pictured with Ron Creed who attended the event and gave an emotional speech about his son.



IN COMMAND- Post 303 SAL Commander, Scot Grissom with Cathy Young (the woman who puts up with him for some reason). He did a fantastic job and had a huge hand in the success of the tournament.



Special thanks and photo credit to Brenda Blade and Jan Farrington.



JOHN F. MURPHY POST 303 CAFÉ

DINING ROOM OPEN TO THE PUBLIC DURING MEALS
(PRICES SUBJECT TO CHANGE)



BREAKFAST MENU SERVED 8 AM - NOON EVERY SUNDAY

TWO EGG BREAKFAST\$5.00
With home fries or grits and your choice of white, wheat or rye toast

FRENCH TOAST\$4.50
3 slices w/ powdered sugar

PANCAKES\$4.50
3 pancakes with butter & syrup

DEUCES WILD\$7.00
2 Eggs, 2 Pancakes or French Toast, 2 Sausage Links and 2 Bacon Strips

EGGS BENEDICT\$8.00
with home fries or grits

BREAKFAST SANDWICH\$4.00
Bacon or Sausage, 2 Eggs & Cheese on a Kaiser roll
Croissant add \$1.00

OMELETTE\$7.00
3 egg omelette with Cheese served with Home Fries or Grits and choice of toast
Choose 3 more items add \$1.00
Ham, Sausage, Bacon, Onions, Green Peppers, Tomatoes or Mushrooms
additional items add \$0.50

BISCUITS & GRAVY
Homemade biscuits & sausage gravy
Full Order (2 Biscuits)\$4.00
Half Order (1 Biscuit)\$3.00

BREAKFAST BURRITO\$6.00
3 Eggs, Ham, Sausage, Bacon, Cheddar & Potatoes wrapped in a flour tortilla

BLT\$6.00
Choice of white, wheat or rye on Croissant add \$1.00

A LA CARTE

BREAKFAST HAM\$2.50

BACON (4 PIECES).....\$2.50

SAUSAGE LINKS (2).....\$2.50

SAUSAGE PATTIES (2).....\$2.50

BISCUIT\$1.50

SAUSAGE GRAVY\$2.50

ICED TEA\$1.50

COFFEE\$1.50

ONE EGG\$1.50

HOME FRIES\$2.50

GRITS\$1.50

TOAST\$1.50

ENGLISH MUFFIN\$1.50

CROISSANT\$2.00

ONE PANCAKE\$2.50

1 SLICE FRENCH TOAST\$2.50

SLICED TOMATO\$1.50

ASK ABOUT OUR
BREAKFAST SPECIALS
OF THE DAY

LUNCH MENU SERVED MON.-FRI. 11 AM-2 PM, SAT 11 AM-1:30 PM (OCT-MAY)

APPETIZERS

RANDY'S CHILI\$5.00
Served with Cheese & Onions

SOUP OF THE DAY\$4.00
Available Togo pint \$5 quart \$8

WINGS\$6.00
10 Wings served mild, medium, hot or teriyaki with ranch or blue cheese

COCONUT SHRIMP\$6.00
with French fries and orange dipping sauce

CHICKEN FINGER\$6.00
Served with French fries

FRENCH FRY BASKET\$3.50

SANDWICHES

1/2 SANDWICH & SOUP OF THE DAY\$6.50
Choice of Ham, Turkey, Tuna or BLT on White, Wheat or Rye

HAMBURGER\$7.00
Angus Burger Topped with Lettuce, Tomato and Onion on a Kaiser Bun.
w/Cheese add \$.50 w/Bacon add \$1.00

BLT Bacon, Lettuce and Tomato.....\$6.00
on White, Wheat or Rye

AMERICAN CLUB\$7.50
Ham, Turkey, Bacon, Lettuce, Tomato, Swiss & American on White, Wheat or Rye

SALADS

HOUSE SALAD Fresh Greens, Tomato, Onion & Cucumber.....\$6.00
w/Grilled Chicken or a scoop of tuna salad add \$2.00

CHEF'S SALAD\$8.00
Ham, Turkey, Swiss, American, Tomatoes, Cucumbers, Onions, Hard Boiled Egg over Greens

TACO SALAD\$7.00
Taco Meat, Jalapeños, Shredded Cheese, Olives, Tomatoes, Onions on Lettuce served in a flour tortilla bowl with salsa & sour cream

GRILLED CHEESE\$5.00
Choice of American or Swiss on White, Wheat or Rye ... Add Tomato or Onioneach \$.50

TUNA MELT\$7.00
Solid White Albacore Tuna with melted Swiss on white, wheat or rye. Add Tomato \$.50

PATTY MELT\$7.50
Angus Burger Patty with Grilled Onions, Swiss and American on Grilled Rye

CRISPY CHICKEN CLUB\$7.00
Crispy Chicken Breast, Bacon, Lettuce & Tomato on a soft Kaiser Roll, add cheese.....\$.50

DINNERS

MONDAY ITALIAN NIGHT

DIFFERENT ITALIAN DISH
EACH MONDAY\$8.00
(October-May)

FRIDAY 5-7 PM

SEAFOOD DINNER\$11.00
All served with French fries, hush puppies and Cole slaw

CHOOSE FROM:

CATFISH Fried, Grilled or Blackened

PEEL N EAT SHRIMP - 1/2 Lb Steamed

COCONUT SHRIMP - 10 Fried

2 CRAB CAKES

SHRIMP SKEWERS - Grilled Or Blackened

FRIDAY NIGHT A LA CARTE

BOWL OF CHILI\$6.00
w/cheese & onions

SOUP OF THE DAY\$5.00

FRENCH FRY BASKET\$4.00

HUSH PUPPIE BASKET (8)\$4.00

SATURDAY NIGHT 5-7PM

(Market Price - prices subject to change)

All dinners served with salad, choice of potato, vegetable and a dinner roll

PRIME RIB (NOV-MAY).....\$15.00

BBQ RIBS\$14.00

NY STRIP\$13.00

POT ROAST\$11.00

APPETIZER

SHRIMP COCKTAIL (4).....\$4.00

DAILY LUNCH SPECIALS

MONDAY - Chef's Choice

TUESDAY - Hot dogs

WEDNESDAY - Liver & Onions
Country Fried Steak

THURSDAY - Meatloaf

FRIDAY

Fish Fry or Fish Sandwich



Italian Night
(ENDS APRIL 11TH)

\$8 Featuring a different dish each week!
MONDAY NIGHTS - 5-7PM
PLUS, KARAOKE BY DOG!

HEADING NORTH FOR THE SUMMER? YOU CAN STILL RECEIVE *THE ECHO*!

Dear Post Members,

If you travel away during the summer months—we would like to keep you informed about what happens at the Post through *the Echo*.

In order to do so, we need to have your summer address while you are away. Please utilize the form to the right to let us know when you will be away (or get with one of our wonderful staff members if you do not wish to cut this newsletter and they can provide you with a photocopy).

Thank you for your cooperation and being members of the Post-303 Family.

— Bill Simons,
3rd Vice Commander, Post-303

If you are a Post 303 member and are not receiving *The Echo*, or if your address is changing for the summer (e-mail is encouraged to save postage costs)

Name: _____

I am a Post 303 member and would like to receive *The Echo* (choose 1 only):

☐ At this e-mail address: _____

Fill out this form

1. Bring it to the Post
2. Email the information to **amyserdahl@yahoo.com**
3. Or, mail it to:

☐ At this address: _____

**AMERICAN LEGION POST 303
PO BOX 1931
BONITA SPRINGS, FL 34133**

DATE _____

☐ Permanent change

☐ Temporary change until: _____



BYE, BYE BIRDY!

THE FINAL MONDAY DINNER 'TIL FALL

APRIL 11 - 5PM

WITH KARAOKE BY DOC



Saturday, January 23 Adam Prentki III, Martha Simons and Jan Farrington traveled to American Legion Post 38 to participate in this year's District 13 Oratorical contest. Four young adults delivered an 8-10 minute memorized speech and a 3-5 minute unplanned speech on a topic related to our Constitution. The American Legion Oratorical Contest exists to develop deeper knowledge and appreciation for the U.S. Constitution among high school students. Since 1938, the program has presented participants with an academic speaking challenge that teaches important leadership qualities, the history of our nation's laws, the ability to think and speak clearly, and an understanding of the duties, responsibilities, rights and privileges of American citizenship. First place went to a young woman from Cape Coral and second place went to our own Spencer Gauta (second from the left)!

AMERICAN LEGION POST 303
PO BOX 1931
BONITA SPRINGS FL 34133

OUR HOMETOWN HERO

Congratulations to our Commander, Adam Prentki, III (pictured far right in the first photo) on receiving the Bonita Springs Hometown Hero Award presented to him by the Bonita Springs City Council on March 2, 2016! We are truly lucky to have him as our Post

303 Commander. Adam we are all very proud of you and all of your accomplishments.

Alex Herron writes, "It's always amazing when the right people are recognized for their efforts! Congratulations to Adam Prentki III on receiving



the award for Bonita Springs Hometown Hero for your commitment and diligence to the betterment and improvement of our community, the honoring and recognition of our active and veteran military, and your unwavering integrity. As a leader, philanthropist, volunteer, role model, and most importantly, friend—I and my family salute you!"

Adam (far right) with the Bonita Springs City Council after receiving their Hometown Hero Award

Photo credit to Alex Herron, Redneck.