



# THE AMERICAN LEGION



*"The Friendly Word" from "The Friendly Post"*

1655 Simms Street

Post 178

Lakewood, CO

## Post Provides Proper U.S. Flag Retirement

There isn't a more beautiful sight than a high-flying American flag. Many of us proudly fly the U.S. flag at our homes and places of work, but when it's old and torn we don't want to just throw it in the trash like any other old item. That would be disrespectful. When a flag is no longer a fitting symbol to display, it should be retired in a dignified way.

In 1923 the National Flag Conference met in Washington to create the Flag Code which established rules for properly displaying the flag. The Code states, "the flag represents a living country and is itself considered a living thing."

Because the flag is considered a sacred symbol, The American Legion passed a resolution about flag retirement ceremonies in



1937 that includes an important ritual of observance. According to the resolution, the approved method of disposing of unserviceable flags is that they be destroyed by burning during a specific and dignified ceremony.

Flag Day, observed annually on June 14th, is considered the most appropriate day to hold flag disposal ceremonies. During a typical American Legion Flag Day Ceremony the colors are presented and a chaplain offers a prayer. The Pledge of Allegiance is recited and the National Anthem played. Flags folded in the familiar triangle pattern are presented to a Legion official for inspection before being placed into a controlled fire. A bugler sounds "To the Colors" and a 21-gun salute is sounded.

*Chuck Elsen, retired Navy Chief Petty Officer, has designed a box to collect worn out U.S. Flags and placed it outside the front of Post 178 at the northeast corner of our building. Flags deposited in the collection box will be retired in a dignified manner. Chuck served 20 years in the Navy Submarine Service and has been a member of the Lakewood American Legion for 8 years. He is also the artist who paints the unit insignias on our ceiling tiles.*

## Happy 85th Birthday Dee Yurko





**AUXILIARY CHAPLAIN**  
*Rosemary Young*

*O Lord, my God, thank you that your promise to bring satisfaction and fulfillment to all our desires. Hear our prayer for our military and veterans and bless them today. May they find satisfaction in their work knowing that their labor is vital for the safety and security of our country. We ask that you fulfill their needs, may they look to you as their provider. You are the Sovereign King of kings and Lord of lords, who alone has immortality, who dwells in unapproachable light. To you be the honor and eternal dominion. Through Jesus Christ, our Lord, Amen.*

*Please pray for members and families.*

**Sick Call**

JD Bromolini  
recovering from broken ankle

**COMMANDER'S REPORT**  
*Mark Ward*

We are starting a new chapter at Post 178 with the COVID19 pandemic. Jeffco moved to level blue and we can now seat 150 members inside. Thanks to all for complying with the CDPHE restrictions because we have not had any outbreaks of the infection. We must maintain diligence and wear masks and try to maintain the 6' distancing.

I have provided a lunch menu for Thursday BINGO and need volunteers for Saturday lunch. Unfortunately, we don't have enough members attending to serve lunch on the other weekdays.

Our younger members are stepping up with an interest to become Post officers. All interested members should consider becoming an officer of this Post. Officer nominations are now open for our monthly membership meeting on April 6th. Nominations will continue to be acknowledged until our May 4th monthly meeting, when voting will take place. Please attend these important membership meetings.

The Post Constitution and Bylaws were amended and approved at the last General Membership meeting and are posted on the bulletin board.

There are still 154 Legion members that have not renewed for 2020. Please renew and continue to enjoy our Post.

**RIDERS REPORT**  
*Rodney Jones*

Spring is here but of course winter keeps springing back. I would like to remind everyone that motorcyclists are out riding more often. Please be cautious when you're out there, look twice, it could be any one of us. Thank you all for your continued support! We love having you at all our events. See you soon.

**AUXILIARY REPORT**  
*Judy Myers*

Thank you to my wonderful St. Patrick's Day volunteers: **Sheree and Les Metcalf (L), Jan Casper (L), Dawn Diment, Dee Yurko, Nancy Marshall, Penny Polston, Rosemary Young, Carol and Brian (L) Conway, Bobby Black (SAL) and, Randy Baria (L).** It was a great, cooperative effort. Thanks to **Dee Yurko** and her crew of leprechauns who sold so

many shamrocks to support our charities. Despite the state of the world, we had a very successful event, serving over 120 meals.

**Chrissie Garritano**, our weekend-night bartender, has agreed to cook for us on the third Wednesday of the month. For that week her April menu includes 3 soft carnitas tacos with chips and homemade salsa. On the fourth Wednesday I'll be making Reuben sandwiches.

Nominations for officers will take place at the April meeting.

**Thanks St. Patrick's Day Volunteers and Patrons**



## JFK High School Honor Platoon Continues Winning Ways

With the limitations imposed relative to social distancing and congregations of more than 10 people, the John F. Kennedy High School Honor Platoon has faced all these challenges to prevail.

Most of the drill competitions this year have been cancelled due to the pandemic, however a few drill competitions have been virtual, live-streamed through platforms such as Google Meet, Zoom, and MSTEAMS.

The JFK High School Honor Platoon has been working tirelessly to refine technique and precision for each performance. The team participated in the Dane Balcon Memorial Drill Competition on 13 February and placed 2nd in Unarmed Regulation and 2nd in Color Guard. The following week they participated in the Front Range Drill Competition hosted by Air Academy where they took 1st place in Unarmed Regulation and 1st place in Color Guard.



At the Best of the West State Drill Competition on March 20th they were awarded 1st in Unarmed Regulation with Team 1 (**Jazmin Lopez**, 12th Grade Senior commanding) and 3rd in Unarmed Regulation with Team 2 (**Aaliah Lanford**, 11th Grade Junior commanding). This was the first time Aaliah had commanded the team in a drill competition, so next year looks promising.

The Honor Platoon will be competing in the Colorado State Virtual Drill Competition as well as the National JROTC Virtual Drill Competition on the 12th and 16th of April respectively, so wish them luck.

We look forward to a new year without all the health risks and restrictions and supporting the American Legion in September at your *Annual Car Show!*

Respectfully,  
Ian McKnight  
Military Instructor  
JROTC

### BUSINESS REPORT

*Bob Heer*

At our most recent Board meeting it was agreed that we will not rent our back hall for indoor events until June 1 at the earliest. The Board also agreed that going forward we will only rent our back hall and back yard to members only. Rental rates were also increased by \$50 across the board and we will no longer make the kitchen available for special event use. The revised rental rates are available in the lounge office.

During our limited occupancy period four individuals really stepped up to cover our main lounge door. They were **Rosemary Young, Nancy Marshall, and Dave and Lisa Mull**. My thanks to all of you.

If we want to continue lunch service on our bingo days, we are really in need of others to step up and help out. **Mark Ward and Judy Myers** (both un-paid volunteers) have so many other obligations we cannot expect them to also do all the cooking. I am confident there are many of you that have a favorite recipe that you would love to display. We will buy the product, just let us know what you need.

### SAL REPORT

*Brad Hall*

Spring is in the air, even though I had no idea Spring was white flakes and cold. Kidding, lived here all my life and all I don't like anymore is the cold.

About all to report from the SAL side is that we are doing breakfast every Sunday now. Crowds are starting to grow. Come on in and let **Dave McBrien** and his volunteer staff cook you up some cackle berries and bacon.

The **Annual SAL Golf Tournament** is going to be on Friday, June 18th at Applewood Golf Course. Come and have some fun, knock the ball around, and enjoy some good company at the Post. Sign up sheets and flyers are available at the Post and on pages 5 and 6 of the e-mailed version of this newsletter, or you can sign up on line at, <https://tinyurl.com/yx7y3tra>. Cost is \$80 per person or \$320 for a foursome and includes golf, cart, range balls, first cocktail, raffle ticket, and a steak dinner afterwards at the Post.

Every  
Thursday  
at Post 178

# COUNTRY JAM

6 to 8 PM  
Free  
Admission

**The Best in Country Music Played by Award Winning Musicians**



# LAKEWOOD AMERICAN LEGION POST 178

1655 Simms Street

Lakewood, CO 80215

**Mark Ward**, Commander ..... 303-733-6090  
commander178@comcast.net

**Randy Baria**, Adjutant..... 303-232-4041  
adjutant178@comcast.net

**Position Open**, Finance Officer.....  
303-232-4041

**Frank Henson**, Chaplain ..... 720-308-2614  
f\_henson@msn.com

**Doug Powell**, Service Officer ..... 303-250-8475

**Judy Myers**, Auxiliary President..... 303-525-7102  
judy@chezmyers.com

**Rosemary Young**, Auxiliary Chaplain.. 720-938-6171  
rosemaryyoung0@gmail.com

**Brad Hall**, SAL Commander ..... 303-210-4125  
brad.hall@kone.com

**Rodney Jones**, ALR President..... 720 495 6610  
alr178president@gmail.com

**Dave Dupree**, Newsletter Publisher..... 303-238-9723  
news@alpost178.org

**Bob Heer**, Post Manager ..... 303-234-0178  
alpost178@comcast.net

**Lounge and Dining** ..... 303-232-4041

### Post Hours

Mon. — Fri. .... 12:00 PM to 10:00 PM  
Sat. — Sun..... 9:00 AM to 10:00 PM  
*Bartenders may close earlier on slow nights.*

# BULLETIN BOARD

## SUPPORT POST 178 PLEASE ATTEND YOUR MEMBERSHIP MEETING IN APRIL



## SAL Golf Tournament FRIDAY, JUNE 18TH *Applewood Golf Course*

## Memorial for Dewey Fries *photos by Jimmy Walker*





**13th Annual**

# SAL Golf Tournament

**Friday, June 18, 2021  
Applewood Golf Course  
14001 W. 32nd Ave, Golden**



**Player / Team Sign-in at 6:30 a.m.      Shotgun Start at 7:30 a.m.**

***\$80 per Player / \$320 per Foursome***

**(Includes 18 holes, of golf, cart, and range balls)**

***Entry Deadline June 15***

**Register online at: <https://tinyurl.com/yx7y3tra>**

## ***Prizes and Awards***

- **Team Awards for 1st, 2nd, and 3rd Place**
- **Awards for Longest Drive, Closest to the Pin, and Longest Putt**
- **1st Drink, Steak Lunch, and Door Prizes at Post 178, 1655 Simms Street, Lakewood**

## ***Tournament Sponsorship Opportunities***

**Contact Brad Hall 303-210-4125 (leave a message)**

**Hole Sponsor \$150**

**Prize Hole Sponsor \$200**

**(Includes sign placed on tee box, recognition at lunch and in Post newsletter)**

**Sponsors' Deadline June 11**

**100% of Funds Raised go to Sons of The American Legion Charities**



# SAL Golf Tournament

**13<sup>th</sup> Annual**



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- 18 Holes of Golf, Cart, Range Balls
- Team Awards for 1st, 2nd, and 3rd Place
- Awards for Longest Drive, Closest to the Pin, and Longest Putt
- 1st Drink, Steak Lunch, and Door Prizes at Post 178, 1655 Simms Street, Lakewood

## REGISTRATION

**\$80 per Player / \$320 per Foursome**

Register online at: <https://tinyurl.com/yx7y3tra>

*Mail entries to: Lakewood American Legion, 1655 Simms St., Lakewood, CO 80215*

*Make checks payable to: "SAL Golf"*

*(Register as a single or group. Specify which group players you're paying for.)*

**Entry Deadline June 15**

**Team Captain**

Name: \_\_\_\_\_ Player #2 Name: \_\_\_\_\_

Address: \_\_\_\_\_ Player #3 Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Player #4 Name: \_\_\_\_\_

**I cannot participate but would like to make a contribution**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**Direct inquiries to:**  
**Brad Hall**  
**303-210-4125**  
**(leave a message)**

**Proceeds from the Golf Tournament benefit Sons of The American Legion Charities**