



THE AMERICAN LEGION

"The Friendly Word" from "The Friendly Post"

1655 Simms Street

Post 178

Lakewood, CO



Junior Shooters Cook Cakes, Vie For Titles

The Post 178-sponsored **Arvada Junior Rifle and Pistol Shooters** served 110 pancake breakfasts to members and guests on Sunday, February 26th in what was a very successful fundraiser for the team.

The Shooters are also racking up impressive performances in competition. **Teegan Meyers** and **Seamus Carrol** earned gold in pistol competition and have qualified for this year's Junior Olympics. **Camden Koert** took gold in rifle competition, **Chiara Sylvi** won silver, and **Teegan Meyers** recorded a bronze award.



Abby Aldrich grabbed silver in women's air pistol competition and **Sharlynnne McKown** was third. **Hana Polzin** finished third in the under 15 division.

Teegan Meyers won gold in State in men's over-all air pistol division and **Seamus Carrol** finished with a silver in the under 18 division. In sport pistol competition, **Seamus Carrol** scored a gold overall in men's state and **Sharlynnne McKown** was fourth in women's overall state.

The Shooters finished first and second in team competition in The American Legion competition.



LEGION CHAPLAIN
Russ Scott

Dear God, we pray for strength and unity as we face the challenges before us. We pray for peace in the world and that aggression would be met with solidarity among our allies. We pray for all of those in uniform to keep them safe and to encourage them as only you can do. May we honor you in all that we say and do, and forgive us when we fail. It's in your name we pray, Amen.

COMMANDER'S REPORT
Wes Vanderpool

Hello Post 178! As spring comes Marching closer, things will hopefully continue to thaw and have less snow in our future. To help with the thaw, make sure to come out on **St. Patrick's Day**, Friday, March 17 for the Auxiliary's world famous corned beef and cabbage and dance the night away to **Steve and the Cruisers!**

Also don't forget to check the post calendar, which can be found on the internet at <https://alpost178.org> as well as Facebook, and at the post in paper form. The calendar each month lists events, meetings, and future events coming up. The post also sends a weekly blast that has the most current information for happenings that week. Please check your email regularly to stay up to date!

A special thank you to our communications team at the Post, **Public Relations Officer Mitch Moore, Leslie Moore, Dave Dupree, and Judy Myers.** They work tirelessly to keep membership updated as well as spreading the word about our Post.

As always we are looking for volunteers to keep the Post running and active. If you have a desire to volunteer but don't know how, you're in luck, you can email me directly at **commander178@comcast.net** to volunteer. Please feel free to send any questions to me at that email address and I'll get back to you promptly. You can also sign up to volunteer using the sign up sheets for Saturday breakfast. They are in the kitchen by the east door. You may also talk to me or any of the officers in person at the Post and we can get you going with volunteering.

The volunteer hours you do at the post get recorded and sent to the American Legion National Headquarters yearly, which shows those in Washington that the members of the American Legion are about making change and helping veterans in their communities. This Post has a great reputation for helping veterans, which doesn't happen without the dedication of each and every member of our Post. You make a difference and for that, I thank you!

BUSINESS REPORT
Bob Heen

Thanks to **Rocky Mountain** for continuing to convert our florescent light fixtures to accommodate LED lamps. This past month he has completed several more conversions in our kitchen. *Thanks Rocky.*

The **Corporation Board** finalized their review of our club rules and made one noteworthy change which is that the only animals allowed on Post property are certified vest wearing service dogs.

As reported last month, on April 5 **Life Line Screening** will be here at our Post. Flyers are available in the lounge describing the procedures offered as well as cost. To schedule an appointment call 1-800-640-6307.

On the North East corner of our North parking lot we have contracted for the placement of a used clothing recycle bin. A good way to recycle good used clothing.

SAL REPORT
Brad Hall

March comes in like a lion, goes out like a lamb! I certainly hope it works this way as I am pretty tired of Winter....

On February 26th, the **Junior Shooters** held their **Pancake Breakfast Fund-raiser** and they served North of 110 meals. I would like to thank everyone who came out to support this great program.

Our Shooters are doing great this year with two teams in the hunt for the State Championship and one shooter in line for individual State Champion. We wish them luck.

Don't forget the **SAL Golf Tournament** on June 16, 2023. Sign up early and come and enjoy the day which raises money for several Veteran, Legion, and Children's charities.

Thank a Veteran when you see one.

RIDERS REPORT
Rodney Jones

Welcome to March. The Riders are beginning to prepare for the warm weather and planning our rides for this summer.

This month we begin with our meeting March 4th, that includes a safety meeting to help ensure a safe summer.

March 3rd is our Steak, Salmon, Pork Chop dinner night. On March 17th the Auxiliary will serve Corned Beef and Cabbage in honor of **St. Patrick's Day.** These dinners are fundraising nights when we get to see you all. Please join us and support the Post.

President Jimmy Carter once wrote of the United States of America, "We become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams." Posted on Facebook, President's Day 2/20/2023. This quote speaks to me as I write this article. It saddens my heart to let you all know **Nancy Chandler** has resigned as Chaplain for personal reasons. I understand, will miss her, and want the best for her.

Happenings at Unit 178 you may have missed!

Twenty-four participated in the **Line Dancing** event February 18th. **Diane Casper** taught us the steps and a great time was enjoyed by all. Thank you so much to all contributing appetizers and snacks!

Our own **Dee Yurko** won in the Red Chili category of the **Riders Annual Chili Cook-Off** also on February 18th! Please give her hearty congratulations but don't bother asking her for her recipe. It's a SECRET!

Our **Junior Auxiliary** members also met on February 18th and they made "Thank you for your Service" cards. **Daisi and Ruby Vanderpool** and **Savannah and Abby Arpan** colored, cut, and glued thirty cards to be sent to the Troops.

The Auxiliary has teamed up with **Randy and Lori Kipp's "Just Like Dad Made" Beef Jerky.** We have started collecting donations for care packages and collecting monetary donations for the shipping of the packages in the Game Room and by the Bread Store. You can write a greeting on a RED paper heart and make your \$1 donation. The Kipp's hope to ship these boxes to the Troops once a month. Thank you in advance for your participation in this project.

Judy Myers is having another Paint Pouring class Sunday March 5th and the class is already FULL! If you didn't get in this time and want to be in a class, please let me or Judy know and we'll get another one scheduled.

St. Patrick's Day will be here before we know it, and the Auxiliary is already making plans to serve the traditional Corned Beef & Cabbage Dinner. Wear your GREEN and come be with us on Friday March 17th serving from 4:00 to 7:00 p.m.

Our next meeting is March 7th at 6:00 p.m. in the Auxiliary Room. Should there be too many of us (wouldn't that be a problem!) we will move to the Game Room so we can be safely distanced.

Wednesday Dinner Nights' March menu will be a little of the same and a bit different. March 1st, 8th, and 15th we will serve the full menu of Hamburgers, Fish, or Shrimp with fries and onion rings. On March 22nd, Coconut Shrimp, Rice, Stir-fried Veggies will be served Polynesian-style! On March 29th, One-half Roasted Chicken will be served along with Judy's delicious broccoli, cheese, and herb stuffing casserole.

UNIT 178



HEARTS OF LOVE

CARE PACKAGES FOR DEPLOYED TROOPS

AUXILIARY



DONATION ITEMS:
SOCKS, WIPES, BABY POWDER, CHAP STICK, TISSUES,
LOTION, SHAMPOO, CONDITIONER, STATIONARY, FLOSS,
TOOTHPASTE, PENS, PUZZLE BOOKS
(PLEASE NO CHOCOLATE, OR BATTERIES)

**BUY A "HEART OF LOVE" FOR \$1
AND WRITE A NOTE FOR A TROOP**



**DONATION TUB NEXT
TO BREAD WALL IN CORNER
OF GAME ROOM**



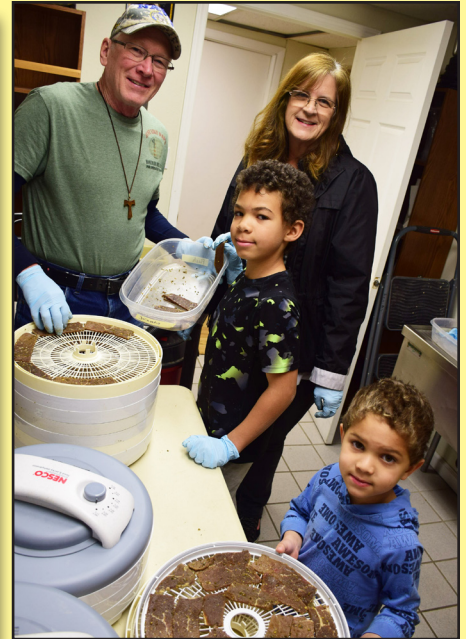
**WHEN THERE IS ENOUGH
SUPPLIES TO FILL A CARE
PACKAGE BOX, THE HEARTS
WILL BE COLLECTED AND
ADDED TO THE BOX AND
SHIPPED TO THE TROOPS**



Above: Fans enjoyed the Super Bowl and a buffet of food at the Post.

Center: Results for the Post's Facebook page during February.

Last 28 days			
Discovery			
Post reach	640		
New Page Likes	2		
New Page Followers	5		
Page Visits	401		
Interactions			
Post engagement	666	+199%	
Reactions	178	+183%	
Comments	24	+700%	
Shares	16	+433%	
Link clicks	0	-100%	
Photo views	231	+225%	
Video clicks	2	0%	



Randy and Lori Kipp received expert help preparing beef jerky from grandsons Jace and Jrue.



Dee Yurko took the first place cash for her red chili in the Rider's Chili Cook-Off February 18th, and Pat Keeling claimed first place for her green chili.



Race track owner John Bandimere addressed the large crowd gathered at Post 178 for the Vintage Drag Racing Association Awards Banquet February 26th.



Junior Auxiliary members were busy making "thank you for your service" cards at the Post recently.



Harold Nelson received best wishes from Hal Mund at his 108th birthday party hosted by the Aurora VFW on February 25th. A birthday bash is planned at Post 178 for Harold on Saturday, March 3rd at 9:30 a.m.



15th Annual

SAL Golf Tournament

Friday, June 16, 2023
Applewood Golf Course
14001 W. 32nd Ave, Golden



Player / Team Sign-in at 6:30 a.m.

Shotgun Start at 7:30 a.m.

\$90 per Player / \$360 per Foursome

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

Entry Deadline June 5 (NO EXCEPTIONS)

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, Lunch, and Door Prizes at Post 178, 1655 Simms Street, Lakewood**

Tournament Sponsorship Opportunities

Contact Brad Hall 720-471-9383 (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 6

Proceeds go to Sons of The American Legion Charities



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REGISTRATION

\$90 per Player / \$360 per Foursome

Register online at: <https://tinyurl.com/yx7y3tra> (cut and paste)

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 5 (NO EXCEPTIONS)

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
720-471-9383
(leave a message)

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