



THE AMERICAN LEGION

"The Friendly Word" from "The Friendly Post"

1655 Simms Street

Post 178

Lakewood, CO



Top 12 Reasons to Become a Volunteer at Post 178

Volunteering offers numerous benefits to the volunteers themselves, extending well beyond the positive impact on the Post and the Veterans and community organizations we support. Here are some ways that volunteering can be personally rewarding to you.

— by Dave Dupree and ChatGTP

1. Personal Fulfillment: Volunteering provides a sense of purpose and fulfillment. Engaging in activities that make a positive impact on others' lives can lead to a greater sense of satisfaction and happiness.

2. Exploration of Interests: Volunteering offers an opportunity to try out different activities and causes that one might not have considered otherwise.

3. Enhanced Social Connections: Volunteering fosters social interaction and helps individuals build meaningful relationships with fellow volunteers, as well as the people they are helping. These connections can lead to lasting friendships, networking opportunities, and a sense of belonging.

4. Skill Development: Volunteering often involves learning new skills or honing existing ones. Whether it's leadership, communication, problem-solving, or teamwork, volunteers can acquire valuable skills that can enhance their personal and professional growth.

5. Lifelong Learning: Volunteering can expose individuals to new experiences, ideas, and knowledge. This continuous learning can help volunteers stay intellectually stimulated and curious.

6. Cognitive Benefits: Volunteering can keep the mind engaged and active, contributing to cognitive well-being. Engaging in mentally stimulating tasks can help maintain cognitive function, especially in older adults.

7. Reducing Stress: Volunteering can provide a



break from the routine and stress of daily life. Doing something positive for others can shift the focus away from personal worries and contribute to reduced stress levels.

8. Time Management: Volunteering requires individuals to manage their time effectively, especially if they are juggling work, family, and other commitments. This skill can translate into better time management in other areas of life.

9. Personal Growth: Volunteering can be a transformative experience that pushes individuals out of their comfort zones. Dealing with new challenges and situations can lead to personal growth and increased adaptability.

10. Increased Self-Esteem and Confidence: By making a positive impact on others, volunteers often experience a boost in self-esteem and self-worth. Knowing that their contributions matter and that they can make a difference can lead to increased confidence in their abilities.

11. Improved Physical Health: Research suggests that volunteering can have positive effects on physical health. Engaging in regular volunteer work might lead to lower blood pressure, reduced risk of certain health

issues, and increased physical activity if the volunteer role involves active tasks.

12. Positive Emotions and Happiness: Engaging in acts of kindness and helping others can trigger the release of neurotransmitters like dopamine and endorphins, leading to feelings of happiness and overall well-being.



LEGION CHAPLAIN
Mary Johnson

Heavenly Father, we are so thankful this September for the bounty that comes from the earth. We also celebrate workers and laborers this Labor Day. We recognize that every worker in every career is needed for us to live full lives. We also need to remember the sacrifice of so many Americans on September 11th and the actions of the brave responders who saved so many. Continue to bless us all. Amen.

COMMANDER'S REPORT
Wes Vanderpool

Hello Post 178! September has snuck up on us. Here's to mild weather and some great fall activities. This month's events begin with the **11th Annual Tommy Tucker/Conrad West SAL Horseshoe Tournament** taking place Sunday, September 3rd with sign up at 11:00 a.m. and a 12:00 noon start. Come throw some shoes and have some brews, burgers, and brats!

The **Annual Car Show** is scheduled for Saturday, September 16th beginning with buffet-style breakfast at 8:00 a.m. BBQ lunch will follow at 11:00 a.m., and the **Auxiliary Bake Sale** will take place all during the show! Bring your classic ride and have some great food and goodies to support the Post!

The **Early Bird Dinner** will be October 21st. The cutoff for getting your early bird membership is October 1st. There is no sign up for dinner as your early bird stamped card will be your ticket in. Details on dinner will be released as time gets closer.

We still need volunteers across every unit at the Post and also need some to help with the **Just Like Dad's Beef Jerky/Hearts of Love Project**. Please let one of our officers or **Bob Heer** know you would like to volunteer and they will get you squared away. If you would like to help with jerky for our deployed military please talk to **Randy Kipp**.

The Legion will have their **General Membership Meeting** Tuesday, September 5th at 7:00 p.m. Come and have your voice heard, and learn how you can help with upcoming events and happenings at the Post!

RIDERS REPORT
Steve Petersen

Greetings from the Riders. First, we would like to introduce two new members; **Patty Bautista** and **Mark Eckhout**. I'm sure you all already know Patty as she is also bartending for Post 178.

Not too much happened in August. We did have representation at **Fairplay's Poker Run** even though a few of us chose not to go due to rain. Thanks to **Heather** and **JD** for driving to the affair and representing five of us.

In the spirit of doing what we can to support other ALR's, **Smokey** recently hosted a successful poker run for **Kyler Novachek**, who was injured in an auto wreck some time ago. We also participated in a ride for the **Salute to Veterans** at Woodland Park/Cripple Creek. A few of us helped in parking motorcycles prior to the parade to Cripple Creek. The great program at Woodland Park honored several older war vets and their accomplishments. Many vendors with food and wares were on hand.

Coming up next month is the **SAL Horseshoe Tournament** on Sunday, September 3rd, and our **R.O.M.P. in Buena Vista** which is our yearly break to relax, enjoy our accomplishments, and enjoy camaraderie with other ALR's.

The Riders will always do our best to serve and support you and our charities. After all, if it's not fun it's not worth doing, and everything we do is fun.

SAL REPORT
Brad Hall

End of Summer is at hand already. Seems the Summer months just fly by and Winter, well is just Winter.

It is time to get your memberships into the Post for 2024. Please drop them in our SAL box in the game room or mail them to the Post. They remain \$20.00 for the year.

Beginning in September, we will only serve **Friday Night Dinner** once each month. We will not serve dinner on September 8th. The lack of customers and shortage of volunteers has made this a necessary move. It's a tough decision, as we'd like to accommodate our members every Friday. However, it takes hours to prep, serve, and clean up and it is not prudent to continue with minimal help and not much business, especially when you consider the cost of the food.

Hopefully something changes and we get some people to volunteer soon so we can return to serving Friday meals twice every month. We will be running some special meals throughout the Winter so please watch the calendar and our email blasts for information. If you have menu suggestions or would like to volunteer to make one of your specialties (or at least consult on making) we would be happy to give it a try.

Thank a Veteran when you see one!

BUSINESS REPORT

Bob Heer

Thanks to **Bob Black**, **Bill Black**, and **Brad Hall** who made enough profit from the sale of smoked ribs to pay for the new shelving in the kitchen walk-in. The old shelving was so rusted from condensation that it was impossible to keep clean.

Thank you also to **Mark Ward** and **Randy Baria** for assembling the new shelving, and **Bill Beard** for recycling the old shelves.

On car show day, September 16, breakfast hours will be from 8:00 to 10:00 a.m. Keep in mind that we will not have Bingo on September 16 as all parking in the South lot will be dedicated to the car show participants.

If any of our long time members remember how the lounge and back hall came to be named after **Ken Bell** and **Norbert Janssen** please get with me.

Last but not least, I want to congratulate our very own **Kathryn Schwab** on her 23rd anniversary of working here at the Post. Wow Kathy, how did you put up with us so long?

AUXILIARY REPORT

Kay Scott

Welcome to Fall after a busy August! By request, the Auxiliary conducted a **Backyard Table Sale** August 11th and 12th. Nine sellers (**Casey Snyder**, **Joe Hiller**, **Deb Dickinson**, **Dee Yurko**, **JoAnn Nichols**, **Noni Parr**, **Tanya Kiger**, **Lori and Randy Kipp**, and **Sue Vacilek**) experienced light attendance and a bit of sales. We had lots of time to

visit and discuss how we can make a sale next year more profitable. A BIG thank you to **Elene Miles**, **Deb Dickinson**, **Stephanie Vanderpool**, and **Shawn Bloomer** for their time and work to create and post signs in our neighborhood as well as posting on NextDoor, Facebook, and our Post Marquee.

On August 15th, a **Colorado Coach** bus took 29 folks to **Bally's Casino in Black Hawk** for four hours of fun. I understand everyone had a great time.

Back To School Supplies for RCI concluded August 20th after filling four boxes of supplies and \$191 in cash donations. Thank you ever so much for all those contributing on short notice!

A **New Member Initiation Ceremony** was conducted on August 27th for **Diane Boyd**, **Shari Davis**, **Deb Dickinson**, and **Becky McGeeney**. Officers **Dee Yurko**, **Elene Miles**, **Stephanie Vanderpool**, and **Penny Polsten**

assisted me with the patriotic and inspiring function. A BIG thank you to **Ruby Vanderpool** for being our photographer for the occasion! We enjoyed light refreshments, easy conversation, and the highlight was a pre-



The Auxiliary welcomed new members in August. Pictured (l. to r.) are Dee Yurko, Lori Kipp, Elene Miles, Stephanie Vanderpool, Kay Scott, Deb Dickinson, Penny Polston, Becky McGeeney*, Sheree Evans-Metcalf, Diane Boyd*, and Shari Davis*. *New Member*



Back to School supplies cheerfully displayed by the Vanderpool sisters, Daisy and Ruby.

sentation by **Randy and Lori Kipp** about the **Just Like Dad's Beef Jerky and Hearts of Love** military supply project. We helped pack some dental supplies and were invited to help them make the jerky that takes two days once a week. As Randy and Lori anticipate their project becoming busier, they will need more help to make the Jerky.

We look forward to the **Car Show and Bake Sale** on September 16th providing treats, snacks, and baked goods for all those in attendance.

Wednesday Dinner Nights for the month of September return to our full menu of Burgers, Shrimp or Fish with Cole Slaw, French Fries or Onion Rings, and Baked Beans! We begin serving at 5:00 p.m.

Support Sought for Jerky/Hearts Project

Your help is needed to fill the next care packages to our deployed troops by shopping for sundries on Amazon. Your gift purchases are sent directly to Post 178 so we can package them and send them to troops. In December, we'll be sending a gift package to Delta Force.

Scan the QR Code at right by opening your camera app on your phone, point it to the QR Code, and tap the message that appears. The web page will open and you can begin shopping from the list of sundries that will appear.

You can also click on the link below or type it into the search bar to bring up the Amazon.com page to shop.

https://www.amazon.com/hz/wishlist/ls/1OATIC2AQFFC/ref=nav_wishlist_lists_2

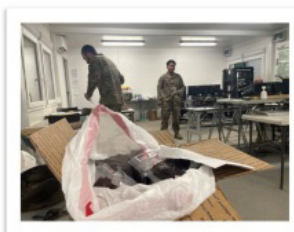


**HHC, 1st Battalion, 8th Cavalry
Regiment, 2nd Brigade Combat Team**

Mr. Kipp and American Legion Post 178,

I want to thank you for the generous gift of the beef jerky! I also want to apologize for the lack of response. Your address was indeed correct! Things have picked up here. We have lots of time constraints and additional duties meaning I haven't had the time to respond to my civilian email. The beef jerky has lifted our spirits in ways I can't describe. Everyone here claims it's the best they've had. You are almost right on with the number. We have a small surplus, but I'm sure it'll be gone before long. I've attached a picture below of our guys here grabbing a couple packs. Thank you again. The FiST here thanks you. It's a great help knowing that folks back in the states are so grateful to us for doing our job all the way out here.

Very Respectfully,
Gideon S Cravens
2LT (OF-1), FA
Battle Company Fire Support Officer
Camp Herkus, Lithuania



West Metro VETERANS FAIR

**Thursday, October 5
11 a.m. - 2 p.m.**

**Elks Lakewood Lodge #1777
1455 Newland Street, Lakewood**

**More than 40 veteran non-profit
organizations will be on hand.**

LEARN ABOUT
Benefits • Resources
Health Care Options
Housing Options
Wellness Opportunities



**HOMELESS STREET PACKS WILL
BE AVAILABLE TO THOSE IN NEED.**



Lakewood.org/VeteransFair

PLEASE REPORT SATURDAY, SEPTEMBER 16

AMERICAN LEGION

POST 178



1655 SIMMS STREET LAKEWOOD, CO

BUFFET BREAKFAST - BBQ LUNCH - BAKE SALE

SHOW SPONSORS

Opening
Ceremonies

WINDISH
RV CENTER

Frank Peterson's
Lakewood Manufacturing

Awards
Presentation

10
AM

1
PM

LAKWOOD AMERICAN LEGION POST 178

REGISTRATION FOR ENTRANTS

Registration is FREE. Complete the form below and e-mail, USPS mail, or bring to Post 178 at 1655 Simms Street, Lakewood, CO 80215. Dash plaques to the first 100 arrivals. Awards presentation at 1:00 p.m. Show judging from 9:00 to 11:30 a.m. Only registered vehicles will be judged and eligible for awards. E-mail address for completed registrations: news@alpost178.org. Rainout info posted by 8:00 a.m. on day of show at: alpost178.org and facebook at American Legion Lakewood. Rainout date Saturday, September 23rd.

Awards by Jerry Potts, Steele Tattoos

Car Show Art by Jerry Potts, Steele Tattoos

Name: _____ Phone #: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Vehicle Make: _____ Model: _____ Year: _____

Signature: _____ Date: _____

Liability and Release. In consideration of the acceptance of the right to participate in The American Legion Post 178 Car Show, by execution of this entry form, I hereby release and discharge sponsors and event planners, its officers, employees, representatives and anyone else connected with the management or presentation from any and all known damages, losses, judgements and/or claims from any cause whatsoever that may be suffered by any entrant to his person or property. Furthermore, each entrant expressly agrees to indemnify all of the forgoing entities and persons from any

and all liability resulting from the conduct of entrants, guests, or persons assisting the entrant under the direction of the entrant. Each entrant, car owner, spouse and/or guests agree to permit The American Legion Post 178 the use of names and/or photographs for publicity, advertising and commercial promotions before, during and after the event and hereby relinquish any rights whatsoever to any photograph taken in conjunction with this event. Entrants and guests must comply with all posted rules and regulations set forth by The American Legion Post 178. All traffic laws are in effect.

Proceeds Benefit Arvada Junior Shooting Sports, All Veteran's Honor Guard, The American Legion Child Welfare Foundation and National Emergency Fund, Colorado Boy's and Girl's State, Boy and Girl Scouts, plus many other veterans' and community charities supported by the 1,150 members of Lakewood Post 178. New members and visitors are always welcome at "The Friendly Post."