



# THE AMERICAN LEGION

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

1655 Simms Street

Post 178

Lakewood, CO



## Arvada Rifle and Pistol Junior Team Targets Wins

The pistol team contingent of the Arvada Rifle and Pistol Junior Team, sponsored by Post 178, competed on November 18, 2023 in the *Pardini Match*, a qualifier for the *CMP Air Nationals*. **Hana Polzin** turned in a qualifying score that allowed them to compete at the nationals both individually and as a team.

The AirNats held at Camp Perry, Ohio January 24—27, 2024 consisted of a practice day and two days of competition with 60 standing shots. Team members were **Abby Aldrich** (who was unable to make the trip), **Hana Polzin**, **Seamus Carroll**, **Caden McKown**, and **Sharlynnne McKown**. They placed 3rd in the nation. In individual competition **Hana Polzin** qualified for the final and placed 4th in the nation.

The "Junior Shooters" also competed in the *State Junior Olympics* on Saturday February 17, 2024 at the Olympic Training Center in Colorado Springs in both rifle and pistol categories. The competition included multiple events: air rifle (60 shots standing), air pistol (60 shots standing), 25m pistol (.22 30 shots precision and 30 shots rapid), and 3 position rifle (.22 20 shots

prone, 20 shots kneeling, and 20 shots standing).\*

Rifle competitors were **Anika Akella**, **Cidney Schuster**, and **Ryder Montoya**. Pistol competitors were **Sharlynnne McKown**, **Abby Aldrich**, **Hana Polzin**, **Teegan Meyers**, **Seamus Carroll**, and **Caden McKown**. **Teegan Meyers** placed second in men's sport pistol and **Seamus Carroll** placed 3rd. **Hana Polzin** placed 2nd in women's sport pistol and **Abby Aldrich** placed 3rd.

Based on individual scores, invitations are sent to participate in the *National Junior Olympics* April 11—17, 2024 at the Olympic Training Center. First round invitations have been sent to **Hana Polzin** and **Teegan Meyers**. Second

round invitations will be sent the first week of March.

\* 25m pistol is done with a .22 caliber pistol. 30 shots are done in 5 minute series of 5 shots each. The other 30 shots are 7 seconds each with the gun at a 45° angle in 5 shot series. Competitors have 3 seconds to raise and fire before returning to the 45° angle for the 7 seconds.

— **Jen Meyers**,  
**Head Coach**



*Junior Shooters Pistol Champs (l to r): Seamus Carroll, Hana Polzin, Abby Aldrich, Sharlynnne McKown, Caden McKown.*



*Celebrating victory (l to r): Coach Jen Meyers, Caden McKown, Seamus Carroll, Sharlynnne McKown, Hana Polzin, Coach Ben Larimer.*

**Legion Riders Chili Cook-Off Winners on Page 4**

**LEGION CHAPLAIN**  
*Mary Johnson*

In March, we need to recognize a couple of days to honor Veterans:  
March 25th – National Medal of Honor Day.  
March 29th – National Vietnam War Veterans Day.

*Dear Lord, We honor our veterans, worthy men and women who gave their best when they were called upon to serve and protect their country. We pray that you will bless them for their unselfish service in the continual struggle to preserve our freedoms, our safety, and our country's heritage. We also ask your blessing on the loved ones who support our military members in the service to our country. Amen.*

**COMMANDER'S REPORT**  
*Wes Vanderpool*

Hello post 178! As we welcome the month of March, I want to extend my heartfelt gratitude to all the volunteers who dedicated their time and effort throughout February. Your unwavering commitment to our community and our post is truly commendable, and it is because of your service that we continue to uphold the values of The American Legion.

I would like to extend a special thank you to **Bobby Black** and **Randy Baria** for graciously stepping up to organize our **Fifth Friday Dinner** for March. Your dedication to ensuring our events run smoothly and our members are well-fed is greatly appreciated. Let's all mark our calendars and come together for a wonderful evening of camaraderie and delicious food and some live music by the **Tony Luke Band!**

As we move forward into March, let us continue to embody the spirit of service and camaraderie that defines our organization. Together, we can achieve great things and make a positive impact in our community.

## Change to Legion Monthly Meetings Announced

Beginning in April Legion membership meetings will be held on the second Saturday of each month instead of the first Tuesday. This change aims to accommodate more of our members' schedules and encourage greater participation. Additionally, breakfast will be provided for Legion members with current membership status who attend the meetings. We believe this adjustment will enhance our meetings and foster stronger connections among our members. The meetings will be held at 9:00 a.m., and all members who attend will be issued a ticket for **FREE breakfast** at the conclusion of the meeting. A huge thank you to the SAL for stepping up to prepare these breakfasts.

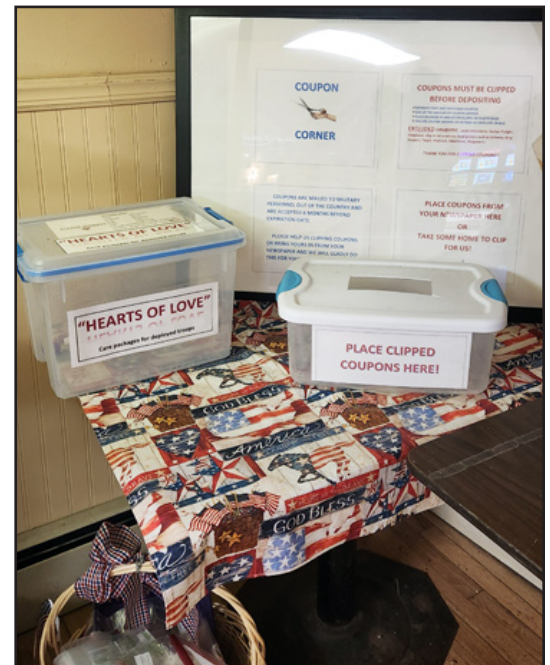
**AUXILIARY REPORT**  
*Kay Scott*

**St. Patrick's Day, March 17th**, is on a Sunday this year and the Auxiliary is already making plans to serve the traditional **Corned Beef and Cabbage Dinner**. Wear your GREEN and come celebrate with us. We will be serving from 12:00 Noon to 7:00 p.m. A sign-up sheet to help prepare, serve, and clean up is already on the **Volunteer Bulletin Board** along with one for donating a St. Patrick's dessert (cake, cupcakes, or other with GREEN frosting or sprinkles, etc).

Wednesday Dinner Nights' March meals feature the full menu of hamburgers, fish, or shrimp with sides of fries or onion rings, baked beans or coleslaw on March 6th, 20th, and 27th. March 13th, patty melt sandwiches will be served with fries or onion rings.

Unit 178 Auxiliary is taking the lead in District 5 for the **Community Day of Service on April 27th**. Our own **Deb Dickinson** has communicated with District and Department Officers for every District 5 Unit to collect donations for the **Community Table in Arvada**. Please see the needed items below, purchase those items as you are able, and bring them to the designated tub in the Game Room anytime now through April 26th. All donations will be delivered to the Community Table on April 27th. Thank you, Deb for your time and dedication to this project.

**Fran Bowers** continues to clip coupons and send them to military families around the world. As there are fewer newspaper coupons available, Fran asks for our help by going online to **www.coupons.com**, printing food and non-food coupons (no pet or store-specific) and placing them in the plastic tub in the **Coupon Corner** of the Game Room. She is happy to cut them apart. Coupons can be used even 6 months after their expiration date overseas.



*Coupon Corner, where you can drop off coupons you collect so Fran Bowers can send them to military families around the world.*



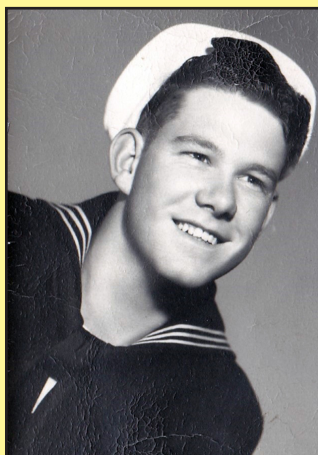
## Beef Jerky Program Founder Lee Kipp (09/30/1933—02/18/2024)

Lee Kipp has passed away at the age of 90. The U.S. Navy Veteran began the program of making and sending beef jerky to deployed troops that is now carried out by his son, Randy, and a group of Post 178 volunteers under the name, "Just Like Dad's Beef Jerky" in his honor.

Since rekindling the program just over a year and a half ago, over 1,300 bags of beef jerky and 14 "Hearts of Love" Care Packages have been sent to deployed troops, and an ample supply of jerky made available to Post 178 members.

The successful program is currently in need of a few volunteers to continue this important mission.

Contact Just Like Dad's or Pushkva Ofs on Facebook for more information and to volunteer.



United States Navy Seaman Lee Kip (l.).  
A teaching moment; father and son making beef jerky.

### BUSINESS REPORT *Bob Heer*

Since the Sons will not be serving breakfast on **St. Patrick's Day** the lounge will open at 11:00 a.m. With no breakfast on **Easter**, the lounge will open at 1:00 p.m.

I am happy to report that Xcel Energy has upgraded all our T8 florescent lights to LED lamps. This upgrade cost us nothing and we hope it will reduce our energy consumption going forward.

As reported in last month's newsletter the parking spots in front of the building on Simms Street are for motorcycles and compact cars only (NOT SUV's). Please respect these designated parking spots as full-size vehicles and SUVs obstruct the view of vehicles leaving both our North and South lots. Beginning this month, violators may be fined and/or temporarily lose their lounge privileges.

We have had one or more non-members solicit our members to sign them in as their guest on bingo occasions. Please don't fall for this scam and do not do it. We are a Veteran's organization and if a person has no ties to a family member serving in the military, they are not welcome. End of discussion. I hope that is perfectly clear to everyone—membership has been earned by our Veterans. We are not open to the public!

### SAL REPORT *Brad Hall*

Membership renewals are moving slowly. Please get your yearly dues in so the State and National Detachments don't mark you as delinquent and wipe the records from the roster.

On that note, if you are not receiving the Newsletters and Calendars via email, please update your records here at the Post. If it's a new email or residence address, you can contact me at **salcommader178@gmail.com**, write the information on an envelope and drop in the SAL drop box, or drop in our safe.

**SAL Golf Tournament** is Friday, June 14th, 2024 (see the flyer on page 5 of this newsletter). **Horseshoe Tournament** will be August 31, 2024.

If you would like to volunteer for any of our meals on Fridays or Sundays, there is a sign-up sheet on the **Volunteer Bulletin Board** next to the pickle cage. Send us a note or drop by if you would like to help with any of the other SAL goings-on.

We had the rib sandwich meal on Friday, February 23rd and they were delicious. I would like to thank **Bill Black, Judy Brown, Beth Hall, Randy Baria, Dave McBrien, and Chiarra Sylvia** for all of their help as well as all that joined us for dinner.

Thank a Veteran when you see one.

### RIDERS REPORT *Steve Petersen*

Greetings from the Riders. Have a great and prosperous March (and a happy **St. Patrick's Day**).

Not much going on this month but we never stop riding and representing The American Legion. So the work goes on.

The **Chili Cook-Off** went well with our own **Crystal Jones** winning the red chili competition. **Kathy Di-Franco** won the green chili competition. **Richard Sangle** won just under \$150.00 in the 50/50 drawing.

I want to thank the SONS for their continuing support by sharing help for us, as we also do for them. It's a symbiotic relationship.

We will announce projects and rides as we get closer to them.

## Hot Times at ALF Chili Cook-Off



A large, hungry crowd saw **Kathy DiFranco** (l.) win \$50 for her first-place Green Chili and **Crystal Jones** (r.) claim \$50 for her prize-winning Red Chili. **Richard Sangle** took home \$150 from the 50/50 raffle.



## Valentine's Day Hearts Aid Military Families

Junior Auxiliary members, **Daisi and Ruby Vanderpool**, along with their Mom, **Stephanie, Lori Kipp, Karen Calabro, Deb Dickinson, and Kay Scott** met on January 28th to make **Valentine's Day** cards and cut many, many red hearts. The cards were sent to troops along with **Military Care Packages**. To call attention to the program,



the hearts were hung around the lounge.

During the Auxiliary February meeting members helped hole-punch and tie yarn to the hearts while conducting Auxiliary business! \$242 was collected that will be donated to the **"Hearts of Love"** project and used to cover shipping costs. Thank you Post 178 donors for your generosity!

## Torch Passes for AUX Angel Tree Program



The Auxiliary's **Angel Tree Program** every Holiday season is able to give a money gift to each military family attending **Ranya Kelly's RCI Christmas Party**. **Dee Yurko** has been in charge of this program for many years, and thanks to her tenacity and generosity of Post 178 members and guests, over \$5,600 was raised and shared among the 40 families participating in 2023.

**Beth Hall** has volunteered to take over for Dee in 2024. Please thank Dee the next time you see her for all her hard work!



**16th Annual**

**SAL**



# **Tournament**

**Friday, June 14, 2024**

**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**

**Entry Deadline June 6 (NO EXCEPTIONS)**

## **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*

## **Tournament Sponsorship Opportunities**

**Contact Brad Hall 720-471-9383 (leave a message)**

**Hole Sponsor \$150**

**Prize Hole Sponsor \$200**

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

**Sponsors' Deadline June 1**

***Proceeds go to SAL Charities***

**Register online or scan QR Code**

**<https://tinyurl.com/yx7y3tra>**



As Seen in:



## This Memorial Day Help Us Place **A Flower on Every Grave**



<https://victoryforveterans.donorsupport.co/page/FUNUTXZQSNV>

"The Denver area has some truly great donors as we continue to grow 'A Flower on Every Grave' each year. Awesome patriots, great businesses, and wonderful families honor the veterans who gallantly served to uphold our Country's Freedom. Come join us **Memorial Day 2024** and every year thereafter to help sponsor roses and volunteer to place them on the graves at Fort Logan National Cemetery as we celebrate the true meaning of Memorial Day together ~ bring the entire family! Every dollar donated for the flowers goes for the flowers and we allocate 50 cents of every donated dollar annually to reduce veteran suicides. Thank you Castle Rock and surrounding communities."

~ COL (Ret) Mikel Burroughs



Let's take the time to remember those who  
put their lives on the line so the rest of us  
could enjoy our freedoms as Americans.

**Sponsor • Volunteer • Donate**



**LOCAL ORGANIZER:**

Mikel Burroughs, COL (Ret)

[mjb1057@aol.com](mailto:mjb1057@aol.com)



*Click to help us make our  
2024 Goal of 30,000+ Flowers*

### DONATION AMOUNTS:

**\$30 = 20 Roses**

\$10 for VFW Suicide Prevention

**\$75 = 50 Roses**

\$25 for VFW Suicide Prevention

**\$180 = 120 Roses**

\$60 for VFW Suicide Prevention

**\$375 = 250 Roses**

\$125 for VFW Suicide Prevention

**\$ Choose Your Own Donation**

One third will go to the Victor for Veterans Suicide Prevention