



Legion's "Be The One" Program Enters 4th Year

The American Legion launched its "Be The One" Program in August of 2022 as a top priority initiative dedicated to reducing and ultimately ending Veteran suicide. Its core mission is to empower everyone—Veterans, family members, and community allies—to take action when they identify a Veteran who is struggling.

Anyone can be the one who makes a critical difference. Ongoing buddy checks encourage Veterans to ask for and accept help without the stigma of fear or pride.

The most important action is often the simplest: notice when something is wrong and be willing to start a conversation. Tell the Veteran you care and that you are

willing to listen. Give the conversation your full attention. Do not minimize what the person is experiencing or rush to solve everything.

Stay present when immediate assistance is needed. Help the Veteran reach a trusted person, local resource, or health-care provider. In a crisis, the Veterans Crisis Line provides confidential support available 24/7 by calling or texting 988, then pressing 1.

Look for indicators in yourself and others including difficulty functioning, substance abuse, not taking meds, stress, anxiety, sadness, personal care difficulty, feeling hopeless, and unexplained changes in habits or emotions.

Blue Morning At The VA

*Wake in the morning, see the faces.
People of all wars from different places.
Most of them here have no clue.
Where they have been or what to do.

We are lost soldiers with stories to tell.
Most of us know we've been through hell.
Where does it end, how did it begin?
Our country needed us, we had to win!

Most were just lost and very confused.
Now we're still lost and feel we were used.
Thirty years later they call me a hero.
But when I came home they called me a zero.

When I grew up I was told to go fight.
Now I don't know if it was wrong or right.
What do I do now, where do I go.
I did my time in the Big Show.

Help me Lord, tell me I was right.
I'd love to be able to sleep through the night.
We that have been there know how it feels.
Now we all need to take prescription pills.*



Poem composed by Post 178 member and Vietnam Veteran, **Russell Enloe**, while patiently waiting for a morning appointment at the VA.

LEGION CHAPLAIN
Tim Karlson

Hi everyone. We got through another August and the kiddos are headed back to school (my favorite time of year to travel).

Mike Harris made this meme for me before he and **Cassandra** moved to New Mexico. It made me smile. I hope it does the same for you! We sure miss them both.

We welcomed new members in August and a lot of new transfers and I hope lots more join. Membership decline has been a big problem for a lot of organizations lately and its nice to see new members joining the great group here at Post 178.

Please come to our great **Car Show** and all the included festivities on Saturday, September 19th. Y'all be safe and may your gardens be fruitful.

My prayer for all this month:

Dear Lord, thank you for finally bringing us some well needed rain and please give us real moisture this Winter to fill up our reservoirs. Watch over us and make our car show a real success with great weather that day. Please keep us all healthy and safe. And as always, protect our troops as they protect us. Amen.

COMMANDER'S REPORT
Russ Scott

I can't believe we still have people parking along Simms Street in vehicles larger than compact cars and motorcycles. I have experienced the danger of trying to pull out onto Simms, with trucks and full size cars blocking my view of the traffic. Please stop parking in those spaces along Simms if you drive a vehicle larger than compact cars or motorcycles. If you have any questions about this please contact me or **Bob Heer** for clarification. You may be contacted to move your vehicle if it is not parked correctly!!

We have a great crew of volunteers at Post 178. They work at breakfasts, lunches, and dinners and are there to serve. The volunteers who put on special events and occasions are fabulous at what they do!! Next time you are there for a meal or special event thank them for all they do.

The Post's **DD 214ers Pool Team** will be starting up again soon. Our first match is on Sunday August 30, at 2:00 p.m. Your support for the team is appreciated.

Check the up coming calendar for events happening at the Post. Take it as an invitation to find ways that you can volunteer to serve.

AUXILIARY REPORT
Kay Scott

On Friday, September 11th, from 8:00 a.m. to 2:00 p.m. we are having a **Yard Sale** at the Post. It will take place outside starting in the front yard, along the south side by the parking lot, in the backyard at the picnic tables, and on the patio. Please see the **Yard Sale** flyer elsewhere in this newsletter!

If you have belongings you no longer want such as household goods and anything you could sell at a garage sale, this event would be a great way to get it all to go away and make some \$\$\$. If you have craft items you have made for Fall or the Holidays, this event would be a great way to let people know what you make and make some \$\$.

For only \$20 you can reserve a space, bring your stuff, and sell them. The bartender has a clipboard at the bar for you to sign up and pay the fee. You will need to come early to stake your claim for the preferred Space. Bring your own table, bank to make change, and chair. We will have coffee, water, and lemonade for purchase. You are welcome to bring your own cooler of beverages and snacks.

The Auxiliary will tempt all those attending the **Post Car Show** on September 19th with treats to snack on while gazing at the beautiful cars and other baked goods to take home. **Bake Sale** tables open at 9:00 a.m.

Queen of Hearts Progressive Raffle is coming to Wednesday Nights!! We are in the process of getting everything in place. We do not know when, hopefully soon, and will let you know so you will not miss the fun!!



BUSINESS REPORT

Bob Heer

A huge thank you to **Mark Ward** for his repair of the kitchen door that was all jacked up by some dim bulb last week when a lengthy rod was hung between the hinges. A total lack of common sense on the part of the perpetrator and the why is yet to be determined. Was it an intentional destructive act? The offending rod has been appropriately disposed of.

I also want to thank another of our long-time volunteers, **Randy Baria**. Randy has graciously assumed overall responsibility for our contest machines. At a minimum Randy comes to the Post once daily to service the machines as well as account for the cash in and cash payouts. You are awesome Randy!

Our annual **Car Show** is the big Post event in September. Over this summer **Dave Dupree** has been busy marketing the event as well as securing show sponsors. Dave has really made this an event that everyone looks forward to each year. Thanks for all your efforts, Dave.

SAL REPORT

Brad Hall

Already September and it seems like Summer just got started.

★ **COMMUNITY EVENT** ★

YARD SALE

Crafts, Antiques, Baked Goods, Misc.

**American Legion Auxiliary
Post 178**

★ **SHOPPERS & VENDORS WANTED** ★

Friday, September 11, 2026

8:00 AM - 2:00 PM

**American Legion Post 178
1655 Simms Street
Lakewood, CO 80215**

\$20 per Seller Space

Sign up and pay \$20 at the Post
or call Kay Scott at 720-244-1594

★ **RESERVE YOUR SPACE TODAY!** ★

Car Show Bake Sale

Sweet Treats • Cool Cars • Community Fun

Date: Saturday, September 19, 2026 **Time:** 9a-2p.

Location: American Legion Post 178, Lakewood

Stop by during the car show and pick up homemade cookies, brownies, cupcakes, breads, chocolate bars, and more!

- **All proceeds benefit:** The Auxiliary, supporting our Veterans, Troops, and Military Families.
- **Baked good donations welcome!** Please bring individually wrapped treats.
- **Cash and donations accepted.** Come early for the best selection.

Support a great cause!



We have finally received our 2027 membership cards from State. So please get your yearly dues to us so we can get them processed. The price is still \$20.00 for the year. Get it done early so you have your new door card before the end of the year.

The SAL will be serving our famous ribs at the **Car Show**. We'll start serving around noon on September 19th. The price hasn't been set yet as we don't yet know how much the ribs will cost us.

That's about it for this month. Thank a Veteran when you see one.



"Garage Art" to be raffled September 19 at the Car Show. Buy your tickets now from the bartender.

Post Volunteers Have More Fun (photos by Jena Eckrote-Davis)



AMERICAN LEGION

★ ★ ★

POST 178

★ ★ ★

FRIDAY

WING

FLING

FRIDAYS

11-3

\$0.75 PER

WING

6 WING MINIMUM

GREAT FOOD.

GOOD PEOPLE.

STRONG COMMUNITY.

1655 SIMMS STREET

★ ★ ★



AMERICAN LEGION POST 178

BRONCOS FOOTBALL



SUNDAY POTLUCKS

ALL 2PM GAMES

BRING A DISH OR PAY \$5 TO EAT
WRIST BAND FROM BARTENDER
REQUIRED TO PARTICIPATE