

The Reveille

Official Publication of "The Best in the West!"



Pride of Service



Air Force



Army



Coast Guard



Navy



Marines

Pride in Serving

God and Country

A Commitment To Project Sanctuary

by Commander Tony Jones

Most everyone at our Post has heard me speak of Project Sanctuary and how strongly I feel about supporting the work of Project Sanctuary and making a commitment to sponsor military families wanting to participate in the rebuilding of their family units. I want to share with you some of the background on Project Sanctuary and ask for your commitment and support of this program.

Project Sanctuary is a Colorado-based 501(c)(3) nonprofit corporation that got its start in 2007 after founder Heather Ehle discovered no organization was helping the military family as a "whole family." As a result, her founding principle and motivation was: "The whole family serves, and the best way to support the troops is by supporting the whole family."

Led by veterans and a Board of Directors, Ms. Ehle carefully listened to what the military families needed and then structured Project Sanctuary's programs to meet the needs of the whole family, pulling from her background as a registered nurse, to establish an evidence-based program that encompasses spiritual, physical and emotional healing. Project Sanctuary is dedicated to assisting military service mem-



bers returning from our nation's wars and conflicts by reconnecting the family unit through a holistic healing process and treating all members of the family at their level of need, and enabling the service members to reintegrate into their families and communities in a healthy manner. Project Sanctuary takes the military families from battle-ready to family-ready by providing a six-day, outdoor, therapeutic retreat, in a healing environment, and ongoing family support services for two years following the retreat.

After years of working with military families, Project Sanctuary has become a recognized leader in bringing health and wellness to those military families through "the A.R.T. of Project Sanctuary." All military/veteran families who contact Project Sanctuary, or who are referred, are first assessed to determine if they need support and services now (i.e., immediate help) or if they may be scheduled for a retreat. Both options are geared toward reconnecting the families to each other and to their communities. All services provided are intended to help the families thrive today and into the future and are provided free of charge to participating military families.

Currently, almost 800 families have reconnected through Project Sanctuary since 2007, and another 1,800 military families are on Proj-

ect Sanctuary's wait list. The therapeutic retreats are the starting point of the two-year program for most of the families served and are structured to be six days in length, giving the family adequate time to begin to decompress, de-stress and really commence the healing cycle.

The retreats include the entire family (children and spouse) support system. This enables the family to heal together with everyone understanding their roles and importance to the overall process. In order to ensure calmness, no chain-of-command reporting is present and thus eases professional concerns and allows for open and honest discussion. Since the retreats are held in a secluded environment, without the interruption of cell phones, TVs or Internet, a sanctuary is created and provides a place of healing. Encouragement is offered from individuals who can empathize with what the family is going through and most volunteers are returning family members who are able to give peer-to-peer understanding and support while growing the network of families.

Participants are a mix of active duty, veterans, and wounded warriors and are from all five branches of the military, giving the families opportunities to learn of other services and coping strategies utilized from a wide base of sources. Only six to 12 families attend each retreat to ensure that each family's specific needs are met and to provide each family dedicated time for their situation and needs.

During the General Membership Meeting on Tuesday, September 13, Heather Ehle, Project Sanctuary founder, will be here to tell us more about the program and how we can support families needing the support offered by Project Sanctuary. Please plan on attending this meeting and getting to know the people that work so hard for our veterans in need of help. Thank you for your support of the American Legion Post 1 and our veterans.

CALLING ALL LEGION FAMILY MEMBERS...

It's time to renew your membership for 2017. Start now — be an early bird!

Legion — \$50.00
Auxiliary — \$25.00
SAL — \$20.00

Drop off or mail your renewals to the Post, or renew online by going to the Post 1 website where

under the Publications tab you will find "our links" which will bring up the link to National Headquarters for both the Legion and the Auxiliary.

PLEASE NOTE: The renewal notices are printed in and mailed from Indianapolis. We have no control here on the mailings.

Legionnaire

by Will Webb

Some time ago, Glenn Stenson told me about a past featured article that was published in our *Reveille* newspaper, about a Legion member and their story during their service years, and their support of the Post. He said he believed the article was titled along the line of "do you know" or "getting to know" a Legion member in our Post and their service to our country. Rather than a fancy eye catching title, and after discussion with Glenn, the idea was brought back to life and here's the first of hopefully many more short stories of our Legion members and their service to our country and the American Legion.



Dennis Fraker

the second largest U.S. naval training station in the world. During the 30 months of operation, Farragut trained over 293,000 recruits.

After training he went overseas and was stationed at Adak, in the Aleutian Islands, for about two and one-half years, or until the war ended in 1946. During his service in the Aleutian Islands, he manned the 40mm guns along the coast of the Adak Island and was wounded by an exploding shell, which affected his hearing. Dennis attained the rank of Gunner's Mate 3rd Class.

After the Navy, he worked for Phillips Petroleum for 20 years and the Colorado State Patrol for 12 years, from which he retired.

A special thanks to Diane Erickson for helping to pull some of the above information out of Dennis. He really opened up to her and she was delighted to listen to his stories and experiences. Dennis has been a member of Post 1 for 35 years and is a life member of the VFW. On November 4, Dennis will be 92. He's a great veteran and deserving of recognition for his years of service to our country.

Legionnaire Dennis Fraker:

Dennis was born in Aurora, Colorado, but his family moved back to Oberlin, Kansas, when he was six, to help with the family farm. In 1943, he joined the U.S. Navy. Just out of high school and 18-years-old, he was sent to boot camp, and then went to Farragut, Idaho, for training as a gunner's mate. Being sent to Farragut, Idaho, after basic training in San Diego, it seemed like a new world, recalled Dennis.

A bit of historical information on Farragut Naval Training Base, it was known as the place where Fightin' Blue Jackets were made. Nestled at the foot of the Coeur d'Alene Mountains in the Bitterroot Mountain Range and named for Admiral David G. Farragut, a Civil War naval hero, the base welcomed its first navy recruits in September 1942. From then until March 1945, when the last class graduated, the base was

Combat Veterans/ Cowboy-Up Barbecue • Auction • Raffle

On Saturday, September 17, from 1-6 p.m., the Combat Veterans/Cowboy-Up organization will hold a barbecue, auction, and raffle, which will benefit the organization and allow for the continuing support of veterans with PTSD or TBI.

The barbecue will be at the American Legion Post 1 and all members and the public are invited to attend. Please ask your friends and neighbors to support this event and come down and meet some of the people involved in the program, have some barbecue, and take a chance on winning a great prize in the raffle or participate in the bidding for an item at the auction.

The menu will include barbecued pulled pork, barbecued brisket, Rocky Mountain oysters, po-

tato salad, coleslaw, baked beans, buns, plus homemade sauce, and lagniappe.

There will be live entertainment by a great local band, but keep in mind that only 250 tickets are available. So, if you are interested, please buy your tickets and your family's tickets early as they may go very quickly. Keep your ticket stub for the drawing and see if you are the lucky person that walks away with a \$500 Buck knife.

Tickets are only \$25 each and your support of the Combat Veterans/Cowboy Up program will be appreciated. This event will be a great time for food, entertainment and socializing. You can buy your tickets from Dick Hassell or at the bar from the bartender on duty. Hope to see you there!

Hello Legion Family!

by Tilde Szelkowski
Oratorical Chair

As we look to the start of the school year, your Oratorical committee has been busy. To date (7/28) we have sent 66 information packets (which include an introductory letter, an application, the rules and regulations and the list of assigned topics for this year's competition) to various schools in the Denver area. We are planning on sending out at least another 43 in the next few days. I have sent letters to some of the other posts in District 6 asking if they intend to participate this year and if not, would they have any objection to our working the area surrounding their posts. We are looking forward to a great year in 2017! Should any of you know of any young person grades 9-12, under the age of 20 and a legal resident/citizen of the U.S. please let either me or Will Webb know and we will gladly get you the information for them!

Commander's Corner

by Commander Tony Jones Sr.



Greetings to all Legion and Auxiliary members, SAL and 40/8 members, family and friends.

First, let me thank you for electing me as your Post Commander for the 2016-17 year. One of my goals this year is to support veterans and their families. This is, at best, huge and somewhat overwhelming. As you are aware, each of our auxiliary group's participation in all areas is commendable! However, I want to place more emphasis this year on fully understanding the depth of all American Legion programs through education, involvement, and donations.

Yes, I know that trying to achieve all of the goals and priorities of our Post is a daunting task at best. We do so many things for so many people which requires a lot of us to volunteer time to accomplish our mission. It's very important not to work for what's good for us as individuals, but to work for what will be the benefit for those veterans and their families we assist. Remember our mission is to serve veterans and their families through advocacy.

On a final note, I want to congratulate all Post officers on winning and look forward to working with each of you this year. I look forward to seeing you all around the Post.

For God and Country...

Join Us For The First General Membership Meeting Of The 2016-17 Year

There will be special presentations of certificates, a presentation by a representative of Project Sanctuary, and our Color Guard will present the colors and perform the Five Hats Ceremony. After the meeting there will be cake and coffee. Your participation is requested and greatly appreciated.

House Committee Update

by Tom Yagley

Your newly appointed House Committee (HC) Chair appreciates everyone's support and suggestions. A sense of true indebtedness for all the work and effort Paul Gremse provided.

Our Post 1 Bar constantly provides outstanding service. The HC believes it is worth mentioning the last *Reveille's* article, Bar Manager Observations. A sincere thank you to all of those who serve behind the bar. We all need to continue to show our respect for the job they do, how much they are appreciated, and that we understand how difficult their job can

be at times. Sue and I thank you!

House Committee is discussing the upcoming major events: Halloween, Thanksgiving, Christmas, and New Year's Eve. Leads and volunteers for the HC and these events are welcomed.

Just a quick recognition, Randy Ackerman — all the building support, maintenance, and working the numerous events. True Submariner — everything is a target.

Added note, please attend the Cowboy Up Dinner, and/or purchase a few raffle tickets. An excellent organization supporting our veterans.

40/8 News

by Tom Yagley
40/8 Chef de Gare

Protocol suggests a Welcome Back after Summer Break! For many, summer was as eventful as ever, including Voiture 97. August hamburger night included our Legion Eaglecrest Baseball teams. Preparing for and serving all our regular patrons, plus players, and their families — hectic was an understatement. Huge Thank You to all the kitchen crew. The baseball teams and families truly appreciated.

LCW1 Legion Family again this year visited and cooked for Colorado State Veterans Home. Sousa band, as always, was outstanding, everyone enjoyed. Special recognition to the grill team. Jimmy and Chris, providing all the burgers, hot

dogs, and ever critical smoke alarm testing.

Five Voyageurs attended the August Grande Wreck in Colorado Springs. These ceremonies provide visibility to our military heritage and the rich traditions of the 40/8. Voyageurs experience the camaraderie and easy friendship these gatherings offer. Thank you to Post 5 for hosting the Wreck.

September 11th Patriot day, 40/8 is hosting the Sunday Breakfast.

Next Voiture 97 Promenade is September 17, standard 10 a.m. This should include nominations and elections of our officers.

Membership dues, please provide to Correspondant Powers as possible. 100% membership is always the goal.

Supporting Our Men In Blue

by Dale Barnett,
National Commander

In a recent prime time speech, former New York City Mayor Rudy Giuliani spoke of the role law enforcement officers play in American society.

"We pray for our police officers in Dallas and Baton Rouge and their families. And we say thank you to the Cleveland Police Department for protecting us ... We know the risk you are taking, and we say thank you to every police officer and law enforcement agent who is out tonight protecting us — black, white, Latino, of every race, every color, every creed, every sexual orientation. When they come to save your life, they don't ask if you are black or white. They just come to save you!"

In a nation that seems to be more

divided than any time since the 1960s, it is important to point out The American Legion's strong and longtime support for law enforcement. In the Preamble to the Constitution of The American Legion, Legionnaires pledge to "maintain law and order."

It is in this spirit that The American Legion annually honors a **Law Enforcement Officer of the Year** at our national convention. Departments and many posts also recognize men and women in blue with awards. Some posts recognize these heroes quarterly and, even better yet, some do it monthly.

Some recent troubling videos provide evidence that out of more than 1.1 million law enforcement officers nationwide, some are unworthy to wear the badge. Split-second mistakes are made, but to

tarnish an entire profession because of the misdeeds of a few is as unfair as allowing the actions taken at My Lai to define the 99 percent of Vietnam War veterans who served bravely and honorably.

Sadly, shootings by and of police officers seem to dominate news today. But I see another side to law enforcement officers. They are our neighbors, our friends, our family. They go to our churches, send their kids to our local schools and coach youth soccer teams. Like the rest of us, they want to live in safe communities.

Effingham, Ill., Sheriff David Mahon is the 2016 American Legion National Law Enforcement Officer of the Year. I look forward to presenting him with his award when we meet next month in Cincinnati. But it isn't just the nearly three decades in law enforcement that makes Mahon a valued member of the community. It's also the tens of thousands of dollars that he has raised for Special Olympics Illinois.

The mission statement of the Effingham County Sheriff's Department promises to "provide a safe environment by enforcing the laws of our government and preserving the peace of our citizens with Integrity, Service and Professionalism."

Mission accomplished. Duty. Honor. Country.

Editor's Note: The above article is a reprint, with permission, from the American Legion National website. It's such a tremendous tribute to our men in blue that it deserves to be made available to those that missed it on the national website. Reprinted with permission of The American Legion Magazine, © July, 2016. www.legion.org.

How To Talk To Your Doctor About Trauma And PTSD

If you have been through a traumatic event, you may find it hard to talk about your experiences. But, it can be helpful to tell your doctor or a counselor about any symptoms you have. Witnessing or going through a trauma can lead to both emotional and physical problems. The checklist below can be a good start to talking about your symptoms following a trauma. You can complete the checklist, and show it to your doctor, therapist, or someone who can help you find care. Sharing this information will help a health care provider know you better and plan the best treatment for you. Not everyone who goes through trauma will get PTSD, but keep in mind that good treatments are available even if you only have some PTSD symptoms.

Brief Checklist Of Trauma Symptoms

Check the symptoms below that you experience. Include symptoms you have even if you are not sure they are related to a traumatic event.

I experienced or witnessed a traumatic event during which I felt extreme fear, helplessness, or horror.

The event happened on (day/month/year) _____
What happened? _____

I have symptoms of re-experiencing or reliving the traumatic event:

1. Have bad dreams or nightmares about the event or something similar to it.
2. Behave or feel as if the event were happening all over again (this is known as having flashbacks).
3. Have a lot of strong or intense feelings when I am reminded of the event.
4. Have a lot of physical sensations when I am reminded of the event (for example, my heart races or pounds, I sweat, find it hard to breathe, feel faint, feel like I'm going to lose control).

I have symptoms of avoiding reminders of the traumatic event:

1. Avoid thoughts, feelings, or talking about things that remind me of the event.
2. Avoid people, places, or activities that remind me of the event.
3. Have trouble remembering some important part of the event.

I have noticed these symptoms since the event happened:

1. Have lost interest in, or just don't do, things that used to be important to me.
2. Feel detached from people; find it hard to trust people.
3. Feel emotionally "numb" or find it hard to have loving feelings even toward those who are emotionally close to me.
4. Have a hard time falling or staying asleep.
5. Am irritable and have problems with my anger.
6. Have a hard time focusing or concentrating.
7. Think I may not live very long and feel there's no point in planning for the future.
8. Am jumpy and get startled or surprised easily.
9. Am always "on guard."

I experience these medical or emotional problems:

1. Stomach problems
2. Intestinal (bowel) problems
3. Gynecological (female) problems
4. Weight gain or loss
5. Pain, for example, in back, neck, or pelvic area
6. Headaches
7. Skin rashes and other skin problems
8. Lack of energy; feel tired all the time
9. Alcohol, drug, or other substance use problems
10. Depression or feeling down
11. Anxiety or worry
12. Panic attacks
13. Other symptoms such as: _____

Summing It Up

If you checked off some of the symptoms above, it is important for you to let your health care provider know. This information helps providers plan your medical treatment. It can also help them connect you with services you may need. If you think you may have PTSD, fill out this checklist and take it to a health care provider, or someone you trust.

SAVE THESE NUMBERS!!!

Veterans Crisis Line: 1-800-273-8255 Press 1
Suicide Prevention Lifeline: 1-800-273-8255

UPCOMING BIRTHDAYS

SEPTEMBER BIRTHDAYS

Tony Allen
Steven Balog
Pat Barbee-Hassell
Joseph Bemelen
Michael Gordon
Paul Jewell
Damon Jones
Henri LaBrash
Scott McPhail
Theresa Monahan
Brian Moran
John Nicolai
James O'Dell
Trudi Plimpton
Mike Pond
Bob Smith
Mark Soloway
Robert Stribling
Rachel VanHouten
Robert Warmouth

OCTOBER BIRTHDAYS

Ginny Anderberg
Ann Clement
Carol Cordova
Byron Daniels
Deborah Davis
Ted Fondy
Seana Gates
John Hargleroad
Zoe Harrington
Kari Haugen
Derek Henry
Anthony Jones Jr.
Anthony Jones Sr.
Elizabeth Kern
Rose Lawson
Keith McGechie
Maryanne Munz
Brian Press
Charles Sharrock
Helen Smith
Georgia Sweeney
Jerry Thompson
Donna Thompson
Billy Thompson

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Commander, Anthony Jones; Senior Vice Commander, Chris Nepute; Junior Vice Commanders, Al Taylor and Tom Yagley; Adjutant, Patrick Burch; Finance Officer, Jerry Osgood; Chaplain, John Holland; Sergeant-At-Arms, Pablo Palen.

MEMBER



AMERICAN LEGION
PRESS
ASSOCIATION



COLORADO
PRESS ASSOCIATION

President's Report



by Barbara Aaker

Well, as they threaten in the movie, "She's back....." Yes, once again I am happy to be President of the Auxiliary of LCW Unit one. After two great years of leadership by Sue Wagner, our Auxiliary is stronger than ever. Thank you to all who have served as officers in the past and our incoming group of officers and executive committee members.

We are looking forward to a lot of good things happening once again with our Auxiliary and I want to start by thanking everyone who came out for Mexican Dinner night, Friday, August 19, and making it a success. We will again be doing burger nights, spaghetti nights, and the usual turn at Friday night dinners and breakfasts.

You can look ahead to the Holiday Craft Fair in November, our Mardi Gras in the spring and we will again be involved with hosting the women Veteran's luncheon. Look for other events to be hosted throughout the year and thank you

for continuing to support the Auxiliary and the other organizations of the Legion family.

Let me repeat the last two words that I typed. Legion family. Let's continue to treat all of our family members with kindness and respect. Supporting the Legion and all of its members means not only financially through donations and spending, but also by volunteering your time and energy to helping out when you can. Not everyone can give enough time to be an officer but lend us a hand for an hour to help clean up on a burger night, or help serve on a spaghetti night. We will be asking for items for a silent auction. Talk to one of the shops you support and see if they would contribute something. There are many ways to support our Veterans. That is what we do. We support our family.

Looking forward to a good year. Thank you to all who put your heart into this Legion of ours. Be kind to each other. Peace.

You Make A Difference

by Diane Erickson

This has been a great year for me as your Department of Colorado American Legion Auxiliary President. I want to first thank Unit One for all the support as I worked at this yearlong adventure! Without the support and help of the membership of Unit, Post, Sons of the Legion and the 40/8 at Post One the year would not have been as successful. I appreciate the Post One Family more than I can express. It will be great to have the time to be active with Unit One again.

I ask that each of you continue to renew your membership each year and recruit new members to this

patriotic service origination. Your membership helps to support our active duty military, veterans and their families. Just by paying your membership it supports our ability to lobby Congress on behalf of veterans to keep, and gain the benefits they were promised and deserve.

We always love to see you at the events at Post One. Please keep in mind YOU make a difference and join us whenever you can. Thank you.

United together for a common cause, Diane Erickson, Unit One Member and 2015-2016 American Legion Auxiliary Department of Colorado President.



5th Annual LCW Car Show Fun!



Post 1 Color Guard Leads Off Fourth Of July Parade In Granby



Color Guard in Granby for July 4th. Left to right: Derek Henry, Ken Dorman, Richard Bridge, Jim Atkins, Chris Mulqueen and Ken Kovar.

by Will Webb

The American Legion Leyden-Chiles-Wickersham Post 1 Color Guard and support team kicked off the annual Fourth of July celebration and parade in Grand County (Granby), Colorado. The Color Guard enjoys this annual event and a chance to show their skills and precision, plus present a show of what our Colors mean and tie in patriotism with our national holidays.

Representing our Color Guard were six team members: with the American Flag, Ken Dorman; Pow/Mia, Richard Bridge; Colorado

Veterans Day Celebration At LCW Post 1

Great news! Negotiations are currently underway to have the Colorado Emerald Society Pipe Band play for one or more shows on Veterans Day, Friday, November 11. As some of you already know, the band has been named the best pipe band in the Denver St. Patrick's Day Parade for the past five years running and puts on an exciting and professional show. Stay tuned to *The Reveille* and postings at LCW 1.



Auxiliary members passed out flags and candy in Granby. Left to right, front row: Sharon Folk, Kaitlyn Mulvey, and Rene Bridge. Back row: Lauren Trimble, Penny Henry, Stacy Dorman, Cheryl Baldwin, and Orienne Atkins.

Flag, Jim Atkins; Legion Flag, Chris Mulqueen; and rifle detail including Derek Henry and Ken Kovar. Supporting the Color Guard by driving the Department van in the parade and on the trip was Jack Rozen.

A special note of recognition goes to the Color Guard for their time and efforts to ensure a successful and proper presentation of our Colors, an event Post 1 can be proud of and

give a handshake with a word of thanks to all of the team members.
If anyone has a pair of Broncos tickets you would consider donating or selling at face value for a fundraiser for Project Sanctuary, please contact Commander Tony Jones at the Post, 303-757-1919 or 720-388-9101.

Bicycle Collection At The Post Saturday, September 24 9 a.m.-2 p.m.

Attention all Legion family members: If you have a bicycle just sitting around collecting dust, consider donating it to "Second Chance Bicycle Shop" by just dropping it off at Post 1.

This is the shop run by Ernie Clark, who received the 40/8 "Citizen of the Year" award. He collects bicycles no longer being used, fixes them up and gives them to those who do not have one.

Bicycles can be in any shape or size and bicycle parts are also appreciated. If you have any questions, you may call Ernie at 720-270-5731.

The Raindrops On Your Old Tin Hat

*The mist hangs low and quiet on a ragged line of hills,
There's a whispering of wind across the flat,
You'd be feeling kind of lonesome if it wasn't for one thing
The patter of the raindrops on your old tin hat.*

*An' you just can't help a-figuring —sitting there lone —
About this war and hero stuff and that,
And you wonder if they haven't sort of got things twisted up,
While the rain keeps up its patter on your old tin hat.*

*When you step off with the outfit to do your little bit,
You're simply doing what you're s'posed to do —
And you don't take time to figure what you gain or lose —
It's the spirit of the game that brings you through.*

*But back at home she's waiting, writing cheerful little notes,
And every night she offers up a prayer,
And just keeps on a-hoping that her soldier boy is safe —
The mother of the boy who's over there.*

*And, fellows, she's the hero of this great, big ugly war,
And her prayer is on the wind across the flat,
And don't you reckon it's her tears, and not the rain,
That's keeping up the patter on your old tin hat?*

Composed by a WWI Doughboy, Lt. J. Hunter Wickersham September 11, 1918, the night before the St. Mihiel Offensive began. The next day, after being severely wounded by artillery fire, he continued leading his platoon despite a great loss of blood. He eventually died on the battlefield, receiving the Medal of Honor for his leadership, posthumously (which is framed under his photo in the Post 1 lobby).

Source: 40/8 *The Bulletin*, July 2016. The Press Association of La-Societa, L'Editeur, Renslar "Renny" Keagle, renslarkeagle@gmail.com.

Comedy Vets Stand-up And Serve Show At Post 1 Monday, September 5 • 1 p.m.



"Honoring America's Heroes, One Joke At A Time"

Comedy Vets is comprised of former United States military who just happen to also be funny.

We have proudly served our country and now we Stand-Up

and Serve active military, veterans and their families. Comedy Vets produces live comedy shows for military personnel and their families. We also produce shows for organizations that have a passion and desire to support active and former military.

We honor veterans, active military and their families by giving them free tickets to all of our shows. The average ticket cost for a stand-up comedy show is \$10. Sponsors help us to cover the cost of those tickets. We wouldn't be able to give away free tickets if it weren't for our sponsors.

CALENDAR OF EVENTS • September-October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Art Classes At Post 1 Have you ever said "Someday I am gonna take a drawing class" but the desire gets put on the back burner? Time has come to keep that promise to yourself! Mondays at 7 p.m. Jim Bartusch teaches a drawing class at the Post. You just need the desire to learn, some graphite pencils, and a pad of drawing paper to get started. You can be an absolute beginner or have some skill already. With art, there is always something new to learn. Classes are \$10 each which includes room rent and handouts. You can call Jim at 720-532-6669 to learn more or just show up, and join the fun!			DON'T MISS OUT IN OCTOBER! October 1 – Auxiliary Salmon Dinner October 29 – Halloween Party Watch for details at the Post.	1 Lunch Served 11 a.m.-1:30 p.m.	2  Fly Your Flags Today! Lunch Served 11 a.m.-1:30 p.m. Karaoke 7-11 p.m.	3
4 Attend The Church Of Your Choice	5  Fly Your Flags Today!  Comedy Vets Show 1 p.m. No Art Class	6 Lunch Served 11 a.m.-1:30 p.m.	7 Lunch Served 11 a.m.-1:30 p.m. SAL Hamburger Night 5-7 p.m. SAL MEETING 7 p.m.	8 Lunch Served 11 a.m.-1:30 p.m. PLANNING & HOUSE COMMITTEE MEETINGS 6:30 p.m.	9 Lunch Served 11 a.m.-1:30 p.m.	10
11  Fly Your Flags Today! Attend The Church Of Your Choice 40/8 Breakfast 10 a.m.-12 p.m.	12 Bar Opens at 3 p.m.  SEPTEMBER BIRTHDAYS Celebration • 6 p.m. Cake & \$10 Drawing Art Class • 7-9 p.m.	13 Lunch Served 11 a.m.-1:30 p.m. LEGION & AUXILIARY MEETINGS 7 p.m.	14 Lunch Served 11 a.m.-1:30 p.m. Auxiliary Hamburger Night 5-7 p.m.	15 Lunch Served 11 a.m.-1:30 p.m. EXECUTIVE BOARD MEETING 6:30 p.m.	16 Lunch Served 11 a.m.-1:30 p.m. Karaoke 7-11 p.m.	17 40/8 Promenade 10 a.m. Combat Veterans/ Cowboy Up Event 1-6 p.m.
18 Attend The Church Of Your Choice	19 Bar Opens at 3 p.m. Art Class 7-9 p.m.	20 Lunch Served 11 a.m.-1:30 p.m.	21 Lunch Served 11 a.m.-1:30 p.m. Legion Hamburger Night 5-7 p.m.	22 Lunch Served 11 a.m.-1:30 p.m.	23 Lunch Served 11 a.m.-1:30 p.m.	24 Bicycle Collection At The Post 9 a.m.-2 p.m.
25 Attend The Church Of Your Choice	26 Bar Opens at 3 p.m. Art Class 7-9 p.m.	27 Lunch Served 11 a.m.-1:30 p.m.	28 Lunch Served 11 a.m.-1:30 p.m. 40/8 Hamburger Night 5-7 p.m.	29 Lunch Served 11 a.m.-1:30 p.m. Legion Spaghetti Night 5-7 p.m.	30 Lunch Served 11 a.m.-1:30 p.m.	OCT. 1 Auxiliary Salmon Dinner \$10 • 5-7 p.m.
2 Attend The Church Of Your Choice	3 Bar Opens at 3 p.m. Art Class 7-9 p.m.	4 Lunch Served 11 a.m.-1:30 p.m.	5 Lunch Served 11 a.m.-1:30 p.m. SAL Hamburger Night 5-7 p.m. SAL MEETING 7 p.m.	6 Lunch Served 11 a.m.-1:30 p.m.	7 Lunch Served 11 a.m.-1:30 p.m. Karaoke 7-11 p.m.	8
9 Attend The Church Of Your Choice SAL Breakfast 10 a.m.-12 p.m.	10  Fly Your Flags Today!  Bar Opens at 3 p.m. OCTOBER BIRTHDAYS Celebration • 6 p.m. Cake & \$10 Drawing Art Class • 7-9 p.m.	11 Lunch Served 11 a.m.-1:30 p.m. LEGION & AUXILIARY MEETINGS 7 p.m.	12 Lunch Served 11 a.m.-1:30 p.m. Auxiliary Hamburger Night 5-7 p.m.	13 Lunch Served 11 a.m.-1:30 p.m. PLANNING & HOUSE COMMITTEE MEETINGS 6:30 p.m.	14 Lunch Served 11 a.m.-1:30 p.m.	15 40/8 Promenade 10 a.m. Article deadline for next issue of <i>The Reveille</i>
16 Attend The Church Of Your Choice	17 Bar Opens at 3 p.m. Art Class 7-9 p.m.	18 Lunch Served 11 a.m.-1:30 p.m.	19 Lunch Served 11 a.m.-1:30 p.m. Legion Hamburger Night 5-7 p.m.	20 Lunch Served 11 a.m.-1:30 p.m. EXECUTIVE BOARD MEETING 6:30 p.m.	21 Lunch Served 11 a.m.-1:30 p.m. Karaoke 7-11 p.m.	22
23 Attend The Church Of Your Choice	24 Bar Opens at 3 p.m. Art Class • 7-9 p.m.	25 Lunch Served 11 a.m.-1:30 p.m.	26 Lunch Served 11 a.m.-1:30 p.m. 40/8 Hamburger Night 5-7 p.m.	27 Lunch Served 11 a.m.-1:30 p.m. Auxiliary Spaghetti Night 5-7 p.m.	28 Lunch Served 11 a.m.-1:30 p.m.	29  Halloween Party Check the Post for details
30 Attend The Church Of Your Choice	31 Bar Opens at 3 p.m. Art Class • 7-9 p.m.	1 Lunch Served 11 a.m.-1:30 p.m.	2 Lunch Served 11 a.m.-1:30 p.m.	3 Lunch Served 11 a.m.-1:30 p.m.	4 Lunch Served 11 a.m.-1:30 p.m.	5 Lunch Served 11 a.m.-1:30 p.m.