

Leyden ★ Chiles ★ Wickersham Post 1

5400 East Yale Avenue • Denver, CO 80222-6905



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

VOLUME LXXXI

The Reveille, May-June 2023

NUMBER 3

FLAG DAY POST 1 TRADITION - Wed., June 14 at 10 a.m.
Join us at Veterans Park for the raising of a new flag.
Check the website for more information.

LCW Post 1 5400 East Yale Denver Co

HONOR GUARD Fundraiser

June 17th NOON

Music by Lee And Company **50/50**
Battlin' Betties Platoon
HOG Roast by Full Battle Rattle and Smoking Outlaw Kitchen
Classic Cars and Military Equipment
Vendor Booths Dunk Tank
Silent Auction
and much more!!
We need your help to make this a great event!

Business Sponsors / Donations / Silent Auction Items / Gift Cards / Raffle Prizes / Vendor Booths

Contact Brad 720 369 7844 or Dan 303 929 6708

Adjutant News

by Patrick Burch
POST ELECTIONS!

Elections for Officers and Executive Board Members of The American Legion LCW Post 1 will be held Tuesday, 9 May 2023, from 12 to 7 p.m. There is still time to sign-up for a position as an Officers or a member of the Executive Board. The sign-up sheets are on the bulletin board at the entrance to the Post.

Volunteers Are Needed For The Compassionate Contact Corps, An Opportunity To Enhance A Veteran's Well-Being And Quality Of Life From Anywhere.

Volunteers are matched with homebound Veterans. They call on a regular basis to check-in and offer one-on-one social interactions to help combat loneliness or boredom — for many Veterans, it's additional opportunity to share their stories. The contact is known to help reduce medical and mental health symptoms associated with anxiety, depression, and dementia. In fact, studies have shown us that social isolation is as bad for your health as smoking one half pack of cigarettes per day or being obese. Volunteers must be over age 18, pass a background check, attend orientation, and get trained. Anyone interested in volunteering their compassion and companionship while developing their empathy and active listening skills should send a message to vhaechvolsvcs@va.gov or call 720-723-3864. Veterans who would benefit from this program should speak with their provider or care team.

We Need You!

ARAPAHOE COUNTY FAIRGROUNDS & PARK
June 30, 2023
10 a.m.—4 p.m.

VETERANS STAND DOWN

WHAT IS A STAND DOWN?
It is a community-based event to assist Veterans. This free event is open to all veterans, active service members and their families.

This event provides resources to assist veterans and their families. In addition, there will be food, activities and a job fair.

Show our Veterans that their community supports them by sponsoring this event.

INTERESTED IN SPONSORING OR HOSTING A BOOTH?
CONTACT:
Courtney Stryker
CStryker@arapahoegov.com | 303-738-7892
or
Josh Medina
JMedina@arapahoegov.com | 303-738-8047

Derby Day

@ LCW Post 1

Food: Starting at 1:30pm (while supplies last)
Races: Starting before 2pm
Hot Contest

SATURDAY
May 6th

Concluding with Kentucky Derby at 4:45pm

Talk to an S.A.L. Officer
If you want to Sponsor a Race

**Visit Our Website: LCWPost1.org for information on upcoming events and activities,
And Our Facebook Page: American Legion LCW Post 1 - Denver CO.**

Commander's Corner

by Commander Tom Yagley



Memorial Day, one of the two official United States holidays recognizing the commitment of members of America's military services, honors those who lost their lives while defending their country.

A few excerpts from the VA:

Memorial Day was born out of necessity. After the American Civil War, a battered United States was faced with the task of burying and honoring the 600,000 to 800,000 Union and Confederate soldiers who had died in the single bloodiest military conflict in American history. The first national commemoration of Memorial Day was held in Arlington National Cemetery on May 30, 1868, where both Union and Confederate soldiers are buried.

The men and women who died for our freedom represent the diverse patchwork that is the United States of America. Their one common characteristic is that they all took an oath to give their all for America if called upon. We can ensure that the memories of these heroes and their sacrifices are not in vain with understanding the importance of service, sacrifice, and honor.

Memorial Day is a time that many wear or proudly display poppies, memorializing the soldiers who fought and died during WWI. We are dedicated to continuing the work of those who have gone before us. We are dedicated to preserving the memory of our fallen heroes and declare our unending gratitude and support for their families.

Take time to remember and honor the men and women who have given their lives for this great country. Reflect on their courage, their sacrifice, and their dedication to a cause greater than themselves. Re-commit ourselves to the cause of freedom, justice, and democracy, so that the legacy of our fallen heroes will live on for generations to come.

We continue to mourn their loss, most of all, we celebrate their lives. Thank you, God bless America, and God bless those who have made the ultimate sacrifice for our freedom.

The Legion year is coming to an end in June. Elections are held in May, on the second Tuesday. May 9th the Membership meeting commences at noon, immediately recesses for voting. The meeting resumes at 7 p.m. for ballot counting and results.

I am running for LCW Post 1 Commander for the 2023-2024 Legion Year. I would appreciate your support and your vote.

Post 1 accomplishments are too numerous to record here. Working with our Veterans, our Pillar Programs, maintaining the building and property, and our increasing presence in the local community is achieved only with the dedication of the Legion members and the Legion Families. To The American Legion Post 1 Officers, thank you for the great year. We all realize, LCW 1 Office Staff is the heartbeat of our great organization. Thank you for your daily support, direction, and another year of accomplishments.

"All gave some, some gave all. Remember them this Memorial Day."



CAR SHOW

COMING IN JULY... the Annual LCW Post 1 Color Guard car show, Saturday, July 22.

Watch for details on the Post 1 website and check your emails.

Visit LCWPost1.org for information.

THE REVEILLE

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Commander Tom Yagley, Senior Vice Commander Mike Stone, 1st Jr. Vice Commander Frank Somoza, 2nd Jr. Vice Commander Mick Montoya, Finance Officer Melissa Watkins, Sergeant-at-arms Alan Jaffe, Historian Don Roché, Adjutant Patrick Burch, Chaplain John Holland.



From The Finance Officer

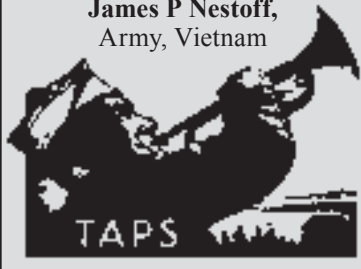
by Melissa Watkins

It's election time again and I will be running again if you'll have me as the Finance Officer. We very much need another major recurring fundraising event to take us from keeping the lights on to making major improvements and donations to our favorite charitable Veteran causes and organizations. But to make this happen we need YOU to volunteer your time and effort. We have several big events coming up: Pueblo Author Doug Sterner Colorado Heroes Book Launch on Sat 13 May; District 6 Honor Guard Fundraiser on Sat 17 Jun; our own LCW Post 1 Color Guard Car and Motorcycle Show on Sat 22 July, and LCW Post 1 Charity Golf Tournament on Mon. 11 Sep. So please come out, join the family, and make these events a rousing success.

Taps

LEGIONNAIRES

- Donald Goldy,**
Navy, Korea
- Robert M Huffman,**
Air Force, Korea
- Dr. Joseph N Langley,**
Army, Vietnam
- James P Nestoff,**
Army, Vietnam



THANK YOU, Thank You For Your Service To Our Country

And, thank you for your membership in The American Legion AND Leyden-Chiles-Wickersham Post/Unit 1, Squadron 1 and Riders.

Because of your membership, we are able to continue helping veterans transitioning back into the workforce, those who have become disabled through military service, victims of natural disaster, children in need, and youth learning to become responsible U.S. citizens.

Most importantly, your membership amplifies the voice of our nation's veterans in Washington, D.C.

YOU are a member, please help us grow our voice even stronger. Invite another veteran to join us, in our time-honored cause to proudly strengthen America, one member and one community at a time.



Once again, the Post 1 Color Guard served a great Easter Sunday breakfast. Thank you to all who participated in supporting this event. Don't forget about their next event, the annual car and motorcycle show in July.

FORGIVENESS

by Judy Sadler, ALA Chaplain Unit 1

In today's world many people seem to be filled with hate and discontent. We are too busy trying to "blacken people's names and/or objectives." Why do we feel the need to "sling mud?" We seem to have a personal agenda rather than "For God and Country."

Psychologists define forgiveness as a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether your forgiveness is deserved.

5 Steps To Forgiveness

- 1) Reflect on the situation. ...
- 2) Put yourself in the other person's shoes. ...
- 3) Choose to learn from the experience. ...
- 4) Let it go. ...
- 5) Decide where you want to go from here. ...

Start a relationship with an exceptional counselor.

Why Should We Forgive?

The good news: Studies have found that the act of forgiveness can reap huge rewards for your health, lowering the risk of heart attack, improving cholesterol levels and sleep, and reducing pain, blood pressure, and levels of anxiety, depression, and stress.

What Is The First Step To Forgiveness?

Hallowell says the first step to forgiveness is acknowledging what happened.

- Talk to someone you trust and open up about how hurt, sad, or angry you may feel. Let your emotions out, and do not apologize for them.
- Do not withdraw or isolate yourself. Stay connected and

feel the pain, even though it hurts.

Things To Think About

- Keep gossip to be a minimum — and yes, I know we as women always gossip. But we cannot spread the ugliness of gossip.
- Always be prepared to help or console a fellow American Legion Auxiliary member. Until you walk in her shoes, you never know the problems that she has. Reach out.

Strategies For Self-Forgiveness

1. Think back. Think back to a time in your life when you felt safe and cared about someone. ...

2. Remember the event. ...
3. Do not avoid guilt. ...
4. Take responsibility. ...
5. Try to repair the damage. ...
6. Have empathy for more than yourself

5 Tips To Help You Forgive Someone Who Hurt You Emotionally

1. Decide to forgive.
2. Take your time and lower your expectation.
3. Forgive for yourself, not for others.
4. Emphasize with the person who hurt you emotionally.
5. Put your feelings into words.

Why Is Forgiveness So Hard?

Ways that hinder forgiveness may include: holding on to the grudge, thinking it will somehow punish the other person so we can feel righteous, hoping we will be protected from getting hurt again, believing that fairness and justice must be served, since the other person was wrong, and/or.

Forgiveness is an exceedingly difficult thing to do. We need to figure out in our own way to forgive. As always, Ask God.

Look for information on these July events in the July-August issue of *The Reveille*: Auxiliary Luau on July 15, Color Guard Car Show on July 22, and Post 1 Charity Golf Tournament on September 11.

NOTE — AL Riders' May meeting has been changed to Friday, May 5, at 6:30 p.m. and June meeting is changed to Friday, June 2 at 6:30 p.m.

PUEBLO AUTHOR DOUG STERNER LAUNCHING NEW COLORADO HEROES BOOK AT LCW POST 1 - SAT 13 MAY 23

Doug Sterner is a decorated veteran of service in the United States Army (1969-1972) and served two tours of duty in Vietnam as an Army Combat Engineer. He is a Life Member of the Veterans of Foreign Wars and in 2012 was enrolled as an Honorary Life Member of the Legion of Valor. In 1998 and 2002 he was appointed by Colorado Governor Bill Owens to two terms (1999-2006) on the Colorado State Board of Veterans Affairs, subsequently being elected to that Board as its Chairman.

Following his honorable discharge from the Army and later the Montana National Guard, he worked for three years in the Montana State Department of Corrections, followed by eight years in the ministry. From 1984 to 1998 he worked in the multi-family housing industry before returning to college to obtain an Associate Degree in Computer Information Systems from Pueblo (Colorado) Community College. During his final semester in 2000 he simultaneously was employed there as an instructor in Computer Information Systems and continued in that position until 2006.

He unabashedly admits that he doesn't sell a lot of books: "These are a niche item without a big demand," he says. "But, these books will be around long after I am gone. I write these for history, to ensure that the families of loved ones for generations to come will readily find, and be inspired by, what their loved ones once did in a moment of valor during the worst days of their lives and became an American hero."



CLAUDE DOUGLAS STERNER
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Curator
Military Times "Hall of Valor"
www.militarytimes.com/hallofvalor
WWW.HEROBOOKS.ORG

St. Patrick's Day Celebration At LCW Post #1



Wick School of Irish Dance students performed.



Lunch crew — Cheryl, Jean, Marne, and Kathy.



House & Planning Chairman

by Melissa Watkins

Once again, we are between cooks in the kitchen. Hopefully by the time this is printed that will be remedied. Keeping the doors open requires people to come in and enjoy the friends and fellowship. We encourage you to bring in your families and friends; hold your family reunions, birthday parties,

anniversaries, club meetings, and conferences here at the Post.

Stay up to date with the happenings at our website: www.lcwpost1.org; on Facebook at *American Legion LCW Post 1 - Denver CO*; and we send out information via Mailchimp so be sure we have your email address if you aren't getting the info.

LCW POST 1 FAMILY MEMBERSHIP NOTES

Here are some membership numbers for 2023 as of 18 April:
Legion Total 745, including 38 new members and 74 transferred into Post 1; target is 819.

Auxiliary Total 222, including 24 new members; target is 222 — goal reached!

SAL Total 137, including 27 new members; target is 140 — very close to goal!

For those who live in the Denver Metro area, we would love to see some of those new, smiling faces at the Post.

Fun Fact — Did you know...the full name of the cereal mascot Captain Crunch is Horatio Magellan Crunch?

Jim Coates
"The Painter"



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UPCOMING BIRTHDAYS

We celebrate the birthdays for all of our Legion family members. We especially want to include YOU if it is your birthday month. Many people are already on our birthday lists as listed in *The Reveille*, but it is not automatically recorded with your membership. We apologize if your birthday is not listed. Please contact the office with your name and month only of your birthday (no day or year requested), to be sure you are included. Happy Birthday!

MAY BIRTHDAYS

Susan I. Adams
John P. Alden
Charles F. Aragon
James H. Atkins
Jose M. Baca Jr.
Michael G. Benowitz
Rob Berg
Irene M. Blatnick
Peronio Brito
Naftali Burke
Robert E. Byrne
Joanne Carpenter
Cyndi K. Clavier
James E. Coates
Kathleen Craven
Ernest H. Devan
Leanne Enck
Lawrence A. Eversole
Chloe M. Fisher
Bonnie D. Foster
Douglas Freeland
Robert E. Gold
Kyle P. Gremse
Teri Gremse
Howard L. Halbert
Donna Helgren
Cindy A. Hill
Keith Jake Jacobsen
Ernest E. Jacobson Jr.
Alan Jaffe
Roy E. Jarrett
Diana L. Kennedy Jefferson
Harold L. Jennings
Henry E. Jones
Monica E. Kannady
James H. Kelly
John Kerlin
Bruce B. Kilbourne
David A. Kleiman
Debra Kubly
Steve Labadie
Richard K. Lighthall
Christine Lowrey
Max Majors
Jerry Martineau
Robert T. Masoni Jr.
Monroe G. Mathias
Tammy S. Mathias
Thomas M. Mauro

George E. Mayl
Kathleen R. Mcintee
Joseph T. Minkiewicz
Michael J. Murphy
Michael R. Mylet
John D. Nelson
Darrell G. Nielsen
Sharon Osgood
Jane Elizabeth Ozga
Robert L. Pangburn
Kenneth Pendley
David P. Rhodes
Edward A. Robinson
Donald J. Roche
Irene K. Rozman
Harry Sabin
Carlos Sala
Murray Sallenbach
Valentin Saucedo
Robert Schmidt
Colin Servis
William Shaw
Joan Siudzinski
Gerald E. Smeal
Howard P. Sorenson
David Stover
Kim I. Stultz
Randy G. Thompson
Bernard H. Thorn
Linda S. Van Toornburg
Mark A. Vogel
William T. Watkins
Kimberly L. Wetch
Esperance M. Wolf
Thomas R. Young

JUNE BIRTHDAYS

Barbara Aaker
Richard M. Anderchin
Laura Atencio
Heinz Beilhardt
Robert Belleville
Peter J. Bemelen
Richard W. Bird
Marianne B. Boston
Stuart Brann
Martin P. Brill
Barry Byars
William H. Chitwood
Douglas W. Colbert
Paul Copeland

Saverio Sam Curcio
Melissa L. Daniels
Paula E. Davis
Stacy Ann Dorman
Leo Doubrava
John D. Fleck
George K. Gramer
Leo M. Greunke
Gary Gruel
Dick O. Gutru
Stephen P. Harris
Alan G. Hart
Alice R. Juarez
Stephen J. Koritnik
Jeremy Kucera
Raymond P. Lamb
Ginny Learch
Hardy Louihis
Marsetta J. Luiz
Steven E. Maffeo
Walter D. Marquez
Violet McGrath
Ronald A. McGregor
Sandra McLeod
Freddy L. Mock
Vickers L. Myers
Sandra Mylet
Ronald M. Noto
Sally Ann Paschke
Douglas R. Petz
Jeffrey M. Pitchford
Claire Read
Mark E. Robertson
Chris S. Rogers Sr.
Michael J. Rummel
Judy Sadler
Lori Sala
Larry E. Sheppard
Terry W. Shroyer
Henry Silling Jr.
Fred N. Smith
Frank A. Somoza
James E. Sorenson
David E. Stoner
Lavoy M. Thiessen
Marbella E. Trujillo
Brandon W. Turner
Bill Wells
Gayle A. Williams
Thomas M. Yagley

CALENDAR OF EVENTS • May-June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>SILVER STAR BANNER DAY</i> Vets4Veterans Meeting 7 p.m.	2	3 VFW 1 Cinco de Mayo Burger Night 5-7 p.m.	4	5 AL Riders Meeting 6:30 p.m.	6 SAL Derby Day 1:30-5 p.m.
7 District 6 Convention Lunch 11 a.m.-12:30 p.m. Convention Joint Opening 1 p.m.	8 <i>VE DAY</i>	9 LEGION ELECTION 12-7 p.m. AUXILIARY MEETING 7 p.m.	10 40/8 Burger Night 5-7 p.m.	11 PLANNING & HOUSE COMMITTEE MEETING 6 p.m.	12 <i>MILITARY SPOUSE APPRECIATION DAY</i>	13 <i>CHILDREN OF FALLEN PATRIOTS DAY</i> VFW 1 Auxiliary 10:30 a.m.
14 <i>MOTHER'S DAY</i> SAL BREAKFAST 10 a.m. - Noon	15	16 Legion Post 206 Meeting 7 p.m.	17 SAL Burger Night 5-7 p.m.	18 EXECUTIVE BOARD MEETING 6 p.m.	19	20 <i>ARMED FORCES DAY</i> 40/8 Meeting 10 a.m. TAPS Meeting Noon SAL Meeting Noon
21	22	23	24 Auxiliary Burger Night 5-7 p.m.	25 AL Riders Spaghetti Night 5-7 p.m.	26 <i>NATIONAL POPPY DAY</i> Flags To Crown Hill — Meet at Post 1 8 a.m. Karaoke Night 7 p.m.	27
28	29 <i>MEMORIAL DAY</i>	30	31 Legion Burger Night 5-7 p.m. District 6 Meeting 6:30 p.m.	Jun. 1	2 AL Riders Meeting 11 a.m.	3
4	5 Vets4Veterans Meeting 7 p.m.	6	7 AL Riders Burger Night 5-7 p.m.	8 PLANNING & HOUSE COMMITTEE MEETING 6 p.m.	9	10 VFW 1 Auxiliary 10:30 a.m.
11	12	13 LEGION FAMILIES JOINT INSTALLATION 7 p.m.	14 Flag Day At Veterans Park 10 a.m. 40/8 Burger Night 5-7 p.m.	15 <i>Reveille deadline</i> EXECUTIVE BOARD MEETING 6 p.m.	16	17 40/8 Meeting 10 a.m. SAL Meeting Noon District 6 Honor Guard Fundraiser Noon
18 <i>FATHER'S DAY</i> Auxiliary BREAKFAST 10 a.m. - Noon	19	20 Legion Post 206 Meeting 7 p.m.	21 SAL Burger Night 5-7 p.m.	22	23	24
25	26	27	28 Auxiliary Burger Night 5-7 p.m.	29 SAL Spaghetti Night 5-7 p.m.	30 Veterans Standown — Arapahoe County Fairgrounds 10 a.m.-4 p.m. Karaoke Night 7 p.m.	