



American Legion Post 639 (Vietnam War Memorial) Springfield, Missouri

JANUARY 2022



REMEMBER

From the Commander ...



Well 2021 is in our rear view mirror. We have lost long time friends and gained new ones. 2022 is going to be another great year here at Post 639. We are an organization of volunteers, and we are always in need of more volunteers to help pull off all the events we have on our amazing outdoor facilities. As I am typing this we have numerous Spring, Summer and Fall events in the planning stages.. So stay tuned to our social media, emails and our calendar. Hope to see more of you helping this year so our hard working, loyal volunteers don't get overworked and burned out. Thank you in advance.

I want to thank Larry Melton for his dedication to our kitchen. We are sorry he is leaving us, but we do understand. Thanks for everything, Larry.

Over the last few months there have been several changes at Post 639. We are moving forward with a new vision and goals to keep bettering our Post for the future. Our E-board works hard behind the scenes with no expectations of being thanked, they do it because they love our Post, it's members and America. I want to thank them for all they do, and for them to know that I notice and appreciate everything they do.

I am hoping by the time you are reading this our new chairs will be in the clubroom. This was a team effort. Thanks to everyone who donated to accomplish this goal and a special thanks to Mike Tobin for the chair connection.

Let's all plan to make 2022 a year to remember here at Post 639. Plan on donating more of our time, support more events, and just drop by for lunch, a beverage and some comradery with the best bunch of members, employees, and friends a Commander could ever hope for. Stand tall, honor our fallen, Fly your Flag and be proud.

Commander Mike Goforth

Chaplain



I wonder what the New Year will bring? So far as I see in the future, the world will still be in a state of needing the Lord's help in getting things done. If people don't step up and take charge, we will be in the same fix as we are now.

The only thing I can say is this - keep the Lord Jesus in your lives with prayer for the power to do His will.

As always, I keep the members and the Post in my prayers.

Your Chaplain Rex Krasche



Auxiliary



HAPPY NEW YEAR everyone! What a ride we had in 2021 but we were still blessed in so many ways. I would like to thank Commander Goforth and the Officers of Post 639, its members, Director Marsha Crom, members of ALR, Commander Curtis Meyers and members of SAL, for all of your support and assistance to ALA in 2021. There is not a single person or group that can do it all. It's takes all of us to accomplish what we complete at 639. We are blessed to have each other!

I hope in 2022 we can continue our endeavors together while being blessed with good health, happiness and prosperity. January will find ALA setting the goals of our mission and events for 2022. We are looking forward to an exciting year and applying what worked in 2021 for us in this new year and returning with our favorite annual Children's Parties. Our children's events have grown this year, crediting our Facebook page, for that growth. We will continue trying new and creative ways to fund raise, support our Post, Veterans and our community.

Something new this year for the ALA newsletter article, we will be adding our monthly calendar of events for our readers. The Post newsletter editor, Mr. Bob Kalwat, is working with us to make this happen. Be on the look out for it! The monthly calendar is provided to us by Susan Heppard. Thank you, Susan!

Once again, Happy New Year and remember ALA is always here for you!

In the Spirit of Service, not Self

Diana Cooperider

President, Auxiliary

January Auxiliary Events Calendar

01/02/22 - New Years Day

01/04/22 - Auxiliary General Meeting, 7PM

01/18/22 - Auxiliary E-Board Meeting, 7PM

01/19/22 - Queen of Hearts 50/50 Food, 6-7:30PM

Service Officer



Vietnam Veterans -

The federal government's information about Vietnam veterans is always murky. So in 2016 the Naval Academy Alumni Association published a clarifying report on the subject. Here are the highlights from that report.

The Vietnam Era period is defined as follows (for pension determination) -

“Vietnam War era (November 1, 1955, to May 7, 1975, for Veterans who served in the Republic of Vietnam during that

period. August 5, 1964, to May 7, 1975, for Veterans who served outside the Republic of Vietnam.)” (source - va.gov/pension/eligibility)

Peak troop strength was 543,482 on Apr 30, 1968. 9,087,000 GIs served during that period and of that, 2,709,918 served in country (with a substantial number serving offshore) Total deaths have been noted for years as 58,202. So what happened to the 9,028,798 era veterans who survived?

According to the August 2000 census the **surviving** Vietnam-era veteran population was only 1,002,511 from the original 9 million. That's only 11% of the veterans. A subset of that 11% are the above referenced in-country/off-shore veterans. The actual % of that subset is unknown.

The point is this. Agent Orange exposure severely affected a **SUBSTANTIAL** number of those veterans! No one officially dies from Agent Orange. They die from exposure to it, but their deaths are recorded as heart disease, lung cancer, kidney failure, COPD and more recently Parkinson's Disease.

The loss of 58,202 Vietnam veterans is the publicized number that most are familiar with. The actual number of deaths (both combat AND exposure-related) is **MUCH** higher. This escapes most of the country. It does NOT escape Vietnam veterans.

Now you know why the federal government's information about Vietnam veterans is always murky.

Bob Scott, Post 639 Service Officer

Legion Riders Chapter 639



2021 is history, been a great year for us Riders. Great rides, great food, great fellowship, and most of all, **great service to our veteran family.**

KUDO's to Larry Tuck for his leadership in planning/executing as Ride Coordinator. The weather kept him **AND** us on our toes testing our flexibility skills. We will discuss and gather suggestions for our 2022 ride schedule in the next few monthly meetings, so please plan ahead to attend on the **THIRD SUNDAY** of the month. When riding season starts in April, we want hit the ground running with a full slate of destinations/activities.

Our November Dinner Ride was to Cesar's Old Mexico in Springfield. Good turnout (10 of us), great food and **great** service from the staff in a place that was packed to the seams. Nearing the end of the meal, our server came up and told us that an anonymous patron (who had already left) paid for our entire meal, with a “thank-you” for our service. We were flabbergasted and humbled to the extreme. We'll be looking for opportunities to pay it forward, needless to say.



Special shout-out to Sherry Hawk for her ongoing volunteer spirit, but especially during Connie Johnston's retirement party. Sherry wore many hats that night and got the Post through some very tight spots. **THANKS SO MUCH SHERRY !!**

ALR 639 Director Marsha Crom presents a Legion Riders Certificate of Appreciation to Sherry Hawk for her continuous service.



December 19th was the combined ALR December meeting & Christmas party. Great turnout, great food and great fun. The gift exchange and the “Saran Wrap prize” game provided the entertainment. There were many expressions of love toward each other, which **made** the evening.



December 21st was the Dinner Ride to the Blue Moon Comedy Club to hear the Missouri Jazz Orchestra (MOJO). Best big band jazz you'll hear anywhere. No actual dancing, but we were dancing in our seats. Great night !!



Spring riding season will be here before you know it. After you get done celebrating the holidays, get those bikes ready so you're ready to roll when the first ride arrives !!!

Ride safe out there !!!

Marsha Crom, Director, Chapter 639

Historian/Newsletter Editor

For some perspective, after we were allowed to open back up after the Pandemic, we hit the ground - not running, but SPRINTING

03/12/21 St Patrick's Day

03/20/21 ALR Dinner Ride VFW 3404
03/27/21 Kids' Easter Party
04/17/21 ALR BBQ Blowout
05/18/21 Ed Fox Interview
05/21/21 Pharoahs Car Show
06/03-05/21 OIF/OEF Memorial Wall
06/27/21 Legacy Run Hosting
07/10/21 AmVets 116 Benefit
07/12/21 SAL Officer Installation
07/15/21 VA Covid Vaccination Clinic
07/20/21 ALR Dinner Ride to The Hill
07/24/21 ALR Monthly Ride to Neosho
08/03/21 Legion 639 Officer Installation
08/03/21 Legion 639 Auxiliary Officer Installation
08/15/21 Legion Riders 639 Officer Installation
08/15/21 Officer Mark Priebe Ride/Tribute
08/17/21 ALR Dinner Ride Heady's BBQ
08/20/21 Terry Wiley Escort
08/21/21 ALR Monthly Ride to Rockaway Beach
09/11/21 Ride to Live event
09/15/21 The Saluting Marine Visit
09/17/21 Auxiliary POW/MIA Ceremony/Dinner
09/21/21 Ride to the Wall in Perryville MO
09/22/21 Grounds Maintenance—"Salute to Branches"
09/25/21 ALR Monthly Ride to Ozark Café, Jasper AR
09/25/21 Rollin' Nobles Car Show
09/28/21 ALR Dinner Ride to Galloway Grill
10/02/21 Bill Maxheimer Memorial event
10/19/21 ALR Dinner Ride Hot Cluckers
10/23/21 Halloween Party for Kids/Adults
10/30/21 Connie Johnston's Retirement Party
11/06/21 Veterans Day Parade Willard, MO
11/07/21 Branson Toy Run to Forsythe
11/11/21 Veterans Day Meal
11/25/21 Thanksgiving Meal at 639
12/04/21 Post 639 Christmas Party
12/05/21 Toys for Tots Run
12/19/21 ALR 639 Christmas Party
12/21/21 Dinner Ride to Blue Room for MOJO
12/25/21 Christmas Meal

Not to mention Queen of Hearts and 50/50 every Wednesday night. There's no indication that we will be slowing down in 2022, so buckle up and jump in. We'll need you !!

Semper Fi

Bob Kalwat

Post 639 Historian/Newsletter Editor

January VSO Spotlight



Vietnam Vet Radio

**"The Music You Remember and
The Respect You Earned"**

Vietnam Vet Radio is an internet only radio station dedicated to the men and women who served in the Vietnam War, their families, and friends. We are incorporated as a 501(c)3 non-profit veterans ministry organization. With a few exceptions all the songs played are from the Vietnam War era. We also play the authentic jingles and public service announcements that were played on AFVN (American Forces Vietnam Network) Radio.

While Vietnam Vet Radio is neither political or religious, in the normal sense of the word, it is most certainly a pro-America and pro-military radio station that acknowledges that we are a blessed people. No anti-war rhetoric or anti-war songs; there are other sites on the internet for that. Our mission is to heal, not open old wounds.

Please contact us with suggestions on how Vietnam Vet Radio can better serve you.

Listen at: <https://vietnamvetradio.org>

Welcome Home!

Bennie P. Blount
SFC, US Army, Retired
Chu Lai 1969, Long Binh 1970, Vung Tau 1971-72



Veterans Upward Bound

The Veterans Upward Bound (VUB) program is designed to assist veterans in all aspects of the college admissions process and their academic success. All services provided by VUB are free for participants, funded by a federal grant through the Department of Education. VUB participants have access to a full staff. These individuals are knowledgeable and able to provide immediate assistance with admissions, financial aid, academics, and connections to other needed services. We serve veterans meeting eligibility requirements. We also work closely with other schools to ensure a veteran's academic success, anywhere they choose to go.



**OZARKS TECHNICAL
COMMUNITY COLLEGE**

Contact Joshua
Boley at OTC for
further information

Joshua Boley
*Outreach Coordinator
Veterans Upward Bound*

1001 East Chestnut Expressway
Springfield, Missouri 65802
www.otc.edu/vub

Office 417-447-7840
Fax 417-447-6925
boleyj@otc.edu

History in January

January 1, 1776 - During the American Revolution, George Washington unveiled the Grand Union Flag, the first national flag in America.

January 1, 1863 - The Emancipation Proclamation by President Abraham Lincoln freed the slaves in the states rebelling against the Union.

January 1, 1735 - American Patriot Paul Revere (1735-1818) was born in Boston, Massachusetts. Best known for his ride on the night of April 18, 1775, warning Americans of British plans to raid Lexington and Concord.

January 1, 1892 - Ellis Island in New York Harbor opened. Over 20 million new arrivals to America were processed until its closing in 1954

January 2, 1942 - During World War II in the Pacific, the Japanese captured the Philippines capital of Manila and the nearby air base at Cavite.

January 3, 1777 - During the American Revolution, General George Washington defeated the British at Princeton and drove them back toward New Brunswick. Washington then established winter quarters at Morristown, New Jersey. During the long harsh winter, Washington's army shrank to about a thousand men as enlistments expired and deserters fled.

January 4, 1790 - President George Washington delivered the first State of the Union address

January 5, 1976 - In Cambodia, the Khmer Rouge led by Pol Pot announced a new constitution which legalized the Communist government and renamed the country as Kampuchea. During the reign of Pol Pot, over 1 million persons died in "the killing fields" as he forced people out of the cities into the countryside to create an idyllic agrarian society. Educated and professional city people were especially targeted for murder and were almost completely annihilated. In January of 1979, the Pol Pot was overthrown by Cambodian rebels and Vietnamese troops.

January 8, 1815 - The Battle of New Orleans occurred as General Andrew Jackson and American troops defended themselves against a British attack, inflicting over 2,000 casualties. Both sides in this battle were unaware that peace had been declared two weeks earlier with the signing of the Treaty of Ghent ending the War of 1812.

January 8, 1987 - The Dow Jones industrial average first topped the 2,000 mark.

January 10, 1776 - *Common Sense*, a fifty page pamphlet by Thomas Paine, was published. It sold over 500,000 copies in America and Europe, influencing, among others, the authors of the Declaration of Independence.

January 11, 1755 - Alexander Hamilton (1755-1804) was born in the British West Indies. He was a founder of the United States who favored a strong central government and co-authored the Federalist Papers, a series of essays in defense of the new Constitution. He was selected by George Washington to be the first

Secretary of the Treasury. He died from a gunshot wound received during a duel with Aaron Burr.

January 12, 1991 - Congress authorized President George Bush to use military force against Iraq following its invasion of Kuwait.

January 12, 1737 - American statesman and patriot John Hancock (1737-1793) was born in Braintree, Massachusetts. He was elected president of the Second Continental Congress in 1775, was the first signer of the Declaration of Independence, and went on to become the first elected governor of Massachusetts.

January 15, 1929 - Martin Luther King (1929-1968) was born in Atlanta, Georgia. As an African American civil rights leader he spoke eloquently and stressed nonviolent methods to achieve equality. He received the Nobel Peace Prize in 1964. He was assassinated in Memphis, Tennessee, on April 4, 1968. In 1983, the third Monday in January was designated a legal holiday in the U.S. to celebrate his birthday.

January 17, 1706 - Benjamin Franklin (1706-1790) was born in Boston, Massachusetts. Considered the Elder Statesman of the American Revolution, he displayed multiple talents as a printer, author, publisher, philosopher, scientist, diplomat and philanthropist. He signed both the Declaration of Independence and the new U.S. Constitution

January 19, 1807 - Robert E. Lee (1807-1870) military leader of the Confederacy during the American Civil War, was born in Westmoreland County, Virginia. He was the son of a Revolutionary War hero, a graduate of West Point and served in the U.S. Army for 25 years preceding the Civil War. At the outbreak of hostilities, he was offered command of the Union Army, but declined and instead accepted command of the military and naval forces of Virginia.

January 20, 1945 - Franklin Delano Roosevelt was inaugurated to an unprecedented fourth term as president of the United States. He had served since 1933.

January 23, 1968 - The American ship USS *Pueblo* was seized by North Koreans in the Sea of Japan amid claims the Navy ship was spying. The ship was confiscated and its crew held in captivity until December, with one fatality.

January 27, 1967 - Three American astronauts were killed as a fire erupted inside Apollo 1 during a launch simulation test at Cape Kennedy, Florida.

January 28, 1915 - The U.S. Coast Guard was created by an Act of Congress, combining the Life Saving Service and the Revenue Cutter Service.

January 30, 1968 - Beginning of the Tet Offensive in Vietnam as North Vietnamese troops attacked 36 provincial capitals and 5 major cities in South Vietnam, including an attack on the U.S. Embassy in Saigon and the presidential palace

January 31 1919 - Jackie Robinson (1919-1972) was born in Cairo, Georgia. He was the first African American to play professional baseball. He played for the Brooklyn Dodgers from 1947 to 1956, was chosen as the National League's most valuable player in 1949 and elected to the Baseball Hall of Fame in 1962.

Welcome New 639 Members !!!!!!!!!!!!!

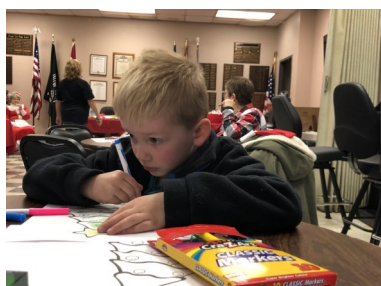
Craig Baird
Joshua Boley
Rolan Logan
Phillip Justice
Anthony Morrison

Post 639 Christmas Party, December 4th, 2021



Toys for Tots Run - December 5th, 2021





International Holocaust Remembrance Day is an international memorial day on January 27th that commemorates the victims of the Holocaust, the genocide of European Jews by Nazi Germany between 1941 and 1945. January 27th was chosen to commemorate the date that Auschwitz concentration camp was liberated by the Red Army in 1945.

Camp liberations commenced as early as July of 1944, with Majdanek in Lublin, Poland being freed by Soviet forces. Six months later, Auschwitz was freed on January 27th, 1945. In the following months, Russian units liberated additional camps in the Baltic states and Poland. Shortly before Germany's surrender in May 1945, the camps of Stutthof, Sachsenhausen, and Ravensbruck were also freed.

Forces of Gen. George S. Patton's Third Army liberated the Buchenwald concentration camp near Weimar, Germany on April 11th, 1945, then the Mauthausen and Gusen camps on May 5th. On April 29th, the US Seventh Army's 45th Infantry Division also liberated Dachau, Dora-Mittelbau, and Flossen-burg.

Forces of the British 11th Armoured Division liberated concentration camps in northern Germany, including Bergen-Belsen on April 15th, and Neuengamme on May 4th.

The day remembers the killing of 6 million Jews and 11 million others by the Nazi regime and its collaborators. It was designated by United Nations General Assembly resolution 60/7 on 1 November 2005. The resolution came after a special session was held earlier that year on 24 January to mark the 60th anniversary of the liberation of the Nazi concentration camps and the end of the Holocaust.

Many countries have instituted their own Holocaust Memorial Days. Many, such as the UK's Holocaust Memorial Day, also fall on 27 January, while others, such as Israel's Yom HaShoah, are observed at other times of the year.



Veteran's Job Fair, November 17th, 2021



"Victory in the Job Vector!"
Military Veteran and Family Job Fair
Wednesday November 17 10am-1pm @
The American Legion Vietnam
War Memorial Post 639
2660 S. Scenic Ave Springfield

- 25+ Local Employers Ready to Hire Open to the public and all job seekers.
 - Find your new career today through training programs and education resources.
 - Veterans, Spouses, Sons, and Daughters of Veterans can be invited to visit with Legion Volunteers to learn more about the American Legion Mission, the American Legion Auxiliary, and the Sons of the American Legion Riders.
 - Honorably Discharged Veterans who served anytime from 1941 to present day qualify to join the American Legion, find your team and engage in a new mission.
- Point of Contact: Ms. Sabrina Bortner, Local Veteran Employment Representative, Ozark Region
PH: 417-841-3353 or email Sabrina.Bortner@ozark.mojc.missouri.gov Missouri Job Center 417-841-3300
Missouri Division of Higher Education and Workforce Development is an equal opportunity employer/organization.
Auxiliary aids and services are available upon request to individuals with disabilities. Missouri Relay Services at 711.



LZ639 Lunch Menu

MAINS (All this stuff comes with fries or chips. Substitute onion rings or mushrooms for .50 extra)

CHEESEBURGER - \$7

Still our signature 1/3 lb Angus beef with your choice of hot, melted American, Swiss or Provolone cheese.

HAMBURGER - \$6

Cheeseburger without the cheese. Still 1/3 lb = good !!

GRILLED CHICKEN - \$6

All white meat chicken.

GRILLED CHEESE - \$6

The grown-up version of your favorite kid sandwich.

THE REUBEN - \$6

Comed beef, sauerkraut, and Thousand Island dressing make this a classic. Served on marbled rye bread

ROSENDAHL'S BLT - \$6

The classic: lettuce, tomato and crispy, savory bacon.

PATTY MELT - \$7

Hamburger patty between cheese on rye bread. Grilled golden brown. Your choice of American, Swiss or Provolone. Sautéed onions on request.

PORK TENDERLOIN - \$6

Tender pork or beef, battered and fried. An explosion to your taste buds.

FRENCH DIP - \$7.50

Thinly sliced ribeye on a hoagie bun with sautéed onions and green bell peppers topped with melted mozzarella cheese.

THE CHILI DOG - \$6

A half-pound all-beef Nathan dog covered with our hot, savory chili. Cheese and onions on request.

CHILI (20 oz) \$5.00 (12oz) \$3.50

Cheese and onions on request.

APPETIZERS

FRIES Big - \$3.50 Small - \$2.00

Fresh, crispy, deep-fried .. Nothing French about 'em

FRIED MUSHROOMS Big - \$5.75 Small \$2.75

The best portobello mushrooms, battered and fried. Served with ranch dressing.

CLASSIC ONION RINGS Big - \$5.75 Small - \$2.75

Your favorite drive-thru food, only better.
Battered and fried to perfection.

OCCASIONALLY = Specials, Soups, Stews and Dessert
ALL COMMENTS OR SUGGESTIONS ARE WELCOME !!!!

Average Weather in January for Springfield

Daily high temperatures are around 44°F, rarely falling below 27°F or exceeding 61°F. The lowest daily average high temperature is 43°F on January 5.

Daily low temperatures are around 26°F, rarely falling below 9°F or exceeding 41°F. The lowest daily average low temperature is 26°F on January 22.

Over the course of January in Springfield, the length of the day is *increasing*. From the start to the end of the month, the length of the day increases by *41 minutes*, implying an average daily increase of *1 minute, 21 seconds*, and weekly increase of *9 minutes, 30 seconds*.

The shortest day of the month is *January 1*, with *9 hours, 40 minutes* of daylight and the longest day is *January 31*, with *10 hours, 21 minutes* of daylight.



Money raised by the sale of Legion, ALR and Auxiliary merchandise is then used in their Veteran support activities. You are contributing directly when you purchase an item. Pay right at the bar !!

American Legion	Price
American Legion Hats	\$15.00
American Legion License Plate (Plain)	\$10.00
American Legion License Plate	\$15.00
Vietnam Memorial Wall Coin	\$10.00
Vietnam Memorial Wall T-Shirt	\$15.00
Ride For Life T-Shirt	\$20.00
Christmas Par Tee	\$15.00
RV Space Rental (Non-Veteran)	\$20.00
RV Space Rental (Veteran)	\$10.00
Legion Hall Rental	Variable
Legion Grounds Rental	Variable

American Legion Riders	Price
ALR Auto License Plate	\$9.00
ALR Auto Plate	\$11.00
ALR Belt Buckle	\$30.00
ALR Chapter Tapes	\$2.00
ALR Decal 3"	\$3.50
ALR Decal 6"	\$7.00
ALR Decal 12"	\$8.00
ALR Do-rag (Cotton)	\$13.00
ALR Do-rag Logo (Poly/Cotton)	\$13.00
ALR Do-rag (Navy or POW, Poly/Cotton)	\$13.00
ALR Hats	\$20.00
ALR Key Tag	\$3.00
ALR Motorcycle License Plate Frame	\$8.00
ALR Patch (Back - Large)	\$47.00
ALR Patch - Medium	\$10.00
ALR Patch - Mini	\$4.00
ALR Pin	\$4.00
ALR Support Our Troops Patch	\$3.00
ALR Sweat Shirt	\$29.00
ALR Hoodie	\$28.00
ALR T-Shirt (Long Sleeve)	\$20.00
ALR T-Shirt (Short Sleeve)	\$19.00
ALR Windshield Decal	\$16.00
ALR Zippo Lighter	\$23.00

Auxiliary	Price
Auxiliary Cook Books	\$1.00
Auxiliary Hats	\$20.00
Auxiliary Koozies	\$1.00
Auxiliary Patches (Large)	\$8.00
Auxiliary Patches (Small)	\$5.00
Auxiliary Pins	\$6.00
Auxiliary Necklaces	\$10.00
Auxiliary Bracelets	\$5.00



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JANUARY 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1  POST 639 FROSTY BALLS RIDE
2	3 LUNCH 11-2	4 LUNCH 11-2  POST 639/AUX GEN MEETING 7PM	5 LUNCH 11-2  QUEEN OF HEARTS 6 - 8 PM	6 LUNCH 11-2	7 LUNCH 11-2	8  SUB VETS 11 AM
9	10 LUNCH 11-2  SAL MTG 7PM	11 LUNCH 11-2 GIVE VETS HOPE MEETING VFW 3404 5:30-7:30PM	12 LUNCH 11-2  QUEEN OF HEARTS 6 - 8 PM	13 LUNCH 11-2	14 LUNCH 11-2	15
16  ALR MTG 6PM	17 LUNCH 11-2 	18 LUNCH 11-2  AUXILIARY E-BOARD MTG 7PM	19 LUNCH 11-2  QUEEN OF HEARTS 6-8 PM (AUX)	20 LUNCH 11-2	21 LUNCH 11-2 NEWSLETTER CONTENT DUE	22
23	24 LUNCH 11-2	25 LUNCH 11-2 GIVE VETS HOPE MEETING VFW 3404 5:30-7:30PM	26 LUNCH 11-2  QUEEN OF HEARTS 6-8 PM	27 LUNCH 11-2  FLEET RESERVE ASSOC. 6PM	28 LUNCH 11-2	29
30	31  E-BOARD MTG 6:30PM					

Ongoing Suicide Prevention

EVERY month is Suicide Prevention month. Always be vigilant for your brothers/sisters that might need help.

Some signs of concerning behavior include:

- Hopelessness, feeling like there is no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug use
- Withdrawing from family and friends

If you notice any signs of concerning behavior here are some things you can do:

- **Start a conversation:** Mention the signs that prompted you to talk to them. Stay calm and let the person know you want to help them. Don't leave the person alone.
- **Listen, express concern and reassure the individual:** Let the person know you care and that you take the situation seriously. Letting the person know you care will go a long way in establishing a support system.
- **Create a safety plan:** Ask the person if they have access to anything that could harm them and call for help if you feel the situation is dangerous.
- **Get the individual help:** Provide resources for the individual. **Call the Veteran's crisis line at 1(800)-273-8255.** Or if you feel the situation is severe, take the individual to the closest emergency room or call for help.



Volunteer Opportunities at the Legion

As always, we have several volunteer opportunities for members and non-members. Currently, we are in need of someone with excellent administrative skills and the ability to see a task through to completion. This could mostly be done at home, but it will take some familiarization with how the business here operates.

As our buildings age, maintenance has become a growing concern. If you have any skills in any of the trades, or if you are a "Jack of ALL Trades", we could use your help. There are several projects pending.

At this time, we are especially in need of cooks to cover daily lunch from 11AM - 2PM. If you want to show off your culinary skills to the membership, please contact the Post and we'll get you set up.

If you're interested, please call 882-8639, or drop by. We'll contact you and match you up with an opportunity!!!



JB's



Gourmet Spice Blends

FLAVORFUL BBQ
SEASONINGS & RUBS

SAVOR THE Q

JUST SPICE-NOTHING ELSE
Low Sodium * Gluten Free * No MSG

JOSHUA BRACK
(Founder)
Ozark, Mo

Jb Spice Blends.com

Info@Jb Spice Blends.com
Retail & Wholesale



A Service-Disabled, Veteran-Owned Small Business
(SDVOSB) providing mission essential cyber security capabilities
www.foxholetechnology.com - Wes Hester, CEO

LZ639 Pizza Company will make available to our members of Post 639 and families your choice of 12 different pizzas that we offer to area bars. There is a minimum order of 6 pizzas and they will only be made when we are making orders for our wholesale customers and will be **take out only**.

The price is **\$6.00** per pizza for 10" pizzas. This is for personal use and cannot be resold. See Mia or one of the bartenders for additional information and to order.



Vietnam War Memorial
 American Legion Post 639
 2660 South Scenic Ave
 .Springfield, MO 65807
www.americanlegionpost639.org



(417) 882-8639



OFFICE	OFFICER	EMAIL ADDRESS
Commander	Mike Goforth	commanderlz639@gmail.com
Adjutant	Tom Newsom	menehune66@gmail.com
1st Vice Commander	Justin Adamson	sfcadamson@gmail.com
2nd Vice Commander	Mike Chandler	
Finance Officer	Paul Doelger	pauldoelger@gmail.com
Judge Advocate	Jim Cooper	mcccoop@sbcglobal.net
Sergeant at Arms	Ron Jackson	ronjackson417@gmail.com
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