



“Proud Possessors of a Priceless Heritage”
Supporting the Principles of The American Legion Since 1932
Sons of The American Legion Detachment of Colorado
A 2X Triple Nickle Detachment
Home to Past National Commander Michael Moss
2022-23 National Vice Commander Michael Kirschner



Richard Humphrey, Commander
Colorado Sons Electronic Update August, 2023



This publication does not express the official position of the SAL Detachment of Colorado, The American Legion Department of Colorado or their respective National Organizations. It is a forum to share information about events and happenings within the Detachment of Colorado, the National Organization of the Sons of The American Legion, and information that is pertinent to the programs and four pillars of The American Legion. This publication is compiled and published as a volunteer service by Detachment Adjutant Mark A Kilstrom. Submit questions, comments, photos and stories to saladj@coloradolegion.org.

Commanders Mission Objective: Rekindle the Spark

Mission Statement: To not only honor our fathers, mothers and grandparents by our continued service to God And Country, but to rekindle the spark of our veterans and community with the ideas of patriotism, citizenship and the American Flag

Looking Back With Gratitude

By SAL National Commander Christopher Carlton

AUG 07, 2023

Greetings, Sons of The American Legion,

In just a few weeks, we'll be in Charlotte, N.C., for the 51st National Convention of the Sons of The American Legion.

It will be a bitter-sweet weekend for me. We'll celebrate an outstanding year of achievements, in membership renewal and growth as well as our ever vigilant support of our veterans and their families through our chari-



table contributions and the vital Be The One program.

That's the sweet part.

But the convention will also mark the end of my year as your National Commander. It has been my honor to serve you in that role.

I want to take a moment of personal privilege to thank you all for your support and hospitality as I've traveled across the nation — and even to Europe — to represent and serve the Sons of The American Legion. I've been impressed to see the “boots on the ground” efforts of our squadrons and detachments across our country.

Travel has not always been easy, and

it's been difficult to be away from home so much. But when I look back on my year as your National Commander, I won't remember the challenges. I'll reflect fondly on all the good I have seen.

My heartfelt thanks and best wishes to all of you. My utmost support to our next National Commander.

Thank you. God bless you, and God bless the United States of America.

Be the One!

With passion and purpose.

SAL National Commander Christopher Carlton



Commander's Corner

Commander Richard Humphrey

Gooooood Day to you Sons of The American Legion for the great state of Colorado. Well, we are off on a new year and already being contacted about starting new squadrons around the state. Last year was a fantastic year for us and it is beginning to look like it will be even better this upcoming year. Even though we can not attend the National Convention due to our American Legion leaders, we will still receive our National Awards. I

have talked with National Vice Commander Mike Kirschner, who will be attending the National Convention, and will be accepting our awards for the state of Colorado. During our Awards Banquet on November 18th in



Windsor, he will be presenting those awards to the membership and Detachment of Colorado. I truly hope all will be attending. Windsor has gone all out to present the membership with a great program and great food. There are going to be a lot of awards being passed out this year. I hope you and your squadron are going to be represented to get those awards. The agenda will be coming out some

time in October, so get yourselves together and make it a date to be there.

Adjutant Mark and I have been in the stage of planning visits around the state already and will be visiting your squadron. Due to the nature of the American Legion program and situation they have put the Sons of Colorado in, we will be asking that all the squadron visits have or prepare to have a copy of their Constitution and By Laws available and their Officers Report available for us to review. These are Mandatory documents that all must squadrons have in order to maintain a charter. If these are not available or you can't find yours or you do not have one, we are prepared to assist you in getting one started. These are very easy to do. An outline of one is in your Sons Handbook or Legion Officers Guide.

Gentlemen you should be very, very proud of yourselves for what you have done this 2022-2023 year for the Detachment of Colorado Sons of The American Legion. Not only is our membership up, at present, Colorado is Number 2 in the Mid-West Region and Number 6 in the Nation; up 234 members as of August 14 and still growing, but based on the Consolidated Reports submitted our Child Welfare dollars submitted was \$26,105,

\$9.38 per capita or 937% of goal, again a record year. Americanism dollars submitted \$16,010, \$24.78 per capita, 10,086 hours worked at a value of \$302,405. VA&R dollars submitted \$8,567, \$13.26 per capita, 3,128 hours worked at a value of \$93,683. Veterans Employment & Education dollars submitted \$400, \$.62 per capita, 4,130 hours worked at a value of \$123,693. Other Community Activities \$2,000 submitted, \$3.09 per capita, 1,479 hours worked at a value of \$44,296. **This gives Colorado a total of \$37,072 dollars submitted, \$41.79 per capita, 18,873 hours worked at a value of \$563,717.** Gentlemen, this is great work for the amount of squadrons Colorado has but this report is for only 18 of the 63 Squadrons in Colorado. Wonder what it would look like if half the squadrons reported or even ALL of the Squadrons would report what they accomplished during the year. You all do something to assist our programs for the Sons of The American Legion. It might be an hour or two a week or month, but those hours add up at the end of the year. Please keep track of them, add them to your Consolidated Report next year and watch our numbers grow.

Again, let me say THANK YOU, THANK

(Continued on page 2)

Your 2022-2023 Detachment Leadership



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Commander's Message (continued)

(Continued from page 1)

YOU for a great year. You all have done an excellent job. Let's keep up the great job for 2023-2024 and Mark and I and Rob will be seeing you soon.

Shake the Trees and Go for Three

Richard Humphrey,

\Commander



You Aught to Know!

By Adjutant Mark Kilstrom

This from the Detachment Constitution

ARTICLE VII

DETACHMENT EXECUTIVE COMMITTEE

SECTION 1The Detachment Executive Committee shall be composed of the Detachment Commander, Detachment Senior Vice Commander, all Detachment Junior Vice Commanders, Detachment Chaplain, Detachment Historian, Detachment Sergeant-at-Arms, National Executive Committeeman, Alternate National Executive Committeeman, the immediate Past Detachment Commander, two (2) past Detachment Commanders elected by the legislative body at the Detachment Convention, **and one representative from each Squadron.**



Important Things to Know and Comply With

By Adjutant Mark Kilstrom

From the Detachment By-laws

ARTICLE IV SQUADRONS

SECTION 3: **Each Squadron shall have a Constitution and By-Laws to govern its affairs** and shall have officers known as Commander, Vice Commander, Adjutant, Finance Officer, and an Executive Committeeman. **Each year Squadron shall provide notice to the Detachment organization the names and complete contact information for these officers immediately following their annual election or appointment of said officers. Any Squadron which does not submit the officer list to the Detachment Adjutant will not have a vote at any Detachment meeting.....**

SECTION 4: **Squadrons shall submit copies of their Constitution and By-Laws and all amendments thereto for approval to the Detachment organization.**





**You're invited to celebrate another
!!!TRIPLE NICKLE YEAR!!!
with the
Sons of The American Legion
Detachment of Colorado**

**We had a
great year,
and it's time
to
Celebrate**

**Our Annual Awards
Banquet, 18 November,
2023**

**Hosted by our new
Squadron 109 at Post 109
624 Ash St. Windsor, CO**

**Social Hour 5:00 pm
Dinner 6:00 pm
\$15.00 per person**



**Taco Line
Margarita
Bar and
more!!**

**Catering by
VECINOS
MEXICAN GRILL & CANTINA**

SAL Sets New Membership Record

The American Legion

AUG 13, 2023

The Sons of The American Legion have set a new record for overall membership.

Through Aug. 10, membership in the SAL was at 375,743 members. The previous record high membership was 375,540, set in 2019.

“This record is a testament to the efforts our squadrons and detachments have made in both bringing in new SAL members and renewing those who have been SAL members in the past,” said SAL National Commander Christopher Carlton. “I’m so pleased that the Sons of The American Legion have come out of the challenges of the pandemic stronger than ev-

er.”

SAL National Membership Committee Chairman Thom Skelley noted there have been numerous records set this year, including the number of Blue Brigade recipients (those with 30 or more newly recruited members), detachments that have achieved an all-time high in membership, detachments that have made 105 percent of their goal and detachments that have made 100 percent of their goal.

“We have four detachments that have earned the prestigious Triple Nickel Award: Colorado, Georgia, Michigan and South Dakota,” Skelley said. “The national report shows that

all five regions have already surpassed their 100 percent goal and most impressively, the West Region that has not only achieved 105 percent of their goal, but have every detachment in the region at or above 100 percent.

“On behalf of the National Membership Committee, a huge thank you and congratulations goes out to every member, every squadron and detachment commander and adjutant, each of the five regional chairmen and the national vice commanders for accomplishing these outstanding feats,” Skelley added.



Adjutants Note: The all time high membership for the Detachment of Colorado is 3,425 reached in membership year 2018

New SAL University in the Works

The American Legion

AUG 13, 2023

The SAL Member Training and Development Committee has been updating commander’s training, National Management Institute (NMI), adjutant training and developing a new NEC orientation class. They are also working on the new SAL University which will debut in spring 2024.

Committee chairman Mike Monserud said the application process to be considered for SAL University will begin after the national con-

vention in Charlotte, N.C., Aug. 25-27. Candidates will have to have held a position no higher than detachment commander and must also complete American Legion Basic Training online and submit the certificate with the application.

“The class will be 2 ½ days long and will be busy with homework to be completed before you come to the training, to homework to work on at night while you are in Indianapolis for the training (at the Spring Meetings),” Monserud said.

Monserud is welcome to ideas for any training SAL members would like to see implements into SAL University.

“Also, if you would like some training sent to you, feel free to contact me as it does no good if we produce all this training, and then no one takes it back to their squadrons or detachments and uses it,” he said.

Monserud can be contacted at mikemonserud@gmail.com.



Vietnam Veteran Gets Proper Final Send-off, Thanks to Massachusetts Legion Riders and Others

The American Legion

AUG 18, 2023

Anthony Meizis served in the U.S. Navy during the Vietnam War, then came home and never married or fathered children. He passed away earlier this month and already had prepaid for his funeral. His only surviving relative is dealing with health issues and would be unable to attend his funeral. When she learned, McDonald Keohane Funeral Home Director Cara Johnson sent a Facebook message to the Massachusetts Department of the American Legion Riders that read, in part:

I have a Vietnam era veteran that will be buried Friday morning at MA National cemetery in Bourne and he has no family or next of kin that will be attending. I had heard of your organization, making sure that no veteran was buried alone, and I would be forever grateful if you would assist me in escorting him to Bourne for his burial and military honors. Especially since he loved motorcycles.

Department of Massachusetts Vice Commander Drew Pajak, who also serves as the Northeast Region consultant for the National American Legion Riders Advisory Committee, is an administrator on the Facebook page. He shared Johnson’s message to see if anyone would be able to attend. And that’s when things took off.

“When the message came in, I got a hold of (Johnson) and told her we’d take care of it. Then I got a hold of a couple (Riders) chapters in that area. We got the word to the (Post 79) commander in Weymouth,” said Pajak, commander of Post 185 in Feeding Hills. “We just took it through all channels of the Legion. And at last look at the Facebook post, there were

more than 21,000 impressions and 2,300 shares. I was in shock.”

Getting the word out like Pajak did resulted in more than 150 American Legion Riders



(Facebook photo)

from multiple chapters and a total of around 300 motorcycles showing up to provide Meizis with a final send-off. Members of American Legion Riders Chapter 279 in Auburn, Mass., were the first to arrive at the funeral home that morning and served as pallbearers for the service.

The motorcyclists provided an escort from the funeral home to Massachusetts National Cemetery in Bourne – a procession that Pajak said took four minutes to pass – and then set up a flag line at the cemetery. Joint Base Cape Code provided the honor guard for the graveside service. Massachusetts State Rep-

resentative Steve Xiarhos, a Gold Star father, also attended the funeral.

The send-off received media coverage from multiple local and national outlets. “To see the

Legion Rider name out there and see The American Legion doing this for veterans, to me that’s just good P.R.,” Pajak said.

And while Pajak was surprised by the momentum the grassroots effort gathered, he said providing those types of goodbyes to fellow veterans is ingrained within the American Legion Riders.

“Nobody goes alone. It’s family,” Pajak said. “When you are dealing with any veteran, it doesn’t matter who it is. It’s still family. That’s why we all do this anyway.

“One of my favorite sayings out here is that the Legion Riders are the true Legion

Family,” he said. “It’s the only real time you have the Auxiliary, the Sons and the Legion together in one room making decisions between each other. Otherwise, we have our separate meetings and functions. But the Riders are the true Legion Family.”

View Facebook video of the procession [here](#) and [here](#).



SONS OF THE AMERICAN LEGION DETACHMENT OF COLORADO 2023 MEMBERSHIP

Squadron	City	2022	2023		8/18/23	8/18/23	8/18/23	105%	Needed	Percent	Renewal	Projected	PUFL
			Goal	Mail-In	Online	Strength	Target	Target	Percent		Percent	Delegates	
1	O S Denver	139	140	151	2	153	147	0	108.98%	88.49%	24	7	
2	O S Pueblo	121	122	120	3	123	128	5	100.65%	88.43%	21	1	
4	O S Fort Collins	101	102	98	0	98	107	9	96.07%	74.26%	19	0	
5	O R Colorado Springs	63	64	47	0	47	67	20	73.86%	63.49%	14	18	
10	O Boulder	86	87	76	0	76	91	15	87.50%	84.88%	17	0	
13	O B S R Canon City	10	11	14	0	14	12	0	127.27%	100.00%	10	1	
15	O S R Loveland	56	57	56	0	56	59	3	99.01%	76.79%	15	7	
17	O B S Edgewater	40	41	49	0	49	43	0	119.51%	100.00%	14	3	
18	Greeley*	0	10	0	0	0	11	11	0.00%	0.00%	0	0	
19	O S Ft. Morgan	25	26	25	0	25	27	2	96.15%	96.00%	12	0	
20	O S Sterling	36	37	36	0	36	39	3	97.30%	100.00%	13	1	
21	O S Golden	99	100	100	0	100	105	5	100.01%	94.95%	19	10	
22	Northglenn	110	111	100	3	103	117	14	92.71%	89.09%	19	13	
23	O S R Aurora	28	29	26	0	26	30	4	89.66%	89.29%	12	17	
24	B Olathe	14	15	17	5	22	16	0	146.67%	100.00%	11	0	
26	Eaton	15	16	0	5	5	17	12	31.25%	26.67%	5	0	
28	O S R Durango	28	29	22	1	23	30	7	79.31%	60.71%	11	0	
32	O S Longmont	403	407	423	5	428	427	-1	105.15%	91.32%	52	11	
38	O S R Fountain	98	99	91	3	94	104	10	94.97%	88.78%	18	46	
39	O S R Manitou Springs	48	49	44	1	45	51	6	91.84%	60.42%	14	0	
54	O S Gunnison	31	32	3	17	20	34	14	62.50%	51.61%	11	3	
55	Buena Vista	11	12	3	0	3	13	10	25.00%	27.27%	3	0	
58	B Broomfield	12	13	16	0	16	14	0	123.08%	100.00%	11	0	
62	Craig	1	10	1	0	1	11	10	10.00%	100.00%	1	1	
65	O S B Delta	14	15	0	15	15	16	1	100.00%	100.00%	11	0	
66	A O B R Akron	30	31	33	0	33	33	0	106.45%	100.00%	12	0	
68	NEW O S Brush	0	0	15	0	15	0	0	0.00%	N/A	11	0	
70	O S Johnstown	39	40	37	7	44	42	-2	110.00%	100.00%	13	0	
73	O S Montrose	4	10	0	0	0	11	11	0.00%	0.00%	0	0	
75	O S B Cortez*	0	10	13	0	13	11	0	130.00%	0.00%	10	0	
81	O S B Flagler*	0	10	15	0	15	11	0	150.00%	0.00%	11	0	
87	O Denver	1	10	0	0	0	11	11	0.00%	0.00%	0	0	
88	NEW S Granby	0	0	10	0	10	0	0	0.00%	0.00%	10	0	
89	O Hayden	12	13	12	0	12	14	2	92.31%	83.33%	10	0	
97	Paonia	21	22	0	0	0	23	23	0.00%	0.00%	0	0	
100	O S B Carbondale	72	73	79	0	79	76	0	108.64%	91.67%	17	2	
101	O B Denver	24	25	32	0	32	26	0	128.00%	95.83%	12	0	
102	O Fort Lupton	15	16	21	0	21	17	0	131.25%	100.00%	11	0	
103	O B S R Littleton	17	18	18	0	18	19	1	100.00%	100.00%	11	2	
109	NEW O S Windsor	0	0	34	0	34	0	0	0.00%	#VALUE!	12		
111	S Louisville	57	58	49	0	49	60	11	85.11%	84.21%	14	6	
113	B Alamosa	10	10	11	0	11	11	0	110.00%	90.00%	10	0	
119	O S Estes Park	44	45	41	0	41	47	6	91.11%	72.73%	13	1	
151	O S Commerce City	15	16	15	0	15	17	2	93.75%	100.00%	11	6	
160	Byers	20	21	21	0	21	22	1	100.00%	100.00%	11	0	
161	O S B Arvada	156	158	166	2	168	165	0	106.63%	92.31%	26	3	
170	O S S R Westcliffe	14	15	12	0	12	16	4	80.00%	71.43%	10	0	
178	O R Lakewood	209	211	242	1	243	222	0	115.12%	100.00%	33	17	
180	O Keenesburg	51	52	46	1	47	55	8	90.38%	88.24%	14	0	
193	O S Denver	17	18	13	0	13	19	6	72.22%	76.47%	10	8	
200	O S Grand Junction	3	10	3	0	3	11	8	30.00%	100.00%	3	1	
204	B JP Martinez - Denver	25	26	24	5	29	27	-2	111.54%	88.00%	12	0	
206	O S R Aurora	14	15	0	12	12	16	4	80.00%	100.00%	10	0	
207	O S R Pueblo West	8	9	8	0	8	9	1	88.89%	100.00%	8	1	
209	O S B R Colorado Springs	70	71	1	86	87	74	-13	123.06%	100.00%	18	1	
211	O S R B Headquarters	8	9	13	1	14	9	0	155.56%	100.00%	10	7	
1111	O S B North Jeffco	89	90	2	124	126	94	-32	140.17%	100.00%	22	2	
1985	O S Firestone	65	66	70	0	70	69	0	106.63%	83.08%	16	1	
1992	O S Aurora	35	36	28	0	28	38	10	77.78%	80.00%	12	2	
2000	Loveland	18	19	0	9	9	20	11	47.37%	22.22%	9	0	
2001	Evergreen	4	10	2	3	5	11	6	50.00%	100.00%	5	0	
2008	O B S R Falcon***	24	25	26	1	27	26	-1	108.00%	100.00%	12	5	
2017	NEW O S Limon	NEW		15	0	15	0	0	0.00%	N/A	11	1	
2527	NEW O S Bailey	NEW		11	3	14	0	0	0.00%	N/A	10	1	
	Total Renewals					0	0	0.00%	0.00%	2546			
	Detachment Goal	2780	2900	2656	312	2971	3045	74	102.45%	91.58%	794	205	
	8/14/23 National Goal	2784	2729			2963	2865	-98	108.57%	87.01%			

a - First Squadron at 100%
o-2022-2: Officer Report
r-2022-23 Consolidated Squadron Report
s-2024 Squadron Data Report Received

	100% by July 1st		met next goal		100% Renewal
	National Membership Count		Close but no cigar		85% Renewal
	100% by Legion birthday				

*did not submit membership in 2022

SONS OF THE AMERICAN LEGION DETACHMENT OF COLORADO 2024 MEMBERSHIP

Squadron	City	2023	2024	8/18/23	8/18/23	8/18/23	10%	Needed	Percent	Renewal	Projected	PUFL
			Goal	Mail-In	Online	Strength	Target	Target		Percent	Delegates	
1	Denver	153	155	24	2	26	15	-9	16.83%	0.00%	12	7
2	O S Pueblo	123	124	1	0	1	12	11	0.80%	0.81%	1	1
4	Fort Collins	98	99	0	0	0	10	10	0.00%	0.00%	0	0
5	O S Colorado Springs	47	47	18	0	18	5	-13	37.92%	38.30%	11	18
10	Boulder	76	77	0	0	0	8	8	0.00%	0.00%	0	0
13	S Canon City	14	14	1	0	1	1	0	7.07%	7.14%	1	1
15	O S Loveland	56	57	7	0	7	6	-1	12.38%	12.50%	7	7
17	Edgewater	49	49	3	0	3	5	2	6.06%	6.12%	3	3
18	Greeley*	0	10	0	0	0	1	1	0.00%	0.00%	0	0
19	O S Ft. Morgan	25	25	0	0	0	3	3	0.00%	0.00%	0	0
20	Sterling	36	36	1	0	1	4	3	2.75%	2.78%	1	1
21	O S Golden	100	101	45	0	45	10	-35	44.55%	13.00%	14	10
22	O S Northglenn	103	104	13	0	13	10	-3	12.50%	12.62%	10	13
23	OS Aurora	26	26	17	0	17	3	-14	64.74%	65.38%	11	17
24	O S Olathe	22	22	0	0	0	2	2	0.00%	0.00%	0	0
26	Eaton	5	5	0	0	0	1	1	0.00%	0.00%	0	0
28	O S Durango	23	23	0	7	7	2	2	30.13%	26.09%	7	0
32	O S Longmont	428	432	11	0	11	43	32	2.54%	2.57%	10	11
38	O Fountain	94	95	46	1	47	9	-37	49.50%	50.00%	14	46
39	O S Manitou Springs	45	45	7	0	7	5	-2	15.40%	2.22%	7	0
54	Gunnison	20	20	3	1	4	2	-1	19.80%	20.00%	4	3
55	S Buena Vista	3	3	0	0	0	0	0	0.00%	0.00%	0	0
58	Broomfield	16	16	0	0	0	2	2	0.00%	0.00%	0	0
62	Craig	1	10	1	0	1	1	0	10.00%	100.00%	1	1
65	Delta	15	15	0	0	0	2	2	0.00%	0.00%	0	0
66	O S Akron	33	33	0	0	0	3	3	0.00%	0.00%	0	0
68	Brush	15	15	0	0	0	2	2	0.00%	0.00%	0	0
70	O S Johnstown	44	44	0	17	17	4	4	38.25%	34.09%	11	0
73	Montrose	0	10	0	0	0	1	1	0.00%	#DIV/0!	0	0
75	Cortez*	13	13	0	0	0	1	1	0.00%	0.00%	0	0
81	Flagler*	15	15	0	0	0	2	2	0.00%	0.00%	0	0
88	Granby	10	10	0	0	0	1	1	0.00%	0.00%	0	0
89	O S Hayden	12	12	0	0	0	1	1	0.00%	0.00%	0	0
97	Paonia	0	10	0	0	0	1	1	0.00%	#DIV/0!	0	0
100	Carbondale	79	80	2	0	2	8	6	2.51%	2.53%	2	2
101	O S Denver	32	32	0	0	0	3	3	0.00%	0.00%	0	0
102	S Fort Lupton	21	21	0	0	0	2	2	0.00%	0.00%	0	0
103	O S Littleton	18	18	2	0	2	2	0	11.00%	11.11%	2	2
109	Windsor	34	34	0	0	0	3	3	0.00%	0.00%	0	0
111	Louisville	49	49	6	0	6	5	-1	12.12%	12.24%	6	6
113	Alamosa	11	11	0	0	0	1	1	0.00%	0.00%	0	0
119	O S Estes Park	41	41	4	0	4	4	0	9.66%	4.88%	4	1
151	O S Commerce City	15	15	6	0	6	2	-4	39.60%	40.00%	6	6
160	Byers	21	21	0	0	0	2	2	0.00%	0.00%	0	0
161	Arvada	168	170	23	0	23	17	-6	13.55%	10.12%	11	3
170	O S Westcliffe	12	12	0	0	0	1	1	0.00%	0.00%	0	0
178	S Lakewood	243	245	22	1	23	25	3	9.37%	9.05%	11	17
180	Keenesburg	47	47	0	0	0	5	5	0.00%	0.00%	0	0
193	O S Denver	13	13	9	0	9	1	-8	68.55%	69.23%	9	8
200	S Grand Junction	3	10	1	0	1	1	0	10.00%	33.33%	1	1
204	JP Martinez - Denver	29	29	0	0	0	3	3	0.00%	0.00%	0	0
206	O S Aurora	12	12	0	0	0	1	1	0.00%	0.00%	0	0
207	O S Pueblo West	8	10	1	1	2	1	0	20.00%	12.50%	2	1
209	S Colorado Springs	87	88	1	4	5	9	8	5.69%	5.75%	5	1
211	O S Headquarters	14	14	8	0	8	1	-7	56.58%	50.00%	8	7
1111	S North Jeffco	126	127	2	0	2	13	11	1.57%	1.59%	2	2
1985	O S Firestone	70	71	1	0	1	7	6	1.41%	1.43%	1	1
1992	O S Aurora	28	28	2	0	2	3	1	7.07%	7.14%	2	2
2000	Loveland	9	10	0	0	0	1	1	0.00%	0.00%	0	0
2001	Evergreen	5	10	0	0	0	1	1	0.00%	0.00%	0	0
2008	O S Falcon***	27	28	5	23	28	3	-2	100.00%	85.19%	12	0
2017	O Limon	15	15	1	0	1	2	1	6.60%	0.00%	1	0
2527	Bailey	14	14	0	61	61	1	1	431.40%	0.00%	15	0
	Total Renewals								0.00%	287		
	Detachment Goal	2971	3055	294	61	412	306	12	13.49%		209	205
	National Goal	2952							0.00%			

O= Rec'd 2023-24 Officer List 100% by Legion birthday met next goal
 S=Rec'd 2024 SDR 1st Sadrn at 100% Close but no cigar 85% Renewal
 C=Rec'd 23-24 CSR



Tommy Tucker & Conrad West Memorial Horseshoe Tournament

1 1th Annual

Sunday September 3

Sign-up Starts 11:00 a.m.
 Tourney Starts 12:00 noon
\$15 Buy-in
 Blind Draw (Double Elimination Format)

Burgers & Brats on the Grill
\$7 per plate
FREE for Tourney Players

Sponsored by Post 178 SAL Fundraiser for SAL Beneficiaries
 Info: Tom Davies, 720-297-9507

Lakewood American Legion 1655 Simms St. Lakewood, CO

HEALING WATERS FLY FISHING

Open fly tying night!

Have you ever wanted to learn to tie your own flies?
 Want to learn new techniques or improve your game?
 Or maybe you just want to hang out with other fishermen
 and fellow vets. Perhaps you'd like to volunteer?

Project Healing Waters will be holding open fly tying
 nights the first 3 Tuesdays of every month starting Nov.
 1st. All equipment and materials will be provided. We will
 need participants and volunteers, so all are welcome.

Sessions will be held from
 6:00-8:00 PM at:
 American Legion Post 2
 701 W. 9th St.
 Pueblo, CO 81003



Point of contact:
 Ken Willard
 (719)231-5606
 peakspeakerrepair@gmail.com

Our Mission:
 Project Healing Waters Fly Fishing, Inc. is dedicated to the physical and
 emotional rehabilitation of disabled active military service personnel and
 disabled veterans through fly fishing and associated activities including
 education and outings.

PLEASE REPORT SATURDAY, SEPTEMBER 16

AMERICAN LEGION

POST 178



2023

CAR SHOW

1655 SIMMS STREET LAKEWOOD, CO

BUFFET BREAKFAST - BBQ LUNCH - BAKE SALE



Opening Ceremonies



Frank Peterson's Lakewood Manufacturing

Awards Presentation



LAKWOOD AMERICAN LEGION POST 178

REGISTRATION FOR ENTRANTS

Registration is FREE. Complete the form below and e-mail, USPS mail, or bring to Post 178 at 1655 Simms Street, Lakewood, CO 80215. Dash plaques to the first 100 arrivals. Awards presentation at 1:00 p.m. Show judging from 9:00 to 11:30 a.m. Only registered vehicles will be judged and eligible for awards. E-mail address for completed registrations: news@alpost178.org. Rainout info posted by 8:00 a.m. on day of show at: alpost178.org and facebook at American Legion Lakewood. Rainout date Saturday, September 23rd.

Awards by Jerry Potts, Steele Tattoos

Car Show Art by Jerry Potts, Steele Tattoos

Name: _____ Phone #: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Vehicle Make: _____ Model: _____ Year: _____

Signature: _____ Date: _____

Liability and Release. In consideration of the acceptance of the right to participate in The American Legion Post 178 Car Show, by execution of this entry form, I hereby release and discharge sponsors and event planners, its officers, employees, representatives and anyone else connected with the management or presentation from any and all known damages, losses, judgements and/or claims from any cause whatsoever that may be suffered by any entrant to his person or property. Furthermore, each entrant expressly agrees to indemnify all of the forgoing entities and persons from any

and all liability resulting from the conduct of entrants, guests, or persons assisting the entrant under the direction of the entrant. Each entrant, car owner, spouse and/or guests agree to permit The American Legion Post 178 the use of names and/or photographs for publicity, advertising and commercial promotions before, during and after the event and hereby relinquish any rights whatsoever to any photograph taken in conjunction with this event. Entrants and guests must comply with all posted rules and regulations set forth by The American Legion Post 178. All traffic laws are in effect.

Proceeds Benefit Arvada Junior Shooting Sports, All Veteran's Honor Guard, The American Legion Child Welfare Foundation and National Emergency Fund, Colorado Boy's and Girl's State, Boy and Girl Scouts, plus many other veterans' and community charities supported by the 1,150 members of Lakewood Post 178. New members and visitors are always welcome at "The Friendly Post."

DAVE DUPREE 303-238-9723 NEWS@ALPOST178.ORG

Legacy Run promises 'Beautiful' Backdrops, opportunity to Celebrate Riders' 30th Anniversary

By [Steven B. Brooks](#)

AUG 15, 2023

On Aug. 20, the 18th American Legion Legacy Run will leave Kokomo, Ind., and over the next five days will travel around 1,000 miles while traversing through Michigan, Ohio, West Virginia, Virginia, Kentucky and Tennessee. In North Carolina on the final day, the contingent of American Legion Riders and supports will arrive at the Hendrick Motorsports campus in Concord to conclude the ride. Check out details of the ride [here](#).

For National American Legion Riders Chairman Mark Clark, it will be his third year as the ride's chief road captain; he took over that role in 2020, but the actual ride was cancelled because of the pandemic.

Clark talked with American Legion Social Media Manager and Legacy Run Correspondent Steven B. Brooks about this year's ride, including daily highlights, advice to newcomers to the ride, and how proud he is of the fundraising efforts for the Legacy Fund prior to the ride.

Steven B. Brooks: What are some of the daily highlights of this year's ride?

Mark Clark: Our first day is going to be highlighted by the celebration of our 30th anniversary at Post 396 in Garden City, Mich. We're going to end our second day at probably the prettiest American Legion post I've ever seen: Post 598 in Kettering, Ohio. What a beautiful post. It's on nine acres of land, it's just gorgeous, and I think our Riders are really going to be taken by the beauty and the kind of tribute to The American Legion that that building is in the heart of that community.

On Day 3, we're going to get to ride into Barboursville, W.Va., and this is where the ride really starts to get pretty. Not that riding through the farmland of the heart of America is not pretty. It's beautiful through there. But it's a different kind of beauty when you start getting into the foothills and the mountains, and you start to see the topography change. We're going to stop in some small communities along the way for fuel and food, and we're going to get to interact with American Legion Family members all along the route. That ride into Barboursville is going to be beautiful. We're going to cross the Ohio River on this big, beautiful bridge. We're going to come down and ride along the Ohio River as we head into Barboursville. Just a really pretty ride.

On Day 4, when we leave out of Barboursville to head to Bristol, Tenn., the ride just gets prettier every mile we ride. The viewscapes they're going to have on that ride to Bristol are just breathtaking. And I think they're going to enjoy the fact that when we get into Bristol, we're going to the Bristol Motor Speedway, and we're all going to get a chance to get our photograph taken as a group inside the track on the bleachers there. The local post, Post 145, will be open for those that want to go down and just enjoy the fellowship of a local post. And we're going to take the national leaders that are with us over there for a meet

and greet.

The next day is the day that everybody's going to talk about. When we leave out of the Bristol Motor Speedway, we're going to ride Historic U.S. 421. That's commonly referred to as "The Snake." We're going to ride a portion of "The Snake". It's a famous motorcycle road ... and does have switchbacks and turns – all the things that make motorcycling fun. Our folks are going to get a chance to do that. We're going to ride into the Shady Valley of Tennessee and stop at the Shady Valley Country Store and let everybody get their "I road The Snake stickers" and stuff that motorcyclists do when they go through there. And then we're going to stop in Mountain City, Tenn., where we're going to lay a wreath and recognize those who've made the ultimate sacrifice in defense of our freedom at their veterans memorial. And from there we'll ride into Lenoir, N.C., for lunch ... and then off to Hendrick Motorsports complex, where we'll end the ride at one of the most impressive places I've ever seen. This is going to be a highlight not just of this ride, but of every ride we've had up to this point. They're going to have pit crew demonstrations, they're going to have the team shops open, they're going to have the museum open. They're letting us use their team center for our end-of-ride festivities. They'll have food trucks on the ground for us. It really is going to be a cool way to end this year's Legacy Run.

Question: How important, but also how cool is it, to be able to incorporate Post 396 in Garden City, Mich. – the founding American Legion Riders chapter – on this ride on the 30th anniversary of the inception of the Riders.

Clark: I think it's critically important on our 30th anniversary year. I think to not go there would have been a terrible decision. Our lineage starts there. A lot of folks have joined The American Legion because of the American Legion Riders. That identity is important to them. To be able to take us on our 30th anniversary back to where it started. Where that simple idea of motorcycle enthusiasts getting together and riding for The American Legion, I think it's critically important for us. I cannot imagine planning any route for this year's Legacy Run that didn't include Post 396. It's a must, I think, in our 30th anniversary year.

Question: For somebody who is maybe participating in the Legacy Run for the first time, what do you tell those Riders?

Clark: I would tell them, "You can expect to come and be surrounded by their fellow Riders from across the country that have this shared passion for this cause." That they don't have to worry about the challenge of the ride or any of that, because we're going to have these experienced leaders in each flight that are going to be able to work with them, and help them feel comfortable and get into their rhythm of riding in the group.

When we put this ride together, we actually try to build upon their riding skill. We try to start them in relatively flat land. We put them on different roads: some with shoulders, some without shoulders. We try to get them comfortable in all the riding environments they're going to get when they get into the more challenging parts of the ride. The first two days we try to let that ride be pretty easy for them, and let them get into a rhythm and get comfortable in their group. And then when we get into the more challenging parts of the ride, there's no reason for them to be nervous.

Question: How nice is it to be able to get a chance to visit some of these American Legion posts along the route, and bringing to those posts 200-plus of your closest friends with you?

Clark: I think it's critically important. First of all, they're our brothers and sisters. They're part of the same organization, and they're trying to do those great things in their community. I think one thing the Legacy Run does for us is it allows us to bring attention to that post. We can't be ignored: the size of our formation, the sound of the thunder that we create when we roll into a town. And it does give those posts an opportunity to show off what they do in their community and to really just open their arms up to us. We're always appreciative of that.

Question: At last count, well over \$600,000 has been raised for The American Legion Legacy Scholarship Fund from state Legacy Runs. What can you say about the efforts of American Legion Riders on the state level when it comes to fundraising?

Clark: I can't thank them enough for the work that they've done or the dedication they have for this cause. I follow all the stuff they're doing on Facebook, and we've got Riders in those departments that send me updates on what they're doing. And I'm always so incredibly thrilled to see what they're doing. The goal has always been to set a (fundraising) record every year. Do more, do more, do more. But when you consider the state of the U.S. economy right now, how challenged people are right now just to pay their bills ... for folks to still go out and give their energy, time and treasure to be able to do these things. To make these local runs work. To go out and talk to businesses and collect the money and do all that, it's just humbling to be a part of that. They continue to exceed their goals in the departments, and I'm just tickled to death. I'm always anxious to see what we end up with at the end. I would sure love for us to reach that \$1.5 million. That's always been a goal, and we've never quite gotten there. I'll be interested to see how close we get this year. I suspect we're going to be close.

Follow the 2023 Legacy Run with daily updates in the [Legion Riders section](#) of [legion.org](#); and on social media using the hashtag #LegacyRun2023:



Download Resources for a Successful Be the One Event

The American Legion

AUG 21, 2023

American Legion posts have an opportunity each month to promote the organization's [Be the One initiative](#) that aims to reduce the number of veteran suicides. [Resolution 13](#), approved by the National Executive Committee in May, establishes Be the One Days on the first of every month.

Whether your post is planning something in conjunction with a Be the One Day, an event during Suicide Awareness Prevention Month in September or around Veterans Day, there are helpful resources available from National

Headquarters. They can be downloaded at the Be the One web page ([bethone.org](#)).

Among the resources:

- **Brochures:** One trifold is a PDF that can be used to educate agencies with mental health services, community partners, local government leaders and others about Be the One. The other is a Word document that can be downloaded and customized for posts to use at suicide awareness events. The entire back page of this trifold is intentionally left blank (other than directions, which can be deleted) so that posts can fill it with local

resources.

- **Physical displays:** Need a Be the One banner stand or flag for your event? There are print-ready files available for a 3x5 Be the One flag and 2x6 banner stand. These can be transmitted to a local or online vendor for printing.

- **Sample press release:** Download and customize this to communicate to your local media about your event.

- **Videos:** A Vimeo playlist includes videos that can be downloaded and played while of-

(Continued on page 12)



2023 **3rd ANNUAL**
blues
brews
& BBQS
September 16, 2023 @ 10AM Westcliffe, Colorado

AMERICAN LEGION
POST 170
BEST IN THE WEST

Blues Brews and BBQ

This 3rd annual event attracts blues enthusiasts from around the state with an outstanding line-up of musicians and bands. Bring chairs or blankets to make yourself comfortable in the park setting and enjoy fare from vendors featuring locally sourced food and craft beers.

This family-friendly blues festival is the annual and prime fundraiser for the American Legion Westcliffe Post 170, a local volunteer organization that provides physical and financial support to the area's veterans and veteran widows.

Incredible Bluesman John Long will be returning to the 3rd Annual Blues Festival. John Long (born 1950), is an American country blues singer, finger-style guitarist, harmonica player and songwriter. He performs in a pre-war acoustic blues style, although his material is contemporary and mainly composed by Long and his elder brother. His mentor and inspiration was Homesick James. In the mid-1970s, Muddy Waters stated that Long was "the best young country blues artist playing today."

Brews provided by Florence Brewing Company and Silverwest Feedstore.

Vendors are welcome to participate. For more info, call Richard Posadas at 719-242-3474

Visit American Legion Post 170 website: [Blues Brews and BBQ | American Legion Post 170 \(westcliffepost170.org\)](https://www.westcliffepost170.org)

Be The one Recourses *cont.*

(Continued from page 10)

flines. They can be shared on social media, posted to the web and played at post events. There also is a link to our YouTube video

playlist featuring content related to Be the One.

• **Wallet cards:** There are several options for Be the One themed business cards that include QR codes. They can be used as single-

sided cards, combined for double-sided cards, or added to the back side of a personal business card.



JM Post's 15th Annual Charity Golf Tournament.

Sign up Now! Players and Sponsors!



What is your Squadron/Post family up to? We all have events and activities that we do year round. Share your story with the rest of us. If you get this newsletter, you have a computer or other so called smart device that you can send and receive information on. We are all about sharing information. Get your event

20 August 2023

VETERANS FAMILY & FRIENDS BBQ

*The American Legion Family of Sagebrush Post / Unit 68
Cordially invite you and your family / friends to an
appreciation BBQ*



Where: Memorial Park
301 S Clayton St, Brush, CO 80723

When: 20 August 2023
11:00 AM

BBQ - Hamburger, Hot Dogs, Brauts

RSVP to Laurie.Auxiliary@yahoo.com
720.314.6998

Please provide # Attending
Veterans please provide: Name, Branch,
and years of service / conflicts

Appreciation and Recognition of
Veterans in the Community

- Appreciation of Members Service
 - > American Legion Auxiliary Unit 68
 - > American Legion Post 68
 - > VFW Post 3551

- Learn about
 - > The Sons of the American Legion
 - > American Legion Riders



Coming soon!

Starting

Aug. 26

SATURDAYS | 2PM - 3:30PM

Sangre de Cristo Arts Center and Mt. Carmel Veterans Service Center will partner together to bring our Veteran community an art class for adults (18+).

COMMUNITY ART CLASS



FOR VETERANS



Art Expression is a class in creative exploration that is designed to help develop self-awareness, explore emotions in a safe and healthy environment, and provide a positive and therapeutic experience in a safe and welcoming environment.

Discover how the power of artistic expression can unlock healing and peace. No experience necessary! Veterans and family members are welcome to attend.

No reservation required, but your RSVP is appreciated.

For more information, contact Ashton Langrick at 719.295.7200 or email her at ashton@sdc-arts.org

Location: Sangre de Cristo Arts & Conference Center in the 2nd Floor Art Studio (address below)



210 N. Santa Fe Ave. Pueblo, CO 81003
719.295.7200 | www.sdc-arts.org
VeteransCenter.org/Pueblo

