























American Legion Post 639
(Vietnam War Memorial)
Springfield, Missouri
November 2023





REMEMBER



Post 639 Commander



It has been a whirlwind for the last 2 weeks at 2660 S Scenic. On Friday, October 13th, we started with demolition day and removing everything from the last 30+ years at Post 639 so the floors could be stripped out and new ones installed.

Our volunteers have put in overtime trying to meet our projected reopening date of **30 October**. As I'm typing this I do not know if we are going to make it, but we are going to bust our butts trying.

We have found a few things that needed some TLC after 30+ years of use, and have been blessed with people that have the know how to make it happen. I want to personally thank everyone who has spent time helping on this project. Especially Tim Handworker, Eric Rosendahl, Adam Jamieson, Andy Jenkins, Mike McMillan, Aaron Stich, Bob Machala (Machala Painting) and Andrew, Tom and Anna at OP Hardwoods for your knowledge and donating so much time to keep this project on track. Mourey's Flooring and Ozark Concrete Coatings knocked the flooring out of the park. Check out the new ads in this newsletter. I recommend them to everyone.

Sincere special THANKS to **Ron Sanders** for securing the grant funds and the donation from the **639 Auxiliary** to be used in making Post 639 ready to serve future generations of Veterans. This project simply would not have happened without your contributions of your skills and time.

November is a busy month @ Post 639, look at the calendar in this issue to keep up with all the happenings at the LZ. Hope to see everyone soon, you are going to be surprised and shocked at the changes at our Post. I know I am. Makes me proud to be your Commander. Please continue to pray for our Country and our Post. Remember to fly your flag and stand proud for both

Mike Goforth Commander, Legion Post 639





639 Chaplain





Greetings !!! The weather is getting colder. Let's remember our brothers and sisters that are less fortunate than we are. Let us leave NO ONE to fight their battles alone. Because we ALL have demons to face.

Let us also remember the Americans that are being held hostage at this time and keep them in our thoughts and prayers.

Yours in grace, and in the Love of Patriotic Service,

Frank Grantham, Post 639 Chaplain



Post 639 Service Officer



I've been a busy the past few months answering general questions, I'm the rudder on the boat. Nine in August, 9 in September and 6 in October.

Did you know there is a newer program to help you manage chronic care such as Diabetes called Telehealth. Nurses can read your insulin results, after you input onto the app and help you monitor, all from Fayetteville. Ask your Primary Care Manager for a referral for this program.

Couple POC's for you. Once you are enrolled in the VA, if you want answers about Home Health care or Aid and Attendance, contact Debbie Bussey 417-891-4960. She is the POC at our local VA on Republic Road. If you have questions about why you receive certain care, but not others, or have complaints or comments about the care you receive at our VA, then call Cynthia Mead at 417-891-4887. If you have a family member taking care of you, in some instances they can be paid thru the VA. Please call the Caregiver Program at 855-260-3274 for more info.

John Walker with the Silver Haired Legislature needs volunteers to help build ramps for disabled veterans. If you're interested, he can be reached at 417-773-7340.

Can't wait to see our post after the new flooring and remodel is done!!!

Belinda Brown, USN (RET) Service Officer 417-306-2504



639 Auxiliary President



And just like that November is here! October is a month of changes as it can be seen in the weather and the leaves. But this October, the biggest change can be seen at our very own Post. What a transformation!

It couldn't have been accomplished without the grant and all the financial donations, but more importantly, all the volunteers who made it happen. Thank you for your devotion and hard work to our Post. It wouldn't have happened without YOU! A special shout out to ALA members Kim Goforth, Connie Austin, Gail Willey, Terri Chandler and Lindy Dobbs for your help on Saturday and Sunday, the first weekend of removal. I would also like to thank Thomas Long for the food service for the volunteers on Saturday and to ALA member Marsha Crom and Ron Jackson for providing us with pizza on Sunday. You refueled the team and kept them going! I know there is so many more people and companies to thank throughout this project and with a grateful heart I thank each of you.

ALA hosted the food service for the last Bike Night of the season, October 11th, with a really nice crowd participating. The chicken and beef fajitas went fast. Thank you, **Terra Cooperider**, for your help in the shack.

While we were busy in the shack, **Lindy Dobbs**, was rocking it out with 120 Jello shots. Great job Lindy, thank you!

Bob Kalwat planned a wonderful program and celebration for the Navy's birthday on October 12th, and ALA and member **Lindy Dobbs** assisted with the celebration. Thank you, Lindy, for assisting Bob and organizing our food donation for the event. **Mr. Kalwat, thank you for honoring the birthdays of our military branches. Awesome job sir.**

November is ALA's 50/50 month at the Post. Proceeds from the game goes into our Poppy Fund which the donations are earmarked by the National by-laws for specific veteran needs. We appreciate your support which allows us to help our veterans.

November 4th is the annual Western Green County Veterans Day Parade which is held in Willard every year. ALA usually has our float in the parade but due to weather conditions last year we were unable to attend. Unfortunately, this year we will not be able to participate again, as the float is in desperate need of repair to preserve our wraps and we will not have enough time to accomplish that.

Our Unit will be celebrating our birthday, which is November 10th, at the general meeting on Tuesday, November 7th with cake and ice cream for everyone. **Happy Birthday ALA!**

Friday evening, November 10th, ALA and ALR will be serving dinner to our Veterans in honor of Veterans Day. Check out the flyer in this newsletter for more information.

Our annual Paddle Party and Meat Raffle will be held Saturday, November 18th. We are partnering up with SAL again this year to bring you another great and fun event. Kim Goforth is lining up the vendors for the paddle party so if you or anyone you know is interested as a vendor let her know. We will have special games to participate in, swag to give away, dessert auction, finger food buffet and so much more. It is always a very fun event so you don't want to miss this one!

As you gather for the Thanksgiving holiday with your family and friends remember to show your gratefulness and gratitude for those that are a part of your life. Don't take it for granted that they will be there tomorrow, as tomorrow is never promised. Today is the only opportunity that you have. Take advantage of it.

In Spirit of Service, not Self

Diana Cooperider President Post 639 Auxiliary



Post 639 SAL Commander



The Sons of the American Legion are always looking for New and Past Members!

The Sons are made up of male descendants of Veterans who served in the US Armed Forces. Show your appreciation for your family members Service, and keep the memory of those brave Service members alive.



Our motto is "Serving Those Who Served" this great country. We do this through our events and volunteering at the LZ 639.

Annual dues are only \$25... and you get soooo much more out of your service to these brave vets, who fought to provide the freedoms each of us enjoy every day. Service with fun / fellowship - that's what you get !!

We are always interested in talking with individuals who want to help our beloved LZ 639. We meet at 7PM on the last Tuesday of each month.

Come out and sit in on a meeting or talk with a few of our members. Jump in and find your spot in SAL. Service and fellowship memories that will last you a lifetime ...

Erik Duff, Commander, Sons of the American Legion



Post 639 ALR Director



The past few months have been busy for everyone. I want to thank **Glenn Smith** for acting as Director in my absence. Job well done, Glen!!! Many thanks to **Lindy Dobbs** for stepping up big time to help with the Navy Birthday celebration. So sorry we missed the event.

Our ALR Riders have been busy helping with the Post renovations as well. YOU GUYS <u>ROCKED</u>. Please take time to thank Mike Walters, Mike Brooks, Skippy Cooper, Jeff Gonynor and anyone else I may have missed.

Many of you know that Ron came home, but was admitted to the hospital a second time with complications from the infection. He is home again and making progress. **Thank you** to everyone for your continued support.

Our sincere condolences to the family of our beloved Will Ogden, one of our Chapter 639 Chaplains. Will passed away on October 25th. Will, you will be missed in so many ways. You helped many of us through very difficult times. Rest in peace in the arms of the Lord,, Brother. To Will's family rest assured, you are in our thoughts and prayers, and are here to support you in any way. We love you



ALR, and ALA will be hosting the Marine Corps Birthday, and Veterans Day dinner on Friday, November 10th. We will be serving dinner from 5:30-7:30pm. The dinner is free for all Veterans, non-veterans \$10. Menu - smoked meatloaf and all the fixin's. Also in honor of the Marine Corps Birthday, special Happy Hour pricing from 5-8PM. Also, a special cake-cutting ceremony will precede the dinner at 5:30PM

We will be having another coat drive Nov5-Dec 22.. For the Veterans Coming Home organization. Start cleaning your closets now, We Need Your Help!

Please add to your calendars the Annual ALR Christmas Party, Sunday, December 17th at 5PM

A special thanks is also in order for Mike and Kim Goforth for the hours of hard work you've contributed with all of the Post renovations. I highly encourage everyone to come out and see the change.

Enjoy each day with your loved ones, and enjoy a safe ride before the winter.

Marsha Crom, Director, Chapter 639





Post 639 Historian



As Post 639 prepares to reopen after the extensive remodel, My "Historian frame of mind" kicks in to reflect on what the circumstances were when our building was "new" in the early '90's.

Starting in the May 2022 Newsletter, monthly interviews were published from interviews with the Veterans who were there at the beginning - Gary Harlan, Ron Snyder, Don Alexander, Art Stout, Gary Turner, Mike Chandler, and John Bross.

I encourage you to go back and re-read what they said. It's awe-inspiring. What you will read is the recounting of severe strug-gle/recovery from memories of the Vietnam war, rejection at home (civilian and military), discord between members, financial issues, to name a few. The lesson from what they endured they stuck together as brothers, fought the new battles, supported each other, persevered and came out on the other side a formidable force to be reckoned with in service to the Veteran community. What a legacy they left us.

Our Post is a resource to be used up in service to our Veterans and our Country. When those resources need to be replenished, we recharge and remodel, just as we're doing now. Our current and future Veterans deserve no less.

Let's honor the legacy given to us by those who came before us by ensuring that their vision continues to be fulfilled and expanded. We need to continue our efforts to (1) connect with the younger generations of veterans, (2) draw them into our facilities, (3) show them how we can help, (4) show how we add value to their lives, and (5) show how valuable they are, and how they can join us in serving the Veteran community.

Bob Kalwat Post 639 Historian / Newsletter Editor

<u>Veterans All of Fame - Nolan Moody</u> <u>October 27, 2023 Contragulations Nolan !!</u>



Give Vets Hope

Our group celebrated 5 years of existence recently and that's quite a milestone for us. Some marriages have not made it that long. Fortunately, for us we continue to meet, reminding me of this saying "a little often = a lot".

Holly, my co-facilitator, is planning on being at the Stand Down introducing and recruiting new members at a table, stop by and see her if you get the chance.

Our group has talked about being "grounded" on occasion. What this means is that you are aware of what is happening outside of your body/environmentally and inside of your body/internally. Often our perceptions of what is happening enter our behaviors. Grounding involves dealing successfully with these perceptions before they become troublesome. This can be done by noticing where you are, who is around you, and what is happening to you, physically or emotionally.

Noticing where you are in what you are doing or how you respond in that place and time may adversely affect how you react. If you are with friends or family doing something that is normally fun and you hear a loud sound, hear thunder, get startled by someone, or the loud explosions of fireworks, these triggers will need to be dealt with. You might get away from surprises like these, but the best solution is avoiding potential situations that may bring about or prompt these difficult reactions. Physically, your heart may speed up, blood pressure goes up, your breathing becomes rapid or you begin to feel confused or sweat, however, your being grounded can help you realize what is happening and do something about it.

Next month we will talk about more of the emotional aspects of dealing with stressful situations and getting "grounded".

David Suits, Founder

Final Bike Night of 2023 October 11, 2023















US Navy Birthday, October 13, 2023 (Observed October 12, 2023)



















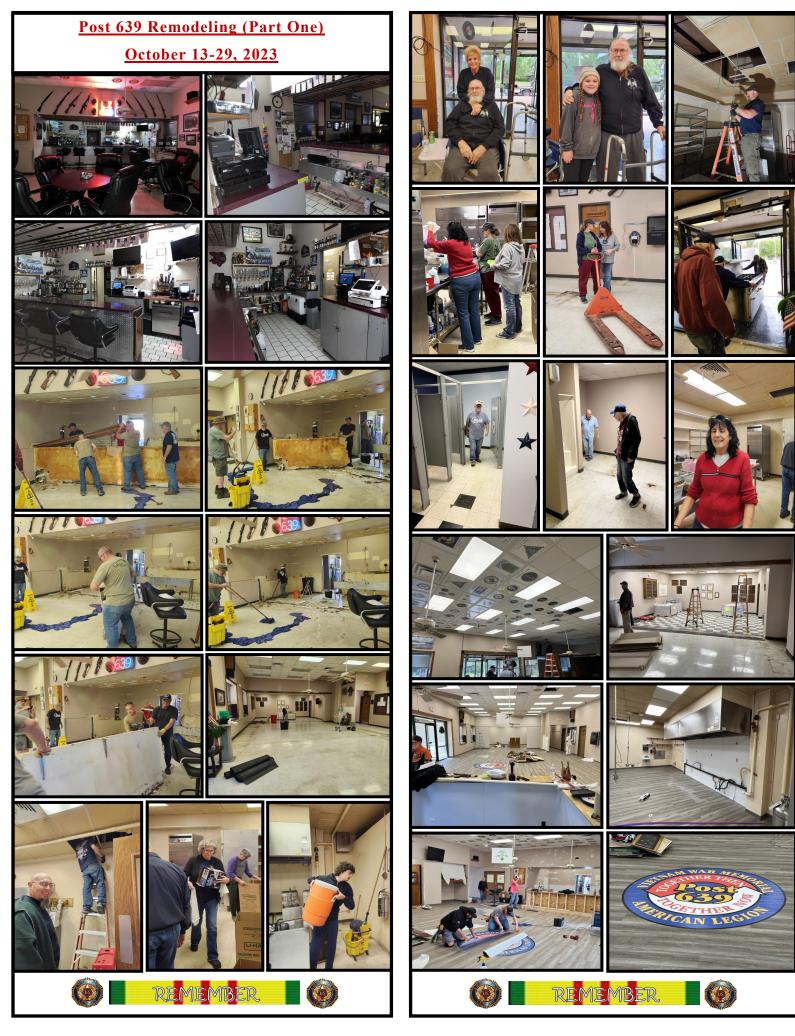




<u>Guest of Honor</u> - Anna Day (in honor of Master Chief Larry Day, BD Aug 23, 1940, enlisted 1959)

<u>Oldest Sailor Present</u> - Don Weiss, BD Jan 2, 1938, enlisted February of 1959

<u>Youngest Sailor Present</u> - Kevin Boehler, BD Sept 7, 1964, enlisted Sept 7, 1983



Elks Honor Flight Benefit October 21, 2023













Honor Flight Return October 25, 2023









































United States Marine Corps Birthday - November 10th



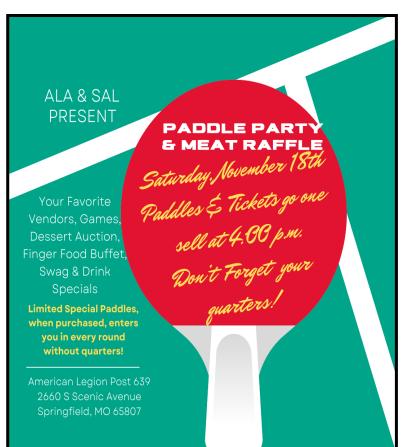
American Legion Auxiliary Birthday - November 10th



Veterans Day - November 11th



Armistice Day - November 11th



Only change below is the date— November 26, 2023

All other details are the same.





HAPPY 248TH BIRTHDAY U.S. MARINE CORPS

FRIDAY, NOVEMBER 10TH

Please come out and join our US Marine Veterans for some great party chow, cake, and special Happy Hour pricing from 1700 -2000HRS. Cake cutting ceremony starts at 1730 HRS

"SEMPER FIDELIS"



ALR AND ALA PRESENT

VETERANS DAY DINNER

Smoked Meatloaf, Mashed Potatoes, Gravy, Green Beans, Coleslaw, Roll and

Dessert

FRIDAY NOVEMBER 10, 2023 5:30 TO 7:30 P.M.

FREE FOR VETERANS \$10.00 FOR NON VETERANS EST 2017

VETERANS DAY PARADE

SATURDAY, NOVEMBER 4, 2023

11 AM - PARADE - "SERVICE BEYOND T<mark>HE HOME</mark>FRONT" -REMEMBERING THE 20TH ANNIVERSARY OF THE INVASION OF IRAQ

1:00 PM - FLAG RETIREMENT AT JACKSON STREET PARK
1:00 PM-5:00PM - VETERANS DAY CELEBRATION / STAND DOWN JACKSON STREET PARK

REGISTRATION DEADLINE: OCTOBER 31, 2023
REGISTER HERE: WWW.WILLARDPARKS.COM

STAGING/LINE UP: WILLARD HIGH SCHOOL @ 9 AM QUESTIONS: CONTACT DOUG JOHNSON @ 573-934-0377

21ST ANNUAL VETERANS DAY ASSEMBLY WILLARD MIDDLE SCHOOL

FRIDAY, NOVEMBER 3: REGISTRATION 8:30 AM / ASSEMBLY 9:30 AM

4TH ANNUAL VETERANS DAY CELEBRATION:
WE WILL BE HONORING VIETNAM VETERANS
5TH ANNUAL VETERANS STAND DOWN
BOTH EVENTS WILL BE AT JACKSON STREET PARK

SATURDAY, NOVEMBER 4: 1:00 PM - 5:00 PM
ACTIVITIES INCLUDE VETERAN SUPPORT
GROUPS, FOOD, MUSIC, AND MUCH MORE!



SPONSORS

AMVETS POST 188 CITY OF WILLARD WILLARD SCHOOLS





Springfield Marine Corps Reserve





43rd ANNUAL

MOTORCYCLE RIDE

Corwin Ford 3241 S. Glenstone Springfield, MO.

12/03/2023

RAIN OR SHINE

BIKERS BE THERE

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NOVEMBER 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 LUNCH 11-2 QUEEN OF HEARTS 6 - 8PM	2 LUNCH 11-2	3 LUNCH 11-2	4 1ST SATURDAY BREAKFAST CAN- CELLED DUR TO POST REMODEL. SEE PAGE 14 FOR DETAILS.
5	6 LUNCH 11-2	7 LUNCH 11-2 LEGION/ALA GENERAL MTG 7PM	8 LUNCH 11-2 9 QUEEN OF HEARTS 6 - 8 PM	9 LUNCH 11-2 FINANCE COMMITTEE 6:30PM ONL MCL 993 VFW 3404 6-8PM	10 LUNCH 11-2 MARINE CORPS BIRTHDAY	SUB VETS MTG 11AM VETERANS DAY
12	13 LUNCH 11-2	LUNCH 11-2 KOREAN WAR VETS 1PM GIVE VETS HOPE VFW 3404 5:30PM	15 LUNCH 11-2 QUEEN OF HEARTS 6 - 8 PM	16 LUNCH 11-2 LOYALTY USB FLEET RESERVE ASSOCIATION 6PM	17 LUNCH 11-2 VFW 3404 FISH FRY 5:30 -7 PM	PADDLE PARTY MEAT RAFFLE 4PM
ALR MEETING 5PM	20 LUNCH 11-2	21 LUNCH 11-2 AUX E-BOARD MTG 7PM	22 LUNCH 11-2 QUEEN OF HEARTS 6 - 8 PM	23 LUNCH 11-2 THANKSGIVING DAY	24 LUNCH 11-2	25
26	27 LUNCH 11-2 E-BOARD MTG 6:30PM	28 LUNCH 11-2 SAL MTG 7PM SAL WTG 7PM GIVE VETS HOPE VFW 3404 5:30PM	29 LUNCH 11-2 QUEEN OF HEARTS 6 - 8 PM	30 LUNCH 11-2		

History in November

November 2, 1962 - During the Cuban Missile Crisis, President John F. Kennedy announced on TV, "the Soviet bases in Cuba are being dismantled, their missiles and related equipment being crated, and the fixed installations at these sites are being destroyed."

November 2, 1734 - American frontiersman Daniel Boone was born in Berks County, near Reading, Pennsylvania.

November 4, 1862 - Richard Gatling patented his first rapid-fire machine-gun which used revolving barrels rotating around a central mechanism to load, fire, and extract the cartridges.

November 6, 1854 - American conductor John Philip Sousa was born in Washington, D.C. Best known for his rousing marches including *The Stars and Stripes Forever, Semper Fidelis*, and *El Capitan*.

November 6, 1860 - Abraham Lincoln was elected as the 16th U.S. President and the first Republican. He received 180 of 303 possible electoral votes and 40 percent of the popular vote.

November 7, 1944 - President Franklin D. Roosevelt was elected to an unprecedented fourth term, defeating Thomas E. Dewey. Roosevelt died less than a year later on April 12, 1945.

November 8, 1942 - Operation Torch, the Allied landings in North Africa, began as 400,000 soldiers under the command of General Dwight D. Eisenhower landed at Morocco and Algeria.

November 10, 1775 - The U.S. Marine Corps was established as part of the U.S. Navy. It became a separate unit on July 11, 1789.

November 10, 1919 - The American Legion Auxiliary was established

November 11th - Celebrated in the U.S. as Veterans Day (formerly called Armistice Day) with parades and military memorial ceremonies.

November 11, 1885 - World War II General George S. Patton was born in San Gabriel, California.

November 11, 1938 - Irving Berlin's *God Bless America* was first performed. He had written the song especially for radio entertainer Kate Smith who sang it during her regular radio broadcast. **November 12, 1948** - Japanese General Hideki Tojo and six others were sentenced to death by an Allied war crimes tribunal.

November 13, 1942 - The five Sullivan Brothers from Waterloo, Iowa, were lost in the sinking of the cruiser *USS Juneau* by a Japanese torpedo off Guadalcanal during World War II in the Pacific. Following their deaths, the U.S. Navy changed regulations to prohibit close relatives from serving on the same ship.

November 15, 1777 - The Articles of Confederation were adopted by Continental Congress.

November 15, 1891 - German Field Marshal Erwin Rommel was born at Heidenheim, in Wurttemberg, Germany. During World War II, he led the 7th Panzer Division to victory in the Battle of France. His early victories in North Africa earned him the nickname, "Desert Fox." However, in 1943, he was defeated at El Ala-

mein by the British under General Montgomery. Rommel was implicated in the July 1944 failed assassination of Hitler. He was then forced to commit suicide and died at age 52 on October 14, 1944, near Ulm, Germany.

November 17, 1800 - The U.S. Congress met for the first time in the new capital at Washington, D.C. President John Adams then became the first occupant of the Executive Mansion, later renamed the White House.

November 18, 1916 - During World War I, Allied General Douglas Haig called off the First Battle of the Somme after five months. The Allies had advanced 125 square miles at a cost of 420,000 British and 195,000 French soldiers. German losses were over 650,000 men.

November 19, 1863 - President Abraham Lincoln delivered the Gettysburg Address during ceremonies dedicating 17 acres of the Gettysburg Battlefield as a National Cemetery. Famed orator Edward Everett of Massachusetts preceded Lincoln and spoke for two hours. Lincoln then delivered his address in less than two minutes. Although many in attendance were at first unimpressed, Lincoln's words have come to symbolize the definition of democracy itself.

November 20, 1943 - The Battle of Tarawa began in the Pacific War as American troops attacked the Japanese on the heavily fortified Gilbert Islands. It took eight days for the 5th Amphibious Corps, 2nd Marine Division and the 27th Infantry Division to take Tarawa and the Makin Islands. Over 1,000 Americans were killed with 2,311 wounded. The Japanese lost 4,700 men.

November 20, 1962 - The Cuban Missile Crisis concluded as President John F. Kennedy announced he had lifted the U.S. Naval blockade of Cuba stating, "the evidence to date indicates that all known offensive missile sites in Cuba have been dismantled."

November 22, 1963 - At 12:30 p.m., on Elm Street in downtown Dallas, President John F. Kennedy's motorcade slowly approached a triple underpass. Shots rang out. The President was struck in the back, then in the head. He was rushed to Parkland Memorial Hospital where fifteen doctors tried to save him. At 1 p.m., John Fitzgerald Kennedy, 35th President of the United States, was pronounced dead. On board Air Force One, at 2:38 p.m., Lyndon B. Johnson was sworn in as the 36th President.

November 25, 1783 - At the end of the Revolutionary War, the last British troops left New York City.

November 26, 1789 - The first American holiday occurred, proclaimed by President George Washington to be Thanksgiving Day, a day of prayer and public thanksgiving in gratitude for the successful establishment of the new American republic.

November 29, 1989 - Forty-one years of Communist rule came to an end in Czechoslovakia following a twelve day revolution sparked by the beating of protesters. The Czech parliament voted unanimously to repeal constitutional clauses granting the Communist Party sole power. This brought a wave of reform headed by playwright Vaclav Havel, who later became president in the first free elections since World War II.

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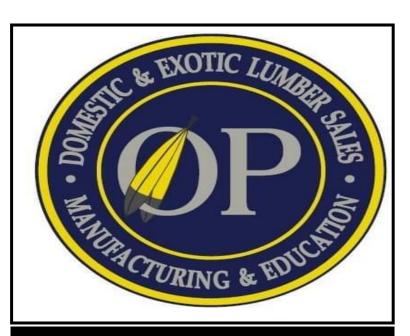
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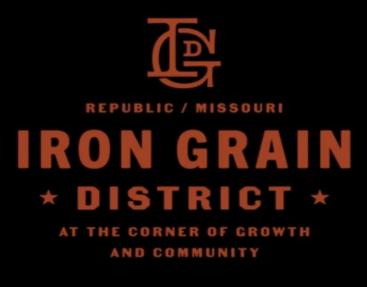
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OZARKS TECHNICAL COMMUNITY COLLEGE

Joshua Boley

Outreach Coordinator Veterans Upward Bound

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

Office 417-447-7840 417-447-6925 Fax

boleyj@otc.edu

Volunteer Opportunities at the Legion

As always, we have several volunteer opportunities for members and non-members. Currently -

- The Post Historian is looking for someone with advanced computer skills to assist in the production of the Post 639 Newsletter.
- We get requests for Post 639 members to present awards to schools (JROTC), Senior Citizens, Community Organizations, etc. If you would like to assist with this, let us know.
- As our buildings age, maintenance has become a growing concern. If you have any stills in any of the trades, or if you are a "Jack of ALL Trades", we could use your help. There are several projects pending.
- We're always looking for those with cooking skills. Special events, cooking lunch on those days when we need a sub to fill in, etc. If you want to show off your culinary skills to the membership, please contact the Post and we'll get you set up.

Volunteers are what allow Post 639 to function. YOU ARE NEEDED. Call the Post at 882-8639 and we'll get back to you.

















From the Bar/Galley ...

Happy Hour at LZ639:

12PM-2PM 7 Days a Week (.50 off)

6PM-8PM, Monday thru Saturday (.50 off)

Saturday Breakfast - Morning Chow @ LZ639

1st Saturday of the Month 8AM - 10AM

Due to the Post rebuild, the 1st Saturday Breakfast for November is <u>CANCELLED</u>. We will resume in December.

We want to give Chef Jeff time to setup his new kitchen equipment and time to arrange the way he needs for operation. From what I saw yesterday 10/22, there was still a lot of work to be done. But the membership will be surprised and honored to see the work and changes made when you enter the building. It's a new and better looking interior.



Thank the commander, Ron Sanders, ALA for making the changes possible.

Watch the Post 639 Facebook page for updates.

Jim "Skippy" Cooper (got peanut butter)

Your 6AM Support Team

Average Weather in November for Springfield

Daily high temperatures **decrease** by 12°F, from 63°F to 51° F, rarely falling below 37°F or exceeding 75°F.

Daily low temperatures **decrease** by $10^{\circ}F$, from $44^{\circ}F$ to $34^{\circ}F$, rarely falling below $20^{\circ}F$ or exceeding $57^{\circ}F$.

Over the course of November in Springfield, the length of the day is *decreasing*. From the start to the end of the month, the length of the day decreases by 49 minutes, implying an average daily decrease of 1 minute, 41 seconds, and weekly decrease of 11 minutes, 48 seconds.

The shortest day of the month is *November 30*, with 9 hours, 49 minutes of daylight and the longest day is *November 1*, with 10 hours, 38 minutes of daylight.

Daylight saving time (DST) ends at 1:00 AM on November 6, 2022, shifting sunrise and sunset to be an hour earlier.

The average sliding 31-day snowfall during November in Springfield is *increasing*, starting the month at 0.2 inches, when it rarely exceeds 0.6 inches or falls below -0.0 inches, and ending the month at 2.3 inches, when it rarely exceeds 8.1 inches or falls below -0.0 inches.

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.



Post 639 Schedule of Events November 2023

- Nov 01 Wed Queen of Hearts/50-50, 6-8PM
- Nov 04 Sat Breakfast at Post 639, 8-10AM
- Nov 07 Tue General/Auxiliary General Meeting
- Nov 08 Wed Queen of Hearts/50-50, 6-8PM
- Nov 09 Thu Finance Committee Meeting, 6:30PM
 - Marine Corps League Mtg, VFW 3404
 6PM Food/Fellowship, 7PM Mtg
- Nov 10 Fri Marine Corps Birthday/Veterans Day Dinner
 5-8PM
 - Legion Auxiliary Birthday
- Nov 11 Sat Sub Vets Meeting, 11AM
 Veterans Day
 Maui Fundraiser Event, 12-3PM
- Nov 14 Tue Korean War Vets Meeting
 Give Vets Hope, 5:30PM VFW 3404
- Nov 17 Fri VFW 3404 Fish Fry 5:30-7PM
- Nov 18 Sat ALA / SAL Paddle Party / Meat Raffle 4PM
- Nov 19 Sun ALR Meeting, 5PM
- Nov 21 Tue Auxiliary E-Board Meeting, 7PM
- Nov 22 Wed Queen of Hearts/50-50, 6-8PM
- Nov 23 Thu Fleet Reserve Association 6PM Thanksgiving Day Newsletter Content Due
- Nov 27 Mon Post 639 E-Board Meeting, 6:30PM
- Nov 26 Sat Toys for Tots Benefit 5-9PM Elks Club
 Music provided by Wings of Wing Big Band
- Nov 28 Tue SAL Meeting, 7PM
 Give Vets Hope, VFW 3404, 5:30PM
- Nov 29 Wed Queen of Hearts/50-50, 6-8PM



639 LUNCH

BLE MON-FRI

11AM-2PM

(ALL BURGERS AND SANDWICHES SERVED WITH ONE REGULAR SIDE)

SOFT DRINKS...\$2

- COKE
- DIET COKE
- DR. PEPPER
- DIET DR. PEPPER
- SPRITE
- DIET SPRITE
- TEA

REGULAR SIDES

- THICK CUT FRIES
- TATER-TOTS

PREMIUME SIDES (UPGRADE FOR JUST A \$1)

- **ONION RINGS**
- MUSHROOMS
- SEASONED CURLY FRIES

(LOAD YOUR SIDE FOR JUST A \$1 MORE WITH NACHO CHEESE AND BACON BITS) (ADD A SIDE SALAD OR SIDE OF SOUP FOR \$2

MORE)

Seasonal Soups \$5:

Chicken Tortilla, Loaded Potato, Roasted Red Pepper with Gouda Cheese, Broccoli Cheddar, or Chili

BURGERS & SANDWICHES

(Add: Lettuce, Tomato, Onion, or Pickle)

HAMBURGER...\$7

CHEESEBURGER...\$8.50

Choice of cheese: American, Swiss, Provolone or, Pepper Jack

Blue Burger...\$9

A burger topped with melted blue cheese crumbles

BBO BURGER...\$9.50

A burger topped with two onion rings, your choice of cheese and BBQ sauce

BRUNCH BURGER...\$9.50

A burger served with a fried egg & bacon with your choice of cheese of cheese

LZ639...\$9

A burger topped with grilled onions served on a toasted garlic aioli bun with your choice of cheese

PATTY MELT...\$9

A burger with grilled onions & Swiss cheese served on Texas Toast

PORK TENDERLOIN SANDWICH...\$9.50

A 7oz. tenderloin

GRILLED CHICKEN SANDWICH...\$9

Grilled chicken breast with bacon, Swiss cheese served on a toasted garlic aioli bun

THE REUBEN...\$9.50

Swiss cheese melted over corned beef & sauerkraut topped with Thousand Island served on rye bread BLT...\$7

Four slices of bacon topped with lettuce & tomato served on Texas Toast

GRILLED CHEESE...\$6.50

Grilled Texas Toast with your choice of cheese.

HOT HAM & CHEESE ... \$7

Four slices of smoked ham with your choice of cheese served on Texas Toast.

LZ639 PIZZA MENU

(ALL PIZZAS ARE A 10 INCH CRUST)
(NO ADD ONS OR SUBSTITUTIONS)

THE CLASSICS

Cheese	\$7.50
Pepperoni	\$8
Sausage	\$8
Bacon	\$8
Canadian Bacon	\$8

SPECIALTY PIZZAS

Hawaiian\$8.50
Canadian Bacon, Pineapple
Chicken Bacon Ranch\$9
Ranch, Italian Seasoning, Diced Chicken, Bacon
Bits
BBQ Chicken\$9
BBQ Sauce, Diced Chicken, Onions
Alfredo\$9
Alfredo Sauce, Italian Seasoning, Diced Chicken,
Mushrooms, Bacon Bits
Buffalo Chicken\$9.50
Ranch, Cream Cheese, Buffalo Sauce, Diced
Chicken
Veggie Lovers\$8.50

EXTRA SPECIALTY

Loaded Hawaiian	\$9.50
Canadian Bacon, Bacon Bits, Pineap	ple, Onion
Five Meat	\$9.50
Canadian Bacon, Hamburger, Sausage,	Bacon Bits,
Pepperoni	610
Supreme	\$10
Canadian Bacon, Hamburger, Sausage,	Bacon Bits,
Mushrooms, Onions, Black Olives, Gre	en Peppers,
Pepperoni	

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 one of the bar staff for additional information and to order.

Camping Services/Facilities at Post 639

Post 639 Bar Staff	417-882-8639
Adam Jamieson (24/7)	417-343-8723
Mike Chandler (24/7)	417-860-8910

Contacts for RV Site reservations:

7 Sites (2 Class A, 5 Travel Trailer), Water/Electric (30/50/20) hookups, Max size 45 ft. Available on "First come, First serve" basis. PETS WELCOME !!!!!

General Public - \$20/night, Veterans - \$10/night, Back-in sites only. One night maximum. Extended stays require prior approval. Total # of guests per party must be specified when making the reservation. NOTE: Post 639 members and families/friends MUST notify the Post 72 hours in advance to ensure accommodation of their reservation request. Extended stays require approval.

Stroll through our on-site Veterans Memorial Park, featuring a submarine conning tower and two Vietnam-era helicopters. Our 23-acre property is attached to the largest public park in Springfield. **Nearby attractions** - Bass Pro Shops flagship store, Wonders of Wildlife Museum/Aquarium. Springfield Cardinals baseball, Branson entertainment, Silver Dollar City (USA

Today's #1 Theme Park in America). **Post 639** is ALSO a Harvest Host participant.

Post 639 Hours of Operation:

OPEN TO THE PUBLIC. Full lunch menu served daily Monday-Friday 11AM-2PM. Full Bar open during business hours. Pizzas and appetizers available during business hours. Happy Hour - .50 off, 12PM-2PM 7 days a week, 6PM-8PM Monday - Saturday.

Sunday	1PM - 7PM
Monday	11AM - 8PM
Tuesday	11AM - 8PM
Wednesday	11AM - 8PM
Thursday	11AM - 8PM
Friday	11AM - 8PM
Saturday	11AM - 8PM



HARVEST



Legion Post 639 Officers, 2023 - 2024

Commander	Mike Goforth	commanderlz639@gmail.com
1st Vice Commander	Mike Chandler	chandlermp1@gmail.com
2nd Vice Commander	Adam Jamieson	fixxer560@yahoo.com
Adjutant	Tom Newsom	menehune66@gmail.com
Finance Officer	Frank Messley	lizzard1955@hotmail.com
Judge Advocate	Jim Cooper	mcccoop@sbcglobal.net
Sergeant at Arms	Ron Jackson	ronjackson417@gmail.com
Service Officer	Belinda Brown	serviceofficer639@gmail.com
Quartermaster	Barry Greene	ibbeg@yahoo.com
Chaplain	Frank Grantham	rumtumtrans@yahoo.com
Historian	Bob Kalwat	rkalwat@gmail.com
Member at Large	Bob Dale	justbob94@yahoo.com
Member at Large	Darrin Dobbs	dobbster64@gmail.com



Post 639 Legion Riders Officers, 2023 - 2024

Director	Marsha Crom	mjcrom54@gmail.com
Assistant Director	Glenn Smith	ozarkheart@yahoo.com
Treasurer	David Turner	dbts@hotmail.com
Secretary	Bob Kalwat	rkalwat@gmail.com
Sergeant at Arms	Ron Jackson	ronjackson417@gmail.com
Judge Advocate	Mike Brooks	c130mike@gmail.com
Chaplain	Herman Burkett	eazydime@yahoo.com
Chaplain	Will Odgen	aka_freestarr777@yahoo.com
Ride Coordinator	Ron Jackson	ronjackson417@gmail.com
Membership	Bob Kalwat	rkalwat@gmail.com
Medical Officer	Glenn Smith	ozarkheart@yahoo.com



Post 639 Auxiliary Officers, 2023 - 2024

President
Vice President
Secretary
Treasurer
Historian / Chaplain
Sergeant at Arms
Member at Large
Member at Large
Member at Large
Junior Advisor

Diana Cooperider
Terra Cooperider
Gail Willey
Lindy Dobbs
Tammi Grantham
Reggie Hutson
Barbara Gonynor
Susan Heppard
Charlotte Kelly
Mikayla Criger

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rumtumtrans@yahoo.com
hutsonregina2022@gmail.com
wewed99@gmail.com
smheppard01@gmail.com
charlottekelly375@gmail.com
mikaylacriger@outlook.com



Post 639 Sons of the American Legion Officers, 2023 - 2024

Commander
1st Vice Commander
2nd Vice Commander
Adjutant/Historian
Treasurer/Finance
Chaplain
Sergeant at Arms
Post Laison (VFW)
Post Laison (AL)

Erik Duff
Curtis Myers
Bobby Tonche
Mike House
Thomas Long
Frank Grantham
Garrett DeBlanc
Nolan Moody
Justin Adamson

jhtduff@gmail.com curtis74myers@gmail.com bobby.Tonche@GE.com mike@wemovebetter.com tlongmissouri@gmail.com rumtumtrans@yahoo.com garret@midwestturfpros nrmoody@sbcglobal.net sfcadamson@gmail.com







Vietnam War Memorial American Legion Post 639 2660 South Scenic Ave Springfield, MO 65807

www.americanlegionpost639.org

(417) 882-8639

Post Hours:

Mon - Sat 11AM - 8PM

Sunday Noon - 6PM

REMEMBER



















