



American Legion Post 639

This morning I was drinking coffee, watching the sun come up, and thinking about starting my third year as Commander of Post 639. What kept coming to my mind, over and over, was how satisfying this experience has been and how grateful I am for this opportunity. I've met and worked with some truly selfless individuals who sacrifice their time and their money to support the mission of the legion. Some of them are veterans; many of them are not.

Many of you know I'm an Eagle Scout, and I spent a lot of time as a volunteer leader and paid staff with the Boy Scouts. One of the things that made an impression on me there when I was young was the idea of Cheerful Service, "maintaining a cheerful spirit, even in the midst of irksome tasks and weighty responsibilities." Working at a scout camp taught me that digging up an overflowing septic tank with a pick and shovel wasn't that bad if you were doing it with guys you actually like and if you can keep a smile as you dig.

This idea served me well during the first Gulf War, and during countless other adventures with mortars and heavy machine guns, that seem to be not as much fun in reality as they appear in a movie. They weigh a lot, they smell bad, and they make too much noise.

Anyway, what I am finding very satisfying is the huge group of people here, from the post and the aux and the riders and just the unaffiliated volunteers, that share this spirit. The ones who are every day working at the post without pay, sometimes without thanks, and sometimes so far behind the scenes that nobody even knows them, to make the mission work.

In the world I see on the news, and on my Facebook feed, it is truly refreshing and reassuring to be around people who are working selflessly, without asking what is in it for themselves, for a greater good.

To this end, I'm asking you to come down and join that effort. In spite of the election season, and riots, and covid, Your beer is still cold. Your burgers are still certified dry aged angus beef. Your bartenders are still as friendly as they used to be. Your stage still has bands every Wednesday. Your friends are still here, telling stories about cars they used to own and places they've lived. Some of those stories may even be true!

Come out. Get involved. You will get more than you give.

Semper Fi

Darin Hargis



Chaplain

God is in charge, so whatever happens it is his will. Bless our troops and our country. All for now. As always the members and the Post is in my Prayers.

Chaplain Rex Krasche

Finance

The finance office is in transition! We are trying to learn all the good systems and weekly operations created by Gary. We are learning daily! There's much information, on a monthly basis, that must be recorded in the appropriate fashion so the ultimate result is good financial information. The financial health of this Post depends on good record keeping and handling of our income.

Thanks for your support.

Finance Officer

Nathan Carlson

ALR

Your 2021 ALR Officers

Director: Marsha Crom

Assist Dir: Kathy Davis

Secretary: Bob Kalwat

Treasurer: Ron Jackson

Sgt of Arms/Ride Coord: Larry Tuck

Appointed Positions

Public Relations: Janey Tuck

Liaison: Nolan Moody

Membership: Vonnie Buis

Recruitment: Lenny Buis

Chaplains: Herman Burkett & Wil Ogden

Judge Advocate: Wil Ogden

A Big Thank You to our 17th District Commander **Mark Reed** for conducting the Officer Installations

At LZ639.

Post 639 up coming Events

Aug 29th 104.7 Cave Motorcycle Event: KSU at Noon

– Food & Music following the ride.

Aug 30th Motorcycle Awareness Registration at 11am with KSU at 1pm. Food & Music following the ride

Sept 5th Rock Bridge ALR Ride KSU 9am

Sept 12th Suicide Awareness Ride and Vehicle Show (Motorcycle, Car, Truck, Jeep and Tractors)

KSU 2pm with Music and Food following the ride. Awards at 5pm.

Sept 27th Maxheimer Memorial Ride Post BBQ.

We will have one of our favorite BBQ guys at our LZ639 smoker – enjoy Beef/Pork beans slaw chips and Dessert following the ride. The Auxiliary will be serving food for your pleasure, and Springfields best bartenders will be present to Serve your favorite drinks.

This ride is open to all riders in the community – Bill Maxheimer will be honored for the outstanding Veteran who loved Post 639. Make this your special day to remember.

Ride Safe, always enjoy your wind therapy.

Marsha Crom

ALR Director



ALR Officers for 2021. Mark Reed is the 17th district commander and held ALR installation and has held other installations for our post in the pass and we appreciate it. Thanks Mark Reed

Auxiliary



Past Auxiliary President Janey Tuck (left) passing the Gavel to the 2021 Auxiliary President Diane Cooperider.



2021 Auxiliary officers. President, Diana Cooperider, Vice President, Terra Cooperider, Secretary Paula Maxheimer, Treasurer, Hallie Scott, Historian Vonnie Buis, Sergeant at Arms, Mary Foss and Chaplain Suzanne Igou. Our New Members at Large are Susan Heppard, Maria Davis and Charlotte Kelly.

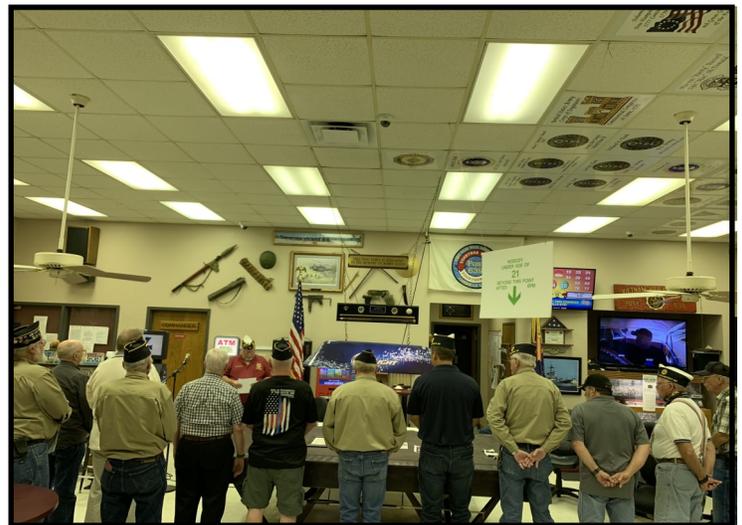
Heads up!

On October 17th the USO show at Post 639 will happen again. The difference from the previous shows, instead of just Post 639 members, it's also open to participants from other VSO's. Join the cast and show us your talent, whatever it might be. Diana Cooperider has put this event together in the past and will be doing it again this year.

Post 639 Elections



Commander for 2021 Darin Hargis (3rd Term) 2nd from right. Flanked by 1st Vice Justin Adamson on Darin's right and 2nd Vice Nolan Moody on Darin's Left.



2021 Officers listening to Mark Reed (17th District Commander) presiding over installation.



Cavestock: Bikes, Brews, and Music

On August 29, 2020, the American Legion Post 639 will host 104.7's Cavestock: Bikes, Brews, and Tunes. Come on out for live music, food, drinks, and more! The event will be at our Post, 2660 S. Scenic Ave., from 10am-5pm. Join us...and show off that bike!

Fundraiser to Benefit Our Kitchen

We are currently attempting to raise money to benefit our Post's kitchen. As we all know, our kitchen helps bring much-needed revenue to the Post. We have been fortunate enough to have an anonymous donor pledge \$16,000 towards this project. The donor has challenged us to raise another \$10,000. This is a goal we can certainly reach, with the help of our many members. Please take the time to donate to this worthwhile cause. We could really use your help.

Our Response to the Springfield Mask Ordinance

. If you enter the Legion without a mask, we will assume that you have a qualifying condition that prevents you from wearing one.

Thanks for your cooperation. We look forward to seeing you soon. Stay well.

Kitchen Success!

We recently changed our lunch menu and added some items. With our new range of options, you can be sure we have something for every taste.

Come try our classic Reuben, our impossibly big chili dog, or our pork tenderloin. We also have fried chicken sandwiches, chicken fried shrimp, and your favorite hamburgers and cheeseburgers. All entrees are served with fries.

We also have terrific appetizers! Stop by and grab some onion rings or fried mushrooms while you sample our drink selections.

The American Legion is free and open to the public, and our kitchen is open every weekday till 5PM, so bring your friends and encourage others to stop by and visit us. As you know, our kitchen is one of our main sources of revenue, so the more people we can get in here, the better!

We appreciate your patronage!

June is PTSD Awareness Month



What are the signs of PTSD?

Signs of PTSD include **flashbacks, severe anxiety, nightmares and a persistent feeling of fear.**

According to CCOHS, other common symptoms include feeling on edge, angry or numb; feeling that something terrible will happen soon; being dissatisfied at work; having trouble concentrating; and using drugs or alcohol to cope.

Many people go through trauma. In fact, it is estimated that 60% of men and 50% of women will experience at least one trauma in their lives. Only a small percentage of these people, however, will develop PTSD.

While everyone experiences PTSD differently, there are four main types of symptoms. Re-experiencing the traumatic event through intrusive memories, flashbacks, nightmares, or intense mental or physical reactions when reminded of the trauma.

The Department of Veterans affairs has some phone numbers available to get help if needed.

1-800-273 8255 (Press 1 if you're a Veteran)

Or

866-948-7880

Or go on-line and find links on PTSD to get the Questions and help your wanting.

September is Suicide Awareness Month

Suicide is the 10th leading cause of death in the US for all ages. (CDC)

Every day, approximately 123 Americans die by suicide. (CDC)

There is one death by suicide in the US every 12 minutes. (CDC)

Depression affects 20-25% of Americans ages 18+ in a given year. (CDC)

Suicide takes the lives of over 44,965 Americans every year. (CDC)

The highest suicide rates in the US are among Whites, American Indians and Alaska Natives.

Only half of all Americans experiencing an episode of major depression receive treatment. (NAMI)

80% -90% of people that seek treatment for depression are treated successfully using therapy and/or medication. (TADS study)

An estimated quarter million people each year become suicide survivors (AAS).

There is one suicide for every estimated 25 suicide attempts. (CDC)

There is one suicide for every estimated 4 suicide attempts in the elderly. (CDC)

Join the post on **September 12 2020** at this event to help bring awareness to these major illness. Have a good time with the activities but don't forget why this event is being held. Learn from those sponsoring this event why it's so important to be aware of the illness because those who served in the military or who are serving are affected the most. They have experienced and seen things we can't imagine. Everyone, can be affected even in their private lives.

The event is open to anyone to bring a friend or family member. Not enough people know about this illness or what to do, which might save a life.

Remember we're not doctor's but if we know the symptoms and signals we can do our part and help a person seek the care needed from a professional.

Kathy Davis is making this event happen for our benefit so support it if you're a post member and we'll see you here!

Tid-bits:

It's **renewal time** if you haven't figured it out yet. You can renew here at the post. See the Adjutant (Tom Newson) or the bartender and save a stamp.

Yes we're still serving breakfast Saturday mornings. Eat 8 to 10am.

Every Tuesday from 6-8pm enjoy the Frankenho's playing Acoustic Rock and Soft Rock here at the Post.

Military Holidays in September:

Sept 11 Patriot Day to remember and memorialize the events of that day in 2001. It's not a Federal Holiday but at 8:46am when the events started a moment of silence is suggested. The White House flies the flag at half mast.

Sept the 3rd Friday is Constitution Day and POW/MIA recognition Day.

1.

When the Pledge of Allegiance was published on September 8, 1892, the words "under God" were not included in it. True or False?

2.

The Great Seal of the United States is a bald eagle with an olive branch in his mouth, and arrows of war in his feet. True or False?

3.

John Phillips Sousa is known as "The March King" for all of his marching tunes which he wrote while he served in what military branch and had a marching band?

4.

The phone and fax numbers to the White House is a security secret and not open to the public to know. True or False?

5.

According to flag etiquette, you must never fly the flag upside down. True or False?

(The Correct Answers are on Page 7.) Did you get all 5 Correct?

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Aug Awareness Ride Registration 11:30 KSU 1pm	31 Aug	01 Sept General Meeting 7pm	02 Sept Queen of Hearts 6-8pm 	03 Sept Constitution and POW/MIA Recognition Day	04 Sept	05 Sept
06 Sept	07 Sept Labor Day 	08 Sept	09 Sept Queen of Hearts 6-8pm 	10 Sept Suicide Prevent Day	11 Sept Patriot Day 	12 Sept Sub Vets meeting 11am Ride to Live Event Read ALR article for full details
13 Sept	14 Sept	15 Sept Aux EBoard 7pm	16 Sept Queen of Hearts 6-8pm 	17 Sept	18 Sept	19 Sept
20 Sept ALR Meeting 6pm	21 Sept	22 Sept	23 Sept Queen of Hearts 6-8pm 	24 Sept	25 Sept Newsletter ARTICLES Due 8am	26 Sept Rollin Nobles Car Show 8am to Close
27 Sept Maxheimer Memori- al & BBQ Event 2pm to Closing See ALR Article for full Details	28 Sept	29 Sept E-Board Meeting 6:30 News Letter Crew 12 Noon	30 Sept Queen of Hearts 6-8pm 	01 Oct	02 Oct	03 Oct
04 Oct USO Show Meeting 6:30pm	05 Oct	06 Oct General Meeting 7pm	07 Oct Queen of Hearts 6-8pm 	08 Oct		

MEMBERSHIP CHALLENGE FOR POST 639 LEGIONNAIRES AND AUXILIARY

JULY 7, 2020 TO DECEMBER 1, 2020

THE FIRST PARTICIPANT THAT SIGNS-UP 3 NEW MEMBERS TO POST 639 {OFFICIALLY RECORDED w/ AM. LEGION MEMBERSHIP APPLICATION AND PAID 1ST YEAR DUES & ACKNOWLEDGE BY ADJUTANT}

WILL RECEIVE A \$100 GIFT CERTIFICATE TO JIM'S STEAKHOUSE OR WHISKEY TANGO (WHICHEVER AVAIL.)

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Steeling Art Inc



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417-861-8863 Scott Briggs
steelingartinc@gmail.com

Correct Answers to the 5 questions on page 5.

1. True - wasn't added until June 14, 1954.
2. False - He has a ribbon in his mouth the reads "E Pluribus Unum"
3. Marines
4. False - They are 202-456-1414 and the Fax is 202-456-2461.
5. False - It's okay to fly the Flag upside down as a Distress signal or Danger exists.

Volunteers

Any time you are looking for something to do, volunteer here at the post. We always need help in the kitchen if you like to cook, clean, or assist. Maybe the kitchen is not your thing, we have other area's you can help.

Volunteers Needed

American Legion Post 434 (Nixa) needs funeral Honor Guards, and in need of Legion and Auxiliary members.

Contact Glen Smith at (417) 849-8522

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JENNIFER R. HARGIS
Member
jhargis@evans-dixon.com

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 Connie or the bartender for additional information and to order.



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

Non-Profit Organization
US Postage Paid
Springfield, MO 65801
Permit Number 451

Office	Officer	Office	Officer
Commander	Darin Hargis	Adjutant	Tom Newsom
1st Vice Commander	Justin Adamson	2nd Vice Commander	Nolan Moody
Finance Officer	Nathan Carlson	Judge Advocate	Will Ogden
Sergeant at Arms	Ron Jackson	Service Officer	Bob Scott
Chaplain	Rex Krasche	Historian	Jim Cooper
Member at Large	Jim Matney	Member at Large	Don Weiss
Member at Large			