



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

DECEMBER 2021



REMEMBER

From the Commander ...

Hope this article finds everyone well. As we all know, there are many local charitable events Post 639 is part of throughout the year. One of the biggest this time of year is The USMC Toys for Tots. On Sunday, December 5th, Post 639 will be opening at 10AM and will be serving \$1 breakfast burritos, coffee and beverages before the ride. And our “after the ride” party, which is the longest running Toys for Tots “after” party. We will be serving free chili and have live music by Art Bentley from 2:30-5:30PM. Anyone interested in making some breakfast burritos for the 10AM feed, or bringing a pot of chili to help us feed the bikers - contact the on-duty bartender, or just bring it by around 1PM on Sunday. Thank you !!!

After Ms. Connie's retirement, we have a new clubroom manager - Mia Harvey!!. Come by and welcome her to our family.

As I am writing this, Larry and Marsha are hustling to put a crew together for our Annual Post 639 Thanksgiving Day meal to feed the troops. We will also be doing our Christmas Day feed too, from 1-3PM. There is a sign-up sheet on the bulletin board by the bar. Remember, we are a volunteer organization and we need more volunteers not only to help cook, serve and clean up, but to bring side dishes. We normally feed 100-150 during both of these events. As always, THANK YOU for your support.

2022 is lining up to be another great year for Post 639. The SAL, ALA, ALR and our other volunteers have done an excellent job accomplishing every task that has been thrown at them, sometimes even last-minute events. I cannot thank them enough. Please make a plan to get more involved so our groups don't get burned out.

Keep our Country and our military men and women who are in harms' way fighting for our freedoms this Holiday season in our thoughts and prayers.

Stand tall, honor our Country, fly your flag and be proud !!

Commander Mike Goforth

Chaplain

God is good and we hope you had a good Thanksgiving and have a very Merry Christmas. Just remember what you are thankful for.

God Bless !!!

Your Chaplain Rex Krasche

Auxiliary

2021 is almost over and ALA will end the year with three events this month. Saturday, December 4th the All-Post Christmas Party for Post members, employees and it's VSO's and their guests. Tickets are on sale and can be purchased at the bar. For event details, see the flyer in this month's newsletter. I hope you join us for a night of great food, fellowship, fun and

entertainment. Fair Grove Unit 38 will be assisting us in the kitchen and with food service. Thank you, Fair Grove!

Santa Claus and Mrs. Claus are coming for our Children's Christmas Party which is Saturday, December 11th from 1:00 to 3:00 p.m. This event is open to the public and will be held inside.



Our Christmas Raffle Basket drawing will be held on Wednesday, December 22nd at the Queen of Hearts event. Tickets are on sale for \$5.00 and can be purchased at the bar and the basket is on display at the Post. This would make a wonderful Christmas gift to your family member or friend or treat yourself to an early Christmas present. You can't win if you don't play! ALA will also be providing the food service for the Queen of Hearts that night. So come out and support your Auxiliary!

ALA will be sharing the December 50/50 with SAL on Wednesdays. ALA will have December 8th and the 22nd.

December 12th is District Meeting at Post 434 in Nixa with meeting time scheduled at 2:00 p.m.

I would like to take this time to thank the members of ALA for all of your hard work, commitment and dedication. You have gone above and beyond this year. You pushed through trials and tribulations and came back stronger with every event you worked. You are an amazing group of women and what you have accomplished at Post 639 has not gone unnoticed this year. Thank you for representing the American Legion Auxiliary Unit 639.



Upper Left - Kid's Halloween Party, **Upper Right** - Adult Halloween Party Costume entries, **Left**, Volunteers who prepared and served the Veterans Day Meal on November 11th. Sincere THANKS to all !!!

May you have a wonderful Christmas with family and friends. As you celebrate and remember those, we have lost this year, I pray that your memories bring peace to your heart. Merry Christmas to all and may God bless you, Post 639 and the United States of America.

In the Spirit of Service, not Self

Diana Cooperider

President, Auxiliary

Legion Riders

We had a good month, but never could get that last ride in to Gas-ton's Resort in Arkansas. The weather bit us again. We'll try again in the spring.

November was ALR month for Queen of Hearts - 50/50, with some good turnout and EXCELLENT food. Sincere thanks to those of you who have been volunteering to help. Makes a world of difference. Make no mistake, we would not succeed without you all.

We still have 13 Chapter members with ALR dues for 2022 pending. If you're still unpaid, please get yours in by year's end. **The December meeting is on the 19th. Come on out and get it taken care of.**

November 6th was the Veterans Day Parade Willard, and we followed with lunch at the Willard Community Center for an all-you-can-eat fish/chicken fry.



Very next day, November 7th, we were part of the Branson Toy Run to Forsythe, followed by lunch at The Pizza Cellar in Rockaway Beach.



Don't forget - Toys for Tots Run is December 5th. The Post will open at 10am for a Bloody Mary and breakfast burritos, and will continue the party with the longest running "after party" in Springfield with free chili and live music by Art Bentley

Be sure and block your calendars for **6PM, December 19th**. We will combine our monthly meeting with our Christmas Party. Great food/fellowship and a "white-elephant" gift exchange.

We're looking at a dinner ride on December 21st of a little different nature. We have a number of members who love Jazz. We may converge on the Blue Room Comedy Club to hear the Missouri Jazz Orchestra (MOJO) from 7-9PM. This band is "off the charts" as far as ability. We're in for a good time !!

Ride safe out there (and bundle up if necessary) !!!

Marsha Crom, ALR Chapter 639 Director

Historian/Newsletter Editor

It's impossible to overstate the significance of December 7, 1941 to our nation. It still resonates strongly today, now 80 years later. Sadly, the survivors are now very few. I'm thankful that the memories of many Pearl Harbor veterans have been captured in many forms of media for posterity. I pray that young people, now and future, are exposed to this treasure of history so they will remember as well.

I'm a military musician, as many of you know. As a Marine musician, I feel a special kinship with the Navy musicians who serve aboard ship, both current and past. One such group was the Navy Band (Unit #22) serving aboard BB-39 USS Arizona. During that era, each battleship had its own band. Each band, before being assigned, went through the musician's course at the US Naval School of Music (then located at the Washington Navy Yard in Washington D.C). The band went through the course as a unit, as opposed to currently where members go individually, and assigned to units post-graduation.

After graduation from the School of Music on May 23rd, 1941, the band boarded their assigned ship, the Arizona. On June 17th they assumed their duties providing ceremonial, jazz/dance, and concert music for the crew during lunch and dinner, as well as performances on shore. They also had regular operational duties as part of the crew.

By late 1941, war clouds were gathering, and personnel buildup in Hawaii was at a fever pitch. Many of these young people were very young, with little or no money, spending most of their time on their ships. The military often organized events of different types to keep them occupied. One such event was the "Battle of Music 1941", featuring 17 Navy bands from different ships, and 1 band from the Marine Barracks. Competing 4 bands per round, each band performed a swing number, a ballad, one specialty tune, and then played for the jitterbug contest. The winner was chosen by audience response. A qualifying round took place on December 6th, 1941, with most of the Arizona band bypassing it to support the USS Tennessee's band, with whom they graduated from the US Naval School of Music. The "Final Four" included the bands from the Arizona, Tennessee, Marine Barracks, and Pennsylvania, scheduled for December 20th in Bloch Arena at the Pearl Harbor Navy Yard.

On the morning of December 7th, the Arizona band was on

deck in place to perform the National Anthem for morning colors at 0800. At 0755, before a single note of the Anthem was played, the attack commenced. The band rushed to their assigned battle stations in the magazine at the bottom of turret #1 as ammunition handlers. The Arizona sustained strafing and 3 bomb hits from the Japanese before a fourth bomb penetrated multiple decks and exploded the powder magazine of the forward turrets at 0809. The entire band was lost as part of the 1177 crew members who perished in the explosion.

Since the final round of the "Battle of Music" was canceled, the bands from the other ships voted unanimously to award first place posthumously to the USS Arizona's band. The consensus was that they were the best band regardless. The Winners's 3-foot high trophy was redesignated as the USS Arizona Band Trophy, with the members' names engraved. It is now housed in the Arizona Memorial Museum. The picture below is the last picture of the band together as a unit before they were lost on December 7th.



Reminder: Changes coming for the hardcopy newsletter, effective January 2022.

As we published in the November newsletter, beginning with the January 2022 issue, we will be mailing a hardcopy newsletter **ONLY** to those who request it in that format. If you have already contacted us and specified your preference for hardcopy, **NO ACTION IS REQUIRED ON YOUR PART**. You will continue to receive it as you always have.

Over the last month of the transition period, for those of you who have been receiving the unsolicited hardcopy through the mail, you'll have the following options:

1. Call the Post and specify your preference.
2. Email me with your preference directly at historianeditorlz639@gmail.com, with your email address.
3. Pick up a full-color hardcopy at the Post.
4. View the full-color newsletter on the Post website at www.americanlegionpost639.org

Remember, an electronic newsletter (specifically an e-mail version, vs. hardcopy), costs our Post **NOTHING** to distribute, and it affords the Post the flexibility of including much more informational content at no additional cost.

Please don't hesitate to contact me with any questions/concerns, and I'll be glad to help you work through them.

Bob Kalwat

Post 639 Historian/Newsletter Editor

historianeditorlz639@gmail.com

From the Galley/Bar ...

Taco bar was a moderate success. Everyone who ate with us really enjoyed the food. Starting November 30th we will be back to our daily menu. Again thanks to Steve Hansen for volunteering his time.

We are still needing several volunteers for the kitchen. After December 31st we have no cooks. If you can spare 8-10 hours a week please consider helping your post.

As always suggestions for improvement are welcome.

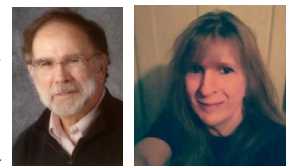
Larry and the Kitchen crew

Please welcome new Bartender **Robin Fare** and Bartender/**Clubroom Manager Mia Harvey** to the Post 639 family !!! Stop in, say hi, and get to know these new faces. You won't be sorry !!!



November VSO Spotlight - "Give Vets Hope"

My name is David Suits, a Vietnam veteran. Holly Butler and I presented to your Post recently regarding a veterans group meeting at VFW Post 3404. This is a note letting you know



that we are meeting on the 2nd and 4th Tuesday evenings of the month now, at 5:30 until about 7:00/7:30PM. We usually begin our meetings with pizza and soda that are provided - there is no cost. After our meal, we open up the meeting for anyone wanting to discuss whatever may be on their minds. We do our best to be good listeners, offering no comments, questions or judgements. Besides veterans, we welcome family members, significant others, and support pets. You don't have to say or contribute anything to be a part of our group - you just being there is enough. We meet to make sure you are heard and seen, and to offer a place of support and a time of peace. We have a Facebook page at: [givevetshope/facebook](https://www.facebook.com/givevetshope/), and a website at givevetshope.github.io if you would like more information.

If you are interested in coming or have any questions, please contact David Suits at davidsuits25@gmail.com, or call at 417-773-1837 and leave a message.

I want to be sure and thank your Post for the opportunity to pass on this information.

Thanks,

David Suits



A Visual Journey Through American History - Christmas on the Front Lines for the Deployed Troops



The Revolutionary War



The Civil War



World War I



World War II



The Korean War



The Vietnam War



Desert Shield/Desert Storm



Iraq / Afghanistan



Sons of the American Legion

As always, the Sons are looking for new and former members to step up and help with events, along with minor projects to improve our beloved Legion Post 639.

Please come out and see what we're all about !!! Next meeting will be December 13th, 7PM. Hope to see you there !!

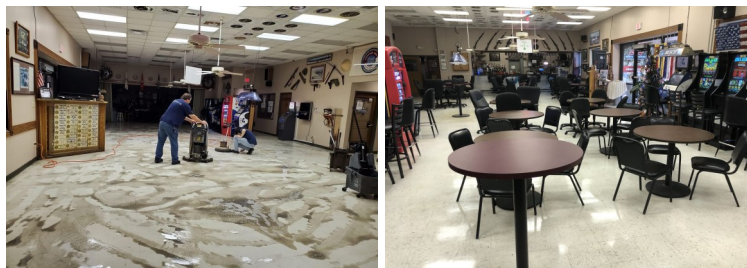
(To the right, Commander Curtis training up the next generation !!)

Sincerely,
Curtis Myers,
Commander



Building & Grounds

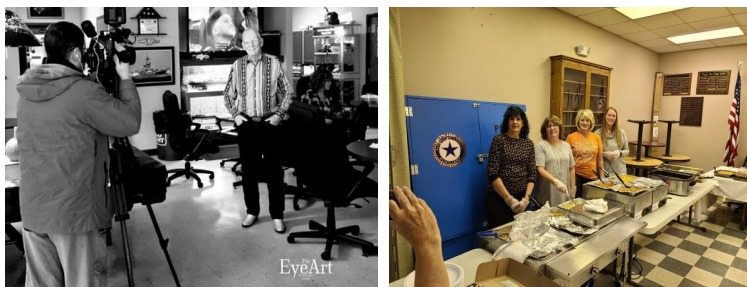
You may have noticed that our floor in the Clubroom has improved a great deal recently. Monday night November 1st, we hired a cleaning company to strip, clean and reseal the floor. Tuesday morning, all the tables/chairs were put back in place. QUITE an improvement. Thanks for your patience !!



Ron Jackson, Building & Grounds Maintenance

Thanksgiving Day 2021 at Post 639

Thanksgiving Day saw Post 639 serve between 50-60 meals to Springfield veterans. As our own Don Weiss told KOLR10 TV during an interview, "This is our home away from home, and these are the best friends I've ever had". That's our goal, to be home for those veterans who need a best friend. Thanks to the team that made this event a resounding success !!!



Recollections of Midway - Sgt Ed Fox

In the June 2021 newsletter, Ed Fox's story of the Battle of Midway was published. As a follow-up, Ed was interviewed in May 2021 at 639 for additional content, which included Midway, Iwo Jima, atomic bomb testing, and post-war occupation of Japan. Post 639 will publish a portion of the transcript of that interview. (July), **Part 1 - "Beach Patrols - Midway Island."** August, **Part 2 - "Preparing to repel boarders - Midway Island"** September, **Part 3 - "Invader, Midway Atoll", Part 4 - "Midway Battle, and the years that follow".** This month, **Part 5 - Iwo Jima. Part 6 (December, Final Part) Atomic testing, Nagasaki, Korea, Reflections**



(Recommendation - To get a sense of context, read Ed's original article in the June 2021 edition.) Be sure and check out the November 2021 Newsletter for Part 5....

Atomic testing, Nagasaki aftermath, Korea, Final Reflections

Eniwetok Atoll Atomic Testing

"There were three C54's (I have several photos of my plane) in Eniwetok, I was Project Engineer in one of them. Our mission was to film the nuclear detonation when it went off, we flew at various altitudes and distances. Depended on classification a KT, MT or Hydrogen device.

We had sophisticated lens and film, also a variety of cameras in each aircraft. The cameras in my aircraft were of various, speeds, when the device went off, it will be very slow when viewed. We were close enough at times we could feel the heat, plane shook, our communications were lost for a while. We wore 100% neutral-density goggles, and when all four engines coughed one became a little up tight. I lost several cameras due to the initial flash of the device, burning the film and destroying the mechanism of the expensive camera - more than once.

We wore dosimeters and had blood tests often. I often recalled my experience with the Japanese mother from Nagasaki each time I witnessed a shot and still today.

I have a very large color of a MT on the wall, front room.

Yucca Flat, NV Atomic Testing, West of Las Vegas

On this nuclear testing site, we exposed troops to a few KT shots. They were placed in deep trenches to gain experience during a nuclear attack while in a trench. I doubt we or anyone would be in a trench should the enemy decide to send one in our direction.

Dust and debris flying in the air is hot, radioactive, the troops are approx. 500 yards or less from a 200KT device at detonation. (See photo) they went into decontamination after exposure. I had to get my camera and me out of there a quickly and process my film.

For me, decontamination was removing all outer clothes and leave them behind, shower, get another shower, then clean up and go on to next mission.

Our testing in Nevada may have been the beginning of the child restraint car seats. This next bit of experimentally testing you may not care for --- it must be done.

“Optics”, men in the field must have protection for their eyes. If or when in a nuclear engagement.

An assortment of monkeys was gathered, attended by military vets. Maintained in cages and watched over by the vets and optometrists. Note: each segment of support wore a colored smock, non-veterinarians wore blue, they feed the monkeys, played a little with them, cleaned the cages etc., friend of the monkeys. The veterinarians that maintained the health of the monkeys, shots, punched and prodded, strapped then in chairs, just plain irritated them no end, to fighting and screaming each time they saw a vet approach their cages. It was quite a din of 20 to thirty monkeys pissed, the vets wore a green smocks.

Washington’s various money supporters for these projects would come out to see how the taxpayers money is being spent. You guessed it, we would put the green smocks on the visiting politicians and let them walk into the caged area of the monkeys. The monkeys screamed and shook the hell out of the cages and threw poo at the visitors. Visitors did not stay to long visiting our monkeys.

We placed various types of goggles with varied lens on the monkeys, placed them in their chairs strapped down and placed within a bleachers format, facing ground zero.

My cameras were placed in a position facing the monkeys to record the facial and eye reaction when the flash at detonation occurred. A loud klaxon horn sounded within of millisecond’s before blast to assure the monkeys were looking in the direction of the blast.

After the flash the monkeys were removed and returned to their cages, all had a number so facilitate the optic testing.

We also had pigs for testing regarding the skin effects nuclear detonations. These were not your common pig, these came from upper New England States, flown in, they had a skin closely resembling human skin. Code name in flight was, “Piggy Piggy”. I’m sure the flight crew loved it.

The pigs were fitted out with various combat field clothing, civilian cover for the population. Much of it was experimental. With pigs fitted out in various garb, tethered in a tight area to facilitate camera coverage, we’d fire a shot and see how the clothing covering stood up protecting the pigs rays and heat affecting the skin.

When word would leak out to Las Vegas Animal Rights groups, they’d mass at the gate protesting our cruelty to the pigs. That’s when one humor ‘Est person from inside the compound, put up a notice, “Barbeque Tonight”. That sign really pissed the natives.

Occupation of Japan

At the time peace was being signed in Tokyo Bay my unit 13th Marines was landing in Sasebo Japan. Our billeting as in Omura, Japan.

Shortly upon arrival, several of us were assigned as bodyguards to medical research teams interviewing victims of the Nagasaki bombing. They really didn’t need me. The enemy was subdued. The victims that were coherent were asked where they were at time of detonation, what they were wearing and what they were doing. These people we are interviewing were burnt so bad; they will die soon. Sleep that night was difficult to obtain, after we spoke with kids that day. On one of the trips

back to Nagasaki, with a team near ground zero, we were told of a school that was nearby. Shiroyama Elementary School was built with rebar and concrete it was still standing but was burned out inside. Anything combustible was just an ash, door hinges lying on the floor, chair frames and an occasional outline of a body. Not a very nice feeling walking through this school.

While we were on the ground floor, we heard a noise upstairs. Our party was made up of Japanese interpreters, Japanese and American doctors, and we all went topside.

We found a woman up there crawling around on her knees, with third degree burns all over her body, hair burnt scalp bare, clothes less. Delirious. She had left the hospital for the second time looking for her daughter, who had been at the school when the device went off.

The interpreters and doctors then attended to her. This Mother had left the hospital searching for her daughter, in shock, and pain, she will not last long. This poor Mother had everyone rushing to assist her. The Japanese with us wore a medical jackets with armbands which identified them and our doctors similar, introducing them to the Japanese people as medical personnel. I did not wear an arm band; I carried a weapon.

When they tried to ease the women’s pain, she told them repeatedly she wanted to find daughter. This woman was carrying everything she had gathered from inside the school, believing maybe something belonged to her.

When she saw me, in uniform and weapon she crawled up to me holding the remains she had collected up to me saying, in Japanese repeatedly, “doish-de? doish-de?”, which translated, “Why me? Why me?” I have never forgotten that Mother and to think I was to be assigned to the nuclear testing in the near future...!

I have been back to Shiroyama school twice, each time I was a revered guest of the children. They were days of indescribable emotions.

Came out of Japan, and I came home. I had points, so I got out of Nagasaki. I was home three months, and my neighbor, who was a major in the Army Signal Corps, told me “Come on, join the Army”. Had good assignments, called counterintelligence (CIC), would send me to school.

I couldn’t stand civilian life. All the time I was home I carried a .45, itchy as hell. I joined the Army. They sent me to Ft. Holabird. I spent six months at Holabird, attempting to learn a language, and Morse code plus the combat arms of other countries and language.

One of the major subjects for credit was Morse Code, and I struggled with Morse Code. I was doing good until graduation, and I flunked Morse Code, so I didn’t pass on to become an agent and go into a Warrant status from then on. Because I had shown some knowledge in motion picture and the still field, somebody said, “Send him to Hollywood” and that’s what they did.

So, I went to UCLA for almost a year, and the pictorial Department there, sent me to Hollywood, I was assigned to and worked in the studios with stage settings, script writing, camera capabilities and lighting. Learning everything I could. Enjoyed operating the big cameras, met a variety of movie stars and movie directors.

Time up and reported to a State Department representative at Vamp Perry. My new title was Mr., no rank and went to the Greenland Ice Cap. Working out of Camp Perry Md. Procured all my cameras from Fort Monmouth, NJ.

Admiral Perry's son was on the icecap along with foreign nationals. What a mess of individuals this hoorah was.. Perry brought women with him.

That was the first deep cold-weather photography in motion picture that Signal Corps ever tried for a classified mission. It had boo-cu problems.

My camera was devoid of oil, lubrication was graphite. My film kept freezing up, had to carry cans of film under my armpits. And the fourth or fifth day out there, I was having serious obstacles completing my mission having trouble keeping my film canisters warm. As soon as I loaded the camera, I had to shoot the film, put it in the canister and put it away under my arm pits to keep it from freezing. 40+ below was normal.

I reported back to them at Perry and informed them what the problem was. Days later, a C-119 that was dropping fresh food to us dropped a package for me, marked for "Mr. Fox, the photographer". Opened it up, and it was three brassieres. Each brassiere had a girl's name on it and stated, "now you have something to extra carry your film in". Hard to live this one down even within the North Pole

I tried to get a few to help me out, but nobody would except the Transportation Officer. But the comments were, "Sneak up behind Fox and cop a feel !!!"

I really took a lot of razzing about that. When we got back to Thule, sought out the nurses with the names, told them what happened and thanked them. They wanted my name on each one of the brassieres, returned. Just think somewhere in a museum are a few bra's with my name.

Korea

I was up on the Greenland ice cap when they were having trouble in Korea, this was in 1949/50. So I was alerted. They were going to pull me out and send me to Korea. I don't know why they decided to pull me to send me there, but when I landed in Korea after a trip to Tokyo, we were already getting pushed into Pusan.

My assignment issued from Tokyo headquarters (MacArthur's headquarters) was to record images of the atrocities upon our men. Grave registration was our point of support. I had a Captain assigned to me to write off the documentation. I would record the atrocity, Captain Clifford T Jackson a Signal officer and would request a classified courier and sent the film to Tokyo, Mac's shop for "Mission War Crimes Trial". Which never happened. Captain Jackson and I lasted two weeks on that job.

That last week, we didn't eat, we just had booze. Finally, we just reported in and said, "We quit." The most gruesome assignment I ever had.

Final Reflections

I put our country's uniform on in 1939 and retired in 1966. And I still proudly wear it when I get the opportunity.

I appreciate the Legion and the Marine Corps League, that's where my brothers are.

The most recent movie they made of "Midway" was close to

accurate. When they had the premiere in Honolulu, I couldn't go. Then they had one in San Francisco, and I still couldn't go. Next thing they did was rent a movie house here in Springfield. Set up a premiere just for me. During that show, I was the lone viewer undisturbed with a cameraman covering me throughout the showing...

To date, I'm the only known survivor of the Battle of Midway that's a Marine from the island. I get pampered because of it, but I absorb it as I'm representing the guys that weren't as lucky as I was. I am now preparing for the 80th Memorial, "Battle of Midway Anniversary" on Midway Atoll this June 2022 with God's help.

Semper Fi, Sgt. Ed Fox USMC



Pearl Harbor 80th Anniversary - December 7th, 1941 - 2021



National Guard Birthday - December 13th



Wreaths Across America - December 18th

Happy Retirement, Connie Johnston (Bar Manager extraordinaire) !!! We will miss you, but after 14 years, you've earned it. We'll see you on the OTHER side of the LZ639 bar !!!



ARMY-NAVY FOOTBALL GAME - DEC 11, 2PM



**ROONEY MCBRIDE
& SMITH** ATTORNEYS
AT LAW

Jennifer R. Hargis
Attorney at Law

jhargis@rmsattorneys.com

1445 E. Republic Road, Suite 300
Springfield, Missouri 65804
(P) 417.708.9681
(F) 417.708.9682
rmsattorneys.com



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DECEMBER 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 LUNCH 11-2  QUEEN OF HEARTS 6 - 8 PM	2 LUNCH 11-2	3 LUNCH 11-2 FRIDAY HAPPY HOUR APPETIZERS 4 - 6PM	 POST 639 CHRISTMAS PARTY 5-10PM
5  TOYS FOR TOTS 2PM CORWIN FORD	6 LUNCH 11-2	7 LUNCH 11-2  GEN MEETING 7PM REMEMBER PEARL HARBOR	8 LUNCH 11-2  QUEEN OF HEARTS 6 - 8 PM	9 LUNCH 11-2	10 LUNCH 11-2 FRIDAY HAPPY HOUR APPETIZERS 4 - 6PM	 SUB VETS 11AM KIDS CHRISTMAS PARTY 1-3PM
12	13 LUNCH 11-2  SAL MTG 7PM	14 LUNCH 11-2  GIVE VETS HOPE VFW 3404 5:30-7:30PM	15 LUNCH 11-2  QUEEN OF HEARTS 6 - 8 PM	16 LUNCH 11-2	17 LUNCH 11-2 FRIDAY HAPPY HOUR APPETIZERS 4 - 6PM NEWSLETTER CONTENT DUE	18
19  ALR MTG & CHRISTMAS PARTY 6PM	20 LUNCH 11-2	21 LUNCH 11-2  AUXILIARY E-BOARD MTG 7PM	22 LUNCH 11-2  QUEEN OF HEARTS 6-8 PM	23 LUNCH 11-2  FLEET RESERVE ASSOC. 6PM	24 LUNCH 11-2 FRIDAY HAPPY HOUR APPETIZERS 4 - 6PM	 CHRISTMAS DAY MEAL 1-3PM
26	27 LUNCH 11-2  E-BOARD MTG 6:30PM	28 LUNCH 11-2  GIVE VETS HOPE VFW 3404 5:30-7:30PM	29 LUNCH 11-2	30 LUNCH 11-2	31 LUNCH 11-2	 NEW YEARS DAY

Ongoing Suicide Prevention

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

Some signs of concerning behavior include:

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

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

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



Volunteer Opportunities at the Legion

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

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

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

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



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(SDVOSB) providing mission essential cyber security capabilities
www.foxholetechnology.com - Wes Hester, CEO

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

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



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



(417) 882-8639



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

OFFICE	OFFICER	EMAIL ADDRESS
Commander	Mike Goforth	commanderlz639@gmail.com
Adjutant	Tom Newsom	menehune66@gmail.com
1st Vice Commander	Justin Adamson	sfcadamson@gmail.com
2nd Vice Commander	Mike Chandler	chandlermp1@gmail.com
Finance Officer	Paul Doelger	pauldoelger@gmail.com
Judge Advocate	Jim Cooper	mcccoop@sbcglobal.net
Sergeant at Arms	Ron Jackson	ronjackson417@gmail.com
Service Officer	Bob Scott	bscotttrf@gmail.com
Chaplain	Rex Krasche	rexdk10@sbcglobal.net
Historian	Bob Kalwat	historianeditorlz639@gmail.com
Member at Large	Don Weiss	
Member at Large	Barry Greene	
Member at Large	Jeff Wurtz	