

# Post 11-11 Newsletter - September, 2008

## *Commander's Corner*

Football is here and time to socialize with those who had disappeared for the summer. A lot of happenings are coming up at your Post. Be sure to stop by and say "Hi". The Post has a new Bar Manager, Cindy Borrego. She's already doing a great job as far as the cleanliness and operation of our lounge. Welcome to our team, Cindy!!

We barely had enough members to make a quorum for our August meeting. In spite of that, we were able to get a few things accomplished. As you will see in the Building Committee article, the project for renovating the Post Business Office was approved. Painting of the exterior of the building white was approved and should be done in the next month or so. The Boy Scouts (leaders and some of the boys) came to our meeting to present a huge card with all their signatures as a "Thank You" to the Post for our generous support and the new trailer. The card is located on the bulletin board in the Lounge.

At this time the proposed agenda items for September's Meeting are:

- \* Reviewing the Constitution and By-Laws
- \* Security Requirements – Proposals
- \* Calendar of Patriotic Events
- \* Quick Reference Guide for Approved Contractors

(all agenda items are subject to additions and deletions)

I have been informed by the Adjutant, Walt Lee, that most if not all membership cards have been sent out for those who sent in their membership dues. Great Job Walt!!!

As always, please keep our active duty military and their families in your thoughts and prayers.

Till next month,

Michael J. Carriveau  
Commander

## *The Legion Low-Down*

Hi to everyone at Post 11-11. As of August 1<sup>st</sup>, I started a new learning curve, the new Bar Manager. Thank you for the warm welcome, it has been much appreciated. I can't thank Rosie enough - the time and patience has meant the world to me. I hope to live up to her expectations; you all need to remind me about the Friday night ticket. So thank you, Rosie.

### **Upcoming Events:**

**Labor Day:** Pot luck with the Post providing the main dish - hamburgers & hot dogs. So bring your favorite dish to share and enjoy the weekend with us.

**"Don't Cook Tonight or Day"** - Just go to Post 11-11! Did you know we have some of the best cooks

in Colorado? In my short time here, what I have tasted has been GREAT! Stop in for any of the scheduled meals. Check out our Tuesday night, Friday night and Sunday breakfast. You won't be disappointed.

As our summer comes to an end, we hope to see more of all of you. Come out and spend some time during our pot luck, dinner or breakfast. Oh, have you heard - there's a Jamaica Ten Speed at the Post? Come in on any Tuesday between 3:00 & 5:00 p.m. and try one. Just \$3.50. Um, um good!

Time to sign off. Please remember all our service men and women, keeping them in our thoughts and prayers.

Cindy

## *Auxiliary*

I hope you have all had a chance to welcome our new Bar Manager, Cindy Barrego. She's off to a great start with Rosie helping to train her. The Bar Manager job is a huge undertaking, so please give Cindy your full support.

Fall is just around the corner, and I see lots of happy faces now that football season is upon us. Don't forget the Bronco Pot Lucks at the Post on game days. Bring a dish to share and watch the game with friends as you cheer the Broncos to the Super Bowl!!!

Be sure to look up when you enter the Post. There are some awesome ceiling tiles appearing every couple days. Shirley Starley is still taking orders, so be sure to get yours in before all the tiles are taken.

The Auxiliary took the summer off from meetings, but the good work did not stop. Many of our members have been active through the summer with cooking and volunteering in other areas. Now it's time to re-group and decide what else we can do for our troops, our veterans, their families and our community. Please be sure to join us for our next meeting at 7:00 PM, Thursday, September 4.

September newsletters will be assembled on Sunday, September 28 at 1:00 PM. As always, help is appreciated.

May God Bless and protect our troops.

See you at the Post.

Sherry Baker  
Auxiliary President

## *S.A.L.*

Hi everyone! Now that summer is just about over, it is time to get back to working on membership and on our other programs.

If you would like to help out on our Sunday Breakfast (2<sup>nd</sup> Sunday every month) please let one of the S.A.L. officers know.

Please be watching the newsletter for information on upcoming events.

I would like to see more members at the monthly meetings which are on the 2<sup>d</sup> Thursday every month at 7:00 p.m.

The officers of the S.A.L. are Lionel Sandoval, Daniel, John Baker, Walt Lee & Roger Gamble.

Lionel Sandoval  
SAL Commander

### *Adjutant's Report*

Renewal notices are now being sent out by Legion National Headquarters. Renew now and receive your Early Bird Dinner Certificate for a Friday Night Dinner compliments of Commander Carriveau. Due to illness I have been a little slow completing the process of the renewals already received. I have already received quite a few renewals and this takes time, please be patient. I would like to thank all the Members of Post 11-11 for the showing of concern and support during this tough time. THINGS ARE LOOKING UP!

Walt Lee  
Adjutant

### *Business Committee News*

We have hired a new Bar Manager this past month. Welcome Cindy Borrego to the Post 11-11 family!!

Don't forget the Bronco Tailgate Pot Lucks for all the games. Lots of food, drink specials and fun. Come in and enjoy your Post.

A big "Thanks" goes out to Danny Sachs and the SAL for holding raffles to raise the funds to pay the fee for the NFL Sunday Ticket. Now everyone can come in and watch all the televised Sunday NFL football games from around the country. You can watch any game on any of our tv's.

Rosie Westbrook has been a great help in training the new Bar Manager and getting everything with the operation up and running smoothly. Rosie, "Thank You" for your hard work and expertise!!!

### *Did you Know?*

That as a paid member of Post 11-11 you get a discounted rate when renting our Hall? It can accommodate just about any function with a capacity of up to 200 persons. Check us out for your next party, meeting or other function.

For more information, contact the Bar Manager.

### *Upcoming Events*

#### **Oktoberfest**

When: Saturday, September 27, 2008

Time: 6:00 PM Until whenever.

Cost: \$11.00

Menu: Sausage Plate (Bratwurst, Knockwurst & ?), German Potato Salad, Red Cabbage, Bread, Salad, Desert

Music: German Fest music, Polkas and dancing

Beer: Authentic German Bier may be available

### **Country and Western Night**

When: Saturday, October 18, 2008

Time: 6:00 PM Until whenever

Cost: \$8.00 single, \$14.00 couple.

Menu: Ham steak, Beans, Corn bread, Texas Toast, Salad, Desert

Music: Country music and dancing

Other: Prizes for best costumes and couples dance

Dance lessons may be available

### **Blackhawk Chowdown**

When: Saturday, November 15, 2008

Time: 12:00 AM Noon - Social hour

1:00 PM Fly over (Blackhawk or F-16s)

1:30 PM: Flag Burning Ceremony

2:00 PM: Invocation & Food Served (Pig roast like last year)

Cost: Free to all military & families and **ALL POST 11-11 MEMBERS** (Legion, SAL & Auxiliary)

Menu: To Be Determined

Music: Patriotic music

Donations: Donations (monetary, food or in kind services) are being requested. If you would like to contribute, please contact one of the committee members (John Baker, Chris & Donna Flygare, Stephanie Carriveau, Shirley Starley, Jennifer Soffel, Jim Bellew & Ginger Lowry).

Other: Flyover has been approved

A signup board will be made available in August

## ***Building Committee***

On Saturday, September 6, 2008, weather permitting, the exterior of the Post will be spray painted. Please do not park near the building that day.

The Post & Auxiliary offices will be remodeled in September. We are looking for volunteers with expertise in carpentry, carpet laying, electrical, painting, etc. Please contact John Baker, Chris Flygare, Roger Gamble or Mike Carriveau.

## ***Notice***

Color Guard practice will be conducted on Sunday September 7<sup>th</sup>, 2008 and Sunday September 21<sup>st</sup>, 2008. Times will be announced later. Anyone interested in joining the Post 11-11 Color Guard can contact Roger Gamble or Chris Flygare for more information.

## ***10th Annual All Veterans Honor Guard Picnic & Entertainment***

Aspen Mortuaries is hosting the 10<sup>th</sup> annual All Veterans Honor Guard Picnic. The picnic will be held Saturday, September 13, 2008 at the American Legion Post #178 located at 1655 Simms St. in Lakewood. The picnic will begin at 12:00 with plenty of BBQ and drinks. Entertainment starts at 12:30 with the Rocky Mountain Band playing all of your favorite songs. If you have any questions, please call Hilary at Aspen 303-232-0385. We are looking forward to seeing everybody!

## ***MEN'S HEALTH SCREENING***

Saturday, September 20, 2008

8AM - 12PM

Each year, TUCC (The Urology Center of Colorado) Foundation holds a free, comprehensive men's health screening for the community as a part of Prostate Cancer Awareness Month. During this four hour period, men are screened for 14 different conditions. By providing these essential men's health screenings, diseases are prevented and wellness is consistently promoted.

The key to an excellent prostate cancer diagnosis is early detection. When caught early, the disease can have cure rates up to 80 percent. On September 20<sup>th</sup>, men will participate in the following screenings

### **Prostate Cancer Screening (PSA & DRE)**

- \* Men over 50 years of age
- \* Men over 40 years of age with a positive family history or who are African-American

### **Testicular Cancer Screening**

Men 15-35 years of age

### **Bladder Cancer Screening**

Men with a history of smoking and/or exposure to chemicals

### **Erectile Dysfunction Screening**

### **Smoke Cessation Information**

This is the leading cause of bladder cancer

### **Cholesterol Screening**

Required to fast 12 hours prior to screening

### **Blood Pressure Check**

### **BMI & Fitness Evaluation**

### **Testosterone Levels**

### **Osteoporosis Screening**

Men over 70

Smokers

Men with a history of fractures

### **Diabetes Screening**

### **Colon Cancer Screening**

### **Vitamin D**

### **Nutrition**

### **Directions to TUCC:**

Going South on I-25

Take Exit 211 (23rd/20th Avenue - not 20<sup>th</sup> Street)

Go south on the frontage road

Turn right on 20th Avenue

Drive one block west to TUCC on your right

Going North on I-25

Take Exit 210C (West 17<sup>th</sup> Avenue)

Turn right at the first stop sign (Bryant Street)

Turn left on 20<sup>th</sup> Avenue

Drive one block west to TUCC on your right

Registration for the screenings is required prior to September 20<sup>th</sup>. To register, please call 303.825.TUCC (8822) or 1.877.825.8898 (toll-free). Registration is limited.

### ***From the Editor***

Articles for the October newsletter are due on Saturday, September 13<sup>th</sup>.