

Joseph P Kennedy, JR.

American Legion Post 11-11

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Broomfield, Colorado 80021

(303) 466-1278

**AMERICAN
LEGION**

**AMERICAN
LEGION
AUXILIARY**

**SONS OF THE
AMERICAN
LEGION**



January 2023 Newsletter



COMMANDER'S CORNER

Next Legion meeting Tues-
day January 10th @ 6pm.

*Joe O'Keefe,
Commander*

AUXILIARY UNIT 11-11

"An idea is not necessarily good because it is old, or necessarily bad because it is new, but if an old idea works, then the weight of the evidence is all in its favor. Ideas are of themselves extraordinarily valuable, but an idea is just an idea. Almost anyone can think up an idea. The thing that counts is developing it into a practical product." [Henry Ford](#)

I look forward to an exciting new year and the activities that members will bring to the membership and execute both for ourselves and our philanthropies.

The Auxiliary appreciates everyone who participated in the Christmas Stocking fundraiser. In addition to raising funds for the Auxiliary philanthropies it makes our clubroom festive. Thank you for your participation.

POST 11-11 HOURS

MONDAY 3pm to 9pm

TUES WED THUR Noon to 9pm

FRI & SAT Noon to 10pm

SUNDAY* Noon to 9pm

*Open earlier if breakfast served/check calendar

Auxiliary Breakfast will be January 15th and featured item will be made to order Omelets. The Veteran History Project is scheduled for Saturday, January 28th 2023 from 9am – 4pm. Sign up sheet is located in the post social room. Legion, SAL and Auxiliary are all supporting this event. Contact Wendy McCaffery with additional questions or to sign up 720-670-6925 or wendymcrunner70@gmail.com

YOGA & WELLNESS Spend Mondays @ 6 PM getting your much-deserved fitness, health and R&R rejuvenated! Mark your calendars! Come join us on Mondays from 6-7 PM starting January 2023 Members Free! Bring a buddy! Walks-in welcome with a \$5 donation that goes to Auxiliary. Adaptive gentle flow yoga done sitting or standing while using a chair for support if needed! Questions johanna@johannawells.com

Newsletter folding will take place on Wednesday, January 25th at 5pm.

Check the calendar and please support the following activities: Breakfasts, Dinners, SAL Bingo; American Legion Post Food Drive – on going; Volunteer Log – copies available at the Post; King Soopers Loyalty Program – on going.

Our next Auxiliary meeting is on Thursday, February 2nd @ 6pm. Remember you are a member and you are the voice of American Legion Post 11-11 Auxiliary.

Please make note that there is a motion to increase Auxiliary Membership dues for the year 2024 to keep with upcoming increases. Notification to all Auxiliary members will be posted for three consecutive months and will be voted on at the February 2023 meeting.

Thank you to All Members of the Auxiliary, Jennifer Soffel, President soffeljl@gmail.com
In the Spirit of Service not Self, For Veterans, God and Country

SAL SQUADRON 11-11

SAL would like to thank everyone for their support and donations to the Children's Hospital Toy Run. We hope all had a wonderful Christmas and a Happy New Year.

SAL will be installing officer positions at our next meeting January 12th at 6pm. There will be no meetings for SAL in February, March and April. We will reconvene on May 11, 2023 at 6pm.

January 14th we will be doing our street clean up from 92nd to 104th street. We will meet in front of the Post at 10 am. All members and non-members are welcome to attend.

We currently have our new membership cards for 2023. Please pay your renewal fee of \$25 before January 1st, in order to get your new door card. Thank you ALL for your support!

Huey Geller, SAL Commander

SAL CHAPLAIN

As dawn breaks on a new year, let us give thanks for all we hold dear: our health, our family and our friends. Let release our grudges, our anger and our pains, for these are nothing but binding chains. Let us live each day in the most loving ways, the God-conscious way. Amen.

Michael McInerney, SAL Chaplain

JANET'S CORNER

I hope everyone is doing well! Did everyone have fun for the holidays? 2023 is here and hopefully we all will be ready for the new year!

We will be having Karaoke on Friday, January 13th and January 27th.

Auxiliary will be doing breakfast on Sunday, January 15th. And the Boy Scouts are doing Breakfast on Sunday January 29th. Please come and have a good breakfast and help support our Auxiliary and the Boy Scouts.

Bingo will be on Saturday, January 14th and January 28th starting at 6:00 pm. Come join us. We always have fun.

Just a reminder, if you have not paid your dues for 2023, they are due and you will need to show your 2023 Membership card to get a new Key Card. The lock on the front door will change on January 1st.

As always, don't forget to tip your bartenders, cooks and wait staff. They are all volunteers and don't get paid. Please come in and support your Post. Bring your friends and hopefully they can join our Post. If you have any questions regarding membership, see me, Ava Barden or Dave Bucher.

Remember our Veterans and active military. Keep them in your prayers.

Janet Lee, Club Manager

Need to update your mailing or email address?

Send an email to:
LegionPost11-1@comcast.net
Or contact Etta 720.219.2489

Post 11-11 Receives New AED (Defibrillator) from Good Sam's Hospital

On December 17th, Post 11-11 was the recipient of a new AED machine from the Good Samaritan Hospital in Lafayette. Dave Betka from Good Sam's provided a demonstration and short video to members of the Legion. He also provided CPR information using medical manikins and answered questions. Also attending and answering questions were the Westminster Fire Depart Station #5 and the Westminster Ambulance – our Post neighbors!

Many, many thanks to this medical group (Ryan, Sarah, Courtney, Tyler, Justine, Christine, Dave, Robb, Station #5 & Ambulance) that gave quick and lifesaving medical care to member Robyn O'Bryan back in October.

An automated external defibrillator (AED) is a portable medical device designed to analyze the heart rhythm and deliver an electric shock to victims of ventricular fibrillation to restore the heart rhythm to normal. This machine is now posted on the wall by the entrance towards the bathrooms.

If you are interested in getting CPR certified, plans are in the works to have a class at the Legion. Watch for upcoming details.

Membership Dues — Reminder

If you have not paid your dues for 2023, they are due and you will need to show your 2023 Membership card to get a new Key Card. The lock on the front door will change on January 1st.

Children's Hospital Annual

Toy Drive/Run

HUGE SUCCESS & THANK YOU!

Another year and once again another unbelievable contribution. We weren't sure that we could possibly match or beat last years performance but we certainly did that and so much more. Thanks to all our members and non-members that donated either a toy or cash. This would not have been possible without your amazing efforts. **Special thanks go to Joe and Judy Gonday for providing 12 bicycles, the Auxiliary and SALS for their very generous donations and Bob Fox for providing the use of his trailer to deliver all our gifts to Children's Hospital.** That trailer was packed from the front to the back with no room for one more toy!

Also, thanks go to our brave cold weather riders who represented our Post in the actual run. We estimated that between the toys and cash donations we were topping \$3400 and for the size of our post, that is truly remarkable. We are so proud to be a part of this wonderful organization.

***Santa's Helpers,
Dave, Huey, Lisa and Rhue-Ann***

**Auxiliary Breakfast
Sunday, January 15th @ 9am**

Breakfast includes toast, fresh fruit and coffee
Your choice of 2 eggs with bacon or sausage and hashbrowns OR made to order ***Omelet.***

Put it on your calendar and plan to join us!

Veteran History Program

January 28th 2023

Share your story!

Calling all veterans and volunteers! American Legion Post 11-11 will host a **Veterans History Project day** on Saturday, January 28, 2023. We are in need of 10 to 20 veterans to sign up to be interviewed, and we ask for volunteers to interview the veterans or help with setup, serving lunch/breakfast, and general logistics. The Veterans History Project is a program started by Congress in 2000 to preserve the stories of veterans.

"The Veterans History Project at the Library of Congress collects, preserves and makes accessible the firsthand recollections of U.S. military veterans who served from World War I through more recent conflicts and peacekeeping missions, so that future generations may hear directly from veterans and better understand what they saw, did and felt during their service."

<https://www.loc.gov/programs/veterans-history-project/about-this-program/>

If you would like to volunteer, please contact Wendy at wendymcrunner70@gmail.com or **720-670-6925** to sign up.

Denver has not hosted one of these events since 2010.

When: Saturday, January 28, 2023, 9 a.m. to 4 p.m. (Snow date set for Sunday, February 5.)

You need not be present for the entire day. Each session is scheduled for a 30-minute to one-hour.

Where: American Legion Post 11-11 Event Hall
Broomfield

Who: Any veteran and anyone who would like to volunteer.

How: Contact Wendy or sign up on the Veterans History Day bulletin board at the Post11-11.

Interviews will be video recorded and produced into a transcript, which are preserved in the Library of Congress. Veterans are also encouraged to bring ORIGINAL photographs and letters from their time of service to be preserved in the Library's collection. You're encouraged to make copies before you submit these items, as they will not be returned to the veteran.

INTERVIEWERS NEEDED—SEE WENDY

YOGA & WELLNESS

Yoga starts Monday, January 9, 2023. In a fun, supportive, and non-judgemental atmosphere. Bring a friend or family member with you, the more the merrier. Members free, drop in \$5.00 that will go to the Auxiliary. Give yourself the gift of health in 2023 and in return it will give you:

- * increased flexibility.
- * increased muscle strength and tone.
- * improved respiration, energy and vitality
- * maintaining a balanced metabolism.
- * weight reduction.
- * cardio and circulatory health
- * improved athletic performance (that includes golfers)
- * protection from injury.

I am incorporating props, ie. the use of chairs for balance and support for those who may need it. Bring your yoga mat, comfortable clothes that are easy to move in, water bottle, a strap/belt or tie for stretching if you have it.

Here's to a new you and a new you!

Questions call Johanna 303-217-3821

or johanna@johannawells.com

Soldier Shipment Project

Holy Cow! 2023 is less than two weeks away, and our soldier shipment packing party is less than a month away. The packing party begins at 2 pm on January 21, 2023, and typically takes a couple of hours, depending on the number of volunteers. Bring your favorite appetizer to share and help pack care packages to ship to our troops in Bahrain and Korea. In case you weren't aware, our very own Legion Historian, Heather Lockhart, is currently serving in Bahrain. We also need donated items from the Wish List posted on the insert that follows, or cash donations for these items, if you prefer. When purchasing items, please remember to choose the latest expiration date possible, and leave items in their original packaging. Due to shipment policies and regulations the following cannot be shipped.

NO EXPIRED FOOD
NO HOME-BAKED GOODS
NO CANNED FOOD
NO GLASS BOTTLES OR JARS

All donated items including cash donations must be at the Legion by January 18, 2023, for time to inventory donations and purchase additional items to meet our shipment goal. Green collection baskets for donated items and cash donation jars are at the Legion. We look forward to seeing you for some packing fun in January. In the meantime, enjoy your holidays with family and friends. As always, thank you for your support. Deb Stafford

A Post Reminder!

Soldier Shipment Event

SATURDAY, JANUARY 21 @ 2pm

Items needed by January 18th:

Electrolyte Packets

-Propel, Liquid IV, Or Pedialyte

5-hour Energy Drinks

Instant Drink Mixes

-Gatorade, Kool-Aid, Crystal Light

Peanut Butter

-Plastic containers only

Jelly (Plastic containers only)

Nutella – (Plastic containers only)

Beef Jerky/Slim Jim's (No Pork)

MRE Meal Replacement Bars

(Walmart, GNC & Amazon)

Granola Bars/Cereal Bars/Cliff Bars

Pop Tarts

Sunflower Seeds (Pickled or Reg)

Nuts

Cookies- Oreos/Girl Scout, etc. (with chocolate: (Oct – Feb Only)

Hot Sauce Packets

Cash to purchase these items

Green collection baskets and cash donation jars are located around The Post.

Top 10 Most Common New Years Resolution

Every year, millions of people make New Year's resolutions, hoping to spark positive change. The recurring themes each year include a more active approach to health and fitness, improved finances, and learning new things for personal and professional development. Chances are, more than a couple of the top 10 most common resolutions will look familiar to you:

1. Exercise more
2. Lose weight
3. Get organized
4. Learn a new skill or hobby
5. Live life to the fullest
6. Save more money / spend less money
7. Quit smoking
8. Spend more time with family and friends
9. Travel more
10. Read more

Despite the best of intentions, once the glow of a fresh new year wears off, many people struggle to make good on their plans. According to a study published in the Journal of Clinical Psychology, **only 46% of people who made New Year's resolutions were successful.** That means over half of the people who set a goal for the new year will fail! The study also involved non-resolvers, people who did not make a New Year's resolution but had a goal they wanted to achieve that year. **Only 4% of non-resolvers were successful at achieving their goals,** a far bleaker result than those who did make a New Year's resolution.



Use your King Soopers loyalty cards to earn funds for the Auxiliary!

Here's How it works:

Enroll your King Soopers Loyalty Cards online at the secure website www.kingsoopers.com

1. Log into your King Soopers account.*
2. Under "My Account" select King Soopers Community Rewards
3. Search for "American Legion Post 11-11" & select.

**If you do not have a King Soopers*

>Create an Account & follow the above steps

Each time an enrolled member of our group shops at King Soopers using their King Soopers Loyalty Card, the Ladies Auxiliary will earn rewards.

Invite your friends to enroll!

In addition, once a household member enrolls their card, all linked King Soopers Loyalty Cards within that household will begin earning funds for our organization.

Thank you for your support!

**American Legion Auxiliary
Post 11-11**



FOOD DRIVE

We are collecting non-perishable food or cash donations to be donated to local food banks.

Please deliver all donations to the post.

Any questions, contact:

Janet Lee

or Diane Smith @ 303.717.1786

ALL DONATIONS ARE GREATLY APPRECIATED!

Thank you for your support!

**American Legion Auxiliary
Post 11-11**



AMERICAN LEGION POST 11-11

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NEW YEARS DAY LEGION CLOSED	2	3	4 OPEN FACED HOT ROAST BEEF SANDWICHES	5 AUXILIARY MEETING 6PM	6 NEW YORK STEAKS	7
8 LAST BRONCO POT LUCK 2PM	9 YOGA 6PM	10 LEGION MEET- ING 6PM	11 CHICKEN FETTUCCINE ALFREDO	12 SAL MEETING 6PM	13 STEAK TENDER- LOIN TIPS OVER RICE KAROEKE 7 PM	14 SAL STREET CLEAN UP 10AM BINGO 6PM
15 AUXILIARY BREAKFAST 9AM	16 MARTIN LUTHER KING JR DAY YOGA 6PM	17	18 CHICKEN WINGS	19	20 NEW YORK STEAKS	21 SOLDIER SHIPMENTS 2PM
22	23 YOGA 6PM	24	25 NEWSLETTER ASSEMBLY 5PM ITALIAN SAUSAGE SANDWICHES	26	27 CATFISH OR COUNTRY STYLE RIBS KAROEKE 7 PM	28 VETERAN HISTORY PROJECT BINGO 6PM
29 BOYSCOUT BREAKFAST 8AM	30 YOGA 6PM	31				