



American Legion
 Eber Duclo Post 39
 Manitou Springs CO 80829
 719 685-4724

www.manitoulegion.org

Monthly Bulletin
 November 2014

Post 39 Officers

Legion	Auxiliary	SAL
Commander Alex Thornberry	President Annie Walters	Commander Rick Leider
1 st Vice Commander Tom Coca	Vice President Amanda Strzyzewski	1 st Vice Commander George Vahsholtz
2 nd Vice Commander Ron LaCroix	Secretary Rose Rozell	2 nd Vice Commander Bill Kine
Adjutant Sharon O'Donnell	Treasurer Mary Rebb	Adjutant Randy Walters
Finance Officer Mark Coakley	Chaplain Nancy Kowalski	Sergeant-at-Arms Terry Salsgiver
Chaplain Al Lamphere	Sergeant-at-arms/Historian Krystal Heun	
Sergeant-at-Arms Max Klingler		

Executive Board

Tom Rebb
 Bernie Frakes
 Mike Reisinger
 Roger Stahlik
 Mike Strzyzewski

Bar Manager

Ron Lacroix

Judge Advocate

George Vahsholtz



- Saturday and Sunday – 1pm to closing
- Monday, Friday – 2pm to closing
- Thursday – 4pm to closing
- Closed on Tuesdays and Wednesdays



Post 39 News and Happenings

Commander's Corner

Greetings Legionnaires,

We are now into the holiday season and winter is right around the corner. This is the time of the year where the events at the Post are farther apart and centered on the different holidays. Halloween was a hit at the Post and a big shout-out is due to the ladies Auxiliary. Thank you for what you do in making it special for all the trick-or-treaters. There are no plans as of this time for events at the Post for the Thanksgiving or Christmas holidays. I hope that will change here soon. If anyone would like to get an event together for either of these holidays, please contact myself or someone from one of the Post leadership groups and we can get things started.

*Veterans Day is coming up this month and although we do not have a large memorial at the Post, I urge everyone to take a moment to think about our Vets. We are all linked by the common thread of service to the nation. Whether it is through our service or the service of our loved ones, we are part of a special family. At every meeting we recite the Preamble to our Constitutions and one line in each of them is to foster and perpetuate a one hundred percent Americanism. What better day than Veterans Day to do exactly this? Fly the flag, thank a Vet, and let it be known that you are proud to be an American. Come join us for a **Salute to Veterans** at the Post on November 11 from 3 to 7pm, free food and a drink to all veterans.*

December is traditionally the month we take off from the regular meetings to spend time with our families. I expect that to be the case again this year. I encourage all of you to attend your scheduled November meetings to stay up to date on the different programs and to have your voice be heard.

For God and Country,

Alex Thoruberry

Post Commander



- Tuesday, November 4 is Election Day. Voting is by mail ballot only. Remember to mail your ballots in time to be received by Election Day or visit one of the voter service centers by end of day on Election Day. As you know, the American Legion is not a political organization, however we as veterans and families of veterans, display and promote Americanism by exercising the right to vote.
- On Veterans Day, Nov 11, the Post is looking for a small number of volunteers to speak for just a few minutes on your experience in the military as a Veteran to the students at Manitou Elementary School. This goes along with the Legion's commitment to promoting Americanism. Contact Adjutant Sharon O'Donnell if you are interested.
- Thanks to all who attended the Early Bird dinner and renewed dues for 2015.



- Have you noticed our new sign out front of the Post? It looks terrific! Thank you very much to SAL member Spencer Swann and his team at Canyon Signs that did such a great job! Thanks also to Canyon Signs for their generosity to the Post in donating the new address sign and Legion emblems on the doors and fences. Attached is a copy of the new and old in case you haven't been to the Post in a while. Funding for the new sign was provided by funds generated by the Post 39 Useful Public Service program.



- During Veterans' Week on Saturday, November 15, the Veterans Yoga Project will be having a national fundraiser. The Veterans Yoga Project is a non-profit organization on a mission to support recovery and resilience among veterans and active duty service, their families, and their communities. They provide this support by offering classes on therapeutic yoga and meditation practices to help those veterans, active duty service, and family members who are suffering from the effects of post-traumatic stress. They also provide online resources for veterans who cannot attend these classes and healing retreats for veterans and their families. Hot on Yoga, a local yoga studio at 5740 Carefree Cir N #260, has partnered with the Veterans Yoga Project to make all of their regularly offered classes on Saturday, November 15, donation based with the proceeds going to help fund the Veterans Yoga Project. The suggested minimum donation is \$10. All classes will be free for veterans and active duty service members. Also on that same day at 1pm, and again on Sunday, November 16 at 1pm, Army veteran and yoga instructor Jason Smiley will be offering a class in Mindful Resilience. This class involves some breathing practices, some mindful movement, meditation, guided rest, and a gratitude practice. Veterans in Mindful Resilience Programs report improvements in: sleep, concentration, anger management, mood, and impulsive behavior. These classes are also free for veterans and active duty service members. *If you are interested contact Jason Smiley at 831 254-8088.*



Auxiliary Angle

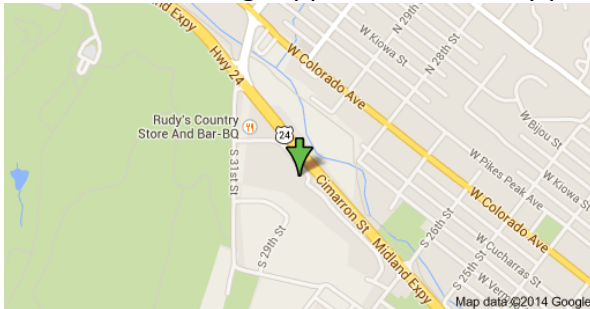
- There is not an Auxiliary General Membership meeting in November.
- The Auxiliary will be attending the Mid-Year Conference at Post 5 on November 1.
- There is not a General Membership meeting in December also due to the children's Christmas party on Saturday, December 6.



SAL News

- Squadron 39 SAL meets the first Saturday of the month at 11am.
- Next meeting is Nov 1.

Thank you to Anthony and Carolyn Jannuzzi, Onsite managers at A Better Self Storage – West for their continuing support of Post 39 by providing storage space for the Post.



2755 Ore Mill Rd.
Colorado Springs CO 80904
719 634-6332



Monthly Planner

November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1  SAL 11am Sat night poker 6:30pm
2 Post opens 1pm	3 Monday night poker 6:30pm	4 Post closed	5 Post closed	6 Texas hold 'em 6:30pm	7 TGIF	8 Sat night poker 6:30pm
9 Post opens 1pm	10 Monday night poker 6:30pm	11  Veterans Day Salute to Vets 3 - 7pm	12 Post closed	13 Texas hold 'em 6:30pm	14 TGIF	15 Sat night poker 6:30pm
16 Post opens 1pm	17 Monday night poker 6:30pm	18 Post closed	19  General membership meeting 7:30 Post closed	20 Texas hold 'em 6:30pm	21 TGIF	22 Sat night poker 6:30pm
23 Post opens 1pm	24 Monday night poker 6:30pm	25 Post closed	26 Post closed	27  Thanksgiving Day Texas hold 'em 6:30pm	28 TGIF	29 Sat night poker 6:30pm
30 Post opens 1pm						