

# The Silver Star



Veterans of Foreign Wars Post 5061

March 2024



## Commander's Corner

Greetings! March is full of dinners and events! We have fish fry and karaoke on March 1st, a Saint Patrick's special Auxiliary dinner with karaoke on March 15th, and fish fry and Mr. E Band on March 22nd! Also in there are burger nights, hot dog night, and weekly pool. The Potato Bake is returning April 6th, tickets available in the Canteen. Check out the sign-up sheet to see where help is needed and be a part of this popular event! We need toppings, soups or chili, and volunteers! March brings the 30 day notice of elections at the Post meeting on March 13th. Think about/talk about who you'd like to see as Post Officers, and what they can do to make Post 5061 something special. As our VFW organization shrinks in some areas and swells in others over the years, "redistricting" is a real possibility for 2024/25, shuffling Posts into new Districts, including ours. By participating in the VFW as an Officer, you can help effect these changes and be part of our history. Please consider being a Post Delegate to the State Convention in June to vote on these important changes. We will elect these delegates at the April elections as well as Post Officers. In parting, remember that we are an all-volunteer organization, so please consider volunteering at bingo, VA hospital, or closer to home at the Post working as a bartender, cook, or helping out with events. This is YOUR Post, contribute to its future!

*With Respect, Jim Kruse, Commander*

### Post Officers

**Post Commander:** Jim Kruse  
**Sr. Vice Commander:** Tammy Greene  
**Jr. Vice Commander:** Vince Miller  
**Quartermaster:** Tony Nickerson  
**Adjutant:** Duane Johnson  
**Chaplain:** Manuel Sais  
**Judge Advocate:** Duane Johnson  
**Surgeon:** Craig Clark  
**Service Officer:** Gary Williamson  
**Trustees:** Tom Yepsen, Ron Lattin, Gary Williamson  
**Home Board:** Lee Bonney, Joe Gomez, Bernie Nilson, Duane Johnson, Craig Clark  
**Bingo Manager:** Tony Nickerson

### Canteen Appointees

**Canteen Personnel Management:** Jim Kruse  
**Canteen Logistics Manager:** Jerry Jones  
**Hall Manager:** Joe Tafoya  
**Kitchen Manager:** Vince Miller  
**Bartender Scheduler:** Brenda Vigil

### Auxiliary Officers

**President:** Dan Asimus  
**Sr. Vice:** Tim Gilmore  
**Jr. Vice:** Sharon Ervin  
**Treasurer:** Janet Farris  
**Secretary:** Kathy Kurtenbach  
**Chaplain:** Joe Tafoya  
**Conductor:** Scott Kingsbury  
**Trustees:** Colin Mason, Tim Gilmore, Charlotte Lattin  
**Guard:** Colin Mason

## Auxiliary News

Hello Auxiliary members,

Thank you to all who helped with the February dinner. It turned out great and had lots of Auxiliary members pitching in. This month were going to have a traditional St. Patrick's Day dinner with corned beef and cabbage or fish tacos and of course green beer!

The POTATO BAKE is April 6. Get your tickets at the Canteen in advance just in case we run out. We will have giant baked potatoes with all the fixins, and lots of crock pots full of soups. We are also going to have drawings/door prize items this year. This year it is solely a District 1 Auxiliary fundraiser with Auxiliary 1 and 501. It is a big money maker for us so we need everyone to show up and have a good time supporting the District. We still need volunteers to help out so if you can, pick a time slot that you can work on the signup sheet at the Canteen.

The next Auxiliary meeting is on 3/13 at 6pm and is open to all Auxiliary members, so please come down and see what activities we have upcoming.

*Best regards, Dan Asimus, Auxiliary President*

**If an Auxiliary member becomes ill or loses a family member, please let our Auxiliary Chaplain, Joe Tafoya know as soon as possible. (720-347-0843)**

**Post Members: Did you pay your dues? Check your membership card for your anniversary date.**

**Auxiliary Members: Membership dues are due by December, 31, 2024.**

## Member of the Month

### Manual Sais

Manuel Sais constantly exhibits unmatched dedication, leadership, principled intent, talent, and discipline in his service to the VFW and Post 5061. In addition to his regular duties, Manuel initiated a collaboration between the Post and Castro Elementary School to address poverty and food insecurity among the most impoverished families in the area. He leveraged \$2000.00 in Post funds to provide 30 families with \$75.00 food cards in time for Christmas.



Manuel's focus, involvement, and inclusion creates a supportive, interactive, and collaborative atmosphere at Post 5061. He solicited member food donations and coordinated with Auxiliary members to construct food baskets and purchase toys for Christmas and deliver to needy families residing within mere blocks from the Post. He regularly visits patients at the VA Hospital and volunteers for Bingo where he is the regular Caller. Manuel was the 2023 Post 5061 and District 1 nominee for Chaplain of the Year award.

Each month, an outstanding volunteer will be selected by the Commander and Post Officers, and their name and deeds announced in the Post newsletter as well as their photo and name will go up on the new Volunteer of the Month plaque for the month following selection. Awardee will also receive a gift card for Awardee will also receive a gift card for \$25.00 for food and drink in the Canteen!

Get Your Hot Dog!  
Thursday, March 7 - 6 pm



### Reminder to all Post 5061 members:

Please ask your guests to sign in at the podium upon entry to the Canteen. Please also remember to bring your membership card and magnetic door card!

## Bingo Volunteers Needed!

*Make a Difference in the Life of a  
Veteran and their Family!*

Volunteers are needed to help support the MISSION of the VFW. Our main mission is to fundraise to help support veterans programs. Bingo is a main fundraiser. **Give back!** Proceeds from Bingo are donated to local, regional, and national veterans programs.

**Make a difference TODAY!  
VOLUNTEER!**

Contact Tony Nickerson at 720-314-5990 to make a difference!

**Post and Auxiliary  
Meetings  
March 13 at 6pm**

**Have Medicare questions?  
I have answers.**



**Debbie Beaudry**  
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**Bartender's Drink Special**  
**Pickle Shots**  
**\$2.00**

### Is it your Birthday this Month?

Stop by the Post on your or close to your birthday and get your free birthday drink. Present your ID and membership card to the bartender.



### Canteen Volunteers Needed!

#### Burger Night Cook Teams!

Burger Night on Mondays is popular. We are looking for additional cooking teams of 4 to join in on the cooking rotation. Gather up your volunteer team of 4 or sign up as an individual and we will put you on a team. Contact Vince Miller, to sign up!

#### Volunteer Bartenders!

Looking for something to do one or two afternoons or evenings a week? Like to socialize? The Canteen is in need of volunteer bartenders. No experience necessary. Contact Brenda Vigil, Bartender Scheduler, to sign up!

### Physical Fitness Resources to Ignite a Healthier Future

*Christopher McAllister*  
*Veterans Experience Office*

Staying physically fit after serving in the military is essential for Veterans. It supports overall health and mental well-being, and can help with the transition to civilian life. Regular exercise provides a sense of routine and discipline, which helps with adaptation outside the military environment. Fitness contributes to long-term health, helps manage stress and improves overall quality of life.

If you have disabilities, physical activity can be adapted to your abilities. Adaptive exercises can improve mobility, strength and mental well-being.

It's important to consult with your primary care doctor or health team to develop a personalized fitness plan that accommodates your specific needs and challenges. Remember, your fitness journey is unique to you.

Here are some popular fitness resources for Veterans to get started on the road to a happy, healthy you:

- VA Programs for Health and Wellness | Veterans Affairs (va.gov)
- Military One Source
- Team Red, White & Blue
- wear blue
- Travis Manion Foundation
- Wounded Warrior Project
- Warriors at Ease
- VA Adaptive Sports and Arts
- President's Council on Sports, Fitness & Nutrition



# VFW Post 5061

## Friday Night

# FISH FRY

\$12.00

\$12.00

Friday, March 1 & 22

5-7 p.m.



3 pieces of deep fried cod, fries, and coleslaw

**March 1 - Karaoke 6 -10 pm**

**March 22 - Mr. E Band 6-9 pm**

# 12<sup>TH</sup> ANNUAL DISTRICT 1

VFW AUXILIARY

## POTATO BAKE FUNDRAISER



**SATURDAY, APRIL 6TH, 2024**

**11AM – 2PM**

**DEAN K PHILLIPS VFW POST 5061**

**5220 W WARREN AVE, DENVER 80227**

**TICKETS \$10.00 EACH**

- BAKED POTATOES W/ALL THE FIXINGS, SOUPS & CHILI, DESSERTS
  - GREAT BASKETS TO WIN - DOOR PRIZES THROUGHOUT THE EVENT
  - GET TICKETS FROM YOUR AUXILIARY, OR AT THE DOOR
  - COME JOIN US FOR GREAT FOOD & COMPANY
- AND HELP US SUPPORT OUR VETERANS