AUGUST 2023

SANTA FE EXPRESS





VFW POST 846 NEWSLETTER

Emeritus Editor: Ray Calore Guest Editor: Jonathan Hyde

COMMANDER's COLUMN Principles Above Personalities

MARTIN FRIES, Commander

Comrades of Post 846, Due to a scheduling issue we are not able to have our 70th Anniversary celebration next month. In talking with members, it was recommended the best would be to move the date to Saturday, NOV 11. We will be able to do Veterans Day and 70th Anniversary together for an all-day event. So please plan to attend that day. Our next Saturday Breakfast will be on 12 Aug from 9 to 11 AM. The next Steak Night is Friday Night 18 Aug from 6PM to 8PM. Our Chef Comrade Larry Fries will be ready to cook your steak to your order.

Our next meeting is on 10 August, dinner at 6PM followed by meeting at 7pm. Don't forget about Friday Nights the post is open from 4 to 8PM. Dinner is provided for people who show up. If you can help support working on Friday Nights, it is needed since this is your post and we need your support to keep it open for member to relax and hang out with each other. This is your newsletter and if you have something you did, please take pictures so we can show what you and our post has been

doing to support Veterans. Send write up and pictures to Jonathan Hyde at jquincyh@aol.com or call

Martin Fries, Post Commander

FROM YOUR AUXILIARY

him at 913.530.0675.

DANA PFLUMM, President

Greetings Sisters and Brothers, The <u>Dept. School of Instruction</u> will be held in Hayes on Aug. 11-13. I'll be going so if anyone wishes to go, call me at 913-391-0353. The <u>District School of Instruction</u> will be in DeSoto on Aug. 19 at 10:00. This is the perfect place to learn what is new and needed for our programs. Please plan to attend. On Tuesday, Aug. 15, our monthly Bingo visits to the Leavenworth VA Hospital Domiciliary are back on after COVID. (Now scheduled the 3rd Tuesday of every month). This has always been a lot of fun for our Vets, so join us if you can. The time and place to meet will be announced at our meeting. <u>The Voice of Democracy</u>, high school age, and <u>Patriot's Pen</u>, middle school age, are due on Oct. 31. Planning ahead, I'd like to have students in that age group submit a paper. If you know of someone, encourage them to participate. If you know a teacher who would be amenable, give them the info. The rules are on the Scholarship website for the VFW Post and Auxiliary and I'll have them at our meeting. <u>Our next meeting is on Thursday, Aug 10 at 5 pm</u>. We'll be celebrating the Army and Coast Guard Birthdays. Congratulations on their long history of service to our Country! Want to make Labor Day special in your neighborhood? Put American Flags next to the street in front of the houses on your block. Oh, it's <u>HOT</u> out there. If you need to venture out, make sure you have plenty of water and your cell phone. Looking forward to seeing all of you.

May God Bless all of you,

Pres. Dana

CHAPLAIN'S CORNER... LANE SMITH

We don't know of illnesses or hospitalizations, however, please let us know if you know of someone in need of support so we can get them the help they need.

Infantryman's Creed: I carry America's faith and honor against her enemies.

I am the King of Battle. I am what my country expects me to be.

V.A. HOSPITAL REPORT......Christine Anderson, Chairman

With Summer here, we continue to have clothing needs for the Vets who use Annie's Closet and other needy Vets. So, as you clean out your closets, keep our Vets in mind and bring your donations to the post. Someone who you don't know will have their needs met because of your generous gift.

Chris Anderson, 913 940 1003



VFW POST 846 MEETING 2nd Thursday July 13 @ 7 pm Ι

An informal dinner at 6pm on meeting night. Feel free to bring a dessert!

Meetings are fun and informative.

You're involvement is the key to success!

Post 846 will be open on MEETING NIGHT (2nd Thursday) & EVERY FRIDAY 4 pm to 8 pm.

Join your fellow VFW
members in the
846 Memorial Lounge
on Fridays for
Cards, Games, Snacks,
& Camaraderie!

* Hosts needed for 4 to 6 shifts.

Be Involved!!



Join your fellow Post and Auxiliary members for a night of Great Eats and Great Camaraderie! **VFW 846**

AUGUST 2023

vfwpost846opks@gmail.com

SUN	MON	TUES	WED	THURS	FRI	SAT
			4			,
		1	2	3	4	5
			a v		10:00 Veteran's	
			NEW		Breakfast – Village Inn	
			6:30 pm PTSD &		[5800 Broadmoor Mission KS 66202]	
			VA Benefits class			
			@ VFW Post 846		4-8 pm POST OPEN	
6	7	8	9	10	11	12
	PURPLE HEART DAY			5 p Auxiliary		Breakfast 9 – 11
	HEART DAY	l I	NEW	Meeting	10:00 Veteran's	Speaker:
		6:30 pm PTSD Class	6:30 pm PTSD &		Breakfast – Village Inn	Alan Harris [Veteran &
		[9550 Pflumm Rd,	VA Benefits class	6 p Comdr Dinner	4-8 pm POST OPEN	Professional Counselor
		Lenexa KS 66215]	@ VFW Post 846	7p Post 846 Meeting	Avv. Don't Coloral of	'Coping with Grief'
				/p rost 640 Meeting	Aux - Dept School of Instruction @ Hayes	Fri – Sun 11-13
13	14	15	16	17	18	19
	• • •	Aux monthly Bingo	10	17	10:00 Veteran's	17
		resumes @ VA Hosp	NEW		Breakfast – Village Inn	10 am - District 2
		[3 rd Tuesdays]	6:30 pm PTSD &		STEAK NIGHT	School of Instruction
	*	6:30 pm PTSD Class	VA Benefits class		6 to 7 pm [RSVP by 7/10]	[VFW & Aux]
		@ Lenexa VFW	@ VFW Post 846		4-8 pm POST OPEN	@ DeSoto
20	21	20	23	24	25	26
		22			10:00 Veteran's	20
		6:30 pm PTSD Class	NEW		$Breakfast-Village\ Inn$	
		@ Lenexa VFW	6:30 pm PTSD &	,	4-8 pm POST OPEN	
	*		VA Benefits class		4-0 pm 1 051 01 EN	
27	28	29	@ VFW Post 846	21		
21	20	6:30 pm PTSD Class	30	31		
		@ Lenexa VFW	NEW 6:30 pm PTSD &			
			VA Benefits class			
			@ VFW Post 846			

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https://www.facebook.com/VFW846

https://www.facebook.com/vfwauxiliarypost846

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Editor: Jonathan Hyde <u>jquincyh@aol.com</u> 913.530.0675

* * * * * NEW PROGRAM IN AUGUST * * * * *

Brothers and Sisters,

<u>Continuing in August</u>, I will be teaching a weekly class on Wednesdays about <u>Getting Your VA Benefits for PTSD.</u>

Not sure you have Post Traumatic Stress? Why not attend and check out the class.

It is a FAMILY issue — SO SPOUSES ARE WELCOME.

Class will be from 1830 hrs. (6:30 pm) and lasts about 90 minutes plus time for questions.

Handouts will be available. I will open the post at 1800 hrs. and if no one shows up I will lock up at 1900 hrs. Call me at 913-271-1832 if you have any questions. See you in August.

Mike Martin



Monday, August 7

Honoring

Purple Heart Recipients

This month is dedicated to paying our respects to all the brave men and women wounded or killed in combat. The official Purple Heart Day is observed on the 7th day of August each year, commemorating the historic day in 1782 that General George Washington, Commander-In-Chief of the Continental Army, commissioned the first Purple Heart Medal, originally called the Badge of Military Merit.

The Badge of Military Merit was redesigned and re-commissioned in 1932 by General Douglas McArthur in honor of George Washington's bicentennial birthday. Now known as the Purple Heart Medal – it is the oldest military award, first being awarded to soldiers in World War I and still given to soldiers today.

A presidential order signed in 1942 permitted the Purple Heart Medal to be awarded to all branches of the military including the U.S. Coast Guard. It was World War II, when the qualification to receive the Purple Heart Medal changed to honor those who were wounded or killed in combat.

PTSD—Now a new, local resource to explore this disorder

What are the signs of post-traumatic stress disorder?

A wide variety of symptoms may be signs that you are experiencing posttraumatic stress disorder. The following are some of the most common symptoms of PTSD that you or those around you may have noticed:

- Feeling upset by things that remind you of what happened;
- Having nightmares, vivid memories, or flashbacks of the event that make you feel like it's happening all over again;
- Feeling emotionally cut off from others;
- Feeling numb or losing interest in things you used to care about;
- Feeling constantly on guard;
- Feeling irritated or having angry outbursts;
- Having difficulty sleeping;
- Having trouble concentrating;
- · Being jumpy or easily startled.

It's not just the symptoms of post-traumatic stress disorder but also how you may react to them that can disrupt your life. You may:

- Frequently avoid places or things that remind you of what happened;
- Consistently drink or use drugs to numb your feelings;
- Consider harming yourself or others;
- Start working all the time to occupy your mind:
- Pull away from other people and become isolated.

Class held on Tuesday @ 6:30 pm at Lenexa VFW and Now At Overland Park Post 846 on Wednesday @ 6:30 pm.

Vietnam Agent Orange and Iraq/Afghanistan burn pit diseases are also covered.

For more information contact Mike Martin @ 913-271-1832

HERE IS YOUR OPPORTUNITY TO JOIN US AT VFW POST 846... APPLICATION — For questions about eligibility, contact svcmdr@vfwpost846ks.org

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☐ VIETNAM SERVICE	■ IRAQ (2003-2011)	□ I authorize the VFW to charge my account a one-time payment of \$
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Questions? Please call (913) 735-3125

Here is your opportunity to participate in POST 846 as a member of the Auxiliary.

If you have questions about the Application or your Eligibility contact the Post.

VFW AUXILIARY MEMBERSHIP / MEMBER TRANSFER APPLICATION ruited/Recommended by: Recruiter Member ID

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THESE FIELDS REQUIRED			
Name	Date of Birth		
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POST-AFFILIATED (*Must be a member to the VFW Post affiliated with the A Relationship to Eligible Veteran* LIFE MEMBER TRANSFER Previous Auxiliary ANNUAL TRANSFER Previous Auxiliary ANNUAL TRANSFER CONVERTING TO LIFE (Fill out Life Members THESE FIELDS REQUIRED NON-AFFILIATED (*Veteran is not a member of the VFW Post affiliated with Relationship to Eligible Veteran*	VFW Membership ID Paying Nonpay Ship information below.) Previous Auxiliary	ring	
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BLIGATION In the presence of Almighty God and the members of this organization cord, solemnly promise that I will never wrong or defraud this organization nor a member to prevent it. I will never propose for membership any person not eligible, accordin lib be faithful to the United States of America, obedient to the laws and loyal to the Flagues in any way, I will consider this obligation as binding outside of the organization as	ner thereof nor permit either to be wronged if in my ng to our Bylaws. I further state that I believe in God. g. Should my membership with this organization though I had remained a member. I do so promise.	56-60 \$173 61-65 \$161 66-70 \$150 71-75 \$132 76-80 \$109 81-85 \$86 86-90 \$69 91 and over \$58	
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