

April - May 2018

ISADORE HOEHN VETERANS OF FOREIGN WARS POST NO. 7397  
MICHAEL L. WHITE AMERICAN LEGION POST NO. 407

## On Veterans' Way

9550 Pflumm Road  
Lenexa, KS 66215  
913-492-2244

VFW POST 7397



Greetings Comrades, Sisters, and Brothers,

As this is being published, the Memorial Brick Garden construction has started. Have you ordered your brick yet? Order forms can be found in this newsletter, in the clubroom or on our website ([www.vfw7397.org](http://www.vfw7397.org))

Our Eagle Scout Candidate Ryan, and his Troop 487 are digging in. But like all things around our Post Home, we've run into a few surprises and we'll need some extra hands to get this project headed back in the right direction. The Eagle Candidate, and his Scout Troop have requested additional help from us the Membership. The next scheduled work day is Sunday April 8th, 10am - 4pm, please come join us.

Steak Night is coming again soon, and we can always use volunteers to bring a dessert, or to help out with clean up.

April 21st we will host the 2nd District Spring Meeting, where we will most likely elect our very own Big Mike Petersen as the new District Commander.

May 19th the VFW Riders will be hosting the 4th Annual Ride for Veterans. If you like to ride, come on out for a fun day.

The Department Convention will be June 15th - 17th in Wichita, if you would like to attend please contact one of the VFW Officers for registration and hotel information.

Farrah continues putting together lots of fun and different events, keep an eye out for flyers, notes on our Facebook page or the calendar. Unfortunately for her deep clean on Saturday, March 24th, she only ended up with a couple of volunteers, she's going to try to schedule another one soon. If you are available even for a few minutes please help if you can. She is trying to clean areas of the Post that are above and beyond normal janitorial activities, which will help our home last longer.

Kitchen usage - please remember if you are using the kitchen, you need to keep someone present at all times. And please double and triple check all cooking appliances before finishing. We recently had several instances of folks either leaving food in an oven or crock pot or left on over-night for someone to find the smelly charcoal remains the next day.

For most of our Units around the Post, it is time to elect new officers. Congratulations to all the new or returning officers. 2017-2018 has been a pretty good year, here's to making the 2018-2019 calendar year even better.

Yours in Comradeship,  
Chris Stergos, Commander  
913-907-0007 [chris.stergos@gmail.com](mailto:chris.stergos@gmail.com)

P.S. - If you were planning on attending the Veterans Comedy night on March 31st hosted by the Marine Corps League - it has been canceled due to unforeseen circumstances. If you purchased tickets already please contact one of the MCL Officers for a refund.

Travis and Ashley Neely, Travis will be leaving for Afghanistan in May, please keep him and his family in your prayers



John Molstad, is already in Afghanistan, keep him and his family in your prayers as well



Members of First Kansas 2/137 Infantry Battalion, "Volunteer's by God" past and present gathered up for a great night to visit. As the current members are getting ready to go back overseas.





# VFW AUXILIARY 7397

Our Mardi Gras dinner and silent auction was a great success! Thank you, auxiliary members, for all your hard work and to everyone that supported our auxiliary.

April 5th meeting will be nomination and election of new officers. If anyone is thinking of getting more involved or have new ideas that you would like to see happen in the auxiliary, now is a great time to come to a meeting.

Our 2nd District Spring Convention will be held Saturday, April 21<sup>st</sup> at our Post starting at 10:00 am. Instead of our May 3rd meeting, we will be using this time for installing new officers.

May 19<sup>th</sup> is Armed Forces Day, the VFW Auxiliary will have a Buddy Poppy drive at Hy-Vee; 87th and Pflumm from 10-2 pm. All VFW and VFW Auxiliary members are invited to come join us.

May 28<sup>th</sup> is Memorial Day, We will have a wreath laying ceremony at St. John's cemetery. Memorial Day ceremony at VFW Post 7397. Our Department Convention will be held in June 15-17 2018 in Wichita, KS

Thank you for all you do to support our veterans.

Respectfully  
Kimberly Keane  
VFW Auxiliary President  
913-709-3639 [keane.kim@gmail.com](mailto:keane.kim@gmail.com)

Cheryl at the Iwo Jima Ceremony



Just a few pictures





# AMERICAN LEGION POST # 407

## Greetings Legionnaires

Things have been busy this month. Several members attended the annual 2nd District meeting March 24th. The agenda was full, with the main topics discussed was membership. I continue to urge you to renew if you haven't done so. Also spread the word. We need new members as well. Let's get our post back to full strength. We will be setting up a call session to contact those who have not renewed. We'll be looking for volunteers to give an hour of your time to help.

Turnout for our chicken and fish dinner was good. We will be raising our price for the dinners from \$9 to \$10 effective with our April 18 dinner. This is our first increase in several years and we appreciate your support.

The SAL will be having their annual taco dinner for Cinco de Mayo. It's on a Saturday this year so join us for the fun. Be sure to check the calendar for all the events for both the VFW and Legion organizations. Let's support each other!!  
Enjoy the spring weather and hope to see you at the canteen.

## Don Lebens. Commander Post 407

## Fish and Chicken Dinner





SAL

Greetings from the Sons of the American Legion.

Please join us Saturday May 5th for our annual Cinco de Mayo dinner. We will be serving from 5:30 to 7 pm for \$8.

We meet ever 3rd Monday of the month at 7pm, come join us.

We are 10 members short of our 100% goal, please pay your 2018 dues if you haven't already. Officer elections will be held during our April meeting. See you in the canteen.

Jeff Carson  
Commander





# AMERICAN LEGION RIDERS

ALR 407 is off to a busy start. Several rides have been scheduled along with Dine-outs. The following are the schedules for these rides.

## ALR Ride Schedule:

April 7, 2018	Doc Peterson's Memorial
April 28, 2018	Poker Run
May 19, 2018	Louis's run
May 21, 2018	RUN FOR THE WALL (Concordia, Mo) <i>*Need as many riders as possible</i>
June 23, 2018	Dam Fun Run
July 28, 2018	DQ/Dice Run
August 23-25, 2018	Bass-Pro Run (Springfield, Mo) <i>*More info coming</i>
September 22, 2018	Ted's run
October 20, 2018	Flint Hills Run

Erick Jensen,  
Director  
[ratchtheadjensen18@gmail.com](mailto:ratchtheadjensen18@gmail.com):

## Iwo Jima Ceremony



April 24 <sup>th</sup> , 2018,	Blue Moose, 10064 Woodland Road (25%)
May 22 <sup>nd</sup> , 2018,	Stroud's, 831 West 13th St., Overland Park (25%)
June 26 <sup>th</sup> , 2018	Blue Moose, (25%)
July 24 <sup>th</sup> , 2018	Barley's Brew House, 11924 West 119 <sup>th</sup> Street, Overland Park, KS (25%)
August 28 <sup>th</sup> , 2018	Fortune Palace, 12102 West 87 <sup>th</sup> Street, Lenexa, KS (20%)
September 25 <sup>th</sup> , 2018	Blue Moose (25%)
October 23 <sup>rd</sup> , 2018	Stroud's (25%)
November 27 <sup>th</sup> , 2018	Barley's Brew House (25%)

I would remind you this is a large part of our income for the yearly budget, and I encourage you to mark your calendar and bring friends and family. Please note after the location I have put the percentage we will receive from our bill, minus alcohol and taxes. Let's make this a record year for attendance.

Dee Smith, Treasurer  
"Disaster D"  
American Legion Riders #407  
[913 522-2740](tel:9135222740)



# American Legion Auxiliary Post # 407

We would like to thank everyone who came to our St. Patrick's Day Dinner. Of course, we could not have had a successful event without the Auxiliary members who volunteer their time for several days to cook, decorate, bake and serve the Irish cuisine.

Kansas Department Convention will be held in Hutchinson, KS May 18<sup>th</sup> through the 20<sup>th</sup> at the Atrium Hotel and Conference Center, 1400 N. Lorraine St, Hutchinson, KS 67501. More information will be posted at the post once received.

Please also check with the American Legion regarding time to help place flags over Memorial weekend and picking them up.

Membership for 2018 is now due if you have not renewed.

Thanks to all for your continued participation and support.

Pat Willcox, President  
American Legion Auxiliary

## Corned Beef and Cabbage Dinner



# FROM THE CLUBROOM

Thanks to Cliff Shinski and Peter Nolte for their help at the all post clean-up.

**CLUB ROOM OPEN AT 12PM ON APRIL 1ST**

**Adult Easter-Egg Hunt in the Club Room, Friday, March 30<sup>th</sup>, 8-9pm**



The next clean-up will be April 28<sup>th</sup> at 10am.

May 26<sup>th</sup>, the canteen will host a potluck picnic, bring the family for food and games. I hope to talk about future activities.



We are doing yoga in the big hall alternating Monday's and Tuesday's. April 3<sup>rd</sup>, 9<sup>th</sup>, 17<sup>th</sup>, 23<sup>rd</sup> and the 30<sup>th</sup> are the days for yoga, 6:30 in the large hall.



Keep checking in with Facebook for updates on all activities. Karaoke begins again on April 7<sup>th</sup>

Farrah Erwin, Club Room Manager

VFW 7397

[hallrental@vfw7397.org](mailto:hallrental@vfw7397.org)

913-492-2244



# April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 CLUB ROOM OPEN 12:00 PM</p> <p>April Fool's Day</p>	<p>2 Burgers \$2</p>  <p>Korean War Vets Meeting 7</p>	<p>3 Taco Tuesday</p>  <p>Texas Holdem 6:30 pm</p> <p>YOGA Session 6:30</p>	<p>4</p>	<p>5 VFW &amp; Auxiliary Meetings 7pm</p> 	<p>6</p>	<p>7 Texas Holdem 1pm</p>  <p>Karaoke</p>
<p>8 Rider Breakfast 8:30-11:00</p>  <p>SEE BELOW</p>	<p>9 YOGA Session 6:30</p>	<p>10 Taco Tuesday</p>  <p>Texas Holdem 6:30 pm</p>	<p>11 MC League Officers Meeting 7pm</p> 	<p>12 AL Riders Meeting 7pm</p> 	<p>13 Steak Dinner 6-7 \$15</p> 	<p>14 Texas Holdem 1pm</p>  <p>Karaoke</p>
<p>15</p>	<p>16 AL, &amp; SAL Meetings 7:00</p> <p>\$2 Burgers</p> 	<p>17 Taco Tuesday</p>  <p>Texas Holdem 6:30 pm</p> <p>YOGA Session 6:30</p>	<p>18 Fish &amp; Chicken Dinner 6-7</p> 	<p>19 VFW Planning Meeting 7pm</p> 	<p>20</p>	<p>21 Texas Holdem 1pm</p>  <p>District Meeting VFW &amp; Auxiliary 10:00</p> <p>Karaoke</p>
<p>22</p>	<p>23 YOGA Session 6:30</p>	<p>24 Taco Tuesday</p>  <p>Texas Holdem 6:30 pm</p> <p>Rider Dine Out Blue Moose</p>	<p>25 MC League &amp; Auxiliary Meetings 7pm</p> 	<p>26</p>	<p>27</p>	<p>28 Texas Holdem 1pm</p>  <p>POST CLEAN UP 10 AM</p> <p>Karaoke</p>
<p>29</p>	<p>30 YOGA Session 6:30</p>					

April 8<sup>th</sup>, 10-4, please come and help with the Brick Memorial Garden

The Marine Corp League has discontinued their dinners

# May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Taco Tuesday  Texas Holdem 6:30pm	2	3 VFW & Auxiliary Installation of Officers 7pm 	4	5 Texas Holdem 1pm  Cinco DeMayo 5:30 – 7pm \$8
6	7 \$2 Burgers  Korean War Vets Meeting	8 Taco Tuesday  Texas Holdem 6:30pm	9 MC League Officers Meeting 	10 AI Riders Meeting 7pm 	11 Steak Dinner 6-7 \$15 	12 Texas Holdem 1pm  
13 Rider Breakfast 8:30-11:00  Mother's Day	14	15 Taco Tuesday  Texas Holdem 6:30pm	16 Fish & Chicken Dinner 6-7 	17 VFW Planning Meeting 	18	19 Texas Holdem 1pm  Buddy Poppy Drive HY Vee 10-2 ARMED FORCES DAY
20	21 AL, ALA & SAL Meetings 7:00 \$2 Burgers 	22 Taco Tuesday  Texas Holdem 6:30pm Rider Dine-Out Stroud's	23 MC League & Auxiliary Meetings 7pm	24	25	26 Texas Holdem 1pm  
27	28 Memorial Day Dedicate Memorial 1:00	29 Taco Tuesday  Texas Holdem 6:30 pm	30 All Post Meeting 7:00	31		

May 30<sup>th</sup>, all post meeting, please have at least one representative from each organization present, Thanks

# THE GARDEN IS BEING PREPARED NOW, GET YOUR ORDERS IN



Veterans of Foreign Wars  
Isadore Hoehn Post 7397  
9550 Pflumm Rd, Lenexa KS 66215

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## BRICK MEMORIAL GARDEN ORDER FORM

Order made by: \_\_\_\_\_

Phone: \_\_ (\_\_\_\_) \_\_\_\_\_

email: \_\_\_\_\_

The cost for a 4" x 8" brick engraved with up to 14 characters (including spaces and punctuation) per line is list below. Please fill out 1 order form per brick requested.

Make Checks Payable to: VFW Post 7397

EXAMPLE:

	I	N		M	E	M	O	R	Y		O	F	
I	S	A	D	O	R	E		H	O	E	H	N	

2 – lines of text - \$50


3 – lines of text \$75






**Tiny Houses  
Needs for This Month  
At Veterans Community Project**

13 Gallon Trash Bags  
Dish Soap  
Laundry Pods  
Lysol Cleaning Wipes  
Toilet Paper

Toilet Bowl Cleaner  
Swifter Mop wet refills  
Zip Lock Bags  
Paper Towels

# CHECK OUT OUR MEMBERS AND THERE BUSINESS'ES

Coventry Humana Aetna  
Delta Dental United Healthcare  
Blue Cross Blue Shield

## HealthCare Solutions

Medicare / Health / Life

**Christi Pitts**

Licensed Insurance Advisor

913-339-6869

capitts@sbcglobal.net



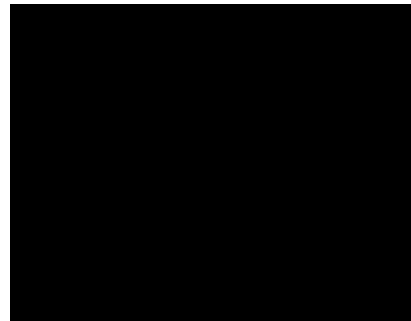
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Improving motion/relieving pain

**Michael V. Merritt**  
Chiropractic/Acupuncture

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Lenexa, Kansas 66219

913-299-4442  
Cell: 913-449-5253

mvmerrittde@att.net



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[LIZMOYER65@MYCCI.NET](mailto:LIZMOYER65@MYCCI.NET)

# Suicide Prevention: Warning Signs & Risk Factors

## Warning Signs:

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When a Soldier presents with any combination of the following, the buddy or chain of command should be more vigilant. It is advised that help should be secured for the Soldier.

- Talk of suicide or killing someone else
- Giving away property or disregard for what happens to one's property
- Withdrawal from friends and activities
- Problems with girlfriend (boyfriend) or spouse
- Acting bizarre or unusual (based on your knowledge of the person)
- Soldiers in trouble for misconduct (Art-15, UCMJ, etc.)
- Soldiers experiencing financial problems
- Soldiers who have lost their job at home (reservists)
- Those soldiers leaving the service (retirements, ETSs, etc.)

When a Soldier presents with any one of these concerns, the Soldier should be seen immediately by a helping provider.

- Talking or hinting about suicide
- Formulating a plan to include acquiring the means to kill oneself
- Having a desire to die
- Obsession with death (music, poetry, artwork)
- Themes of death in letters and notes
- Finalizing personal affairs
- Giving away personal possessions



## **Risk Factors:**

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Risk factors are those things that increase the probability that difficulties could result in serious adverse behavioral or physical health. The risk factors only raise the risk of an individual being suicidal it does not mean they are suicidal.

The risk factors often associated with suicidal behavior include:

- Relationship problems (loss of girlfriend/boyfriend, divorce, etc.).
- History of previous suicide attempts.
- Substance abuse.
- History of depression or other mental illness.
- Family history of suicide or violence.
- Work related problems.
- Transitions (retirement, PCS, discharge, etc.).
- A serious medical problem.
- Significant loss (death of loved one, loss due to natural disasters, etc.).
- Current/pending disciplinary or legal action.
- Setbacks (academic, career, or personal).
- Severe, prolonged, and/or perceived unmanageable stress.
- A sense of powerlessness, helplessness, and/or hopelessness.

## **Suicidal Risk Highest When:**

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- The person sees **no way out** and fears things may get worse.
- The predominant emotions are **hopelessness and helplessness**.
- **Thinking is constricted** with a tendency to perceive his or her situation as all bad.
- Judgment is impaired by use of **alcohol or other substances**.

TA-075-0711



<http://phc.amedd.army.mil>

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