

# The Silver Star



Veterans of Foreign Wars Post 5061

October 2022



## Commander's Corner

Happy Fall! VFW patriotic essay program entries for Patriot Pen and Voice of Democracy are due to the Post by Oct 31, as are Teacher of the Year and Scout of the Year nominations. If you know of an eligible youngster to write an essay, see the brochures at the Post to read about the subject matter and rules. Time is running out! Football is in full swing, and so are activities at the Post! Thursday October 6 is a burrito dinner put on by the Aztec Baseball team. We also have Toby Karaoke and DJ Jimmy Jammz on Friday nights. October means Chili Cookoff, and the Post will be hosting Mr. E Band for the October 28 event. Don't forget we will be handing out Poppies at the Bear Valley King Soopers over Veterans Day weekend featuring a new shift schedule with regular and shorter shifts. Watch for sign-up sheets for Chili and for Poppies at the Canteen! Everyone is invited to bring the family to our events! The VA Hospital is again opening its doors to volunteers, so we will again have opportunities to help out as we did in the past. The Post gave another nearly \$12,000 to Veterans Organizations and local charities, so I encourage you to come to meetings and be part of it! Appreciate your volunteerism as always!

*With Respect,*

*Jim Kruse, Commander*

### Post Officers

**Post Commander:** Jim Kruse  
**Sr. Vice Commander:** Steve Coca  
**Jr. Vice Commander:** TBD  
**Quartermaster:** Tom Yepsen  
**Adjutant:** Duane Johnson  
**Chaplain:** Manuel Sais  
**Judge Advocate:** Duane Johnson  
**Surgeon:** Mario Rodriguez  
**Service Officer:** Gary Williamson  
**Trustees:** Delbert Bowen, Ron Lattin, Gary Williamson  
**Home Board:** Lee Bonney, Joe Gomez, Bernie Nilson, Steve Coca, Duane Johnson  
**Bingo Manager:** Tom Yepsen

### Canteen Appointees

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

### Auxiliary Officers

**President:** Dan Asimus  
**Sr. Vice:** Tim Gilmore  
**Jr. Vice:** Bernadette Sannino  
**Treasurer:** Janet Farris  
**Secretary:** Kathy Kurtenbach  
**Chaplain:** Joe Tafoya  
**Conductress:** Roxi Nielson  
**Trustees:** Juliana Mancuso, Kim Williamson, Tim Gilmore  
**Guard:** Colin Mason

## Auxiliary News

Hello auxiliary members! We have had quite a few new members join us this last month with more coming. It's exciting to have new faces around and I invite you all to get involved in the activities we do to benefit Veterans. Without volunteers the VFW auxiliary couldn't exist, so please don't be afraid to ask how you can help.

This month we are having Shepherd's Pie for the Auxiliary dinner on Friday the 21st, so come on down and bring your appetite! The following week we are also having our Chili Cookoff on the 28th. Bring down your favorite chili recipe and battle it out with the rest of us. Should be fun!

Mark your calendars for Friday November 11th which is Veterans Day. We will be having a dinner and all Veterans get to eat for free.

Enjoy your October, have a happy Halloween, and hope to see you at the Post.

*Dan Asimus*

*Post 5061 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, 2022.**

## Patriot's Pen and Voice of Democracy

Do you know a middle or high school student? Encourage them to compete in the Patriot's Pen (6-8th grade) or Voice of Democracy (9-12 grade). Download an application at [vfwpost5061.org](http://vfwpost5061.org) or stop by the Post to pick up an application. Drop off the application to the Post Commander by October 31.



**Deadline is October 31st.**

## 2023 VA Disability Rates

The official 2023 VA disability rates will be released on October 13, 2022. Numbers and charts are estimates based on the Social Security Administration's (SSA) 2023 Cost of Living Adjustment (COLA) increase, which could be as high as 8.9%. The proposed 8.9% increase is based on the rising inflation, increasing prices of consumer goods, and rising gas prices.

## 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!

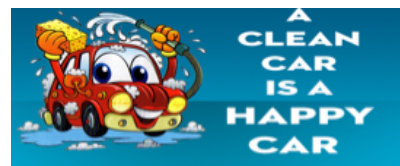


**VFWPost5061.org**

## BEAR VALLEY CAR WASH

**"YOUR NEIGHBORHOOD CARWASH"**

**4900 W. DARTMOUTH AVE,  
DENVER, 80227**



## 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 Jim Kruse, 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!

## Have Medicare questions? I have answers.



**Debbie Beaudry**  
Licensed Sales Agent  
303-881-9362, TTY 711

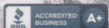


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**Brittney Baskall**  
Realtor

[bbhomes.co@gmail.com](mailto:bbhomes.co@gmail.com)  
303-564-9936





## Buddy Poppy Distribution

Bear Valley King Soopers

Nov 11, 12, 13

9 am – 5 pm - Fri and Sat

10 am – 4 pm - Sun

Volunteers needed!

Sign up sheet at  
the Canteen.

## VA releases report showing decrease in Veteran Suicides

The Department of Veterans Affairs released the 2022 National Veteran Suicide Prevention Annual Report, which shows that Veteran suicides decreased in 2020 for the second year in a row, and that fewer Veterans died by suicide in 2020 than in any year since 2006. Key findings from the 2022 report show that in 2019 and 2020, Veteran suicides decreased in consecutive years by 307 and 343 deaths.

The VA also recognizes that eliminating Veteran suicide requires a sustained commitment and all-of-the-above approach that engages expertise from all sectors of society.

“Suicide is one of the most serious public health issues facing our Veterans today, and VA cannot do this work alone,” said VA Under Secretary for Health Shereef Elnahal, M.D. “VA seeks to engage not only organizations traditionally focused on suicide prevention, but also to bring in new groups

## Items Needed for Valor Point

Valor Point is a rehabilitation treatment program facility for homeless veterans right here in our neighborhood. They provide temporary housing to help veterans learn the skills necessary for sustainable living on their own.

They are collecting the following items for veterans transitioning from Valor Point to housing. Please contact Jim from Valor Point at 727-376-6108 to arrange a drop off time. New or slightly used items only. DO NOT drop off items at the Post.

- Bathroom Items
  - Shower curtain
  - Towels
  - trash can
  - bath mat
- Bedroom Items
  - new pillows
  - new sheets and blankets
  - hangers
- Kitchen Items
  - silverware
  - dishes
  - pots and pans
  - glasses
  - dish basket
  - dish towels
  - Trash can

## Post and Auxiliary Meetings

**October 12 at 6pm**

**Special Election for Jr Vice Commander.  
Come out and Vote!**

and individuals who may have fresh ideas on how we address this issue.”

This year, VA has announced or continued several additional efforts to end Veteran suicide, including establishing 988 (then press 1) as a way for Veterans to quickly connect with caring, qualified crisis support 24/7; proposing a new rule that would reduce or eliminate copayments for Veterans at risk of suicide; conducting an ongoing public outreach effort on firearm suicide prevention and lethal means safety; and leveraging a national Veteran suicide prevention awareness campaign, “Don’t Wait. Reach Out.”

If you or someone you know is having thoughts of suicide, contact the Veterans Crisis Line to receive free, confidential support and crisis intervention available 24 hours a day, 7 days a week, 365 days a year. Dial 988 then Press 1, text 838255 or chat online at [VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat).

Post 5061  
Friday  
Oct 28th

# Chili

## Cook-off

Best overall chili  
gets name  
on plaque

Friday, October 28 - 5 pm

Free to enter your chili, Free to taste

Entries must be dropped off by 5 pm to be considered.

Bring in your best chili and put it to the test to see if it's voted one of the best!

Sign up  
sheet at  
Canteen

Best green chili  
Best red chili  
Best bean chili

Come on down and sample the best chili in town!

🎵 **Mr. E Band 5-8pm**

# Post 5061

## 35th Anniversary Commemorative Coin



\$8.00

Available Now!





**Save the Date!**

**Veteran's Day  
Dinner**

**Friday, November 11  
5 p.m.**

**VFW Post 5061 - 5220 W Warren  
Denver, CO 80227**

**Home-cooked Italian Dinner**

**Veterans and active duty - Free  
Friends and Family - donation appreciated**

**Honoring all who served**

**More info to come!**

# Smothered Burrito Bean - Chicken - Beef



Bronco  
Thursday  
10/6/2022  
5:30

\$7

