

October 2013

Issue No. 8

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Meeting Update

**6:30 PM (Socializing) 7:00 PM (Business Meeting)
Wednesday, October 9, 2013
VFW Post 2461
1350 South Broadway, Denver**

Due to another event at the VFW Post on 10/9, we have made a special arrangement for parking.

On the north side of the Post, members may park in the Piano/Mattress store parking lot. Parking is also available across the street, in the large

southwest parking lot (old used car lot) that is next to a gym.

DO NOT PARK on the north side of the gym.

Please respect the business owner. They need that for their customers. We thanked both businesses for their permission and assistance.

New Members

Joel Kruschke, William Sheehan, Allison Anderson, Clayton Farrell, Keith Schmelzer, Sarah Alder, William Spahn, Eric Alva, Douglas Denslow, Mathew Burgess, Millard Tips, John Harry, Greg Anderson

Inside Post 1 - News and Events

Commander's Corner

By Michael Mitchel

It's been a busy seven weeks since the last Post meeting in August. The September meeting was cancelled due to the Colorado flooding. I went to the Post to meet with members who may not have received the cancellation. Six members showed - one was a Life Member who had just moved back from California.

So many events have occurred since August. Post 1 was at the Buckley AFB Family Fun Fest Day, and 13 new members signed up. We also had a table at the Auraria Campus Veterans Resource Fair, and 17 student Veterans signed up.

In the past seven weeks, about 60 new members have joined Post 1. Two social meet-ups have occurred: bowling at Punch Bowl Social with over 20 existing members and two new members; another meet-up at 1 Up (video arcade) in September drew four new members. The first Purple Heart recipient of OEF joined Post 1 as well.

On September 16th, members of Post 1 volunteered for an extremely important event: Project Homeless Connect. It was held at the Convention Center. All

resources were pooled in one location: vision, legal, homeless court, housing, massage, medical, ID and more. Post 1 members and CU Denver Veterans were to be paired with homeless Veterans. However, there were way more homeless Veterans than Veteran volunteers. Not a reflection on the volunteers, just a sad reflection on the situation of many Veterans.

Historian Committee

Sean Coyle and Peter Maher have signed on as the Post 1 Historian Committee. They have a big job ahead of them: cataloging the artifacts. One of the goals is to have a significant history of the Post online. But more importantly, we need to catalog what we have. I'm very excited about this project.

Hiking Trips

I've spoken with multiple members who are interested in hiking trips. I will work on setting up trips for all levels of hikers based on feedback from the membership, and on who wants to participate.

New members

We normally list all the new members at the top of The Founder; however, it will be a little different, starting this month. We have had so many new members from different sources - and Mort is on vacation - so going forward we will publish the names of the new members after they have been processed for membership and are listed on the National VFW Roster. There may be a little lag time, but it's the most accurate method. A few will be listed this month, but not all of the new members.

Building Committee Update

We received an offer of \$760,000 for 4300 Pecos. We will be calling a special Post 1 meeting to vote on this offer. At the same time, we continue to look at new properties, and are looking closely at a location on South Broadway (north of I-25). We are conducting our due diligence and hope to make a go/no-go decision on presenting the property to the membership for a vote soon.

The Founder - Physical Edition update

We worked out a layout issue and are compiling the articles. It should be going out within the next two to three weeks. We've sold \$800 worth of ads, thus offsetting the cost of publication.

Denver MEPS

The Denver MEPS has approached Post 1 asking if members would be willing to come and speak with new recruits prior to shipping out. 40-70 new recruits ship out on Mondays and Tuesdays. Let Brenda Smull know if you are interested in volunteering.

American Veterans for Equal Rights (AVER)

AVER held its national convention in Denver last month and Post 1 was honored to join with this veterans' group to ensure that the service of all veterans is recognized and respected. We are proud to be the first VFW Post to recognize AVER, and encourage other Posts to welcome these veterans into our family of vets.

Welcome Rocky Mountain College of Arts and Design (RMCAD)!

RMCAD recently hired Bill Sheehan to be point on creating a Student Veterans Organization on campus. Bill and Brenda are working on a campus visit and a Post 1 event on campus. We are excited about Bill's ideas for the Student Veterans and collaboration with Post 1.

Facebook & Post 1 Website update

We've recently changed the Facebook title to VFW Post 1. There's a new name to make it easier to find, and lots of updates on events that don't make it into The Founder.

Also, please visit the new website at www.vfwpost1.org. The site went live in August, and it's updated regularly. It's mobile friendly. See what you've been missing.

I look forward to seeing everyone at the Monthly meeting.

Together as a whole, you are what makes Post 1 the best Post in the Country. Thank you.



michael@vfwpost1.org

Guest Speakers for Upcoming Founders' Dinner

By Michael Mitchel

The 114th Founders Banquet is firming up. I am pleased to announce that Commander Darlene Iskra, the first woman to command a U.S. Navy ship, and Captain Linda Bray, the first woman to lead U.S. troops into combat will be the evening speakers.

The dinner will be held at the Brown Palace on Sunday December 1, 2013.

Stay tuned for more announcements as other details lock down.



CMDR Iskra



CPT Bray

In the Community

Colorado Women Veterans Conference a Success

by Kathryn Wirkus

In spite of the frightening storms, the conference went forward and the weather held off until after the conference ended. This is the third year Women Veterans of Colorado (WVOC) has hosted this conference - and to rave reviews!

The theme this year was: "Women on the Move - Transition: Education & Employment."

It was a great event with over 130 women veterans, which included walk-ins and volunteers, 44 resource tables, and 23 speakers. We offered six classes in three tracks: Transition from military to civilian, employment and career, VA benefits and healthcare. For an overview of the classes and see photos of the event, please visit our [website](#).

We had women veterans from WWII to the present OIF/OEF conflicts who had the opportunity to spend the day together learning, networking, attending classes, having their resume reviewed by human resource professionals, and hearing Colonel Mary Miller, USA (Ret) as their luncheon speaker.

The conference was held at The Potter's House Denver, who provided a fantastic venue for the classes, luncheon and space for individual one-on-one resume reviews and practice interviews.

The conference is hosted by WVOC and has been faithfully supported each year

by our banner sponsor, Booz-Allen-Hamilton. Not only do they provide much appreciated sponsorship - they provide many volunteers the day of the conference who assist in everything from registration, moving attendees smoothly to classes, to the one-on-one resume reviews by their human resource professionals.

This conference would not be possible without the tireless efforts of the **all-volunteer** planning committee, and the partnerships and support from individuals who work for the federal, state, county, city and nonprofit groups all joining together to support our women veterans.

Many comments were heard about how wonderful it was to be in a room with so many women veterans and to see how many people supported the event -



particularly the volunteers who taught the classes.

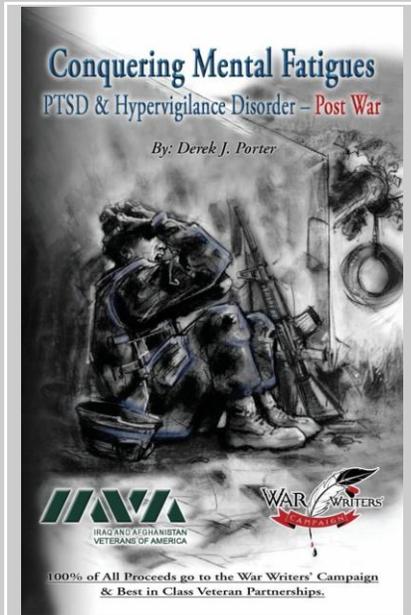
Denver-area Vet Releases Memoir on Combat, PTS

by Jonathan Raab

Recently we've profiled the work of Derek Porter and Ryan Weemer in starting their new non-profit, The War Writers' Campaign, which just launched. The WWC is dedicated to showcasing the writing of veterans and their families of all conflicts and generations, in order to raise awareness about the realities and hardships of military service, combat, and the physical, emotional, and mental challenges that our wounded warriors face.

Porter lives in the Denver area, and just published his memoir of his time as a Marine and a military contractor serving in Iraq. His book, *Conquering Mental Fatigues: PTSD & Hypervigilance Disorder Post-War*, is available through Amazon.com.

All proceeds from the book will go toward nationally-recognized veteran nonprofit groups. For more veterans' writing published through the War Writers' Campaign (including a piece by me), visit [their website](#). They are open to submissions, and would love to share your voice and story with a national audience.



Conquering Mental Fatigues by
Derek Porter

Visit our website [here](#), or:

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Post 1 Officers

Commander - Michael Mitchel Sr. Vice Commander - Cameron Cook Jr. Vice Commander - John Keene

Quartermaster - Mort Anderson Chaplain - Ray Starkey Surgeon - Norm Frickey

Service Officer - Mort Anderson Judge Advocate - John Holland Adjutant - Philipp Theune

Public Affairs Officer - Brenda Smull

Committee Chairs

Women Veterans - Kathryn Wirkus Current Conflict - Patrick Browne

Suicide Prevention - Rebecca Nordin Military Liaison - Eryth Zecher

Homeless Veterans - Dana Niemela Camaraderie Committee- Justin Cook, Brittany Bartges

Student Veterans - Cameron Cook Buddy Poppy - Pete Arragon

Youth Activities - David Perez Managing Editor - Jonathan Raab

Trustees

Izzy Abbass (1 year),
Kristen Luevanos (2 year), George Caulkins (3 year)

