

NEWSLETTER

- “Whenever the world makes you cynical; whenever you seek true humility, and true selflessness—look to a veteran.” – Barack Obama

Commander's column

As I write this column, the election results are still unknown to us. One thing I am sure of is that 100% of Americans agree we are tired of the endless political ads! With the elections behind us, let's focus on teamwork and the missions of the American Legion Family.

October was a good time at the Post. We had several band nights in the Social Quarters that were well received. Team Trivia and Karaoke and Music Bingo remain popular. We are trying to figure out a new activity for Wednesday nights that the membership will like. Suggestions are welcome!

The Halloween night costume contest was a lot of fun. But, the Post had no "trick or treaters" stop by - why is that??? ;>) Maybe because we had no candy to give out...? I hope our members don't overdose on leftover candy at home.

November started strong with another band night on Saturday the 2nd. "Get Off My Lawn" Band led by member Dave Konneker is always popular, and they bring in a good crowd of fans to support them. Thank you Dave!

Veterans Day is our next big event. The Veterans Day Ceremony will be Monday, 11 November at the Smyrna Veterans Memorial in downtown Smyrna. The event starts at 11 AM. US Air Force Major General George Harrison (Retired) is the Keynote Speaker. Music will be provided by the Whitefield Academy Band. Junior ROTC Cadets from Campbell High School and Osborne High School will participate.

Please attend and celebrate our Veterans. In case of inclement weather the Ceremony will move indoors at the Smyrna Community Center.

Commander's Column Cont'd

Following the Ceremony, the Post will open for a free lunch meal for Veterans. Non-Veterans will pay a very reasonable price. Donations are accepted.

The Post will be open until around 2:30 PM. If our members want to stay longer, and our Staff are willing to stay with them, the Post can stay open later. Please support your Post and tip our Staff generously!

The American Legion 5th District will hold its Q2 regular meeting on Sunday, 17 November. Marietta Post 29 will host the meeting which begins at 9 AM. All members are welcome to attend. This is a good way to learn more about the American Legion, what it does, how it operates, etc.

Food Pantry Chair Eustacia McCloud Carter will hold a "Thanksgiving Food Giveaway" the weekend before Thanksgiving. The event will take place on Friday, 22 November from 11 AM - 3 PM and Saturday 23 November from 10 AM to 2 PM. Please contact her to reserve a time post160foodpantry@gmail.com or 770-284-1557.

The Post will also open on Thanksgiving Day, 28 November, from 11:30 AM to 2:30 PM. Chef David Shoffner will serve turkey with the usual customary side dishes. We encourage members to bring store-bought dessert items, with the ingredients label on them. No home made food is allowed - sorry. (Health Department regulations.)

We want members who do not have family in the area to join their Legion Family for this special day. Citizens from the local community are also welcome. The meal is free. Donations are accepted. Let's celebrate this special American Holiday with good food and with our Legion Family friends.

December will again be a very busy month at the Post. More details will be provided in the next newsletter. Please note now the following Holiday schedule for the Post as approved by the Executive Committee.

- Closed 22 - 30 December (Happy Holidays!)
- Open Tuesday 31 December 1800 - 0100 1 January (New Year's Eve Party!)
- Closed Wednesday and Thursday 1 & 2 January
- Open as usual Friday and Saturday 3 & 4 January

At the October Executive Committee meeting I announced to the Board Members that I plan to step aside as Post Commander next year. It has been a great honor to serve you and the American Legion the last 8 years. It is time for someone younger and newer to take over.

Best wishes to everyone for a great Veterans Day and a wonderful Thanksgiving Holiday! We appreciate your support of American Legion Post 160.

For God and Country,

Wade S. Lnenicka
Post Commander

Post Commander Speaks to Smyrna Rotary Club

Post Commander Wade Lnenicka was invited to speak to the Smyrna Rotary Club last month. He attended their meeting on Tuesday 15 October at Brawner Hall.

Commander Lnenicka informed the Rotarians about The American Legion and what it stands for. He reviewed the 4 Pillars of The American Legion and what they mean. He spoke of the history of the organization and how his grandfather (WW I) and father (WW II) were members.

Commander Lnenicka then talked about the work that Post 160 does for our community. He stressed the importance of our service to the community and our Veterans.

He then answered questions from the Rotarians who thanked him for his presentation and work.



ALA Events

Poppy Distribution: We have shifts beginning this Saturday and we NEED your help. 2 hour shifts, 2 people per shift. Please reach out to Robin (770-312-5124) ASAP to volunteer. Locations are Kroger, South Atlanta Road, Kroger, South Cobb Pkwy and Adventure Outdoors, South Cobb Pkwy.



Snowflake Tree will be going up this week. We need volunteers to take donations and put snowflakes on the tree. Can't volunteer at the Post, ask your friends, family, neighbors and/or co-workers to make a donation. Please reach out to Lisa Oakes to volunteer. oakes.lisamarie@yahoo.com

Thank you for your support!!!!

Kari Marschark





MONTFORD POINT MARINE ASSOCIATION

The Montford Point Marines Association #5 October monthly meeting, had guests from Marine Corps League of Rome, Georgia



(L to R) Allen Judd, John McGuire, Johnny Higdon (President MPMA), & Gene Free.



Montford Point Marines Association Presentation



Marine Corps League presented a portrait of the first black Marine Corps drill instructor, SSgt Williams 1961.

Food Pantry

Hello Post 160 Family! The Post Food Pantry hosted a Pop Up Food Giveaway on Oct 18th. We didn't have a huge turnout, but we were able to provide families with the essentials. It just shows there's a need in our Veteran and surrounding community.

The Pop Up Food Giveaways will be suspended, during the holiday season from November through December. We'll resume them in January 2025. Veterans and others will still be able to acquire food, if in need.

It's time again for our Thanksgiving Food Giveaway, our biggest food giveaway and most popular. We fed approximately fifty families last year. We'll conduct it over a two day period, Friday, Nov 22nd, 11 am - 3 pm and Saturday, Nov 23rd, 10 am - 2 pm. To ensure we don't miss anyone, please make a reservation at post160foodpantry@gmail.com or call 770-284-1557.

We'll accept monetary donations too, as meat is expensive. We have a food collection box located in the Social Quarters. Please continue to drop off donations, whenever you visit the Post.

As always, we appreciate everything you do to support the Food Pantry.

Eustacia McCloud Carter
Food Pantry Chair



American Legion Post 160 Thanksgiving Food Giveaway

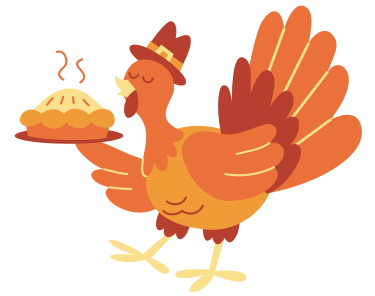


Dates: Fri, Nov 22nd, 11 am - 3 pm

Sat, Nov 23rd, 10 am - 2 pm

Location: American Legion Post 160, 160 Legion Dr, Smyrna, GA 30080

It's that time of year again and American Legion Post 160 Food Pantry is sponsoring a food giveaway. We want to ensure our Veterans and Family members as well as the local community experiencing food insecurity are not forgotten. Please contact us to reserve a time post160foodpantry@gmail.com or 770-284-1557.



~ Let's ~
GIVE
THANKS
Together

Join ***your*** American Legion Family
for Thanksgiving Dinner

Thursday, November 28, 2024

11:30- 2:30

POST 160, 160 Legion Dr., Smyrna, Ga 30080

For more information call: 770-436-2501



Chaplain Wanted

The Post is in need of a Chaplain to serve our members. Are you able to help?

Being a Post Chaplain does not require that a person be an ordained minister. Most Post Chaplains are not ordained.

It does require a kind caring heart and a strong desire to help Veterans and people in times of need or crisis. You must be able to speak with people and maintain confidentiality.

It is one of the most important positions in a Post. We have members who are struggling in all sorts of ways, and who are dealing with all sorts of experiences. They want help and need to be able to find it in our Legion Family.

Our current Chaplain stepped aside at the end of September. I won't go into why, the reasons are personal. She has done a great job this year helping our members. I know that she will be missed. I also hope that at a later time she might be able to return to this role.

The Chaplain position is appointed by the Commander. If you are interested or curious about it, please contact me and let's talk about it.

Thank you.

Wade S. Lnenicka
Post Commander



Life Line Screening

Life Line Screening is renting the Post Ballroom for a public screening event{”

Thursday 12 December

9 AM - 4 PM

Screenings are by appointment only.

They have given the Post several complimentary (or discounted) passes that are available to members of the Post 160 Legion Family.

Here are a few details:

COMPLIMENTARY SCREENING

Valued at USD 85.00

Good for 1 Individual Screening (worth \$85) or \$55 may be applied toward any vascular package valued at \$159 or more

Carotid Artery Screening

Abdominal Aortic Aneurysm Screening

Peripheral Arterial Disease Screening

Atrial Fibrillation Screening.

(Please Note - This certificate is good for a one time use only and cannot be reproduced for others to use.)

You must pre-register for the screening and provide the number for your complimentary pass. The sooner an appointment is made, the better your chance of getting your desired time.

As always, please speak with your physician about your health. The Post makes no warranties about the screenings and is not responsible in any way for the screenings or the results from them.

If you are interested in obtaining one of the complimentary or discounted certificates please contact the Post Commander. Thank you.

You're invited to a Life Line Screening event!



Life Line Screening is the nation's leader in **Stroke and Cardiovascular Disease Risk Screenings.**

Trusted by over 10 million customers.

Screenings are simple and painless. Get peace of mind or early detection.

Who should attend: Anyone over the **age of 40**

Special Pricing for \$159

- Carotid Artery Disease Screening
- Peripheral Artery Disease Screening
- Atrial Fibrillation Screening
- Abdominal Aortic Aneurysm Screening
- Plus a FREE Hypertension Screening

4 ways to book your appointment...

Scan here:



Call 888-814-0466
and use promo
code: HSCA001

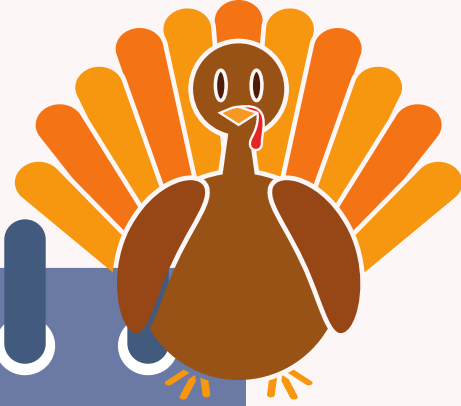
Visit
[LLSA.SOCIAL/HSCA](https://llsa.social/hscatext)

Text the word
"circle" to
216-279-1607

These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease.

Those with abnormal results should discuss possible next steps with their family healthcare provider and ensure they understand the risk and benefits of any additional testing or procedures.

2024



NOVEMBER

2024

SUN MON TUE WED THU FRI SAT



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Wednesday, November 13 @ 1800
Executive Board meeting

Tuesday, November 19 @ 1900
General Membership meeting



Every Thursday Night - 6:30 Trivia

Every Friday Night - 7PM Karaoke

Every Saturday - 6PM Music Bingo

Every Saturday - 7:30PM Queen of Hearts drawing

