

The Centennial

VOLUME I EDITION 5

JUNE 2020



AMERICAN LEGION NEAL THOMAS JR. CENTENNIAL POST 209

3613 JEANNINE DR. COLORADO SPRINGS, CO 80917
719-599-8624 WWW.LEGION209.ORG

MEET YOUR 2019 - 2020 OFFICERS!!

2019-2020 American Legion Post 209 Officers

Commander: Lino Calica 719.963.0956	Finance Officer: Mike Barger 719.290.3218	Executive Committeeman: Marvin Weaver Jr. 719.244.3535
Sr. Vice Commander: Joseph Schmidt 651.328.9029	Chaplain: Stan Hamamoto 719.322.6959	Judge Advocate: Marvin Weaver Sr. 719.638.4763
Jr. Vice Commander: Desiree Guerra 719.464.4699	Historian: Mike Wescott	Service Officer: Art Carter 603.913.3261
Adjutant: Jerry Hopper	Sgt At Arms: Sarah Tobin 719.439.7724	Club Manager: Art Kimbrel 719.339.4610

2019-2020 American Legion Auxiliary Unit 209 Officers

President: Cathy Barger 719.290.3163	Secretary: Pat Weaver 719.638.4763	Chaplain: Madelyne "Hooty" Newborn
Vice President: Donna Testorff	Treasurer: Kellie Hayes 719.494.7167	Historian: Royce Hopper
		Sgt At Arms: Kris Floyd 719.308.2150

2019-2020 Sons of The American Legion Squadron 209 Officers

Commander: Eric Testorff 719.510.4177	Adjutant: Ken Taylor 719.461.4047	Sgt At Arms: Bob Ingram 480.353.8234	Chaplain: Steve Cox 970.580.8191
Sr. Vice Commander: Michael Wescott	Jr. Vice Commander: Vacant		Historian: Evan Schwartzbart

2020-2021 American Legion Riders Post 209 Officers

President: Steve Hayes 719.494.7166	Treasurer: Kellie Hayes 719.494.7167	Vice President: Tim McDowell 719.510.9907	Road Captain: Wade Newborn 719.360.4956
Secretary: Mike Sylvester	Sgt At Arms: Mark Griffin		

2019-2020 Amateur Radio Club Officers

President: Jon Davis K0YOV	Vice President: George Johnson KE0ALQ	Director: Jim Harris W0EM
-----------------------------------	--	----------------------------------

Secretary: Harvey LeCato W1JU

Treasurer: Henry Russell KCONAJ

To Our Neal Thomas Jr.-Centennial Post 209 Family:

We bring great news! After more than two months of stagnation, you can now wake up from your hibernation come out of your den and forage for food! We will officially re-open the Post June 5th. We are implementing temporary rules that must be followed for the safety of our members when we re-open. We will be offering our hamdogger night, Friday, June 5th. We will start serving dinner at 6:00pm. Right now, we are only opening for our Friday night dinners. Our temporary rules have been adapted to follow State of CO requirements and are subject to change.

Required:

1. We are limited to 50 people at a time.
2. Families must sit together at one table.
3. Other than families seating is limited to 4 people to a table.
4. **RESERVATIONS ARE REQUIRED FOR ALL DINNERS.** RSVP to Jackie Bowen at jackiebowen2005@yahoo.com or 719-574-1223. For now, we cannot accept reservations at the door.
5. Drive thru dinners will be offered upon request. When you RSVP, indicate it is a takeout order and what time you will be coming to pick up your order.
6. MASKS will be required to enter the Post.
7. Your temperature will be taken at the door, if you register above 100.4, you will be asked to leave.
8. These questions will be asked at the door:
 - a. Have you been exposed in the last 14 days to someone that has tested positive for COVID-19?
 - b. Do you have any symptoms of COVID-19?
 - c. Have you traveled to one of the pandemic hotspots in the last 14 days?

Please know these temporary changes are to keep everyone safe. We are looking forward to seeing everyone and hope everyone is well.



For God and Country,
Your Post 209 Leadership



FROM THE DESK & MIND OF THE COMMANDER

Greetings Legionnaires and families,

I would like to take this time to welcome all new members and their families who have just joined or transferred to Neal Thomas Jr. Centennial Post 209. Thank you all for your services in the military. Fiscal year 2020 membership program is going very strong for Post 209. The members and their families who work hard and diligently in recruiting for the different programs, through their efforts, we have been successful in reaching The American Legion Department of Colorado membership goal. Magnificent job everyone! As of this writing, we have 1080 Legion members. Wow! What a great accomplishment our Post, we have reached the department target goal of 100 percent for another year, an achievement we have hit consistently since 2009. I am very proud to be associated with this great organization.

These past few months the COVID-19 has caused everyone to make many changes and adjustments in their lives. These changes have redirected the way we do things at home, work and at social gatherings with family and friends. This pandemic has caused many to lose their jobs or been put on furlough until the country or states re-open. At Post 209, we had to close our door the past few months due to the Governor's executive "Stay at Home" order. This order has caused us to cancel all meetings, events, programs and dinners. With the closure we have lost a lot revenue which keeps our Post afloat. The question is how are we going to recoup the revenue we lost? We have been down this road in the last couple years, and regrouped as The American Legion Family and put our minds together as one, raised the funds needed to keep our Post and programs stable. I know that once this pandemic has subsided, we will safely open our Post. We will rise up once again as a Legion family and raise the funds that is needed.

As you are all aware The American Legion events, activities and conventions has been cancelled from National, Departments, Districts and Posts. Election of officers have been cancelled until 2021. All Post 209 elected or appointed officers will continue serving in their current positions until the close of the next Department Convention scheduled in Colorado Springs in June 2021.

I have been a member of Post 209 for 8 years, thanks to my granddaughter Khianna Calica, who introduced me to The American Legion. She was a Girls State recipient who had the opportunity to represent Washington State at Girls Nation in 2012. Because of Khianna, I have been involved with the Post Legion Riders, and served as Senior Vice Commander for 3 years. In 2018, you entrusted me with the honor and opportunity to represent Post 209 as your Commander. All of you have made my job and tasks very easy. We have gone through many obstacles and challenges. We persevered and moved forward with serving our Veterans and community. We have completed a great number of projects, windows, lighting, parking lot being repaired and painted, Eagle Scout Landscaping Project by Jaden Thompson and more. I would not have been able to complete all my projects and tasks without your dedication and support.

Effective June 30, 2020, due to health reasons, I have decided to step down from my position as Post Commander. This decision has been a difficult one, but the right one. As the Post Commander, I will always be grateful for all the support, hard work and dedication from my Officers, The American Legion members, The Auxiliary, SAL, ALR and TALARC. I will continue to fully support and dedicate myself to our Neal Thomas Jr. Centennial Post 209. At our June Post Executive Committee meeting, I will be making my recommendation to our Post Executive Committee for my choice to replace me as Commander. In accordance with our Post Constitution, they will either approve my recommendation or decide on another member to serve as Commander during the June Post Executive Committee meeting.

S.A.L.T. – Serving and Learning Together

Lino Calica
Post Commander



FROM THE DESK OF THE SR. VICE COMMANDER

Congratulations Post 209 we did it once again, we hit our 100% membership Goal! This year was different though, with the world facing an unprecedented pandemic we still came through. I can't thank you enough for continuing to believe in our mission of veteran support. Without you none of it would be possible, but our work isn't over yet. Veterans in our community are still in need of our support through the many programs we, The American Legion offer.

How can we help during this time though? With strict restrictions on gathering how are we to help? Reach out, call an old friend, The American Legion Buddy Check program is the easiest way to get involved. With the passing of Memorial Day, many of us like myself have lost someone to the war abroad or even the war we Veterans face at home. Calling, texting, Facebook messaging, all great ways to keep in contact with those we may not see very often. Just a simple text could save a life.

As we move forward into what is the "new normal," there will be a lot of things we will have to adapt to, but like being in the military we will adapt and overcome. Together we can make it through this stronger than ever. Together we will face the challenges of a post COVID-19 world. We must be patient though, progress will take time, but normal will return again.

I would like to close by thanking Lino Calica for 2 years dedicated service as our Post Commander. He has continued to carry this Post to new heights each year, even when faced with the most difficult of challenges. Although he may no longer be holding the gavel, his wisdom, insight, and experience will still be there to help continue growing our amazing Post. On a personal note, I would like to say Commander Calica has shown me what it means to be a leader in this organization by using compassion, not force to guide and direct the future of the Post. Commander Calica's dedication to The American Legion is a testament to this organization's legacy and that of American Legion Neal Thomas Jr. Centennial Post 209.

Joseph A. Schmidt
Post Sr. Vice Commander





FROM THE DESK OF THE JR. VICE COMMANDER

Welcome to June everyone! It's hard to believe we are already halfway through the year. As we embrace the "new normal" that this pandemic has impressed upon us, I urge all of you to find a reason to be thankful every day. I know it has been challenging, but as I have said in previous months, finding positives in stressful situations will always help us to feel and do better. I will keep this short and sweet. My colleagues are long winded enough. I just wanted to express my appreciation and love for all of you! Thank you for all you do in our community and thank you for hanging in there with us! Until next time!

Desiree Noechel
Post Jr. Vice Commander



FROM THE DESK OF THE FINANCE OFFICER

The month of April we took a pretty good hit to our financial state with us having to pay our insurance for another year. With that and us not being open for dinners, breakfast, and Post rentals, we ended up the month in the red \$5237 dollars. May will be another month where we will be in the red big time, for we will be having the parking lot resurfaced and restriped, so we can meet our obligation to our insurance company. This will set us back close to \$7600.

Now for a little good news. A year ago, I worked with Colorado Springs Utilities and was able to get us on budget billing, meaning you pay the same amount for a year, and then they will reevaluate it, and if we paid too much, they would either provide a refund to us, or they would take that credit and use it to pay the monthly bill. When you run out of the credit, you then begin paying the bill, but it is adjusted lower. If we didn't pay enough, we would end up making the payment difference, and then our bill would be readjusted for a higher bill. With all that said, we ended up the year with a credit of \$1400 dollars, so they will be using that to pay our bill till it is gone, then our new monthly bill will be adjusted to \$514 dollars a month. That's a drastic change from where we were at for the last year where we paid \$896 a month. This will save us \$4000 dollars a year on our utilities. So thanks to everyone that stepped up to assist us with the window replacement, changing out our lights to LED and weather stripping on our doors. Great job and keep up the good work.

I would also like to announce that I will be stepping down as the Post Finance Officer at the end of June. I feel we are in a good place moving forward with our finances. It wasn't a very easy decision to make, but it's in the best interest for me and my health. I will still be active in the Post, but just won't be doing it in an officer role for the near future. I appreciate everyone's support you have given me and look forward to working with the new Finance Officer, whoever that may be, to make this a smooth transition.

According to our Constitution, vacancies are filled by appointment from the Commander with a majority vote approved by our Post Executive Committee.

Mike Barger
Post Finance Officer





FROM YOUR POST SERVICE OFFICER

A.J. Carter
Post Service Officer



My Healthe Vet

Phone Number: 720-723-6279

Location: D1-187 (by the outpatient pharmacy at RMR)

My HealtheVet is the award-winning Department of Veterans Affairs (VA) patient-facing website. It offers Veterans, service members, their dependents, and caregivers “anywhere, anytime” access to VA health care information and services.

My HealtheVet is a private and secure online personal health record. It’s free, easy to use, and helps you partner with your health care teams to take charge of your health and well-being.

To Access Online:

1. **VISIT My HealtheVet:** www.myhealth.va.gov

My HealtheVet gives you tools to help track your health and build a Personal Health Record.

2. **REGISTER: Get started by creating a user name and password**

Anyone can register on My HealtheVet, with different features available depending on your account type. With a Basic account, you can use health tracking tools, record information in your personal online journals and health history records, access medical libraries, take the Healthe Living Assessment (to determine your Health Age), use mental health screening tools, and more.

If you are a VA patient, you can upgrade your account to Advanced or Premium. With an Advanced account, you can access all Basic account features, plus you can refill your VA prescriptions online 24/7.

Some features of My Healthe Vet require a Premium account. With a Premium account, you will have full access to all the features available in My Healthe Vet, including Secure Messaging and VA Online Scheduling (available at participating facilities). You will also have access to key portions of your VA medical record, such as VA Notes and VA Lab Results, as well as additional health information through the VA Blue Button.

3. **AUTHENTICATE:**

To get a Premium My HealtheVet account, you will need to go through a one-time authentication process. This security measure verifies your identity before allowing access to your VA health record.

Getting a Premium Account: If you're a VA patient, there are two ways you can upgrade your account:

- **In-Person Authentication (IPA)** at your local VA medical center or community-based outpatient clinic; or
- **Online Authentication** using your eBenefits/DoD Self-Service Logon (DS Logon) Premium account through www.ebenefits.va.gov.

4. **REFILL PRESCRIPTIONS:**

Use My HealtheVet to keep your prescriptions straight. The My HealtheVet online prescription tools allow you to refill your VA prescriptions (Rx), track their delivery, get VA prescription shipment notifications, create medication lists, and more.

5. **COMMUNICATE:**

Use Secure Messaging to communicate online with your VA health care team. To use Secure Messaging, you must be a VA patient with a Premium account and receive care at a VA facility. Secure Messaging gives you quick, easy access to communicate about non-urgent issues with members of your VA health care team. You can do this anytime, anywhere, at your convenience. Secure Messaging is for non-urgent communication only!

6. **SHARE:**

Online Scheduling is available for primary care and mental health appointments, and may be available for specialty care appointments at certain facilities. To use Online Scheduling, you must have a My HealtheVet Premium Account, be a VA patient at a participating medical center or clinic and have had a primary care appointment at that facility in the last two years. Visit <https://www.myhealth.va.gov/mhv-portal-web/keeping-up-with-all-your-va-appointments> or talk to your care team to learn more.

Resources

- Go to the My Healthe Vet home page, www.myhealth.va.gov and select "About" to access user guides, FAQs, and more to help you learn about My HealtheVet features.
- Access videos to help you learn more about My Healthe Vet: https://www.youtube.com/playlist?list=PL3AQ_JVoBEyw4-GQg4Ch-UaL5m5yNNLhV.



FROM THE DESK OF THE POST ADJUTANT

Good day to all. I hope you all are doing well and keeping occupied. The officers of your Post have been keeping The American Legion traditions alive. We were unable to hold elections this year so all of the present officers will retain our positions for another year. We are looking forward to reopening the Post. We have started looking into ways of creating a SAFE and clean environment for you all to come back to. Stay SAFE and see you at the other end.

It's what we do!

Jerry Hopper
Post Adjutant



FROM THE DESK OF THE SAL COMMANDER

Dear Sons of the American Legion Squadron 209 members, As you may have noticed, we have been unable to meet and have March nominations, April elections, and May installations of Squadron officers.

This may go on for some time, due to the coronavirus crisis, and I wanted to give you a heads-up regarding Squadron officers. After consultation with Post 209 leadership, and the officers of the SAL Detachment of Colorado, we are going to follow the Post's lead, and suspend new officer elections until spring of 2021. Other Posts and Squadrons in the state are doing the same. If you are a Squadron officer, we hope you will stay on in your position, and continue to serve. If you wish to resign your office, I ask you to do so in writing, but speaking as Commander, I hope that won't be necessary. If you wish to volunteer for an interim officer appointment, please let me know.

Thank you for stepping up to be a Squadron 209 officer in the first place. This crisis has presented a unique situation, but as veterans and those who support them, we know how to adapt and overcome. I will keep you posted of any changes.

Eric Testorff
SAL Squadron Commander





TALARC NEWSLETTER INPUT

The Amateur Radio event of the year!!!

Field Day 2020 - June 27 and 28. A weekend of hamming fun, socialization. Come See Amateur Radio LIVE -- with a flurry of activity. Come picnic and socialize with us – food provided.

Field Day is a yearly, on-air contest event where Hams operate from “woody” locations – on emergency power – and work as many stations around the country and the world as possible. We are planning on operating from Manitou Lake Park just north of Woodland Park.

0800 setup - 0900 operation begins. We will operate 3 stations simultaneously. If you are interested – email me. **WANT A GREAT TASTE OF HAM RADIO --- COME JOIN US -- picnic and socialize – food provided!**

Contact: Club Secretary, Harvey LeCato 331-1212 mbca@comcast.net

FROM YOUR ALR PRESIDENT



Safe at Home and Safer at Home measures may have put a dent in the Spring ride events, but it hasn't stopped us completely. ALR209 continues to meet online. On 2 May, eight intrepid souls ventured out for a short back in the saddle ride. We will be supporting a couple additional events in small groups in May and look forward to loosening of guidelines soon! Some June/July events are still going on, and planning has begun for our hosting of the final stop for the 2020 Colorado Legacy Fund Pony Express Run on Saturday July 11, hosting the Tribute to Fallen Soldiers Memorial Torch Motorcycle Ride

overnight on Friday 17 July into Saturday 18 July, and our ALR209 Poker Run on Saturday July 25th. Everyone ride and be safe!

Steve Hayes
ALR 209 President





In the Spirit of Service and Not Self...

FROM THE DESK OF THE UNIT PRESIDENT

It's hard to believe that it's June already. I hope everyone is doing well during this time that we need to stay home and stay healthy.

An update on the elections, ALA Department of Colorado held a special meeting on April 26, 2020, to discuss the recommendation by National for 2020-2021 Officer and Committee Chair Positions at Department and the recommendation for Districts, Unit, and Chairs to retain their positions for 2020-2021. Motions were made for both recommendations and seconded, and motions passed unanimously. All officers will stay in their current position.

Please keep Mavis Spath and her family in your prayers; her husband passed away in April. I would like to share some information on the future of the birthday cakes, below is the letter from Tammy Davis GIGSS Coordinator:

ALA Post 209,

This letter is in reference to the current GIGSS birthday cake program that we had in place. Effective immediately, all birthday cake give-a-ways will be discontinued. Due to changes and Hospital takeover of the Soldier Recovery Unit (formerly the WTB); illness and health issues within the GIGSS volunteers; loss of the GIGSS sponsorship; and the Covid-19 issues creating a massive shut down; we have made the hard decision to close down the GIGSS program, including birthday cakes. We want to let you know how much your support has been appreciated over the years. Thank you all for your time and commitment. If you have questions, you can call me.

Respectfully,
Tammy Davis
GIGSS Coordinator
719-229-1732

Thank you all for your great support.
Marilyn Stites POC

Unit 209 entered the Poppy Pin Project, along with two other Units. Unit 209 Poppy Pin won and will be sent to the Northwestern Division Poppy Chairman and will represent Colorado on the National Poppy Map for our National President Nicole Clapp.

Make sure to read the newsletter and visit our website: Legion209.org to get updates on the Post activities.

Happy Birthday to the following: Dominique Attarian, Becky Hall, Becky Ingram, Carol Jean, Jaye Larsen, Kristien McCool, Evelyn Muckelrath, Madelyne (Hooty) Newborn, Katie Rose, Donna Testorff, Cheryle Wash, Morgan Manscoe and Sydney Weaver.

Serving Our Veterans Proudly!

Cathy Barger
Unit President





BRINGING A LITTLE SOUTH TO THE WEST

I've been thinking more and more about the things I learned working and staying with my grandparents on their farms. Many were great life-lessons, and others were just survival tips. This month I'd like to share some of those things that helped make me the person I am today. Some I'll explain, others are pretty self-explanatory. Some you've heard before from me.

Let's start off with farm animals. You can outrun a bull, as long as it is a short distance. I don't recommend getting into a marathon race with him; you'll probably lose. You can ride a hog, but not for long. They don't like it. If you chop a chicken's head off, he will jump and run around in a haphazard manner for a short period of time (like a chicken with his head cut off). Most of the time a snake prefers to get away than attack (depends on the snake). Give them an escape route. Also, it's a good idea to keep a King Snake around the farm. They do a great job keeping other snakes and mice away. Just keep your dog away from them. A good hunting dog will stay on a scent until he finds the animal he's tracking or you kill it, or until someone picks him up and puts him in their pickup (and it doesn't have to be your pickup). A really good hunting dog will only jump in the back of your truck. Chickens don't like rotten apples with firecrackers lit inside them thrown into their pen (neither do grandparents).

As a kid, I would sometimes ride on the running board at the bed of my grandfather's 1960 Chevy pickup. We would do this if it was a short trip and only through the fields, otherwise I rode in the bed or the cab. I learned that if you are doing that, don't grab a full-grown sunflower. Their roots are very strong and deep. It hurts when you go rolling through the dirt field.

Gills on a fish, even a small fish are sharp and hurt. When you grab them to take the hook out, make certain you wrap your hand across the gill and hold them down. If you're down south, you can put your hand in their mouth to take the hook out. I would not recommend this option if it is a salt water fish or one of those weird Yankee fish. They have teeth.

Never, never, ever swallow a big load of spit formed by chewing tobacco, regardless of the recommendation from your grandfather. Sometimes they like to mess with you just to see how gullible you really are. Same with putting your hand in the bed of a pickup without first seeing what's in there. You may think there are apples or peaches (because that's what you were told), but there may also be a giant snapping turtle that was just captured in a net in the river.

An oak tree stump is normally stronger than a tractor with a chain hooked to it. That's why we have dynamite. It's quicker and won't flip the tractor. Just make certain you have a long fuse and a place to cover. Wearing earplugs is also a good idea.

Sunday dinners (in the south, that's the noon meal; Supper is the evening meal. This really messes with Yankee visitors) are GREAT when done as a community immediately following church. Those ladies from the south know how to cook. And everything is either fried or deep fried. Same with dinners at a reception following a funeral in the south. Something to remember, if you ever find yourself homeless, go to the south and pick up a newspaper. Find the obit column and pick out a funeral. There are so many people they won't know if you are related to the deceased. Just go to the reception and occasionally mumble, "I sure am gonna miss Uncle Ned. He was a great man!"

Cotton and cockleburs look very, very similar when they are about a foot high. Grandfathers get really upset if you chop down the cotton stalk and leave the cocklebur. And Johnson grass in a cotton field will grow as tall as a corn stalk if allowed to grow and not taken early. That makes it much more difficult to cut out when you let that happen.

There are a great many life lessons in the paragraphs above, not just the literal. If you need more explanation, let me know. And lastly, food taste MUCH better after working the farm all day.

Jay Bowen
Past Post Commander



June 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Executive Committee Meeting 6:30pm 	5 Price Varies with order Hamdogger 6:00pm 	6
7	8 Post Honor Gd. Training 6:00pm 	9	10	11	12 \$10.00 Meal ALR Dinner - 6:00pm RSVP Required! 	13
14 Flag Day	15 Post Honor Gd. Training 6:00pm  ALR Exec. Board 6:00pm 	16	17	18	19 \$14.50 Meal Steak Night! - 6:00pm RSVP Required!    	20 Start of Summer
21 Father's Day	22 Post Honor Gd. Training 6:00pm 	23 ALR Monthly Meeting 6:30pm. Social 5:30pm SAL 5:45pm  	24	25	26 \$10.50 Meal Chef's Choice! - 6:00pm RSVP Required!    	27
28	29 Post Honor Gd. Training 6:00pm 	30	Notes:			

