

The Centennial



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From the Desk and Mind of the Commander

Jay Bowen

If you know me very well at all, you've probably heard me say at least once (some of you several times), "You're either part of the problem, or you're part of the solution." Jackie and a few others have heard it so often, they typically finish the statement for me and just roll their eyes.

While occasionally I'll say it with tongue firmly implanted in my cheek, the message is no less serious. I believe it is pretty simple and there's little room for anything in the middle. I can't tell you how many times I've had someone come to me with thoughts to increase membership, or they will have a great fundraising idea but interestingly, it never includes them getting involved in getting it done. I get advice quite frequently on better ways to do something; again it doesn't require them to help or do anything. They're part of the problem.

If you don't like the political picture, vote and/or run for an office. If you don't like your Homeowners Association, volunteer for the Board. If you want to see our Post continue to grow or have an idea for a fundraiser; Congratulations! You have just volunteered to chair a committee or have thrown your hat into the ring for a Post Officer position. There are a few people around that will tell you anytime I get an idea from someone about changing, adding, or adjusting how we do things, my first response is "Thanks for volunteering to head up the committee to make this happen." Funny how often the idea is rescinded. If the person(s) really believes this is a possible fix and are not willing to help, they are part of the problem, not part of the solution. And the same thing applies to the person who just can't seem to decide on what to do or which way to go. Their decision to not make a decision,



made the decision. They're part of the problem.

It's not unlike the old saying that your vote gives you the right to complain about who's in office. Regardless of your political beliefs or affiliation, if you don't vote, shut up about what is going on in the community, state, and/or country! Same with The American Legion. You have the power to make a positive change. Some people would argue that no one person can make a difference, but we have seen too many times that is not at all true. One person can make a difference; positive and/or negative. We see it every day.

I once knew a guy that always complained about this lady in his neighborhood. Apparently, she was obnoxious and found fault with everything he said and did. I encouraged him to "be a part of the solution" and get to know her and possibly better understand why she was the way she was. He took me up on my suggestion and wound up getting married to her. Now, he's miserable. She stopped complaining, but no one in the neighborhood will talk with him because he's never satisfied about anything. Okay, so maybe it's not 100% effective. Poor dude. Maybe someone in the neighborhood should get to know him better. Or probably not.

Anyway, we have elections coming next month. I will be stepping aside and handing the gavel to someone else. I will stay on the Executive Committee as the Immediate Past Post Commander, so I'm not going far away. If you have ever considered getting more involved, now is the time to do it. There are plenty of people who can help you learn the job and we won't let you fail. None of the positions are difficult to master. After all, I've been Commander for more than four years. If I can do it, so can anyone else. Be part of the solution!

For God and Country,
Jay Bowen



Auxiliary President Jackie Bowen

Welcome to Carmelita Duenas and Catherine Barger. Thank you Greg for recruiting these new members.

Jay and I attended our first Eagle Scout ceremony in February. It was a very nice uplifting experience. There were 3 young men that received their Eagle Scout status. There were 15 previous Eagle Scout recipients in the audience. I thought this to be pretty awesome. Chance Hansen was one of the young men to receive his Eagle Scout. He is also the Scout that built our permanent flag disposal pit and supplied us with the box to collect worn flags for proper flag disposals. They had 12 year old Scouts presenting and retiring the flag and they did a great job.

Attending a ceremony like this makes you realize that there will still be Patriotism and love for our wonderful country for years to come and someone to take care of it.

We will be doing a Butter Braid fundraiser this month. PLEASE ask your families, friends, and neighbors if they would like to purchase a Butter Braid. The more we sale, the more we can help our Veterans and communities.

Serving Our Veterans Proudly!
Jackie Bowen



Senior Vice Commander: Membership and Belonging

At the time of this writing, the Centennial Post had achieved its 2014 annual goal of 789 members. The greatest news is that, with the hard work of many members, we have exceeded that goal and are currently sitting at 879 members. What an outstanding achievement and model for the other Posts in Colorado. It is critical to continue with our membership drives because it helps the Centennial Post to become a community resource for Veterans and their families. The larger the Post, the more members there are to help others with events, fundraisers, services, color guard, and comradeship.

Over the months, I have met many great people who have a desire to help Veterans and their families. Some are able to help once and others are able to help with many things. I want to say, Thank You. I also want to encourage each member to help and assist where possible. It does not matter if it is one hour or several hours. Each of these opportunities lets the community of Colorado Springs know who we are and what we can do to help Veterans. That is our purpose with being part of the American Legion Centennial Post 209.

As a previous challenge, given several months ago, I want to ask, again, that each member take the challenge. The challenge is to meet at least one Veteran or their family member per week between now and May 30, 2014. Ask them to become part of the American Legion Centennial Post 209. If you do that, we have the potential to become the second largest post in the state. We also have the ability to truly demonstrate how the comradeship and family works to help veterans' and their families. If your time is limited, this is truly a great way to help the Centennial Post and Veterans.



Chaplain's Corner

This is dedicated to the Spiritual Ideals of Those Who Served
and have served Their Country in war and in Peace.



The first Sunday in the month of February is designated as "Four Chaplains Sunday".

If you have never heard this story, than I suggest you put it on your to do list! It is probably as close to Pearl Harbor, in remembrance of a tremendous loss and one of sacrifice!

The heroic sacrifice of the Four Chaplains has been immortalized through the work of the "Chapel of the Four Chaplains."

It is located in the heart of Temple University, Philadelphia, Pennsylvania. It was dedicated on Feb. 3rd, 1951. The chapel has reached out to all corners of the world spreading the story of the Chaplains in an attempt to bring unity to humanity, without uniformity.

The Chapel is an Interfaith memorial and a sanctuary for Brotherhood. It is not a "Theology" nor a "Doctrine," but a symbol. Its purpose is not to promote uniformity but to strengthen unity in one's relationship with God and humanity.

The message of the Chapel was best stated by Dr. A.A. Poling, father of one of the Chaplains, when he said:

"The irreducible minimum for an adequate defense of America is American unity! Not uniformity! All races and faith, all colors and economic degrees, living together and working together as American's all." Amen and Amen.

From the "Service to God and Country Chaplain's Handbook"

Remember, the Chaplain is available 24-7 for emergencies, for any member, or family member.



Rusty Bower's new column to bring a little "salt" to the Post.

Origin of NAVY Terminology



ROPE YARN SUNDAY

On the day the tailor boarded a sailing ship in port, the crew knocked off early, broke out rope yarn and mended clothes and hammocks. One afternoon per week at sea, usually a Wednesday, was reserved for mending. Since it was an afternoon for rest from the usual chores, much like Sunday, it was dubbed "rope yarn Sunday."

The Navy adhered to the custom up to the years immediately after World War II; men used Wednesday afternoon for personal errands like picking up their laundry and getting hair-cuts. Of course they paid back the time by working a half-day on Saturdays.

Today, uniforms require less attention so rope yarn Sunday has been turned to other purposes; mainly early liberty or a time for catching up on sleep. Some, however, still adhere to tradition and break out the ditty bag for an afternoon of uniform PMS [Preventative Maintenance Schedule].

Rusty Bower
NAVY Senior Chief (Retired)



Elections Are Coming, Part 2!

As I mentioned last month, we will be having elections of Post Officers at our general membership meeting in April. I am very pleased to tell you that we have had several members step up and volunteer to serve, if elected, in every position except Senior Vice Commander and Post Historian. Below is a re-run of those two positions. Please consider raising your hand for one of them, and keep in mind that just because we have names associated with any Officer position, you are encouraged to also volunteer. I love an election where there is actually a choice.

Senior Vice Commander: Your primary concern is membership. No Post can survive without good membership. You should also be familiar with ceremonial protocols for regular meetings. A Vice Commander must be ready to fill in for the Commander upon a moment's notice.

Historian: You have the responsibility of preserving and compiling the records/photos (specifically through our Scrapbook and website) of our Post. You should try to attend Department Conventions and keep in touch with other Post Historians. [You are only encouraged to attend, not required.]

If you think you may be interested in stepping up, let Bill Marshall know. Don't feel you may not be ready or experienced enough to do the job; no one will be left without plenty of help to ensure success at all positions. Give it a shot. It's only a year and you may like it. I can tell you in all sincerity, serving as the Commander for Post 209 is one of the highlights of my life.

Lastly, in accordance with our Post Constitution and By-Laws, you must be present at the general membership meeting on the day of the elections. If you are nominated (or interested) for a position and are not able to attend the April meeting, send an email to Larry Johnson at centennialtwozeronine@yahoo.com and let him know you are unable to attend the meeting, and if nominated and elected, you will serve. Also, proxy voting is not allowed. You must be present at the April meeting during the elections to cast your vote.



Umm, Umm, Good!

Butter Braid Sale

Beginning March 10, 2014 we will be doing another Butter Braids sale. Please turn in orders by March 24th. Delivery date is March 31st at 11:00 am. Make checks payable to **American Legion Auxiliary Unit 209**. Ask your neighbors, friends, and relatives to place an order. We need the payment before the delivery date. You may call Jackie Bowen with an order and then mail a check to her or discuss receipt of payment when you call. Thanks in advance for helping us make this a success.

FLAVORS:

Caramel Rolls (9 rolls)
Cherry
Apple
Blueberry Cream Cheese
Cinnamon
Cream Cheese

Fill Your GAS Tank!

Legionnaire Rich Brandt

Some days many people wake up and feel like they have no gas in the tank. Get the coffee down your throat and eat some fruit – you'll feel better. Taking care of the physical needs is easy – let's talk about the mental and get some GAS. Dictionary.com has nine noun and eight verb definitions for gas; I'm going to add an acronym – GAS (Give a \$&!#). Apologies on the use of the vulgarity, but Give A Darn (GAD) or Give a Care (GAC) just doesn't pop or have a nice ring to it. Besides, using GAS makes for a good analogy (or is it a metaphor?). With that in mind, there are several advantages to keeping your GAS tank full.

Having a full tank of GAS helps you go the distance, stay on target and puts mileage between start and finish without getting distracted to see the world's largest ball of twine (located in Cawker City, Kansas incidentally). If you're heading into new, different or unknown territory, you're less likely to become stranded or stuck with a full tank of GAS. If you do encounter a rough spot, a full tank of GAS will help keep you going until assistance arrives. Gotta have GAS!

A full tank of GAS will make your life easier. You will make fewer stops at the station. Getting just enough GAS to get you by will just get you by. \$10 of GAS twice a week or \$20 of GAS once a week; the cost is the same. The difference is fewer stops; more time for you and yours and less impulse buys of that 'brain freeze' cherry ICEE or that "I wonder how long has that been rolling there" hotdog. Gotta have GAS!

Keeping a full tank of GAS helps your whole system. Consistently maintaining plenty of GAS will reduce condensation in your tank. That moisture will cause your tank to rust from the inside out and leave a hole in your tank; GAS will just drip away without fulfilling its potential. When it gets real cold, moisture will freeze in the lines and keep you from using your GAS. All the GAS in the world doesn't mean beans if it doesn't get to the engine. Gotta have GAS!

I suspect we all know someone who doesn't regularly fill up with GAS. A bit of a shame really. There are so many opportunities in our lives to get GAS, we often drive by without paying attention or even really seeing them. If you do run out of GAS, you're left sitting at the side of the road, watching all the other cars pass you by (I bet a good share of them have full tanks of GAS). Fortunately, there always seems to be a kind and generous soul with an abundance of GAS and they even carry extra GAS with them. They'll take time out of their day and give you some GAS. GAS comes in different containers and sizes, but what's important is that GAS is for you. Use it – Appreciate it. If you're lucky, it's the high octane stuff. Gotta have GAS!

I won't pretend to know how to fill up your GAS tank – I suspect it's different for everyone. Like most gas stations, it's self-serve – something you have to do yourself. Some get it from private meditation or prayer; others appreciate the public acknowledgment of a job well done. Some keep a full tank from a childhood instilled work ethic; others seem to be naturally full of GAS the moment they wake up (I'll admit to needing a couple cups of coffee and maybe a breakfast burrito to get my GAS really going). Keep your GAS tank full. Gotta have GAS!

Department Raffle CAN-AM Motorcycle:

The drawing for the Can-Am motorcycle has been moved to the 15th of March. The tickets are \$20.00 and can be gotten online only. If 4,000 tickets are not sold by 15 March, the raffle will turn into a 50/50 drawing.

Reservations and RSVP go to Jackie Bowen (574-1223) jackiebowen2005@yahoo.com, or Lynn Thomas at 439-6268



American Legion Riders—Post 209

On February 13, 2014, the American Legion Riders (ALR) Post 209 became a Centennial Post 209 program. The first general meeting was held to define the program, elect its leadership for the year, and explore how it will participate in parades and ceremonies and demonstrate motorcycle safety. We will meet the 4th Tuesday of every month at 1830 hrs. Our next meeting is 25 March.

The meeting was attended well by those in the Centennial Post (legionnaires, Auxiliary, and Sons of the American Legion) who want to ride to honor our fallen comrades. It was also supported by some of our brothers from the American Legion Riders Post 38. Thank you, Dean, Mike, and Bryan. With their help, we were able to hold our first general meeting and elect the ALR Post 209 leadership. The leadership team will support and guide the direction of the Riders and its Post rides to honor those that have fallen.

The elected leadership team for the ALR Post 209 is as follows:

President	Andrew Gilbert
Vice President	Gregory Smith
Secretary	John Duenas
Treasurer	Rusty Bower
Sergeant at Arms	Lino Calica
Road Captain	Mike Barger

Our first ride will be March 1st, 2014. We will meet at Post 209 at 1730 hrs. It will be an opportunity to announce our Post program to other American Legion Riders and attend the Biker Ball at ALR Post 38 in Security, Colorado. All of the proceeds for this event support the Bruce McCandless State Veteran's Home in Florence, Colorado.

Please join me in welcoming the newest Post program and asking the Riders about the program and how you can help us in the future. Wow! What a great opportunity to get other Veterans involved, from the community, to ride to honor those that have fallen. It is a pleasure and honor to help be a part of the leadership team. If you have questions about membership, please email or call Gregory Smith at gregoryvedd@me.com or (520) 784-3555.



From the Scout Coordinator John Brown

Scouts: Scouting in the American Legion Packs and Troops are doing fine. We have great leadership and funding for the coming year. Blue and Gold Dinners are done (birthday for Scouting) and summer fun is being planned. Both Packs and Troop are planning great summer adventures and camping trips. The families within scouting continue to support the program through "Friends of Scouting family" fund raising efforts.

The next big program is Pinewood derby in March and April. This is a fun event where the boys get to carve out their racers from a block of balsa wood, attach wheels and send it down a track to see if they can beat other boys in their Dens. Great fun for the boys and a great learning experience!

If you are interested in knowing more about scouts or want to help, give me a call at 331-8160 or drop me an email at jbiii@aol.com.

John Brown
Scout Coordinator

759th Military Police and Centennial Post 209

Over the last several months, there have been several members working with the 759th Military Police Battalion, Fort Carson, Colorado and the American Legion Centennial Post 209 to schedule an event to help comradeship and involvement in the community. It is a joint organizational day in observance of Loyalty Day (May 1st, 2014). The purpose is to build a foundation for future cooperation between the organizations. For those that have retired, it is a time to share history amongst those that have served and those that are serving our country today. It will rekindle their relation with the military.

The event is scheduled for May 21st, 2014 from 11:30am to 3:30pm at the Special Events Center at Fort Carson. The event will consist of an overview of the latest equipment and provide an opportunity for soldiers of the 759th MP BN to converse as well as see memorabilia from the American Legion Centennial Post 209 members.

The 759th will provide five stations for those in attendance to observe and engage, which will include weapons (M4; M203; M9; M249; M240; MK-19; MT-4), Night Vision devices, Communication equipment (ASEP; HARRIS; Hand mic; and HIIDE), military vehicles (M1151; ASV; MRAP; and MATV), and personal gear (ACH; IOTV; M40; Ruck Sack; and deployed gear).

There will be assistance provided to those members who need help across the areas. The Family Readiness Group (FRG) will provide food that day (for a donation). This will support their FRG fundraiser. This will also assist those that are attending while on their lunch hour or have limited time.

The event, because it is on the Fort Carson installation, will require an RSVP from those that will be attending. Because of the timing, it is necessary to RSVP as soon as possible and prior to March 30th, 2014. When you RSVP, we would like to ask that you provide the Era you served, branch of service, and name of the attendee(s). The event is able to handle up to 50 attendees. It is also being requested that we have a good attendance to support the 759th MP BN efforts.

Please RSVP today!! Help build the foundation for the organizational comradeship of the future. When you attend, please bring memorabilia and dress in American Legion attire. I truly hope to see many of you there. Let's represent the American Legion Centennial Post 209 in true fashion.

RSVPs can be made by calling (520) 784-3555, Gregory Smith, Senior Vice Commander or email gregoryvedd@me.com.

Suggestion Box

Is something bothering you? Would you like to see something offered in the Post that isn't? Do you have suggestions that might make us friendlier or help us grow? We now have a locked suggestion box for you to use and offer recommendations for improvement. If is something that might require us to speak with you, we ask that you provide contact information but it is not required.



Newsletter Mailing Information

Adjutant Larry Johnson

The cost of putting together the newsletter, printing and mailing has gone up, again. The February edition for mailing went up by \$30.00. If you are receiving the newsletter by regular mail and have an email address and have not provided it to the Adjutant or have changed your email address and have not given it to the Post, please do so. By providing your email it will allow the Post to better provide you with updated information that you would otherwise miss out on.

Every month I receive address changes from the Post Office that is costing the Post about \$0.60 every time a letter is returned. If you are moving or have moved, please take a minute and let us know what your address is going to be so we can keep in contact with you.

If you know someone who is not receiving "THE CENTENNIAL" newsletter either by regular mail or by email, please let me know as soon as possible.

If you are receiving the newsletter by regular mail only one (1) copy per family will be sent out. If each member of the family has an email address and would like a copy of the newsletter I will be more than happy to send it to you.



FROM THE ADJUTANT

I would like to ask for your help. Department set a goal of 90 percent retention for current Legion members. We are about 50 away from hitting that goal. If you haven't renewed your membership would you please do so. All it takes is a few minutes to make out a check or money order for \$35.00 and mail it to American Legion Post 209, PO Box 25334, Colorado Springs, Co 80935. You can also go online to our Post website and renew.

National has come up with a new Paid-Up-For-Life (PUFL) program. Some of you may have received a letter from National in regards to this program. From what I understand National is offering a discount. From what I have seen, if you have a computer go online to www.legion.org, and search for PUFL. It will come up with a screen that asks for your membership ID and your date of birth, it then comes back with the cost of a PUFL membership.

Once you have applied for the life membership, National will send a letter to the Post asking if we have any objections to you applying for a life membership and then give us 30 days to respond.

THE new PUFL program is being run by National and no real information has trickled down to the Post. Because I am already a PUFL member, no real information is provided to me. That is the reason for the generalities about the new and time-limited offer.

Very shortly the Department is going to send me "THE ANNUAL REPORT." The Annual Report is a report of what we as Legionnaires are involved in and what we do each year. The report runs from May of 2013 to April of 2014. If you are involved within the community, another organization or children and youth, I hope that you will take a few minutes to provide the Post with the type of activity, hours and any money you spent and the number of people/children involved and send it to the Post. If you're not sure, send it to the Post and we will see if we can use it. All it takes is a phone call or email to me with the information.



Post Officers 2013-2014



Office	Name	Telephone
Commander	Jay Bowen	719-574-1223
Sr. Vice Cdr	Greg Smith	520-784-3555
Jr. Vice Cdr	Lyle Hagelberg	719-594-4039
Adjutant	Larry Johnson	719-622-0344
Finance Officer	Rusty Bower	682-478-9122
Chaplain	Chet Dean	719-244-2442
Sergeant-at-Arms	Don Shuck	719-575-0539
Historian	Rob Johnson	719-421-9201
Post Executive Committeeman	Neal Thomas	719-392-1510
Service Officer	C. "Gunny" Raines	719-597-4766
Judge Advocate	Chuck Zeitvogel	719-531-0546
Club Manager	Art Kimbrel	719-339-4610



Centennial 209 Family

3 Apr	Post Exec Mtg 6:30 pm
4 Apr	Hamdogger 6:00 pm
12 Apr	Breakfast 9:00 am Legion/Auxiliary Meetings 10:00 am SAL Mtg 11:30 am
18 Apr	Steak Night! 6:00 pm RSVP REQUIRED
19 Apr	Easter Egg Hunt
20 Apr	Easter Sunday!
22 Apr	ALR Monthly Meeting 6:30 pm
25 Apr	Fish Fry 6:00 pm RSVP REQUIRED
1 May	Post Exec Mtg 6:30 pm
2 May	Hamdogger 6:00 pm
10 May	Breakfast 9:00 am Legion/Auxiliary Meetings 10:00 am SAL Mtg 11:30 am
16 May	Steak Night! 6:00 pm RSVP REQUIRED
23 May	Fish Fry 6:00 pm RSVP REQUIRED
26 May	Memorial Day!
27 May	ALR Monthly Meeting 6:30 pm
5 Jun	Post Exec Mtg 6:30 pm
6 Jun	Hamdogger 6:00 pm
14 Jun	Breakfast 9:00 am Legion/Auxiliary Meetings 10:00 am SAL Mtg 11:30 am
19-22 Jun	Department Convention - Lamar
20 Jun	Steak Night! 6:00 pm RSVP REQUIRED
24 Jun	ALR Monthly Meeting 6:30 pm
27 Jun	Fish Fry 6:00 pm RSVP REQUIRED
3 Jul	Post Exec Mtg 6:30 pm
4 Jul	Independence Day Picnic
12 Jul	Breakfast 9:00 am Legion/Auxiliary Meetings 10:00 am SAL Mtg 11:30 am
18 Jul	Steak Night! 6:00 pm RSVP REQUIRED
22 Apr	ALR Monthly Meeting 6:30 pm



Auxiliary Officers 2013-2014

Office	Name	Telephone
President	Jackie Bowen	719-574-1223
Vice President	Linda O'Riley	719-597-5673
Secretary	Lynn Thomas	719-392-1510
Treasurer	Mary Grier	719-536-0438
Chaplain	Marion Daugherty	719-637-9555
Sergeant-At-Arms	Lois Wooton	719-599-8683
Historian	Kari Ann Smith	520-784-7193



Sons of The American Legion 2013-2014

Office	Name	Telephone
Commander	Rick Kettering	813-967-6680
1st Vice Commander		
Adjutant	Ken Taylor	719-495-8190
Finance Officer	Rusty Bower	719-478-9122
Sgt-At-Arms	Don Shuck	719-575-0539
Chaplain	Chet Dean	719-244-2442
Historian	Eric Testorff	719-510-4177



ALR Officers 2013-2014

Office	Name	Telephone
President	Andy Gilbert	
Vice President	Greg Smith	520-784-3555
Secretary	John Duenas	
Treasurer	Rusty Bower	719-478-9122
Sgt-At-Arms	Lino Calica	719-963-0956
Road Captain	Mike Barger	

Reservations and RSVP go to Jackie Bowen (574-1223) jackiebowen2005@yahoo.com, or Lynn Thomas at 439-6268

THE AMERICAN LEGION
 CENTENNIAL POST 209
 P.O. BOX 25334
 COLORADO SPRINGS, CO 80936-5334

NON-PROFIT
 ORGANIZATION
 U.S. POSTAGE
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ADDRESS SERVICE REQUESTED

~ March 2014 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 Executive Committee Meeting 1830 hrs. 	7	8 Legion, SAL, Auxiliary Monthly Meetings 0900 hrs. B'fast 1000 hrs. Meetings 
9	10 Butter Braid Sale	11	12 Young Guns 1830-2030 	13	14	15 American Legion Birthday! 
16 A.L. Baseball Meeting 0900-1300 	17	18	19 Young Guns 1830-2030 	20	21 Steak Night 1800 hrs. RSVP Req'd 	22
23	24 Turn In Butter Braid	25 ALR Post 209 Meeting 1830 hrs. 	26 Young Guns 1830-2030 	27	28 Fish Fry 1800 hrs. RSVP Req'd 	29
30	31 Butter Braids Delivered	Notes:				

Reservations and RSVP go to Jackie Bowen (574-1223) jackiebowen2005@yahoo.com, or Lynn Thomas at 439-6268