

The Centennial



VOLUME VIII EDITION 3

March 2018

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From the Desk and Mind of the Commander

Mike Barger



Thanks to all who volunteered their time doing what they do. Without our volunteers, we would not be a successful Post. We can always use more help, so please don't hesitate to step up, even if it's just an hour a month. Don't forget that on March 11th, daylight savings time hits us again. Make sure to turn your clocks forward one hour, or you may not wake up in time to go to Sunday services.

March 15th is the 99th birthday of the American Legion. So we are looking for someone to step up and head the Centennial committee, so we can begin work on what we want to do to celebrate this great achievement. If you're interested in heading this up, get with me and we can begin working on creating a committee.

March is also the month that we as a Legion, need to be at 90% for our membership goal. As a Post, we have already achieved this goal. A big thank you goes out to all those that have renewed, or have become new members, but our job is not done yet. We still have less than 90 members to get renewed or signed up as new members to reach our goal of 1037, so please keep working membership. Last year at the April general membership meeting, I brought up an idea that we do a "Sponsor a Vet", to help those that would like to keep their membership active in the Legion, but have fallen on hard times and can't afford the dues. At that meeting, we had members pull together and help out 23 members last year. What an awesome job by those that stepped up. This year, I'd like to do it again, so I am looking for members that would like to "Sponsor a Vet" again this year. If you're interested in doing this, please contact me or the Adjutant Marvin Weaver Jr, and we will gladly take your money and work off our list of those that haven't renewed, and take care of them. We will work the list like we did last year, starting with World War II Vets, then Korean War Vets, and then to the Vietnam Vets. This is a great way to show our gratitude to these Vets who put their lives on the line during their time of service.

On March 3rd, weather permitting, we have a Scout who is working to achieve Eagle Scout. He will be rebuilding our horseshoe pits, and moving the burn pits to a new location. At the same time, we will do some work to revitalize the front of the building, and working on a Veteran Memorial area. We will be placing bricks we've sold, in this area. We are looking for some volunteers to come down and help, even if it's just an hour. This Post is yours just as much as it's mine, so let's take some pride in our facility and continue to make this a great place to visit. If the weather is bad on the 3rd, the next day available to do the work will be the 17th.

Remember, on March 16th at 6 pm, which is a Friday night, we will be holding our Initiation ceremony to those that have not been initiated into the Legion. I am one of those members that have not been initiated. After the Initiation ceremony, we will be having Corn Beef and Cabbage for dinner. If you're interested in dinner, make sure to RSVP to jackiebowen2005@yahoo.com, so we can get a head count on how many will be coming.

A reminder, elections will be held in April at the General Membership meeting on April 14th. ALL positions are available, so please consider running for a position. Everyone has great ideas and visions on what they think will keep this Post moving forward and continuing our resolve to help Veterans here in our community. Please contact Bill Burd (advisor1colo@yahoo.com) and let him know what position you're interested in running for, and make sure to do so with a letter of intent, so that way if you're not present the day of the elections, your letter of intent will let us know you are willing to accept the position if your elected. Don't limit yourself to just one position. Put your name in for multiple, that way if you don't get one, you may get another.

Reservations and RSVP go to Jackie Bowen (574-1223) jackiebowen2005@yahoo.com



From the Unit 209 President

Cathy Barger

Elections are coming up in April. If you would like to run for an office, please talk with me. I can be reached at catbarger@comcast.net or at 719-290-3163. The offices and a short explanation of the positions are: President - to conduct meetings of the Unit and Unit Executive committee; Vice-President - assist the President and in the absence of the President, perform her duties; Secretary - record all proceedings and maintain those recordings; Treasurer - receive/dispense all money belonging to the Unit and account for them; Chaplain - offer opening and closing prayers at the meetings; Historian - compile historical records of the Unit and send reports to Department; and Sergeant-at-Arms - preserve order at the meetings. You can also find descriptions in your Unit handbook and online at www.alacolorado.com or www.alaforveterans.org.

Remember to look at the calendar for the Legion Family Dinners, come and enjoy a good dinner. It is a great time with great food and great friends! Also, come join us for the new Member Initiation on March 16, 2018 at 6 p.m. and then stay for a Corn Beef Dinner, cost is \$14.50, dinner will be at 6:30 p.m.

Our Annual Easter Egg Hunt is coming up on March 31, 2018, 2 p.m. Open to Members and their families. If you're able to help or have questions, please contact Jackie Bowen.

Just a reminder that we will be working with the Blue Star Mothers to conduct "Suits for Troops" in April. For more information see our web page: www.Legion209.org

Don't miss our 1st Annual Craft Fair at the post in April, All proceeds will be going to the American Legion Auxiliary Colorado Girls State Program. For more information, please see the flyer for more details or check out American Legion Auxiliary Unit 209 Facebook page or www.Legion209.org web page.

We're also heading into Girls State season. We will be doing interviews for those young ladies, soon. If you would like to sponsor a girl, please contact Kellie Hayes at hayeskelliej@yahoo.com or 719-494-7167.

I wish the following ladies a HAPPY BIRTHDAY: Theresa (Terry) Albert, Amanda Baldwin, Jackie Bowen, Sandra Carr, Kellie Hayes, Mary Jenkins, Nancy LaFayette, Christine Long-Klinedinst, Shelly Smith, Sherry Surrena, Helga Velie, Kaycee Velie, Brenda Wash, Patricia Weaver. Make sure to wish these ladies Happy Birthday when you see them.

Serving Our Veterans Proudly!



From the Adjutant

Marvin Weaver, Jr.

We will be having an American Legion Initiation Ceremony on March 16th. This ceremony is not just for new members but for anyone who has not already been through a formal American Legion Initiation. It will be conducted just prior to dinner that night. More information will be coming so keep an eye out on the website.

We are doing well with membership this year. We need less than 100 more members (renewals and new) to reach our goal. If you have a friend that is not a member yet talk with them and see about getting them signed up. Most people when asked why they have not joined simply state they have never been asked. Department still has the recruiting drive going that for every new member you recruit you and the new member are entered into a drawing for \$100 to be drawn on the membership target dates. Also, the Commander still has his offer on the table, that if you bring in a new member, he will buy you a dinner of your choosing. Can't beat that.

District 7 Convention will be on Apr 29th here at Post 209 starting at 11am. We will have officers from Department give updates on what is going on across the State. We will also be having election of District officers. Lunch will be provided for donation.

The Annual Report is submitted each year in May to tell our story and let National know what we have done for the past year. This report goes to Congress and is compiled from across the American legion to showcase our volunteerism for our Veterans and Children. Please send me the hours, mileage and money you have volunteered for year, from July 2017 to the end of January 2018. I will ask for this information again to capture your volunteer hours, mileage, and donations from the end of January 2018 through June, so please start tracking this to make it easier to remember.



**From the Sr. Vice Commander
Eric Testorff**

As Senior Vice Commander and Membership Chairman, I would like to thank all the folks who have worked so hard this year toward our membership goal of 1,037. We are currently in the 900's and need around 100 more members to reach our goal.

To help us in this endeavor, we have put together a door hanger that you can use to spread the word about the Legion, and Post 209. It can be hung on doorknobs in your neighborhood or placed under windshield wipers on cars. Simply check which indicator led you to believe the owner might be a veteran or might know a veteran.

We have printed over 800 of these hangers, customized for Post 209. Pick some up at the Post and keep them in your car. Just ask any Post 209 officer for a handful.

On the back is our standard American Legion sign-up form, which includes the Eligibility Periods and Branch of Service. If a recipient is already a member of The American Legion, they are encouraged to pass the hanger along to a fellow veteran.

Our hope is that wide dissemination of these door hangers in the Colorado Springs area north of Platte Avenue will help put us over the top of our Post 209 membership goal.

Many thanks to Department of Colorado Adjutant Pat Smith and Past Commander Jay Bowen for their help in getting these hangers printed and back to us here in Colorado Springs.

Now, let's get out there and let our friends and neighbors know about the American Legion and Post 209!



Yum, Yum, Eat 'Em Up!



We are having a Butter Braid Sale from February 17, 2018 – March 10. In case you're wondering why so soon, a lot of people like to have them for Easter and this year Easter is April 1, so I thought I had better get started. Tell your friends, neighbors, and your neighbors' friends about the sale. Please turn in orders no later than March 10th. Delivery date is TBD but as always I will call or email you with the delivery date and time. Make checks payable to ALA Unit 209. The price is \$13.00 per Braid except for the 4 Cheese & Herb, and that one is \$14. We need the payment before the delivery date. You may call Jackie Bowen, (719) 574-1223 or email jackiebowlen2005@yahoo.com, with an order and then mail a check to her or discuss receipt of payment. Thanks in advance for helping us make this a success. FLAVORS: Caramel Rolls (9 rolls); Apple; Blueberry & Cream Cheese; Cinnamon; Strawberry & Cream Cheese; 4 Cheese & Herb, and cookie dough in the flavors of Chocolate Chip Oatmeal Walnut and Double Chocolate.



From the Junior Shooting Sports Chairman Ken Taylor

The Young Guns have been awarded a Grant from the NRA Foundation to support the Junior Shooting Sports Program for 2018. The Grant consisted of hardware that has a total value of \$2,191.76. Included in the award were 3 Champion's Choice T200 Rifle Bundles with extra air cylinders, several tins of pellets, cleaning pellets, two dozen pairs of safety glasses, two dozen FNRA shooting visors and a promotional banner. We would like to thank the **NRA Foundation** and the **Colorado Springs Friends of NRA** for helping us secure this grant. Our shooting program is greatly enhanced by the high quality equipment we are using as a result of these grants.

The NRA Marksmanship class started on February 14, 2018 and the Gun Safety and Basic Marksmanship Class started on February 15, 2018. We are now taking registrations for the fall class which starts in the second week of September 2018.

Reservations and RSVP go to Jackie Bowen (574-1223) jackiebowlen2005@yahoo.com



AMERICAN LEGION POST 209

THE PREEMINENT VOICE FOR VETERANS • COLORADO SPRINGS, CO



WALK OF HONOR

Buy A Brick Fundraiser!

If you've attended our meetings over the past year, you may have heard us discuss plans for a new fundraising effort. We are partnering with Polar Engraving to offer our members, family, friends, and our corporate Veteran-friendly supporters an opportunity to purchase an engraved brick to adorn our landscaping project we are working. The bricks are engraved using a hybrid method that combines both laser engraving and sandblasting. The engraving is then painted using the same paint used on tombstones so it's extremely durable. Here are the details/answers to questions we anticipate:

- **What Are We Having?** A Brick Fundraising Event
- **Why?** To Further Funding of our American Legion Programs and Offset Increasing Costs
- **What Size Are the Bricks?** We are offering 4"x 8" or 8"x 8" bricks for individuals, and 8"x 8" or 12"x 12" bricks for our corporate supporters.
- **What are the Costs for the Individual Bricks?** Prices range from \$90 to \$200, depending on size, style and lettering desired. For the 8x8 or 12x12 bricks, you can add a second emblem. Contact the Adjutant for ordering details. There is **NO** additional cost for the second emblem on the larger bricks.
- **What are the Costs for the Corporate/Veteran Supporter Bricks?** Prices range from \$250 to \$500, again depending on size, style and lettering.
- **What is the Difference between Individual and Corporate Bricks?** Individual bricks are identified for Veterans, and family members of Veterans wishing to purchase a brick to honor their Veteran. The corporate bricks are for our Veteran-friendly supporters and businesses who wish to show their continued support to our Nation's heroes by purchasing a brick.
- **Is the Brick Purchase Restricted to Members of the Post 209 Family?** No. We encourage members to buy a brick for themselves as a lasting memory of their association with Post 209. We also welcome anyone to purchase a brick for their Veteran loved one, or to show their support to our Veterans.
- **Can I Buy a 12"x 12" Brick for Myself/Loved One?** Absolutely!
- **Where Do I Go to Buy a Brick?** Visit <http://polarengraving.com/ALPost209> to buy your brick. The site is very user-friendly and will walk you through the design and purchase. You will be able to see a preview of your brick before finalizing the purchase.
- **How Do I Pay For the Brick?** We have the site setup to accept payment via PayPal or by check. PayPal is an extremely safe way to purchase a brick and you don't need a PayPal account to use it.
- **Where Will the Brick Be Shipped?** All bricks will be shipped to the Post. We will notify you when it arrives and you are welcome to stop by and see the brick you have purchased.
- **What Will Become of My Brick?** It will be placed near the Flagpole at the Post and will be part of the landscaping design we are working. If you are a landscaper or know a good one (preferably a Veteran), have them contact our Adjutant.
- **How Long Will this Fundraiser Effort Last?** We plan to only sell as many bricks as needed for the first phase of the landscaping project. Currently, that is anticipated to be 600 bricks, but that number may change depending on brick sizes purchased and the final design approved by the Post.
- **Will I Have an Opportunity to Buy a Brick Later?** Quite possibly. It depends on what is decided/ approved for the next phase of our project.

Order your brick(s) now to ensure you get one in Phase One of our project. If you buy multiple bricks, let our Adjutant know and we will make certain they are all placed together.



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

Origin of NAVY Terminology Rusty Bower



As you all may know, NAVY Sailors have been know to get a Tattoo when pulling into a Port. There is actually a story behind some of those tattoos. And here they are:

- ✦ **Swallows:** Home (each denotes 5,000 miles at sea)
- ✦ **Compass/Nautical Star:** Never losing one's way (each denotes 10,000 miles at sea)
- ✦ **Trident:** Special warfare
- ✦ **Rose:** A significant other left at home
- ✦ **Twin screws or props on one's backside:** Propels one forward through life
- ✦ **Rope:** Deckhand
- ✦ **Octopus:** Navy diver
- ✦ **Dolphin:** Wards off sharks
- ✦ **Sharks:** Rescue swimmer
- ✦ **Polar bear:** Sailed the Arctic Circle
- ✦ **Dragon:** Sailed the Pacific
- ✦ **Fouled anchor:** Sailed the Atlantic
- ✦ **Turtle:** Crossed the equator
- ✦ **Gold dragon:** Crossed the International Dateline
- ✦ **Gold turtle:** Crossed the International Dateline and the Equator where they intersect
- ✦ **Emerald fouled anchor:** Crossed the Prime Meridian
- ✦ **Emerald turtle:** Crossed the Prime Meridian and the Equator where they intersect
- ✦ **Full-rigged ship:** Sailed around Cape Horn
- ✦ **Helm:** Quartermaster
- ✦ **Pin-up girls:** Company at sea/port call
- ✦ **Hula girls:** Sailed to or ported in Hawaii
- ✦ **Dagger through a swallow:** Signifies a lost comrade
- ✦ **Pig and chicken:** Superstition to keep from drowning
- ✦ **The words "HOLD FAST":** Signifies a deckhand's tight grip on the lines



Motorcycle Minute Grady "K-Bar" Mitchell; President

Let me start with a big 'Thank You' to all the past ALR Officers for the great job they've done, and to the current members for reposing trust in me as the new President. I know the new Executive Board joins me as well. We'll do our best to keep operations as smooth as they have been in the past.

We've got a good schedule this year, starting with the Bikers Ball on March 3rd, hosted by Post 2008. Proceeds from the Ball will go toward the ALR B-B-Q at McCandless Veterans Nursing Home on July 28th. Our own Post 209 Poker Run on August 25th, and our Neal Thomas Jr Memorial Run on September 30th will help raise money for Vets and Veteran assistance, as will our ALR Dinners, the second Friday of every other month, starting on March 9th.

For just getting out and getting the wind in our faces, we've got our Post Fun Run on April 14th, and our High-Country Run on June 9th. And of course, our overnight run to Steamboat Springs on September 8th & 9th.

We'll be turning out to support the "Run For The Wall" when it comes through the 'Springs on May 19th, and the "Memorial Torch Run" on July 25th. As always, we'll support the Cripple Creek POW/MIA Rally August 17th through 19th, by escorting, helping set up, and guarding the Traveling Wall. We'll also participate in the annual USMC Toys For Tots Run on October 7th.

In closing, I want to thank the Post, the Auxiliary and the Sons for your support throughout the past and on behalf of VP Marvin Palmer, Secretary Amy Mitchell, Treasurer Rusty Bower, Sergeant-at-Arms Tim McDowell and Road Captain John Hanchek, we pledge our continuing support in the future.



From SAL Squadron Commander

Ken Taylor



Squadron 209, as proud possessors of a priceless heritage, likes to celebrate the Veterans who came before us. We do this at the beginning of our meetings by having a Squadron member tell us about the Veteran who gave them their eligibility. At our January 2018 meeting, Alan Bales presented a timeline of his Father's service in the US Army from December 8, 1941 until his discharge at Fort Dix in 1955. The timeline is listed below.

ARVEL L. BALES **1st Sgt., US Army 1941-1955**

- Arrived Ft. Knox, 18 December 1941.
- Attended Basic Training with 1st Army units, then onto Heavy Armor training.
- Attended Heavy Armor School, Ft. Knox KY Until Sept 1942.
- Assigned to Morocco, Tunisia, North Africa as part of Operation Torch (Jan. 43) with the 2nd Armored Division, 66th Armored Regiment as part of the Western Task Force under Gen. George S. Patton.
- Became part of Operation to Invade Sicily in July 1943, where 1st armored Corps was renamed the 7th Army enroute to Sicily on 10 July 1943.
- Participated in the freeing of Palermo (23 July 1943) and Messina (17 Aug 1943).
- Participated in actions in Italy throughout the final days of 1943.
- Participated in actions in France and became a part of the 3rd Army again under the command of General Patton.
- Promoted to Sergeant in 1945 at the Battle of the Bulge. Received the Bronze Star with "V" during this battle when he left his seat as a tank commander and ran without regard for personal safety and pulled 3 men from a burning tank, then returned to his tank to fight on.
- Sent home to Camp Dix in June 1945 for 30 days R & R. Returned to Germany in July 1945 to serve as part of the Occupation Forces in Europe.
- Stayed as a part of SHEAF until Mid-March 1947.
- March 1947 returned to Camp Dix for out processing. Re-enlisted and sent to Ft. Hood as Heavy Armor Instructor... Stayed there until deployed to South Korea in 1951 as part of the 6th Tank Battalion, 24th infantry.
- Participated in many actions throughout the south and was sent back to Ft. Hood in June 1953 for 30 days R & R. Returned home to WV and got orders on the 21st day of R & R to report to Ft. Knox by fastest means available.
- Arrived Ft. Knox July 1953, deployed to Trieste, as part of the NATO force occupying northern Italy (at that time) as Senior Armored Combat Specialist with the rank of 1st Sergeant.
- Served in that capacity until 26 October 1954 (last troops to leave the area), at which time his enlistment was up and he returned to Ft. Dix and was discharged with an Honorable Discharge, having earned the Bronze Star at the Battle of the Bulge.

As a reminder, SAL Memberships run through the calendar year, so your membership expired on December 31, 2017. If your membership card says 2017, please renew now for 2018. The cost is \$10 for those under 18 and \$20 for those who are 18 and older. Thanks for your past support of our Squadron and we look forward to everyone's support in 2018.



1st Annual American Legion Auxiliary Unit 209 Craft Fair!

Don't forget to come out and support our Craft Fair. There will be some very interesting crafts available for purchase and an opportunity to support one of the premier programs of the American Legion Auxiliary. All proceeds from the day's event will go to support Girl's State. For a mere \$2.00 entry, you will experience a fun and rewarding day.

The Craft Fair will run from 9:00am to 4:00pm. Check out the flyer in our February *The Centennial* Newsletter and online at legion209.org.



From the Historian

Chris Earley

One spring day, the London newspapers reported on “The Incident on King’s Street.” It seems a group of rowdy citizens had unjustly accosted a member of the British military. Reinforcements were called in and after the miscreants still refused to disburse and indeed threatened the very lives of the soldiers, the men had no choice but to defend themselves and a few of the rabble were lost.

The King’s Street in question was not a London byway but rather a street in the far-off town of Boston. In the colonies the news was being reported quite differently. Not a mere incident, but rather “The Boston Massacre.” Unarmed, peacefully assembled citizens were mercilessly slaughtered by an overbearing and oppressive Red Coat force. Patriots like Sam Adams and Paul Revere were quick to make the most of the situation and used the occasion to enflame and rally the colonists to their cause against the British Empire. But what actually happened that fateful night of March 5th, 1770?

The winter of 1770 was a tense one in the colonies and especially in New England. Upset with what they saw as unfair taxes, Bostonians had taken to harassing and impeding the work of the Kings Tax Collectors and other agents of his majesty. In response, the British sent military units to Boston to protect the King’s interests.

On this night, a contingent of eight soldiers and a commanding officer of the 29th Regiment were assigned the duty of guarding the Customs House. Rather routine duty, until about 9:00 PM. That’s when a group of angry citizens approached and started verbally assaulting the militia. Normally, that’s all that would become of it. But this night was different. Verbal insults escalated to physical assault as stones and snowballs were hurled at the soldiers. Later reports told of citizens brandishing clubs.

Then in a moment, everything changed. A shot rang out, and then several more. In the end, three lie dead in the street, another eight wounded. Of the eight, two would eventually succumb to their wounds. Colonists were quick to label the dead as martyrs. The local government, aware of the anger in the city were committed to ensuring the soldiers got a fair trial. The commander, Captain Prescott, and his men were tried in separate cases. For the prosecution, the city hired Robert Paine and Samuel Quincy. The British had a difficult time finding a local lawyer to defend their men, but finally one agreed despite the objections of his friends and family who saw it as the end of his budding career.

In the end Captain Prescott was cleared of all charges once it was determined he never gave an order to fire. Of the soldiers, 6 were acquitted while 2 were found guilty of manslaughter. The punishment? They were branded on their thumbs.

As a result of this situation, the British soldiers involved were removed from the city proper and stationed at “The castle in the harbor.” The lawyer who so ably defended the British didn’t hurt his career too much after all! John Adams went on to represent Massachusetts in the Congressional Congress, and became the second President of the United States.

And that is history!



From the Post Executive Committeeman

Bill Burd

As the Post Committeeman I have varied responsibilities. With Commander Mike Barger’s help and a committee we brought together, I’ve taken on the responsibility of identifying Capital Funding ideas for the Post.

Our purpose is to find ways to build a fund and create enough income to carry the overhead of the Post, which is now running around \$5000.00 per month. We must find funding to continue supporting programs and keep the lights burning.

The interesting outcome of starting a project such as this is that members come up with all kinds of money making ideas, ranging from popcorn sales to Saturday take home barbecue, and donations from Membership and Corporations.

The fund does have a small base thanks to the generosity of a few members committing a monthly donation. YOU as a member might consider a \$10, \$20, or \$50 per month to help continue to grow our base. We have pledge cards in the rack near the entrance door. You can call Bill Burd 719-330-1279 or Kelly Hayes at 719-494-7167, we will get your pledge listed. We also addressed this in our December newsletter. If you missed that edition, you can go to our website and download it. The article explains the different ways you can donate.

When you consider that each of our Groups; American Legion 209, Our Sons of the American Legion, our very active Auxiliary, and the Legion Riders, all have a list of organizations they help with funding and volunteer time. We have outreach that almost no other company or organization can do. I plan to have those lists in the Newsletter next month.

Please consider a monthly pledge to help us with our base for this Capital fund. And if you have ideas that we should be considering please let us know, and “THINK BIG!”

Healing Warriors

By Ana Yelen

Editor's Note: Here's the story of an amazing, free program offered to our Post members and active duty service members by some very caring people. They are at our Post the 4th Saturday of every month from 9 am to 12:30 pm. Read on to find out why you need to take advantage of this great program. Walk-in's are welcome or you can make an appointment by calling 970-776-VETS (8387).

The cornerstone of our program is the clinic located in Fort Collins which is open daily, 9 am to 5 pm and provides hour long clinic sessions and treatment plans for pain, post traumatic stress and sleep disturbance.

The clinic offers Acupuncture, Craniosacral therapy, and Healing Touch appointments and provides self care education and training. Our services are available for free to Veterans and active duty service members of all branches of service and any era, as well as their spouses, partners and parents.

Co-founders Shelley Poland and Ana Yelen met when Ana was still a senior manager at high-tech giant, Sun Microsystems and Shelley was a product manager at another tech giant, Arrow Electronics. After leading a government account technical team, and losing team members during 9/11, exposure to the impacts of pain, trauma and effects of opioid overuse, highlighted the need for non-narcotic care options for returning service members. The first annual Service day event was organized in 2007.

The Wings Over the Rockies Air and Space museum generously hosted the free clinic event which included 14 practitioners donating their time and skill to Veteran and active duty service members and their families. In 2010, Shelley and Ana's volunteer relationship with Lifespark Cancer Resources resulted in an opportunity to provide a Service Day of free clinic services at the Denver VA Medical center for Nurse's day.

The practitioner team provided free sessions from 8 am to 7 pm and with a high demand for services, the event was deemed a success and Denver VA requested the team back for subsequent events.

With rising suicide rates among our service members, and the need for Veteran services skyrocketing, it became clear that a Monday through Friday nonprofit clinic was needed. **Healing Warriors Program** clinic opened July 2013 as a 501(c)(3) nonprofit and a VA registered Vendor.

With no funding to spread the word, and relying on volunteer staff, it was unclear whether the clinic would be able to survive. But our Veterans, having experienced results, stepped in and spread the word for us. After 6 months, the demand for services, generated from word of mouth referrals, made it necessary for the clinic to expand. In addition to pressure to add more practitioners and more treatment rooms, we were being asked to provide services across the metro area, and even to the western slope.

In December of 2013, the Yellow Ribbon program contacted us to support their pre, and post deployment troops. The only way we could provide assistance over such a wide breadth of areas was to launch our pop up clinic program. Our first regular pop up clinic was established at VFW Post 1 in Denver. The clinic operates on the 2nd Saturday of the month and provides 30 minute sessions from 9 am to 1 pm. The clinic at VFW Post 1 averages between 30 – 40 sessions a month with some months reaching up to 65 sessions. With the success of the Denver pop up clinic, requests for a clinic in Colorado Springs continued to rise. It was at this point that we launched the Colorado Springs clinic at National American University. We were very grateful to the university for hosting us and we quickly outgrew the space. It was then that we sought partnership with American Legion Post 209 to enable serving more Veterans. American Legion Post 209 has been a generous partner providing us with space to serve our Veterans and active duty service members, and allowing us to store our equipment to enable both efficiency and minimize cost.

Our newest pop up clinic is in Longmont where we partner with VFW Post 2601 and are hosted at the National Guard Armory.

At whichever location, we are always happy to see Veterans telling one another about the services, and telling us their stories. They tell us they are feeling better, have less pain, and are sleeping better.

To date, we have delivered over 11k clinic sessions at the Fort Collins location and close to 400 outreach sessions in 2017. We are honored to serve our Veterans.



From the Sergeant-at-Arms

Stan "Sgt. Ski" Kransinski

Good day all Legion Post 209 members,

I am proud to announce that our new "MVP Collection" has its' first inductee. Please help me congratulate Arthur W. Kimbrel Jr, CMSgt USAF (Ret)! He was publically embarrassed and recognized at our General Membership Meeting on February 10th. Let's learn a little about Chief Art that we didn't know...he shared with me:

"I was a Restaurant Chef in 1966, when I got a "Greetings" letter from my Uncle Sam. Well, I did not want to go to Vietnam and didn't like the thought of Canada, so I enlisted in the US Air Force and became a Fighter Aircraft Crew Chief. My first base was George AFB, California, where I crewed F-4 Phantom Aircraft. In April 1969, I found myself at Da Nang Air Base, South Vietnam. "GO Figure!" After Vietnam, I was stationed at Yokota Air Base, Japan and Kadena Air Base, Okinawa (when we owned it), and then back to the USA at Eglin AFB, Florida, where I transitioned to the F-15 Eagle. In 1977 I did my first tour in Europe at Bitburg Air Base, West Germany ("Bite ein Bit"). After Germany I was stationed at Luke AFB, Arizona, was promoted to Chief Master Sergeant and received my second assignment to Germany. There I was assigned to a Squadron of C-23 Sherpa Aircraft, was on flying status where we flew all over Europe delivering critical parts to broken Fighter Aircraft. "What a fun job!" Then back to the States at Holloman AFB, New Mexico. At Holloman, I transitioned to F-117 Stealth Fighter, enjoyed "Desert Storm" and retired in 1996. Looking back, it was an interesting 30 Years.

In 1996, my youngest daughter Kourtney, and I moved to Colorado Springs and for the next 12 years I was a Financial Advisor, where I helped people plan for their financial goals. I retired again in 2008. I joined The American Legion in 1996 and was assigned to Post 209. We did not have a home Post facility so I just paid my dues annually. I saw in our newsletter in 2010 that we now had a Post Home so I came and offered to help. Shortly after that the Club Manager and Cook left town for a job and the Commander at the time (Jay Bowen) asked me if I was willing to take over those duties. I told him no, that I am retired and did not want a job I just wanted to help. He then asked if I would fill in temporarily until he could find a replacement. That was August 2010 and I'm still filling in temporarily. My daughter Kourtney once asked me why I do all that I do at the Post and I told her that even though I'm retired I still like to be useful and I love Veterans."

What a deserving MEMBER-VOLUNTEER-PARTICIPANT of our wonderful Post!

Thank you Chief Art for all that you do, for the spirit that you do it in and for your continued service to us all.

Note, there is now a "MVP Collection" nomination box available at the front counter for nominations.

You can use the index cards located on the box, type it out at home and then slip it into the box or send an email to the Post email address at centennialtwozeronine@yahoo.com.

The Post Executive Committee will review all the nominations and select the recipient during their meeting on the first Thursday of March.

The recipient will be recognized during the March General Membership Meeting that following Saturday. The Sergeant-at-Arms will then arrange to interview the recipient for another offering under their title in the next monthly Newsletter. This will repeat monthly ongoing!

Please become an American Legion Post 209 "MVP Collection" member...step up and help and/or nominate someone who has. Assistance is needed throughout our efforts!

Also, be advised that Mr. Luke Baron will be employing and working his approved "Eagle Project" at the Post facility on 03 March, 2018. Weather days have been scheduled for 17 & 24 March, 2018 as required. We, that is the Post, are planning additional efforts to landscape the front of the building in conjunction with Luke's project. Please show up, if you can, to assist with the other efforts on the 3rd.

'We can only make a difference if we are involved...participants not spectators.'

Thank you and please have a great month!

Bringing a Little South to the West

By Past Post Commander Jay Bowen

Winston Churchill once stated, "Americans and British are one people separated by a common language." While said somewhat tongue in cheek, it is indeed a fact. But this is not only true about our friends across the "pond," it is just as accurate here in the good ole USA.

For years I was under the impression the language differences were separated by the Mason-Dixon Line. Now I've discovered there are many different dialects even across the southern states. Never was this more evident to me than right after I retired from the US Army and moved back close to my home in the south.

Jackie, the boys and I moved to NE Arkansas and I was happy to be back with the type of people I had grown up around. I just knew I would fit in and while much of my "southern accent" had gone away after 20 years of Army life, I was convinced it was not noticeable. Wrong! Several people thought I was a Yankee. That bothered me, but what got to me even more was the quaint terms and phrases that was commonplace among my neighbors, but foreign to me.

For example, not long after I settled in and went to work for Bush Brothers and Company, I was telling a story to a buddy at the plant. At one point, he emphatically yelled, "I Heard That!" I waited patiently for him to finish the statement and tell me what he had heard, but apparently that was the end of his sentence. I wanted to ask what he had heard and then realized he was just agreeing with whatever I had just said. It seemed that was one of the most common phrases in that little town of Blytheville and the surrounding community.

Other terms I had to re-familiarize myself with in places across the south was when referring to meals. The term Breakfast means the same thing across the country, but in the south many of my redneck buddies talk about going to eat Dinner at noon. The evening meal is Supper. That was a tough re-adjustment for me and I missed a few "Dinner" dates with friends because I would show up at the Restaurant about 5 hours too late.

Naturally, some of the easy one's for me was "y'all" when referring to single person, and "you all" when talking about more than one. I never lost that even when I talked like a Yankee. But I realized that depending on where you are in the south, they replace y'all with "you ins." This is pronounced almost as one syllable (uins). I hear this term more from the "Ridge Runners" than I do among my redneck brothers and sisters. For those not educated in the geographical regions of the south, the areas along the Appalachians in the eastern part of Tennessee and Kentucky are where you'll find the Ridge Runners. They are a different type of folks out there, but they are good people, "Bless their little hearts." You know, a southerner can say anything about anybody if you preface or end the statement with, "Bless his heart." That makes anything you say okay. Back home I would never be chastised for referring to someone as stupid as long I do it in the proper format; "That boy ain't got the sense God gave a goose...Bless his heart." Or, "Bless his heart, that baby is so ugly you'd have to tie a steak around his neck just to get the dog to play with him."

I recall one term that took a few extra minutes to interpret. I was talking with a buddy who had never left Mississippi County Arkansas about buying some firewood. He knew everybody from that part of the country and I was confident he would know the best person to contact. He asked me how much firewood I was looking for, maybe just a "rank?" I know I stared at him as if he had two heads, and I replied, "What?" He repeated it, "Are you looking for a rank?" I thought maybe he was referring to a type of wood. I finally said, "I'm not certain. What do you recommend?" He said, "Well, if you're not gonna be burnin' a lot of wood, a rank should be enough. If we have a hard winter, you may need a full cord." Okay, I got it now. I wanted to help him so I said, "Oh, you mean a rick... right?" He stared at me like I was from another planet and politely said, "No, I mean a rank; half a cord." I gave up and stated a cord should be plenty just in case we get a hard winter. He said, "I heard that!"

I have noticed that most people in the northern regions don't really have a distinctive dialect, with the possible exception of New England. They tend to say, "youse guys" and want to end many words with an "r," like "datar" for data. Or maybe they don't use an "r" at all. For example, they will "pahk" the "cah," instead of parking the car. But I guess at the end of the day they use as many "r's" as everyone else, they just use them where they shouldn't and don't use them when they should.

Oh well, I guess it is the separation of our common language that makes us unique and sometimes interesting, "Bless our Hearts." I heard that!



Post Officers 2017-2018

Office	Name	Telephone
Commander	Mike Barger	719-290-3218
Sr. Vice Cdr	Eric Testorff	719-510-4177
Jr. Vice Cdr	Jerry Lollar	719-641-2778
Adjutant	Marvin Weaver, Jr.	719-244-3535
Finance Officer	Rusty Bower	719-649-0654
Chaplain	Paul R. Darrow	719-237-4461
Sergeant-at-Arms	Stan "Sgt. Ski" Krasin-ski	719-359-6356
Historian	Chris Earley	719-338-1398
Post Exec. Cmtee	Bill Burd	719-330-1279
Service Officer	Lyle Hagelberg	719-231-2364
Judge Advocate	Marvin Weaver, Sr.	719-638-4763
Club Manager	Art Kimbrel	719-339-4610
Honor Guard Capt.	Eric Testorff	719-510-4177



ALR Officers 2018-2019

Office	Name	Telephone
President	Grady Mitchell	719-201-3353
Vice President	Marvin Palmer	719-287-7047
Secretary	Amy Mitchell	719-321-8291
Treasurer	Rusty Bower	719-649-0654
Sgt-At-Arms	Tim McDowell	719-510-9907
Road Captain	John Hanchek	719-648-5415



Auxiliary Officers 2017-2018

Office	Name	Telephone
President	Cathy Barger	719-290-3163
Vice President	Donna Rae Smith	815-973-0073
Secretary	Pat Weaver	719-638-4763
Treasurer	Kellie Hayes	719-494-7167
Chaplain	Jackie Burd	719-590-6615
Sergeant-At-Arms	Donna Testorff	719-510-4567
Historian	Nancy LaFayette	719-594-6806



Sons of The American Legion 2017-2018

Office	Name	Telephone
Commander	Ken Taylor	719-761-4047
Sr. Vice Com-mander	Marv Weaver Jr.	719-244-3535
Jr. Vice Com-mander	Stan "Sgt. Ski" Krasinski	719-373-7814
Adjutant	Rick Kettering	813-967-6680
Finance Officer	Rusty Bower	719-649-0654
Sgt-At-Arms	Steve P. Cox	970-580-8191
Assistant S-a-Arms	Stanten Krasinski	719-359-6356
Chaplain	Shelten Krasinski	719-359-6356
Historian	Eric Testorff	719-510-4177

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Young Guns 6:30pm Executive Committee Meeting 6:30pm 	2 Price Varies with order Hamdogger 6:00pm 	3
4	5 Honor Guard Mtg/Tng 6:00pm 	6	7 Marksmanship 6:30pm 	8 Intl. Women's Day Young Guns 6:30pm 	9 \$9.00 Meal ALR Dinner - 6:00pm RSVP Required! 	10 Membership Meeting Breakfast - 9:00am Meeting - 10:00am
11 Daylight Saving Begins	12	13	14 Marksmanship 6:30pm 	15 Fundraising Cmtee 7pm Young Guns 6:30pm 	16 \$14.50 Meal New Member Initiation! 6:00pm Corned Beef Dinner 6:45pm RSVP Required! 	17 Saint Patrick's Day
18	19 Honor Guard Mtg/Tng 6:00pm ALR Executive Board 6:00pm 	20 Spring Begins	21 Marksmanship 6:30pm 	22 Young Guns 6:30pm 	23 \$10.50 Meal Chef's Choice! - 6:00pm RSVP Required! 	24 Healing Warriors 9:00am - 12:30pm
25	26	27 ALR Monthly Meeting 6:30pm. Social 5:30pm SAL 5:45pm 	28 Marksmanship 6:30pm 	29 Young Guns 6:30pm 	30 Good Friday Fish Fry Dinner Fundraising Event! \$10.50 RSVP Required! 	31

Reservations and RSVP go to Jackie Bowen (574-1223) jackiebowen2005@yahoo.com

April 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter Happy Easter! 	2	3	4 Marksmanship 6:30pm 	5 Young Guns 6:30pm Executive Committee Meeting 6:30pm 	6 Price Varies with order Hamdogger 6:00pm 	7 1st Annual Auxiliary Craft Fair - 9:00am - 4:00pm 
8	9	10	11 Marksmanship 6:30pm 	12 Young Guns 6:30pm 	13 \$9.00 Meal Auxiliary Dinner - RSVP Required! 	14 Membership Meeting Breakfast - 9:00am Meeting - 10:00am  
15	16 ALR Executive Board 6:00pm 	17 Tax Day (Taxes Due)	18	19 Fundraising Committee Meeting 7:00pm	20 \$14.50 Meal Steak Night! - 6:00pm RSVP Required!   	21
22 Earth Day	23	24 ALR Monthly Meeting 6:30pm. Social 5:30pm SAL 5:45pm  	25 Administrative Professionals	26	27 \$10.50 Meal Chef's Choice! - 6:00pm RSVP Required!   	28 Healing Warriors 9:00am - 12:30pm
29	30	Notes:				

May 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Executive Committee Meeting 6:30pm 	4 \$10.00 Meal Quattro De Mayo Taco Night! 6:00pm RSVP Required! 	5 Cinco De Mayo
6	7	8	9	10	11 \$9.00 Meal ALR Dinner - 6:00pm RSVP Required! 	12 Legion Training 8:45am Dine w/Nt'l Cmdr 6:00pm Installation 7:30pm  
13 Mother's Day Happy Mother's Day!	14	15	16	17 Fundraising Committee Meeting 7:00pm	18 Special Dinner! 6:00pm RSVP Required! Cost to be Determined 	19 Armed Forces Day
20	21 ALR Executive Board 6:00pm 	22 ALR Monthly Meeting 6:30pm. Social 5:30pm SAL 5:45pm  	23	24	25 \$10.50 Meal Chef's Choice! - 6:00pm RSVP Required!   	26 Healing Warriors 9:00am - 12:30pm
27	28 Memorial Day	29	30	31	Notes:	