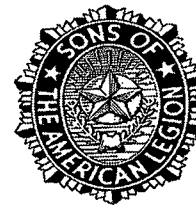




Centennial 209 Newsletter



P.O. Box 25334, Colorado Springs, Co 80917-5334
719-599-8624

NOVEMBER 2001



From the Commander
Charles Zeitvogel



From the President
Dorothy Dassero

Family Support Network:

American Legion National Commander, Ric Santos, has implemented the Family Support Network, which is designed to meet family needs that seem to occur when troops are mobilized and deployed to support interests of the United States and its allies, according to a letter from Danny DuMiller, Colorado Department Commander. The toll-free telephone number to call for the Family Support Network is 1-800-504-4098.

Veterans Day Parade:

Members of American Legion Post 209, including Auxiliary Unit Members, and Sons of the American Legion Members are invited to take part in the Veterans Day Parade Nov. 10, 2001 in downtown Colorado Springs. "Honoring the Brave" is the theme. Parade organizers will honor those who have earned the Purple Heart. Cub Scouts from Pack 24 will also march with us as in past years. Individuals who cannot march or walk in the Parade are welcome to ride on the proposed float, to be built by members of Rampart High School, or in the Post's station wagon.

Unit positions in the parade have not been announced at the time of this writing, however, the proposed parade route is approximately from Cache La Poudre Street down Tejon Street to Vermijo Avenue then West to Cascade Avenue and North to approximately Cache La Poudre Street. Please call and leave a message on the office voice recorder if you would like to participate and someone will call you back with further details. Ph. (719) 599-8624.

Veterans Day, 11 November 2001, is the designated day to honor the Veterans of our Nation.

This year the significance of that day will be more pronounced than it was last year. The reason for this, of course, is that we are once more in a conflict where it puts our sons and daughters, grandsons and granddaughters, as well as co-workers and friends, at risk of being injured. Some won't be back.

I thought about this while watching the television when I heard that they were going to bury the first casualty, a Master Sergeant, in Arlington National Cemetery.

Ceremonies at Memorial Park will be on Sunday, 11 November 2001 at 11:00 A.M. I urge everyone to attend these ceremonies and remember those who have given so much.

I hope everyone has a safe and Happy Thanksgiving Day.

Until next month.

Today well-lived makes every yesterday a dream of happiness and every tomorrow a vision of hope.

Post 209 Officers

Commander	Chuck Zeitvogel
Senior Vice Commander	Larry Johnson
Junior Vice Commander	Norm Moyer
Adjutant	Ann Foster
Finance Officer	Greg Andries
Historian	Harry Mc Fadden
Sgt-at-Arms	Robert Rydell
Chaplain	Howard Hornik
Judge Advocate	Alton Cyriaque
Service Officer	Thomas Morant
Post Exec Committeeman	Neal Thomas

Dues \$ 30.00

Auxiliary Officers

President	Dorothy Dassero
Secretary/Treasurer	Barbara Johnson
Chaplain	Marcia Shellhammer
Sgt-at-Arms	Ruth Hornik

Dues \$ 15.00

Meetings

Post Executive Meeting – 1st Thursday –
6:30 P.M. at 4291 Austin Bluffs Pkwy, Ste 104.

Post General Meeting – 3rd Thursday
7:00 P.M. at VFW Post 4051,
430 East Pikes Peak Avenue.

Auxiliary General Membership Meeting
1:30 P.M. at 4291 Austin Bluffs Pkwy, Ste 104.

Board of Trustees

Chairman	Neal Thomas
Secretary	Alton Cyriaque
Member	Greg Andries
Member	Chuck Zeitvogel
Member	Francis Redington
Member	Harry Mc Fadden
Member	Alton Cyriaque
Member	Larry Johnson

Meets on the 1st Thursday after Executive
Committee Meeting

Membership Eligibility

World War I
April 6, 1917 – 11 November 1918

World War II
December 7, 1941 – December 31, 1946

Korean War
June 25, 1960 – January 31, 1956

Vietnam War
December 22, 1961 – May 7, 1975

Grenada & Lebanon
August 24, 1982 – July 31, 1990

Persian Gulf
August 2, 1990 – Until the end of Hostilities as
set by Congress



Sick Call

Our wishes for a speedy and complete
recovery go out to:

Dot Dassero – injured her back while moving.
Have received an e-mail from Dot and she is
doing better.

If you are sick or if you know of someone who
is under the weather or in the hospital, please
give a call to Howard Hornik at 719-596-6345.
Information needs to be in the editor's hands
by the 3rd Thursday of every month for
inclusion in the newsletter.



From the Historian
Harry Mc Fadden

American Legion Post 209 was chartered on March 8, 1976. There have been many events and changes in the last twenty-five years.

The American Legion Post 209 Historical Book for 2001 is being assembled and we are looking for memorabilia to complete it. Originals or copies of articles, brochures or other items would be greatly appreciated for installation in the book. If any member has something that they would like to share, please contact the office at 599-8624 or Harry McFadden, Post Historian, at 591-7606. Thank you and God Bless.

Medal of Valor Luncheon:

The Medal of Valor Luncheon for the Colorado Springs Police Department was held, Thursday, 11 October 2001 at the Broadmoor International Center. Over 800 people were there to honor 30 members of the Police Department that received the 2001 Distinguished Service Award and two officers who received the 2001 Medal of Valor Award. One local citizen, Eric Singer, of TV Channel 11, received a Citizen Award of Appreciation.

This Luncheon is now an annual event to recognize and show appreciation to members of our Police Department who excelled in the performance of their duties and, in many cases, put their lives on the line.

We military veterans have an appreciation for what it takes to serve our nation from external threats. We sometimes may not fully appreciate the work of our local police. They work daily to uphold our laws and may be called upon at any time to put their lives at risk for our common welfare and safety. From time to time, consider saying "thank you" to police officers that you meet for the work they do for us.

Neal Thomas, Past Colorado Department Commander, and I attended this Medal of Valor Luncheon as your representatives for American Legion Post 209.

By Commander Chuck Zeitvogel

Answer: 1.Cornelius Vanderbilt

Have you hugged a Veteran today?



From the Sr. Vice Cdr.
Larry Johnson

Once again, you have achieved another Miles Stone by either renewing or signing up new members into Centennial Post 209. We have 202 Legionnaires towards a goal of 271 members for 2001. We (the Post) would like to reach our goal by 31 December of this year. By doing this we will then be able concentrate on the other programs of The American Legion and the Post without having to keep responding to inquiries about what is happening with our membership program. With your continued support we will reach our goals.

Some of you know that I served as the District 7 Adjutant for a few years. One of the things that I have come across in my dealings with the Posts of the District, as well my dealing with Veterans at the Gun Shows, picnics, and other functions is that the Veterans, as a whole, have not been kept up to speed in regards to diseases and benefits.

We, as Legionnaires, Auxiliary, and Sons of The American Legion, have a responsibility as comrades, parents, friends, and co-workers, to provide as much information as possible to those we care for and work with regarding diseases and medical problems that can hurt them. Towards this end, I URGE ALL who meet Veterans, especially Vietnam Veterans and Gulf War Veterans, to get registered with the Veterans Administration to have tests done and find out what benefits are available to them. On Thursday, while visiting an American Legion Post, I talked with a group of veterans about their VA benefits and others things. I was not amazed that after the meeting, a couple of veterans said that they have never heard any of the information that I talked about. They did not know that they could get medications for \$2.00 per month instead of paying \$400.00 a month or that they could get free medical care for themselves and be assigned to a regular VA Doctor. One of the Vietnam Veterans did not know that they could get a free Agent Orange Physical or that Diabetes and Prostate Cancer are compensational under Agent Orange. All the veteran had to provide was a copy of their DD 214 to prove they were in the country. It is almost a given that they would receive care and compensation.

That is what we are here for is to provide answers to questions, as well as, help to Veterans and their families.



Calendar Of Events

November 2001

- 1 Nov Post Executive Meeting 6:30 P.M.
Board Of Trustees Meeting Follows
- 10 Nov Veterans Day Parade – Downtown
Colorado Springs Form-up at 9:00 A.M.
- 11 Nov Veterans Day – Ceremonies at the Rock
(Memorial Park) 11:00 A.M.
- 15 Nov Post General Membership Meeting 7:00
P.M. (VFW Post 4051) 430 E. Pikes Peak
Ave. District Officers Visitation
- 17 Nov Early Bird Dinner and New Member
Initiation. American Legion Post 5,
15 E. Platte Ave, Colorado Springs.
Social Hour 6:30 P.M.
Dinner served at 7:00 P.M.
- 22 Nov Thanksgiving – Have a safe Holiday and
remember to give thanks!
- 23-25 Nov Membership recruiting at the Gun Show
Youth Outreach Center – Union Blvd

December 2001

- 5 Dec Post Executive Meeting 6:30 P.M.
- 8 Dec Centennial Post 209 Annual Christmas
Dinner, Social time 6:30 P. M.
Dinner served at 7:00 P.M.
Post 5, 15 E. Platte Ave
Mark your Calendar Now to Attend
- 25 Dec Christmas Day –
Have a Safe Holiday Season

Oratorical Contest Briefing:

Bill Marshall, Oratorical Contests Chairman, gave an excellent briefing at the Oct. 18, 2001 General Membership Meeting concerning the status of the contest preparation for this coming year. His position requires time and commitment to coordinate all that has to be done to ensure success. Many thanks to Bill for his work that he is doing to ensure that all high school students in our area of responsibility have the opportunity to participate in the Oratorical Contests. Those that do participate will benefit greatly from his efforts.
By Commander Chuck Zeitvogel



From the Adjutant
Ann Foster

Membership for 2002 is now 202 and we are at 75% of our goal of 271 and with 70 more we will be 100%. Now is the time to get serious about renewing your membership as October will soon be over and we would really like to reach our goal by the end of December. This will allow us to concentrate on Legion programs from January through May. The 2003 membership drive will start in July.

We continue to get questions about the membership drive such as "Why does the drive run from July 1 - December 31 in the preceding year?" When an organization of almost three million members begins to process the paperwork each year for renewal, it takes time to do all the associated processing. This is compounded by sending more than one renewal notice if a member elects to wait to renew. However, you may renew whenever it suits you and your budget. If you renew at or close to the time you receive your first renewal notice, your membership will continue uninterrupted and we can all carry on with the business of "American Legion veterans helping veterans and their families".

Another question received from members that transfer to our Post is "Why do we get a new card with a booklet that welcomes them to the American Legion?" The card identifies you as a member of Post 209. The booklet has useful information about the American Legion including a section about meetings, etc.

Just a reminder, we need proof of your time in the military service. This is a war-era organization and Congress approves the dates of war service that determine membership eligibility. When they review our organization, 90% of our membership must meet eligibility with proof of service documentation such as your DD214. Those in an earlier war era may have different documentation. If you have already provided copies of military service, thank you. If you have not provided it, please do so as soon as possible so our records are complete.

Also, I want to encourage you to attend the early bird dinner, November 17th. It is a nice event.

Participate in the Veterans Day Parade –
See details in this newsletter.

Answer: 2 Ulysses S Grant

ARE YOU AT RISK FOR HEPATITIS?

The major types of Hepatitis are Hepatitis, A, B or C.

Safe and effective vaccines exist for hepatitis A and B. BUT THERE IS NO VACCINE TO PREVENT HEPATITIS C.

Fortunately, new improvements for Hepatitis C that succeed in many patients do exist. Research is continuing to find improved treatments for the years ahead.

Take this easy quiz and BE HONEST WITH YOURSELF, even if you can't remember, or are in doubt. PLEASE GET TESTED.

- In your military service, have you ever been in a situation in which you have had exposure to someone else's blood through contact with a bleeding wound, through needle stick injury, or in any other way?
- Did you serve in Vietnam?
- Did you have a blood transfusion or organ transplant before 1992?
- Did you ever, EVEN ONCE, inject drugs?
- Did you ever, EVEN ONCE, snort, or inhale cocaine using a straw or bill?
- Have you ever had unprotected sex with multiple partners? Do you have a history of sexually transmitted disease?
- Have you ever had a tattoo or part of your body pierced?
- Have you ever had acupuncture?
- Have you ever had hemodialysis?
- Were you born to an HCV-infected mother?
- Have you received, before 1987, blood products for clotting problems?
- Have you ever had an abnormal liver function test?

If you answer YES to any of the questions, you need to get a simple blood test for Hepatitis C. Visit the VA Medical Center or your doctor immediately.

This was printed from a pamphlet provide by the VA. This is not a funny thing to have or get.

It All Began with a Guarantee: A Veteran's Story

Excerpt from Bob Hersey, 11th Armored Cavalry Regiment, article.

My Army career began with a promise. One of many that would not be kept. A written "Guarantee" that I would become a US Army Bread Baker. I attended the Quartermaster School's bread baking course at Ft. Lee, VA all right but that was the first and last time that I would bake bread in the Army.

After graduation, I was sent to the 2nd Armored Cavalry Regiment in Germany. When I reported to the personnel officer, he asked me what my MOS was. I told him, "94D20". He'd never heard of it. He asked me if I had ever driven a tank to which I replied, "every Saturday night to the drive-in back home". He wasn't impressed. He made me a cook. Thank God the mess Sergeant utilized me as a baker. It wasn't until Vietnam that I would learn how to fry eggs, make coffee and burn toast.

Bob's Not So Famous S-O-S

"Shucks-On-A-Shingle" -you translate. Every GI since Hannibal crossed the Alps has eaten or at least encountered SOS.

Start with 10 pounds of ground beef(hamburger). The fatty kind is best. Brown the beef in a large saucepan with salt, pepper, finely chopped onions and a splash or two of Worcestershire sauce. This next ingredient isn't in any of the Army's cookbooks but I always added a generous portion of cooking sherry. If I didn't have sherry, I would add cognac. Once browned, add a cup of water, a cup of whole milk and bring to a boil. Slowly stir in ½ cup of bread flour. This thickens the mixture. Lower the heat and cook slowly for about 5 minutes. If the sauce is too thick add more milk. If it's too thin, add more flour. Hint: "It's best if the final product is a little on the "thin" side because as it sits in your mermite can, it will thicken up. Serve over toast or, better yet, hot biscuits. Any leftovers may be used as brick mortar by the engineers.

Do you have a short article to share in the newsletter? Please submit it to the Post for review.

BINGO—Volunteers needed! Please call the office and leave a message if you would be available to help one or more Tuesday evenings per month. This is our fund raiser. Many positions available. Greg Andries is games manager.

Trivia Challenges

1. The Star of the West, a luxury steamer which was hired by the US government for \$1500 to transport soldiers and supplies to Fort Sumter, was originally built by whom?

- A) Andrew Carnegie
- B) Jim Fisk
- C) J.P. Morgan
- D) Nelson Rockefeller
- E) Cornelius Vanderbilt

2. Who said, "It will always be found in the end that the only way to whip an army is to go out and fight it"?

- A) Daniel Butterfield
- B) Ulysses S. Grant
- C) Robert E. Lee
- D) George B. McClelland
- E) William T. Sherman

(Answers are found elsewhere in this newsletter.)

Veteran's News and Views

ACA Hails Key House Committee Approval of New Chiropractic Benefit for Veterans

The American Chiropractic Association (ACA) is hailing the action of the House Veterans Affairs Committee, which voted to approve legislation mandating a new program of chiropractic benefits within the Department of Veterans Affairs (DVA). The legislation allows veterans to select a doctor of chiropractic as their primary care provider. Calling the committee's action "the strongest and most important affirmation of the true value and potential of chiropractic care to manifest itself in any federal legislation thus far," ACA president Daryl D. Wills, DC, urged quick action by the full U.S. House of Representatives to approve the measure.

Key provisions of the new chiropractic benefit as approved by the House Veterans Committee include:

- Creation of a permanent chiropractic benefit available through all DVA medical centers.
- Phase-in of the chiropractic benefit over five years, adding 30 sites per year. The first 30 sites are to be designated 60 days after the enactment of the provision into law.
- Appointment of a director of chiropractic services in DVA to be staffed by a doctor of chiropractic. The director of chiropractic services will be responsible to the Secretary for the operation of the chiropractic services.

- Scope of chiropractic services which "shall include, at minimum, care for neuromusculoskeletal conditions".
- DVA authority to hire doctors of chiropractic as staff.
- Primary care provider status for doctors of chiropractic. Enrollees may select a doctor of chiropractic as their primary care provider--in essence giving veterans direct access to chiropractic if they select a doctor of chiropractic as their primary care provider.
- Requirement that the Secretary of DVA to provide training and chiropractic related materials to educate other health care providers regarding the benefits of the appropriate use of chiropractic services.
- Establishment of an Oversight Advisory Committee, including representatives from chiropractic profession, to provide advise on development and implementation of the new chiropractic benefit.

Source- American Chiropractic Association

Thanksgiving:

Thanksgiving Day is November 22nd this year. Thanksgiving was first celebrated at Plymouth in 1621, it was proclaimed a national holiday in 1863 and celebrated annually since then. It was not until 1942 that Congress fixed the fourth Thursday in November as the day we now as a nation celebrate Thanksgiving Day.

Throughout our history we as a nation have had much to be thankful for. Although, this year we are plagued by a war with terrorists, there are still many reasons to give thanks. We are most fortunate to be citizens of, and live in, the United States of America.

Review, if you will, the opening lines of our Declaration Of Independence (1776) and the Preamble to The Constitution of The United States of America (signed by delegates to the Constitutional Convention, Sept. 17, 1787). We now have the oldest written national instrument of government in force anywhere in the world. Indeed, this is something to be thankful for.

Speaking for your American Legion Post 209 Executive Committee and Board of Trustees, we extend to all in our American Legion Family, our best wishes for this holiday. And, as veterans, our prayers are with those servicemen and women currently in harms way. May the Lord watch over them.

By Commander Chuck Zeitvogel

Estate Planning:

Estate planning takes time and is necessary to provide for the orderly distribution of one's assets the way they would like vs. having the state do it with the related expenses. Over the years we have heard that we should have a Will; then it was have a Living Will should we become incapacitated: now there is the concept of a Living Trust, a further refinement in estate planning to avoid probate costs and provide for a more effective manner of rapid passing title to ones assets.

My point is not to explain the difference between Wills, Living Wills, and Living Trusts, rather to offer this reminder: estate planning takes time, knowledge of different ways assets can be preserved and transferred to heirs with minimum cost and hassle, and above, all it takes action. Many of us procrastinate in taking the action necessary for effective estate planning.

Contact your attorney to learn more about wills, living wills and living trusts. Should you not have an attorney, contact your local Bar Association (Bar Association Of El Paso County, Ph. 473-9700 or their Need A Lawyer Referral Ph. 636-1532). The yellow pages in the telephone directory are another source for attorneys that specialize in estate planning.

Decide how you want your assets passed to your heirs. Take action now for effective Estate planning. Your heirs will appreciate and love you for it.

By Commander Chuck Zeitvogel

World Vision

Meghan Lewis, Dept. Honorary Jr. Auxiliary President, Boulder Unit 10, has selected supporting the Christian organization of World Vision as her project this year.

World Vision is in over 100 countries and more than 1 million children are sponsored worldwide. Sponsorship addresses the root causes of poverty and disease, so a child is free to know the fullest life possible- physically, emotionally and spiritually. World vision sponsorship provides lasting solutions. After immediate needs are met, long-term needs are addressed. If there is only polluted water to drink, the best answer may be a new community well. If the need is proper food to eat, then teaching improved methods of growing crops provides a lasting solution. Sponsorship also provides schools so children can learn, clinics where basic health care is lacking or whatever their community needs most.

The motivation behind everything that World Vision does is the Gospel of Jesus Christ. His love and selflessness is the example they seek to follow through their outreach. Where possible, Bible studies, Christian literature, Sunday school classes, and spiritual counseling are offered.

The heart of World Vision Sponsorship is still the singular act of one person reaching out to help a child in need. Meghan's goal this year is to raise \$1000.00 and she is requesting support from our Post.

If you would like to make a donation to her project of World Vision, please send your donations to American Legion Post 209, PO Box 25334, Colo. Spgs, CO 80917-5334. Be sure to mark it for World Vision. We will forward the donations to Meghan.

Write Letters of Support for American Troops Deployed Overseas

In the past two years, thousands of military servicemembers overseas have said how much they feel appreciated by their fellow Americans back home through the "Letters TO The Front Worldwide Letter Writing Contest". This year, with deployments, the contest is particularly needed- by the service men and women who will receive the letters and the Americans of all ages who feel a need to express thanks.

Contest coordinator Marsha Roberts says, "We're so proud for people to give their letters of thanks and support to the men and women who are currently serving and those who will be called up in the coming weeks and months.

Each person who enters the contest must write a letter of support of 100-150 words, starting with: "Dear Service Member, I just wanted to say thanks for..." The letter, attached to an Entry Form, should be mailed to: Letters TO the Front, PO Box 25348, Alexandria, VA 22313. All letters must be postmarked no later than Veterans' Day (Nov 11). You can download an Entry Form and find out how you can generate letters of support for our troops through the "Letters TO the Front Writing Contest" Website.

Article is Courtesy of Military.Com.

"Each day brings us a chance to do better and to make good."

Bevan Jones