

Centennial 209 Newsletter

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

November 2002



From the Commander
Chuck Zeitvogel

VOTE – VOTE – VOTE

November 5th is General Election Day. Each and every one of our votes is important. Do take the time to vote this year.

Contact Post 209 (Phone 599-8624.) if you need assistance getting to your polling place. Please call by Monday November 4th. for assistance.

Veterans' Day Parade

Post 209 Legionnaires, Auxiliary members, Sons of the American Legion, and family members are invited to take part in the Veterans' Day Parade in Colorado Springs, Saturday, November 9, 2002. Greg Andries, Jr. Vice Commander, is coordinating our participation in this event. Contact Greg at 719-636-3346 for details. Let him know that you and yours will be there.

Lot Development & Building Fund

The Lot Development and Building Fund has been discussed in previous newsletters. I trust that you support these efforts. This time of the year, with the Thanksgiving, Christmas & New Year Holidays approaching, may not be the best time of the year to ask benefactors to

contribute to the Lot Development & Building Fund as many of us are also being asked to contribute to other worthy causes.

Regardless, the need is there and we ask for your consideration. Contact any of the Post 209 officers and share your thoughts so that we might vision together how our 7.4 - acre lot will be developed and the type building that will most benefit members. Your input is needed - please call.

Mid Year Conference

The American Legion Department of Colorado is scheduled to hold their Mid-Year Conference at the Sheraton Hotel, 2886 South Circle Drive, here in Colorado Springs, January 23-25, 2003. All (you and me) Legionaries, Auxiliary, and Sons of the American Legion are welcome and should plan to attend. Current issues of interest to veterans and the auxiliary will be presented, discussed, debated and voted upon. It will be a good opportunity to be involved locally with issues where individual members can voice opinions and have an influence on what policies and programs our American Legion supports in the future. Watch for more information as it becomes available. Please call me if you have questions.

Don't forget

Veterans Day

11 November

Meet at "The Rock" at 11:00 A.M.

Post 209 Officers

Commander	Charles "Chuck" Zeitvogel)
Senior Vice Commander	Norm Moyer
Junior Vice commander	Greg Andries
Adjutant	Ann Foster
Finance Officer	Gideon Diamon
Historian	Bill Marshall
Sgt-at-Arms	Robert Rydell
Chaplain	Howard Hornik
Judge Advocate	Larry Johnson
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 -- 7:00 P.M. -- 4291 Austin Bluffs Parkway, Ste 204

Post General Membership Meeting -- 3rd Thursday -- 7:00 P.M. at VFW Post 4051, 430 E. Pikes Peak Ave.

Auxiliary General Membership Meeting -- 1:30 P.M. -- 4291 Austin Bluffs Parkway, Ste 204

Board of Trustees

Chairman (3 yr.)	Neal Thomas
Secretary (2 yr.)	Alton Cyriaque
Finance Officer (1yr.)	Gideon Diamon
Commander (1 yr.)	Charles Zeitvogel
Member (3 yr.)	Larry Johnson
Member (2 yr.)	Francis Redington
Member (1 yr.)	Ann Foster

Eligibility Dates

World War I
April 6, 1917 to November 11, 1918

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

Korean War
June 25, 1950 to January 31, 1955

Vietnam War
February 28, 1961 to May7, 1975

Lebanon/Grenada
August 24, 1982 to July 31, 1984

Panama
December 1989 to January 31, 1990

Persian Gulf
August 2, 1990 to cessation of hostilities
as determined by U.S. Government

Standing Committees

The following are the committees and the chairperson with their telephone number.

Planning/Budget and Public Relations -- Chuck Zeitvogel 719-531-0546
Membership --Norm Moyer 719-392-3725
Program/Social -- Greg Andries 636-3346
Americanism/Youth Scouting/Jr. ROTC and Marksmanship -- Francis Redington 719-471-3925
Oratorical and Boys State -- Bill Marshall 495-0088
Legislative and National Security -- Neal Thomas 719-392-1510
Veterans Affairs -- Tom Morant
Rehabilitation -- Howard Hornik 719-596-6343
(Club) Land Use/ Care/ Development -- Greg Andries 719-636-3346

Adhoc Committees

Constitution and By-Laws -- Neal Thomas 719-392-1510
Property Inventory -- Office Ann Foster 719-599-8624,
Storage -- Larry Johnson 719-622-0344
Auxiliary Liaison (Open)
Sons of The American Legion Liaison -- Larry Johnson 719-622-0344
Bingo -- Greg Andries 719-636-3346



At what's happening in Centennial 209

7 Nov	Board of Trustees Meeting, 4291 Austin Bluffs Pkwy Ste 104. 6:30 P.M. Post Executive Committee Meeting to follow
11 Nov	Veterans Day Ceremonies at Memorial Park 11:00 A.M.
13 Nov	RVSP for Early Bird Dinner to Greg Andries at 719-633-3466 to let us know how many will be attending
16 Nov	Early Bird Dinner, American Legion Post 5, 15 Platte Ave 6:00 P.M.
21 Nov	Post General Membership Meeting, VFW Post 4051, 430 e. Pikes Peak Ave, 7:00 P.M.
28 Nov	Thanksgiving Day – Remember what you are thankful for and pray for those who aren't with their families
5 Dec	Board of Trustees Meeting, 4291 Austin Bluffs Pkwy, Ste. 104, 6:30 P.M. Post Executive Committee Meeting to follow
14 Dec	Post and Unit Christmas Dinner, Country Buffet on N. Academy 6:00 P.M.
19 Dec	Post General Membership Meeting, VFW Post 4051, 430 E. Pikes Peak Ave 7:00 P.M.
25 Dec	Christmas Day – May the Christmas Holidays be fun and safe.
31 Dec	New Year's Eve – Party hardy but be safe
1 Jan 2003	New Year's Day – Celebrate the new year
2 January	Board of Trustees Meeting, 4291 Austin Bluffs Pkwy, Ste. 104, 6:30 P.M. Post Executive Committee Meeting to follow
16 January	Post General Membership Meeting, VFW Post 4051, 430 E. Pikes Peak Ave, 7:00 P.M.
24 & 25 Jan	Department Mid-year Conference, Sheraton Hotel, Garden of the Gods and I-25
6 Feb	Board of Trustees Meeting, 4291 Austin Bluffs Pkwy, Ste. 104, 6:30 P.M. Post Executive Committee Meeting to follow
20 Feb	Post General Membership, VFW Post 4051, 430 E. Pikes Peak Ave, 7:00 P.M.



Sick Call

Are you or do you know of someone who is under the weather let us know

Include the following Legion Family members in your prayers.

Ernest Kelly is recovering from a By Pass Surgery for Blockage and is looking at another surgery.

Arlene Kelly is slowly recovering from a car accident two years ago.

If you know of someone who is in the hospital, sick or under the weather please call the chaplain Howard Hornik 719-596-6343.



The following members of The American Legion Family have been reported as having passed on to the Supreme post and Unit. Our Prayers go out to the families of:

If you know of a member of The Legion Family who has passed away, please let the Chaplain Howard Hornik know at 719-596-6343. Information needs to be in to the Post by the 2nd Friday of every month for inclusion in the newsletter.

Veterans's Day Activities

Veteran's day activities will be held at Memorial Park at "The Rock". They will start seating about 10:30 A.M. with the actual ceremony to begin at 11:00 A.M. The ceremony usually lasts about 1 hour.

In case of inclement weather, the ceremony will be conducted at The Retired Enlisted Association (TREA) Post 1, 834 Emory Circle. Come early in order to get seating.



From Jr. Vice Commander
Greg Andries

Cleanup/Paint Day

On Saturday, October 26th, we will hold a Cleanup/Paint day of Post 209 property. During cleanup there will be a picnic at which we will be serving hamburgers, hot dogs and soda. Covered dishes are welcome.

Pack 24 Cub Scouts will be helping again this year. They will also help with the painting of our post trailer making it ready for the Veterans' Day parade. The colors will be red, white and blue. Times for the fun events will be from 9:00 a.m. until 3:30 p.m. Please RSVP to Greg Andries at 636-3346 by October 22. Please come join us and have fun with fellow members and young Cub Scouts!

Veterans Day Parade

On Saturday, November 9th, starting at 9:30 a.m., The City of Colorado Springs will hold the Veterans' Day Parade downtown. Post 209 will have the Post 209 station wagon and a pickup with a trailer available for anyone who would like to participate by riding in the parade if they are unable to walk the whole route. We encourage veterans and their families, including wives, children, parents, grandparents and grandchildren to join us. Cub Scout Pack 24 that we sponsor will join us.

**BINGO
NEEDS YOUR HELP**

Early Bird Dinner

On November 16th at American Legion Post 5, The American Legion Centennial Post and Unit 209 will have their annual Early Bird dinner for those who have renewed or joined our organization by paying their dues by October 31st, 2002. This includes all Paid up for Life members. The social hour begins at 6:00 p.m., opening session at 6:45 p.m. and dinner will be served at 7:00 p.m.

There will be an initiation of members following dinner. These members include those who have transferred to our Post 209, joined our Post, and any Legionnaires who have not been initiated previously. The meal will be Cornish hens, rice pilaf, veggies, salad, dessert, coffee, and iced tea. There is no charge for paid up members of The American Legion, The American Legion Auxiliary, or the Sons of the American Legion.

For non-members -- those who have not renewed and are not Auxiliary or SAL members and guests there is a slight charge of \$7.00. Please call for initiation information, requirements and dinner reservations. RSVP by November 13th to Greg Andries, 636-3346.



Proposal for Benefactor/s and Recognition

This proposal is to recognize benefactors by their different levels of giving. Names of benefactors could be listed within categories of dollar amounts given on a suitable plaque or recognition board that would be hung in a conspicuous place in the new Post Home/General-purpose building. Following is an example for suggested benefactor recognition categories. What do you think about it? Let me hear from you on this.

Benefactor	Categories
Philanthropist	\$ 10,000 or more
Patron	\$5,000 to \$9,999
Sponsor	\$1,000 to \$4,9999
Friend	\$ 500 to \$ 999
Giver	\$ 100 to \$ 499
Helper	\$ 1 to \$ 99

25 Most Frequently Asked Questions with responses*

This Column is going to be an ongoing column. This is the VA's 25 Most Frequently Asked Question with Reponses for Women Veterans

1. What services are available to Women Veterans?

- A. A full continuum of comprehensive medical services including health promotion and disease prevention, primary care, women's gender-specific health care, e.g., hormone replacement therapy, breast and gynecological care, maternity and limited infertility (excluding In-vitro fertilization), acute medical/surgical, telephone triage, emergency and substance abuse treatment, mental health, domiciliary, rehabilitation and long term care. VA researchers at many VA facilities also conduct medical research on women's health.

2. How do I access the system for health and benefits services?

A: Veterans can apply for VA health care enrollment by completing VA Form 10-10EZ. The 10-10EZ may be obtained by visiting, calling, or writing any VA health care facility or veteran's benefits office. You can also call the VA Health Benefits Call Center toll free at 1-877-222 VETS (1-877-222-8387), determine eligibility or access the form from the Health Administration Eligibility website : www.va.gov/elig.

For VA benefits refer to **Federal Benefits for Veterans and Dependents**. The 2002 edition of this booklet lists the variety of Federal benefits available to veterans and their dependants. Selecting the link above will download the booklet as a PDF file and provide information on these VA Benefits.

- 1 Compensation and Pension
- 2 Montgomery GA Bill (Education)
- 3 Vocation Rehabilitation and Employment
- 4 Veterans Group Life Insurance, and
- 5 Home Loan Guaranty

Additional information and application forms can be obtained at the VA website at www.va.gov.

The Veterans Online Application (VOAP) allows you to complete and submit most applications on-line.

You may also call the VA nationwide toll-free number, 1-800-827-1000 for specific benefit information.

*Based on telephone calls, letters, and electronic-mail inquiries received by the Center for Women Veterans.



From the Finance Officer Gideon Diamon

YESTERYEAR...why do I belong to The American Legion? My father was a charter member of The American Legion in Michigan as a veteran of World War I, the war to end all wars. Why did I like The American Legion while growing up? I enjoyed assisting my dad in putting flags on the Veterans' graves on Memorial Day. He had a black notebook with all veterans of all wars listed. After the flags were put out, we assisted the Ladies' Auxiliary in putting live flowers on each Veterans' grave. Later in the day, it seemed that everyone that could walk marched with The American Legion from downtown to the cemetery for services.

The American Legion was a place to meet in their hall over the post office. It was a place that The American Legion held their feather parties. This was bingo where live birds, such as turkeys, chickens and ducks were the prizes. The markers used then were kernels of corn. The Boy Scouts sponsored, of course, by The American Legion met in the Legion Hall.

Upon my return from the Korean War, my dad presented me with a membership into The American Legion. Although I did not become an active member, I enjoyed receiving The Legion Magazine. There were many other memories of The American Legion in our community, which I will not go into right now.

TODAY...why do I belong to The American Legion? That is a very good question. I really enjoy receiving The Legion Magazine. I was quite complacent about attending meetings and other activities until I decided one Thursday to see what Post 209 was all about. What I found was, the attendees were all elected and appointed officials and I was the only "member." I then learned that these same people were the only ones "volunteering" to work the bingo games. The bingo games, other then the pittance that is received through membership, is the only source of income. Why does Post 209 need income? Attend a meeting sometime and you will discover the real purpose of The American Legion. There are programs to help the down and out veterans, Boys' State, Oratorical sponsorships and the list

goes on and on. If the bingo games were to cease, all of this would end, as well as, the end of Post 209.

I decided that I would do what I could. I started volunteering at the bingo games when I could. Now, I mark my calendar every Tuesday so that I participate at each bingo session. Due to attrition, the office of Finance Officer was vacant and I was asked if I would like to run for this office. I will tell you these duties later.

Anyway, in a nutshell this is why I belong to The American Legion. Why do you belong?

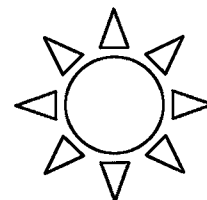


Oratorical 2003 Chairman Bill Marshall

Following are the 2002-2003 Oratorical Contest Timelines.

20 December	Student Application deadline with \$150.00 (fee paid by the Post)
22 January	Student Certification Deadline
24-25 January	Committee meeting at Dept Mid-year.
22 February	Committee meets at CU 1:30 P.M. – Contest Walk through
8 March	Department contest CU Boulder – 7:00 A.M. to 5:30 P.M.

If you have any home-schooled students who want to compete, please let me know at 719-495-0088 or at marsh6869@aol.com



Medal of Valor Luncheon

On Tuesday, October 15th, three members of Post 209 attended the Medal of Valor Luncheon at the Broadmoor International Center to honor local law enforcement officers. Those attending from Post 209 were past commander, Francis Redington, Junior Vice Commander, Greg Andries, and his wife, Pat Andries, an Auxiliary member.

The CSPD Drill team gave a stunning performance to begin the luncheon. This was followed by speeches from dignitaries. Prior to each award there was a video reenactment of each of the crimes that the officers involved narrated. This gave an inside look to what the individual officer was seeing and thinking.

Recipients of awards were:

The Citizen of Distinction Award – Mrs. Jean Zamarripa

The C/S Police Award – Douglas County Sheriffs Deputy Corporal Larry Swartz

Distinguished Service Award - Officer Mark Sandoval, William Fischlein, Sergeant Rick Cirka, Sergeant Kerry Duran, Officer Steven Jensen, Officer Randy Stenger, Sergeant Timothy Hogan, Officer Shawn Peterson

2002 Medal of Valor – Sergeant Gordon Goldston, Officer Michael Juhl, Officer Ronald Sheppard, Officer Andy Duran

Christmas Dinner

The Christmas dinner will be held on Saturday, December 14th, at the Country Buffet, 7665 N. Academy Blvd. (between Best Buy and Office Max) from 6-9 p.m. We will be in the Specialty Room in the southwest corner.

The cost will be approximately \$10.00 per person of which \$8.20 will be the meal and the balance will be placed in the gratuity jar in the specialty room. You will pay for you and your guests at the register upon entering the restaurant.

We are planning to have door prizes and centerpiece prizes. All Legionaires, Auxiliary, Sons of American Legion members and guests

are welcome. Please RSVP to Greg Andries, 636-3346 by December 10, 2002.

Thoughts for the day – Why Vote?

The two ideas of human freedom and economic freedom working together came to their greatest fruition in the United States. Those ideas are still very much with us. We are all of us imbued with them. They are part of the very fabric of our being. But we have been straying from them. We have been forgetting the basic truth that the greatest threat to human freedom is the concentration of power, whether in the hands of government or anyone else. We have persuaded ourselves that it is safe to grant power, provided it is for good purposes.

Fortunately, we are waking up. We are again recognizing the dangers of an over-governed society, coming to understand that good objectives can be perverted by bad means, that reliance on the freedom of people to control their own lives in accordance with their own values is the surest way to achieve the full potential of a great society.

Fortunately, also, we are as a people still free to choose which way we should go—whether to continue along the road we have been following to ever-bigger government, or to call a halt and change directions.

Article from the book Free to Choose by Milton and Rose Friedman.

**Remember the choice is yours
Vote!!!**



**CENTENNIAL 209
ANNUAL
CHRISTMAS PARTY**

**SATURDAY, 14 DECEMBER 2002
6:30 P.M. AT COUNTRY BUFFET**

**NORTH ACADEMY
BETWEEN BEST BUY AND OFFICE MAX
COST IS \$ 10.00 PER PERSON
(DEPENDING ON AGE)**

**PLEASE CALL GREG ANDRIES
AT 636-3346**

**BY 13 DECEMBER
TO RESERVE A SEAT**



**PIKES PEAK CHAPTER
THE RETIRED OFFICERS ASSOCIATION**

Post Office Box 15319
Colorado Springs, Colorado 80935-5319

17 October, 2002

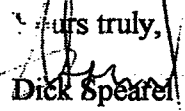
Dear Fellow Veterans and Military Retirees,

The Retired Officers Association (TROA) and The Retired Enlisted Association (TREA) has joined with Pfizer, a leading pharmaceutical company, in *Together We Stand*, a health education program for America's veterans, military retirees and their supporters. *Together We Stand* health fairs provide information on how to prevent, identify and receive treatment for selected medical conditions, as well as individual health-risk evaluations and assessments.

TROA and TREA are conducting a *Together We Stand* health fair on November 2, 2002 at the TREA Club, 834 Emory Circle, Colorado Springs, CO from 8:00 AM to 4:00 PM. This free event provides veterans, military retirees and their families with an opportunity to learn about health issues that are important to them. The *Together We Stand* health fair will offer attendees:

- Informative materials on Alzheimer's disease, arthritis, depression, erection problems, heart disease and stroke, posttraumatic stress disorder, hormone replacement therapy and prostate disease.
- Screenings of blood pressure, cholesterol and glucose levels to detect early signs or risk factors for heart disease and diabetes
- Questionnaires designed to determine risk levels for arthritis, Alzheimer's disease, prostate, depression, erection problems, and posttraumatic stress disorder
- An on-site health care professional who will evaluate the completed individual health assessments and offer follow-up recommendations
- Experts on mental disorder, cardiovascular disease, hormone replacement therapy, osteoporosis, tricare and other topics as well
- Experts on the military pharmacy program, Tricare for Life and the federal long term care program will also be available to answer questions

The more you know about your health, the better able you are to stay healthy. Come to this free event and take advantage of an important learning opportunity. There will be presentations all day long, so come at your convenience and learn how to maintain good health well into your old age.

Yours truly,

Dick Spear
President, TROA