

# The Centennial

VOLUME I EDITION 10

OCTOBER 2020



## AMERICAN LEGION NEAL THOMAS JR. CENTENNIAL POST 209

3613 JEANNINE DR. COLORADO SPRINGS, CO 80917  
719-599-8624 [WWW.LEGION209.ORG](http://WWW.LEGION209.ORG)

### MEET YOUR 2020 - 2021 OFFICERS!!

#### 2020-2021 American Legion Post 209 Officers

<b>Commander:</b> Joseph Schmidt 651.328.9029	<b>Finance Officer:</b> Bill Coakley 972.825.7193	<b>Executive Committeeman:</b> Art Kimbrel 719.339.4610
<b>Sr. Vice Commander:</b> Marvin Weaver Jr. 719.244.3535	<b>Chaplain:</b> Glen Thompson 334.717.3746	<b>Judge Advocate:</b> Marvin Weaver Sr. 719.638.4763
<b>Jr. Vice Commander:</b> Sarah Tobin 719.439.7724	<b>Historian:</b> Vacant 603.913.3261	<b>Service Officer:</b> Art Carter 719.306.9170
<b>Honor Guard Captain:</b> Michael Wescott 719.306.9170	<b>Adjutant:</b> Jerry Hopper 918.953.9980	<b>Sgt At Arms:</b> Joel Haas 719.482.4496
		<b>Club Manager:</b> Art Kimbrel 719.339.4610

#### 2020-2021 American Legion Auxiliary Unit 209 Officers

<b>President:</b> Cathy Barger 719.290.3163	<b>Secretary:</b> Pat Weaver 719.638.4763	<b>Chaplain:</b> Donna Rae Smith 815.973.0073
<b>Vice President:</b> Donna Testorff 719.494.7167	<b>Treasurer:</b> Kellie Hayes 719.494.7167	<b>Historian:</b> Royce Hopper 228.243.1218
		<b>Sgt At Arms:</b> Annette Coakley 228.243.1218

#### 2020-2021 Sons of The American Legion Squadron 209 Officers

<b>Commander:</b> Eric Testorff 719.510.4177	<b>Adjutant:</b> Rick Kettering 813.967.6680	<b>Sgt At Arms:</b> Bob Ingram 480.353.8234	<b>Chaplain:</b> Steve Cox 970.580.8191
<b>Sr. Vice Commander:</b> Michael Wescott 719.306.9170	<b>Jr. Vice Commander:</b> Brian Wess 719.528.6672	<b>Finance Officer:</b> Ken Taylor 719.461.4047	

#### 2020-2021 American Legion Riders Post 209 Officers

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

#### 2020-2021 Amateur Radio Club Officers

<b>President:</b> Jon Davis K0YOV	<b>Vice President:</b> George Johnson KE0ALQ	<b>Director:</b> Jim Harris WOEM
<b>Secretary:</b> Harvey LeCato W1JU	<b>Treasurer:</b> Henry Russell KCONAJ	



# Neal Thomas Jr.-Centennial Post 209 Family,

Great news! Our Post re-opening for meetings in July was a success. We will continue to monitor the COVID-19 situation and restrictions published by our state leadership, and adjust as necessary. As you know, we re-opened for dinners in June and that is going just fine. Thanks to everyone for your understanding on the temporary rules we feel is necessary to enforce for gatherings. They are:

## **Required:**

1. We are limited to 150 people at a time.
2. Families must sit together at one table.
3. Other than families seating is limited to 4 people to a table.
4. RESERVATIONS ARE REQUIRED FOR ALL DINNERS. RSVP to Jackie Bowen at [jackiebowen2005@yahoo.com](mailto:jackiebowen2005@yahoo.com) or 719-574-1223. For now, we cannot accept reservations at the door.
5. Drive thru dinners will be offered upon request. When you RSVP, indicate it is a takeout order and what time you will be coming to pick up your order.
6. MASKS will be required to enter the Post.
7. Your temperature will be taken at the door, if you register above 100.4, you will be asked to leave.
8. These questions will be asked at the door:
  - a. Have you been exposed in the last 14 days to someone that has tested positive for COVID-19?
  - b. Do you have any symptoms of COVID-19?
  - c. Have you traveled to one of the pandemic hotspots in the last 14 days?

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

Because we could not hold elections in April, for the most part our current officers remain at their position until such time we can meet and hold elections during a Post meeting. There have been some adjustments made and you can see that list on the previous page.

Thank you for your understanding during these trying times. As with every crisis in the history of the world, this too shall pass.

For God and Country,  
Our Post 209 Leadership



## **FROM THE DESK & MIND OF THE COMMANDER**

Why do all my friends kill themselves? A question I was asked a couple of weeks ago by a grieving Fort Carson Soldier, who was mourning the loss of his friend who he had just lost to suicide. This question continues to haunt me, because like him I am all too familiar with the pain this Sergeant is feeling. I sat and listened to groups of soldiers from his platoon talk and say things like, "I just talked to him," "he said he was good," "he was always the one to help others." I couldn't help but think how many more times will I have to hear these words? How many more times will we wonder what else could we have done?

The American Legion like many organizations understand that Military & Veteran suicide is a pandemic within our community. Between 2005 and 2017, 78,875 Veterans took their own lives. The reasons are not fully understood, but the numbers reflect a burden with heavy wartime demands after almost two decades of post-9/11 wars. In a 2018 white paper published by The American Legion, two of the many root causes for Military & Veteran Suicide contributed to losing a sense of purpose & losing a sense of belonging.

During the First World War, psychiatrists noted that "shell-shocked" soldiers treated closer to the frontlines with the support of their comrades showed a higher level of recovery and mental health improvements vs those who were evacuated from their units. The Veterans ranging from Vietnam to the current Global War on Terrorism, rejoined a civilian populous that was either against the conflict (think Vietnam) or become disconnected from the war as a whole (think our current 19-year conflict).

In a 2011 Pew Research Center study, 84 percent of Post-9/11 veterans said the public does not understand the problems faced by those in the military or their families. Stereotypes portrayed in the media haven't helped much either; PTSD, unemployed, injured, or unstable are a few of those stereotypes.

There is some good news though. Veterans, although some maybe troubled by their past, still have a willingness to continue to serve even after leaving the military. The skills learned in the military make Veterans a top choice for leaders in private and non-profit positions. Groups like The American Legion, VFW, Team Rubicon, and many others continue to provide the outlet and support for active duty service members and Veterans.

The American Legion is committed to ending Military & Veteran Suicide by establishing a Suicide Prevention Program. This committee reviews methods, programs and strategies that can be used to reduce Veteran suicide. Since 1981, The American Legion passed national resolutions to combat suicide, 20 years before it was identified as a public health crisis by the VA.

Here at Post 209 we can rally together to help all persons struggling with thoughts of suicide. Together, we can give them a place of belonging, a sense of purpose. Together we can call our comrades, be they Legionnaires or not, just to see how they are doing. This isn't something that can be assigned to a committee or individual to help end Military & Veteran suicide.

In closing I'd like to quote resolution No. 28 passed in 1981, "Many Veterans return home and miss the sense of purpose and belonging that they felt from military service." As a Legion family we can return that sense of purpose, regardless of when they returned from theater, Korea to the Global War on Terror, we have an obligation to our sisters and brothers in arms to look out from them as they did us. A simple phone call can save a life. Let's fight to end this so no one ever needs to ask "why" again.

If you or someone you know have thoughts of suicide, please call the Veterans/Military Crisis Line @ 1-800-273-8255 Option 1 or Text to 838255. The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances.



*Joseph Schmidt*  
Post Commander



## **FROM THE DESK OF THE POST ADJUTANT**

**From your absent-minded Adjutant** – Apparently, September was as confusing as the rest of 2020 with a bit of the 4 seasons within 48 hours. I hope October is better. Speaking of October, don't forget to get your membership renewed before October 10<sup>th</sup> so you will be eligible for the free Friday dinner on October 16<sup>th</sup>. Each year Department assigns a membership quota for all Posts to meet and our quota is 1185. We have a good start on new and renewed memberships. We are over the 50% mark, proof that the Neal Thomas Jr Centennial Family is still the best in Colorado. Thank You All. I look forward to seeing each and every one of you each week. **It's What We Do!!**

*Jerry Hopper*

Post Adjutant



## **FROM THE DESK OF THE SR. VICE COMMANDER**

What is DMS? If you have been to a General Membership meeting over the past couple of years you have probably had this question. DMS stands for Direct Mail Solicitation. National gets lists of veterans from various sources and they send out information to potential members about what The American Legion is and what we do. Along with the information they also recruit new members to the Legion. When a Veteran returns the paperwork to join or they go to the National website to join they are put into a holding Post and National processes and maintains their membership. The holding Post in Colorado is Post 211. What we do with DMS is call these members that have joined The American Legion and ask them to transfer to a local Post. This allows them to become involved in what we do and allows their membership dues to be used locally. Calling these members is an easy task because they are already members. All we are asking is to transfer their membership. We will be having a Post DMS event after the November

membership meeting on November 14th. If you are able to offer up an hour or two to help call these members your help would be greatly appreciated. Bring your cell phone and a smile to help out the Post.

*Marvin Weaver, Jr.*  
Sr. Vice Commander



## **FROM OUR JUNIOR VICE COMMANDER**

The holidays are approaching rapidly and while these have been tough times for all of us, there will be many more families this year that will need a little extra help to make them special. With that in mind, our next two membership meetings will be fundraisers for these efforts. At our September members' meeting, we voted \$1 from each breakfast purchased at our October meeting will go towards the Rider's Thanksgiving basket fund. Please come early to enjoy breakfast with your American Legion Family and to raise money for this worthy cause. At November's meeting, we will be collecting canned food for Care and Share to be donated before Christmas. I will coordinate a collection box. You can drop off donations at any of our activities beginning the first week in November. Thanks in advance for your support.

*Sarah Tobin*  
Jr. Vice Commander



## **FROM THE DESK OF THE UNIT PRESIDENT**

Wow, I can't believe it's October already. I love the crisp mornings, the leaves changing colors.

I want to welcome a new member to the Unit 209, welcome Kristen Christy.

Join us for our monthly membership meeting on October 10th, come down and join us for breakfast at 9:00 a.m., and our meeting at 10:00 a.m.

The 2021 Membership cards are here. Be an "Early Bird" and renew now for the upcoming year. Dues are \$35 for senior members and \$10 for juniors.

The Post 209 Family red t-shirts are available for \$15 per shirt. Wear it on "Red Shirt Fridays!"

October 16th begins our Butter Braids sale. It will go through November 13th with a delivery date of November 19th. Just in time for Thanksgiving.

The Post Commander would like to do a Trunk or Treat on October 31, 2020 from 3-5 PM. Check Legion 209 for more information.

The Colorado Springs Veteran's Day parade has been canceled. They cannot find or probably afford the insurance for the event plus the board feels the city will not issue a permit.

Happy Birthday to Karen Beard, Kendra Bock, Jacqueline Burd, Susan Calica, Jean Chladek, Joan Ciani, Margaret Harris, Shantel Harris, Kourtney Kimbrel, Dixie Kliewer, Sandra Luhnnow, Kim Palmer-Herzog, Kaitlyn Holland, Savannah Mussmann, Brandilyn Orcutt, Annie Peterson, Olivia Tighe, Kaitlyn Rose, Margie Roth, Mavis Spath, Penny Stanton, Beatrice Trujillo, Theresa Wiederspahn. Make sure to wish these ladies Happy Birthday when you see them.

*Serving Our Veterans Proudly!*

*Cathy Barger*  
Unit President



## **YUM, YUM, EAT'EM UP!!**

Butter Braid Sale Starting October 16th – November 13th. Delivery date is November 19th. Tell your friends, neighbors, and your neighbors' friends about the sale. Please turn in orders no later than November 13th. I will call or email you with the delivery time. Make checks payable to ALA Unit 209. The price is \$13.00 per braid. We need the payment before the delivery date. You may call Jackie Bowen, (719) 574-1223 or email [jackiebowen2005@yahoo.com](mailto:jackiebowen2005@yahoo.com) with your 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), Cherry, Blueberry & Cream Cheese, Raspberry, Cinnamon, Strawberry & Cream Cheese, and Chocolate Chip and Double Chocolate cookie dough.

## **FROM THE SEAT OF THE LEGION RIDERS' PRESIDENT**

What a great September we had and we are looking forward to Fall riding in October. We conducted another round of slow speed maneuvering safety training on 5 Sep, a Neal Thomas Jr memorial run route survey on 6 Sep, and the ALR2008 Stock the Pantry run on 7 Sep to kick off September with a big bang. The second weekend consisted of 420 miles of riding for the annual Colorado ALR ROMP in Buena Vista 11 Sep through 13 Sep. On 15 Sep, ALR209 supported security for the annual El Paso County Homeless Veteran's Stand-down. Security was a little harder this year due to an outdoor venue (Baptist Church parking lot next door to the city auditorium). Next up is the 26 Sep NOCO Ride and Roast in Keenesburg, followed by the annual Vets4Vets end of Summer party. The final event for the month is our Sunday 27 Sep Neal Thomas Jr. memorial run. We will be going to Neal's gravesite at Fort Logan via Hwy 83, hwy 105 through Palmer Lake to Sedalia, then Hwy 85 and surface streets into the West entrance of the cemetery. That ride includes \$20 ride donation for the Post 209 Veteran's Assistance Fund. If you can't make the ride, donations are still welcome!!! Cars and bikes can ride – come on out and support the Post VAF!

*Steve Hayes*  
Riders' President



## **FROM THE DESK OF THE SERGEANT-AT-ARMS**

Thinking back a little, I remember my first time visiting American Legion Neal Thomas Jr. Centennial Post 209. I had no idea what to expect, where to go, what to ask, etc. Walking in the door, there was this new environment and only new faces around since I did not know a single member of Post 209. I told the gentleman at the door, Mike Barger (Post Finance Officer at the time), that I was new and had never been there before so I had absolutely no clue what I was

supposed to do. He welcomed me to the Post and had me sign in. Mike then introduced me to Joe Schmidt, Post Senior Vice Commander. Joe welcomed me to the Post, provided me one of his cards, asked some questions about my background, and gave me information on the Post and activities. Joe then introduced me to Lino Calica, Post Commander. Lino immediately (and I have to add, very enthusiastically) welcomed me to the Post, provided me one of his cards, asked a few questions, and provided some more information about the Post. Within the first 20 minutes of walking in the door, I had been welcomed by three of the Post Officers and provided information about Post 209. While I am not really comfortable meeting new people or walking into a completely new environment where I do not know anyone there, the reception that I received that morning had me feeling comfortable and at home within minutes.

So why did I just have everyone read a paragraph about my first visit to Post 209? Before I give you the answer, I would first like you to think back to first time you visited Post 209. What was your first impression of the Post and the members that you met? I know for some that was a very long time ago and might be a little difficult remember. For me it is a little easier, I only have to remember back to July 2019. Ok, so I wrote about my first visit to Post 209 to highlight how first impressions can make a difference. Every prospective member, new member, actively participating member, and member who just has not been to the Post in a while should be receiving a “Welcome to Post 209” when they walk through the door. It is important that members and visitors feel welcome, have someone to ask any questions they may have, and to feel at home when they are at Post 209. As the Post Sergeant-At-Arms, I am the Welcoming Committee Chair. This is, in my opinion, a very important committee for the Post. That first impression walking through the door can make a significant difference in how someone feels about our Post and their potential future involvement. And while first impressions are very important, the impression made every time a member comes to the Post is important as well.

Now that I have provided all this background information, here is the main purpose of why I am writing today – I need your assistance. I am looking for two or three volunteers (or even more, I will not say “no” to someone wanting to help) to be members of the Welcoming Committee. Being a member of the Welcoming Committee does not require any special skills other than the desire and commitment to help provide those first impressions I have been writing about, and every subsequent impression our Post members receive. The amount of time it takes to be a member of the Welcoming Committee is very little. You are already at the Post for the different activities, such as the General Meeting and Friday night dinners. All you are doing in addition to already being at the Post is to help welcome visitors and members, answer any questions, and introduce visitors to one of the Post Officers (who will take it from there). I am going to start holding a Welcoming Committee Meeting on the 2nd Wednesday of each month to discuss who already plans to be at the upcoming activities, go over new ideas, and put into practice ways to ensure everyone feels welcome when they walk through the door. The first Welcoming Committee meeting will be Wednesday October 14 at 6:00pm. If you are interested in becoming a part of the Welcoming Committee or have questions, text/call me so we can talk about it. You can also just show up at the Post for the Welcoming Committee meeting.

*Joel Haas*  
Sergeant-At-Arms



# ARE YOU A WEBMASTER?

We are looking for an experienced webmaster to take over responsibilities of our Post 209 website ([www.legion209.org](http://www.legion209.org)). We don't anticipate this to be a time-consuming volunteer effort, but as you imagine having a current and relevant website is critical to our continued success and a way for our Veterans and the community to contact us as well as a great way for us to keep our membership informed.

Our website has been consistently recognized as the "Best American Legion Website" in Colorado, but that's not to say it can't be improved. The Commander is more than willing to grant a creative license to our webmaster, within reason and approval of course.

We are ready right now to hand it off to someone so if you are a member of our Post 209 family (Legion, Auxiliary, SAL, Riders) and are interested in donating a few hours each month to help your Post and community, please contact the Commander!

## The Redshirts are Coming!

Now is your chance to help our Post and get something in return! We will be taking orders and selling Red T-Shirts as a fundraiser! If you don't already own a red shirt to wear on "Red Shirt Friday" (or any other day), this is your chance to get one of our Post 209 family customized T-Shirts and show your support to our Post and our deployed troops. And even if you own a red shirt, order one anyway. We are selling these "Remember Everyone Deployed" short-sleeve t-shirts for \$15.00 each. All proceeds from the sale will be used to complete our backyard fencing, concrete, picnic table project. Here's what they will look like:

**OPT 1.**  
THE AMERICAN LEGION  
NEAL THOMAS JR.  
CENTENNIAL POST 209  
**FAMILY**

**LEFT CHEST**

**OPT 2.**  
THE AMERICAN LEGION  
NEAL THOMAS JR.  
CENTENNIAL POST 209  
**FAMILY**

**REMEMBER  
EVERYONE  
DEPLOYED**

**BACK**

**ALL AMERICAN  
SPORTS**

3690 N. ACADEMY BLVD., COLORADO SPRINGS, CO 80917  
719-574-4400 or 800-952-3947  
[www.shopallamericansports.com](http://www.shopallamericansports.com)

CLIENT: ALR Post 209  
PROJECT: Family Shirts  
TEAM SALES: Jamie Wise  
DATE: 08/19/20

COLOR(S): 1 Color Front/Back  White

DESIGN SIZE(S): Left Chest : 4" x 1.75" Full Back 12" x 10"

GARMENT(S):  Red

GARMENT MODEL# Short Sleeve Tee Shirt

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Order your t-shirts today! Contact Kellie Hayes at [hayeskelliej@yahoo.com](mailto:hayeskelliej@yahoo.com) or by calling her at 719.494.7167!!!!





# AMERICAN LEGION POST 209

THE PREEMINENT VOICE FOR VETERANS • COLORADO SPRINGS, CO



## WALK OF HONOR

### Buy A Brick Fundraiser!

We are re-introducing an exciting fundraiser for our Post. 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 engraving uses the same technology as used on tombstones so it's extremely durable. Here are some FAQs:



- **What Are We Having?** A Brick Fundraising Event
- **Why?** To Further Funding of our American Legion Programs
- **What Size Are the Bricks?** 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 vary depending on size, style and lettering desired, but typically range from \$75 to \$200. 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?** Again, prices vary depending on size, style, and lettering but typically range from \$125 to \$500.
- **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?** We have a link on our website. Just visit [legion209.org](http://legion209.org) and click on "Walk of Honor." Or, you can 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.

## **FROM OUR POST SERVICE OFFICER**

Hello Folks,

My name is ART "AJ" Carter and I've been appointed Chairman of "Veteran's Affairs and Rehabilitation (VA&R) Committee for Post 209.

I am looking for people with knowledge of veteran's benefits and assistance programs to sit on the VA&R committee. - OR - If you don't want to sit on a committee but would like to share information, you are more than welcome to do so.

The purpose of this committee is to disseminate information about programs and other organizations that assist our veterans. This committee will gather information for articles published in our monthly "Centennial" newsletter and post them on the Service Officer's bulletin board at the Post.

So, if you would like to share your experience that can help our post family members, please either call me at (603) 913-3261 or email me at [AJCarter209@Comcast.Net](mailto:AJCarter209@Comcast.Net)

### **And Now, Something You Should All Know and Be Aware!**

#### **Out-of-Network Surprise Billing Disclosure**

Surprise Billing—Know Your Rights Beginning January 1, 2020, Colorado state law protects you\* from "surprise billing," also known as "balance billing"

What is surprise/balance billing, and when does it happen?

You are responsible for the cost-sharing amounts required by your health plan, including copayments, deductibles, and/or coinsurance. If you are seen by a provider or use services in a facility or agency that are not in your health plan's network, you may have to pay additional costs associated with that care. These providers or services at facilities or agencies are sometimes referred to as "out of network."

Out-of-network facilities or agencies often bill you the difference between what your insurer decides is the eligible charge and what the out-of-network provider bills as the total charge. This is called "surprise" or "balance" billing.

When you CANNOT be balance-billed:

- Emergency Services. Not every service provided in an emergency department is an emergency service. If you are receiving emergency services, in most circumstances, the most you can be billed for is your plan's in-network cost-sharing amounts. You cannot be balance-billed for any other amount. This includes both the emergency facility and any providers that see you for emergency care.
- Non-emergency Services at an In-Network or Out-of-Network Facility. The facility or agency must tell you if you are at an out of network location or at an in-network location that is using out of network providers. They must also tell you what types of services may be provided by any out-of-network provider.

You have the right to request that in-network providers perform all covered medical services. However, you may have to receive medical services from an out-of-network provider if an in-network provider is not available. In this case, the most you can be billed for covered services is your in-network cost-sharing amount (copayments, deductibles, and/or coinsurance). These providers cannot balance bill you.

## Additional Protections:

- Your insurer will pay out-of-network providers and facilities directly. Again, you are only responsible for paying your in-network cost sharing for covered services.
- Your insurer must count any amount you pay for emergency services or certain out-of-network services (described above) toward your in-network deductible and out-of-pocket limit.
- Your provider or facility or agency must refund any amount you overpay within 60 days of being notified.
- A provider, hospital, or outpatient surgical facility cannot ask you to limit or give up these rights.

If you receive services from an out-of-network provider or facility or agency in any OTHER situation, you may still be balance billed, or you may be responsible for the entire bill. If you intentionally receive non-emergency services from an out of network provider or facility, you may also be balance billed.

If you think you have received a bill for amounts other than your copayments, deductible, and/or coinsurance, please contact our billing department at 866.429.6045, or the Division of Insurance at 303.894.7490 or 1.800.930-3745.

*AJ Carter*  
Post Service Officer



## **FROM THE AMERICAN LEGION AMATEUR RADIO CLUB (TALARC)**

We had a successful General Membership meeting in September with many plans for the future.

After an ARRL sponsored Testing Session, we were able to upgrade the license class of some hams, and also bring a few new hams into the hobby. Due to the success of this event, we plan on holding periodic testing sessions, the next one being January 22. If you would like to explore this exciting and multi-faceted hobby just let me know.

We are also planning on a Veterans' Day (November 11th) operation to mark this special day, and promote the American Legion. We hope to operate on Wednesday afternoon and evening. Come on out and participate with us.

Contact: Club Secretary, Harvey LeCato 331-1212 [mbca@comcast.net](mailto:mbca@comcast.net).

## **WE'RE NOT MASKING OUR SUPPORT!**

Many organizations and individuals are "hunkering down" during this pandemic. That's okay on one hand, but there are many people and groups still in need and restrictions placed on us should not be an excuse to do nothing. Members of our Post 209 family are answering the Call to Arms...or masks!

Most recently, our Auxiliary Unit responded to a request for support from a US Army Aviation Unit deployed to Honduras. They were in need of some reassurance they were not forgotten from the people back home. There is much written and reported about our troops in harm's way in the war zones, which is understandable, but sometimes we forget we have Soldiers, Sailors, Marines, and Airmen deployed around the world and throughout the country protecting our Nation's shores and interests. Much like the more than 200 Soldiers serving in Honduras.

So, when it was discovered this Unit needed a reminder there are loved ones here in the US who appreciate their service, our Auxiliary Unit. And they knew exactly what was needed. These amazing ladies went to work immediately. They formed a committee to identify what could/should be sent that was not only something practical, but also a little reminder of the country to which they serve. Oh, did I mention this particular Army Unit was not chosen at random.

The Commander of the Aviation Unit is LTC Adam Bock, member of Post 209 and son of Past National Commander Tom Bock, and former National First Lady Elaine.

This core group of wonderful ladies led by Jackie Bowen, Kellie Hayes, Royce Hopper, and Unit President Cathy Barger blasted out the call for help and the response was overwhelming. Kellie & Royce made 250 masks and cooling neck wraps. The ladies worked tirelessly to assemble, iron, fold, and place into individual bags these gifts of love that included the masks, cooling neck wraps, a pocket flag (also folded by our Post 209 Family and community volunteers), and a note in each bag thanking each Soldier for their sacrifice and service.

During this same period, we received another call for help. One of our Legion Post 209 members has been caretaking for his wife who is receiving "in-home" hospice. He recently fell and broke a vertebra, which has severely limited his mobility and his ability to give his wife the complete care she requires. Once again, our Legion family stepped up. The ladies organized a schedule throughout the Legion family to take turns preparing and delivering meals to this family in need. Needless to say, the family has been very appreciative for this outpouring of love and care.

LT. Chelsea Thompson, daughter of Unit 209 Treasurer Kellie Hayes and dual member of Post and Unit 209 is currently stationed at NAS Pax River, MD. In May, she reached out to her Mom and stated they were having issues getting masks in a timely manner for Naval Health Clinic on the Base where she is assigned. Kellie rallied the ladies, made and shipped 125 masks to Chelsea and the clinic.

Lastly, back in April, our Post family was made aware of an Army Unit on Ft. Carson who was having difficulty getting their order for mandatory face masks filled. This was during the early days of mandated wearing of masks, resulting in a nation-wide shortage. Our Legion family, consisting of Legionnaires, our Auxiliary Unit, our Sons of The American Legion Squadron, and our Legion Riders came together, donated several hundred dollars and scoured the local area to help our Soldiers get the masks they needed.



Left to Right: Royce Hopper, Cathy Barger, Jackie Bowen

We understand and recognize this pandemic has created restrictions unlike most of us have seen in our lifetime. But for those who understand the word “service,” restrictions don’t mean stoppage. It just means we have to be a little more innovative finding how we can continue to serve our community and Veterans. Our Legion family continues to prove they will do whatever necessary to BPTS (**B**e **P**art **O**f **T**he **S**olution)! As our Marine Corps friends would say, “We adapt and overcome!” The American Legion has a long and storied history of doing just that. In service to our community, our Veterans and their family; we were there yesterday, we are there today, and we will be there tomorrow.

### **Yesterday, Today, and Tomorrow!**



We all have talents and gifts, and as Legionnaires you have the opportunity to share them with not only the Post but our community as a whole. These committees are the foundation of how we work the many programs of The American Legion and their success depends on our membership. Even if you have never served on a committee please come out and give it a try, or for those who have chaired one before all are invited to come and share their talents! Below are some of the committees and positions we are looking to fill. If you are interested, please reach out to the Chairperson or anyone on the executive committee. Don’t waste your talents! Make a Difference! Get Involved!

#### **Membership Committee:**

Chaired by the Sr. Vice Commander, the Membership Committee is responsible for creating and spearheading projects/ideas to maintain and increase membership of the Post. This includes, but is not limited to, conducting a vigorous recruiting effort, such as actively supporting the Direct Mail Solicitation (DMS) campaign to obtain new members and ensuring retention.

#### **Currently seeking the following members:**

Vice Chair, 2-3 committee members

#### **Program and Planning Committee:**

Chaired by the Jr. Vice Commander, the Program and Planning Committee is responsible for planning programs for the Legion year, and preparing and submitting to the Executive Committee both short- and long-range plans for the conduct of Post activities. This includes, but is not limited to, fundraising, securing speakers for Post meetings, and for planning Post observances of national holidays and other significant community events.

#### **Currently seeking the following members:**

Vice Chair, 2-3 committee members

#### **Public Relations Committee:**

The Public Relations Committee is responsible for promoting public interest and support of Post programs and activities through local news and social media, and assisting the publication of the Post newsletter.

#### **Currently seeking the following members:**

Chair, Vice Chair, 2-3 committee members

### **Welcoming Committee:**

Chaired by the SGT-At-ARMS, the Welcoming Committee takes on the job at all Post-sponsored events to welcome new members, guests, or even older members who are not well acquainted, making them feel at home, and introducing them to other members.

### **Currently seeking the following members:**

Vice Chair, 2-3 committee members

### **Veterans Affairs and Rehabilitation Committee:**

Chaired by the Service Officer, the Veterans Affairs and Rehabilitation Committee shall be responsible for assisting Post members and other veterans and their families in obtaining veterans' benefits to which they are entitled; for visiting comrades who are sick or disabled; and for keeping the membership informed on veterans' benefits available.

### **Currently seeking the following members:**

Vice Chair, 2-3 committee members

### **Americanism and Youth Committee:**

The Americanism and Youth Committee is responsible for inspiring patriotism and good citizenship through patriotic observances, patriotic and civic instruction in schools, and similar activities. This committee shall also be responsible for Post participation in such Legion programs as Boy's State, Oratorical contests, and other Americanism.

### **Currently seeking the following members:**

Chair, Vice Chair, 2-3 committee members

### **Fundraising Committee:**

The Fundraising Committee is responsible for all the major fundraising activities of the Post to include corporate sponsors, in-kind gifts, fundraising events, and any other ways to raise fund to support the programs and operations of the Post.

### **Currently seeking the following members:**

Chair, Vice Chair, 2-3 committee members



## **BRINGING A LITTLE SOUTH TO THE WEST**

Kids today are obsessed with electronic gaming. Whether on their tablet, laptop, or Smart Phone, they will spend hours at a time lost in their own little cyber world.

For a kid growing up in the 50's and 60's, we didn't have electronic gadgets to keep us occupied. Our escape was music. Those two decades arguably produced the best music of the 20th Century. And for those who would disagree, it's really not worth arguing about because you are

either tone deaf or have no appreciation for music.

Baby Boomers were just as obsessed with their music as kids today are with Minecraft and Grand Theft Auto. I firmly believe it was the music that defined our generation. It didn't matter where you lived; metro, rural, or suburbia, the music revolved around all kids of that generation.

There was music for all/any tastes. Whether it was country, folk, rock, or Motown, music was the center of most conversations, parties, or any after school activity. Our biggest challenge was scraping together the \$0.50 or \$0.65 to buy the 45rpm record featuring the latest hit.

45's, as they were called back then was the most popular format for music. Today, if you mention a 45, people look around for a semi-automatic weapon. 45's of the 50's and 60's was a different type of weapon. The songs played on those small records defined our political leanings, made us fall in love, consoled us when our heart was broken, and helped us just make it through the day. For the most part on a 45, there was one song per side, an A and B side. The A side was the hit and the reason you bought the record. The B side was typically something to fill the space. A record producer didn't want to put two hits on the same 45. That was a waste of money. They wanted us kids to buy two records, not just one. But occasionally, a B side song turned out to be a hit and sometimes the B side ended up being the bigger hit. But that was rare.

Now if you were wealthy, or saved up your money, you could splurge the \$2.00 for an LP (Long Playing) record, or commonly referred to as an album. That medium played at 33 1/3 rpm with a various number of songs, but typically it offered 7 songs per side. Unlike the 45, we didn't refer to the album as a 33 1/3. That would have been silly. The great thing about the LP was there was always at least 3 or 4 hits on the album, and about once a year, the record producer would release "The Best of..." or "The Greatest Hits of..." Those LPs normally cost a little more, but practically every song was a hit.

While we didn't have iPods that can store hours of music, the spindles on our record player was capable of stacking records. For 45's, you had a choice of a small yellow adapter that snapped onto the 45 to make the center hole small enough to fit on the spindle, but if you had the money, you could buy an adapter that fit onto the spindle that would accommodate the larger hole in the 45. The record player was automatic and when the record reached its end, the tone arm would raise and return to its home position to allow the spindle to release the next record.

Stacking records gave us the capability to listen to hours of music automatically. And until the 8-track tape came along in the mid-60's, this was how we listened to our music. With the invention and mass production of the 8-track, we were able to take our music on the road and had an option over the AM radio in our cars.

Just thinking about that music brings back fond memories. Most of us from that era can still recall where we were and what we were doing when our favorite song first hit the airwaves.



























Now, go "put your glad rags on, join me hon'. We'll have some fun until the clock strikes one!" Let's kick off our shoes and head out to the gym or auditorium!

*Jay Bowen*

**Past Post Commander**



## October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Early Bird Dinner is FREE to Post 209 Legion, Auxiliary, and SAL members who joined or renewed by 12 October and RSVP'd to Jackie or online for the dinner no later than noon, 15 Oct.</b></p> <p><b>Dinner for non-members is \$10.00</b></p> <p><b>Butter Braids go on Sale 16 October. Sale ends 13 November. Delivered to the Post 19 November.</b></p>				<p><b>1</b></p> <p>Executive Committee Meeting 6:30pm </p> <p>Young Guns 6:30pm </p>	<p><b>2</b> Price Varies with order</p> <p>Hamdogger 6:00pm </p>	<p><b>3</b></p>
<p><b>4</b></p> <p>Toy Run - CTU 11am </p>	<p><b>5</b></p> <p>Post Honor Gd. Training 6:00pm </p>	<p><b>6</b></p>	<p><b>7</b></p> <p>Marksmanship 6:30pm </p>	<p><b>8</b></p> <p>Young Guns 6:30pm </p>	<p><b>9</b> \$10.00 Meal</p> <p>ALR Dinner - 6:00pm <b>RSVP Required!</b> </p>	<p><b>10</b></p> <p>Membership Meeting Breakfast - 9:00am Meeting - 10:00am  </p>
<p><b>11</b></p>	<p><b>12</b> Columbus Day</p> <p>Post Honor Gd. Training 6:00pm </p>	<p><b>13</b></p>	<p><b>14</b></p> <p>Welcoming Committee Meeting; 6:00pm Marksmanship 6:30pm </p>	<p><b>15</b></p> <p>Young Guns 6:30pm </p>	<p><b>16</b> \$10.00 Meal</p> <p>Butter Braids Sale thru 11/13 <b>Early Bird Dinner!</b> 6:00pm <b>RSVP Required!</b> </p>	<p><b>17</b></p>
<p><b>18</b></p>	<p><b>19</b></p> <p>ALR Exec. Board 6:00pm Post Honor Gd. Training 6:00pm  </p>	<p><b>20</b></p>	<p><b>21</b></p> <p>Marksmanship 6:30pm </p>	<p><b>22</b></p> <p>Young Guns 6:30pm </p>	<p><b>23</b> Guests \$10.00 Meal</p> <p>Chef's Choice Dinner 6:00pm <b>RSVP Required!</b> </p>	<p><b>24</b></p>
<p><b>25</b></p>	<p><b>26</b></p> <p>Post Honor Gd. Training 6:00pm </p>	<p><b>27</b></p> <p>ALR/SAL Monthly Mtng 6:30pm. Social 5:30pm SAL 5:45pm  </p>	<p><b>28</b></p> <p>Marksmanship 6:30pm </p>	<p><b>29</b></p> <p>Young Guns 6:30pm </p>	<p><b>30</b></p> <p>Dinner - Scouts Fundraiser 6:00pm <b>RSVP Required!</b> </p>	<p><b>31</b> Halloween</p> <p style="text-align: center;"><b>Happy Halloween!</b></p> 

## November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b> Daylight Saving Ends</p>	<p><b>2</b></p> <p>Post Honor Gd. Training 6:00pm </p>	<p><b>3</b> Election Day</p>	<p><b>4</b></p> <p>Marksmanship 6:30pm </p>	<p><b>5</b></p> <p>Executive Committee Meeting 6:30pm </p> <p>Young Guns 6:30pm </p>	<p><b>6</b> Price Varies with order</p> <p>Hamdogger 6:00pm </p>	<p><b>7</b></p>
<p><b>8</b></p>	<p><b>9</b></p> <p>Post Honor Gd. Training 6:00pm </p>	<p><b>10</b></p>	<p><b>11</b> Veterans Day</p> <p>Marksmanship 6:30pm </p>	<p><b>12</b></p> <p>Young Guns 6:30pm Awards Night! </p>	<p><b>13</b> \$10.00 Meal</p> <p>Butter Braid Sale Ends! Aux. Dinner - 6:00pm <b>RSVP Required!</b> </p>	<p><b>14</b></p> <p>Membership Meeting Breakfast - 9:00am Meeting - 10:00am  </p>
<p><b>15</b></p>	<p><b>16</b></p> <p>ALR Exec. Board 6:00pm Post Honor Gd. Training 6:00pm  </p>	<p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b></p> <p>Butter Braids Arrive!</p>	<p><b>20</b> \$10.00 Meal</p> <p>Turkey Shoot! 5:30pm Chef's Choice Dinner 6:30pm <b>RSVP Required!</b> </p>	<p><b>21</b></p>
<p><b>22</b></p>	<p><b>23</b></p> <p>Post Honor Gd. Training 6:00pm </p>	<p><b>24</b></p> <p>ALR/SAL Monthly Mtng 6:30pm. Social 5:30pm SAL 5:45pm  </p>	<p><b>25</b></p>	<p><b>26</b> Thanksgiving Day</p> <p style="text-align: center;"><b>Happy Thanksaiving!</b></p> 	<p><b>27</b></p>	<p><b>28</b></p>
<p><b>29</b></p>	<p><b>30</b></p> <p>Post Honor Gd. Training 6:00pm </p>	<p>Notes:</p> <p style="text-align: center;"><b>Butter Braids Sale ends 13 November. Delivered to the Post on 19 November.</b></p>				