

CENTENNIAL 209 NEWSLETTER



VOLUME 24 EDITION 4

APRIL 2010

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From the Desk and Mind of the Commander

Jay Bowen

We had a good crowd at our March meeting. I want to think they came to hear me (after all, it is all about me), but I know better. Most of them attended to hear our scheduled monthly speaker, Jim Tackett. It was informative, enlightening, and everyone in the room learned something about VA benefits they didn't know when they arrived that morning. I plan to ask Jim to return one of these days to update us, so keep watching the site calendar and this newsletter for details. Thanks Jim, for sharing much needed information about benefits we all earned through service to this great country. Also, since Jim is a member of our Post and attends when his schedule allows, you may be able to catch up with him at a meeting. We were also privileged to have Post member and State Representative Kent Lambert visit and update the membership on Legislative actions of interest to our Veterans. He too, attends as his schedule permits. You never know what you will miss by sleeping in on the second Saturday of every month. I encourage you to come out, have a GREAT breakfast, and stay for the meeting. It is informative and fun.

I am introducing a contest open to ALL members of the Post (except judges and their family). I call it the "Name the Newsletter Contest." We will run it for the month of April. There is a 3-person panel that will decide the winner. You are welcome to submit as many entries as you wish. If we get the same entry from multiple contestants, the one submitted first gets the credit. Send all entries to the Post email address at AmLegion209@base.comcastbiz.net The winner of the contest gets dinner for two at a May event at the Post. We will begin using the new name in our June Newsletter edition. I look forward to seeing some interesting and creative ideas. *(next page)*



President's Column

Jackie Bowen

Thank you for the wonderful birthday card. Our Chaplain does a great job ensuring we are remembered on our birthday.

We have grown by one member, Kellie Hayes. Please help me welcome her to the Legion and Auxiliary family. As you know, we have some members that crochet, knit, and quilt lap blankets and Residual Limb Covers for our wounded Veterans. One of our new members, Susie Beardslee spoke with her boss at Doubletree and was able to get them to let her donate \$100 in Michael's gift cards to help purchase the materials needed for these projects. It's because of our wonderful members making such great contributions we are able to continue helping our Veterans.

In April we will be nominating new Unit officers. Elections will be held in May. Offices and an explanation of positions follows: President - to conduct meetings of the Unit and Unit Executive committee; Vice-President - assist the President and in her absence, perform her duties; Secretary - record all proceedings and maintain those recordings; Treasurer - receive and account for all money belonging to the Unit; Chaplain - offer opening and closing prayers; Historian - compile historical records of the Unit and send reports to Department; Sergeant-at-Arms - preserve order at the meetings of the Unit.

Our District President, Linda O'Riley contacted me about getting pocket flags for our deploying troops. USO gives a bag to every soldier. If it is approved by the USO, our Unit will purchase 300 flags for distribution. This is a huge project for our Unit. I'll keep you posted on the approval. If you are interested in helping, let me or one of the Unit Officers know.

Serving Our Veterans Proudly.

(from Page 1) We will not have a guest speaker this month because we are devoting the meeting to the election of officers for the 2010 year. If you would like to serve, or if you have someone you want to nominate, attend and let your voice be heard.

I received the following from the TAP Office at Peterson AFB (I also checked the link for validity): "DD Form 214 -- Social Security Benefit. Anyone who's had active duty service between January 1957 to December 31, 2001: You may qualify for a higher social security payment because of your military service. Website: <http://www.ssa.gov/retire2/military.htm> has all the details. It is NOT just for retirees, BUT anyone who has served on active duty during that period. FYI - this benefit may not be automatic, you must ask for it!" I posted this link to our website. If you don't have Internet access, we'll get a phone number for you.

For God and Country,
Jay



FROM THE CHAPLAIN
MARIO TARACENA

OH THOSE GLORIOUS FLY GIRLS!

When America entered WWII in 1941, Britain and Russia had their backs to the wall. Before long, thousands of American Navy and Merchant vessels were steaming across the Atlantic carrying planes, tanks and guns to Europe. Eventually, millions of G.I.s were involved in the conflict. Allies began massive bombing raids against the Nazis. They marched towards victory.

Every phase of American life was affected. By 1945, twelve and one half million men and women were serving in uniform.

In September 1942, a 20-something year old Millicent Peterson (Millicent Peterson Young) from Colorado Springs, responded to the call to serve. She, along with 200 more young ladies volunteered to undergo pilot training in the Army. This courageous leap of faith in America freed up male pilots to engage in combat missions over enemy territory. Millie, as she is warmly known among friends and family, often said, "We had no expectations of glory, we were civilians hired by the Army, we just had a sense of patriotism." These volunteers went to England to work. "We learned to fly all kinds of airplanes, from small Spitfires to Military B-17s." These pioneers were also ferrying vital aircraft replacement parts to military bases, or towing drones and aiding in communications.

At times, when they readied for their missions, the men would crack sarcastic remarks such as: "What are you doing girlie? Do you know what you are doing?" or "I should be in that seat." Millie would often just smile and think, "Oh well, we are changing the world for aviators."

The Women Air Force Service Pilots (WASPs) unit was disbanded at the end of 1944. These fantastic, valiant and faithful civilian women just went home. Many had to pay their own way back. Another chapter in WWII history was closed; temporarily.

On Tuesday, the 10th of March, 175 former WASPs now in their 80's and 90's were belatedly honored. 300 of the initial 1,000 aviators are alive today.

The ceremony took place at Capitol Hill where they were awarded the Congressional Gold Medal. A wreath laying ceremony took place honoring the memory of those who had gone before and logged over 6,000,000 miles.

GOOD FRIDAY AND EASTER

These two days are not official holidays. However, many churches have special services that commemorate the physical death of Jesus Christ at the Cross overcoming death for us. His spirit became separated from His body. (John 3:16-17) On the third day, His spirit and His body were reunited eternally. (Luke 24: 1-10). This time never to be separated again. (Luke 24: 36-39). The resurrection makes it possible to return to God's presence. To receive that blessing, we must also live in accordance with His commandments.

Many people observe Good Friday by attending church, offering silent prayers and thanking God for Jesus Christ's suffering-passion. Many abstain from eating meat or they fast, signifying going without the usual luxuries as a form of purification. Easter Sunday is celebrated by events such as decorating eggs, which signifies new life or spring.

May the Lord bless us all at this time of soul searching and meditation.

KEN BOYER: He will be having back surgery the second week in April with a plan of action to resolve issues with his health. Your prayers will be appreciated for his successful recovery.



Post Officers

Office	Name	Telephone
Commander	Jay Bowen	719-574-1223
Sr. Vice Cdr	Vacant	
Jr. Vice Cdr	Robert Brietske	719-266-8790
Adjutant	Larry Johnson	719-622-0344
Finance Officer	Norman Moyer	719-392-3725
Chaplain	Mario Taracena	719-495-0363
Sergeant-at-Arms	Robert Rydell	719-634-4203
Historian	Richard Longacre	719-391-8138
Post Executive Committeeman	Neal Thomas	719-392-1510
Service Officer	John Brown	719-331-8160
Judge Advocate	Charles Zeitvogel	719-531-0546
Past Commander	Bill Marshall	719-495-0088

Post Email: AmLegion209@base.comcastbiz.net
 Web Site: americanlegioncoloradosprings.org



Auxiliary Officers 2009-2010

Office	Name	Telephone
President	Jackie Bowen	719-574-1223
Vice President	Annie Peterson	719-599-3818
Secretary/Historian	Lynn Thomas	719-392-1510
Treasurer	Mary Grier	719-536-0438
Chaplain	Marion Daugherty	719-637-9555
Sergeant-AT-Arms	VACANT	



Board of Trustees 2009-2010

Term (Years)	Name	Telephone
President	Neal Thomas	719-392-1510
Commander	Jay Bowen	719-574-1223
Finance Officer	Norman Moyer	719-392-3725
Member 2 Yr	Larry Johnson	719-322-0644
Member 2 Yr	Alton Cyriaque	719-495-4732
Member 1 yr	Chuck Zeitvogel	719-531-0546
Member 1 yr	Bill Marshall	719-495-0088



Centennial 209 Calendar of Events



3 Apr	Easter Egg Hunt 2:00 P.M. for children 10 and younger
5 Apr	National Commander Luncheon 1:00 P.M.
8 Apr	Executive Committee meeting 6:30 P.M.
10 Apr	BREAKFAST 9:00 A.M. Post and Auxiliary Meeting 10:00 A.M. Election of Officers
13 & 20 Apr	Cub Pack 386 meets at Post home 6:30 P.M.
17 Apr	Post Cleanup
23 Apr	HamDogger-Wingding Nite 6:30 P.M.
24 Apr	District 7 Legion Riders Poker Run Time To Be Determined
24 Apr	Cub Pack 386 Yard Sale in Parking lot of Post home. 8:00 A.M. - 4:00 P.M.
6 May	Executive Committee meeting 6:30 P.M.
8 May	BREAKFAST 9:00 A.M. Post and Auxiliary Meeting 10:00 A.M. Installation of Officers
11 & 18 May	Pack 386 meets at the Post 6:30 P.M.
15 May	District 7 Convention in ELKS Lodge Cripple Creek 11:00 A.M. Joint meeting
21-23 May	Dept of CO Legion College, Denver
31 May	Memorial Day Observation Open House 1:00 P.M.



REMEMBERING
THE SACRIFICES
OF
OUR MILITARY
AND THEIR
FAMILIES



Latest News from the Department of Veterans Affairs



AP - February 26, 2010) The Department of Veterans Affairs (VA) will re-examine the disability claims of what could be thousands of Gulf War veterans suffering from ailments they blame on their war service, the first step toward potentially compensating them nearly twenty years after the war ended.

Secretary Eric Shinseki said the decision is part of a "fresh, bold look" VA is taking to help veterans who have what's commonly called "Gulf War illness." "I'm hoping they'll be enthused by the fact that this...challenges all the assumptions that have been there for 20 years," Shinseki told The Associated Press in an exclusive interview. These veterans have long felt the government did little to help them. The VA says it also plans to improve training for medical staff who work with Gulf War vets, to make sure they do not simply tell vets that their symptoms are imaginary-as has happened to many over the years.

The changes reflect a significant shift in how VA may ultimately care for some 700,000 veterans who served in the Gulf War. It also could change how the department handles war-related illness suffered by future veterans, as Shinseki said he wants standards put in place that don't leave veterans waiting decades for answers to what ails them. The decision comes four months after Secretary Shinseki opened the door for as many as 200,000 Vietnam veterans to receive service-related disability compensation for three illnesses stemming from exposure to the Agent Orange herbicide.

About 175,000 to 210,000 Gulf War veterans have displayed a pattern of symptoms that include rashes, joint and muscle pain, sleep issues and gastrointestinal problems, according to a 2008 congressionally-mandated committee that based the estimate on earlier studies. But what exactly caused the symptoms has long been unanswered. Independent scientists have pointed to pesticide and pyridostigmine bromide pills, given to protect troops from nerve agents, as probable culprits. The 2008 report noted that since 1994, \$340 million has been spent on government research into the illness, but little has focused on treatments.

Last week, Secretary Shinseki and Senator Jay Rockefeller (WV), a member of the Senate Veterans' Affairs committee, met privately in Charleston, West Virginia, with several Gulf War veterans. In an interview after the meeting, Rockefeller told the AP that Shinseki's background as a former Army chief of staff made the changes possible. He said either the military has been reluctant over the years to release paperwork related to the war or kept poor records about exposures in the war zone, which made it harder for the veterans to prove they needed help. "The paperwork isn't very accurate, but the pain is very real," Rockefeller said.

Secretary Shinseki has publicly wondered why today there are still so many unanswered questions about Gulf War illness, as stricken veterans' conditions have only worsened with age. Last fall, he appointed a task force led by his chief of staff, John Gingrich, a retired Army colonel who commanded a field artillery battalion in the 1991 war, to review benefits and care for Gulf War veterans. Changes stem from the task force's work. Gingrich said in an interview he feels a personal stake because some of his own men who were healthy during the war are dealing with these health problems. Gingrich said the VA isn't giving a new benefit to Gulf War veterans, just making sure the claims they submitted were done correctly. "We're talking about a culture change, that we don't have a single clinician or benefits person saying 'you really don't have Gulf War illness, this is only imaginary' or 'you're really not sick,'" Gingrich said.

A law enacted in 1994 allows the VA to pay compensation to Gulf War veterans with certain chronic disabilities from illnesses the VA could not diagnose. More than 3,400 Gulf War veterans have qualified for benefits under this category, according to the VA. The VA says it plans to review how regulations were written to ensure the veterans received the compensation they were entitled to under the law. The VA would then give veterans the opportunity to have a rejected claim reconsidered. The VA doesn't have an estimate of the number of veterans who may be affected, but it could be in the thousands. Of those who deployed in the Gulf War, 300,000 submitted claims, according to the VA. About 14 percent were rejected, while the rest received compensation for at least one condition.



Monthly Breakfast/Meetings

Our General Membership Meetings are on the 2nd Saturday of every month unless posted in the monthly newsletter.

Our breakfast, prior to the General Membership Meeting, at 9:00 a.m. has proven to be a great success as those who have attended will certainly attest.

In January, the cost of the breakfast was raised to \$8.00. The reason for the small increase was because we cannot get volunteers to help with the cleanup afterwards, therefore \$1.00 per person will be given to the Auxiliary for their help to cleanup after the breakfast.

This is a great way to start the weekend and best of all, Mom doesn't have to cook. No reservations are required.

We offer a great selection of food and fruits, however, the cooks and kitchen committee reserve the right to change the menu and surprise you with a selection of different dishes from time to time. Come on down and see what we have.



National Commander Visits Centennial Post 209

National Commander Clarence Hill will be visiting Colorado during the week of 5 April to 9 April.

The National Commander will be visiting Colorado Springs and our Post on Monday, 5 April 2010 for a luncheon that starts at 1:00 P.M.

If you would like to visit with the Commander, please let us know. We want as many members as possible to attend and enjoy a lunch with the Commander.



Cub Scouts John Brown

Vroom, Vroom, did you miss the pine wood derby? Well both packs have completed their races and they have crowned the winners and they will be racing at District 17 Apr 10 at the West Elementary school. Each pack will have 6 racers at the event. Both Pack 24 and Pack 386 are still holding weekly meetings and promoting the scouting values.

There will be a yard sale fund raising event at the Post home on 24 April 2010 sponsored by Pack 386. There will be hot dogs, items for sale, candy for sale, etc., all going to the cause of supporting the Scouts.

A Little Known Secret for Veterans

The Special Pension for Veterans' Aid and Attendance pays up to \$1,644 a month, \$19,736 annually, toward assisted living, nursing homes or in-home care for veterans 65 and older who served at least 90 days and one day during wartime — stateside or overseas. Veterans and their spouses can receive up to \$23,396 annually and spouses of deceased veterans, \$12,681.

Yet, an estimated \$22 billion a year goes unclaimed, said [Don Soard](#), a volunteer with Operation Veteran Aid in [Oklahoma City](#). In 2007, only 134,000 seniors nationwide received the benefit, which was established in 1952.

Soard started his volunteer mission two years ago, following the deaths of two family members who served in WWII.

"If they'd known about this benefit, they'd have a much better quality of life in later years," he said. "Without it, many vets are forced to go on [Medicaid](#)."

Read more: <http://www.VeteranAid.org>

NAME THE POST NEWSLETTER CONTEST

The rules for the "Name the Post Newsletter Contest" are as follows. We will run the contest from 1 to 30 April (this is not an April Fool's gag). Everyone is asked to email your suggestions to the Post or enter online through our web page. You can also drop the suggestion off at the Post when someone is there to accept it. Call before coming over so you don't waste your time.

If two or more persons have the same entry, the one with the earliest receipt date will be credited with the suggestion, so don't forget to date your entry. Also, you can present more than one name.

The winner will be given a dinner for two at our next event.

At the end of the contest, we will try to put all suggestions on the web page.

The Committee to name the newsletter is being chaired by the Service Officer, John Brown.

Ham Dogger- Wingding Night

23 April 2010 @ 1830 hrs

Menu Items

1 - Hamburger_3 Stooges "Curly" Fries & Beverage \$5.00



2 - Hotdogs_3 Stooges "Curly" Fries & Beverage \$5.00



10 - Wings_3 Stooges "Curly" Fries & Beverage \$8.00



Extra Hamburger	\$3.00
Extra Hot Dog	\$2.00
Extra Buffalo Wing (ea.)	\$0.50

Sides

Scoop of Potato Salad	\$1.00
Baked Beans	\$1.00
Chips	\$0.75
3 Stooges "Curly" Fries	\$3.00



Assorted Beverages Donation \$\$
We will also show several episodes of the 3 Stooges on the big screen. Come and see your favorite episode!

POST OPEN HOUSE

Memorial Day, 31 May 2010

I find myself in a position where I need the help of all of our Legion Family. On 31 May, the Post is going to be opened to anyone who would like to see what we have to offer as The American Legion and our Post in particular. I would like to ask anyone who would like to volunteer to bring finger food, appetizers (or whatever you would like to call them) to the Post so that anyone who visits us can munch on something while they learn about The American Legion and our Post. They will be able to get information on the programs and activities of our organization and what goals we have to ensure we are an active community partner. Contact Larry Johnson at 719-622-0344 or an email at john8936@msn.com



Service Officer
John Brown

President Obama Signed Veteran's Emergency Care Act

From the American Legion — 3 Feb 2010

President Obama signed into law the "Veteran's Emergency Fairness Act of 2009."

This important legislation amends existing statutes to allow the VA to reimburse eligible veterans for portions of emergency treatment not covered by their private insurance.

Before this change in law, VA could only pay outside hospitals directly, or reimburse veteran's in cases where they did not have private health insurance.

Speaking of Veterans Benefits

Are you enrolled in the VA Health Care system?

When I ask veterans why they aren't enrolled in the VA Health Care Program, the reply that I hear most often is that I make too much money, or they wouldn't let me enroll. Those same veterans 3 years later told me they lost their job, became unemployed or had to accept a job at lesser pay.

What I am trying to get across to you, is that you should be enrolled in the VA Health Care System because you do not know what the future holds, especially when you are considering what is going on today in our economy.

A few years ago, Congress stated the VA had to define who they were serving and how many. At that time, Congress was going to tie funding to the enrollment of Veterans in the Health care arena.

Back then you may not have qualified, but now you do. If you would have been enrolled you could possibly be receiving care and benefits that you don't know about.

Do not rely upon my words or those of those famous lawyers we had in the barracks on active duty.

CHECK IT OUT FOR YOURSELF.



From the Adjutant
Larry L Johnson

I would like your feedback on some ideas that people have been talking about and some ideas working around the state and other Legion Posts.

I know during the summer there is a Post in Denver that advertises hamburger and hotdog nights on Friday, Saturday and Sunday. Another Post offers steak night for the adults and hamburgers and hotdogs for the kids.

A member of the Post has offered an idea to have a movie night complete with hamburgers and hotdogs with french fries and popcorn. To that end, he has volunteered the use of his 400 plus DVD movie collection.

Please keep in mind that our Post is not like a number of the other Posts for which you may have come into contact. We are a kid friendly Post. We say that because we do not have a lounge or a bar prominently displayed when you walk into the Post. We want to be known for and involved with family type gatherings and activities for the entire family to enjoy.

Another idea presented to me was doing a sock hop or a dance for your enjoyment.

I would like to know what you think about these ideas and whether it sounds like something you would enjoy and take an active role to support.

As you might know our membership is at 469 members for the year 2010. We don't want to stop there. We want to hit and surpass our ALL-TIME HIGH of 525 members. That means of course that we want at least 526 members for 2010. This can be attained by those who have not renewed their 2010 membership to renew immediately, as well as recruitment of new members. I'm going to save the legendary quote and the one that you hear all of the time until July when we start recruiting for 2011.

As I said, we have 469 members and sometimes things happen and get overlooked. If you haven't received your membership card and you have renewed or you are receiving this newsletter or know of someone who isn't or hasn't received their membership card, please call or send me an email so I can rectify the problem.

Election of Officers

Over the past year, the Post has grown and we will continue to grow in the future. As such, the need for fresh ideas and motivated leadership is more important than ever.

Next month, on the 2nd Saturday, the membership of Post 209 will once again elect those Legionnaires they believe can not only lead the Post, but also grow with the Post.

The only two positions not elected next month is the Judge Advocate and the Service Officer. These positions are appointed by the Commander.

We want Legionnaires who can dedicate both time and ideas to enhance the image of our American Legion Post in the eyes of the community and the Veterans we support. Please attend the meeting and let us know what office you would be interested in serving. By the way, you must either be present to accept an elected office, or in the event you believe you will miss the meeting and still want to serve, send your acceptance to the Adjutant via email that you will accept any position if elected. This must be done prior to the April meeting.

At the General Meeting, the floor will be opened for anyone to be nominated and elected to an office.

Check the website's "Local News" for a brief description of Post positions and responsibilities.



Your current slate of Officers. Surely we can find some better looking folks for 2010! 🇺🇸

THE AMERICAN LEGION
CENTENNIAL POST 209
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This is what makes up the American Legion and what the American Legion lives for.