

Centennial 209 Newsletter

P.O. Box 25334, Colorado Springs, Co 80936-5334
719-599-8624

JANUARY 2002



*From the Commander
Charles Zeitvogel*

A New Year! Welcome back from the holidays! We trust all is well with you and your holidays were all that you had hoped and planned for. Your American Legion Centennial Post 209 Officers and Board of Trustees members are looking forward to serving you this year of 2002 with enthusiasm and vigor. We continually are open to innovative ideas on what we can do for our membership. Obtaining money for development of the lot the Post owns is ever an item of discussion. Your ideas in this regard will be appreciated, please call me or send me a letter with your thoughts on this subject.

We look forward to more members attending our General Membership Meeting each month. (See General Membership Meeting Attendance and Cash Drawing on page 3).



*From the President
Dot Dassero*

Happy New Year, hope everyone had a nice but quiet Christmas and everyone survived the holidays.

As we start the New Year it seems like it is a tradition to make resolutions and sincerely try to keep them throughout the year.

The Unit does this every year and the first resolution that we make is to get all of our membership turned in for the year so that we can get on with the other business that we are involved in. The second resolution is that we invite all of the wives of the Legionnaires of the Post to come and join with us in support of the Auxiliary programs as well as the programs of The American Legion Post. The third resolution that we make is to have fun during the year and in the programs that we are supporting. We have many programs and we do have fun while performing the work. The forth and final resolution is to go to the various social functions that are held throughout the year.

It isn't too early to start thinking about who is going to lead us for another year. Do you have the ideas, the strength and resolve to carry them to completion? If so, we need you for the future of our organization. Consider, letting your ideas and strengths fortify and strengthen The American Legion Auxiliary and The American Legion Family.

I hope to see all of our current members and I look forward to meeting the members as they join with us. Until next time.

Post 209 Officers

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

Dues \$ 30.00

Auxiliary Officers

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

Dues \$ 15.00

Meetings

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

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

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

Board of Trustees

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

Meets on the 1st Thursday after Executive
Committee Meeting

Membership Eligibility

World War I
April 6, 1917 – 11 November 1918

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

Korean War
June 25, 1960 – January 31, 1956

Vietnam War
December 22, 1961 – May 7, 1975

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

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



Sick Call

Dot Dassero – The last that was heard is that she is slowly getting better. Keep up the work DOT we need you back.

Alice Hart – Isn't feeling all that spry these days., but is doing pretty good. All who know Alice send her a card. It will cheer her up a little

Ernie Kelly – Is recovering from a recent accident and wife Arlene is doing better. Keep it up we would like to see you soon.

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

Does Your Name Belong Here?

The following listed Legionnaires have renewed their membership for the year 2002 as of 14 November 2001. The Bold names are of Legionnaires who have joined the Post this year.

For those whose name is listed here, have I left you off or have you been procrastinating. Either way I would ask you to take a moment and send in your dues for the year 2002. For those Legionnaires who have already mailed in your dues, I thank you very much.

I hope that you will join with me and say WELCOME to the new Legionnaires of our Post. These Legionnaires are highlighted below, the Legionnaires in Italic's have transferred to us from another Post. Hope to see you soon at one of the meetings.

Gerald Agnew, Billy Allison, James Allison, LaQuita Allison, Dan Anderson, Greg Andries, Leon Ashton, George Ausmus, Norman Avery, Douglas Bachman, Paul Bailey, John Barbera, James Baker, Charles Barnes, George Bassett, Harley Beckstrand, Ronald Bennett, Leonard Bentley, Frank Blanchard, Jimmy Blankenship, Arthur Borer, Clotilde Bowen, Lester Brosset, Ernest Brumfield, Edward Bucholz, Regina Bufkin, William Burnes, Earl Burrell, Troy Burrell, Halm Calderon, Robert Cancellieri, Harry Cassell, Harry Casterlin, Earl Chaplin, Curtis Charboneau, James Chester, Dale Crist, Charles Clark, David Coberly, Richard Cole, Christopher Collins, Melvin Cooper, John Cress, Alton Cyriaque, Frithjof Dammann, Harry Daniels, William Daugherty, Martin Davis, Glenn Decarlo, Gideon Diamon, Lyle Dickson, Dennis Dreiling, Clifford Dufrain, Barbara Duink, Carl Elliott, Ronald Erickson, Warren Falk, Brenda Flowers, Anna Foster, J P Freeman, Harold Fricke, Harold Garber, John Carver, Willard Geick, Freeman Gibson, Mark Gilding, Victor Green, Armie Gruenewald, Randy Gulley, John Gutierrez, Carl Hammer, Norman Harpole, Brentley Hart, D R Harvey, William Hathaway, Jack Heath, Robert Hebert, Michael Henebry, James Hennie, Robert Hinshaw, Edward Hoden, Herman Hoggemiller, Marion Holden, Howard Hornik, Robert Hudson, James, Hulterstrom, Albert Hurley, Donald Hyde, Lewis Ireland, William Jacobs, John Jauregui, Sigurd Jensen, Gordon Jesse, Allan Johnson, Benny Johnson, Harry Johnson, Janice Johnson, Larry Johnson, Eddie Jones, James Jones, Fred Karvaski, Mario Karzon, Virginia Keffer, Ernest Kelly, Patrick Kelly, Arthur Kimbrel, Robert King, Michael Knaub, John Kneuer, Matthew Knieriem, James Kobelt, John Kortemeyer, John Kovar, Ivan La Forge, Francis Landry, Errol Lanier, Herman Lauck, Donald Levey, Roy Lindblade, David Linder, Timothy Long, Wallace Lonsinger, William Mahar, John Maier, Herminio Maldonado, Ronald Marshall, William Marshall, Julian, Martinez, Gut Marzari, Freya May, Gerald May, Walter Mc Donald, William Mc Clinton, Charles Mc Collum, William Mc Cullough, Harry Mc Fadden, Dan Mc Laughlin, Quinn Mc Neil, Ben Miller, R K Miller, Edgar Mills, John Mitchell, William Mook, Joyce Moyer, Norman Moyer, John Mueller, James Mundt, Allen Navratil, Barbara Nelson, Bart Obra, Daniel Ogan, Joseph Ondrejlik, Stanley Palmer, Thomas Paradise, George Patterson, Frans Pauli, Curtis Payne, Roger Penninger, David Plenge, Clarence Porter, David Porter, Lynn Porter, John Potts, George Proeller, William Ralston, Francis Redington, Raymond Redington, John Reilly, Alvin Richert, David Robertson, Maria Ryan,

Helen Rydell, Robert Rydell, Peter Sartino, Norman Schwartz, William Scott, John Sentena, Eric Senzek, Anthony Seriduc, Glen Setser, J C Shellhammer, Eleanor Shepperdson, Nelson, Sherrard, John Siran, Anna Sitiko, John Sitrer, Joseph Smith, William Smith, John Snider, Ed Stern, Lindy Stone, Robert Stryker, June Swearingen, Rudolph Tamayo, David Thomas, Neal Thomas, Robert Thompson, Randy Threet, Steve Tice, Bennie Torres, Joseph Totoro, Robert Tramaloni, William Triche, Charles Ulmer, Robert Unruh, Polk Walker, Donald Warner, Lester Watson, William Weeks, Richard White, David Wiinarski, William Wohlleb, Paul Wolf, Roy Wytzka, Millicent Young, Stephen Zakaluk, Charles Zeitvogel, John Zemitis, Robert Harrison, Carl Hatton, Les Nichols, Richard Ferguson, Cornelius Connery, Henry Fletcher, Arthur Moore, Curtis Yaney, Albert Castanon, John Chamberlain, Joseph Wash, Phoebe Jackson-Watson, Stephen Sutton, George Steinfeld, Jim Thomason, Steve Bullington, Michael Sawyer, Robert Shott, Paul Trees, Phillip Meringola



HAPPY NEW YEAR!

General Membership Meetings Attendance and Cash Drawing:

Member attendance at General Membership Meetings is extremely important. Our goal is to have at least ten percent of our members in attendance at these meetings.

Starting in January 2002, and for the next six months, to help encourage attendance a drawing starting with \$25.00 will be held. This amount will go to the member whose name is drawn at the meeting. Should that member not be present, \$5.00 will be added to the drawing for the following month, and each month thereafter through June 2002.

The winning member must be present to win the amount in the drawing. We look forward to seeing if this incentive makes a difference and helps increase membership attendance at General Membership Meetings these next six (6) months.



From the Auxiliary Secretary/Treasurer
Barbara Johnson

The following Auxiliary Ladies have renewed their membership with Unit 209 for the year 2002.

Patricia Andries, Julie Blankenship, Ireana Campbell, Dot Dassero, Eleanor Fearson, Alice Hart, Joy Hartley, Gloria Hill, Collette Habson, Ruth Hornik, Helen Hunter, Bonnie Lloyd, Patricia Martinez, Yolanda Martinez, Leonna Mc Cann, Margarita Niewald, Esther Redington, Marcia Shellhammer, Placida Sorell, June Swearingin, Janae Andries, Barbara Johnson, Margery Johnson, Marion Johnson

I would like to ask those who are members to please renew your dues as soon as possible. Please mail the renewal dues of \$ 15.00 to Barbara Johnson, 4045 Haven Lane, Colorado Springs, Co 80917.

In order to have a vibrant organization that grows and is involved with the community as well as Veterans and children and youth we need more members. I would like to extend an invitation to all of the wives and daughters of the all the Legionnaires who are receiving this letter. We need your ideas and your support and more importantly WE NEED YOU.

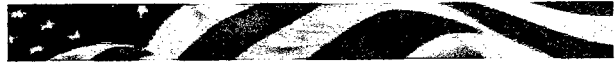
The dues for a year are \$ 15.00. If you would like more information and/or an application please give me a call at 719-596-9261. Hope to hear from you soon.



Armed Forces Recruiting/Membership Programs:

Recall the first time you spoke with a military recruiter. Were you drafted or were you a volunteer? Certainly times have changed in what recruiters tell recruit prospects. With that in mind, recruiters from the various branches of the military services have been asked to present a five to ten minute presentation of what they tell recruits at our general membership meetings over the next four months. Their presentations will provide an interesting adjunct to our meeting programs. The various recruiters are eager to speak to our members. We Legionnaires can have a positive or negative influence on potential recruits for military when relating to them our experiences in the military. From this perspective, hearing what the recruiters are telling potential recruits (high school and college students) will be interesting.

There will be opportunities for questions and answers after the presentation.



Christmas Party:

The Post Christmas Party held this past December 8, was a highly enjoyable event. The Prime Rib Dinner prepared by Al Cyriaque and Larry Johnson was professional in all aspects. They along with Greg and Pat Andries, Francis Redington and Nicole Johnson decorated the dining area in a Christmas Holiday theme that added to this festive event. Christmas music played during the dinner was relaxing and enjoyable. Norm Moyer showed a video of the Veterans Day Parade prior to dinner. The program after dinner included a presentation of a gift to long time Legionnaire Norm Harpole, followed by a number of door prizes drawing arranged for by Greg Andries and with some items donated by Larry Johnson. Our thanks to all that attended and worked to make this Christmas Party the highly enjoyable and successful event that it was.



It is with deepest regrets that we announce the passing of Freya May. She passed to Post Everlasting on 12 December 2001.

The hearts of Centennial 209 goes out to the family of Freya May.

May she reside in a seat next to God.

If you know of someone who has passed onto Post Everlasting please let the Post know or call Larry Johnson 719-622-0344 for inclusion in the newsletter.





Calendar Of Events

- 3 Jan Post Executive Committee 6:30 P.M. Board of Trustees Meeting Follows
- 17 Jan General Membership Meeting 7:00 P.M. at VFW Post 4051, 430 E. Pikes Peak Ave
- 25-27 Jan Department Mid-Year Conference, Holiday Inn, I-25 and Garden of the Gods Road.
- 7 Feb Post Executive Committee 6:30 P.M. Board of Trustees Meeting Follows
- 21 Feb General Membership Meeting 7:00 P.M. at VFW Post 4051, 430 E. Pikes Peak Ave
- 7 Mar Post Executive Committee 6:30 P.M. Board of Trustees Meeting Follows
- 16 Mar American Legion Birthday Party American Legion Post 5, 15 E Platte Ave, More information to follow
- 21 Mar General Membership Meeting 7:00 P.M. at VFW Post 4051, 430 E. Pikes Peak Ave
- District 7 Visitation
- 4 Apr Post Executive Committee 6:30 P.M. Board of Trustees Meeting Follows
- 13 Apr District 7 Ball, American Legion Post 38, Security
- 18 Apr General Membership Meeting 7:00 P.M. at VFW Post 4051, 430 E. Pikes Peak Ave
- Election of New Officers



*From the Service Officer
Thomas Morant*

My family and I would like to wish you all a Happy New Year and hope that your Christmas was great.

Every year the Post provides \$ 500.00 to provide Christmas Baskets to those who need a little help. This year we did something a little bit different we split the money to help provide food baskets for the Thanksgiving holiday. We helped 8 families who had a total of 12 children.

I would like to thank the Historian Harry Mc Fadden and the Post Executive Committeeman Neal Thomas and the manager of King Soopers for the help, which enabled me to help these families.

The Day the Eagle Cried

Today our Nation watched as disaster did strike. Fire and ash covered the sky well into the night.

We listened to the screams of victims and onlookers around the world as the World Trade Center fell to the ground.

We listened to the to the repots of the Fireman and Police Officers losing their lives while in the building trying to help victims survive.

Truly this is the day the Eagle Cried
Part 1



*As we run from danger,
You run into it.
To save our lives,
You give yours.
Did I ever tell you,
That YOU are my HERO.*



**From the Historian
Harry Mc Fadden**

Since being elected as the Post Historian, I have been working to put together the History of our Post for the current year.

I have been putting this book together as provided for by the Officer Guide and Manual of Ceremonies on pages 4-59 through 4-66.

I hope that this book will be picked up many times in the future by Historians that follow me and will use it as a guide or pattern for the year books to come.

I hope that you will excuse me for not being at the Christmas Party. I had a prior engagement that I had to attend. My wife Judy and I were celebrating our 30th Anniversary and her early retirement from Civil Service.



**Lou Gehrig's disease for Gulf War Veterans
Approved for Service Connection:**

According to an E-mail that I received, the Department of Veterans affairs participated in the largest epidemiological investigation of its kind involving 2.5 million American Veterans. They found preliminary evidence that veterans who served in Operations Desert Shield and Desert Storm are nearly twice as likely as veterans who were not deployed to Southwest Asia to develop amyotrophic (am-ee-o-trow-phi-c) lateral sclerosis, or ALS illness often called Lou Gehrig's disease.

The Hon. Anthony J. Principi, indicated, as a result of the three studies that have been conducted that he intends to take three actions.

1. The VA will insure veterans who served in the Gulf during the time period of 2 August 1990 and 31 July 1991 and subsequently develop ALS are compensated.
2. Intend to fully focus our medical resources and research capabilities on this issue. The VA has been recognized internationally as a

leader in medical research, specializing in studies of illness, diseases and injuries related to military service. In addition, 2 VA researchers have won Nobel Prizes.

3. Insure that every veteran with ALS who seeks it will receive the best possible care at VA Health Care Facilities throughout the nation.

This was in on the front page of the Gazette Newspaper on Tuesday, 11 December. It was on the news on Channel 13 (cable) on Wednesday, 12 December. These information sources as well as the e-mail that I have been receiving urges all Veterans who served during the time frames listed to contact the nearest VA Facility to set up procedures to get a physical done. If they don't have a VA Facility they are urged to contact a local Veteran's organization for assistance.

If you are a Gulf War Veterans and/or know a Gulf war Veteran you need to insure that they are informed of this information and in fact seek help from the VA.



Like many people, our family continues the tradition of eating Black-Eyed Peas on New Year's Day for good luck.

Imani the seventh day of Kwanzaa "FAITH" is always on January first.

This wonderful food can be enjoyed any day of the year.

INGREDIENTS:

- 2 Smoked Ham Hocks
- 1 tablespoon Olive Oil packed
- 1 large Onion, chopped
- 1 ribs Celery, diced
- 4 cloves Garlic, minced
- 3 cans Chicken or Beef Broth plus enough water to insure peas are well covered
- 1/2 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 1/2 teaspoon crushed Red Pepper Flakes
- 1 lb. dried Black-Eyed Peas, rinsed and picked over or 2-3 packages of Frozen Black-Eyed Peas (my preference, easier and the taste is every bit as good)
- 1 package Hillshire's Hot Links, cut into 1" slices 1 or 2 Bay Leaves

2 cups uncooked Long Grain Rice
2 teaspoons Unsalted Butter

Cooking The Peas:

1. If using dried peas, in a large saucepan, bring the peas and water to cover to a boil over high heat. Boil for 2 minutes. Remove the pan from the heat, cover tightly, and let stand for 1 hour. (Or in a large bowl, combine the peas with enough cold water to cover by about 3 inches, and let stand overnight at room temperature). Drain well.
2. In a 5-quart Dutch oven, brown the ham hocks in the tablespoon of olive oil.
3. Add the chopped onions and the celery. Cook until soft. Add the minced garlic and the broth.
4. Add the salt, pepper, red pepper flakes and the bay leaves. Lower heat to medium low and cook until ham hocks are done and very tender, about 1 hour. Cook longer in necessary.
5. Remove ham hocks and cut up into small pieces. Set aside.
6. Now add the black-eyed peas. Add more water so that peas are well covered. Bring to boil and skim top if necessary. Lower heat to a simmering level.
7. Add the ham hocks and the hot links to the pot of peas. Adjust seasonings and cover to simmer slowly until peas are tender.
8. In a saucepan large enough to cook 2 cups of rice, bring 3 1/2 cups of water to boil. Add 1/2 teaspoon salt and 2 teaspoons of unsalted butter.
9. When water is boiling, add the 2 cups of rinsed rice, stir and cover. Lower heat to simmer-low and cook for about 20-22 minutes. Don't lift lid until after the cooking time has ended.

Serve and enjoy.

Taken from the internet – "This is Ton's Place"
www.tonidunlap.com/peas.htm



*From the Sr Vice Commander
Larry Johnson*

I hope that all members of The American Legion Family had a wonderful Christmas and New Year's and more importantly that everyone is well and doing fine.

As we begin the New Year, there are many challenges that face each of us in our families as well as The American Legion. Some of them may seem like they cannot be met or surpassed. However, like a family that pulls together and forms a team to meet the challenge, so can we as Legionnaires, Auxiliary members, and SAL.

We have the challenges of achieving the membership goal for this year. The good news is that we are sitting at 90 percent of the assigned goal of 272. The bad news is that not all of the Legionnaires have renewed for the year. With the holiday's almost drawing to a close, we now need to turn to membership once again. I ask that all Legionnaires who have not renewed their 2002 dues to please do so. Hope to see and hear from you soon.



*From the Adjutant
Ann Foster*

Adjutant Annotations: As I write on 13 December, we have now achieved 90 percent of our goal for the 2002 membership year. This is the best yet for this time of year. Thanks to all who have made it possible.

Just 12 more would give us 95 percent and only 25 more would make 100 percent. We have two weeks and four days left in 2001! It would really be a wonderful New Year if those who haven't renewed would or if we all got together to bring in 25 new members so we could attain our 100 percent before the end of the year.

The American Legion Department of Colorado's Mid-year Conference will be 25 – 27 Jan 2002 right here in Colorado Springs at the Holiday Inn just off of Garden of the Gods Road and I-25. You don't have to pay for a room for the night nor

do you have to drive long distances (25 miles or more)! The program on Americanism sounds really exciting! You could meet some other interesting Legionnaires from around the state. You could learn more about The American Legion programs! Just think, you could even have fun doing all of this! So, seriously, give this some thought and put it on your calendar and no you won't have to miss the Super Bowl! If you want more information on the agenda, just let us know by calling 719-599-8624 or the Department of Colorado at 1-800-477-1655.

I hope that by the time you get this you will have had a Merry Christmas and looking forward to a great New Year



Mailing of Newsletter articles and Information for the Post.

If you have articles you would like to send to the to the Post or information such as copies of your DD Form 214 or appropriate discharge papers, please mail to the address listed below:

The American Legion Post 209
4291 Austin Bluffs Pkwy ste 104
Colorado Springs, Co 80918-2944



Something for the Air Force Veterans

HIGH FLIGHT

by John Gillespie Magee, Jr

Oh, I have slipped the surly bonds of
earth
And danced the skies on laughter-
silveredwings;

Sunward I've climbed, and joined the
tumbling mirth Of sun-split clouds -- and
done a hundred things

You have not dreamed of -- wheeled and
soared and swung High in the sunlit
silence. Hov'ring there,

I've chased the shouting wind along, and
flung My eager craft through footless
halls of air

Up, up the long, delirious burning blue
I've topped the windswept heights with
easy grace Where never lark, or even
eagle flew.

And, while with silent, lifting mind I've
trod The high untresspassed sanctity of
space,

Put out my hand, and touched the face of
God.



Celebrate the New Year safely and with fun