



# Centennial 209 Newsletter

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

January 2003



**From the Commander  
Charles Zeitvogel**

**A New Year!** Let's now look forward with conviction and enthusiasm that the year 2003 will be one of our best. Your American Legion Post 209 is involved in many worthwhile activities for the benefit of veterans, active duty personnel, family members and the community. Call the Post office or attend any of the membership meetings for additional information as to activities and programs.

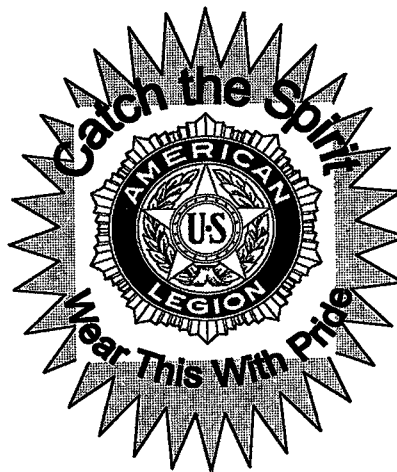
**Be Positive.** There's a lot to be said for having a "Positive Mental Attitude. One mantra that's offered about being positive goes like this: "Good, Better, Best Never Let It Rest Until Good Is Better And Better Is Best!"

A positive mental attitude and a ready smile will normally help overcome difficult people one might meet and difficult tasks that might otherwise be looked upon with disdain. Let us do our best as we go about our daily activities to be positive and achieve all that we can.

**American Legion Apparel & Emblems.** The 2003 American Legion Emblem Catalog has arrived! There are a variety of items, i.e., caps, shirts jackets, ties, mugs, pins, rings, watches and much more available for members to purchase. Contact the office and make an appointment to come in and look through this catalog. Or, come to a General Membership meeting and take time then to look through the catalog. For assistance in placing an order check with our Adjutant, Ann Foster.

**Fund Raising and Taxes.** These may be difficult economic times for many, but regardless our fund raising efforts continue for a very good cause. That is to increase the funds in the Building fund so that one day a Post Home can be built for the benefit of all our members. This is a "vision" I hope we can all share. This vision is attainable and can be accomplished when we work together to increase the dollars in the Building Fund. One possibility, should meet you someone that needs to increase their donations for tax purposes ask them to please consider donating to the American Legion Post 209's Building Fund. Tax advisors and the Post Commander are available to discuss the transfer of funds.

**Be Proud.** Be proud to be an American! Be proud to be a member of the American Legion! The American Legion is an organization ever watchful for concerns affecting you and yours (veterans and their families). The American Legion is a positive national, state and community organization whose strength is derived from its membership.







# From the Commander Charles Zeitvogel

(Continued)



# Department Mid-Year Conference

**I AM NOT A NUMBER** - This is a program that Ronald F. Conley, National Commander, The American Legion, has asked that all veterans participate in. This is an attempt for veterans to briefly tell their stories of long waiting times for medical care in VA health-care facilities. He is asking veterans every where to complete the attached "I Am Not A Number - Veteran Survey Form." After completing the form please return it to the Post's office where they will be consolidated and mailed to National Headquarters. Commander Conley plans to "take their stories to Washington DC, in March, this year to let our elected officials see for themselves the desperation of their constituents-America's heroes-in need of promised healthcare in the VA system."

Again, please fill out the attached "I Am Not A Number Veteran Survey Form" and mail it to Post 209's office. The address is on the letterhead of this newsletter. Any questions call the Post.

## Elections of Officers 2003-2004

At one time or another we have served as a leader, a motivation specialist either in the military, as an owner of a private business or a supervisor while working in the employ of others business.

We all have talents that we are aware of and more that we do not know about. Are you ready to accept a challenge.

As we begin the year 2003, we are faced again with finding leaders who have fine-tuned their leadership capabilities and are motivated towards leading the Post into the future. The challenge that faces us the most is to motivate members to become active in the activities and functions of the Post. We need leaders in the following areas: Officers for the upcoming year, Bingo Manager/Games Manager, someone who can use their talents towards putting a building on the property that we own, increasing our service to Veterans and the Community.

If you have these capabilities please consider answering the call when it is given.

**Mid-Year Conference.** Plan now to attend the American Legion Department of Colorado Mid-Year Conference that will be held January 24-26, '03 at the Sheraton Hotel, 2886 S. Circle Drive, Colorado Springs, CO. This is a great opportunity to actively participate without much travel and overnight expense. As a minimum, come to the social functions. Following is the Agenda:

<b>Friday: 24 Jan 2003</b>	
2 PM	DEC Meeting
5 PM	Committee Meetings
7 P.M.	Social Function at American Legion Post 38, 6685 Southmoor Dr, Security
<b>Saturday: 25 Jan 2003</b>	
9:00 A.M.	Joint Opening Session
10:30 A.M.	Break - Auxiliary Breakout
10:45 A.M.	Legion Reconvenes
11:30 A.M.	Lunch for all Legionnaires by Past commanders Club
1:30 P.M.	Legion Reconvenes for Reports
3:00 P.M.	Oratorical, Boys State, Legion Baseball and Committee Reports
6:30 P.M.	Social Hour
7:00 P.M.	Banquet with Major General Rochelle keynote speaker
<b>Sunday 26 Jan 2003</b>	
	Memorial Service and Wrap up.

If you would like reservations at the Sheraton Hotel, Call or FAX them. Mention The American Legion for possible discounts. Phone (719) 576-5900; FAX (719) 576-0507.

This is a perfect opportunity to see The American Legion Department of Colorado in action. To see what we do and what programs are available for you to become involved with.

This a perfect time to meet new people and to become involved. Come check it out. No cost except time. Can you afford not too?

## Dates you should know for Activities and Participation

1 Jan	New Year's Day
2 Jan	Board of Trustees Meeting – 4291 Austin Bluffs Pkwy Ste104 Exec Committee meeting to follow
7 Jan	Bingo - Bingo Deport – 3958 N Academy Blvd – 6:30 P.M.
14 Jan	Bingo - Bingo Deport – 3958 N Academy Blvd – 6:30 P.M.
16 Jan	Membership Meeting – VFW 4051 – 430 E. Pikes Peak Ave – 7:00 P.M.
21 Jan	Bingo - Bingo Deport – 3958 N Academy Blvd – 6:30 P.M.
24 –26 Jan	Department Mid-Year Conference – Sheraton Inn – I-25 Circle Dr
28 Jan	Bingo - Bingo Deport – 3958 N Academy Blvd – 6:30 P.M.
4 Feb	Bingo - Bingo Deport – 3958 N Academy Blvd – 6:30 P.M.
6 Feb	Board of Trustees Meeting – 4291 Austin Bluffs Pkwy Ste104 Exec Committee meeting to follow
11 Feb	Bingo - Bingo Deport – 3958 N Academy Blvd – 6:30 P.M.
14 Feb	Valentines Day
18 Feb	Bingo - Bingo Deport – 3958 N Academy Blvd – 6:30 P.M.
20 Feb	Membership Meeting – VFW 4051 – 430 E. Pikes Peak Ave – 7:00 P.M.
25 Feb	Bingo - Bingo Deport – 3958 N Academy Blvd – 6:30 P.M.
4 Mar	Bingo - Bingo Deport – 3958 N Academy Blvd – 6:30 P.M.
6 Mar	Board of Trustees Meeting – 4291 Austin Bluffs Pkwy Ste104 Exec Committee meeting to follow
8 Mar	Department Oratorical Contest – Boulder – All Day Event Come out and see our future leaders
11 Mar	Bingo - Bingo Deport – 3958 N Academy Blvd – 6:30 P.M.
15 Mar	American Legion Birthday Party – More Information to follow
18 Mar	Bingo - Bingo Deport – 3958 N Academy Blvd – 6:30 P.M.
20 Mar	Membership Meeting – VFW 4051 – 430 E. Pikes Peak Ave – 7:00 P.M.
25 Mar	Bingo - Bingo Deport – 3958 N Academy Blvd – 6:30 P.M.
28 – 29 Mar	District Officer Training Seminar and Awards Banquet – Cripple Creek More – make plans to be there

## 25 Most Frequently Asked questions with responses for Female Veterans (continued)

6. Where do I find research studies and surveys on women veterans?

Response: The Office of Research and Development headquarters oversees research within the Veterans Health Administration through its four service areas:

The Medical Research Service provides knowledge of the fundamental biological processes to form an understanding of disease pathology, diagnosis, and treatment

The Cooperative Studies Program applies the knowledge gained from medical research to patients by determining the effectiveness of novel or unproved therapies using multi-center clinical intervention trials.

The Health Services Research and Development Service (HSRD) Contributes to improving quality, effectiveness, efficiency and accessibility of health care services for veterans.

The Rehabilitation Research and Development Service addresses the minimization of disability and restoration of function in veterans disabled by trauma or disease. Some important DVA research web sites to know are:

Web site for HSRD is:

<http://www.hsrp.research.va.gov/>.

For HSRD studies the URL is  
<http://www.hsrp.research.va.gov/research/studies/>.

Focusing on women veterans research:

<http://www.starsandstripes.med.va.gov/vision4/page.cfm?pg=26>

<http://www.va.gov/womenvet/>

<http://www.sf.med.va.gov/womens.htm>

7. How and where do I find historical information on women veterans?

Response: Contact the Women In Military Service for America Memorial (WIMSA) located at the gates of Arlington Cemetery in Arlington, Virginia at [www.womensmemorial.org](http://www.womensmemorial.org).

8. How can I get gender-specific services, including pap smears, mammography, pre-natal and childcare?

Response: Apply for VA health care enrollment by completing VA Form 10-10EZ. The 10-10EZ may be obtained by visiting, calling or writing any VA health care facility or veterans' benefits office. You can also call toll-free 1-877-222-VETS (1-877-222-8387) or access the form on the Internet at [www.va.gov](http://www.va.gov). The provision of health care to non-veteran children is limited to those instances where specific authority is given to VA by law. Contact your local VA health care facility and ask to speak with the Women Veterans Coordinator (white pages of the telephone directory under U.S. Government, Department of Veterans Affairs).

9. How do I contact a coordinator for options for women veterans who are homeless with children?

Response: Contact the local VA homeless coordinator (or point of contact), Social Work Services department, or Women Veterans Coordinator at your local VAMC. There are

homeless women veteran and homeless women veterans with children pilot programs located at eleven designated VA facilities as well, and the Women Veterans Coordinator can discuss what options are available in your area.

10. Are VA services authorized for women?

Response: The provision of health care services to veterans is established by certain eligibility criteria and discharge status requirements. To determine your eligibility for services, contact your nearest VA health care facility.

Women veterans involuntarily discharged may also be eligible to Compensation and Pension, Vocational Rehabilitation & Employment, Home Loan Guaranty, and Burial benefits. Children born to veterans who served in Vietnam may also be eligible for monthly monetary benefits, medical care, and vocational training if they have certain birth defects linked to their mother's service. Contact the nearest VA Regional Office on the nationwide toll-free number, 1-800-827-1000 for benefit information and eligibility requirements, or visit the VA homepage at: [www.va.gov](http://www.va.gov).

### VETERANS HISTORY PROJECT SEEKS YOUR HISTORIES

Zebulon Pike Chapter of the DAR is participating in the Veterans History Project, an initiative of the Library of Congress's American Folklore Center. We are issuing a special call to all veterans, (male and female), defense workers, wartime volunteers and home front supporters to record their personal stories and experiences for long term preservation in the Library of Congress and other trusted repositories.

Please help our chapter, Zebulon Pike, participate in this very worthwhile project, by volunteering to have your memories and personal stories video taped by one of our members.

If interested in volunteering or just need more information, please call: Trica Jackson 719-540-8095, Lynda Rataczak 719-574-3080, or Susan Luksic 719-574-5079.



**From the Adjutant  
Ann Foster**

**ADJUTANT ANNOTATIONS:** Membership has now increased to 229 for 2003. That is just five away from 80% and 63 away from 100%. We are realistically not going to be at 100% by the end of the month. However, if you would like to continue to receive your newsletter after January you will need to have renewed by 20 January. Wouldn't it be nice to be 100% by that date!!

Some of you have called to say that you have already paid and yet have received another renewal notice. The mainframe computer at National Headquarters has had some glitches along that line. They have been trying to fix it, but I am not sure it is entirely well. One thing you can do whenever you get a renewal notice is to look at the card you have to see what year it has on it. If your card reads 2003 across the top you can disregard the second renewal notice. At the bottom of the renewal notice is a statement that if you have already paid to please disregard this notice. If you don't have a card that says 2003 and you haven't renewed your membership won't you take a minute to do so now. Whenever I received a payment I record your date paid and the check number in our master roster. If you want to check that with me, then, please give me a call at 719-599-8624 and leave a message for me.

Don't forget that the Department Mid-Year Conference will be right here in Colorado Springs at the Sheraton Hotel right off I-25 and Circle Dr 24 - 26 January 2003. This is a marvelous opportunity to meet other Legionnaires from around the state and learn more about The American Legion. Hope we can see some new faces there!

**Holiday Food Baskets.** Eighteen food baskets were distributed for Thanksgiving and 13 for Christmas. These were acquired from the "Share Colorado" program. This program is operated year around and is available to everyone. Those that participate in the "Share Colorado" program save about 50% on their groceries. If you would like more information about the "Share Colorado" program contact Post Commander, Chuck Zeitvogel.

TOPIC: HERE'S SOME HUMOR TO START YOUR NEW YEAR OFF RIGHT

ACTUAL ANNOUNCEMENTS TAKEN FROM CHURCH BULLETINS:

DON'T LET WORRY KILL YOU. LET THE CHURCH HELP.

THURSDAY NIGHT-POTLUCK SUPPER. PRAYER AND MEDICATION TO FOLLOW.

FOR THOSE OF YOU WHO HAVE CHILDREN AND DON'T KNOW IT, WE HAVE A NURSERY DOWNSTAIRS.

THE ROSEBUD OF THALTAR THIS MORNING IS TO ANNOUNCE THE BIRTH OF DAVID ALAN BELZER, THE SON OF REV AND MRS JULIUS BELZER.

**Christmas Party Outstanding Success!**

Approximately 50 Legionnaires, Auxillary and family members attended the Post 209 Christmas Party December 14th. . A single table was set to honor POW/MIAs. Everyone attending had an opportunity to have his or her picture taken with Santa & Mrs. Clause who came by to wish all a Merry Christmas. Door prize drawings were held as part of the events. Everyone won something. John Dension, elected state senator for this year's Boys State to attend national was there with his Father and Mother. He presented Post 209 with a commemorative shirt as a token of appreciation for the support that Post 209 gave to those that went to national from Boys State this year. The management & staff at the Country Buffet, 7665 North Academy Blvd, where the Christmas party was held, accommodated all our needs. We thank them.

Greg Andries, Jr. Vice Commander, and Pat, his wife, made the arrangements for the Christmas Party. They did an outstanding job. Many thanks to Pat & Greg!

We now look forward to the American Legion Birthday Dinner scheduled for March 16th our next big social event. Check future newsletters for details and try to attend.

# "I AM NOT A NUMBER" VETERAN SURVEY FORM

Name _____ Age _____	Attach Photo Here (If Available)
Address _____	
Telephone Number _____	
E-mail Address _____	
Military Experience <i>(Branch, Years)</i> _____	
American Legion Post Number <i>(if any)</i> _____ State _____	
VA Facility _____	
Surveyor Information <i>(if any)</i>	
Name _____	
Phone Number _____	

1. How long have you been waiting (or did you wait) for your first primary-care appointment?  
\_\_\_\_\_
2. What is the longest time you have waited to see your doctor after checking into a VA clinic for a scheduled appointment?  
\_\_\_\_\_
3. Have you ever had an appointment rescheduled by a VA facility? *(circle one)*      Yes      No  
If so, how many times? \_\_\_\_\_  
Approximately how much time elapsed between your original appointment date and the rescheduled date? \_\_\_\_\_
4. Have you ever been denied long-term health care by VA? \_\_\_\_\_
5. On a scale of 1-10, 10 being highest, how would you rate your satisfaction with the quality of health care you have received from your VA health-care provider? \_\_\_\_\_

*The American Legion stands ready to assist all veterans in developing and submitting their claims to the VA with a full cadre of service officers nationwide.  
For a complete listing of all American Legion Service Officers,  
visit our Web site at [www.legion.org](http://www.legion.org).*

On the space provided on the back of this form, describe your experience with VA medical care, and sign the Consent, Release and Hold Harmless Agreement on each page used.





# Military History of A/L Post 209 Veterans

Your American Legion Post 209 is in the process of developing a military history of its members. This is an important work. It is for the benefit of our youth who have no idea of what it is like to serve in the military particularly during periods that The United States was in armed conflict to defend the freedoms of the world.

Veterans of past American wars and peacetime service are passing on without leaving a record of their personal military service. Your cooperation in answering the following questionnaire will assist our Post Historian in collecting personal histories and glimpses of service that formal history books often do not record. Please help in this effort. Complete the following form and mail it to American Legion Centennial Post 209, ATTENTION Post Historian, Bill Marshall, P.O. Box 25334, Colorado Springs, Co 80936-5334.

## Military History/Memories of Service American Legion Centennial Post 209 Members

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Military Branch(es) of Service \_\_\_\_\_

Date of Service \_\_\_\_\_

Military Organizations Served In (as best as you can recall, where & when)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Military Awards \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Personnel Experiences/Anecdotes of Service you wish to share (add pages as you wish)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



*For God and Country*

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