

THE AMERICAN LEGION – CENTENNIAL POST 209
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719-599-8624 al209@pcisys.net

February 2005 – NEWSLETTER

Happy Valentines Day

Meeting

Saturday, February 12, 2005

TREA, Meeting 10:00 AM

Guest Speaker: Nels Hendrickson, Scout Unit Commissioner

Officers' Comments

COMMANDER-Bill Marshall

Nomination Committee Appointed

In accordance with the Post 209 ByLaws, Article III, Elections:

Section 1 – “The Post Commander shall appoint a nominating committee not later than the first regular meeting in March each year. This committee shall present a slate of recommended candidates for officers at the first regular meeting in April, at which time additional nominations shall be accepted from the general membership.”

A Nomination Committee was appointed at the January 8, 2005, General Membership meeting. Their task is to find candidates to be voted upon to fill officer positions for 2005-2006. Past Commander Chuck Zeitvogel is the Chairman, other members: Norm Moyer, Neal Thomas, Robert Cancellieri, and Romeo Biscaro. You are invited to contact the Nominating Committee with names of individuals that you believe would be good leaders for Post 209 in the coming year. Please contact them at the office: 599-8624 or by email, al209@pcisys.net. All officer positions are open for consideration.

Section 2 – “To be elected to office, a candidate must be present at the regular meeting at which elections are conducted, or must notify the Post Adjutant in writing prior to that meeting, that, if elected, he will accept and serve in the office to which elected.”

Section 3 – “Election shall be conducted annually at the first meeting in April, and the officers and other members of the Executive Committee shall take office at the first meeting in May. All elections shall be by ballot, and the candidates receiving the highest number of votes shall be elected to the respective office for which they are candidates.”

Please note that in Section 2, "he/she will accept" is being incorporated into the updated ByLaws.

February General Membership Meeting

As you are aware the Boy Scouts are under attack from all sides, the ACLU, Congress and other private groups. The American Legion, Children and Youth Program, is committed to continue supporting the scouts as one of its main Youth Activities. As stated in The American Legion, Americanism Manual: "Based on the principle of duty to God and Country, the scouting program is for all youth, ages 6 through 21, regardless of ethnic background, creed or physical or mental ability." The American Legion will continue to recognize leaders through the Square Knot Award and the Eagle Scout of the Year. Mr. Nels Hendrickson, Scout Unit Commissioner will bring us up to date on scouting in our community and how our support of Cub Pack 24 is helping the program.

Mid-Year Conference

I attended this year's conference and as always I learned a lot. However, the highlight was the Department Executive Committee meeting at which the Post 209 Resolution for establishing the Francis M. Redington Sportsmanship Award for Junior Shooting was approved. It will now go to the National Executive Committee for their blessing and the first award will hopefully be made at this year's National Finals in August. A special thanks to Ann Foster, Neal Thomas, Esther Redington, and Penny Marshall for their help in putting it all together.

I also submitted a bid on behalf of Post 209 to host the January 2006 Mid-year conference in Colorado Springs. Would you believe it? The bid was accepted. There will be more on this later as plans unfold, but it does not cause a great deal of work on our part, just the recognition of hosting the conference and not having to travel all over the state. It will also give members an opportunity to attend the conference and learn first hand what goes on.

March Breakfast Meeting

Due to the increase in cost at TREA the Executive Committee agreed to raise the price of breakfast to \$7. We are also looking at substituting pancakes for one of the entrees and possibly adding fruit. Once I hear from TREA we will make a decision and have it in the March Newsletter.

JR. VICE COMMANDER – W.W. Bandler

Summer Picnic

We have reserved the Meadows picnic pavilion in Palmer Park, at the corner of North Academy and Maizeland Road, for Saturday, July 16th, from 1200 to 1600 hours. Mark your calendar and plan to be there—no steps to climb, and a shady pavilion in case of inclement weather.

ADJUTANT - Ann Foster

Membership

We have a wonderful opportunity ahead as we now have 288 members for 2005 for 101.05% of our goal. If you can sign up any new members, please do so. Thanks to all who have helped.

Cub Pack 24

The Pack meeting was January 19th, during Pinewood Derby time. The boys worked very hard and were very creative with their cars. The heats were very close, but the winners were finally determined. There were also winners for the best painted, the craziest, and the most unique cars.

Post Records

I did a record count on DD Form 214s or other documents showing your periods of service. We only have 121 of the documents we need, and are still missing 164. We have a lot of work to do to complete this project. So please, send in your documents or let me know if you need help. If you wish, I will be happy to call you to set up an appointment to come and get your document.

CHAPLAIN – Mario Taracena

How to Keep Your New Year's Resolutions.

In January millions of people engaged in the annual ritual of making a New Year's resolution. Losing weight, quitting smoking and exercising are among the most popular targets. Interestingly enough, "getting along with my mother-in-law" seems to have a fairly strong following. As a result, memberships to exercise clubs go up and sales of alcohol, cigarettes, and chocolate go down. However, by the time Valentine's Day comes around, nearly seventy-five percent of our resolutions are little more than vague memories.

So what makes the difference between those who stick it out and those who do not? To begin, the type of resolution makes little difference. That is, dieting is just as successful as organizing your photo collection. In addition, factors such as age, gender, or education make no difference. More important, however, is that current research has been able to identify three critical ingredients of successful change: (1) readiness to change, (2) ability to use effective behavioral strategies, and (3) ability to weather temporary setbacks. Let's take a look at each ingredient.

1 - Readiness for Change: A critical component to making your resolutions stick is to examine what is motivating you. For example, if you chose to diet after over-eating to quit drinking during a bad hangover, you are probably making a promise you cannot keep. You will have greater success if your plan is well thought out and if it includes realistic goals and an acceptance of your responsibilities. Labeling tasks as "non-negotiable" is also important. For instance, arguing with your alarm clock at 6:00 a.m. about whether or not you feel like exercising will result in the snooze button winning the battle. Try labeling need to exercise as

equal to the “need to get-up for work” or to get to a doctor’s appointment- regardless of how you feel. This will help manage the excuses.

2 - Effective Behavioral Strategies: The specific techniques people use to reach their goals often can make or break the resolution. For instance, if you are dieting, your goal should be that of sticking to your plan rather than focusing on losing a specific number of pounds. You will gain better results by using rewards and consequences to actions rather than trying to awaken your conscience. For example, covering your fridge with pictures of tar-blackened lungs or skinny people in swimsuits likely will not help you meet your goal. Try using rewards, consequences or incentives, such as a day at the spa or at the movies (or both!) after you have completed a successful period of exercising.

3 - Weathering Temporary Setbacks: It is important to realize that you will not be on target one hundred percent of the time. In other words, do not use setbacks as an excuse to abandon the whole project. This black and white thinking such as, “I am either a winner or a loser,” can set the stage for a full-blown relapse. Try to recognize what the situational factors are and how they may have contributed to each momentary setback. This will lead to developing strategies that promote future successes.

What of that twenty-five percent of resolutions that were successful? Well, based on the research mentioned above, if you can reach the six-month mark on your journey, then you are on your way to achieving life-long changes. So Fellow Legionnaires - good luck, Happy New Year, and hang in there.

Vietnam Ceasefire

The Communist North Vietnam refused talks at first with newly elected President Nixon in 1969; instead they started a full-scale invasion in March 1972. The US responded with massive air power counter offensive that forced the North to begin negotiations. This included the withdrawal of all foreign troops from the South, release of US POWs, and the creation of a “National Council of Reconciliation and Accord” to oversee free Democratic elections. Since this agreement did not cover the 150,000 North Vietnam troops left in the south, negotiations were reopened. By the end of the year, diplomacy failed and the talks collapsed. Nixon conducted a sustained air campaign against significant military targets in the north that forced the communist to return to the table.

On January 27th, 1973, the United States and North Vietnam signed the “Paris Accords” in France. This brought about a ceasefire and the withdrawal of US Forces from South Vietnam. The USA honored all the terms of the treaty. The Communist regime of North Vietnam, however, left their troops in the south and continued fighting. They infiltrated and re-supplied the south more aggressively through Laos and Cambodia while the “International Commission” looked away from the blatant violations. Domestic policies at home and the public opposition to continue getting involved prevented the US government to send arms, equipment, and specialty troops. Once the power base was shifted, Saigon was overrun in 1975.

Crispina Moranion Tamayo

Crispina Moranion Tamayo passed away on Friday, January 7th. She was the beloved wife of fellow legionnaire Rudolph Tamayo. Crispina was born August 18, 1925 in Oahu, Hawaii. While working as a nurse, she met Rudy who was serving in the Navy. They instantly fell in love and were married on December 25, 1948. Grandma Cris loved to spend time teaching her family "the ways of God." She left behind one son, four daughters, one brother and three sisters. She also will be missed and remembered by 13 grandchildren, four great-grand children and nephews and nieces plus an extended family. At her funeral services on January 11th, her husband said, "Her love has touched us in many ways and we joyfully celebrate her life."

Programs Supported by Post 209

- | | |
|---------------------------------------|------------------------------|
| -Service to Veterans | -Pikes Peak Veterans Council |
| -Veterans Day Parade | -Scouting |
| -Boy's State | -Jr. ROTC |
| -Crawford House for Homeless Veterans | -Jr. Shooting Program |
| - Stand-Down for Homeless Veterans | -Oratorical Contest |

Coming Events

- 3 February---Ex. Comm.& Brd. of Trustees mtg. 6:30 PM
9 February---Ash Wednesday
12 February---General membership meeting, 10:00 AM & Lincoln's Birthday
14 February---Valentines Day, DON'T FORGET
21 February---Presidents' Day
22 February---Washington's Birthday
26 February---Oratorical walk thru, DeVry Univ. Denver

2004-2005 Ad Hoc Committees

Constitution and Bylaws – Neal Thomas, 719-392-1510

Property Inventory

-Office – Ann Foster, 719-599-8624

-Storage Unit – Larry Johnson, 719-622-0344

Auxiliary Liaison – Bill Marshall, 719-495-0088

Sons of the American Legion – Larry Johnson, 719-622-0344

2004-2005 Board of Trustees

Chairman – Neal Thomas
 Secretary – Alton Cyriaque
 Finance Officer – Norm Moyer
 Commander – Bill Marshall
 Member (3yr) – Alton Cyriaque
 Member (3yr) – Chuck Zeitvogel
 Member (2yr) – Ann Foster
 Member (1yr) – Neal Thomas
 Member (1yr) – Larry Johnson

2004-2005 Meetings

Post Executive Committee meets 1st
 Thursday of the month at 4291 Austin
 Bluffs Pkwy., Ste. 104, at 6:30 p.m.

Board of Trustees meets 1st Thursday of the
 month at 4291 Austin Bluffs Pkwy., Ste.
 104 immediately following Post Executive
 Committee Meeting.

2004-2005 Post 209 Officers/Executive Committee

Commander	Bill Marshall
Sr. Vice Commander	Greg Andries
Jr. Vice Commander	W.W. Bandler
Adjutant	Ann Foster
Finance Officer	Norm Moyer
Historian	Penny Marshall
Sergeant-at-Arms	Robert Rydell
Chaplain	Mario Taracena
Judge Advocate	Larry Johnson
Service Officer	Tom Morant
Post Ex. Committeeman	Neal Thomas
Past Commander	Chuck Zeitvogel

2004-2005 Auxiliary Unit

President	Dot Dassero
Secretary/Treasurer	Barbara Johnson
Chaplain	Open
Sergeant-at-Arms	Open

Calendar

February 2005						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 E.C. Mtg. & Bd. Of Trustees 6:30 PM	4	5
6	7	8	9 Ash Wednesday	10	11	12 Lincoln's Birthday Meeting 10 AM Guest Speaker Nels Hendrickson, Boy Scouts
13	14 Valentines Day	15	16	17	18	19
20	21 Presidents' Day	22 Washington's Birthday	23	24	25	26 Oratorical walk thru De Vry University
27	28					