

# The Centennial



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## From the Desk and Mind of the Commander

Jay Bowen

When was the last time you received an “Atta boy (or Atta Girl)!” for something you did above and beyond the call of duty? When was the last time you gave someone an “Atta boy?”

It is human nature to seek approval for things we do. We see it in our children and we make certain we give them recognition when they’re young for things like learning how to use the potty instead of their diapers (or our lap). We heap praise on our kids when they bring home good grades. We give them positive reinforcement by lauding their achievements no matter how small it may seem to the rest of the world. A simple “job well done” would get us additional mileage when teaching. Our quest for special recognition does not end when we reach adulthood.

I still vividly remember my first trip to the island of Crete to compete in our annual missile firing. It was a NATO evaluation that covered three major areas, one of which was preparing the missile for firing. That was the job of my team. I was a young and impressionable rookie that was given some major areas of responsibility for prepping the missile. Our team received a perfect score for our 1/3 of the overall evaluation. I was bouncing off the wall with excitement during the de-brief when it was announced. After the evaluators left, our Commander stood up and spent 30 minutes congratulating the operators on their part of the “Honor” status our unit received from the score. He called many of them out by name and spoke in detail of their contribution. Finally, he stated that the maintenance guys did a good job also. Good job also? I was furious and heartbroken!”



We had busted our respective rump to bring home a perfect score and for our efforts we received a “good job also!” I can still see the crusty old E-7 Team Leader when he pulled me off to the side and said, “Bowen, you did a great job during this evaluation. If you can’t be satisfied knowing in your mind that you did good, you need to get out of this business. You will never get recognition for what you do as a maintenance man.”

Wow! That hurt, but over the next few days I began to understand what he was telling me. While it is nice to have others recognize your achievements, what’s really important is knowing in your mind that you did a good job and did it to the very best of your ability. That’s was a very hard lesson to learn. Since childhood I sought approval and accolades. Now I’m supposed to let that go and get my acceptance from within? I finally accepted what he said, and since that time I have been very satisfied when I knew I had done a good job, regardless whether anyone else knew it.

But also from this lesson I learned to make certain those with whom I work, associate and those who provide a service for me are recognized when they’ve gone above and beyond. I make a point to have the restaurant manager come to my table when the service has been exceptional (I also call the manager over when it’s been substandard). I try to make a point to publically recognize those in the Post supporting our efforts and events and ensure they get a pat on the back for their unselfish and hard work.

For the times I’ve been remiss, I sincerely apologize. It is not because you are not appreciated. And just in case, “ATTA BOY!” and “YOU GO GIRL!”

For God and Country



## Auxiliary President Jackie Bowen

We have four new members to welcome; Jacqueline Burd, Marilyn Stites, Ro-An Cote, and Nancy Boden. This is a great way to start a new year

At our January meeting we had what I believe to be a record high attendance of 22. Four were visitors but we have our fingers crossed three of the four will become members because one of the visitors, Marilyn Stites, joined at the meeting.

Instead of our monthly meeting in March, we will be doing an initiation of members. This will be the Auxiliary's first initiation since I've been President. If you would like to be initiated please let me know. There will be an initiation ceremony for the Auxiliary, Sons of the American Legion, and the Legionnaires. The ceremonies will begin at 4:00 pm followed by a celebration of the American Legion's birthday at 6:00 pm.

Marilyn Canitz visited with us during our January meeting. She is the founder of "Quilts From The Heart, Inc." There are 50 volunteers that help Marilyn make and distribute quilts to Veterans, their children, the homeless, and people with special needs. This lady and her volunteers have done a great job with this project. If you would like to help or if you have questions you can contact Marilyn at [unsinkablesub@netscape.net](mailto:unsinkablesub@netscape.net). During the meeting Lois Wooton was telling us how her husband Joe was doing and Marilyn gave her a quilt to take to Joe.

I would like to congratulate the Legionnaire's on reaching their all-time high goal of 556. Let's keep our Legion family growing.

Serving Our Veterans Proudly,  
Jackie Bowen



## Thoughts From Marion Daugherty

Dear Members,

Now that the holiday season is behind us, we can go back to our regular routine of things. It was good to be able to go to January's meeting. We had several members and four visitors in attendance. That is a great start to the New Year.

We joined the Legionnaires for the opening. We enjoyed receiving the speakers from Dignity, who explained how to prepare for funeral arrangement. This is something that everyone, military or civilian, young, and young at heart should consider. It is better to have all the plans and arrangements made so your family is not left to do it. It is a very emotional time for families and planning ahead alleviates the problems that families face at such a critical time. After the presentation the Auxiliary members returned to their room to have their meeting.

I sent out a package of 10 limb covers to the Bethesda hospital and 39 helmet liners to Afghanistan. The ladies are working hard to keep the military supplied with their needs. Included in the box is a big jar of Creamora. I did not purchase candy because the box was pretty full of the helmet liners.

Nothing has been said about the cards that have been sent over this past year. I send the Birthday cards and the get well cards when someone is ill or in the hospital. Jackie keeps me informed about the persons who are ill. I take the Birthday list off the rosters that come out. I have my own system worked out. However, I do not always get them started early enough in the month. Since Christmas, I have been very busy and getting the cards out is something I need to get caught up with. I am sorry for being late.

Best Wishes for a good health, prosperity and contentment in 2012.

**Don't Forget 20 February is Presidents' Day! Let's Celebrate the Day Set Aside to Honor the Collective Birth of Our Nation's Leaders!**





## Post Officers 2011-2012

Office	Name	Telephone
Commander	Jay Bowen	719-574-1223
Sr. Vice Cdr	Mark Krzeczowski	719-282-1380
Jr. Vice Cdr	Lyle Hagelberg	719-594-4039
Adjutant	Larry Johnson	719-622-0344
Finance Officer	Norman Moyer	719-392-3725
Chaplain	Chet Dean	719-244-2442
Sergeant-at-Arms	Don Shuck	719-575-0539
Historian	Gideon Diamon	719-638-1258
Post Executive Com- mitteeman	Neal Thomas	719-392-1510
Service Officer	John Brown	719-331-8160
Judge Advocate	Chuck Zeitvogel	719-531-0546
Past Commander	Bill Marshall	719-495-0088
Club Manager	Art Kimbrel	719-339-4610

Post Email: [americanlegionpost209@yahoo.com](mailto:americanlegionpost209@yahoo.com)

Web Site: [www.americanlegioncoloradosprings.org](http://www.americanlegioncoloradosprings.org)



## Auxiliary Officers 2011-2012

Office	Name	Telephone
President	Jackie Bowen	719-574-1223
Vice President	Linda O'Riley	719-597-5673
Secretary	Lynn Thomas	719-392-1510
Treasurer	Mary Grier	719-536-0438
Chaplain	Marion Daugherty	719-637-9555
Sergeant-AT-Arms	Lois Wooton	719-599-8683



## Board of Trustees 2011-2012

Term (Years)	Name	Telephone
President (1 yr)	Neal Thomas	719-392-1510
Commander (1 yr)	Jay Bowen	719-574-1223
Finance Officer (1 yr)	Norman Moyer	719-392-3725
Member 1 Yr	Larry Johnson	719-322-0644
Member 1 Yr	Alton Cyriaque	719-495-4732
Member 3 yr	Chuck Zeitvogel	719-531-0546
Member 3 yr	Bill Marshall	719-495-0088



## Son's of The American Legion 2011-2012

Commander	Frank Maellaro Sr.
Adjutant	Frank Anderson
Finance Officer	Ken Taylor
Chaplain	Chet Dean



## Centennial 209 Family Calendar of Events

2 Feb	Post Executive Committee Mtg 6:30pm
3 Feb	Hamdogger Wingding Dinner 6:30pm
5 Feb	Chili Cook-off 1:00pm Super Bowl Party 3:00pm
10 Feb	Fish Fry 6:30pm
11 Feb	Breakfast 9:00am Meetings 10:00am
14 Feb	Valentines Day Dinner 6:30pm
17 Feb	Steak Night 6:30pm
24 Feb	Pot Luck Dinner 6:30pm
1 Mar	Post Executive Committee Mtg 6:30pm
2 Mar	Hamdogger Wingding Dinner 6:30pm
9 Mar	Fish Fry 6:30pm
10 Mar	No Breakfast or Meeting New Member Initiation 4:00pm American Legion Birthday Dinner 6:00pm Gun Show Membership Booth
16 Mar	Steak Night 6:30pm
23 Mar	Pot Luck Dinner 6:30pm
5 Apr	Post Executive Committee Mtg 6:30pm
6 Apr	Hamdogger Wingding Dinner 6:30pm
7 Apr	Easter Egg Hunt 2:00pm

### Potluck Dinners

Something new for the Post. We are hosting the 1st potluck dinner on 24 Feb at 6:30 pm.

Here are 3 questions: Would you like to participate? Do you have a recipe you would like to share? Can we put it in a cookbook from Unit 209? If so, why not come down and share it with others and meet some new friends?



I do not know about others, but some of the best meals that were ever provided by The American Legion were done at a potluck. I look forward to tasting all of the new food that will be prepared. Larry

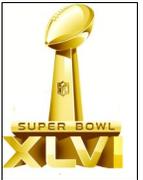


## Super Bowl Sunday and Chili Cook-off 5 February 2012

We are celebrating Super Bowl Sunday with some activities for everyone. We are starting off the day with a Chili Cook-off, which will begin at 1:00pm.

We are looking for anyone who thinks their chili is better than anyone else's and wants to prove it. If you would like to participate please send an email to the Junior Vice Commander Lyle Hagelberg at llhag@msn.com for the rules and other information.

The Super Bowl activities will continue at 3:00pm with action on the big screen in the main meeting room.



We have a pool table and a shuffle board table that can be used for a few challenges and a TV upstairs that also can be utilized to watch game also.

We invite everyone to come on down and enjoy the afternoon and evening and watch the Super Bowl.



## Valentine's Day Dinner 14 February 6:30pm

Bring your special someone to the Post on Valentines day for dinner. We are having Filet Mignon, potatoes, salad, vegetables and dessert. The cost of this meal is \$12.00 per person.



## Initiation of New Members Saturday, 10 March 4:00pm

The Initiation of new members will be conducted Saturday 10 March at 4:00pm. This is an impressive ceremony for those Legionnaires who have never been initiated. This is a ceremony that is open to the family members who would like to see what the American Legion is about and have an explanation of the American Legion emblem.

Please make reservations before 1 March so we can ensure that we have the required materials needed to conduct the Initiation.



## Sons of The American Legion Squadron 209 Frank Maellaro

Happy New Year to everyone. I hope this is going to be great year for the SAL.

We held our second official meeting on 14 January. We were visited by Colorado Detachment Adjutant Mark Kilstrom, who provided much needed information. He also discussed The Child Welfare Foundation, what it is and what they do. Our Squadron is all about child welfare and our goal to raise money for such a great cause. To succeed we need your help.



We have little piggy banks (such as the one shown above) on the tables at all events that are held at the Post. If you see them PLEASE donate your spare change to a very worthy cause.

We are actively working on our membership for 2012. We are sitting at 76% of our goal. We need your help. If you have not renewed your 2012 dues, please take a moment and write a check or money order to Squadron 209 for \$20.00 and mail it to American Legion Post 209, PO Box 25334, Colorado Springs, Co 80936. If you prefer, you can also go to our webpage and renew. Our site is now accepting PayPal transactions.

I would like to see more of our members at our SAL meetings, which are held on the 2nd Saturday of every month at 9:00am. Stop by and find out first hand what the SAL is doing. So come on out and have some breakfast and support your Post and your Sal.

Hope to see you there.

Thank you,

Frank Maellaro  
Commander  
Squadron 209



**From the Chef  
Art Kimbrel**

There certainly has been a great surge in participation in our events. Which is great and I hope that it continues to happen.

I'm sure that one of the things that you are experiencing and that I am experiencing is the rising cost of foods. There doesn't seem to be an end to the rising food costs.

One of the ways that we can cut down on the food costs and ensure that we have enough food for everyone is to make reservations and let us know how many will be attending a dinner or function in advance. This allows us to plan the meals so that we don't lose any money and at the same time pleasing everyone who comes to the meals.

Besides making reservations for the various meals that are being served, I do need some help in preparation of the meals and cleanup after the meals. I would also like to get some help with the various rentals that we are getting. This means that I need someone to be present during times of rental. If you have some time and would like to help please give me a call at 719-599-8624 and leave a message.



**Umbrella Sales**

We are selling umbrellas for \$15 each. Features include:

Drip Free system to prevent water from getting on the floors and carpets.

Clear panel for easy visibility.

The money we make will assist local area Veterans and Auxiliary programs.



**From the Chaplain  
Chet Dean**

If you or your loved one is in need of a Chaplain, please feel free to call the following phone numbers at any time Day or Night.

Chaplain Chet Dean 719-244-2442

Assistant Chaplain Michael Stebick 719-351-2574

We ask that you keep Joe Wooton, Joyce Taylor and Ilse Hoggenmiller in your thoughts. Joe is currently at The Center of Centennial.



**Nomination Committee  
2012**

With this being an election year, it stands to reason that we are also entering the time in which we will be electing new officers for the upcoming year.

To help this task, Past Commander Bill Marshall has once again been asked to Chair the Nomination Committee, and he has accepted.

The Post is looking for some new blood; Legionnaires willing to learn about the American Legion, its program and activities. We also need Legionnaires who have vision to bring new ideas and have the time to help transport the Post further into the future.

If you are interested please contact Bill Marshall at 719-495-0088 or give the Post a call at 719-599-8624 and leave a message.

As a point of interest all of the positions are open for new officers. Don't be shy, now is the time to come forward.

In addition to the elections of officers, the Post is looking for Legionnaires who would be willing to serve on the various committees that are needed to keep the Post moving forward.

For officer and/or committee descriptions please go to the Post's webpage and take a look and consider stepping up.



From the Senior Vice Commander  
Mark Krzczowski

12 January was a great day in the life of the Post. That is the day the Department officially recognized and acknowledged that we had surpassed our membership goal by attaining 555 Legionnaires for 2012. This is the 3rd year in a row we have achieved an All-Time High!

We shouldn't stop there but work at retaining the members who have not renewed and transferring members who are part of the Direct Mail Solicitation program. These are Legionnaires who have renewed at National; and are a member of the Denver Post 211, which is a holding Post. We need to contact and transfer them to our Post.

Do you have time to contact these Legionnaires. If so, please call the Post and let us know.



From the Adjutant  
Larry Johnson

We have a host of activities that are coming up very quickly. One of the most important activities is going to be the Annual Report.

The Annual Report is sort of a Report Card for The American Legion as it is a report that shows what a Post and its membership have accomplished in the past year.

If you are involved with other organizations and have spent time helping veterans, children and youth programs and activities involving the community, I would like to have the name of the activities, the hours that you have spent in helping and if you have spent money or made donations to these activities that can be reported.

If you have questions, please send in the information and I will put it in the places where it fits.

The reporting period is from April of last year to March of this year.

I look forward to hearing from you.



From Scouts and Service Officer  
John Brown

**Scouts:**

**Pack 24** will hold their pine wood derby in March and **Pack 386** will hold theirs in April. **Pack 386** will have their pine wood derby in the Post home on 14 April, so come out and support the boys. It will start at 1:00pm after our meeting and set up time. **Pack 24's** pinewood derby will be at West Middle School in early March; I will let you know the exact date in our next Newsletter edition. If you want to help with the pine wood derby, let me know, they always need judges and people to cheer them on.

**Pack 386** held a crossover of 12 boys from cub scouts to boy scouts and it was a great success. It is always nice to see the boys grow up right before your eyes.

**Service Officer: Part B Surprise**

Medicare officials announced the new Part B premium rates for 2012 and they were significantly lower across the board than most people had expected. Large members of seniors actually will see their premiums drop significantly.

Why the declines? Because the new eligible and upper-income beneficiaries were hit with extra premium hikes for the past two years. That happened because the law generally bars any drop in Social Security benefits when there's no COLA. That means most people had their Part B premiums frozen for the past two years. But new eligibles and upper income people were exempt from the freeze, so they absorbed not only their share of the 2010 and 2011 hikes but also had to cover the share of all of the "frozen" beneficiaries.

The bottom line: almost every Medicare eligible will be paying lower premiums in 2012 than had been expected, and a significant number will be paying much less.

One more piece of good news; Medicare also reported the annual Part B deductible will drop around \$22 from the 2011 deductible.



**Things I Always Wanted to Know  
About The American Legion  
Neal Thomas, Jr.**

There are several things I wondered about as a new Legionnaire. For example: How do they change eligibility dates for membership? How are priorities assigned to address Congress? How are portions of our Constitution changed?

Early in my affiliation with The American Legion, I asked these questions of my Post, District and Department officers. I received a variety of answers from a series of individuals along the way. I finally enrolled in The American Legion College correspondence course. This gave me considerable insight into the overall operation of The American Legion and much of its history.

As I progressed through the chairs I found answers to these and other questions. The major question that I had was; how are changes made that govern the organization? The answer was simple---Resolutions. Resolutions are the force that drives, directs and prioritizes programs of The American Legion. The national organization cannot act on a given problem in the absence of a controlling resolution. Furthermore, it must act on a matter when mandated to do so by a resolution that has been properly adopted by the National Convention or National Executive Committee.

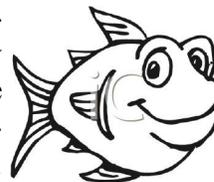
I have had the honor of serving on the National Resolution Assignment Committee. This committee meets annually at the National Convention and reviews and assigns resolutions forwarded from all Departments. These resolutions are then forwarded to committees and commissions to be reviewed and approved or rejected. In many cases they are received and filed. Often there are duplicates from several departments that are merged into one resolution with recognition of all of the other resolutions with the same subject. This process often involves as many as 200- 300 resolutions. If a Post seeks to be a leader in the policies and practices of The American Legion, it can do so only through the resolution process. A class on writing resolutions normally occurs during our mid-winter conferences. So why not plan to attend next year's Mid-Winter Conference and get involved in changing things through resolutions?

**News You Can Use - Mario Taracena**

On 10 January, the City Council approved task force recommendations to lease Memorial Hospital to the University of Colorado Hospital. This means negotiations will begin to take over MH and voters will approve the final plan this year. Under the proposal, UCH along with Poudre Valley Health of Ft. Collins, will operate a new regional health system. Having this new system should open better access to health care to the community, this includes the military. These coming negotiations should include a detailed plan how Tri-Care will be administered in serving active members, retirees, families and survivors.

**Fish Fry Friday**

The first fish fry on 13 January 2012 was very refreshing especially when you consider how many participated. We will be hosting the Fish Fry on the 2nd Friday of every month at 6:30pm. See you there.



We would like everyone to please make a reservation by calling Jackie Bowen at 719-574-1223 or Lynn Thomas at 719-439-6268 and let us know how many will be coming with you for dinner.

**RSVP Special**

Make an advance reservation for the Steak Night on 17 February and receive a special discount. With advance reservations & the coupon on this page, you get a steak at the regular price of \$12.00 and the second for a price of \$10.00.

Please give RSVPs Lynn Thomas or Jackie Bowen. You can contact Jackie at 719-574-1223, or [jackiebowen2005@yahoo.com](mailto:jackiebowen2005@yahoo.com). Call Lynn at 719-439-6268. Present the coupon with your order.

**STEAK NIGHT  
COUPON**

Buy 1 dinner at Regular Price of \$12.00, get the 2<sup>nd</sup> One at \$ 2.00 off.

**Good only during the month of  
FEBRUARY and with a reservation made  
in advance**