

The Centennial



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From the Desk and Mind of the Commander

Jay Bowen

I've always been a pretty active guy. While I would like to believe I have been paid and hired for my brilliance and organization skills (and good looks), I think I've always known that my back is stronger than my brain. The phrase "strong back and weak mind" comes screaming at me.

As I think back on all the times I've used both back and brawn to carry the load, I realize the heaviest thing I've ever toted around is a grudge. Not only is its weight heavy, it has often been very difficult to put down and let go. Fortunately, as I get older (and I mean that literally as this is my birth month), my ability to forget and forgive the object and subject of my loathing has saved me a great deal of pain.

I live and work around some very professional and loving people. Most of them are God-fearing and profess to be Christian. They would give you the proverbial shirt off their back and never complain nor ask for it back. But you cross them or do something to upset them, and you'll see them immediately turn into the Hulk, capable of lifting mighty loads. They will even scowl and their demeanor will immediately transform into something very ugly when the object of their displeasure enters the room or even a mention of their name.

You can tell who they are even if you don't know them. They'll walk around with a frown on their face, and most often you will be the recipient of their displeasure even



though you are not the source of their anger; you just happen to be in the line of fire. This shotgun blast typically results in an apology for shooting at the wrong target...and hitting it. These are also the same people complaining about their many ailments; bad back (Hmmm), ulcers, stomach cramps, headaches, drinking too much, drinking too little (wait, that shouldn't be there); well, you get the picture.

So, what should you do? My dear old Dad (rest his soul) would often say "son, you gotta pass and re-pass." As you know by now from reading previous articles by me, for someone with a 6th grade education, I have always felt my Father was one of the smartest and most profound persons I've ever had the privilege of knowing. He would drop these pearls of wisdom on me, and most of the time I was too slow to understand right away what he was trying to tell me. But later it would hit me like a ton of bricks. You gotta let it go! Turn the other cheek! You gotta pass and re-pass.

Over the years, I've learned to do just that. If you wrong me, I'll still get mad. But in a few days or maybe even weeks (depending on how egregious the foul), I'll get over it. My darling wife on the other hand, will hate you forever. And she'll hate your kids and your grandkids. And I really think she'll kick your dog if she sees it. The moral of this story is don't cross Jackie!

You may not live longer if you pass and re-pass, but your quality of life will certainly be better for it. It will also save you on back pain medication.

For God and Country,
Jay



Auxiliary President Jackie Bowen

We have three new members to welcome. Kay Nelson joined us in memory of her husband after his "Celebration of Life" was held at our Post, (Margery) Joann Howard joined us while visiting the Post for a possible rental, and Kari Ann Smith joined us after her husband transferred to our Post. By the way, Kari Ann is our Club Manager's (Art Kimbrel) daughter.

A couple of years ago Unit 209 adopted a military unit that was deployed and sent them care packages. Last month I told you we had two families with sons deploying. One of these soldiers is in a very remote area and has requested his parents send a care package every week. We have decided to adopt this young man's unit and send them care packages once a month. As soon as I receive a list of items they need/want I will let you know. I do know nothing with alcohol can be mailed.

We will be doing another Butter Braid sale in April. Please look for the article with all the information listed.

Ladies, once again I am very thankful for all of you and appreciate you putting your trust in me to lead our wonderful Unit this past year. Please remember elections are this month. You may self-nominate for any position. If you want to hold an office please submit in writing to me or any serving officer before our meeting April 13th.

Serving Our Veterans Proudly,
Jackie



Sons of The American Legion Squadron 209

SAL Squadron 209 is leading our Post's support for the Candidacy of Mike Moss for National Commander of The Sons of The American Legion. Mike is only the 2nd Colorado member to be considered for selection to this high office. He is a 29 year life member of Taylor Miller Squadron 21 in Golden, Colorado. His eligibility comes through his late father "Richard" who was a Korean War Veteran and 56 year member of Arvada Post 161. Mike has been married to his wife Linda for 36 years and they have 3 children and 5 grandchildren. We are supporting Mike with donations to the piggy banks located on our dining room tables. It is very expensive to run and to serve as SAL National Commander and we plan to do more fund raisers in the future. Mike's many accomplishments are listed below.

Main Focus: Caring for our veterans in hospitals, supporting the many veterans programs example; Golden Age Games, National Wheel Chair Games, Veterans Winter Sports Clinic. Also support of our children and youth throughout our communities.

Two time Detachment Member of the Year 2000 & 2003.

Detachment VA Volunteer of the Year 2004.

Outstanding Service Award Department of Veterans Affairs.

Graduate of SAL National Management Institute.

Graduate of Detachment Commanders School.

Graduate of The American Legion Extension Institute.

Denver Fisher House, Board of Directors President, 1999-2009

Squadron Service: Commander, Vice Commander, Adjutant and Historian
Detachment Service: Commander 1997-98, Vice Commander, VA&R Chairman, Finance Committee and Public Relations

National Organization: National Historian, National Vice Commander 2007-2008, National Executive Committeeman, Alternate National Executive Committeeman, National Membership Chairman 2008-2010, Served on Membership, Resolution and VA&R Committees, National Children and Youth Commission Chairman 2010-2012



From The Chaplain's Corner:

I am starting a monthly column called Chaplain's Corner. I am not trying to convert anyone with my monthly column; we are all Brothers and Sisters in Christ. This is written as a way to make you think about your life, and what you could do to change or add something to enhance it.

The Founders of the American Legion knew that God and Country must go together, if our country were to remain great and permanent. To aid in maintaining this concept, the office of the Post Chaplain was created and charged with the responsibility to keep our association steadfast in the minds of the membership.

With this in mind I will respond to any questions relevant to any column I write. You may respond either in the Newsletter, or in private with the Chaplain.

Rest for Your Soul

The Lord replied, "My Presence will go with you, and I will give you rest." Exodus 33:14
Rest...Our souls crave it. Our bodies demand it. Our spirits are renewed through it. Yet rest is one of those treasures that we often don't take the time to enjoy in our busy life. As the pace of our modern world speeds up, we find ourselves trying to do more in the same amount of time. Left unchecked, we become experts in efficiency, running hard and fast on the treadmill of life. Our souls grow weary. Our bodies grow weak. Our spirits run dry.

When asked what a person needs truly needs to survive, most people list air, food and water, while forgetting that rest is vitally important to our bodies, mind, and spirits. Rest has the power to transform our attitudes, our actions, and even our activities. When well-rested, we are better equipped to face the challenges as well as the occasional curveball daily life often throws at us. Meanwhile, the God who formed us offers us rest; real rest in Him. He invites us to step off the treadmill of life and discover the renewal and restoration that can only come from Him.

When we take time to rest, we begin to realize that what feels like doing nothing is really allowing God to do something inside of us. Our souls are given a chance to renew. Our physical bodies are given a chance to heal. Our spirits are given the opportunity to connect with God. In those precious moments, we are reminded not just of who we are but whose we are. Afterward, we find ourselves echoing a common response, I needed that!

The ultimate rest you will ever experience doesn't just take place during a nap on a lazy Sunday afternoon. Instead, it's found in God. He is the One who renews your weary soul. He is the One who gives you strength when you think you can't go any further; emotionally, physically, spiritually, and relationally. The rest God provides is like no other. Don't you think it's time that you take a break and enter into the rest God has for you?

(Sections of this letter are quotes from Margaret Fienberg.)

A Message from Legionnaire/SAL Historian Chuck Ford

Attention all Active Duty, Veterans and Family members of Deceased or Fallen Veterans. www.Togetherweserved.com is a great way to show your service to your country and re-connect with your 'battle buddies'. If your family member is Deceased or Fallen you can join and create a Remembrance profile to forever honor their service and sacrifice. There are several levels of Membership. They are:

- Free - Limited access to site
- Trial Membership - 10 days of full access
- 1 or 3 year Memberships
- Lifetime Membership

There is a site for each of the 5 branches of Service. If you would like more information or web addresses please see me at any meeting or email me at chuckford64@gmail.com and I will be happy to help. If you join the Army site and have trouble finding your unit I can help with that also.



Post and District 7 Elections Coming Soon!

At our General Membership meeting this month, we will be electing/re-electing Officers to lead our Post through 2013/2014. All positions are open and you are encouraged to consider stepping up. A short overview of each position follows.

Roles and Responsibilities of Officers

Commander: You are entrusted with the supervision of the duties of all other Officers of the Post. You are the presiding Officer at all meetings and you must familiarize yourself with the policies and traditions of your Post and The American Legion.

Adjutant: Also known as the "First Sergeant." You are the Secretary of the Post. Post information will revolve around you. The Adjutant is the Post personnel officer; maintains membership records, minutes of meetings, checks up and assists with the work of the other Officers and Committees. You publish official orders; announcements and instructions.

Senior Vice Commander: Your primary concern is membership. No Post can survive without good membership. You should also be familiar with ceremonial protocols for regular meetings. A Vice Commander must be ready to fill in for the Commander upon a moment's notice.

Junior Vice Commander: You must be ready to promote your Post. The Commander will depend on you to provide programs that spice up the meetings and attract attendance. You should contact other Veteran and civic organizations so that each patriotic holiday and observance receives the attention it deserves. You are concerned with the pageantry of the Legion. You should also be concerned with the welfare of all fellow Veterans as well as with Veteran's affairs and rehabilitation committees.

Finance Officer: You will serve as chair of the Finance Committee and will be in charge of receiving and disbursing all Post funds. You will work closely with the Post Adjutant in all matters relating to the finances of your Post. You will advise the Post Commander on the financial health of the Post.

Service Officer: You should be a dedicated person and should have a deep interest in fellow Veterans, the Post and the community. You are responsible for bringing to the attention of all Veterans and their dependents the rights and benefits granted to them by law. You must know how to utilize the expert services available through Legion channels as well as through local agencies. You should be ready to visit dependents upon a death of a service member. You may be called upon to serve as chair of Veterans Affairs and Rehabilitation Committee as well as working with children and youth committees or making hospital visitations. Appointed by the Commander-elect.

Chaplain: You must be a person capable of moral and intellectual leadership. You work closely with all other Officers of the Post. You should attend all meetings of the Post and Executive Committee. You should be ready to officiate when requested, at funerals of members. The Chaplain must also be ready to provide service to bereaved families of Post members.

Sergeant-at-Arms: You should know how to arrange the meeting hall, assist the Post Commander and Adjutant. You are the custodian of the Colors and in charge of Colors details during the presentation and retirement ceremonies. You should know how to display flags and their proper presentation. You are also responsible for maintaining order at all meetings.

Historian: You have the responsibility of preserving and compiling the records/photos (specifically through our Scrapbook and website) of our Post. You should try to attend Department Conventions and keep in touch with other Post Historians. [You are only encouraged to attend, not required.]

Post Executive Committeeman: You are a voting member of the Post Executive Committee, which is entrusted with the government and management of the Post. You shall be responsible to represent the interests of the general membership to the Executive Committee.

Judge Advocate: You will supply professional advice in the conducting of the Post business or to procure proper counsel. You are the interpreter of the Constitution and By-Laws of our Post. You may be asked to assist in auditing Post financial accounts. Appointed by the Commander-elect.



Post Officers 2012-2013

| 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 | Rusty Bower | 682-478-9122 |
| Chaplain | Chet Dean | 719-244-2442 |
| Sergeant-at-Arms | Don Shuck | 719-575-0539 |
| Historian | Gary Baumann | |
| Post Executive Committeeman | Neal Thomas | 719-392-1510 |
| Service Officer | C. "Gunny" Raines | 719-597-4766 |
| Judge Advocate | Chuck Zeitvogel | 719-531-0546 |
| Past Commander | Bill Marshall | 719-495-0088 |
| Club Manager | Art Kimbrel | 719-339-4610 |



Auxiliary Officers 2012-2013

| 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 |
| Historian | Joan Ciani | 719-579-9194 |



Board of Trustees 2012-2013

| Term (Years) | Name | Telephone |
|------------------------|-----------------|--------------|
| President (3 yr) | Neal Thomas | 719-392-1510 |
| Commander (1 yr) | Jay Bowen | 719-574-1223 |
| Finance Officer (1 yr) | Rusty Bower | 682-478-9122 |
| Member 3 Yr | Norman Moyer | 719-392-3725 |
| Member 3 Yr | Alton Cyriaque | 719-495-4732 |
| Member 1 yr | Chuck Zeitvogel | 719-531-0546 |
| Member 1 yr | Bill Marshall | 719-495-0088 |



Sons of The American Legion 2012-2013

| | | |
|--------------------|----------------|--------------|
| Commander | Chet Dean | 719-244-2442 |
| 1st Vice Commander | Rick Kettering | 813-967-6680 |
| Adjutant | Ken Taylor | 719-495-8190 |
| Finance Officer | Rusty Bower | 719-478-9122 |
| Sgt-At-Arms | Don Shuck | 719-575-0539 |
| Chaplain | Chet Dean | 719-244-2442 |
| Historian | Chuck Ford | 719-597-1019 |



Centennial 209 Family Calendar of Events

| | |
|-------------|---|
| 2 May | Post Exec Mtg 6:30 pm |
| 3 May | Hamdogger 6:30 pm |
| 4 May | Prospectors Gun Show |
| 11 May | Breakfast 9:00 am Legion/Auxiliary Meetings 10:00 am SAL Mtg 11:30 am |
| 17 May | Steak Night 6:30 pm RSVP REQUIRED |
| 19 May | District 7 Convention — Post 25 in Florence, Colorado 11:00 am |
| 24 May | Fish Fry 6:30 pm RSVP REQUIRED |
| 27 May | MEMORIAL DAY! |
| 6 Jun | Post Exec Mtg 6:30 pm |
| 7 Jun | Hamdogger 6:30 pm - CANCELLED! |
| 8 Jun | Breakfast 9:00 am Legion/Auxiliary Meetings 10:00 am SAL Mtg 11:30 am |
| 14 Jun | Flag Day US Army Birthday! |
| 20 – 23 Jun | Department Convention Fort Collins |
| 21 Jun | Steak Night 6:30 pm RSVP REQUIRED |
| 28 Jun | Fish Fry 6:30 pm RSVP REQUIRED |
| 4 July | Independence Day! |
| 5 July | Hamdogger 6:30 pm |
| 13 Jul | Breakfast 9:00 am Legion/Auxiliary Meetings 10:00 am SAL Mtg 11:30 am |
| 19 Jul | Steak Night 6:30 pm RSVP REQUIRED |
| 26 Jul | Fish Fry 6:30 pm RSVP REQUIRED |

Reservations and RSVP go to Jackie Bowen (574-1223) jackiebowen2005@yahoo.com, or Lynn Thomas at 439-6268



Sons of The American Legion Squadron 209

American Legion "YOUNG GUNS" of Centennial Post 209, will be sponsoring a Basic Rifle Safety and Marksmanship Course in the near future. The program is open to boys and girls up to age 18 who are related to Post 209 members as well as the Scout Packs that the post sponsors. All participants and a parent or guardian will be required to attend all sessions.



The Basic Rifle Safety Course will be taught by NRA trained and Certified rifle instructors. All books, supplies and equipment will be covered by a registration fee of \$10.00. The course will last for 9 to 10 sessions of 2 hours each.

Registrations will be accepted to class capacity. For more information and registration, you can contact Ken Taylor at 719-761-4047, or at adjutantsal209@yahoo.com. Plan now to attend and learn how proper gun safety and shooting can change your life.



From The Judge Advocate Chuck Zeitvogel 2013 AARP Tax-Aid Sites

Individuals with uncomplicated tax returns may get FREE assistance with their tax returns. Sites listed below work on an appointment basis, but some will take walk-ins. Check ahead of time. Documentation needed include Social Security cards or official documentation showing Social Security Numbers for all persons listed on the tax return, check book showing Routing & Account Numbers for electronic deposit, W-2/1099 Forms (that show Interest, Dividend, Stock Transitions) & Form SSA-1099 Social Security Benefit Statement if applicable).

Discover Goodwill (Garden of the Gods road)
Mon, Wed, Fri: 9:00 am - 4:00 pm

Holy Apostles Church (North Carefree at Oro Blanco) Fridays: 9:00 am - 4:00 pm

Sunnyside Christian Church (Constitution at Murray Blvd) Tuesday: 9:00 am - 3:00 pm

Silver Key (Bott Ave W of 21st St) Mon & Thursday: 9:00 am - 12:00 noon

Senior Center (Hancock Avenue) Mon and Wed: 1:00 pm - 5:00 pm

Fountain Community Center Tuesdays: 9:00 am - 3:00 pm

Virtual Intake Site West Cares (West Colorado at 20th St) Mon, Wed, Thursday: 9:00 am - 12:30 pm

Novell Simpson Center (925 S. Institute St., C/S) Wed: 9:00 am - 4:00 pm

Walt Fortman Community Center (501 East Iowa St, Fountain, CO) Thursdays: 9:00 am - 4:00 pm



The Day Has Finally Arrived!

Elections for Post, Unit and SAL positions will be held at our regular meetings this month. If you are interested in serving and can't attend the meetings, send a letter or email the Adjutants and/or Secretary of the organizations indicating your interest and desire to serve if nominated and elected. By the way, self-nominations for any position in any of our Post 209 Legion family organizations are not only allowed, they are encouraged. Be a part of the solution; not a part of the problem!

Take an active role in leading our Post 209 family into 2014!

The Post 209 Legion Family Leadership



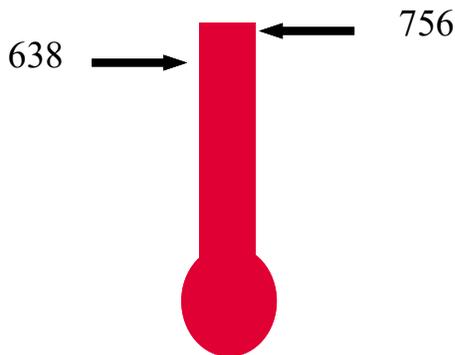
Vietnam Veterans Welcome Home!

The American Legion Auxiliary District 7 of El Paso, Fremont and Teller Counties are sponsoring a **WELCOME HOME** for all Vietnam era Veterans to THANK them for their service to our Country on this the 30th anniversary of the day the Vietnam War ended. Continue to check *The Centennial* and our website for updates as we get closer to the event, planned for the Memorial Day period.



From the Membership Team

We have now exceeded our membership goal by more than 100 members! This is AMAZING! Thanks to all who have brought in a new member, helped facilitate transferring someone from another Post to ours, or has encouraged an existing member to renew. If you haven't done one of those three things, it's not too late!



Job Search Seminar

Post 209 will be hosting a Job Search Seminar. We are setting the date of 27 April as the tentative date. If you know anyone transitioning from the military, former military, or a family member of a Veteran looking for a job, let them know about this seminar. We will be limiting to 65 attendees so registration will be required for this free seminar.

Subjects to be covered include:

- Keeping your job search on track
- Coping with being out of work
- Different parts of the job search process
- Key points about resumes
- Your stories and why they are important
- Networking; How and Where
- Preparation for the Interview, "The Most Important Business Meeting of Your Life"
- Planning the Interview and Why
- Day of the Interview
- Follow-up of the interview

This seminar will be packed with information and practical application about the Job Search.

Be sure to tell your family and friends.

William Burd - Senior Career Advisor



Start Shredding the News!

Do you have old tax returns/documents you need to properly and safely discard? How about that CD you don't want anyone to know you have? Have we got a deal for you.

We are hiring a shredding company to come to the Post for one day only and shred old documents we have been collecting and that's been gathering dust since our inception in 1976. We are offering you an opportunity to take advantage of that and bring anything in you want shredded at the Post. It is at no cost to you, but there are some restrictions. For example:

- Cannot be anything of a classified nature
- Cannot have paper clips on the documents
- Stapled pages should not exceed 20 pages
- Shredded items can only be dropped off either the day of or the weekend before the shredder arrives

We are targeting the afternoon of 24 April. Updates with changes, if any, will be posted to the website. If you have questions, please contact our Finance Officer, Rusty Bower.



Butter Braid Sale

Back by popular demand, we are having a Butter Braid sale this month. The sale begins 13 April, 2013, and ends on 25 April. Please send all orders to Jackie Bowen at 719-574-1223 or jackiebowen2005@yahoo.com no later than 25 April. The order will be delivered 30 April.

These yummy pastries have been a fundraising favorite for several years.

Let's make this sale the best one ever!

THE AMERICAN LEGION
 CENTENNIAL POST 209
 P.O. BOX 25334
 COLORADO SPRINGS, CO 80936-5334

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ADDRESS SERVICE REQUESTED

| ~ April 2013 ~ | | | | | | |
|----------------|--------|--|-----------|---|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 1 | 2 | 3 | 4  EXECUTIVE COMMITTEE MEETING 6:30pm | 5  HAMDOGGER 6:30pm | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13    BREAKFAST 9:00am MEETINGS 10:00am |
| 14 | 15 | 16  NATIONAL COMMANDER LUNCHEON 12:30 RSVP REQUIRED! | 17 | 18 | 19  STEAK NIGHT 6:30pm | 20 |
| 21 | 22 | 23 | 24 | 25 | 26  FISH FRY 6:30pm | 27 JOB PREPARATION SEMINAR 8:00am-12:00pm |
| 28 | 29 | 30 | Notes: | | | |

Reservations and RSVP go to Jackie Bowen (574-1223) jackiebowen2005@yahoo.com, or Lynn Thomas at 439-6268