

The Centennial

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AMERICAN LEGION NEAL THOMAS JR. CENTENNIAL POST 209



Walk of Honor. Order your brick today!

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Room rental





The American Legion Post 209 Officers 2023-2024

Commander:	Marvin Weaver, Jr.	(719) 244-3535
Adjutant:	Doug Millison	(719) 599-8624
Sr. Vice Commander:	Steve Hayes	(719) 494-7166
Jr. Vice Commander:	Jerry Hopper	(918) 953-9980
Finance Officer:	Jeff Heischman	(719) 482-4357
Service Officer:	Brian Murphy	(719) 930-4147
Judge Advocate:	Marvin Weaver	(719) 638-4763
Historian:	Kurt Skinner	(719) 963-3517
Exec. Committeeman:	Art Kimbrel	(719) 339-4610
Chaplain:	Bob "Odie" O'Donnell	(719) 432-6018
Immediate Past CDR:	Lino Calica	(719) 963-0956
Sgtat-Arms:	Bobby Senter	(719) 660-3775



American Legion Auxiliary Unit 209 Officers 2023-2024

President:	Royce Hopper	(918) 953-9993
Vice President:	Cathy Barger	(719) 290-3163
Secretary:	Pat Weaver	(719) 638-4763
Treasurer:	Kellie Hayes	(719) 494-7167
Chaplain:	Ariel Foster	(719) 281-7965
Execat-Large:	Jackie Bowen	(901) 481-0673
Historian:	Maria Alicea	(719) 900-8426

Sgt-at-Arms: Michelle Bresee

S O NO IS

Sons of The American Legion Squadron 2023-2024

Commander:	Rob Barry	(719)9	30-5725
Adjutant:	Bob "Odie" O'Donnell	(719)4	32-6018
Sr. Vice Commander:	Chris Hollingsworth	(910) 3	64-1677
Jr. Vice Commander:	Mike Barger	(719) 2	90-3218
Finance Officer:	Ken Taylor	(719)4	61-4047
Chaplain:	Jim Bird	(719) 2	31-4928
Sgt-at-Arms:	Tom Foster	(719)3	39-2667



Executive Committeeman: Brian Wess (719) 528-6672 (home)

American Legion Riders Post 209 Officers 2024-2025

President:	Sean Cope	(719) 246-4820
Vice President:	Chris Cicchi	(719) 493-5897
Secretary:	Royce Hopper	(918) 953-9993
Treasurer:	Kellie Hayes	(719) 494-7167
Sgt-at-Arms:	Jose Martinez	(719) 237-7060
Road Captain:	Scott Laudan	(719) 238-2679

Logistics: Maria Alecia

Communications: Chris Castillo

Chaplain: Jim Bird (719) 231-4928





From the Desk of Our Commander

Hello and welcome to April. The membership drive for the 2024 membership year is coming to a close. We are doing a great job this year on membership and keeping up our status as the largest Post in the State. At the time of writing this article we are about 40 members short of reaching our quota for the year. I am confident that by the time you are reading this we will have meet the quota or will have in the next few days.

I find myself lately remembering the time I spent in the Navy and the times underway. I remember the sunsets and the sunrises. There is nothing like being out in the middle of the ocean with nothing but water around to bring out some of the most beautiful sunsets. It is quiet and calm and you can just see forever. I have also been thinking of some of my shipmates that I served with and the bond that develops from the long hours of work while at sea. The camaraderie you develop suffering thru the same things together builds a brotherhood bond. I still am in contact with the guys I served with during those times. I am sure that I am not unique in the brotherhood. That is one of the remarkable things that binds all Legionnaires together. We all share the same thing, and even though we may not have served in the same branch or at the same time, the feeling still brings us together. I enjoy being a member of The American Legion and recruiting fellow veterans to join if they are not already a member. So, we can do great things together!

You may remember an article I wrote a few months ago about the four pillars of the American Legion. In case you don't, a little reminder. They are Americanism, National Security, Children & Youth, and Veterans Assistance and Rehabilitation. These are our core values, and all are important. These are the reason I am still a member of The American Legion.

Americanism teaches the importance and love of a country that we all raised our hands to support and defend. National Security reminds us that we need a robust national defense to keep our way of life. Children & Youth realize they are our country's future, and keeping them safe is our priority. Most important to me are Veterans Assistance and Rehabilitation. If we do not advocate for our veterans, we have lost everything. So many have given a piece of themselves in service to our country, and we need to ensure they get the help they deserve and have earned. We must ensure veterans have good job opportunities and a roof over their heads. That is why we do so what we do for our fellow veterans.

When you see veterans who are not members of The American Legion, remember this phrase: "We believe in God and Country; We believe in Americanism; We believe in Taking care of our Youth; We believe in Taking care of our Veterans, and We Believe in a Strong National Defense. If this is something you believe in, you need to belong to The American Legion."

Thanks for all you do to help Veterans and our Post.

Marvin Weaver, Gr. Post 209 Commander







From Our Senior Vice Commander

Let get the last renewals in! We are through 96% and need 40 more members to reach goal. If you have a family member or friend who is eligible, bring them to a post function and invite them to join!



While you are at the post, take a look out back in the yard area. Presley Thorps Eagle Scout project has been completed. Thanks to the generous donations of our members and a lot of work by post members and Scout volunteers, his project provides us with a children's play structure and ground cover within the fenced in area out back. This is an awesome addition to our post as well as our ability to support the families of our members!

Steve Hayes
Senior Vice Commander





From Our Auxiliary President

Happy April! Our Auxiliary Unit is hosting a garage sale at the Post on April 20th. If you would like to donate items, help with the garage sale, rent your own space to sale your own items, etc. please reach out to Tina Cope or Casey Martinez (see the flyer in this edition).

Our Jr. Auxiliary members are getting busy! If you have a young lady that qualifies as a Jr. member or is already a Jr. member, please reach out to Rebekah Arpan! She is hoping to grow our Juniors. There is a patch program several of our members are currently working on and they have been doing some fun activities at the monthly meetings lately!

If you are interested in volunteering more at our dinners and/or other events, please reach out to let us know. You can also put that you are interested in volunteering in the RSVP email you send to Jackie Bowen each week. That is the easiest way to let us know.

April is our Unit elections. There is still time to let Jackie Bowen, Election Committee Chair, know if you would like to run for an office. All positions are available! You can also run from the floor on the day of the elections, which will be held at our April meeting on the 13th. We still have no members running for Sergeant-at-Arms or Chaplain.

Happy birthday to all of our members who are celebrating their birthday in April. Have an amazing day!

Royee Hopper
Unit President
American Legion Auxiliary







"Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and **you will find** rest for your souls. For My yoke is easy and My burden is light." - Matthew 11:29-30

We are content, full of energy and ready to do whatever we have to do if we are well rested. Sleep is not rest. Sleep and rest work together in getting every part of us restored, but they are not the same thing. When we find ourselves in a place of exhaustion, where we have become grouchy and lose our temper more easily, at such times, others even find it difficult to be around us because we are actually in a place of "burn out."

Specialists have defined five stages of sleep, from light sleep to very deep. During the night sleep, we normally cycle in and out of the five stages of sleep. We wake up rested if the majority of our sleeping hours were in the deep stages of sleep. Also, to wake up rested it is important to get at least 20% of the sleep time where we dream and process information.

Sleeping is for our physical body, but for us to be restored and refreshed when we wake up next morning, we need to experience the rest that Jesus is talking about in the above verses.

It is important to do everything from a position of being "yoked with Savior." When we remain in Him and He in us, it changes everything. We seek His help to follow His direction. When we ask for His counsel to do things His way, we know we can depend on Him and learn from Him in every situation. By learning to do all things with Jesus and being meek, gentle, humble and submissive to God, we find true rest and peace for our souls. When our hearts and minds are at peace, we will be able to sleep deep, to truly rest and to be our best, that God created us to be. Life is good and blessed when we live it for the Lord!

If you have any spiritual needs (prayer, praises, blessings, death in family, etc.) I am here for you. If you just need someone to talk with for any reason, I am here for you. I don't have to know you or your family.

Reach out to me at bob.odonnell@comcast.net or 719-432-6018.







Post 209 Nominations for Officer positions

I have been appointed again this year as chairman of our nomination committee. We need to fill a few vacancies, although all positions are open to any member of Post 209 in good standing. Let me know if you want to participate in the Post leadership and serve our members. Attached is a short description of each officer position. We will also ask for nominations from the floor in April when we have elections.





Commander: You are entrusted with supervising 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 activities will revolve around you. The Adjutant is the Post personnel officer; maintains membership records, and minutes of meetings, checks up, and assists with the work of the other officers and Committees. In addition, you publish official orders, announcements, and instructions.

Senior Vice Commander: Your primary role is membership. No Post can survive without a strong membership. You should 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 American Legion. You should also be concerned with the welfare of all fellow veterans and Veteran Affairs and Rehabilitation Committees.

Finance Officer: You will serve as chair of the Finance Committee and will be responsible for receiving and disbursing Post funds. You will work closely with the Post Adjutant in all matters related to the finances of your Post.

Service Officer: You should be a dedicated person with 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 by law. You must know how to utilize the expert services available through Legion channels and local agencies. You should be ready to visit dependents upon a service member's death. You may be called upon to serve as chair of the Veterans Affairs and Rehabilitation Committee, working with children and youth committees, or making hospital visitations and 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. When requested, you should be ready to officiate at the funerals of members. The Chaplain must also be prepared to serve the bereaved families of Post members.

Sergeant-at-Arms: You should know how to arrange the meeting hall and assist the Post Commander and Adjutant. You are the custodian of the Colors and in charge of Colors details during 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 are responsible for preserving and compiling our Post's records/photos (specifically through our Scrapbook and website). It would help if you tried 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 and are entrusted with the government and management of the Post. You shall be responsible for representing the interests of the general membership to the Executive Committee.

Judge Advocate: You provide professional advice in conducting Post business or assist in procuring 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 Commanderelect.

For more information, see the 2024 Officers Guide, beginning on page 7. A free copy can be downloaded from the Legion.org website. Just search for Publications and select the 2024 Officer's Guide. Go to: https://www.legion.org/publications/259071/officersguide

Marnin Weaver





From our Sons of The American Legion Commander

My wife and I spend a lot of time at veteran fundraising events. Saturday, 16 March was no different. We supported Mt Carmel at the St Patrick's day parade. They had breakfast for us and many guests of honor. Four Denver Bronco cheerleaders greeted everyone and were a very impressive group of ladies. One of them was a small Japanese gal that spoke broken English. I talked with her, and she said she came from Hokido to the United States just to be a Denver Broncos cheerleader. She is going on her third year and is working as a dance instructor. Another gal had her master's in mental health, and one was an engineer. Truly amazing women and their outfits were pretty awesome!

Then it was time for the speakers. We heard from the Grand Marshall of the parade and the CEO of Mt Carmel. The third was a special man. He did not know he was going to speak. He stated how grateful he was to be a part of an organization helping veterans. He then went on to tell the story of his father serving the Pacific Theater during World War II. This man could have talked about himself and recent events, but he was focused on veterans.



I met with him after he spoke when the crowds dispersed around him. He had the same story that a lot of us hear. He didn't even know his dad and uncles served in the war until he was 26 years old. He lamented, "that generation just did not speak of those experiences". He told us his father owned a grocery store while he was growing up and the local American Legion held their meetings in the basement. He had no idea what the group was or what it stood for as a kid. After hearing his stories, I shared information about The Sons of the



American Legion. He had no idea that he and his sons could be a part of a great family to honor his father and further support veterans.

I admit, I knew he would be there and had to bring my favorite 70's Bronco shirt with me to get an autograph. After all, he is a hall of fame linebacker from the famous "Orange Crush".

Now, please join me in welcoming our newest Sons of the American Legion Squadron 209 member. Mr. Randy Gradishar. Welcome to the family sir!

Rob Barry
SAL Commander



From our Service Officer

Hello Legionnaires,

The past few weeks have been very difficult for me and my family. A number of close family friends have passed during that time, and with it all the emotions attached. A close friend (and business associate) of my father, Jay Cimino was a local legend. Of course, you probably saw him on TV as the pitchman for Phil Long Ford Dealerships. Jay led 17 dealerships in Colorado and New Mexico, under the Phil Long name. More than that, Jay was the founder and creator of Mt. Carmel Veterans Service Center, which now has offices in Colorado Springs, Pueblo, Trinidad, etc. These service centers help veterans transition after active-duty service. Jay lived a life of service, beginning at a young age by serving in the US Marines. He continued serving veterans through Mt. Carmel, and the various charities he funded. Without his most generous support of veterans, there would be no Mt. Carmel or other charities that are so vital to our communities. I salute Jay Cimino, and thank him for continuing to serve long after his USMC days were over.

There were other notable losses, but the one that hurt the most was my good friend Kevin. A childhood friend, I literally knew him since we were both in diapers. His family and mine are very close. His mom was my mom's best friend until she passed a few years ago. Kevin was a very talented local attorney, and could literally walk in to the court room with a sticky note on his hand with the judge's name, the prosecuting attorney, and maybe a few other names. He would masterfully defend his client all from his brilliant memory and lawyering skills! Kevin was also a person who suffered for years with a major depressive disorder. After some difficult personal issues and business-related set-backs, he decided to take his own life recently at age 62. I had met with Kevin just a few weeks prior to losing him. As a mental health professional, I'm saddened to say that I could not save him. He was on depression medications for years and was in therapy, but it all became too much for him. Please reach out to me or another mental health professional if you are ever having thoughts of self-harm. Is it easy to ask for help? Not always, but there are people who love and care about you! As veterans, we share a brother/sisterhood and we need to support one another! Hopefully, you attended the seminar at the Post on March 30, 2004 at 1000. We discussed VA's S.A.V.E program and BE THE ONE Legion program for training on how to recognize the signs and what to do if you or someone you know has self-



harm thoughts or intensions. The life you save could be your best friends, or even your OWN! Use the Veterans Crisis Line if needed. Dial 988 then Press 1.

Brian J Murphy, LCSW, MSW

VA/DoD Liaison Program Office: 719-526-9675 Cell: 719-930-4147

Brian.Murphy3@va.gov or Brian.J.Murphy44.civ@mail.mil



From our American Legion Riders

Riding season is upon us, and Post 209 American Legion Riders are ready to dust off the cobwebs, fire up the bikes and hit the road! Starting this month I would like to start spotlighting the riders. Both Riders bring something special to the team and our events. We're proud to have them on board and I'm sure you'll see them in the post and on the road. Wizard – Post 209 ALR Director.



Lorenzo Trotter

Road Name: Worldwide

Branch of Service: United States Air Force

Hometown: Goodyear Arizona

Family: Wife Tammie, Two sons Lorenzo A Trotter IV, and Trey. Two

grandkids TJ and Tristan.

Hobbies: Camping, fishing, side by side, ice fishing, bowling, movies,

riding, watching sports.

Motorcycle: 21 Road Glide limited.

A little about yourself and what brought you the Legion: Very active...Try to enjoy every day like it's the last day. Really enjoy helping people in the community. What brought me to The Legion is

Ed Santos invited me to the ROMP, And I enjoy all we do for the veterans!



Jonathon Shay

Road Name: Skeeter

Branch of Service: Soon to be United States Army

Hometown: Colorado Springs, Colorado

Family: Mother and Father is Rico and Tar Shay. And my sister

Jennifer Shay.

Hobbies: Riding, baseball, and running.

Motorcycle: Indian Scout

A little about yourself and what brought you the Legion: I am currently enlisting into the U.S. Army, and I play baseball and run

cross country for Sand Creek High School.

Sean Cope President, American Legion Riders



Fro

From our Post Historian

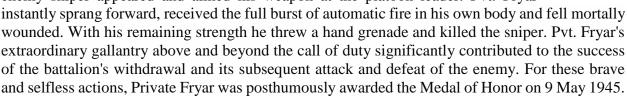
"Private Fryar and his machine gun gave us time to pull out and climb the steep bluff to safety... (without him) I think the whole battalion could have been wiped out."



Elmer E. Fryar was born and raised in Denver, Colorado. After graduation from Wheat Ridge High School in 1932, he enlisted in the U.S. Army for three years, followed by a four-year enlistment in the U.S. Marine Corps. He re-enlisted in the U.S. Army as a paratrooper in the 511th Parachute Infantry Regiment (11th Airborne Division) after America's entry into WWII. During the fighting on Leyte Island in the Philippines on 8 December 1944, Private Fryar's company was ordered to cover the battalion's withdrawal to a more suitable point from which

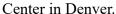
to attack. Seeing an enemy platoon moving to outflank his company, he went forward alone to an exposed ridgeline to hold off the enemy while his company withdrew to re-

form its lines. Drawing the bulk of enemy fire, he was hit and wounded multiple times, but continuing his attack, he drove the Japanese enemy back with a loss of at least 27 killed. While withdrawing to rejoin his squad, he found a seriously wounded comrade, helped him to the rear, and soon overtook his platoon leader, who was assisting another wounded. While these four were moving to rejoin their platoon, an enemy sniper appeared and aimed his weapon at the platoon leader. Pvt. Fryar



At the presentation ceremony, Elmer's father reportedly said that Elmer "always loved adventure and he probably was having the time of his life before he was killed on Leyte."

Private Elmer Fryar's remains were reported as "lost in recovery." He is listed on the Tablets of the Missing at the Manila American Cemetery and Memorial in the Philippines. Today the Fryar Field Drop Zone at Fort Benning is named in his honor, as is the Elmer E. Fryar US Army Reserve





Born and raised in Denver, Colorado, **Duane W. Martin** was commissioned into the US Air Force in 1963 and served in the Vietnam War as a helicopter pilot, assigned to the 39th Air Rescue and Recovery Squadron. On 20 September 1965, 1st Lieutenant Martin was co-piloting a HH-43B Huskie helicopter that was taking part in a rescue attempt of a downed American F-105 pilot along the Laos-Vietnam border. Their aircraft was hit by ground fire and crashed into the jungle. 1st Lt Martin evaded capture, though the other three crew members were all captured and imprisoned for the remainder of the war in Vietnam. Martin was eventually captured by Laotian Communist forces and held as a POW in Laos. After nine months in



captivity, 1st Lt. Martin and another American POW, Navy pilot LTJG Dieter Dengler, escaped and evaded capture for 17 days before confrontation with enemy Laotian forces. Dengler escaped and was eventually rescued, but he reported that Martin was killed in the 20 July 1966 encounter with the Laotian Communists.

The Air Force posthumously promoted 1st Lt. Duane Martin to Captain and awarded him the Air Force Cross for his courageous actions in the face of the enemy. His remains have never been recovered from Laos. He was survived by his parents, and his widow and two daughters. Today, Captain Martin is memorialized on the Courts of the Missing at the National Memorial Cemetery of the Pacific, and at Fort Logan National Cemetery in



Denver, Colorado. His name is also inscribed along with all his fallen comrades on the Vietnam Veterans Memorial Wall in Washington, D.C.

Thank you for your service, Duane, you are not forgotten.

"Time will not dim the glory of their deeds." - General John Pershing







From our Color/Honor Guard Captain

The Honor Guard continues to field requests, sometimes daily, to support Final Honors for local veterans. The team has been busy meeting these requests, even with only a day's notice. While it is nice being 2.5 months into the year without having to deny a Final Honors request, I know with the small team of active members we have that it is only a matter of time. It is simple math (has to be for me to figure it out), the more active members, the less requests we have to deny.

We are still looking into partnering with other area VSOs (DAV, MCL, TAL, VFW – the whole alphabet soup). A mixed VSO Honor Guard is not an issue, and would increase the ability to meet the local veterans and community needs. If you know someone from another VSO that might be interested in being a part of a very important program you can invite them to a General Membership meeting or an Honor Guard meeting (2nd Tuesday, 4th Thursday each month at 6:00pm). If nothing else, please provide them with my contact information and we can get any questions answered.

And now for the standard ending of my newsletter article – Want to be part of a great team? The Honor Guard needs to gain more new team members in order to ensure we are able to continue supporting our veterans and our community. Understandably, not everyone has much time to participate in the Honor Guard. In reality, all someone needs are a few available hours: about an hour to participate a night for a training meeting (check the newsletter calendar or the calendar on the Honor Guard website - https://legion209.org/honorguard209/) and up to a couple of hours for an event. So around three hours a month for a meeting and just **ONE** event is all you need to



make a difference in helping support our veterans and our community. Members of The American Legion, the Sons of The American Legion, and The American Legion Auxiliary are all eligible to be members of the Honor Guard with all uniform items provided except Legion family-specific cap and shoes. If you or someone you know might be interested in supporting the Honor Guard, please reach out to me at: (719) 482-4496 or honor.guard@legion209.org.

Like and Follow Post 209 Honor Guard" Facebook page. The link is at the top of the Honor Guard website: https://legion209.org/honorguard209/

Joel W. Haas Honor Guard Captain





From our Junior Shooting Sports Program

The Young Guns Basic Course provides youth ages 10-18 years old (boys and girls) the opportunity to learn about firearms safety and basic shooting skills. During Young Guns, NRA Basic Rifle Instructors teach the safe handling of firearms, shooting positions (prone, kneeling, and standing), how to zero a rifle, and how to score targets. At the end of the course, the youth have a competition shoot against the others in the course in order to show off the skills they have learned. The Marksmanship Course provides graduates of Young Guns the opportunity to further develop their shooting skills. If you have a child, grandchild, niece, nephew, neighbor kid, etc. interesting in learning about firearm safety, contact the Post 209 JSSP at: jssp209@gmail.com

The Spring 2024 JSSP Marksmanship and Young Guns Basic Courses are more than halfway through the session. The Post JSSP was formed in July of 2013 and has taught many young men and women how to safely handle firearms and participate in the NRA Marksmanship Qualification Program for Qualification Air Rifle, and now Air Pistol has been added. A significant milestone for the program has occurred – the Post JSSP's first participant to qualify for their Expert tab!

The Fall 2024 Junior Shooting Class flyer has been posted on the Young Guns website. The Young Guns brochure, Basic Course Application (new shooters), and Marksmanship Course Application are also available on the website. It is never too early to sign up, so send in your youth's application today!

As with Instructors, RSOs are important part in supporting the Post 209 JSSP, ensuring a safe range for the students. It was stated in last month's newsletter article, an NRA Basic Range Safety Officer (RSO) Course was scheduled for volunteers wanting to support the Post 209 JSSP by becoming an NRA Certified RSO. The RSO Course graduated six (6) new RSOs to support the JSSP and Scouting programs. Another RSO Course will be scheduled for sometime this summer. Also, another NRA Basic Rifle Course and a NRA Basic Pistol Course may possibly be scheduled this summer (based on number of student signups). Please contact me if interested in the any/all of the courses, or just to learn more.

If you are interested in volunteering, or just learning more about the Post 209 JSSP, please email: jwhaas.al209@gmail.com.



Like and Follow "Centennial Post 209 Young Guns Shooting Sports" Facebook page. The link is at the top of the Young Guns website: https://legion209.org/young-guns/

Joel W. Haas
JSSP Instructor





BOATSWAIN, COCKSWAIN (OR COXSWAIN), SKIFFSWAIN-

As required by 17th century law, British ships-of-war carried three smaller boats -- the boat, the cock boat, and the skiff. The boat -- or gig -- was usually used by the captain to go ashore and was the larger of the three. The cock boat was a very small rowboat used as a ship's tender. The skiff was a lightweight all-purpose vessel. The suffix "swain" means keeper; thus, the keepers of the boat, cock and skiff were called boatswain, cockswain and skiffswain respectively. Until 1949, a boatswain's mate 3rd class in the Navy was called a cockswain.







Captain's Gig

Marvin Weaver, Gr. Post 209 Commander





Bringing A Little South to the West

High School was aptly named, for me anyway. During the period from 9th grade through my senior year, the time provided many lows and highs (pun intended). While the years have fortunately allowed



me to forget some things that occurred, I don't think I'll ever forget several events and happenings that probably helped shape the man I am today.

My first lasting memory as a Freshman was Music. I've always loved to sing. Matter of fact, I've had several people say they've never heard singing such as mine. Man, what a compliment. So, I signed up. The first day the music teacher announced she planned to have us come up to the front of the room the next day and sing a short ditty so she could determine where we should be seated. As soon as the class ended that day, I went to the office and dropped music. I also signed up again for Band. I had taken it and played clarinet and saxophone as a Jr. high student (7th and 8th grade). By the time I was in High School, I was first chair. And even though I played Football during Jr. high, I didn't have time after school for practice, and apparently you can't play unless you also attend practice. So, Football was out for me in High School.

It was either 9th or 10th grade that I got the entrepreneur bug. I had the idea of making a couple of bologna and cheese sandwiches and selling them to friends at school. I sold them for less than they had to pay for lunch in the cafeteria. I wouldn't eat anything during lunch, but would fix something quick (like a bologna sandwich) as soon as I got home. That worked pretty well until one day Mom asked why we were going through the bologna so quickly and my little sister dimed me out. That ended my chance to get rich. 10th grade was also the year I turned 16, got my car and drivers' license and school didn't even hit the top 5 on my list of things to do. That proved to be pretty dumb and landed me in summer school to keep from flunking out. That year I failed English (can you believe that? Me, flunking English as good as I talk!), Geometry, and Spanish. I didn't have to make up Spanish because it was an elective, but I needed the Math and English. I couldn't cut a break in Geometry. I even cheated off the girl who sat in front of me. My downfall was when called upon, having to write a homework problem on the blackboard and explain how I got the answer. Obviously, saying it was from Karla was the wrong answer. And interesting enough, having spent several years in El Paso, TX and now living here, I speak more Spanish than I ever learned in school. 10th grade was also my first year in JROTC. Our senior instructor was an old WWII Army 1st Sergeant, Shirley Wright. Funny how no one EVER made fun of his name.

It was either the 10th or 11th grade that I got suspended, and it wasn't even my fault...totally. After school I landed a job at a grocery store in a "not so good" part of town. So, I would carry a spray bottle of Mace in my pocket. Occasionally, I'd take it to school, especially if I had to go to work immediately after school. I was showing it off to a buddy in the ROTC building one day and he asked to see it. As soon as I gave it to him, he went to back of the class (no teacher was in the room at the time), held it above his head and hit the spray nozzle for about 5 seconds. It cleared the room. I took the blame and got a 3-day suspension. I also believe it was during my Junior year I got 3 licks from the Assistant Principal. I don't recall what I did, but I'm certain it was not warranted. Most of the time when I did something stupid, I was given a choice of 3-days in detention or 3 licks. I always opted for the detention. But that particular time I didn't get a choice. And when I got home, I got at least three more from Dad.

I finally grew up my Senior year. I was still taking JROTC (which by the way allowed me to join the Army as an E-3) and actually made the A/B Honor Roll one semester. I really enjoyed my senior year. Maybe it was because I knew my life was about to change dramatically when I graduated. I would have to grow up. And I didn't feel I was ready to be an adult.

I could probably write an entire article about my senior year, and maybe one day I will. But I think it's time I put this article to bed. Hasta La Vista Baby!

Jay Bowen Past Commander



UPCOMING EVENTS



American Legion Auxiliary Unit 209 Garage Sale Fundraiser

When: April 20, 2024 9 am-3 pm

Where: 3613 Jeannine Dr

Colorado Springs, CO 80917

Contacts: Tina Cope

719-400-9299

Mrscope77@gmail.com

-01'-

Casey Martinez

719-487-5700

brazil12030@aol.com

Want to set up your own area to sell your own stuff? You can rent space for \$10! You will have to provide your own table(s). Ask for more information.

All proceeds benefit our Children & Youth Programs



You're Invited

Investment in Character Luncheon Wednesday, May 1st, 2024 (Noon to 1:45pm) Flying W Ranch

3330 Chuckwagon Road, Colorado Springs, CO 80919

Hosted by the Pathway to the Rockies Council

RSVP to Steve Hayes, 719-494-7166 or hayessteve@comcast.net. If you cannot attend, but would like to make an Investment in Scouting, visit pathwaytotherockies.org/#donate. All donations are appreciated. Recommended giving amount is \$250, which is the approximate cost of Scouting for one youth for a year.

Scouting helps youth develop academic skills, self-confidence, ethics, leadership skills, and citizenship skills that influence their adult lives. It helps them try new things and provide service to others. That's worth Investing In.

Keynote Speaker Rocky Bleier:

- · Scout
- · Vietnam War Veteran
- · 4x Superbowl Champion





4775 Centennial Blvd. Ste 107 Colorado Springs, CO 80919

Rocky Bleier's amazing accomplishments as a Pittsburg Steeler running back through four Superbowls are even more impressive once you understand the magnitude of dedication and effort he demonstrated in recovering from bullet and grenade wounds to his leg and foot during combat operations in Vietnam. Rocky earned the Bronze Star and Purple Heart for combat actions and wounds, overcame nerve damage and reconstructive surgeries, and fought successfully to return to Pro Football. At the time of his retirement, he was the Steelers' fourth all-time leading rusher.

Sign up and join the BSA at this amazing event and meet a real American Hero!









The American Legion

Rocky Mountain Boys State

A Week that will shape a Lifetime



"Freedom is never more than one generation away from extinction... it must be fought for and defended constantly by each generation."

-Ronald Reagan

HIGH SCHOOL JUNIORS – Your Future starts here!

YOU can join the nation's premier civics program
developing future leaders in Colorado since 1949

- Build leadership skills AND lifelong friendships
- Fun Action-based learning in Self-Government
- Support and defend our Constitution
- Stand up for America's political heritage
- · If selected all tuition costs are included

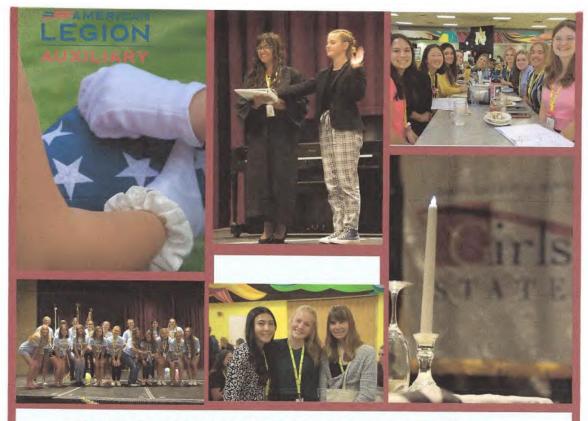


June 2nd- 8th, 2024 – Sterling, CO

Start your application NOW!

www.CoLegionBoysState.org





THE EXPERIENCE OF A LIFETIME

JUNE 10-15, 2024, NORTHEASTERN JR COLLEGE, STERLING

The American Legion Auxiliary Colorado Girls State program is a unique and exciting government-in-action learning program that encourages high school juniors to become empowered and knowledgeable leaders.

AMERICAN LEGION AUXILIARY



PROGRAM OBJECTIVES:

- Develops pride and understanding of American government, freedoms, and traditions.
- Inspires young women of all backgrounds and interests to engage with our system of government.
- Stimulates passion for the democratic processes within our republic and the brave individuals who fight for our freedoms.
- Fosters confidence, growth, and lifelong friendships.

For information, visit us at www.ALAColorado.org/ Girls-State.html or contact your local American Legion Auxiliary Unit.



LOOKING FOR A WAY TO "FOSTER AND PERPETUATE A 100% AMERICANISM"?



SPONSOR A U.S. FLAG TO A NEW AMERICAN CITIZEN

for presentation at the next Citizenship Naturalization ceremony in Colorado Springs



YOUR \$25 GIFT WILL PROVIDE:

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- U.S. Flag Etiquette booklet
- Your sponsor gift note to the new citizen







Contact Kurt Skinner Post 209 Americanism Chair

To Sponsor Your U.S. Flag TODAY!

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RoughRiderTR@gmail.com

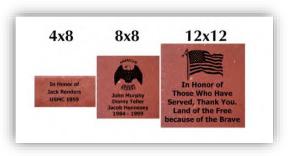


Walk of Honor

- What are the costs for the individual bricks? Prices vary depending on size, style, and lettering desired but typically range from \$75 to \$200, depending on size.
- What are the costs for the corporate/veteran supporter bricks? Again, prices vary depending on size, style, and lettering but typically range from \$125 to \$500.



- What is the difference between individual and corporate bricks? Individual bricks are for veterans and family members wishing to purchase a brick to honor their veterans. The corporate bricks are for our veteran-friendly supporters and businesses who want to show their continued support for our nation's heroes by purchasing a brick.
- Is the brick purchase restricted to members of the Post 209 families? No. We encourage members to buy a brick for themselves for their veteran loved ones or to show their support for our veterans.
- Where do I go to buy a brick? We have a link on our website. Just visit legion209.org and click on "Walk of Honor." Or, you can visit http://polarengraving.com/ALPost209 to buy your brick. The site is user-friendly and will walk you through the design and purchase. In addition, you will see a preview of your brick before finalizing the purchase.
- **How do I pay for the brick?** We have the site set up to accept payment via PayPal or check. PayPal is an extremely safe way to purchase a brick, and you don't need a PayPal account to use it.
- Where will the brick be shipped? All bricks will be sent to the post. We will notify you when it arrives, and you are welcome to stop by and see the brick you have purchased.
- What will become of my brick? It will be placed near the flagpole at the post in the area we call the Walk of Honor.
- How long will this fundraiser effort last? We plan to continue selling bricks until the Walk of Honor is covered with personalized bricks.
- Will I have an opportunity to buy a brick later? Quite possibly, depending on what is decided/approved for the next phase of our project.



Order your brick(s) now to ensure you get one in Phase One of our projects. If you buy multiple bricks, let our Adjutant know, and we will ensure they are all placed together.





American Legion Neal Thomas Jr. Centennial Post 209

Host your next event with us! With over 2,500 SQFT of venue space this is the perfect location for your next social event!

Rental Features:

- 6 Hour Rental
- In House Catering Available*
- Fully Stocked Bar*
- Muti-Room Sound System
- Dance Floor with Lighting

If you and your family are looking for an affordable option for a wedding, corporate event, retirement party, or any other event, we here at The American Legion Post 209 are ready to assist you in all your event planning needs.







PROGRAMS FOR KIDS

Young Guns



NRA-Accredited members of Sons of The American Legion are sponsors and instructors for the Young Guns program. This basic rifle safety and marksmanship course are offered to boys and girls ages 10-18. Shooting is indoors, using air rifles.

https://www.facebook.com/AmericanLegionCentennialPost209/

Scouting Programs

The Post 209 family is the charter partner with the following Boy Scouts of America (BSA) units:



- Cub Scout Pack 24 (Boys and Girls): p24@legion209.org
- Scouts BSA Troop 77 (Girls): t77@legion209.org
- Scouts BSA Troop 79 (Boys): t79@legion209.org
- Scouts BSA Troop 187 (Boys): t187@legion209.org
- Venture Crew 762 (Young men and women ages 14-20): c762@legion209.org

Boys and Girls State





Boys State and Girls State are for high school juniors going into their senior year with at least one semester left.

- BOYS STATE <u>www.colegionboysstate.org/</u>
- GIRLS STATE http://alacolorado.com/girls-state.org

Oratorical Contest



This Nationwide contest is designed to develop a more profound knowledge and appreciation of the Constitution of the United States on the part of high school students.

www.colegionoratorical.org

Eagle Scout of the Year



The American Legion Eagle Scout of the Year nomination window is from 1 **November to 1 March**. Nomination packets must be received by each applicant's respective The American Legion department (state) headquarters no later than 1 March.

https://legion209.org/Scouting/

APRIL 2024

	April 2024					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Troop 77 Mtg. 6:00pm	2	3 Marksmanship 4:45/5:45/6:56pm	Spragen of	5 Price Depends on Menu Hamdogger Night! 6:00pm RSVP Required!	ALR Fun Run! 9:00am Start Honor Bell Mtg
7	8 Troop 77 Mtg. 6:00pm	9 Honor Gd. Trng 6:00pm	10 Marksmanship 4:45/5:45/6:56pm	Venture Crew 7:00pm 11 Young Guns 6:15pm Venture Crew 7:00pm	12 Price TBD SAL Dinner 6:00pm RSVP Required!	10:00am 13 ELECTIONS! Membership Meeting B'fast - 9:00/Mtg - 10:00
14	15 Tax Day (Taxes Due) Troop 77 Mtg. 6:00pm	ALR Exec. Mtng ALR 6:30pm.	17	18 Young Guns 6:15pm Venture Crew 7:00pm	19 \$15/person Chicken Fried Chicken 6:00pm RSVP Required!	Garage Sale 3613 Jeannine Dr. 9:00am-3:00pm Female Veterans Social 9:00am-11:00am
21	22 Earth Day Troop 77 Mtg. 6:00pm	ALR/SAL Monthly Mtng SAL 5:30pm ALR 6:45pm	24	25 Honor Gd. Trng 6:00pm Venture Crew 7:00pm	ALA Dinner Peruvian Chicken 6:00pm RSVP Required!	Healing Warriors! 9:00am-1:00pm
28	29 Troop 77 Mtg. 6:00pm	30	Notes:	•		



	May 2024					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	Exec. Cmttee Mtg 6:00pm	3 Price Depends on Menu Hamdogger Night! 6:00pm	4 Honor Bell Meeting
				Venture Crew 7:00pm	RSVP Required!	10:00am
5	Troop 77 Mtg. 6:00pm	National Spring N	8 leetings - Indianapolis	Venture Crew 7:00pm	ALR Dinner 6:00pm RSVP Required!	Installation of Officers Membership Meeting 5:00pm
12 Mother's Day	13 Troop 77 Mtg. 6:00pm	14 Honor Gd. Trng 6:00pm	15	16 Venture Crew 7:00pm	17 \$15/person Chicken Fried Chicken 6:00pm RSVP Required!	18 Armed Forces Day Female Veterans Social 9:00am-11:00am
Girls State Ice Cream Social 3:00pm-6:00pm	20 Troop 77 Mtg. 6:00pm	ALR Exec. Mtng ALR 6:30pm.	22	Honor Gd. Trng 6:00pm Venture Crew 7:00pm	ALA Dinner 6:00pm RSVP Required!	Healing Warriors! 9:00am-1:00pm
26	27 Memorial Day Troop 77 Mtg. 6:00pm	28 ALR/SAL Monthly Mtng SAL 5:30pm ALR 6:45pm	29	Venture Crew 7:00pm	31	Notes: