

The Centennial



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From the Desk and Mind of the Commander

Jay Bowen

As many of you know, articles to be published in *The Centennial* are due to our Publisher by the 15th of each month. That's rarely a problem, but this month was tricky. I planned to address the Post elections held in April and introduce or re-introduce the officers you've chosen to lead us into 2014, but the meeting and elections in April were the 13th. That doesn't allow much time to write the article and have it submitted by the 15th. So just to be safe, I wrote two articles; one to say thank you for allowing me to serve you one more year, and another one thanking you for allowing me to serve for the past 3 ½ years and introducing your new Commander as well as the other staff officers. In doing that, I began thinking more and more about preparation. Writing two articles for me was not that big a chore. I enjoy it, and God has blessed me with the ability to easily share my thoughts. But there are other areas in my life where I probably need to improve in preparing for things that are inevitable. What about you?

To some degree, we all do things in advance as a means of preparing for something. We go to the grocery store and buy food items to prepare meals for the coming days or even weeks. Most of us will fill up our gas tanks and get an oil change in preparation for a long trip we will be taking soon. Tonight, some folks will lay out the clothes they intend to wear tomorrow. But do we plan for the really important things in your life? For example, have you planned for retirement (and updated the plan as situations and the economy changes)? Have you planned for that baby or grandbaby, or even that great-grandbaby that is on the way? There's food, clothing, college, and the "Can I borrow the keys to the car?" or "Can I get a tattoo?" response.

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



We've heard all our lives that the only two things in life that are certain are death and taxes. Actually, there is a third thing that is certain in all our lives; change. What are we doing about these things? Many of us do plan for taxes in a few ways. Some will have the IRS take out more than required throughout the year so they can get a big refund in April. Others will claim only what they must and will put a little aside to pay the taxes each year. But there are some of us who year after year act like it is a big surprise when they fill out their 1040 only to discover they owe Uncle Sam another \$1,000...for the third year in a row. Really? You didn't see that coming?

What about death? Have you made preparation for that? Some forward thinking folks have pre-paid their funeral and bought burial plots. Others may have even set up a trust or ensured they have a Will that addresses what is to happen with all their worldly goods. What about your soul? Don't misunderstand, I'm not trying to take away our Chaplain's job. Lord knows I am NOT the person to do that. But far too often I see people who have planned their entire life for things they know or believe will happen and have let the most important plan slip by the wayside.

Well, it's the 15th, and I know which of the two articles to send to our Publisher. Thank you for allowing me to serve you one more year. I promise I will continue to work diligently to always present Centennial Post 209 in the most positive way. And thanks to those who have stayed on and stepped up to lead. We have two new Post Officers; Greg Smith is our new Senior Vice Commander, and Rob Johnson will be our new Historian.

Finishing this article took less than 5 minutes. How's that for planning? :)

For God and Country,
Jay



Auxiliary President Jackie Bowen; Proudly Serving Our Veterans

Welcome to our newest member Marilyn Brinkley-Cotter. She came to us wanting to volunteer and joined our Unit even after I put her to work on her first visit. Welcome aboard Marilyn.

We held our elections during our April meeting. Your 2013-2014 Unit officers are President: Jackie Bowen; Vice President: Linda O'Riley; Secretary: Lynn Thomas; Treasurer: Mary Grier; Chaplain: Marion Daugherty; Sgt-at-Arms: Lois Wooton; Historian: Kari Ann Smith.

Marilyn Stites gave us an update on the cakes we donate for the Wounded Warrior birthday parties. If you donate cakes to this wonderful project, please put the kind of cake (i.e. chocolate on chocolate), if special dietary facts (i.e. gluten-free), or if it has nuts of any kind.

Jackie Burd informed us of an organization she works with called "One Nation Walking." One Nation Walking is a social services organization in Colorado Springs that helps the American Indians in Colorado Springs, southern Colorado, and several reservations in Arizona, South Dakota and I believe New Mexico. You can access their website at www.OneNationWalking.com and read their newsletters. The newsletters will tell you what is being done, what kind of help is needed, etc. The people who either work for ONW or volunteer are most grateful for any help-monetary, material or volunteer hours. You can also take advantage of the "Friends of the Library" book sale, which will be open to the public on Saturday, April 27 from 10am to 5pm and on Sunday April 28 from 11am to 3pm. During this sale, books may be purchased at reduced prices. If you are a member of the "Friends of the Library," children's books are only 50 cents. Jackie said, "Buying books for the children is dear to my heart as I used to be a children's librarian and I can claim Indian blood on my Mother's side. One of the most rewarding ways to help any group to have more positive lives is to teach them to read and expose their minds to the world of possibilities in books."

I will be mailing our first package to our adopted troops this week. Many thanks to the ladies that donated items. They want personal hygiene items and snack items. We have such a wonderful group of ladies.

"Yum, Yum, eat'em up!" How many of you remember that phrase from Spanky & Our Gang? How many will admit remembering? We're still looking for recipes for our Auxiliary Cookbook. Lynn found a web site that will let us self-publish our cookbook. Please send in your recipes to Lynn so we can get this project going.

On Memorial Day, we will have a potluck honoring our Vietnam era Veterans, beginning at 1:30pm. Please join us to "Welcome Home" our Veterans. All are invited and encouraged to attend and bring your favorite dish. RSVP to Jackie or Lynn.



Sons of The American Legion Squadron 209

Post 209 is presenting the colors at the Sky Sox vs. Fresno Grizzlies (San Francisco Giants) game on Memorial Day May 27th, 2013 prior to the first pitch. Game time is 12:35pm and gates open at 11:35am.

There will also be a charity ball toss at the end of the game and proceeds will split 50/50 between winner and The American Legion Child Welfare Fund.

The first 35 to sign up will get a special offer price of \$7.00 for lower box seating. The group package includes either \$10.00 lower box ticket or \$7.00 upper reserve ticket.

Please RSVP to Ken Taylor at (719) 761-4047. The deadline for RSVP and payment is May 13, 2013.



Chaplain's Corner

**To whom he said, "This is the resting place of repose"
But they would not listen. Isaiah 28:12**

During the gold rush, everyone wanted to get to California.

There were two notable wagon trains that made the journey west. One was led by a Christian who believed it was important to stop each week to worship God and rest.

The other leader took a different approach. He believed that the quickest way to strike gold was to go hard and never rest.

Though both wagon trains departed on the same day, do you know which one arrived first? The one who chose to rest on the Lord's Day.

The power and benefits of rest cannot be understated. Everyone needs time to relax and recuperate. When denied this natural rhythm in life, you are more tempted to turn to unhealthy alternatives- including caffeine and sugar for the energy your body needs.

In addition, lack of rest decreases your ability to concentrate and increases irritability. You're more likely to be snappy or cranky when you're not well-rested.

When you are sleep deprived, you are more likely to make mistakes and misspeak. Without enough sleep, your reaction time is also decreased making you more susceptible to accidents.

Rest also does something powerful within our souls. When we stop, we are in a better position to allow God to move in our lives. Rest is a physical reminder that we are not in control of everything and, at the end of the day we are not the ones who hold it all together. That's God's job. Rest reminds us of our place, not just in life, but in Him!

The benefits of rest are greater than we can possibly imagine.

Chet Dean
Chaplain



FROM THE MEMBERSHIP TEAM

If you haven't renewed your 2013 membership, I am asking you to reconsider your decision and renew your membership. It is only \$35.00 a year. Please take a moment to write out a check or money order made out to American Legion 209 and mail it to American Legion Post 209, P.O. box 25334, Colorado Springs, CO 80936.

Also, a lot of you have been receiving renewal notices even though you have already renewed your membership. This happens quite frequently when your renewal has not reached National by the time they have printed the reminder cards to be sent. If you have your 2013 card in your pocket then please ignore the renewal notice from National.



From the Adjutant Larry Johnson

The motto of Post 209 is "THE LITTLE POST GOING PLACES AND DOING BIG THINGS!"

Some would argue that with 778 members, we are not a "Little Post" but there are some that believe we will always be a "Little Post." The one thing everyone agrees on is that "We Are Going Places And Doing Big Things!"

There is no arguing that we are getting bigger and I am confident we will continue this trend. Some of you have expressed that you would like to see more activities at the Post such as dances, parties, games, etc. and would like more information about Post and the American Legion programs. In order to operate the Post efficiently, we must have working committees. This is where you come in; we need your experience, knowledge and help to run the Post and its programs.

The Constitution and By-Laws of Post 209 require the following standing committees be filled and active:

The Program and Planning Committee shall be responsible for planning programs for the Legion year, preparing and submitting to the Executive Committee both short and long range plans for the conduct of post activities. This includes, but is not limited to, financial planning and fund raising, securing speakers for post meetings, and for planning post observances of national holidays and other significant community events.

The Welcoming Committee consists of two or three members who are asked to take on the job of welcoming new members, guests, or even older members who are not well acquainted, making them feel at home, and introducing them.

The Membership Committee shall be responsible for maintaining and increasing membership of the post. This includes, but is not limited to, conducting a vigorous recruiting effort to obtain new members and insuring the retention of old members,

The Americanism and Youth Committee shall be responsible for inspiring patriotism and good citizenship through patriotic observances, patriotic and civic instruction in schools, and similar activities. This committee shall also be responsible for post participation in such Legion programs as Boy's State, oratorical contests, and other Americanism and youth programs.

The Veterans Affairs and Rehabilitation Committee shall be responsible for assisting post members and other veterans and their families in obtaining veterans' benefits to which they are entitled; for visiting comrades who are sick or disabled; and for keeping the membership informed as to veterans' benefits available to them.

The Legislative and National Security Committee shall be responsible for promoting public support of Legion programs and objectives, and for keeping the membership informed on legislation affecting the national security and veterans' benefits.

The Public Relations Committee shall be responsible for promoting public interest and support of post programs and activities through local news media, and for publishing distributing the post newsletter.

The Club Committee will assist the Club Manager on organizing events at the Post home and ensuring schedules are posted for all events supported by the Post. They will assist create and maintain the Post Home Standard Operating Procedures (SOP) and ensure the SOP is followed by all Post members.

In addition to the committees listed above, we are looking for Post 209 family members (Legion, SAL, Auxiliary) who would like to participate in the Honor Guard, and help in the kitchen by preparing, cooking serving and cleanup after our dinner events and activities. We need someone to help with general tasks associated with operating the Posts and keeping the files and records straight and up to date. We are also looking for volunteers to sit on our Finance Committee.

It is important to the success of the Post to have members that are willing to volunteer some of their time. The committees usually only take about 1 or 2 hours of time each month.

If you can help, please contact the Adjutant by calling 719-930-0232 and we can set up a time to talk.

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



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

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

6 Jun	Post Exec Mtg 6:30 pm
8 Jun	Breakfast 9:00 am Legion/Auxiliary Meetings 10:00 am SAL Mtg 11:30 am
14 Jun	Flag Day US Army Birthday! Dinner to Celebrate 6:30 pm RSVP REQUIRED!
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
5 July	Hamdogger 6:30 pm
11 July	Post Exec Mtg 6:30 pm
13 July	Breakfast 9:00 am Legion/Auxiliary Meetings 10:00 am SAL Mtg 11:30 am
19 July	Steak Night 6:30 pm RSVP REQUIRED
26 July	Fish Fry 6:30 pm RSVP REQUIRED
1 Aug	Post Exec Mtg 6:30 pm
2 Aug	Hamdogger 6:30 pm
10 Aug	Breakfast 9:00 am Legion/Auxiliary Meetings 10:00 am SAL Mtg 11:30 am
16 Aug	Steak Night 6:30 pm RSVP REQUIRED
23 Aug	Fish Fry 6:30 pm RSVP REQUIRED
23-29 Aug	National Convention - Houston, TX
5 Sep	Post Exec Mtg 6:30 pm
6 Sep	Hamdogger 6:30 pm
14 Sep	Breakfast 9:00 am Legion/Auxiliary Meetings 10:00 am SAL Mtg 11:30 am

Installation of Officers

The Installation of Officers will be held Friday, 17 May beginning at 5:30 PM This also Steak Night. This is the perfect opportunity to meet the New Officers and recognize the outgoing officers.

Please make your reservations early
Hope to see you there.

Rusty Bower is introducing a new column this month to bring a little "salt" to the Post.

Origin of NAVY Terminology

Master-At-Arms

The master-at-arms rating is by no means a modern innovation. Naval records show that these "Sheriffs of the Sea" were keeping order as early as the reign of Charles I of England. At that time, they were charged with keeping the swords, pistols, carbines and muskets in good working order as well as ensuring that the bandoliers were filled with fresh powder before combat.

Besides being Chiefs of Police at sea, the Sea Corporals, as they were called in the British Navy, had to be qualified in close order fighting under arms and able to train seamen in hand-to-hand combat. In the days of sail, the MAAs were truly "Masters-At-Arms." The Master-At-Arms in the US Navy can trace the beginning of his rate to the Union Navy of the Civil War.

Rusty Bower
NAVY Senior Chief Retired



Sons of The American Legion Squadron 209

SAL Squadron News

Squadron 161 in Arvada hosted the annual Child Welfare Foundation Dinner on April 6th 2013. The event was attended by the SAL National Commander, Chris Huntzinger, who spoke to us about the many benefits of CWF and his warm reception in Colorado. Those in attendance from Squadron 209 were Squadron Advisor Neal Thomas and his wife Lynn, Vice Commander Rick Kettering and Adjutant Ken Taylor. A silent auction was held and checks were presented by several Squadrons. Three checks were presented from the Legion Family of Post, Unit and Squadron 209 for a total of \$800. Thank you again to our family at Post 209 who helped us to meet our goal.

Distinguished Warfare Medal cancelled

The proposed military honor will become a device and not a medal

WASHINGTON (April 15, 2013) -- Secretary of Defense Chuck Hagel announced today that the proposed military decoration which honors drone pilots and cyberwarriors, the Distinguished Warfare Medal, has been cancelled and will be replaced by a distinguishing device that can be affixed to previously awarded medals.

The American Legion's national commander, James E. Koutz, protested the Distinguished Warfare Medal's proposed ranking, which placed it higher than the Purple Heart and Bronze Star with Combat "V". Last month, he said that placing the medal above those given for valor and courage under fire was "wholly inappropriate."

Hagel halted production of the medal on April 5 and directed Joint Chiefs of Staff Chairman Gen. Martin Dempsey to conduct a review of its ranking.

Koutz said that Hagel's decision kept the evolving roles of military combat in proper perspective. "Cyber and drone warfare have become part of the equation for 21st-century combat, and those who fight such battles with distinction certainly deserve to be recognized. But The American Legion still believes there's a fundamental difference between those who fight remotely, or via computer, and those fighting against an enemy who is trying to kill them."

A Vietnam War veteran, Koutz served with Company C in the U.S. Army's 169th Engineer Battalion and was honorably discharged in March 1971.



The History of Memorial Day



Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. There are many stories as to its actual beginnings, with over two dozen cities and towns laying claim to being the birthplace of Memorial Day. There is also evidence that organized women's groups in the South were decorating graves before the end of the Civil War: a hymn published in 1867, "Kneel Where Our Loves are Sleeping" by Nella L. Sweet carried the dedication "To The Ladies of the South who are Decorating the Graves of the Confederate Dead" (Source: Duke University's [Historic American Sheet Music, 1850-1920](#)). While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day. It is more likely that it had many separate beginnings; each of those towns and every planned or spontaneous gathering of people to honor the war dead in the 1860's tapped into the general human need to honor our dead, each contributed honorably to the growing movement that culminated in Gen Logan giving his official proclamation in 1868. It is not important who was the very first, what is important is that Memorial Day was established. Memorial Day is not about division. It is about reconciliation; it is about coming together to honor those who gave their all.

An excerpt from <http://www.usmemorialday.org/backgrnd.html>

Newsletter Delivery Issues Larry Johnson

Due to circumstances beyond our control, we need to update the preferences for newsletter distribution to all members; whether by regular mail or email. We were recently spammed and it wiped out my address book. If you know of someone who is not receiving the newsletter, notify me or have them contact me so I can find a solution. Also, if you prefer to receive *The Centennial* by email, let me know by sending a note to centenni-altwozeronine@yahoo.com and I will ensure you receive an electronic version. The newsletter can always be found and accessed for reading and/or printing from our web page at www.americanlegioncoloradosprings.org. Our page is constantly changing and we invite you to visit it frequently to see what is happening at Post 209. Sorry for the inconvenience.

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.

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

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

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ADDRESS SERVICE REQUESTED

~ May 2013 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 EXEC. CMTTEE MTG 6:30PM 	3 HAMDOGGER 6:30PM 	4
5	6	7	8	9	10	11 LEG/AUX/SAL MTG 9:00AM 
12	13	14	15	16	17 STEAK NIGHT/INSTALL BANQUET 5:30PM RSVP REQUIRED 	18
19 DISTRICT CONVENTION POST 25 FLORENCE 11:00AM 	20	21	22	23	24 FISH FRY 6:30PM RSVP REQUIRED 	25
26	27 MEMORIAL DAY! VIETNAM ERA VETERANS POTLUCK 1:30PM RSVP 	28	29	30	31	Notes:

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