

The Centennial



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JUNE 2010

Mail: P.O. Box 25334, Colorado Springs, Co 80936-5334

Home: 3613 Jeannine Dr., Colorado Springs, Co 80917-8002,

Telephone 719-599-8624

Email: AmLegion209@base.comcastbiz.net

Web site www.americanlegioncoloradosprings.org



From the Desk and Mind of the Commander

Jay Bowen

I know this is probably sounding like something from the “Department of Redundancy Department,” May has been a very busy month. But it has been very productive as well. For those keeping track and participating, we were visited by a member of the Pikes Peak Suicide Prevention Partnership program. The statistics she shared with us were very alarming. One of the most startling to me was that Colorado ranks 2nd in the Nation for numbers of suicides. We pride ourselves in seeing our state in the upper tier of most polls published, especially when it comes to such things as quality of life subjects, but this is an area where we would prefer to be at the bottom of the list. The group has offered to set up a one-hour training session at the Post for anyone interested in learning warning signs, what to do, etc. We need at least 10 people to sign up and they will schedule a session. If interested, let me know. For our June meeting, I am talking with the folks from the Veterans Trauma Court to try and get someone to stop by and discuss their pilot program. Keep checking the web site for updates.

Well, the “Name the Newsletter” contest winner has been decided. You may have noticed the committee led by John Brown selected “The Centennial” as the new name for this publication. As stated by Dave Ashley, one of the contest selection committee members, “This has the most obvious and strongest ties to the Post.” Congratulations to Bob Brietske for submitting the winning entry. He will enjoy a dinner for two at one of our next events, which he will probably be cooking anyway. Thanks to the committee for taking the time to get this done and thanks to all who participated. I saw all the entries and I can tell you this was not an easy decision. There were several



President’s Column

Jackie Bowen

Please welcome our two newest members, Lois Wooten and Elaine Dean. Both of these ladies joined at our last meeting. I am so proud to be a part of such a wonderful group.

As most of you know, this was our first year of going solo at seeking delegates and sponsors for Girls State. Our thanks go to Annie Peterson and Linda Cancellieri for a job well done. We are sending 11 girls this year. Anyone can be a sponsor for these girls. The full sponsorship is \$150.00 but you can donate any amount. As you know every little bit helps.

I was asked if we would be doing another Butter Braid sale. The answer is yes but it won’t be for awhile unless I receive a lot requests to do one soon. We will continue to do these because this is a very good way to raise money.

The HamDogger Wingding was a big success. My favorite was the pork sandwiches; a surprise from Bob. My recommendation is a pork sandwich night. I’ll take two. 😊 For those of you that couldn’t make it really missed a good time. I believe we are planning another one, so watch for it in the newsletter and on the web site.

We will be having our installation of officers in June. Please join us if you can.

**From the Desk and
Mind of the Commander**

Jay Bowen

From The Auxiliary President

Jackie Bowen

very good submissions, and a couple funny ones that couldn't be used.

May also brought the District Convention in Cripple Creek. We had really good representation of Posts from around the District. I believe only 2 or 3 from the 12 Posts in our District were not represented. There were no surprises in the election of new District Officers. It is much like our Post elections. Unless, you flat out refuse to accept a position, you normally find yourself elected (or in the case of all but one position), re-elected to serve. It was fun, the food was good, and Cripple Creek is a great venue for such an event. I think all who attended enjoyed themselves.

This month some of us will be attending the Department Convention in Aurora. If you've never participated in a Convention, you should consider coming. They are almost always both very fun and extremely informative. You will also see our Department election process first hand. If interested, let us know and we'll provide details on dates, hotel costs, etc.

Thanks to you all for making this a banner year for membership. We were honored with a certificate from the District 7 Commander for reaching 134% of our membership goal. While we missed our All-Time High by only 22 people, we can still shoot for that next year (or before our Department Convention at the end of June). Let's not stop. We have been repeatedly recognized as the premier Post in the Department in just about every category you can imagine. And it is deserved. Thanks for making us all look good!



Your District 7 Officers for 2010-2011

If you have the time, please consider joining us for the Department Convention in Aurora. The Convention will be held from June 24th thru June 27th. It really is a lot of fun and you get to meet Legion and Auxiliary members from all of Colorado. Room reservations can be made at the Red Lion Hotel, 3200 S Parker Road, Aurora, CO 80014, (303) 695-1700.

Check the Post calendar often so that you can keep up to date on what is happening, and join us for the planned activities at the Post. An important upcoming event is the Army Birthday spaghetti dinner June 14th. Please RSVP.

The American Legion & Auxiliary District 7 Convention was held May 15, 2010 in Cripple Creek. The following Officers were elected: Linda O'Riley-President, Jackie Bowen-Vice President, Jan Hinkley-Secretary, Lynn Thomas-Treasurer, Rose Rozell-Chaplain, Becky Fowler-Sgt at Arms/Historian. We had five Units from District 7 represented. I think that was a record.

Serving Our Veterans Proudly!

Jackie Bowen

Executive Committee Survey

At the last Executive Committee Meeting it was suggested we should do a member participation survey for the months of June, July and August. It was also suggested we keep track of what activities the membership is interested in supporting.

The purpose of this survey is to determine if the Post should be opened to the membership on a routine basis or only for the breakfasts, meetings, and the special functions that are planned throughout the year.

I will be opening the Post whenever I can. The best way to find out if I'm there is to call 719-599-8624 and see if anyone answers the phone. "LARRY"



Post Officers

Office	Name	Telephone
Commander	Jay Bowen	719-574-1223
Sr. Vice Cdr	Vacant	
Jr. Vice Cdr	Robert Brietske	719-266-8790
Adjutant	Larry Johnson	719-622-0344
Finance Officer	Norman Moyer	719-392-3725
Chaplain	Mario Taracena	719-495-0363
Sergeant-at-Arms	Robert Rydell	719-634-4203
Historian	Richard Longacre	719-391-8138
Post Executive Committeeman	Neal Thomas	719-392-1510
Service Officer	John Brown	719-331-8160
Judge Advocate	Charles Zeitvogel	719-531-0546
Past Commander	Bill Marshall	719-495-0088

Post Email: AmLegion209@base.comcastbiz.net
 Web Site: americanlegioncoloradosprings.org



Auxiliary Officers 2009-2010

Office	Name	Telephone
President	Jackie Bowen	719-574-1223
Vice President	Annie Peterson	719-599-3818
Secretary/Historian	Lynne Thomas	719-392-1510
Treasurer	Mary Grier	719-536-0438
Chaplain	Marion Daugherty	719-637-9555
Sergeant-AT-Arms	VACANT	



Board of Trustees 2009-2010

Term (Years)	Name	Telephone
President	Neal Thomas	719-392-1510
Commander	Jay Bowen	719-574-1223
Finance Officer	Norman Moyer	719-392-3725
Member 2 Yr	Larry Johnson	719-322-0644
Member 2 Yr	Alton Cyriaque	719-495-4732
Member 1 yr	Chuck Zeitvogel	719-531-0546
Member 1 yr	Bill Marshall	719-495-0088



Centennial 209 Calendar of Events



31 May	Memorial Day Observation Open House 1:00 P.M. to 6:00 P.M.
3 Jun	Post Executive Committee Meeting 6:30 P.M.
6 Jun	Post Open 1:00 P.M. to 6:00 P.M.
8 and 15 Jun	Pack 386 meets
12 Jun	Breakfast 9:00 A.M. Post and Auxiliary Meeting 10:00 A.M.
14 Jun	Army Birthday—Spaghetti Dinner 6:30 P.M.
18 Jun	Hamdogger-Wingding Night 6:00 P.M. Come on down and see a movie (TBA)
19 Jun	Initiation of New Members 4:00 P.M. BBQ Ribs Dinner Following \$10.00
24-28 Jun	Department Convention I-225 and Parker Road
1 Jul	Post Executive Committee Meeting 6:30 P.M.
4 Jul	Independence Day
10 Jul	Breakfast 9:00 A.M. Post and Auxiliary Meeting 10:00 A.M.
30 Jul	Hamdogger-Wingding Night 6:00 P.M. Come on down and see a movie (TBA)
4 Aug	Coast Guard B-Day —Spaghetti dinner 6:00 P.M.
5 Aug	Post Executive Committee Meeting 6:30 P.M.
21 Aug	Annual Legion Family Picnic 10:00 a.m.



Initiation of New Members

On Saturday, 19 June, beginning at 4:00 P.M. we will once again to do an Initiation for new members.

This ceremony is one of three that when done right, is impressive and a joy to see.

The dress for the Initiation of new members is casual, as following the ceremony we are going to have BBQ Baby Back Ribs. Those who attended the Ribs Night last September had some great chow and everyone raved about them.

I am asking for all Legionnaires who are going to attend the Initiation to please let me know in advance so that I can have an Initiation Certificate made up and handed out to those in attendance. I still have a good supply from those who attended the last Initiation and didn't come back to pick up the certificates.

If you are going to be attending the Rib dinner please let us know in advance so we can insure there are enough ribs for everyone to enjoy.

RSVP by calling 719-599-8624 or by sending an email to AmLegion209@base.comcastbiz.net.

For those who are living out of state, you should plan on flying in, staying the evening, and see what we're talking about. Of course eating these ribs just might want to make you stay and enjoy our hospitality all of the time.

Don't forget to make your reservations.



Cub Scouts
John Brown

Pack 24 is having a great time. They were at our Post home 8 May to clean up outside and pick up rocks from the north lawn. Also during the month of May, they had a hike along Sand Creek and the first Webe-los campout at San Isabel Scout camp near Rye Colorado. 5 boys learned how to fish including first timer Paul. Paul caught 7 fish and learned how to clean them and fix them for supper. This was a great learning experience for the young boys before they venture into Boy Scouting.

Pack 386 used our home for two recruiting nights early May. The first night there were 25 young first graders wanting to join our Pack. The next night there were 12 more with fathers or mothers in tow ready to join. So overall, after the dust settled it looks like 20 some new scouts will be joining the Pack bringing the pack total to over 70 scouts. The Pack enjoys using our home as their meeting place and the security of having a solid sponsor for their Pack. If the Packs keep growing we could have over 100 scouts in the Veterans Day Parade. What a sight.



Service Officer
John Brown

ObamaCare: Do seniors win or lose? I read this article in the "Life after 50" which gave a good rundown of the massive health care bill's effect. "The short answer, says John Suits, director of business development and government relations at Memorial Hospital, is that we don't know yet. That's because the bill, even though it's more than 2,000 pages long, simply draws the outlines of health care reform. The real impact will come when federal agencies write the rules and regulations that will translate the bill's broad mandates into action." So hold on tight and lets see what comes out in the wash. Wish us all luck!



Because That's The Way We've Always Done It!

When I hear the phrase, "Because that's the way we've always done it," I smile. I am amused at the common reluctance to embrace change. As humans, our first inclination when faced with change is to fight it, particularly now. Never in the world's history has political and social change occurred at such astounding speed. It doesn't matter if you are 18 or 80, you have been witness to dramatic, and often times mind boggling changes that have affected your life. It is enough to make one feel as though they have been left behind, or their values are not worth what they once were, especially as we age. But change is often quite positive if we can open our minds to it, and see how beneficial it can be.

There's an old saying that asserts the only things you are required to do is pay taxes and die. I would also add you have to change. Like it or not. Believe it or not. Accept it or not. Understand it or not. **REALIZE** it or not. We all change and we do it because the world around us changes and we as humans are great at adapting. That's why our species is still around.

I'm not saying we have to let go of tradition. We need that as we understand change and how to merge those new ideas and concepts into our lives. But remember, at some point the tradition we now claim was at one time new and the result of changing something somewhere in our lives or our forefathers' lives. Traditions are born every day. We have each probably started our own traditions that we hope our sons and daughters will continue long after we have gone to a better place. Tradition and change go together; they are not diametrically opposed. If you will accept that premise, you will take a major leap toward embracing the inevitable.

Maybe it's because I'm a "Baby-Boomer," but I think our generation has seen more changes in our lifetime than any other generation before us. There are many pundits that will debate why that is, but I am in the camp that believes it is because our parents pushed us to do better than they did and to never stop working to make this world a better place. They left it to us in much better shape than they found it, and it is my belief we gave it to "Generation X" (also known as "Baby Busters") in better shape than our parents gave it to us.

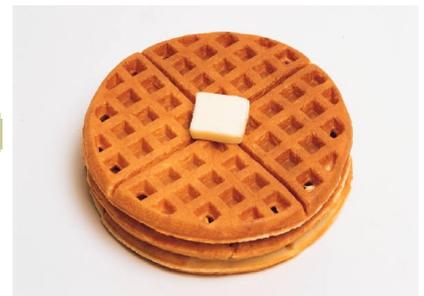
So why do we resist change, especially as we age? I think it is because it frightens us. We scoff at what we don't understand and we are too quick to believe horror stories that come from fear-mongers. When we were kids, we welcomed and sought change, and we wanted to create change. As we grew older, we accepted it as reality and something we had to do in order to grow and learn. But as we age, we are reluctant to change because we want to hold on to the old ways of doing things. It's our comfort zone and as humans, we typically don't want to venture out into an area in which we are not comfortable. Even for a short period of time. We forget that every time we did something new, it was only new for a short while then it became routine.

Probably the biggest change in most of the lives reading this article is the Internet. Believe it or not, it is widely held that we are in the infancy stage of this world-changing addition to our lives. And it has truly changed the world for most of us. We can now connect with people we haven't seen in 40+ years. We can get information on anything we can imagine. For example, do you want to know how to make a "Frog Eye Salad" (I'll bet there's at least 10 people reading this article that are going to Google that recipe)? And one of the most widely-used benefits of this medium is shopping on-line. Stores around the world have either closed their doors or have added the ability for people to buy things while sitting in their robes and hair in curlers in front of a computer monitor. Literally, billions of dollars are spent each year on-line. Especially the younger generation. Malls are being closed due to a lack of shoppers. People aren't buying less, they are just buying differently. And why not? It is much safer than handing a department store clerk a credit card or check. Think about it. You are often trusting your checking account information to a part-time employee making minimum wage each time you hand over your card or check. And you never know who is standing behind you or just off to the side with a photographic memory watching as you put your Pin number in the box. Is on-line fool-proof? Absolutely NOT! But I have news for you. Are you ready for this? **NOTHING IS FOOL-PROOF!** We have far more fools than we have people to protect against them. But if you use an accredited site (look for the padlock) and shop only from a reliable and known site, you improve your odds of having a safe and positive experience. Billions of people shop every day on-line. When you hear of someone having their account stolen, what many don't realize is the number of shoppers vice the number of stolen identities equates to much less than 1%. Pretty good odds, huh?

Change is inevitable. Resisting change is common in all of us, especially as we age. But change is coming and will occur whether or not we resist. Welcome it and use it. More often than not, it will improve your life and/or your work.

Monthly Breakfast/Meetings

Our General Membership meetings are the 2nd Saturday of every month unless otherwise posted. We serve breakfast at 9:00 A.M. and the General Membership Meeting is 10:00 A.M. It's the best \$8.00 deal in town. No reservations are required. We offer a great selection of food, however the cooks reserve the right to change the menu.



HamDogger, Wingding Night

When we did this event in April we had a very good turnout and expect an even bigger turnout. Moms, you need to go on STRIKE and say you're not cooking. Not only are we going to do dinner but we are going to include a movie. We will even have popcorn. Be sure to mark the calendar for 18 June, 30 July, and 27 August and please don't wear your Sunday-Go-To-Meeting clothes as they just may get dirty with the finger licking good food.

We look forward to seeing you.

HamDogger-Wingding Night

Menu Items

1 - Hamburger_3 Stooges "Curly" Fries & Beverage \$5.00



2 - Hotdogs_3 Stooges "Curly" Fries & Beverage \$5.00



10 - Wings_3 Stooges "Curly" Fries & Beverage \$8.00



Extra Hamburger	\$3.00
Extra Hot Dog	\$2.00
Extra Buffalo Wing (ea.)	\$0.50

Sides

Scoop of Potato Salad	\$1.00
Baked Beans	\$1.00
Chips	\$0.75
3 Stooges "Curly" Fries	\$3.00



POST OPEN HOUSE

31 May 2010

I find myself in a position where I need the help of all the Legion Family. On 31 May, the Post is going to be opened to anyone who would like to see what we have to offer as The American Legion and our Post in particular. I would like to ask anyone who would like to volunteer to bring a finger food, appetizer (or whatever you would like to call them) to the Post so that anyone who visits us can munch on something while they learn about The American Legion and our Post. They will be able to get information on the programs and activities of our organization and what goals we have to ensure that we are a good community partner. Contact Larry at 719-622-0344 or send an email to john8936@msn.com

VA Application for Health Benefits:

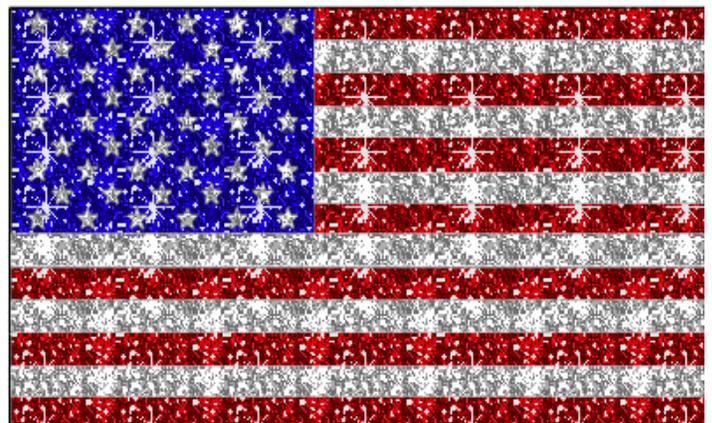
Veterans will find it easier and faster to apply for their health care benefits now that the Department of Veterans Affairs has updated its online Form 10-10EZ, "Application for Health Benefits."

This revised online application provides enhanced navigation features that make it easier and faster for Veterans to apply for their health care benefits. This new version also allows Veterans to save a copy of the completed form for their personal records. The most significant enhancement allows Veterans to save their application to their local desktop and return to the application at any time without having to start over.

Previously, Veterans had to complete the form in a single session. This updated online form, along with the revised VA Form 10-10EZ, reduces the collection of information from Veterans by eliminating some questions. In addition, there are minor changes to simplify the wording of questions and provide clarity in the instructions. Further enhancements to the online application are expected to be delivered in increments throughout 2010.

Veterans may complete or download the 10-10EZ form at the VA health eligibility website at <https://www.1010ez.med.va.gov/sec/vha/1010ez>.

To have the VA Form 10-10EZ mailed to you or if you have any questions, call at 1-877-222-VETS (8387) or visit the VA health eligibility website at www.va.gov/healtheligibility. Once you have completed the form, you may mail or fax the completed form (signed and dated) to your local VA Medical Center or Clinic which can be located at <http://www2.va.gov/directory/guide/home.asp?isflash=1>. [Source: VA News Release 5 May 2010 ++]





From the Adjutant
Larry L Johnson

June is a special month to some people and organizations. June for instance, is when a lot of couples get married.

For an organization like The American Legion June signifies the end of a year and a beginning of another year.

Yes, it is that time again. The last week of June is the Department Convention which will be held in Aurora at the Radisson Hotel located on I-225 and Parker Road. This is when the Department meets as a whole to elect officers who will lead the Department for another year. It also means that when the Convention is over with the officers we elected to bring the Post to another plateau will take office and another membership year starts.

Back in March, The National organization pulls all of the names who were on the membership rolls at that time and begin the job of printing the new membership and getting it ready to mail around the 1st of July.

We sent Department a message this past year and the message was that Post 209 was flexing its muscles and we are going to accomplish things that no other Post can.

Don't forget that since February of last year when we held our first meeting in a permanent Post home we have not slowed down one bit. It stands to reason that we will not consider slowing down for any reason.

When you receive the dues renewal notice I am going to ask you to please send in your membership as soon as you can. Last year we surpassed our membership of 365 members by the 31st of October. Not only did we surpass our membership we got a full head of wind and we didn't slow down for anything or anyone.

We can do the same thing again this year, all that needs to happen is that we all work together and get our membership in and talk with our neighbors, co-workers, relatives, friends and people that we come in contact with to become a member of The American Legion and our Post.

There is a saying that has been going around for years, but, I am going to change it a little bit. If everyone would get two members we would have over 1500 members in our Post. Just think what we could accomplish in support of Veterans today.

Flag Retirement Ceremony

Flag Retirement Ceremony

We have a lot of Flags that require proper retirement of in accordance with our Manual of Ceremonies. We are looking for a Color Guard to make this ceremony impressive and we are asking our Cub Scout Packs, (No. 24 and No. 386) to help with this ceremony.

If you have old and torn flags that you would like to dispose of properly, please bring them to the Post by 12 June as we want to do the disposal ceremony on Sunday, 13 June 2010 at 2:00 P.M.

If you have never seen a flag retirement done the proper way, please come on out to the Post for this activity.



The past few months we have some members who are interested in forming a Color Guard and we have had requests from Military Reunion Groups who would like for us to present the flag at their opening ceremonies and for some of the ceremonies here at the Post.

We have a member who would like to lead the Color Guard and help with insuring we can march in unison (you know like we did on active duty.)

Here in the 'Springs we have a consolidated Color Guard comprised of members from Post 5 and the VFW.

In the future there is going to be a big need for Color Guards and Burial Teams when the new National Cemetery is built somewhere between Colorado Springs and Pueblo.

We would like to be there for our Brothers and Sisters who have gone on to Post Everlasting.

If interested, please come to the meeting and let your desire be known.