

The Centennial



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June 2013

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From the Desk and Mind of the Commander

Jay Bowen

In 1940, Thomas Wolfe wrote a novel titled "You Can't Go Home Again." The book created a popular phrase still used today to mean that once you have left home, you can't return to your previous way of life or relive your youth because it will never measure up to the memories.

For almost all of us who have left home at some point in our lives, (which is probably all of us at least during the time we were serving) we have experienced going back home. I'm certain some would attest the phrase is absolutely true, but I have always felt comfortable going home again. Admittedly, I have changed and believe my travels around the world have opened my eyes and mind to a wide array of ideals and cultures, which have given me a real appreciation for others and it has taught me tolerance and acceptance.

It's really pretty interesting each time I go home. First, I am accused of sounding like a Yankee! For those who know me, I don't think they could launch a more harsh verbal attack. I will admit that since I have lived in Colorado, I have lost much of my faint Southern drawl, but a YANKEE? What's next? Accusing me of being a Big 10 fan? OMG! Okay, so I don't respond to every statement with, "I heard 'dat!'" and I don't begin every story with, "You ain't gonna believe this \$&%#!" but I still get my point across. I haven't lost all that I learned at Oakhaven High School. Anytime I'm about to say something a little disparaging, I always begin or end the statement with, "Bless his heart..." You learn at a very early age that prefacing any opinion with that phrase, or ending it in a likewise manner gives you license to say anything. For example, "Bless his heart, he is so dumb that when he left Alabama and moved to Tennessee, the average IQ in Alabama rose 3 points...and the



average IQ in TN lowered 5." Or, "That's about the ugliest baby I've ever seen, bless his heart." Either of those statements is socially acceptable even in the best circles of southern society. Sometimes it's hard to believe I grew up in that part of the country. I went to the same school for 12, almost 13 years (10th grade was UGLY!). So naturally, when I'm back I try to connect with as many "bubbas" and "bubbettes" while there. Speaking of bubba, that's what I call my brother; I think his real name is Eddie, but not 100% certain. You can get by very easily in the South without learning anyone's name. If they are a guy, they are bubba. If they are a girl, they are 'darlin' or 'honey.' Normally, after about 2 days Jackie is ready to get back to Colorado. And almost without exception our drive back will include Jackie saying something like, "I don't think I was that way when we lived there." with my typical response of, "I heard 'dat!'" It's not easy getting out of character.

I love my family and the friends I grew up with back home. And I thoroughly enjoy trekking back to see them. I believe you can indeed go home again...for a visit. They may not be the type to fit comfortably in New York City (nor would they even want to go) and neither am I, but they are some of the most Patriotic and God-fearing people in the world. They would give you the shirt off their back (assuming they're wearing one) and never complain. Yeah, they talk different and definitely have red necks, but they got that way from hard work. Are they perfect? Heck no! But they are fun and fun-loving. They know how to party and if they love you, they love you forever. And if they don't, you better move. Fortunately, if that happens you only have to move to the next county to be considered a foreigner and forgotten, bless your heart. "I heard 'dat!'"

For God and Country,
Jay

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



Auxiliary President Jackie Bowen

I want to go ahead and welcome our newest member Donna Brown. She hasn't officially signed her transfer form but have no fear Ladies, we'll get her. J Actually, Donna paid us the highest tribute at our May meeting. She thanked us for being so warm and welcoming. Try us out Ladies, come to a meeting or an event at our Legion "home" and hopefully you'll have the same experience.

I trust everyone had a great Mother's Day. I know I did. Jay and I spent the morning passing out roses at Ft. Carson's Mother's Day brunch. I have to tell you of two sweet stories. There was one son, I'd say about 12 yrs old, asked us if he could give his Mom a rose. Of course we said yes. As he walked away he put the rose behind his back so he could surprise her. The second was a little girl, I'm guessing 5 yrs old, put her hands on her hips and said, "I've been very good, can I have a flower?" Again our answer was yes. I didn't know what to expect at this event but I should have known it would be rewarding and that it was. We passed out 104 roses to the attending Moms.

Our Unit sponsored two young men for the American Legion Auxiliary National "Children of Warriors" scholarship. One of the young men, John Kater won a \$3000 scholarship. Congratulations to John and Thank You to our members. I am thanking you because if not for your membership and support we could not have offered John this opportunity.

We were all humbled during our May meeting when Luella Nell asked if she could speak. She thanked us for letting her be a part of our Unit. We should be thanking Luella. She is 90 years old, her words not mine, and she is one amazing Lady. Luella knows and demonstrates what patriotism and Americanism is about.

Don't forget to bring items to send to the troops we adopted in Afghanistan to the meeting. I would like to be able to mail a package the week after each meeting. Right now they are requesting candies and other sweet treats. I will also have a card at the meeting for you to sign and say "thank you". On that note.

Serving Our Veterans Proudly,
Jackie Bowen



Sons of The American Legion Squadron 209

The Detachment of Colorado Sons of The American Legion held their annual CWF fund raiser banquet at Post 161 on 6 Apr 2013. The SAL National Commander was present for the evening. Proceeds from the banquet as well as the silent auction and checks from different sources totaled \$10,850.00.

We will be resuming collecting for the CWF effective 1 Jun 2013 and all proceeds from piggy banks after 1 Jun will go into next year's fund. Just a reminder that piggy bank proceeds up to 31 May are going to the Mike Moss Campaign Fund.

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	Vacant	
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

7 Jun	HAMDOGGER WINGDING NITE CANCELLED THIS MONTH!
5 Jul	Hamdogger 6:30pm
11 Jul	Post Exec Mtg 6:30pm
13 Jul	Breakfast 9:00am CANCELLED! Legion/Auxiliary Meetings 10:00am CANCELLED! SAL Mtg 11:30am CANCELLED!
13 Jul	Post Annual Picnic 12:00pm Potluck! Bring your favorite dish for up to 15 people!
19 Jul	Steak Night 6:30pm RSVP REQUIRED
26 Jul	Fish Fry 6:30pm RSVP REQUIRED
1 Aug	Post Exec Mtg 6:30pm
2 Aug	Hamdogger 6:30pm
10 Aug	Breakfast 9:00am Legion/Auxiliary Meetings 10:00am SAL Mtg 11:30am
10 Aug	Ice Cream Social 2:00pm Florence VA Nursing Home, Florence, CO
16 Aug	Steak Night 6:30pm RSVP REQUIRED
23 Aug	Fish Fry 6:30pm RSVP REQUIRED
23-29 Aug	National Convention, Houston, TX!
5 Sep	Post Exec Mtg 6:30pm
6 Sep	Hamdogger 6:30pm
14 Sep	Breakfast 9:00am Legion/Auxiliary Meetings 10:00am SAL Mtg 11:30am
14 Sep	All Patients Day Event at the VA Nursing Home in Pueblo 11:00am
20 Sep	Steak Night 6:30pm RSVP REQUIRED
27 Sep	Fish Fry 6:30pm RSVP REQUIRED

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Chaplain's Corner

Volume III
Chaplain Chet Dean



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.

We urgently need certified games managers to monitor/manage all games of chance such as: Raffles, 50/50 Raffles and Pull Tabs. The Colorado Secretary of State has simplified the requirements and reduced the license fee to only \$1. Training and Certification is done at the Colorado Secretary of State website. No local on-site training is currently scheduled. Bingo certification is not required as our Post does not have any plans to play Bingo. Once training/certification is completed, a games manager license will be issued and a copy must be on file with Post 209 Games License.

For questions contact: Norm Moyer (719) 332-3701, Lyle Hagelberg (719) 231-2364
or Robert Rydell (719) 660-9677.



Post 209 is once again sponsoring Colorado American Legion Baseball!

Our "D" team of Freshmen boys from Vista Ridge HS, the Wolfpack will play their first game at Palmer Ridge in a Double-Header. The first of the Double-Header starts at 3:00pm and the second game is at 5:00pm. See the website for a calendar of games played all season. Please come out and support Coach Eric Holstrom and our TEAM!

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Moore, Ok. Tornado Relief Efforts

In 1999, an EF-5 tornado tore through Moore, OK killing 44 people and destroying 300 homes. 14 years later another tornado of similar magnitude closely followed the same path as its destructive predecessor. From the bombing of the Alfred P. Murrah Federal Building in 1995 to their current disaster recovery, Oklahomans have proven to be a resilient bunch. But they can use assistance. Early estimates report this will cost over \$2B. As would be expected, our brothers and sisters at Post 184 in Moore are partnering with Soldier's Wish to provide emergency supplies to victims of the tornado. Additionally, The American Legion is allocating \$1M to Veterans affected. Currently, the best way to help is to donate to The American Legion Emergency Fund (1-800-433-3318). A representative at Post 184 asked to have bulk items such as clothes sent to The Salvation Army and Red Cross. These organizations are concentrating their efforts on emergency clean-up and are not currently accepting used clothing donations, but will be in the weeks to come.

Origin of NAVY Terminology



Pea Coat

Sailors who have to endure pea-soup weather often don their pea coats but the coat's name isn't derived from the weather.

The heavy topcoat worn in cold, miserable weather by seafaring men was once tailored from pilot cloth -- a heavy, coarse, stout kind of twilled blue cloth with the nap on one side. The cloth was sometimes called P-cloth for the initial letter of the word and the garment made from it was called a p-jacket -- later a pea coat. The term has been used since 1723 to denote coats made from that cloth.

Rusty Bower

NAVY Senior Chief Retired



Sons of The American Legion Squadron 209 Young Guns

American Legion "YOUNG GUNS" of Centennial Post 209, will be sponsoring a Basic Rifle Safety and Marksmanship course in the near future. This is an American Legion sponsored program open to boys and girls through age 18 who have a relationship with the Legion Family at Post 209. All participants and a parent or guardian will be required to attend all sessions.

The Basic Rifle Safety Course will be taught by NRA trained and Certified Instructors. Books, supplies and equipment will be covered by a registration fee of \$10. The course will be 9 to 10 evening sessions of 2 hours each. Classes will be held at the Post. Air Rifles and needed equipment are provided.

The committee would like to hear from anyone interested in this course. When we have received the names of those interested, an orientation and registration session will be held. For more information, contact Chairman Ken Taylor at 719-761-4047, or at adjutantsal209@gmail.com.

Plan now to attend and learn proper gun safety and handling.

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



From the Adjutant Larry Johnson

We are getting ready to close down a very, very successful membership year and getting ready to do the same thing all over again. I would like to extend my thanks to everyone for helping bring the Post where we are today. I would like to ask for your support once again this year to keep growing.

As we get ready for the next membership year, there are a few pieces of information I want to share with you. I get questions like: **"Why do I get so many renewal notices, especially when I have already renewed my membership?"** First of all, the notices you receive ARE NOT mailed from the Post; they are mailed from National HQ. If you renewed your membership when you got the 1st renewal notice in July and the renewal documents are processed at National by 15 August, you should not receive a renewal notice. If you wait until later after the first renewal notice, or the 2nd or 3rd, 4th, or 5th notices, then you are at the mercy of the mail, my processing time, the mail, Department's processing time, the mail, and then National's processing time.

"What can I do keep from getting repeated renewal notices?" There are really four options for you to consider. The 1st option is to renew your membership as soon as you get the 1st renewal notice. The 2nd option is to become a Paid Up For Life (PUFL) member. The 3rd option is one that National is starting this year in July. If you renew on-line you will have an option to be automatically renewed each year and will be assessed at our current Post dues. For instance if you renew this year at \$35.00 and the Post increases the dues next year to \$40.00 that is what you will be charged. The 4th option is a program started by the Department of Colorado last year. It is called the Colorado Advanced Membership Prepayment Program (C.A.M.P.P.). You can renew your membership for 3, 5, 7, or 10 years. You can prepay your membership for up to 10 ten years. So if you choose 10 years at \$35.00 you would pay \$350.00 up front. The advantage to this program is that you are locked in at \$35.00 and if the dues are raised any time during the 10 years you will not have to worry about the increases. If you should pass, your estate can ask for a refund of unused membership minus a 10% processing fee.

COMMUNICATION is very important for the members of the American Legion Family and while it is important, it can also be very costly. One of the things we are trying to do to cut costs is to send only one copy of *The Centennial* newsletter to each household, regardless of the number of Legion family members living there. We will send everyone with an email address an electronic copy. The other thing we are trying to do is; we are asking everyone who have an email address to provide it to us. IF you know someone who is NOT receiving a newsletter by regular mail or email, PLEASE let us know so we can figure out what the problem is and correct it immediately. Don't forget that you can always get a copy of *The Centennial* by going to our web page at www.americanlegioncoloradosprings.org

Scholarship for a Scholar



The American Legion Auxiliary announced that John Kater was named the recipient of a \$3,000 Children of Warriors National Auxiliary President's Scholarship. John was sponsored by the our Centennial American Legion Unit 209. His eligibility comes from his father, Dennis, a retired military Veteran. Of note, John was the only student from Colorado, and one of only five from the Northwestern Division (comprised of seven states) to win the award.

The press release from The American Legion Auxiliary announcing John's award stated in part, "It is important to acknowledge the sacrifices of our service members who pre-serve our freedom, but that is not enough. The sacrifices of the children of those who served should also be honored. Providing funds to assist these children so they can pursue higher education is a concrete way of showing how much we, as an organization and a nation, care."

As well as having a sound scholastic foundation (currently carrying a Grade Point Average of 4.0+), John must also have completed at least 50 hours of community service during his high school years to be eligible. John barely met this requirement by logging more than 490 hours of community service (which, by the way won him an award as having the most community service hours in his class at St. Mary's High School). His many hours of community service included seven short-term mission trips, four of which were out of state. Excerpts from John's essay:

"Children whose parents are in the military suffer chronically from a sense of abandonment and loneliness, especially during their deployment. It is inherent with the absence of a parent whose presence is critically important in their lives. It is a well-known fact that the leading cause of juvenile delinquency is absentee parents throughout childhood. Military Children, therefore, are at a high risk, due to the frequent overseas deployment of their parents. This problem can be addressed in a three-fold manner: First, by informing all parties involved; Second, by maintaining contact with the deployed parent; and Third, by keeping the child occupied in a constructive manner.

In order to help children whose parents are deployed, several steps must be taken. The adults who are frequently in contact with the child must show their care and support; and family involvement should increase. Communication between the deployed parent and the family at home must occur on a semi-regular, if not regular, basis. Last, the child should be provided with extra-curricular activities so that he is both distracted and given opportunity to bond with other youth. And if all these stipulations are met, the bulk of abandonment and loneliness experienced by the child can be avoided."

In his spare time, John is on St. Mary's Track and Field team. They are ranked 3rd for the 4X800 meter (on which John competes) at the 3A Division level, and John is ranked 7th in the State for the 3200 meter.

John is to be commended on his insight, care and extraordinary ability to effectively identify and communicate an issue that has been to some degree, neglected. It is from our next generation of leaders that these problems will hopefully be solved. Parents, Dennis and Lenora are obviously very proud of John's achievement. Oh, did I mention that John has been accepted to attend the Colorado School of Mines, one of the most prestigious colleges in the country? Congratulations to the entire family!

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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~ June 2013 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 EXEC. CMTTEE MTG 6:30PM 	7	8 LEG/AUX/SAL MTG 9:00AM 
9	10	11	12	13	14 Army Birthday Dinner 6:30pm RSVP REQUIRED 	15
16	17	18	19	20 Department Convention thru 23 June Ft. Collins 	21 FISH FRY 6:30PM RSVP REQUIRED 	22 Department Convention thru 23 June Ft. Collins 
23 Department Convention thru 23 June Ft. Collins 	24	25	26	27	28	29
30	Notes:					

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