

The Centennial

VOLUME I EDITION 7

JULY 2020



AMERICAN LEGION NEAL THOMAS JR. CENTENNIAL POST 209

3613 JEANNINE DR. COLORADO SPRINGS, CO 80917
719-599-8624 WWW.LEGION209.ORG

MEET YOUR 2019 - 2021 OFFICERS!!

2020-2021 American Legion Post 209 Officers

| | | |
|------------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------------|
| Commander: Joseph Schmidt 651.328.9029 | Finance Officer: Bill Coakley 972.825.7193 | Executive Committeeman: Marvin Weaver Jr. 719.244.3535 |
| Sr. Vice Commander: Desiree Noechel 719.464.4699 | Chaplain: Vacant | Judge Advocate: Marvin Weaver Sr. 719.638.4763 |
| Jr. Vice Commander: Sarah Tobin 719.439.7724 | Historian: Vacant | Service Officer: Art Carter 603.913.3261 |
| Adjutant: Jerry Hopper | Sgt At Arms: Joel Haas 719.482.4496 | Club Manager: Art Kimbrel 719.339.4610 |

2020-2021 American Legion Auxiliary Unit 209 Officers

| | | |
|------------------------------------------------|------------------------------------------------|------------------------------------------------|
| President: Cathy Barger 719.290.3163 | Secretary: Pat Weaver 719.638.4763 | Chaplain: Madelyne "Hooty" Newborn |
| Vice President: Donna Testorff | Treasurer: Kellie Hayes 719.494.7167 | Historian: Royce Hopper |
| | | Sgt At Arms: Kris Floyd 719.308.2150 |

2019-2020 Sons of The American Legion Squadron 209 Officers

| | | | |
|-------------------------------------------------|---------------------------------------------|------------------------------------------------|--------------------------------------------|
| Commander: Eric Testorff 719.510.4177 | Adjutant: Ken Taylor 719.461.4047 | Sgt At Arms: Bob Ingram 480.353.8234 | Chaplain: Steve Cox 970.580.8191 |
| Sr. Vice Commander: Michael Wescott | Jr. Vice Commander: Vacant | | Historian: Evan Schwartzbart |

2020-2021 American Legion Riders Post 209 Officers

| | | | |
|-----------------------------------------------|------------------------------------------------|-----------------------------------------------------|---------------------------------------------------|
| President: Steve Hayes 719.494.7166 | Treasurer: Kellie Hayes 719.494.7167 | Vice President: Tim McDowell 719.510.9907 | Road Captain: Wade Newborn 719.360.4956 |
| Secretary: Mike Sylvester | Sgt At Arms: Mark Griffin | | |

2019-2020 Amateur Radio Club Officers

| | | |
|--------------------------------------|----------------------------------------------|----------------------------------|
| President: Jon Davis K0YOV | Vice President: George Johnson KE0ALQ | Director: Jim Harris WOEM |
| Secretary: Harvey LeCato W1JU | Treasurer: Henry Russell KCONAJ | |



Neal Thomas Jr.-Centennial Post 209 Family,

Great news! We are gradually re-opening the Post for meetings beginning July. We will continue to monitor the COVID-19 situation and restrictions published by our state leadership, and adjust as necessary. As you know, we re-opened for dinners last month and that is going just fine. Thanks to everyone for your understanding on the temporary rules we feel is necessary to enforce for gatherings. They are:

Required:

1. We are limited to 50 people at a time.
2. Families must sit together at one table.
3. Other than families seating is limited to 4 people to a table.
4. RESERVATIONS ARE REQUIRED FOR ALL DINNERS. RSVP to Jackie Bowen at jackiebowen2005@yahoo.com or 719-574-1223. For now, we cannot accept reservations at the door.
5. Drive thru dinners will be offered upon request. When you RSVP, indicate it is a takeout order and what time you will be coming to pick up your order.
6. MASKS will be required to enter the Post.
7. Your temperature will be taken at the door, if you register above 100.4, you will be asked to leave.
8. These questions will be asked at the door:
 - a. Have you been exposed in the last 14 days to someone that has tested positive for COVID-19?
 - b. Do you have any symptoms of COVID-19?
 - c. Have you traveled to one of the pandemic hotspots in the last 14 days?

Please know these temporary changes are to keep everyone safe. We are looking forward to seeing everyone and hope everyone is well.

Because we could not hold elections in April, for the most part our current officers remain at their position until such time we can meet and hold elections during a Post meeting. There have been some adjustments made and you can see that list on the previous page.

Thank you for your understanding during these trying times. As with every crisis in the history of the world, this too shall pass.

For God and Country,
Our Post 209 Leadership



FROM THE DESK & MIND OF THE COMMANDER

I would like to use my first newsletter article to take a moment to introduce myself and share a little about my life. My name is Joseph Schmidt, and I grew up in Saint Paul, Minnesota where I joined the Army in 2008 as an Automated Logistical Specialist (92A). From there I would serve in the MN National Guard before going active duty. After going active duty, I was stationed in South Korea before finding my way here to Colorado where I was stationed at Fort Carson with the 4th ID. While with the 4th ID I deployed to Afghanistan. During my deployment I would sustain an injury that at the time I did not know would start a chain of events leading me to the American Legion and ultimately serving as your Post Commander.

The injury I sustained in Afghanistan would lead me to a medical separation in late 2016. I found employment as a government logistics contractor on Fort Carson. I wasn't able to continue serving as a soldier, but I could continue to serve the soldiers and my country through government contracting. I now serve as the 4th Infantry Division, Global Combat Support System – Army, Field Service Representative. I troubleshoot all supply system issues for the 4th ID and tenant units, I coach, train, and mentor the soldiers, NCO's and Officers to be better logisticians.

In addition to volunteering with the American Legion, I have also held positions in other organizations. I served on my church council for several years and had the honor to serve my church as their congregational president. At the time, I was 27 years old and the youngest congregational president in the Rocky Mountain Synod of the Evangelical Lutheran Church of America. I have also served as a Volunteer Coordinator for Family Promise of Colorado Springs. Homelessness strikes so many in our city and it takes hundreds of volunteers to ensure the parents and their children have a safe place to sleep at night and a hot meal. The parents of these children are fighting to provide a better life for their children. The least I could do was help provide a small piece of stability.

If you've made it this far you can see there is some common thread in my life, the need to help and serve others. From my service to my country to service to the community, I believe that if we can change one person's life they can go on and change someone else's life. With over 1,000 members in this Post we have the potential to make real change in the life of our community. The American Legion exists to serve Veterans, their families, and the community.

We together can be the driving force to combat Veteran homelessness, fight child hunger, and something very personal to me, we can fight to end Veteran Suicide. These aren't the only issues plaguing the Veteran community, but together, we can make a difference.

My theme this year is going to be Team 209, because nothing can be accomplished alone. We are bonded as not only Legionnaires, but as Veterans. Regardless of when we served, we share a bond that spans across the creation of our great nation. We are TEAM 209.

Over this next year, with the help from the executive committee and you, I hope to expand on some of the many programs the American Legion has to offer. Although the COVID-19 restrictions have made things difficult, I know in my heart that we can provide stability and peace to Veterans; we can teach our youth what it means to be an American, we can be the driving force of change in our community, and lastly we can be the place a Veteran can turn to when they have nowhere else to go.

Will you help me in my mission to help others?

Joseph Schmidt
Post Commander



FROM THE DESK OF THE POST ADJUTANT

Once again Post 209 has risen to the occasion. We were tasked to meet a membership goal of 1080 and we exceeded that goal. I have been told that this Post has met or exceeded our goal each year since 2009. Congratulations to all! The new membership cards will be arriving soon and it all starts again. I am proud to tell anyone who will listen how great it is to be a part of the largest American Legion Post and best Post in Colorado. Thank You members of Post 209. By the way, as of June 15, 2020, National has us with 1099 members.

It's What We Do!!

Gerry Hopper
Post Adjutant



FROM THE SEAT OF THE LEGION RIDERS' PRESIDENT

Despite limitations due to COVID-19, ALR209 had a great month in June. Our road captain, Wade Newborn was able to organize and lead a short-notice motorcycle escort to Pikes Peak National Cemetery early in the month. Riders also supported the ALR38 Fallen Brothers and Sisters ride and the ALR5 Lindstrom run mid-month. We conducted one "Ring around the Peak" fun run, linking up with ALR13 in Canon City along the way. ALR209 also supported ALR2008's first steak dinner fundraiser of the year. July is going to be a big month. We will host the Tribute to Fallen Soldiers Memorial Torch Motorcycle Ride Friday 17 July. Chicken and Beef tacos will be served at 6pm for Post members. The Riders will arrive between 6 and 6:30, eat dinner and conduct two Gold Star family presentations at 7:30 pm. The ride originates in Eugene Oregon and travels for twelve days to Arlington National Cemetery every year conducting Gold Star family presentations along the way. This will be the fourth year ALR and Post 209 has hosted the Riders during their mission. On July 25th, we will hold our annual Poker Run, starting and ending at the Post parking lot. We are coordinating for Poker Run participants to ride through the Laurel Manor parking lot on the last leg back to the Post. The manager of the facility is very excited to have us come through to support the veterans there. Registration is 8-10am, last out at 10am, last in at 2pm. \$15 per rider (1 hand), \$20 per rider/passenger or car (2 hands). Auxiliary is providing breakfast Burritos for \$5 at the start and SAL is providing lunch at the return for \$8 (burgers, dogs and fixin's). Come on out and join us for the event! For everyone – practice good hygiene and social distancing – Ride and live safe!



Steve Hayes
Riders' President



4TH OF JULY

CELEBRATION

BBQ PARTY

Free!!!

• HOSTED BY

Free!!!

*The American Legion
Neal Thomas Jr. Centennial
Post 209*

◆ — — — ◆ — — — ◆
Saturday, July 4th, 2020

From 10:30AM - 1:00PM

RSVP to www.legion209.org/RSVP



FROM THE DESK OF THE SAL COMMANDER

I would like to express my heartfelt thanks to all who came out to the Post on Friday, June 12th, for our Sons of the American Legion Sloppy Joe Fundraiser Night. This includes not only those who helped with food prep and other jobs, but all who attended, or bought dinners to go. We had a great night.

As you may know, our Sloppy Joe night was originally scheduled just as the coronavirus shutdown got underway. Because of this, we had to dispose of quite a bit of perishable food... food that had to be purchased a second time in June, and thus cut into our bottom line.



Squadron 209 is determined, however, that we will not let Covid19 restrictions cramp our style. Our mission, our membership efforts, and our fundraising efforts will continue. As I have written before, we take our cue from our wonderful military members who have a motto of "Adapt and Overcome". There will be more SAL dinners coming in the future, and I invite all Legionnaires, Auxiliary, Riders, family members and friends to attend. Squadron 209 is alive and well, and we'll see you next time. Again, thank you!

Eric Testorff
SAL Squadron Commander



TALARC NEWSLETTER INPUT



- **General Membership Meeting**
 - **JULY 18TH – CANCELLED (Check our website for the new date)**
 - Come out and operate the Post 209 ham station, work hams in other states and countries.
 - Survey of equipment and operability of station – and food.
- **Boy Scouts Amateur Radio Badge**
 - Post ARC is planning an initiative for a special recognition badge to scout achievements relative to amateur Radio
 - Starting at the local area level, but expanding to award on national basis with adequate exposure



AMERICAN LEGION POST 209

THE PREEMINENT VOICE FOR VETERANS • COLORADO SPRINGS, CO



WALK OF HONOR

Buy A Brick Fundraiser!

We are re-introducing an exciting fundraiser for our Post. We are partnering with Polar Engraving to offer our members, family, friends, and our corporate Veteran-friendly supporters an opportunity to purchase an engraved brick to adorn our landscaping project we are working. The engraving uses the same technology as used on tombstones so it's extremely durable. Here are some FAQs:



- **What Are We Having?** A Brick Fundraising Event
- **Why?** To Further Funding of our American Legion Programs
- **What Size Are the Bricks?** 4"x 8" or 8"x 8" bricks for individuals, and 8"x 8" or 12"x 12" bricks for our corporate supporters.
- **What are the Costs for the Individual Bricks?** Prices vary depending on size, style and lettering desired, but typically range from \$75 to \$200. For the 8x8 or 12x12 bricks, you can add a second emblem. Contact the Adjutant for ordering details. There is **NO** additional cost for the second emblem on the larger bricks.
- **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 identified for Veterans, and family members of Veterans wishing to purchase a brick to honor their Veteran. The corporate bricks are for our Veteran-friendly supporters and businesses who wish to show their continued support to our Nation's heroes by purchasing a brick.
- **Is the Brick Purchase Restricted to Members of the Post 209 Family?** No. We encourage members to buy a brick for themselves as a lasting memory of their association with Post 209. We also welcome anyone to purchase a brick for their Veteran loved one, or to show their support to our Veterans.
- **Can I Buy a 12"x 12" Brick for Myself/Loved One?** Absolutely!
- **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 very user-friendly and will walk you through the design and purchase. You will be able to see a preview of your brick before finalizing the purchase.
- **How Do I Pay For the Brick?** We have the site setup to accept payment via PayPal or by 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 shipped 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 and will be part of the landscaping design we are working. If you are a landscaper or know a good one (preferably a Veteran), have them contact our Adjutant.
- **How Long Will this Fundraiser Effort Last?** We plan to only sell as many bricks as needed for the first phase of the landscaping project. Currently, that is anticipated to be 600 bricks, but that number may change depending on brick sizes purchased and the final design approved by the Post.
- **Will I Have an Opportunity to Buy a Brick Later?** Quite possibly. It depends 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 project. If you buy multiple bricks, let our Adjutant know and we will make certain they are all placed together.

FROM OUR POST SERVICE OFFICER

VA Telehealth Services

Phone: 720-723-7240

Through VA Telehealth Services, you can access VA care at a time and place that is convenient for you. If you live at a distance from an ECHCS clinic or Rocky Mountain Regional, there is a way to have an appointment with your provider using video. For more information about the telehealth services available to you, talk to your health care team.

VA uses several telehealth technologies to help you get the best possible care no matter where you are. Here are some examples:

Clinical Video Telehealth (CVT)

This is an interactive exchange between patients and providers. It is used to educate and provide care to Veterans in our outpatient clinics. Some examples are:

- Patient Education and Orientation
- Tele-primary care
- Tele-specialty care

Care Coordination Home Telehealth (CCHT)

Phone: 303-283-5443

Under the direction of a Primary Care Provider, patients are monitored in their home with devices that report specific information to a nurse related to ongoing treatment for the following conditions:

- Diabetes
- Chronic Heart Failure (CHF)
- High Blood Pressure (HTN)
- Chronic Obstructive Pulmonary Disease (COPD)
- Mental Health

To learn more about VA Telehealth Services, visit www.telehealth.va.gov or watch this Introduction to VA Telehealth Services video:

<https://www.youtube.com/watch?v=N5oe5pB7V2g>

Watch this video about VA Video Connect for more information about how it is helpful for Veterans:

<https://www.youtube.com/watch?v=2HZPs-BFBtw>

View this video to learn more about VA TeleMental Health services and the work that the Office of Connected Care does:

<https://www.youtube.com/watch?v=Z6XRS8U3gJM&t>

Telehealth Chronic Disease Education Classes

- Tobacco Cessation
- Heart Failure
- Stress Management
- Diabetes

These classes are available through Rocky Mountain Regional and all CBOC's. Request a Telehealth consult from your provider.

Reference

www.telehealth.va.gov

VA Mobile

VA Mobile provides mobile health apps for Veterans to help them be more active participants in their health care and lead healthier lives.

Many of VA's apps are self-tracking, meaning they do not transmit data back to VA. These apps can help you manage chronic conditions or learn about and manage symptoms of mental health issues. Some apps do connect to VA systems. If you are a VA patient, you can use these apps to more easily access your health data or connect with your care team.

Most apps that connect to VA's health record are web apps, which means they can be accessed from any computer or mobile device with an internet connection. For your security, they store no information on your device. To access these apps, you need a DS Logon Premium (Level 2) Account. Learn more at <https://mobile.va.gov/login-information>

Visit the VA App Store to explore, learn about, and access the apps available for Veterans: <https://mobile.va.gov/appstore/Veterans>. Come back often to check out the latest apps!

Learn more about VA Mobile's work at www.mobile.va.gov or watch the Connected Care 2017 video: <https://www.youtube.com/watch?v=Z6XRS8U3gJM&t>

Article from the "Veterans Resource Guide", Eastern CO Health Care System

AG Carter
Post Service Officer





BRINGING A LITTLE SOUTH TO THE WEST

What thoughts are conjured up when you hear the word “licks?” No vulgar thoughts please. If you attended a public school in the 50’s or 60’s, it is likely that word included memories of a wooden paddle in the hands of your teacher and/or principal.

I was not a bad kid in school, but I was a little mischievous. I had my share of sitting in detention hall when most of the other kids were going home for the day. Our detention hall in high school was in the library and teachers took turns being the detention monitor. We were expected to do homework or use the time doing something just as silly. We weren’t supposed to talk with the other hooligans in detention, but it didn’t stop us from passing notes. That was more fun than doing homework. Sometimes I would get a choice of 3 “licks” or 3 days detention. And my decision was typically dependent on the teacher and his or her reputation with a paddle.

For example, when given a choice between 3 “licks” or 3 days detention from “Home-Run Mosley,” I would ALWAYS opt for Detention Hall. Ms. Mosley was a relatively sweet 100 year-old (or it seemed that way to a teenager) English teacher that would use both hands and swing her paddle much like a baseball bat. There’s been more than a few high school Tackles on the football team lifted off the floor when she connected with their butt.

Most of the time, the teacher retained the option of giving you the “licks” or sending you to the Principal’s office for the corporal punishment. That was also a consideration when given the choice of detention over “licks.” Our High School Principal, Mr. Clayton (who by the way is still living) was a former Football Coach. He had quite the reputation with a paddle and very few guys ever went back for seconds after receiving their due punishment the first time from him.

One of my most fond memories of being on the receiving end of a paddle was from my metal shop teacher. My best friend’s birthday was 3 days after mine and our shop teacher found out about it and decided we needed birthday “licks.” So he gave us a choice of one “lick” or 3 days detention. We both chose the paddle. My friend went first and he was a pretty big boy. We talked about it beforehand and believed it would be a soft swat, because after all we hadn’t done anything wrong except being born. When I saw my buddy get lifted off the ground, I changed my decision and told the teacher I would just do the detention. Too late. Thankfully, he expended his pent-up energy out on my buddy because my birthday “lick” wasn’t as bad as I thought it was going to be.

One of my biggest surprises was from my science teacher in the 10th grade. He would often brag about his paddling prowess and most of us who never actually experienced it, naturally believed him. During those days, a teacher didn’t give you a spanking in the classroom. If/When the time came for a paddling, they would either take you out into the hall and get another teacher as a witness, or take you to the Principal’s office and let him or the Vice Principal serve as witness.

Regardless, there had to be a witness. I guess that was needed to tell the mortician you died of natural causes, regardless of the welts on your butt and upper thigh.

Anyway, I don't remember what I did that made this teacher believe it was worthy of "licks," but he grabbed his paddle one day, looked at me and said, "Let's go!" No option for detention (which I would have gladly taken given his reputation). He took me to the Principal's office and after a few words with the Principal (I guess he was justifying the visit), he looked at me and said, "Grab 'em!" That meant I was to bend over and grab my ankles. This was a very popular pose and command given to kids about to face (pun intended) their executioner. So I bent over, grabbed my ankles and prepared for the worse.

I don't think he even left a red spot on my butt when he finished giving me the three "licks." I almost stood up and smiled, but knew that would be a really bad idea. I faked being hurt physically, mentally, and spiritually for the teacher and Principal, because that was the expected outcome. And I knew if my reaction wasn't something like that, it could easily result in another three "licks," and the next time could have come from Mr. Clayton.

I gotta tell you my school believed in corporal punishment right up to after I graduated. You can say what you want about getting/giving spankings in school, but we NEVER had any issues with kids in the classrooms and no teacher was sued for cruel and unusual punishment. And it didn't make any of us want to climb a clock tower and take pot shots at anyone. If anything, it made us respect our elders and those in positions of authority. But my butt still tingles a little when I think about it.

Jay Bowen
Past Post Commander



POST CONSTITUTION & BY LAWS UPDATE

As outlined in Article X, Section 2 of the Post Constitution, "This Constitution may be amended at any regular Post meeting by a vote of two-thirds of the members present and voting in which there is a quorum, providing that the proposed amendment shall have been submitted in writing and read at the next preceding regular Post meeting, and providing further that written notice shall have been given to all Post members at least thirty (30) days in advance of the date when such amendment is to be voted upon, notifying such members that at such a meeting a proposal to amend the Constitution is to be voted upon."

The Constitution & By Laws Committee has proposed several small changes to our Post Constitution & By Laws. The proposed Constitution & By Laws have been attached with the Newsletter email and will be voted on at the August Membership meeting.

July 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | 1 | 2 Executive Committee Meeting 6:30pm  | 3 | 4 Indep. Day Post Cookout! 10:30am Happy Independence Day! |
| 5 | 6 Post Honor Gd. Training 6:00pm  | 7 | 8 | 9 | 10 \$10.00 Meal Aux. Dinner - 6:00pm RSVP Required!  | 11 Membership Meeting Breakfast - 9:00am Meeting - 10:00am  |
| 12 | 13 Post Honor Gd. Training 6:00pm  | 14 | 15 | 16 | 17 \$10.00 Meal Taco Dinner - 6:00pm Tribute to the Fallen ALR Ride  | 18 Healing Warriors! 9:00am - 1:00pm |
| 19 | 20 Post Honor Gd. Training 6:00pm ALR Exec. Board 6:00pm  | 21 | 22 | 23 | 24 \$10.00 Meal Chef's Choice Dinner 6:00pm RSVP Required!  | 25 ALR Poker Run! 8:00am  |
| 26 | 27 Post Honor Gd. Training 6:00pm  | 28 ALR Monthly Meeting 6:30pm. Social 5:30pm SAL 5:45pm  | 29 | 30 | 31 | Notes: |

August 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | | | | 1 |
| 2 | 3 Post Honor Gd. Training 6:00pm  | 4 | 5 | 6 Executive Committee Meeting 6:30pm  | 7 | 8 Membership Meeting Breakfast - 9:00am Meeting - 10:00am  |
| 9 | 10 Post Honor Gd. Training 6:00pm  | 11 | 12 | 13 | 14 \$10.00 Meal ALR Dinner - 6:00pm RSVP Required!  | 15 |
| 16 | 17 Post Honor Gd. Training 6:00pm ALR Exec. Board 6:00pm  | 18 | 19 | 20 | 21 \$10.00 Meal Chef's Choice Dinner 6:00pm RSVP Required!  | 22 |
| 23 | 24 Post Honor Gd. Training 6:00pm  | 25 ALR Monthly Meeting 6:30pm. Social 5:30pm SAL 5:45pm  | 26 | 27 | 28 \$10.00 Meal Chef's Choice Dinner 6:00pm RSVP Required!  | 29 |
| 30 | 31 Post Honor Gd. Training 6:00pm  | Notes: | | | | |