

# The Centennial



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## From the Desk and Mind of the Commander

Lino Calica

I hope that you all had a wonderful and safe 4th of July Celebration. As we celebrated the 4th here at the Neal Thomas Jr. Centennial Post 209, we were able to enjoy 3 great events. First, the President of the Gold Star Mothers group presented a scholarship to a fallen soldier's son, Aaron. Second, we held our Flag Disposal Ceremony. Unfortunately, because of the stage 2 fire ban in Colorado, we were unable to actually dispose of the flags. Big shout out to Troop 79 and their leaders for participating this year. Finally, we had the potluck at the end of the ceremony; a great turnout and lots of food and desserts to enjoy. Thank you Steve Hayes and Mike Barger, for cooking the hot dogs and hamburgers in the scorching heat. I want to thank all the Legionnaires, their families and guests who participated in making our 4th of July ceremony and potluck picnic a success.

On July 5th, we had two open positions on the Executive Committee, the Service Officer and Judge Advocate. With the consent of the Executive Committee, I asked Lyle Hagelberg to continue serving as Service Officer and Marvin Weaver Sr. to serve Post 209 as Judge Advocate. Lyle and Marvin have accepted the appointment.

One of my goals, as your new Commander is to establish a welcoming committee who will meet and greet new members, and establish a relationship to make them feel like family. I ask each current Post 209 member to welcome our visitors and guests and also share your stories with current members. This is a great way to really get to know each other.

What's happening at the Post? Almost every Friday night we have family dinner. Typically, the first Friday is Hamdogger, second Friday the American Legion Riders or Auxiliary Ladies will prepare a dinner (menu to be determined), third Friday is Steak night and fourth Friday is Chef's choice. All these dinners are fundraisers for the Post to help with the multiple programs within the American Legion and to assist Veterans and their families. It also helps the Post solvent. ***Come out and support our fundraisers!*** If you have any suggestions or ideas for a fundraiser, let our leaders know. The month of August is very busy for Post 209. On August 11th, we have our General Meeting, the Colorado Springs Knife and Gun show and the Auxiliary Ice Cream Social at McCandless Veterans Nursing Home in Florence. On August 17th, The American Legion Riders will have the POW/MIA Cripple Creek Run and August 25th is the Neal Thomas Jr. Centennial Post 209 Poker Run. Volunteers for all the above events is much appreciated. Also, the District 7 Officers will be visiting our Post at our General Membership Meeting on August 11th.

The American Legion is celebrating its ***100 Year anniversary 1919 – 2019***. Let's be creative and put our heads together to plan a celebration with a **BANG!** More details will follow.

I am proud and honored to follow in the footsteps of past leaders and members who has volunteered so much of their time to make Neal Thomas Jr. Centennial Post 209 a successful Post.

**FAT:** Faithful, Accountable and Teachable

QUESTION: What suggestions/ideas do you have to improve attendance at meetings and participation in events and functions? Please share your ideas with me. Call or email me at [legionnaire.lino@yahoo.com](mailto:legionnaire.lino@yahoo.com) with ideas.



## From the Unit 209 President

Cathy Barger

I just wanted to say a big heart filled Thanks to my American Legion/Auxiliary Family for all of the love, support and food you gave me and my family through this difficult time with my Father's passing. I'm so honored to belong to an amazing organization.

Just a reminder to turn in your volunteer hours each month, keep track of your monthly volunteer hours, mileage, you can turn them into Pat Weaver or Me. As I mentioned in our last meeting, we are going to work harder on getting all the reports sent to Department on a timely basis and that means that we need your volunteer hours each month.

Please join us on August 11<sup>th</sup> for the breakfast/membership meeting and then if at all possible for the Ice Cream Social at McCandless Nursing home in Florence at 2:00 p.m.

ALR will be hosting their Annual Poker Run on August 25th. ALR has asked the Auxiliary to do the breakfast for this event and we will be asking for Auxiliary members to help with setting up and serving breakfast. Breakfast is from 8:00 am to 10:00 am. We could also use volunteers for selling raffle tickets and setting up the raffle item tables.

We will be going to the Pueblo Veterans Nursing home for an "All Patients" Day on September 15th. We'll have a tent set up and will host a carnival atmosphere game for our Nation's heroes who are residents at the Nursing home. All Patients are guaranteed winners. Let me know if you are available to attend. If this event doesn't work for you, then keep us in mind for the next one.

Happy Birthday to Nancy Bunker, Amy Clum, Mary Fitzgerald, Ingrid Fletchall, Toni Hawkins, Judy Moore, Clarinda Orcutt, Vicki Robinson and Fran Sena. Make sure to wish these ladies Happy Birthday when you see them.

Serving Our Veterans Proudly,

**The Auxiliary will be hosting the August dinner. Please come down and support the Auxiliary, and make sure to RSVP to Jackie Bowen.**



## From the Adjutant

Marvin Weaver, Jr.

A reminder that the Post has a meal just about every Friday of the Month. The first Friday is typically our Hamdogger; the second Friday is provided by the ALR or Auxiliary (the menu changes each month but we try to get it into the newsletter each month); the third Friday is Steak Night; and the fourth Friday is Chef's Choice. There are a few exceptions during the year, the first being if there happens to be 5 Fridays in a month (we don't always have a meal at the Post on the fifth Friday of the Month); the other would be if a conflict arises with the schedule. But we try to get notice out in the newsletter and by email if this happens. Come on down one of these Fridays and see what we have going on.

Thank you to those who have already renewed for 2019 our goal this year is 1,065 members. If you have not renewed yet, please send in your renewal. The best way to stop receiving the renewal notices is for you to send in your renewal as soon as you receive the notice. I will get them processed as quickly as possible. If you have a friend that is a Veteran and is not a member, talk to them about joining. We already know the benefits of being a member, but your friend may not so let them know what we do. Most people when asked say the only reason they are not a member is because they have never been asked; so ask.



**From the Sr. Vice Commander**  
Eric Testorff

**One Bite at a Time**

The LEAP is an acronym I have coined to describe a big issue that happens to all volunteer service organizations, and most organizations in general. But for our purposes here, I'm going to call it the Legion Elephant Avoidance Problem.

Elephant? Is it something to do with the Republicans? No. The zoo? No... it is something to do with "largeness" or "hugeness" depending on how you look at it. In The American Legion, and at Post 209, we are in the business of helping Veterans, helping our active service members and their families, supporting a strong national defense, helping our youth, and promoting Americanism in a time of ever-increasing national schism. The mission appears to be a big one, sometimes a huge one. It can, at times, be a bit daunting.

But how do you eat an elephant? ...one bite at a time.

Post 209 is the largest American Legion Post in the state of Colorado, with well over a thousand members. We have sailed past the next-closest Post in terms of membership, and we keep growing. But at this point, we need to stop and talk about another elephant: The Elephant in the Room.

The Elephant in the Room is something that Veterans groups, churches and other volunteer organizations know about, maybe even talk about, but rarely admit publicly or officially. The problem is this: Only a small handful of members do the lion's share of the work. (See how I worked yet another animal in there?) The Elephant in the Room, like the daunting elephant that one must eat a bite at a time, is nevertheless one that we can deal with as well. We can handle both elephants in the same way: one bite at a time.



**"I suppose I'll be the one to mention the elephant in the room."**

What do I mean by this? Simply, that we start small, and we work away at it in small increments. This strategy involves more and more of our membership, who may not be one of the handful of "lions," but who can do one small or humble thing, and still be significant in that contribution. Some examples would be: Take out the trash to the dumpster; Mow the grass at the Post once in a while; Write an article for the Newsletter; Help fold and stuff Newsletter envelopes; Sit at the 209 table for an hour at a gun show; Go along when we visit our elderly or disabled Veterans in Florence, Pueblo or Laurel Manor; Help hand out Josh Dogs to children in the hospital; Attend a Friday night dinner; Maybe pledge a small, recurring donation to

Post 209: Maybe five dollars a month, or ten. There are other ways to help, but it can be just one thing, even if only for one time. I am reminded of the story in the Bible about the Widow's Mite: A humble contribution can be yet mighty.

As Veterans, we have overcome many obstacles. Let's overcome the LEAP. We don't need to avoid those elephants. We can make them go away. Our military and their families, our Veterans, our area kids, our elderly—they deserve our help in whatever ways we can give it. Your one small step helps Post 209 make those giant leaps.



# QUEEN OF HEARTS PROGRESSIVE CARD RAFFLE

License # 2018-12982

**CURRENT JACKPOT OVER \$1,600 - August**

**\*\*MUST BE PRESENT TO WIN\*\***

Have you heard about our Queen of Hearts Progressive Card Raffle? It's held every Friday night when there is a Post event and it's open to members only (Legionnaire, SAL, Auxiliary and Riders). Tickets are just \$1 each and you can purchase as many as you like. Tickets are placed in a roller and one ticket is drawn for the evening. The winner gets to select one card from the board and winnings are determined by the card selected. Consolation prizes range from \$5.00 to \$50.00 and if you pick the Queen of Hearts you win the Grand prize! So far, the Queen of Hearts has remained hidden but the following people have won a total \$210 in consolation prizes:

3/09/2018	Helen Rydell	\$5	2 of Spades
3/16/2018	Gary Harmon	\$30	Ace of Diamonds
3/23/2018	Marvin Weaver Jr	\$5	2 of Clubs
3/30/2018	Dennis Reed	\$5	4 of Diamonds
4/06/2018	Jackie Bowen	\$5	4 of Spades
4/13/2018	Joe Schmidt	\$50	Queen of Diamonds
4/20/2018	Helen Rydell	\$5	5 of Clubs
4/27/201	Lino Calica	\$10	7 of Clubs
5/4/2018	Rusty Bower	\$20	Jack of Diamonds
5/11/2018	Jeff Stanke	\$20	King of Spades
5/18/2018	Ron Sanchez	\$10	8 of Spades
5/25/2018	Mike Barger	\$40	Joker
6/1/2018	Joe Schmidt	\$5	4 of Hearts
7/20/18	Boys State	\$10	8 of Hearts

Come to the Post and get in on the fun! You can have a great meal and who knows, you may be the one to pick that elusive Queen of Hearts and go home a lot richer!



## **Join Us For an Ice Cream Social at McCandless Veteran's Community Living Center!**

Plan to join us as we travel to Florence on 11 August for our annual Ice Cream Social at the McCandless Veteran's Community Living Center. We will leave immediately following our monthly meeting for a 2:00pm Ice Cream Social.

This is a great time to visit our Nation's Heroes and let them know they are not forgotten. Many of these Vets don't get much company so they look forward to our visit each year.

Please join us. Bring the kids and grandkids. The Veterans at McCandless are always appreciative to get visitors, young and young at heart, and you are guaranteed to walk away at the end of the day feeling GREAT!



**From the Jr. Vice Commander**  
Stan "Sgt. Ski" Krasinski

Good day Legion Family,

The main job of our Second or Junior Vice Commander of an American Legion Post is to boost morale within the Post and make sure that every member is pleased to be part of The American Legion and their Post. The members of the Post are to have fun while at the same time working to improve The American Legion and to serve within the Four Pillars.

With this being said, I would like to invite everyone to use the "Letters to the Editor" function to provide input to the Post Executive Committee. Please send any fun, thought-provoking, and exciting suggestions you may have via email to [letters@legion209.org](mailto:letters@legion209.org).

Help me get some events booked on our Post calendar for the next year! 'We can only make a difference if we are involved...participants not spectators.'

Thank you, again, for this opportunity to serve and please have a great month!



**From SAL Squadron Commander**  
Stanley "Sgt. Ski" Krasinski

Good day Legion Family,

**Let's get acquainted with the Sons of the American Legion, defined as:**

Established; September 12–15, 1932, 86 years ago

Type; Patriotic-Hereditary society

Legal status; Federally chartered corporation

Purpose; Patriotic, fraternal, benevolent

Headquarters; 700 N. Pennsylvania St., Indianapolis, Indiana

Coordinates; 39.776996°N 86.156201°W

Region served; Worldwide

Membership; 370,000+

Official language; English

National Commander; Danny Smith

National Adjutant; Anthony W. Wright

Parent organization; The American Legion

Affiliations; The American Legion Auxiliary and American Legion Riders

(Taken off of the National American Legion website @ <https://www.legion.org/sons/about>)

Here again is my plea, as we head into a new recruitment season, for all current male Legion Post 209 members to consider acquiring dual membership. Also, to share with your children and grandchildren the opportunity for membership. Together we can take our SAL Squadron to new heights! 'We can only make a difference if we are involved...participants not spectators.'

Thank you, again, for this opportunity to serve and please have a great month!



# AMERICAN LEGION POST 209

THE PREEMINENT VOICE FOR VETERANS • COLORADO SPRINGS, CO



## WALK OF HONOR

### Buy A Brick Fundraiser!

If you've attended our meetings over the past year, you may have heard us discuss plans for a new fundraising effort. 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 bricks are engraved using a hybrid method that combines both laser engraving and sandblasting. The engraving is then painted using the same paint used on tombstones so it's extremely durable. Here are the details/answers to questions we anticipate:

- **What Are We Having?** A Brick Fundraising Event
- **Why?** To Further Funding of our American Legion Programs and Offset Increasing Costs
- **What Size Are the Bricks?** We are offering 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 range from \$90 to \$200, depending on size, style and lettering desired. 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?** Prices range from \$250 to \$500, again depending on size, style and lettering.
- **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?** 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 American Legion Riders

President Grady Mitchell

We had a good month in July, starting with our ALR Dinner on the 14<sup>th</sup>. Kevin Deardorff prepared pulled pork, beans and corn, with Peach Cobbler for desert. We followed that up the next day at Post 38's '38 Special' Poker Run that took us south to Rye, then up by Bishops Castle and through Florence. It was a beautiful day and good riding.

We had the Memorial Torch Run come through the Springs, and were able to provide an escort for them, as well as hosting them overnight at the Post. It was good to see them again. We also had our annual Run to McCandless Veterans Home to present them with money raised and to sponsor Vets in the Legion. It was a little different format this year, but still good to talk to the Vets down there.

Coming up this month, we have the Annual POW/MIA Cripple Creek Run the 17<sup>th</sup> – 19<sup>th</sup>. That's always a good time and a chance to meet and talk to motorcyclist from all over the country. We also have our own Poker Run on the 25<sup>th</sup>. We have a great list of items to be auctioned, and our Road Captain, John Hanchek, has laid out a great course for us this year. It should be a lot of fun.

Until next time, keep the rubber side down, and be safe out there.



## From the Judge Advocate

Marvin Weaver, Sr.



The Weaver family has been involved with the Non Commissioned Officers Association since 1990. It is like any other non-profit organization with volunteers serving/working in leadership roles for the organization. Members earn points working as chapter officers, leading committees in projects, recruiting new members, attending conventions, and receiving awards. When a member earns 100 points they can receive the award of being a RAT. The RAT is the first step to becoming a Knight of the Square Table (the leadership cadre of the organization). There are seven steps to Knighthood.



Once you become a Knight there are four different ranks you can hold. First you become a Knight of the Square Table (KST), then Order of the Sword (OS), then Order of Excalibur (OE), and then an elite few reach the top leadership role of Grand Knight (GK). I became a KST in 1994, OS in 1997, OE in 2006 and GK in 2012. My wife, Pat became a KST in 1994, OS in 1997, and OE in 2008. Marvin Jr. became a KST in 2003, OS in 2011, OE in 2015 and is currently serving as the Grand Knight along with the positions he holds within the American Legion. Grand Knights must have served our country in the military. Marvin Jr. and I are the second father and son that have become Grand Knights in the organization and the first living father and son to reach this pinnacle.



## Early Bird Dinner!



Are you an Early Bird? Why is that important? Every year, we like to say thanks to all Legion family members (Legion, Auxiliary, Sons, and Riders) who join or renew early. We do this by buying your dinner on 19 October. To qualify for the free meal, you must have joined or renewed between 1 July and 15 October and RSVP no later than 18 October. That's all there is to it. The dinner is free for the Early Bird only. Guests, kids over 12, etc. will have to pay for their meal at \$10.50 per person. Here's an idea. Sign up your guest(s) and kids as a member of the Legion family before 15 October and they too will get a free meal!

If you're not already an Early Bird, let's "git 'er done!" Renew or sign up before the deadline!



## From the Historian

Art "AJ" Carter

**For those who missed our June and/or July meetings, here is a review of what you missed at Post 209 Past Events Jul 1 thru Jul 14:**

**Jul 1:** New Officers assumed their posts;

- Lino Calica – Commander
- Eric Testorff – Senior Vice Commander
- Stan "Sgt Ski" Krasinski – Junior Vice Commander
- Rusty Bower – Finance
- Art "AJ" Carter – Historian
- Joe Schmidt – Sgt-at-Arms
- Bill Burd – Post Executive Committeeman
- Paul Darrow – Chaplain
- Marvin Weaver Jr – Adjutant
- Marvin Weaver Sr – Judge Advocate
- Lyle Hagelberg – Service Officer

**Jul 4:** We hosted an unscheduled ceremony sponsored by the "Gold Star Mothers and BOOTS66." They awarded a scholarship to a child of a Fallen Colorado Hero. This year's recipient is the son of Frank Buoni-conti. Presenting the award of \$2,000.00 was Wes Lone (US Marine, Retired.). We also conducted a "US Flag Disposal Ceremony," which started at 1100. However, a fire ban was in place so the ceremony was performed without actually disposing the flags (this will be accomplished at a later date). The USAF Academy (USAF) Scout Troop 79, led by Rick Cayemberg, presented the US Flags for disposal. Then at 1200, we started our annual 4<sup>th</sup> of July picnic. There were about a hundred guests in attendance. All brought a dish to share and the Post provided hot dogs and hamburgers.

**Jul 11 thru 14:** We volunteered at the "Pikes Peak or Bust Rodeo," chaired by David and Becky Hall. This event is for nonprofits with the proceeds helping to support service members and their families in the Pikes Peak area. Pictures of the events can be found on Legion209.org.

If you have any pictures you would like to share for our 2018-19 yearbook, please send them to me:

EMAIL: [ajcarter209@comcast.net](mailto:ajcarter209@comcast.net)

TEXT: (603)913-3261

Please indicate what the event or occasion is, when, and who is/are in the picture(s).

Thank You



*\*\*Rusty Bower's column to bring a little "salt" to the Post.\*\**

### Origin of NAVY Terminology

Rusty Bower



#### Mid-rats:

Short for mid rations. The food line opens from 2300 hours to midnight on small boys and 2300 hours to 0600 hours and usually consists of leftovers from the evening meal and easy-to-make food like hamburgers, sandwich fixings, and weenies.



### **From the Post Judge Advocate**

Marvin Weaver, Sr.

### **Military Retiree/Military Retiree Spouse Information Day**

The Military Retiree Information Day is scheduled for September 15 at the Peterson AFB at “The Club” (building 1013). There will be 25 informational tables for both on-base and community activities. Presentations will be Pikes Peak National Cemetery (0830-0900), Tricare, Tricare for Life and Medicare (0915-0945), Potential Budget and Legislative impacts on military retirees (1000-1030), Federal Long term care insurance program (1045-1115) and How does legalization of marijuana impact military retirees (1130-1200). If you are a military retiree and/or the spouse of a military retiree, you are encouraged to attend.



### **From the Finance Officer**

Rusty Bower

I'm not sure if everybody is aware how our fiscal year runs. It starts July 1st and runs through June 30th. In accordance with our By-laws, the Finance Officer and the Judge Advocate conducts a Financial Audit. This year the Financial Audit was conducted on June 27th by me and Judge Advocate (Marvin Weaver, Sr.). All transactions were looked at and two discrepancies were noted on the Club account that were immediately fixed on the spot. They were paper invoices filed but not recorded electronically. All other transactions reviewed were correct without any action required.

I also want to give you an idea where a lot of our money is spent. Here are a few examples of annual costs:

- Utilities - \$7,626.00
- Insurance - \$5,000.00
- COMCAST - \$1,865.00
- Newsletter - \$1,850.00
- Trash - \$1,730.00



### **From the Sergeant-at-Arms**

Joe Schmidt

Recently I was able to participate in a program with Family Promise of Colorado Springs. As part of the program, families come and stay at various churches in the Colorado Springs area and during that time we house, feed, and comfort those who have fallen on hard times. During my congregation's time of service hosting four different families, I had the honor of meeting one young female Army Veteran who had just given birth to a beautiful baby boy. The baby, only days old and a mother who you could visibly see was still recovering from child birth were homeless. The first night at dinner I began to speak with her learning her story and that's when I found out she was an Army Veteran. I immediately told her about The American Legion and asked if there was any way we could help. Her initial response was no, but after telling her the American Legion Family is here to support all Veterans she stated she needed a stroller for her newborn. After a conversation at the Colorado Department Convention with other Post and Auxiliary officers, I soon realized the power of our Veteran community. There was no hesitation in supporting this homeless Veteran and her newborn. After ordering the stroller we held a small fundraiser at our annual Fourth of July BBQ. This fundraiser, intended to cover the cost of the stroller, exceeded our expectations. While not only being able to cover the cost of the stroller we raised an additional \$450 to support this homeless Veteran and her newborn child. After contacting Family Promise of Colorado Springs, we were able to reach an agreement and write a check to Family Promise. They will use it to cover the cost of clothes, food, dippers, or anything else her or her baby may need.

This is an outstanding example of what it means to be a Legionnaire; helping others we may have never met, reaching deep into our hearts to give someone a second chance at life. This money, although not enough to buy a house or rent an apartment is life changing when you have nothing else. American Legion Post 209 gave this to a Veteran and her child knowing they may never meet her or her baby, that we may never hear her name, but we supported something bigger than ourselves. I am very proud to be a part of such a Post who can open their hearts when others are in need.

## **Bringing a Little South to the West**

Past Post Commander Jay Bowen

Home remedies. It's amazing to me how they are carried from generation to generation, especially in this day and age. We have made so many advancements in medicine that you would think no one would still use the techniques and remedies handed down from our parents, grandparents, and ancestors. But we do, at least in the south.

My Dad smoked 2-3 packs of cigarettes per day most of his life. I can still recall as a kid, and even into adulthood Dad would put his mouth next to our ear and blow cigarette smoke into our ear canal when we had an earache. Did it help? Yep! I don't know if it was a placebo effect or if there was something in the smoke with medicinal qualities, but we didn't care. The earache either went away completely or at the very least our pain subsided.

An old trick that my parents used on us when we would get car sick on long trips was to stop alongside of the road, find a small smooth stone, wash it off and have us put it in our mouth and suck on it. Our nausea would go away within minutes of sucking on that rock. I used the same remedy for my boys when we would make those long trips from El Paso, TX to Memphis and the boys got nauseated. Again, was it a placebo or did the minerals in the rock act as a medicine? Who cares, it worked!

My Dad was prone to get heartburn after dinner, regardless of the meal (I'm certain the after dinner cigarette had nothing to do with it). When that happened, he would fix himself a dose of "sodie." This was a teaspoon of Baking Soda in a regular glass of water. This was long before anyone heard of Tums or Maalox. The heartburn would go away within minutes. We kids would spoon up a dose anytime we got sick from eating, or sometimes just because.

And then there was Castor Oil. I don't think I've ever tasted anything as nasty as this stuff. My parents and grandparents seemed to think that was the "fix all" for anything that ailed us. It worked as a great (and quick) laxative. I guess they thought that whatever was making us sick would get flushed out. Man, I hated that stuff!

It seems that at one time or another growing up, all four of us kids suffered from what our parents and grandparents called "bad blood." No, this didn't mean we were fighting anyone, although we did that often, it was a term they used to indicate we were anemic. The cure; eating a lot of raisins. At first, we thought this was probably the best medicine we could eat. After a while though, I'd get sick just thinking about eating them. But that didn't matter, and it seemed to get the old blood flow working properly. I'd be willing to wager that between the four of us, we ate enough raisins to increase the Sun-Maid stock by 50%. I don't even want to know if it really works. I'm just glad I don't have to eat them anymore.

And the absolute best home remedy was to bring attitudes and bad behavior back into line. For Dad, it was a belt, Mom employed a shoe (whatever shoe she happened to be wearing at the time), and our grandparents preference was a hickory switch. Even our school teachers and Principals had a "home remedy" for misbehavior; it was a wooden paddle. All worked extremely well and quickly and applied generously across the butt. I think the order of effectiveness for me was a hickory switch, paddle, belt, and shoe, in that order. I recognize there are some out there who would find this cruel and unusual punishment and probably would argue that spankings were not a deterrent for bad behavior. But I can tell you in the Bowen household, it worked. And we rarely got spanked for the same offense more than a couple of times. And even though I thought most of them were unwarranted at the time, I don't recall any incident that resulted in a "whoopin" that wasn't deserved. Matter of fact, there was several times I should have gotten one and didn't.

Nowadays, I've traded my dose of "sodie" for a shot of Crown. Same results, it's just Crown works faster.



## Post Officers 2018-2019

Office	Name	Telephone
Commander	Lino Calica	719-963-0956
Sr. Vice Cdr	Eric Testorff	719-510-4177
Jr. Vice Cdr	Stan "Sgt. Ski" Krasin-ski	719-359-6356
Adjutant	Marvin Weaver, Jr.	719-244-3535
Finance Officer	Rusty Bower	719-649-0654
Chaplain	Paul R. Darrow	719-237-4461
Sergeant-at-Arms	Joe Schmidt	651-328-9029
Historian	Art "AJ" Carter	603-913-3261
Post Exec. Cmtee	Bill Burd	719-330-1279
Service Officer	Lyle Hagelberg	719-231-2364
Judge Advocate	Marvin Weaver, Sr.	719-638-4763
Club Manager	Art Kimbrel	719-339-4610
Honor Guard Capt.	Eric Testorff	719-510-4177



## ALR Officers 2018-2019

Office	Name	Telephone
President	Grady Mitchell	719-201-3353
Vice President	Steve Hayes	719-494-7166
Secretary	Amy Mitchell	719-321-8291
Treasurer	Rusty Bower	719-649-0654
Sgt-At-Arms	Tim McDowell	719-510-9907
Road Captain	John Hanchek	719-648-5415



## Auxiliary Officers 2018-2019

Office	Name	Telephone
President	Cathy Barger	719-290-3163
Vice President	Donna Rae Smith	815-973-0073
Secretary	Pat Weaver	719-638-4763
Treasurer	Kellie Hayes	719-494-7167
Chaplain	Jackie Burd	719-590-6615
Sergeant-At-Arms	Kris Floyd	719-308-2150
Historian	Nancy LaFayette	719-594-6806



## Sons of The American Legion 2018-2019

Office	Name	Telephone
Commander	Stan "Sgt. Ski" Krasinski	719-373-7814
Vice Commander	Eric Testorff	719-510-4177
Adjutant	Steve P. Cox	970-580-8191
Finance Officer	Rusty Bower	719-649-0654
Sergeant-at-Arms	Stanten Krasinski	719-359-6356
Chaplain	Shelten Krasinski	719-359-6356
Historian	Trystan Cline	
Squadron Advisor	Ken Taylor	719-761-4047

## Calendar of Events (see back page for August Calendar)

### September

- 6th; Post Executive Committee Meeting, 6:30pm
- 7th; Hamdogger Nite **(CANCELLED)**
- 8th; Breakfast, 9:00am
- 8th; Legion/Aux. General Membership Meeting, 10:00am
- 13th; Young Guns, 6:30pm
- 14th; ALR Dinner, **(RSVP Required!)** 6:00pm **(\$9.00)**
- 17th; ALR Executive Board Meeting, 6:00pm
- 19th; Marksmanship Training, 6:30pm
- 20th; Young Guns, 6:30pm
- 20th; Fundraising Committee Meeting, 7:00pm
- 21th; Steak Night **(RSVP Required!)**, 6:00pm **(\$14.50)**
- 22nd; Healing Warriors, 9:00am
- 25th; ALR Monthly Meeting, 6:30pm, Social Hour, 5:30pm
- 25th; SAL Monthly Meeting, 5:45pm
- 26th; Marksmanship Training, 6:30pm
- 27th; Young Guns, 6:30pm
- 28th; Chef's Choice **(RSVP Required)**, 6:00pm **(\$10.50)**

### October

- 3rd; Marksmanship Training, 6:30pm
- 4th; Young Guns, 6:30pm
- 4th; Post Executive Committee Meeting, 6:30pm
- 5th; Hamdogger Nite
- 10th; Marksmanship Training, 6:30pm
- 11th; Young Guns, 6:30pm
- 12th; ALR Dinner, **(RSVP Required!)** 6:00pm **(\$9.00)**
- 13th; Breakfast, 9:00am
- 13th; Legion/Aux. General Membership Meeting, 10:00am
- 15th; ALR Executive Board Meeting, 6:00pm
- 16th; Veterans' Stand Down
- 17th; Marksmanship Training, 6:30pm
- 18th; Young Guns, 6:30pm
- 18th; Fundraising Committee Meeting, 7:00pm
- 19th; Early Bird Dinner **(RSVP Required!)**, 6:00pm
- 23rd; ALR Monthly Meeting, 6:30pm, Social Hour, 5:30pm
- 23rd; SAL Monthly Meeting, 5:45pm
- 24th; Marksmanship Training, 6:30pm
- 25th; Young Guns, 6:30pm
- 26th; Chef's Choice **(RSVP Required)**, 6:00pm **(\$10.50)**
- 27th; Healing Warriors, 9:00am
- 31st; Marksmanship Training, 6:30pm

August 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 August, Ice Cream Social, McCandless Veterans' Home - 2:00pm			1	2 Executive Committee Meeting 6:30pm 	3 Price Varies with order Hamdogger 6:00pm 	4
5	6	7	8	9	10 \$9.00 Meal Auxiliary Dinner - RSVP Required! 	11 Membership Meeting Breakfast - 9:00am Meeting - 10:00am  
12	13	14	15	16 Fundraising Committee Meeting 7:00pm 	17 \$14.50 Meal Steak Night! - 6:00pm RSVP Required!   	18
19	20 ALR Executive Board 6:00pm 	21	22	23	24 \$10.50 Meal Chef's Choice! - 6:00pm RSVP Required!   	25 Healing Warriors 9:00am - 12:30pm
26	27	28 ALR Monthly Meeting 6:30pm. Social 5:30pm SAL 5:45pm 	29	30	31	Notes:



**Renew Your Membership Now!**



Please don't wait. Renew now and so we can save on reminders and renewal notices.

Instead, let's use that money to help our Veterans and our community.

Contact the Post or visit our website at [legion209.org](http://legion209.org) and renew today!