

The Centennial



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From the Desk and Mind of the Commander

Jay Bowen

By the time you read this article, another picnic at our relatively new Post home will be history. I hope everyone that attended the picnic had a good time and ate as much as they wanted. Unless you were with us prior to moving in to our Post home, you can't appreciate how relaxing and nice it is to be able to do this without months of preparation and negotiation for a place in a park. We are truly blessed to be able to have events such as this at our "home."

We are still looking for volunteers to step up and help with standing committees. If interested in supporting your Post and area Veterans by giving up just a few hours each month, let me or Larry Johnson know. We'll get you involved in one of the committees that are one or two people short. The only thing I ask and expect is that if you volunteer for a committee or a Post position and later decide you need or want to withdraw, let me know. I welcome anyone's assistance, but I understand if it is not what you thought it would be and want to change directions. But please don't leave your buddies hanging.

Speaking of committees, the hottest one we have recently created is a "Convention Committee." Since our bid to host next year's Department Convention was accepted, we have much work to do in preparation. We've identified the core committee (headed by Chet Dean) to address everything we need to do to make next year's Convention successful. From that committee we expect several sub-committees to address specific issues, such as Honor Guard, and Special Post Events each evening during the Convention. Please consider volunteering for the Convention Committee or one of the sub-committees coming very soon.



President's Column

Jackie Bowen

I would like to thank the following ladies and gentleman for giving their time to help fold the pocket flags: Dinorah Smith, Dorothy McLaughlin, Elwin McLaughlin (Mac), Linda Cancellieri, Joyce Moyer, Cleo Allgood, Kellie Hayes, Michelle Silverstein, Joyce Horne, Collette Hobson, Evelyn Muckelrath, Dianne Lloyd, Lynn Thomas, and Annie Peterson. We were able to get 404 pocket flags done with the help of these wonderful people and some even took flags home to fold. Thank you again for help.

There has been some discussion about doing a Unit cookbook. I would like to get feedback from our Unit members. It would be something the Unit would publish ourselves with favorite recipes from our members. Many people believe (and I'm one of those) it would be a great fundraising idea. What do you think ladies? This would also be opened up to the Legionnaires. I know several of them have some great recipes.

Along those same lines we will do a recipe swap at our September meeting. If you have a special recipe you would like to share please bring a few copies to the meeting with you. We have been averaging about 12 members per meeting. Now isn't that a great statement considering when we started meeting 3 years ago we had 5. That was the officers.

National Auxiliary will be mailing out renewal forms at the end of August. You don't have to wait until then to renew. You may send in your dues at any time to Mary Grier. Her address for those that don't have a roster is 3257 Squaw Valley Dr. Colorado Springs, CO 80918. For those of you that pay by Oct 15th you will get a free meal at the Early Bird dinner

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

**From the Auxiliary President
Jackie Bowen**

We are already over 50% on our membership goal for 2011. You may recall last month I delivered a challenge to everyone about bringing in new members. It appears some of you have accepted the challenge, and a couple have done so with a vengeance. GREAT! I look forward to the contest. I can assure you I won't slow down on recruiting, so don't just think you can turn in 4 or 5 new members and stop. Game on!

As I've mentioned in previous articles, it is my intent to have a guest speaker at every monthly meeting. If there is a particular person and/or subject you would like to get more information about, or if you have something you feel would be of interest to our members and want to share that information, let me know. There are many people and organizations in this area that welcome an opportunity to speak; all they need is an invitation.

Okay, I've rambled on enough this month. Thanks again for your devotion to our Post and the cause of helping Veterans and their family.

We are indeed "Veterans Helping Veterans



Centennial News Articles

For all officers of the Post, Committee Chair's and anyone who wants to submit newsletter articles, they are to be done in font of Times New Roman with a size of 12. All articles need to be turned in to the Adjutant by sending them to the Post at AmLegion209@base.comcastbiz.net and to john8936@msn.com by the 15th of every month. We reserved the right to edit articles as needed.

held on Oct. 23rd.

On Oct. 14th there will be a Stand-down held in Colorado Springs. A Stand-down is where they bring in homeless Veterans and give them food, clothes, medical screening, etc. They are always looking for volunteers. If you would like to help just let me know and I will get more information from the organizers.

Serving Our Veterans Proudly!

Jackie Bowen

UPCOMING EVENTS FOR CONSIDERATION

In the planning phase is Christmas Dinner on Sunday, 19 Dec at 4:00 P.m.

A New Year's Eve party with a breakfast in the early morning, with entertainment.

The biggest question being considered is how many would be interested in making reservations or pre-paying to ensure everyone in attendance has party favors, and other items needed, as well as sufficient food to feed the crowd.

If you think you might be interested in spending the evening with fellow veterans who have something in common, please let us know by sending an email to AmLegion209@base.comcastbiz.net or by calling 719-599-8624 and leaving a message.

Post Opening

Earlier this summer I let everyone know that the Executive Committee wanted to know how many members came down and utilized the Post during the summer. I am reporting that some members of the Centennial 209 family only came down for the breakfasts, meetings, Hamdogger Wingding night and the Coast Guard Birthday. For whatever reason, no one has found the right activities or key functions to get everyone involved. If you have some ideas please let us know. The Post is for the Centennial Family and their friends to use.



Post Officers
HAPPY ANNIVERSARY

Office	Name	Telephone
Commander	Jay Bowen	719-574-1223
Sr. Vice Cdr	Paul Ray	719-229-1494
Jr. Vice Cdr	Chet Dean	719-638-8805
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	Crystal Weller	719-481-8100
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: www.americanlegioncoloradosprings.org



**Auxiliary Officers
2009-2010**

Office	Name	Telephone
President	Jackie Bowen	719-574-1223
Vice President	Annie Peterson	719-599-3818
Secretary	Lynn Thomas	719-392-1510
Treasurer	Mary Grier	719-536-0438
Chaplain	Marion Daugherty	719-637-9555
Sergeant-AT-Arms	Kim Brietske	719-266-8790



**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



2 Sep	Executive Committee Meeting 6:30 P.M.
3 Sep	Hamdogger Wingding Night 6:30 P.M.
6 Sep	Labor Day — the last of Summer vacations; Post Open House 1:00 P.M.
11 Sep	Breakfast 9:00 A.M. Legion & Auxiliary Meetings 10:00 A.M. 9-11 Remembrance Day
18 Sep	Air Force B-Day Dinner 6:00 P.M. All Patients Day — Pueblo VA hospital POW/MIA Recognition Day
24 Sep	Baby Back Rib Dinner 6:30 P.M.
1 Oct	Hamdogger Wingding Night 6:30 P.M.
7 Oct	Executive Committee Meeting 6:30 P.M.
9 Oct	Breakfast 9:00 A.M. Legion & auxiliary Meeting 10:00 A.M.
11 Oct	Columbus Day
13 Oct	Navy Birthday — Spaghetti Dinner 6:30 P.M.
15 Oct	Cutoff for Early Bird Dinner
23 Oct	Early Bird Dinner 6:00P.M.
30 Oct	Post Halloween Party 6:30 P.M.
1 Nov	Begin Food Drive — bring non-perishable food to the Post.
2 Nov	Election Day — Get out and VOTE
4 Nov	Executive Committee Meeting 6:30 P.M.
5 Nov	Hamdogger Wingding Night 6:30 P.M.
6 Nov	Veterans Day Parade— Assembly 8:00 A.M.
10 Nov	Marine Birthday—Spaghetti Dinner 6:30 P.M.
11 Nov	Veterans Day
13 Nov	Breakfast 9:00 A.M. Post & Auxiliary Meeting 10:00 A.M.
25 Nov	Thanksgiving Day



FROM THE CUB SCOUTS
JOHN BROWN

Scouts:

Both Packs 24 and 386 are active in scouting and have enjoyed the summer vacations and now it is back to school and "Popcorn sales." The packs have put together their budget for the coming year and the majority of the funds to support the scouting adventures is derived from Popcorn sales.

We will be having the scouts at our monthly meetings and you are more than welcome to purchase popcorn at the many locations scout's will be selling it across the city.



FROM THE CHAPLAIN
MARIO TARACENA

HAROLD GREGORY (JAN) GARBER: A long time Legionnaire passed away peacefully on July 25th surrounded by his family. He is survived by his wife, two children, four grandchildren, 6 great grandchildren. Harold was a career Air Force Veteran who served valiantly during WWII flying cargo planes between India and China through the treacherous Himalayan Mountains. He moved to Kaysville, Utah 5 years ago to be near his children. His funeral services were held in Price City, Utah.

ROBERT (BOB) KULA: A respected and active member of our post passed away August 5th. He is survived by his wife Hazel, who is also well known at the Post. He is also survived by two children, 4 grandchildren and 6 great grandchildren. Bob served honorably in the US Army and was always very service oriented, volunteering his time and efforts to the Kiwanis Club, Lions Club, and Rotary Club, Fellowship of Christian Athletes, the Shriners, plus various community projects benefiting children. A celebration of life service was held at the Colorado Springs Masonic Center. Bob's presence will be sorely missed. But after serious health challenges he is no longer suffering, but at a place of rest and tranquility.

MEMBERSHIP

As of the writing of this newsletter we have 24 new members who have joined the Post. Please join with me and welcoming these new Legionnaires to the Post

John	Baldwin
Dawn	Bauer
John	Bauer
Michael	Chladek
Mark	Cravens
Gary	Ellison
Robert	Erler
Ronald	Hamel
Timothy	Koszalka
James	Moreno
Edwin	Plante
Robert	Prochaska
Patrick	Roddy
Margaret "Toni"	Trainer
Charles	Turns
Mark	Werner
Gail	Whalen
Patric	LeHouillier
Kelsey	Marchalk
Phillip	Tinsley
Kevin	Buford
Timothy	Dutter
John	Nisewaner Jr
Philip	Robinson

The following have transferred into the Post. When you see them give them a warm welcome.

Alan	Hartman
Warren	Johnson
Michael	Morton
Michele	Skirka
Otis	King Jr
Bobby	Smith
Robert	Cancellieri
Martha	Iverson
David	Neyland
William	Duncan
Donald	Shuck
Harry	Ahlgren

On top of the above we have 314 Legionnaires who have renewed their membership for 2011.

THANKS TO ALL WHO ARE MAKING A DIFFERENCE

STOP LOSS DEADLINE

If you qualify for STOP LOSS and have not submitted your request for your stop loss pay you must do so by 31 Oct 2010. Below is the contact information for your branch. Fill out a DD Form 2944 and follow the instructions. GET 'ER DONE!

DEPARTMENT OF THE ARMY:

It is preferred that applicants submit on-line applications to the US Army Stop Loss Program Office, via the web-based, on-line system at <https://www.stoplosspay.army.mil>. Alternatively, hard copy signed and dated applications may be E-mailed to: retrostoplosspay@conus.army.mil; Mail: 5109 Leesburg Pike, Suite 302, Falls Church, VA 22041 Telephone: (877) 736-5554 toll free

U.S. MARINE CORPS:

DEPARTMENT OF THE AIR FORCE:

Active, retired and former USAF members:
<http://www.afpc.randolph.af.mil/stoploss>
E-mail: afpc.dpsos.stoploss@randolph.af.mil
Fax: (210) 565-4599 Mail: AFPC/DPSOS (Stop Loss Section) 550 C. Street West, Suite 3 Randolph AFB, TX 78150-4713

Reserve Components Branch

E-mail: arpc.contactcenter@arpc.denver.af.mil
Fax: (478) 327-2215 or DSN 497-2215
Mail: HQ ARPC/DPS (Stop Loss Section)
6760 E. Irvington Place
Denver, CO 80280

DEPARTMENT OF THE NAVY:

Commander
Navy Personnel CommandPERS 832
5720 Integrity Drive
Millington, TN 38055-8320
Telephone: (901) 874-4427, DSN: 882-4427
Email: NXAG_N132C@navy.mil

It is preferred that applicants submit on-line applications to the Marine Corps Stop Loss Program Office (SLPO), via the web-based, on-line Stop Loss Case Management System (SLCMS) at the following URL: <https://www.manpower.usmc.mil/slcms>. Alternatively, hard copy signed and dated applications may be mailed to: Headquarters U.S. Marine Corps Manpower and Reserve Affairs MID/SLPO 3280 Russell Rd. Quantico VA 22134-5103 SLPO Organizational Mailbox: stoploss@usmc.mil SLPO toll free phone number: 1-877-242-2830



Monthly Breakfast/Meetings

Our General Membership Meetings are on the 2nd Saturday of every month unless posted in the monthly newsletter.

Our breakfast starting at 9:00 A.M. and prior to the General Membership Meeting, at 10:00 A.M. has proven to be a great success as those who have attended will certainly attest. It's the best \$8.00 deal in town.

This is a great way to start the weekend and best of all, Mom doesn't have to cook. No reservations are required.

We offer a great selection of food and fruits, however, the cooks and kitchen committee reserve the right to change the menu and surprise you with a selection of different dishes from time to time. Come on down and see what we have.

Air Force Birthday Dinner

The dinner starts at 6:30 P.M. You don't have to be a member of the Air Force to come and celebrate their birthday. Bring the kids. They will enjoy the spaghetti and let them watch a movie afterwards.

It will be fun to see which service is represented the best at the dinners. So far the turnout at the Coast Guard birthday has been the best.



REMEMBERING OUR POW/MIA



Hamdogger Wingding Nights

Don't forget the Hamdogger, Winding Nights are now held on the 1st Friday of every month beginning September, at 6:30 P.M. Yum! Yum!

Prescription Drug Disposal Update 01: Leftover medicine has a way of causing trouble. Flushed down the drain, it pollutes lakes and rivers as well as our drinking water. Kept at home, it's a poison risk for small kids and teens. And passed along to a family member or a friend, it encourages people to dose themselves without a prescription. Of more than 4 billion prescriptions written yearly, it is estimated that that some 40% go unused. That's about 200 million pounds of meds, including those in liquid form. To help dispose of unused medications properly; the National community Pharmacists Association has launched a —Dispose My meds! campaign. More than 800 community pharmacies in 40 states have signed on.

To locate one go to www.DisposeMyMeds.org and enter your zip code to find a participating pharmacy near you. If one is near you just bring them the drugs and it will send them to a medical-waste disposal facility. Or you can get a prepaid postage envelop and mail the drugs from your home. If a drug take-back or collection program is not available in your area, refer to Federal Guidelines from the Office of National Drug Control Policy on the proper disposal of medications at www.WhiteHouseDrugPolicy.gov. The following is from this website:

Do not flush prescription drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so. For information on drugs that should be flushed refer the FDA website.

<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm>

To dispose of prescription drugs not labeled to be flushed, you may be able to take advantage of community drug take back programs or other programs, such as household hazardous waste collection events, that collect drugs at a central location for proper disposal. Call your city or county government household trash and recycling service and ask if a drug take back program is available in your community.

If a drug take back or collection program is not available:

1. Take your prescription drugs out of their original containers.
2. Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.
3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.
4. Conceal or remove any personal information, including Rx number, on the empty containers by covering it with black permanent marker or duct tape, or by scratching it off.
5. Place the sealed container with the mixture, and the empty drug containers, in the trash.



FROM THE HISTORIAN
CRYSTAL WELLER

HISTORIES ARE IMPORTANT

As Post 209's new Historian, I am truly honored and CHALLENGED. After Reading the Historian's job description, the position is NO easy task; if it is to be done "by the book." That book being The Officers Guide and Manual of Ceremonies. 2010 edition, pgs 160-169.

Post 209 has many activities planned for the upcoming year. (2010-2011) Hosting the Department Convention is an extremely prestigious, yet Grand undertaking! It takes **TEAMWORK** to make anything a success. We need your help! We need you! For anyone that wants to help; please call, email, write, text or even fax Post 209. Just contact us somehow! We appreciate the help and nothing is too small of a contribution.

I am going to conduct a Scrap Booking Introductory class in the near future. **KEEP IN MIND**, that scrap booking is a way to record your family's history. Watch for the date in October, 2010.

Until next time, have a Blessed Month. Always **Remember the Victims of 911**, those who serve our Country, and for those who have died for our Country; **OUR COUNTRY THAT IS STILL FREE. GOD BLESS THE UNITED STATES!.**



From the Adjutant
Larry L Johnson

Currently, I have 300 Legionnaires, Auxiliary and sons of The American Legion members who have stepped up and let the monthly newsletter "THE CENTENNIAL" and updates and items of interest to be sent via email. Who will be number 301?

Last week I had a conversation with a Legionnaire who was commenting on the number of renewal requests she had received last year and she was wondering how to keep from getting them. I explained to her that renewal notices are sent out because she had renewed her membership late in the year and that if she wanted to help The American Legion and Centennial 209 save money she could renew her dues now and more than likely after the next mailing she wouldn't get a renewal notice thus saving the organization money.

I don't know about you, but I seem to get a lot of paper mail every day and it piles up very fast.

One of the ways that I have cut down on the amount of paper coming to the house is providing my email address to organizations that I belong to and request that when they prepare the monthly publications to send me the information via email. I can read the information and if I want to keep it or just a portion of it I can print it or save it to file or if I don't want to read it, I just hit the delete button and every once in a while I clean out my trash box. In a way I feel pretty good about insisting that information be sent via email as much as possible as it saves that organization printing costs as well as mailing costs, and in today's economy every little bit helps. Don't forget there are rumors already that the USPS (our mail) is going to go up again in January.

If you haven't already done so but would like to try it, I would like to ask that you send an email to Am-Legion209@base.comcastbiz.net stating you would like to receive "The Centennial" and updates via email.

The Post does not forward chain emails or jokes or anything like that. We do send the newsletter and information concerning job openings, job fairs, updates to your email and Veterans Benefits. The subject block will always have something pertaining to The American Legion. We will always send bulk mailing by Blind Carbon Copy (BCC) so no-one else will receive your email address.

Please help us save money this year and every year.



FROM THE SERVICE OFFICER
JOHN BROWN

Two items this month: First is the news about which some of us have been waiting. According to the Gazette 2 Aug addition "Congress backs new Agent Orange compensation." In Oct, the Department of Veterans Affairs likely will begin to pay thousands of disability claims to Vietnam veterans with ischemic heart disease, Parkinson's disease and B-cell leukemia – illnesses newly associated with exposure to defoliants, including Agent Orange.

Second item: Until such time as the Veterans Benefit Administration changes it's rules, every time a veteran receives any medical service from the Veterans Health Administration, ***THE VETERAN MUST DETERMINE THAT THE MEDICAL CARE PROVIDER IS AN EMPLOYEE OF THE VETERANS ADMINISTRATION*** and not a student, fee for service or contract medical provider if the veterans wants to be assured that he or she will be compensated by VBA if they are injured during the procedure. In the event that the medical provider is a fee for service, contract provider or student, the veteran must check the provider's insurance carrier and coverage limits to determine if he can be adequately compensated if injured.

In the event a veteran declines to be seen by a contract or fee for service provider, the veteran should request that the service be provided at a VA medical facility by a VA employee. Failure to do so voids your rights to file an 1151 claim in the event you are injured.

Retiree Appreciation Day is coming to Fort Carson in October. Retirement Services at Fort Carson can be reached by calling 719-526-2840 or by email at retirement-services@carson.army.mil

Baby Back Rib Night

Don't forget BBQ Baby Back Rib Night is Friday, 24 Sep beginning at 6:30 P.M.

They are waiting JUST FOR YOU.

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

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This is what makes up the American Legion and what the American Legion lives for.