



The Centennial

Volume XIII Edition 10

October 2022

AMERICAN LEGION NEAL THOMAS JR. CENTENNIAL POST 209



Photo credit: Marvin Weaver Jr. (Post 209 Commander). Jackie and Jay Bowen at National Convention in Wisconsin.

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<https://www.facebook.com/AmericanLegionCentennialPost209/>



The American Legion Post 209 Officers 2022-2023

Commander:	Marvin Weaver, Jr.	(719) 244-3535
Adjutant:	Doug Millison	(719) 599-8624
Sr. Vice Commander:	Steve Hayes	(719) 494-7166
Jr. Vice Commander:	Jerry Hopper	(918) 953-9980
Honor Guard:	Joel Haas	(719) 482-4496
Finance Officer:	Sarah Tobin	(719) 439-7724
Service Officer:	Brian Murphy	(719) 930-4147
Judge Advocate:	Marvin Weaver	(719) 638-4763
Historian:	Kurt Skinner	(719) 963-3517
Exec. Cmte/Club Mgr:	Art Kimbrel	(719) 339-4610
Chaplain:	Brad Henderson	(830) 660-4072
Immediate Past CDR:	Lino Calica	(719) 963-0956
Sgt.-at-Arms:	Bobby Senter	(719) 660-3775



American Legion Auxiliary Unit 209 Officers 2022-2023

President:	Royce Hopper	(918) 953-9993
Vice President:	Cathy Barger	(719) 290-3163
Secretary:	Pat Weaver	(719) 638-4763
Treasurer:	Kellie Hayes	(719) 494-7167
Chaplain:	Mary Bramer	(719) 633-8612
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Historian:	Sarah Tobin	(719) 439-7724
Sgt-at-Arms:	Michelle Bresee	



Sons of The American Legion Squadron 2022-2023

Commander:	Rob Barry	(719) 930-5725
Adjutant & Finance Officer:	Ken Taylor	(719) 461-4047
Sr. Vice Commander:	Brad Henderson	(830) 660-4072
Chaplain:	Brad Henderson	(830) 660-4072
Jr. Vice Commander:	Chris Hollingsworth	(910) 364-1677
Sgt-at-Arms:	Bob Ingram	(480) 353-8234



American Legion Riders Post 209 Officers 2022-2023

President:	Ed Santos	(719) 329-4357
Vice President:	Jerry "Rico" Shay	(719) 244-3901
Secretary:	Royce Hopper	(918) 953-9993
Treasurer:	Scott Laudan	(719) 238-2679
Sgt-at-Arms:	Bobby Senter	(719) 660-3775
Road Captain:	Sean Cope	(719) 246-4820
Historian:	Tina Cope	
Communications:	Gary Asp	(719) 822-3270



American Legion Amateur Radio Club (TALARC) Officers

President:	George Johnson	(910) 494-9768	KE0ALQ
Vice President:	Jim Johnson	(719) 201-5829	W0GTA
Trustee & Secretary:	Harvey LeCato		W1JU
Treasurer:	Henry Russell J		KC0NAJ



From the desk and mind of the Commander

Hello and welcome to October. This year is flying by. I intended my article to be about fall and Halloween, but I have a different subject on my mind lately. As I write this article, I and other Legionnaires from the Post have just returned from National Convention in Milwaukee. We had a good time and learned much from our time in Milwaukee.

I am sure you have seen the **BE THE ONE** branding that national has come out with recently. It was on the cover of the most recent [The American Legion magazine](#). It is also all over the national website. Indy car racers Tony Kanaan, Jimmy Johnson, and Alex Palou also got behind the theme. What does it mean? It is intended to remind us all that we can **BE THE ONES** to end veteran suicide.

We all have heard of the number that 22 veterans commit suicide every day. Most of us, if not all of us, know of someone they have had a brother or sister take their own life. I have a friend I did not realize was heading down that path, but he succeeded four years ago. I also have a fellow Legionnaire who has had at least three of his friends he served with take their own lives in the four years we have been friends. Veteran suicide is a big problem, and the Legion is prepared to battle to end this for good.

How can I help, you ask? It is simple; you don't have to have a Ph.D. or work in social service to help. All you need to do is ask, listen, and reach out.

Ask veterans how they are doing. One of the tools for this that The American Legion came up with is buddy checks. Buddy checks don't have to be done at a specific time of the year or as a post-sponsored event. Instead, call one of your buddies to see how they are doing and if they need anything. You don't even have to check on them as a buddy check. Just call them because you might be thinking of them.

When you are asking your buddy how they are doing, the next thing is to Listen to what they are saying. Remember, they don't need you to fix them. Instead, they need someone to listen.

If you know of a veteran struggling or going through a hard time, reach out and see if they need help or to talk with someone.

You don't have to have the answer or know how to fix a friend's problem. Sometimes the best thing is to show them you care and lend an ear. If the problem is beyond your help or they are still in a bad way, encourage them to reach out for professional help. Asking for help is not a sign of weakness.

Always remember that you can **BE THE ONE**. Thanks for all you do to help our post and veterans.

Marvin Weaver, Jr.
Post 209 Commander





From the desk of the Jr. Vice Commander

. The American Legion National Convention is over and among the many things that occur during these conventions is the election of our new National Commander. The new commander for the following year is Vincent J. "Jim" Troiola, from the Department of New York. Thank you, and good luck, commander. More about Jim from the national website:

His theme as national commander is "VETS, Veterans, Education, Teamwork and Sponsor."

A life member of American Legion Post 1682 in Rockland County, NY, he served in the US Navy and Navy Reserves from 1969 to 1974. He completed a tour aboard the USS Nitro, an auxiliary ammunition ship with the Sixth Fleet. He was honorably discharged as a boatswain's mate third class. He is also a member of Sons of The American Legion Squadron 1682 based on the World War II service of Jim's father.

Jim spent his entire working career in the automotive service industry, where he began as a parts manager at a local Chevrolet dealership and went to serve in many capacities of management. At the time of his retirement in 2017, he was director of service and parts at a New York Metro Mercedes Benz dealership. After a brief time at home, he began an entirely new career as a school bus driver for the Falmouth School District and part-time motor coach operator.

Jim served in many offices at every level of The American Legion. He was elected department (state) commander of New York for 2010-2011, and chaired several national commissions, including the Legislative Commission, Veterans Employment and Education Commission and the Membership and Post Activity Committee. He served on the National Security Commission and was elected national vice commander for 2016-2017.

Jim currently lives in Maine to be close to a daughter and his grandchildren while still being within driving distance to the Department of New York.

Moving on. Thank you, Jay Bowen, for your selfless devotion to The American Legion and Post 209. I also thank Art Kimbrel, Jackie Bowen, Kelly Hayes, Royce Hopper, and Cathy Barger for their tireless efforts in the kitchen preparing the meals for Post dinners and other events held at our Post. As all of you who are reading this article know, all these folks are volunteers. We need more volunteers to step up.

Jerry Hopper
Jr Vice Commander





From our Post Adjutant

National Commander Troiola must have been channeling my brainwaves as I came up with an article for this month's Newsletter on training. In his daily briefing on Wednesday, Sep 14th, he talked about the acronym on his membership shirt's sleeve, VETS.

"Through this concept, those who served (Veterans) will train (Education) Legionnaires about our advocacy, programs, and remarkable history. We will work together (Teamwork) to grow and accomplish great things, as we mentor (Sponsor) the next generation of Legionnaires."

So how does one train a group of veterans who work or don't and have different responsibilities and time commitments that make getting them in one place at one time impractical? A combination of online resources the Legionnaire can access on their own time. They scheduled online training accessible later for those who can't attend the live session. To acquire teamwork and mentorship, there are committees and projects that any Legionnaire can join in on when they have the time.

Let's start with training the Legionnaires about our advocacy, programs, and history. There is no better source than the online Basic Training course. It's free, takes only about 4 to 6 hours and once complete the Post will award you with the completion pin. For more information and to **TAKE THE COURSE**, go to <https://www.legion.org/ali>. Our training website <https://www.legion.org/training> includes Basic Training and much more. Too much to list here, so check it out. Also, sign up for automatic emails on the weekly online update, commanders' messages, flag alerts, and more at <https://www.legion.org/newsletters>. There is a lot of information out there, much more than when I joined.

Teamwork comes from training. Online conferences have opened up the previous mystery of how things got done. We have all realized that there are great options for people to get involved without traveling to Indy or being available on a specific day and time. We want the membership to learn what is going on and to be involved. At the local level, our committees are ready to train you and listen to your ideas to accomplish the mission.

Mentoring is readily available from our leadership team. There is a lot of experience in this Post. If you don't know how but want to get involved, explore our website <https://www.legion.org/> and check out the About, Programs, and Services buttons and others. Talk to the Commander or me when you find something and see where your talent can be utilized. Come for dinner on a Friday or the meeting day breakfasts and talk to the members. We are here for you.

If you are interested in Media, you can join TALMA, The American Legion Media Alliance, a group of Legionnaires who provide monthly training on social, print, and TV media on how to utilize them to promote what we do to the public AND to the benefit of your Post. Membership is \$15 annually and includes press credentials. (As the current Facebook admin. We need a team to promote the Post and keep the membership informed.)

Doug Millisen
Adjutant





From our Post Historian

First World War American service members earned a disproportionate number of Medals of Honor during October 1918, as US forces were the determining factor in the final offensives against Germany. I want to highlight one of these brave men, whose personal story also tragically demonstrates our ongoing need to "**BE THE ONE**" to help veterans at risk of suicide.

Major Charles Whittlesey commanded the 1st Battalion (308th Infantry) during the October 1918 Meuse-Argonne offensive. Whittlesey and his men were cut off from divisional communications and supply lines. For nearly six days, with little food and water, they endured a constant barrage of German firepower and friendly fire from Allied artillery. Following orders to "advance regardless of losses," Whittlesey ordered his men to hold their position. On the fourth day, Maj. Whittlesey received from the enemy a written proposition to surrender. Although he was at the time surrounded by the enemy, out of rations, and had suffered over fifty percent casualties, he treated the proposal with contempt, reportedly replying, "You can go to Hell!" When the "Lost Battalion" (as it came to be known) was finally rescued, two-thirds of Whittlesey's 554 men were either killed or wounded. Whittlesey was awarded the Medal of Honor for his heroic leadership under fire. After the war, he regularly visited wounded veterans, volunteered with the Red Cross, and attended countless veteran funerals. He wrote to a friend, "Not a day goes by, but I hear from some of my old outfit, usually about some sorrow or misfortune. I cannot bear it much more." He took his own life two weeks after serving as a pallbearer at the 11 November 1921 burial of the Unknown Soldier at Arlington National Cemetery. In his eulogy at Whittlesey's funeral, Colonel Averill, the 308th's commander, said Whittlesey's death "was, in reality, a battle casualty" and that he met his end "as much in the line of duty as if he had fallen by a German bullet."



Notable October events in American Military History

- The US Navy celebrates its birthday on 13 October. On this date in 1775, the Continental Congress authorized the fitting out of two armed vessels to intercept British munitions transports supplying their troops in the American colonies.
- Two of the most significant American victories in the American Revolution occurred in October. On 17 October 1777, British General Burgoyne surrendered his forces at the Battle of Saratoga, NY; the American victory convinced the French government to support the American cause. And on 19 October 1781, British General Cornwallis surrendered his forces at Yorktown, VA, to General Washington's Continental Army and their French allies. Yorktown was the last major land battle of the war and paved the way for British recognition of American independence.
- Cold War nuclear conflict was narrowly averted during the Cuban Missile Crisis of October 1962. President Kennedy's diplomacy depended on the effectiveness of the American naval

"quarantine" and the credibility of US military preparedness. America's first ready-to-launch intercontinental ballistic missile, Minuteman I, described by Kennedy as his strategic "ace in the hole," became operational during the crisis.

- With the launch of Operation Enduring Freedom on 7 October 2001, US airstrikes began targeting Taliban and al-Qaida forces in Afghanistan in response to the 11 September attacks.

Kurt Skinner
Historian



From our Honor Guard Captain

In addition to supporting Final Honors for OUR veterans, the Honor Guard continues to support our community. For example, we presented and posted the colors at a WWII veteran's 100th birthday party on September 3, 2022, and at the Pikes Peaks Air Show on September 24, 2022. Additional events are coming up, such as the Veterans Day parade and Wreaths Across America, which the Honor Guard supports yearly.

The Honor Guard team continues to hold weekly practices at 6:00 pm on the 1st Monday, 2nd Tuesday, 3rd Wednesday, and 4th Thursday. So come out and check out one of the meetings. Our training during the meetings can give you an idea of what we do and how we provide the support everyone expects. In addition, practices are being scheduled for the Competition Color Guard to prepare for future competition(s).

Even though the Honor Guard has continued to gain new members, there is no such thing as having too many members. Consider attending a night or two for training meetings (a meeting is scheduled every week, check the newsletter calendar) and participating in an event.

Members of The American Legion, Sons of The American Legion, and American Legion Auxiliary are all eligible members. If you or anyone you know might be interested in supporting the Honor Guard or Competition Color Guard, please reach out to me at (719) 482-4496 or honor.guard@legion209.org.

Joel W. Haas
Honor Guard Captain





From the Chaplain: The Few, the Proud, the Marines

You've seen the slogan. Perhaps you even responded to it. As members of The American Legion Family, we are dedicated to serving God and our country. Okay. So – what kind of folks do the Lord and The Legion require? For those of Christian belief, we know the Good Lord, born in a stable to a simple teenage girl, doesn't require fine, upstanding, wealthy people of influence to serve Him. Jesus chose twelve ordinary men who would be used extraordinarily.

What kind of men were they? At least three were fishermen. Simon (Peter) was strong-willed and courageous. Phillip was slow to recognize Jesus once he found Him. Phillip was devoted. James of Galilee and John had strong personalities. Thomas was gloomy and easily discouraged. Matthew was a self-absorbed tax collector until he met Jesus. These sinful, imperfect men would become disciples ("learners") of Christ. Sound familiar? Yep – except for Judas ("the Betrayer"), they were pretty much like us.

Herman Wouk's thrilling World War II novel *The Caine Mutiny* illustrates what happens when someone becomes a follower of God. In the novel, a young man from an influential family has enlisted in the Navy. On the day of his induction, his mother drops him off in her fancy car and kisses him goodbye. He shakes hands with the guard as he enters the building, and the door closes behind him.

His mother, suddenly worried that he might not have enough money, rushes to the door. The guard politely stops her. When she demands entrance, he refuses. She can see her son standing inside the door, so she reaches for the doorknob. "He's, my son!" she cries. The guard gently removes her hand from the knob and says softly, "I know, Ma'am, but he belongs to Uncle Sam now. He's a sailor." Sound familiar? "...Follow me, and I will make you fishers of men." (Mark 1: 17). Those who believe in Jesus Christ and become His followers are under the new authority. As a result, what was once vital to them loses its significance.

Sounds great – but serving God isn't easy. Disciples then and now experience ridicule, suffering, and hardship. Then and now, they are martyred in violent deaths. Many veterans will attest that serving one's country isn't easy in peacetime or war.

Friday, September 16th. was set aside as National POW/MIA Remembrance Day to honor the commitment and sacrifices made by this nation's prisoners of war, those still missing in action, and their families. We will never forget.

The goal of a soldier is to please his leader. So must be our goal in the warfare at hand. Rest assured – you're "good enough," just as you are. You are uniquely qualified to be in the army of the General whom Himself died to assure our ultimate victory.

Brad Henderson
Chaplain





From the desk of the Unit President

At that time of year, we start paying our membership dues for the next exciting year in the Auxiliary. If you pay your dues by October 15th, you are eligible for the Early Bird Dinner, a free meal. If you want your free meal, please reach out to Kellie Hayes to get your membership dues paid.

October is a hectic month for the Auxiliary this year. The craft fair will be on **October 15th** from 9-4, with all proceeds going to our Girls State account. Please email Jackie Bowen or me if you would like to help at the craft fair. You can help with the following areas: set up, helping at our booth, helping with lunch, or cleaning up. Let us know what you would like to help with when you send the email. There are a few members who have already volunteered.

On October 18th, our Unit will have a table at Stand Down. We will hand out scarves, gloves, hats, socks & T-shirts. There is only room for two people at a time, so I am making a schedule for everyone who volunteers. If you want to volunteer, it is a two-hour shift. If we have a lot of people wanting to help, it may go down to 1-hour shifts. Please email or text me so I can put you on the list if you can help.

Our Unit will provide four dinners at Transitional Housing Initiative this year. If you would like to assist, please email me so I can put you on the list. Our dates with menu are:

- Sunday 10/23 Taco Bar,
- Wednesday 11/2 Lasagna,
- Sunday 11/6 Sloppy Joes & Tater Tots,
- Sunday 11/13 Chili & Cornbread.

Our Unit members with October birthdays are:

- | | | | |
|-------------------|--------------------|---------------------|------------------------|
| • Karen Beard | • Joan Ciani | • Margie Roth | • Theresa Wiederspahn |
| • Kendra Bock | • Regina DeMent | • Mavis Spath | • Betty Young |
| • Jacqueline Burd | • Shantel Harris | • Penny Stanton | • Kaitlyn Holland |
| • Susanna Calica | • Kourtney Kimbrel | • Olivia Tighe | • Savannah Mussmann |
| • Jean Chladek | • Dixie Kliewer | • Beatrice Trujillo | • Theresa Wiederspahn, |

If you see any of these members around the Post or events, wish them a Happy Birthday!

Royce Hopper
Unit President





From our SAL Commander

As I write this, I am enjoying the autumn weather. The change in the weather is exciting to me. It reminds me of the great events not too far away, and I'm not just talking about the big guy in December!

The SAL has a new National Commander, Chris Carlton. We had the opportunity to meet him at the Child Welfare Foundation banquet last spring. He brings great ideas and new energy to the position, and we look forward to what will come. I would also like to thank Michael Fox for his dedication to the SAL for the past year. He gave himself unconditionally to the position, and we all have appreciated his outstanding leadership. Thank you, Commander Fox!

We were honored to attend "Coffee with Veterans" on September 16. It was a great morning where we recognized POW/MIA day and thanked every hero that attended. They were given certificates of appreciation for their service. It was a great time had by all. Our goal is to do this at least once a month. Please reach out if you know of a facility with a group of veterans we could recognize.

Your SAL hosted a dinner on September 9, and it was a great time. The food was excellent, and the company was even better. The next SAL dinner opportunity on the books is the Detachment Awards Banquet on November 19. It will be a great event. There will be flyers with additional information out soon. But we hope to host another post-dinner before that; stay tuned!

This month is one of my favorite months, Halloween. I love the long shadows, falling leaves, and the nip in the air. I can remember the smell of pumpkins cooking on the porches lit up, showing off carving skills. This is also a time to remember safety for our young trick-or-treaters. Have them wear something visible to cars. Carry a flashlight and a strobe light; it never hurts. Have a parent with the children as they navigate the neighborhoods trying to fill their bags with cavity-creating goodness. Boy, I miss those days!

With the change of National Commanders also comes a new slogan: **BE THE ONE**. This is a slogan that is near and dear to my heart. We can make a difference. I can't count how many suicides I had to run into during my career. Someone would usually arrive on the scene, and I almost always heard, "If only I would have said something...." We can make a difference and have that difficult conversation if needed. If that isn't possible, then say something if you see something. You might be the person to make a change in someone's life.

We are looking forward to a busy but fun-filled month in the SAL. Great things are happening. Join us! Have a wonderful autumn, and see you soon at the post!

Rob Barry
Commander SAL 209





From The American Legion Amateur Radio Club (TALARC)

Your American Legion Post continues to foster a strong relationship with the Scouts. We continue to help scouts earn their Radio Merit Badge through instructional and hands-on activities.

However, October is an extraordinary melding of Ham radio and Scouting. Every year there is a special on-the-air event known as Jamboree On The Air, aka JOTA. A Jamboree is a scouting event where Scouts of different troops TRAVEL to a specific location and meet to share skills, stories, and camaraderie. In addition, there are geographic jamborees and usually a National Jamboree. JOTA enables scouts to assemble at a Ham's location and have contact with other scouts throughout the country. This year various Legion Hams from their home "shack" sponsor the October 15th event.

TALARC is planning to activate a Parks on the Air (POTA) station at Cheyenne Mountain State Park in the Fall using emergency power and temporary antennae, giving Hams around the country a shot at 'logging' another park.

If you are interested in learning about this intriguing hobby or participating in The Legion 209 radio club events, call, email, or text me.

FOR ALL YOU EXISTING HAMS OUT THERE ----- Is there something that the CLUB can do to spark your interest? Some sort of event? Something, anything?

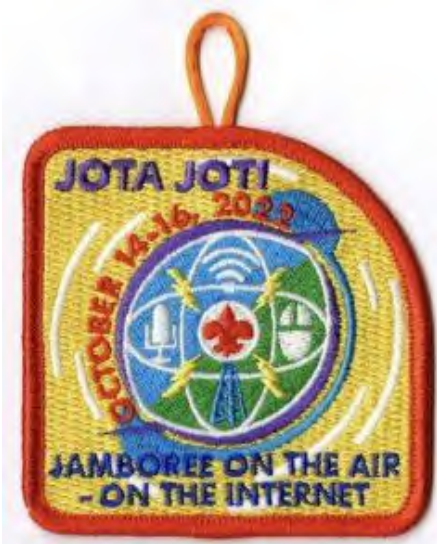
Harvey LeCato

TALARC Secretary

719-331-1212

mbca@comcast.net

W I J U



VETERANS AFFAIRS (VA) NEWS



Meet your Veterans Service Officer

Hello all from your Legion Veterans Service Officer! If you need any assistance with VA claims, disability info, housing, medical access to care, etc., feel free to call or email me. I'm here to help you!

Brian J Murphy, LCSW, MSW

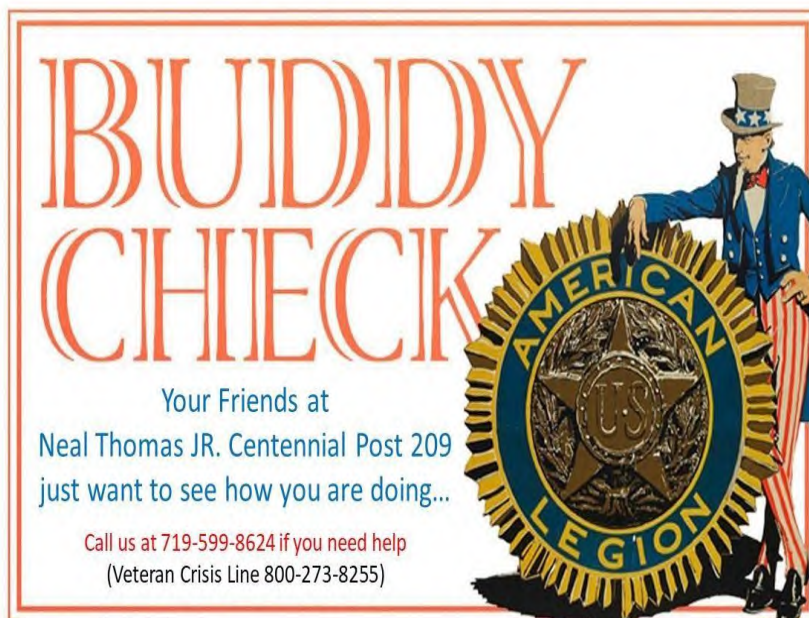
VA/DoD Liaison Program

Office: 719-526-9675 Cell: 719-930-4147

Brian.Murphy3@va.gov or Brian.J.Murphy44.civ@mail.mil



Military and veteran liaisons for Congressman Lamborn: Doug Fitzgerald or Gabriel Ballejas at 719-520-0055. They are there to assist you if you need Congressional help for any matter that Brian cannot resolve."



**BUDDY
CHECK**

Your Friends at
Neal Thomas JR. Centennial Post 209
just want to see how you are doing...

Call us at 719-599-8624 if you need help
(Veteran Crisis Line 800-273-8255)

UPCOMING EVENTS

The American Legion 100 Miles for Hope



The last walk of 2022, stay tuned for 2023:



59.5 miles summer of 2022!

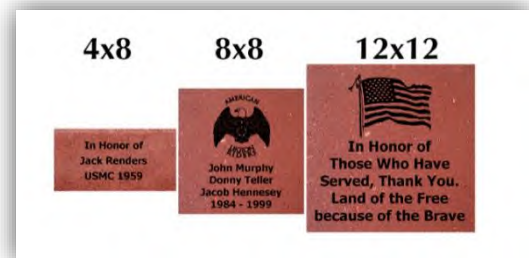


FUNDRAISER INFORMATION

Walk of Honor



- **What are the costs for the individual bricks?** Prices vary depending on size, style and lettering desired but typically range from \$90 to \$200 depending on size.
- **What are the costs for the corporate/veteran supporter bricks?** Again, prices vary depending on size, style, and lettering but typically range from \$250 to \$500.
- **What is the difference between individual and corporate bricks?** Individual bricks are for veterans and family members wishing to purchase a brick to honor their veterans. The corporate bricks are for our veteran-friendly supporters and businesses who want to show their continued support for our nation's heroes by purchasing a brick.
- **Is the brick purchase restricted to members of the Post 209 families?** No. We encourage members to buy a brick for themselves for their veteran loved ones or to show their support for our veterans.
- **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 user-friendly and will walk you through the design and purchase. In addition, you will see a preview of your brick before finalizing the purchase.
- **How do I pay for the brick?** We have the site set up to accept payment via PayPal or 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 sent 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. 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 only to sell as many bricks as needed for the first phase of the landscaping project.
- **Will I have an opportunity to buy a brick later?** Quite possibly, depending 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 ensure they are all placed together.



**American Legion Auxiliary Unit 209
Holiday Craft Fair**

October 15th from 9am to 4pm
3613 Jeannine Dr.
Colorado Springs, CO

Jewelry, Holiday Gifts, Wood Crafts, Quilts,
Gift Wrapping, & More

We will be collecting Canned Goods
donations for Care & Share!

For more information,
Contact Kellie Hayes at
Hayeskelliej@yahoo.com

Butter Braid Sale!

We will start taking orders from October 14th – November 9th. (delivered on November 16th).

Tell your friends, neighbors, and your neighbors' friends about the sale. This is not restricted to Post 209 family members. Please turn in orders **no later than November 9th**. I will call or email you with the delivery time.

Make checks payable to ALA Unit 209. The price is \$15.00 per braid & GF cookie dough. The Coda coffee pods are \$16. We need the payment before the delivery date. You may call Jackie Bowen (901) 481-0673 or email jackiebowaen2005@yahoo.com with an order and then mail a check to her or discuss the receipt of payment. Watch for reminder/update blasts to be sent. Thanks in advance for helping us make this a success.

FLAVORS:

- Caramel Rolls (9 rolls),
- Apple,
- Cherry,
- Blueberry & Cream Cheese,
- Cinnamon,
- Strawberry & Cream Cheese, and
- Bavarian Crème Cheese with chocolate icing



GUEST COMMENTARY



A Note from the Editor

This month I want to highlight Terry Michaud, a veteran and local small business who is celebrating the second anniversary of her business Blo Blow Dry Bar in Colorado Springs:

<https://blomedry.com/blo-colorado-springs/>
2225 Voyager Pkwy, #14,
719 445 0705 | blocoloradosprings@bloblowdrybar.com

What is the Blo Blow Dry Bar? It is a salon that washes and styles your hair (they also do make-up); they just don't cut or color hair. This makes getting ready for special events very convenient.

About 30 years ago, Terry started cosmetology school. After having her second child, she decided to switch to nursing halfway through the cosmetology program to become a Licensed Practical Nurse. Over the years, she continued pursuing her education and eventually earned her Bachelor of Science in Nursing in December of 1998. She has always had a passion for serving others, so it came as no surprise when she decided to join the United States Air Force and was commissioned in Jan 1999.

Once in the Air Force, she became a Certified Emergency Nurse working in the emergency room at her first assignment at Langley Air Force Base in Virginia for those 8 years also worked in the recovery room at Eglin Air Force Base. She then took her desire to help others a step further and became a Nurse Anesthetist for 12 years before retiring. At the end of her 20-year military career, she knew two things: she wanted to go into business for herself and continue serving others. After researching franchises and taking a Franchising 101 class on her Air Force Base, she came full circle to where her career started - the beauty industry. "You get to serve people in both roles, I've always loved the beauty industry, and I loved the customer service element," said Terry.

Blown away by Blo Blow Dry Bar's franchise concept, she joined the team in September 2019 and, after finding the perfect location, opened her doors in North Colorado Springs amid a pandemic in October 2020. Terry was drawn to the concept of Blo and believed the women in her community would appreciate it just as much as she did after having her first blow-out at a location in Denver, CO.

Treat yourself or someone you know to a little stress relief at a retired veteran-owned business as the holidays approach. Be sure to ask for a military discount!

Georgianna Shea



Editor

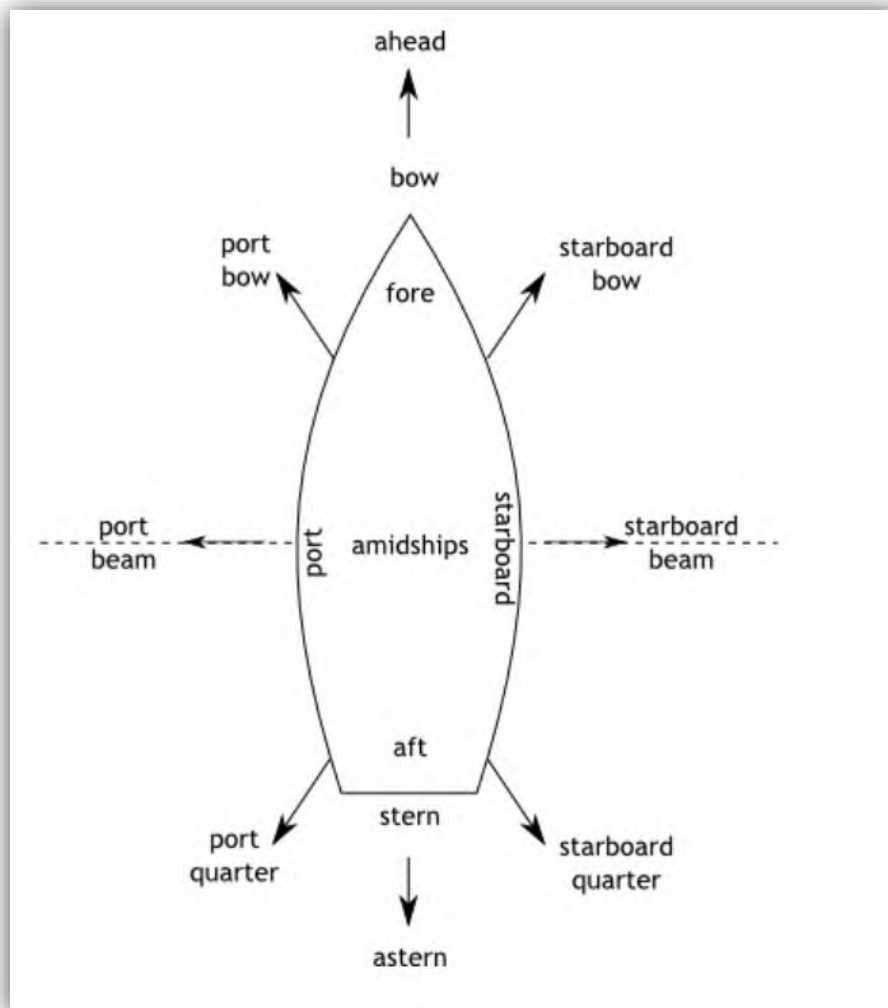
letters@legion209.org



Salty Dog

The front of a ship is referred to as the **Fore**, and the rear is the **Aft**. The ship's left side is **Port**, and the right side is **Starboard** to the **Center Board** (middle).

The confusing part is if you are facing aft, the **Port** side is now the right side, and **Starboard** is now on your left. So, you always need to know if you are facing **Fore** or **Aft** to know which side is **Port** and **Starboard**.



Marvin Weaver, Jr.
Post 209 Commander





What is your MOS?

Life is what you make of it. After being medically disqualified from flying for the Air Force, I faced a choice, take my 60% medical retirement as a Captain, or fight tooth and nail to stay in for a career, knowing that I would never be competitive against my aviator peers.

I knew from five years old that I wanted to be a career officer in the AF, and staying was the only option. So I became the go-to staff officer with two tours at NORAD/USNORTHCOM, one each at HQ, Air Combat Command, Liaison Officer to USSOUTHCOM, Senior Air Defense Officer in USCENCOM, and finally on the Joint Staff as a Program Manager for an Integrated Air and Missile Defense (IAMD) wargame.

So many aviators never leave the jet, as it is a death knell to a budding career. Instead, I took it as an opportunity to make myself indispensable. I volunteered for every training course, from project manager to Joint Interface Control Officer (datalink manager) course. I transformed myself into an IAMD Subject Matter Expert. I attended all the courses the Missile Defense Agency, Navy, Army, and AF had to offer. As far as I know, I am still the only person to attend all three Service schools. Despite all odds, I managed to get promoted to Lt Col before retiring, competing against my peers that were racking up Air Medals and various Command positions.

I tell you all this not to brag about my accomplishments but to inspire you to re-evaluate your path in life continuously. I never planned to leave flying, but life happened. I could have taken the easy way out and banked an early retirement, but I wanted to serve in any capacity the AF was willing to let me. Thankfully, I convinced my leadership that sending me to these continuing education opportunities benefited them and the organization.

If you believe in yourself, others will too. In the words of the great Winston Churchill, "Never give in. Never give in. Never, never, never, never in nothing, great or small, large or petty—never give in."

Sarah Tobin



Cyber 101 – Travel Tips

A couple of digital entryways into your devices could give way to malicious people. The two main entrances are WIFI and Bluetooth. When traveling, most people don't think twice about whether they keep their WIFI or Bluetooth on, but this could put you at significant risk for a potential cyber-attack. This is especially prevalent when in public areas like shopping malls or airports. For example, most airports have some public free WIFI, which is great for convenience but not so great for security as they are most likely not encrypted. As a result, people can track and spy on your device activity while connected to said WIFI. This can allow them to take advantage of your secured data and anything else that may have been used in your session. While this may leave you never warning to connect to public WIFI again, there are a few ways to protect yourself.

- **VPN (Virtual Private Network)**
 - A VPN creates a secure private connection for your computer. Instead of your information being able to be viewed freely, it forms a secure tunnel for all of your data to pass through
 - Express VPN is a superb VPN that is super easy to set up. They have multiple plans and give step-by-step instructions on best utilizing the VPN. You can visit the website here - <https://www.expressvpn.com/>
- **Disable auto-connect**
 - When you are connecting to a public WIFI, be sure to look at the name of the network you are connecting to (no spelling errors, password protected)
- **If connected to public WIFI, do not access personal accounts, Ex. bank acc, email, Ect**
 - If you must access these accounts while not using a VPN, be SURE to log off completely when finished with your session
- **Only use public business centers for emergencies; again, log off completely when done.**
- **Disable Bluetooth unless actively using**
- **Back up electronic files**
- **Avoid links that pop up after joining WIFI**
- **Turn off location sharing**
- **Keep operating system/phone software updated**

Matthew Brockie

Cybersecurity student, CSU

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Looking for an internship summer of 2023





Bringing A Little South to the West

As we get closer and closer to Christmas, I can't help but think back on some of my favorite childhood toys received on that special holiday.

One that comes to mind is Mouse Trap! It had been advertised on TV so often that whenever I'd see it come on, I'd start drooling and mentally picturing it sitting on the living room floor, all scattered in various levels of completion. I harassed Mom and Dad often about getting that game for me, and I'm confident they dreaded seeing it come on TV because they knew what was to follow. I was so insistent on getting that toy I did something I'd never done before or since. I started sneaking into Mom's and Dad's bedroom when they weren't around to hopefully find the Christmas gift I wanted more than life itself. And one day, I found it stuck away in their bedroom closet. I was almost out of my mind with excitement. To this day, I don't know what gave away my discovery. It could have been my little sister, who was known for squealing at Bubba and me. It could also have been that I stopped bugging them about the game, which would have been suspicious. Regardless, they confronted me about snooping around in their bedroom, and I confessed. Mom immediately told me she was taking the game back to the store and would get me something else. I was devastated and begged them not to do it. But she said her mind was made up. It was returned the next day.

When we began opening gifts on Christmas Eve, I was less than enthusiastic. There was nothing on the market that would even compare to Mouse Trap. I knew they returned the game because nothing under our Christmas Tree was even close to the shape of the box. So that year, I got the usual socks, shirts, and small toys that typically lasted one or two days before they broke. Mom got up, went to her bedroom, and returned with my Mouse Trap! I was elated! I immediately sat down and began building the Mouse Trap. Mom and Dad asked if I wanted to play the game where you took turns rolling and moving game pieces around the board, making the Mouse Trap as you advanced. I told them no, it wasn't about the game; it was about the Mouse Trap. I would build the trap, let the ball travel through the maze of runners and holes to finally reach the end, and trip the cage down onto the mouse.

Another favorite was the "Fanner Fifty." This was a great gun and holster set. The revolver had an enlarged hammer to "fan" the hammer for quick shooting with your hand. The toy bullets were metal cartridges with a hard plastic bullet that snapped onto the cartridge over a spring. When the hammer hit the back of the cartridge, the plastic round would leave the barrel on the way to its target. It didn't have much range, but I was deadly accurate up close.

I spent days chasing the bad guys with my Fanner Fifty. After the bullets finally ceased to exist, I never missed my target, or so I told my buddies whom I was hunting.

Growing up, a few other toys came to mind, but these are the two memories I always seem to relive most often when I think of days gone by.

Jay Bowen
Past Post Commander



PROGRAMS FOR KIDS

Young Guns



NRA-Accredited members of the Sons of The American Legion are sponsors and instructors for the Young Guns program. This basic rifle safety and marksmanship course are offered to boys and girls ages 10-18. Shooting is indoors, using air rifles.

<https://www.facebook.com/AmericanLegionCentennialPost209/>

Scouting Programs

The Post 209 family is the charter partner for six Boy Scouts of America (BSA) units:



- Cub Scout Pack 24 (Boys and Girls): p24@legion209.org
- Cub Scout Pack 386 (Boys and Girls): p386@legion209.org
- Scouts BSA Troop 77 (Girls): t77@legion209.org
- Scouts BSA Troop 79 (Boys): t79@legion209.org
- Scouts BSA Troop 187 (Boys): t187@legion209.org
- Venture Crew 762 (Young men and women ages 14-20): c762@legion209.org

Boys and Girls State



Boys State and Girls State are for high school juniors going into their senior year with at least one semester left.

- BOYS STATE www.colegionboysstate.org/.
- GIRLS STATE <http://alacolorado.com/girls-state.html>

Oratorical Contest



This Nationwide contest is designed to develop a more profound knowledge and appreciation of the Constitution of the United States on the part of high school students.

www.colegionoratorical.org

Eagle Scout of the Year



The American Legion Eagle Scout of the Year nomination window is from **1 November to 1 March**. Nomination packets must be received by each applicant's respective American Legion department (state) headquarters no later than 1 March.

<https://legion209.org/Scouting/>

OCTOBER

For the most current version see:
https://www.legion209.org/coming_up/

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Troop 77 Mtg. 6:00pm Post Honor Gd.  Training 6:00pm	4	5 Marksmanship 4:00pm 	6 Exec. Cmte 6:00pm  Young Guns 6:30pm Venture Crew 7:00pm	7	8 \$8 normal/\$9 omele Membership Meeting B'fast - 9:00/Mtg - 10:00  
9	10 <i>Columbus Day</i> Troop 77 Mtg. 6:00pm	11 Post Honor Gd.  Training 6:00pm	12 Marksmanship 4:00pm 	13 Young Guns 6:30pm  TALARC Meeting 5:00pm Venture Crew 7:00pm	14 <i>Price TBD</i> ALR Oktoberfest Dinner <i>RSVP Required!</i>  6:00pm	15 Auxiliary Craft Fair! 9:00am - 4:00pm 
16	17 Troop 77 Mtg. 6:00pm	18 ALR Exec. Mtng  ALR 6:30pm.	19 Post Honor Gd.  Training 6:00pm	20 Young Guns 6:30pm  Venture Crew 7:00pm	21 <i>See below</i> Early Bird Dinner! 6:00pm <i>RSVP Required!</i> 	22 Healing Warriors! 9:00am - 1:00pm
23	24 Troop 77 Mtg. 6:00pm	25 ALR/SAL Monthly Mtng SAL 5:30pm ALR 6:30pm  	26 Marksmanship 4:00pm 	27 Post Honor Gd.  Training 6:00pm TALARC EC Meeting 5:00pm Venture Crew 7:00pm	28 <i>Price TBD</i> Chef's Choice Dinner 6:00pm <i>RSVP Required!</i> 	29
30 Post Halloween Party! 1:00-3:00pm Trunk or Treat! 4:00-6:00pm	31 <i>Halloween</i> Troop 77 Mtg. 6:00pm	Notes: Hamdogger is cancelled this month. There is no Steak Night in October. We will have our Early Bird Dinner 21 Oct. Free for members who join or guests. Young Guns will also be meeting on 27 October at 6:30pm				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Marksmanship 4:00pm 	3 Exec. Cmte 6:00pm Young Guns 6:30pm  	4 Price Depends on Menu Hamdogger Night! 6:00pm 	5
6 Daylight Saving Ends	7 Troop 77 Mtg. 6:00pm Post Honor Gd. Training 6:00pm 	8 Election Day	9 Marksmanship 4:00pm 	10 Young Guns 6:30pm TALARC Meeting 5:00pm Venture Crew 7:00pm  	11 Veterans Day	12 \$8 normal/\$9 omelet Membership Meeting B'fast - 9:00/Mtg - 10:00  
13	14 Troop 77 Mtg. 6:00pm	15 Post Honor Gd. Training 6:00pm ALR Exec. Mtng ALR 6:30pm.  	16	17 Venture Crew 7:00pm	18 Turkey Shoot! Steak Night! 6:00pm RSVP Required! 	19 SAL Detachment Awards Dinner 
20	21 Troop 77 Mtg. 6:00pm	22 ALR/SAL Monthly Mtng SAL 5:30pm ALR 6:30pm  	23 Post Honor Gd. Training 6:00pm 	24 Thanksgiving Day	25	26 Healing Warriors! 9:00am - 1:00pm
27	28 Troop 77 Mtg. 6:00pm	29	30	Notes: There will not be a dinner on Veterans' Day at the Post. It is rented for a private affair. There will not be a dinner on the 25th. We want our volunteers to spend time with family.		