

The Centennial



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JULY 2011

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From the Desk and Mind of the Commander

Jay Bowen

By the time you read this article, the 2011 Department Convention will be in the past. I initially thought to write about what a tremendous success this was and how much fun all who attended had visiting our Post and enjoying the amenities. I felt pretty comfortable stating all those things because even though some of us with intimate knowledge of all the mistakes made, to most who came out for some of the events they were oblivious to the glitches. A few of us have been stressing over this Convention for weeks, and in retrospect that's pretty silly. We tend to be perfectionists and notice all the little things that should have been done differently, or could have been done better. But I am firmly convinced the overall impression made by Centennial Post 209 was very positive (how's that for prognostication).

The most frustrating part for me was the recurring thought that "Man, I'll be glad when this thing is over!" I hate feeling that way. Several years ago, a very dear lady helped put things into perspective, which I try to keep foremost in my mind. I made a similar observation to her about some event I was dreading (it was so insignificant in my life that now I can't even remember what it was). This conversation was shortly after she lost the love of her life to a very tragic and senseless murder. She looked at me and said, "Honey, please don't wish your life away."

Those seven little words changed me. The message was received loud and clear and I re-live that conversation and her words often. Anytime I am working on an event or some critical time sensitive project at work, I try to take it as it comes and not look to the day it will finally be over. This attitude has helped tremendously both physically and mentally.



Stress and worry will adversely impact you to the point of death. And even if it doesn't kill you, it is guaranteed to shorten your life, not to mention worsening your quality of life while going through this period.

What about you? Do you dread the next thing coming up in your life? Are you worried about that exam and wish for the day after the semester ends? Are you getting close to a retirement or change of assignment and mark the days off the calendar with anticipation that if you can just make through the next week, month, quarter, things will be better? Are you dragging yourself out of bed each morning, just wishing that vacation day would hurry and arrive? We all do it, and even I find myself still doing it from time to time. But now, every time I do I think about those words and it helps me put it all in perspective. I really enjoy the fruits of my labor and find that no matter how much I worry or stress over an event, it is NEVER as bad as I think it will be. I can now enjoy things like the Convention. There will be more things done right than wrong. And only a small handful will notice all the things that went wrong.

I now enjoy the events and even work much more. With her few words she has really driven home the point that life is a journey and we should all enjoy the ride. We will arrive at our destination soon enough. Don't spoil the ride by "wishing our life away."

For God and Country,
Jay





Auxiliary President Jackie Bowen

We have two new members, Jill Bracewell and Althea Stebick. We had the pleasure of meeting Althea at the meeting Saturday. Hopefully soon we will get to meet Jill.

Regretfully at our June meeting I had to announce the resignation of our Vice President Annie Peterson. Annie has been having some health problems but she is hoping soon to undergo surgery that will correct a lot of the problems. Please keep Annie in your prayers.

Linda O'Riley offered to step up and take over as our Vice President. As I have stated before, Linda just transferred to our Unit last month and is also our District President. Thank you Linda for stepping up.

We have been diligently folding pocket flags so that our troops can carry one with them on their deployment. Caroline Robinson is a Blue Star Mother and our contact for getting the flags to the troops. She was informed that in June there will be 3000 to 4000 troops deploying. Thanks to Units 39 and 5 we have been able to supply most of the deploying troops with the pocket flags. Now our Legionnaires have stepped up and will help with the purchase of some of the flags. Again, this is what "Family" is about and we are truly a family at Post, Auxiliary, and SAL 209. LuWanda Ford is the person that started the Pocket Flag project and also our supplier for the flags. She had received over 1000 flags, 1663 to be exact, from different organizations and states that didn't have any way of getting the flags to troops. She turned over these flags to us for distribution. This will go a long way to ensure all of the troops deploying receive one. I would like to thank the following for helping with the flag folding; Marion Daugherty, Cleo Allgood, Linda O'Riley, Joyce Moyer, Chet & Elaine Dean, Clare Jaramillo & her grandson Tyler, Neal & Lynn Thomas and Scott Miller. If you would like to help with the Pocket Flags but can't make it to the folding meeting, there will be a donation jar specifically for the purchase of Pocket Flags at our Post home.



Thoughts From Marion

Dear Members,

Our June meeting was well attended. There were 14 members present and one visitor. It was good to see everyone.

There will be NO regular monthly meeting in July. On the 4th of July, we will hold our annual picnic/potluck. In years past we brought our selection of meat to the Post and the meat was cooked for you on the grill. We will do that again this year. The Post will provide the condiments for the meat you bring. All members are asked to bring a covered dish that will cover the number of persons you have in your group plus a few others. Come out and join in the fun. There will be something for everyone.

A few days ago our Unit President called for people to help fold flags. Since my move I had not been able to participate. This time I had the chance to go. I had no clue as to how the flags were folded or how big they were. I soon learned. Let me explain for those of you who have not participated; the flags are about 8 inches by 10 inches in size. The flag is folded in the same way an American flag is folded at a military funeral and given to the family. My first couple of flags were a challenge but if you participate often enough you can perfect it. You will have to come out and see what an experience you are missing and enjoy fellowship while you are busy. After the flags are folded they are small enough to put in the serviceman's pocket. Therefore, they are called "Pocket flags." The flags are given to deploying troops going overseas.

When you make the decision to go to a supper event at the Post, please place your RSVP. In this way our Chef will have an accurate count of the people that will be attending a supper so he can plan accordingly. PLEASE RSVP to Jackie or Lynn since there is no one at the Post on a daily basis to take your calls.



**Auxiliary President
Jackie Bowen (continued)**

Please note the change for RSVPs. Lynn Thomas and I have taken over to try and relieve some of the workload from the Post Adjutant. You can contact me at (719) 574-1223 home, (901) 481-0673 cell, or jackiebowen2005@yahoo.com. Lynn's contact number is (719) 439-6268.

Our thanks goes out to Lynn Thomas for distributing Poppies to the 5 news channels in our area. She asked them to wear them for Memorial Day. Two of the stations did so.

Serving Our Veterans Proudly,
Jackie Bowen



**Thoughts From
Marion (continued)**

In May there were 2 packages of limb covers mailed to Bethesda Naval Hospital totaling 147 and one box of helmet liners to Afghanistan for a total of 50. The amounts mailed were for both the months of April and May. We received some from Durango Auxiliary that were sent with this mailing. I received a very nice Thank You letter from the Red Cross in Afghanistan. The letter expressed their appreciation for our package. The helmet liners fly out of there very quickly. The goodies that were included help to provide refreshments when the troops have a chance for rest and relaxation.

It will be a busy summer with the events that are taking place. Please offer to be of service in any way you can to make the upcoming events a big success.



There will be no breakfast or general membership meeting on Saturday, 9 July.



**ANNUAL PICNIC
4TH OF JULY
10:00 A.M. TO ??????**

You are invited to the Annual Picnic, which will be held at the Post located at 3613 Jeannine Drive on Monday, 4 July beginning at 10:00am. We will keep it going until everyone goes home or onto other activities.

The Post will provide, the hamburger buns, hotdog buns, condiments and the soft drinks.

What we have done in the past is to ask everyone to bring their choice of meat. We will cook it for you. Bring your favorite side dish to share with 10 other participants, including your spouse or someone special, children and friends. Also, bring an appetite for a good time and food.

Last year we had a good turnout and met a lot of interesting members. We look forward to meeting all of the members who have joined during the year as well all of our members.

On Saturday, 11 June, the Post conducted its first Flag Disposal Ceremony since we moved into our Post home. There were many members in attendance as well as Cub Scouts. Below are pictures of the Cub Scouts folding a flag, and a picture of the actual disposal.



Make plans on attending the Flag disposal ceremony next year.





Post Officers 2011-2012

Office	Name	Telephone
Commander	Jay Bowen	719-574-1223
Sr. Vice Cdr	Mark Krzeczowski	
Jr. Vice Cdr	Lyle Hagelberg	
Adjutant	Larry Johnson	719-622-0344
Finance Officer	Norman Moyer	719-392-3725
Chaplain	Chet Dean	719-495-0363
Sergeant-at-Arms	Don Shuck	
Historian	Gideon Diamon	
Post Executive Com- mitteeman	Neal Thomas	719-392-1510
Service Officer	John Brown	719-331-8160
Judge Advocate	Chuck Zeitvogel	719-531-0546
Past Commander	Bill Marshall	719-495-0088
Club Manager	Art Kimbrel	719-339-4610

Post Email: americanlegionpost209@yahoo.com

Web Site: www.americanlegioncoloradosprings.org



Auxiliary Officers 2010-2011

Office	Name	Telephone
President	Jackie Bowen	719-574-1223
Vice President	Linda O'Riley	719-597-5673
Secretary	Lynn Thomas	719-392-1510
Treasurer	Mary Grier	719-536-0438
Chaplain	Marion Daugherty	719-637-9555
Sergeant-AT-Arms	Lois Wooton	



Board of Trustees 2011-2012

Term (Years)	Name	Telephone
President (1 yr)	Neal Thomas	719-392-1510
Commander (1 yr)	Jay Bowen	719-574-1223
Finance Officer (1 yr)	Norman Moyer	719-392-3725
Member 1 Yr	Larry Johnson	719-322-0644
Member 1 Yr	Alton Cyriaque	719-495-4732
Member 3 yr	Chuck Zeitvogel	719-531-0546
Member 3 yr	Bill Marshall	719-495-0088



Son's of the American Legion 2011-2012

Commander	Frank Maellaro Sr.
Adjutant	Frank Anderson
Finance Officer	Ken Taylor
Chaplain	Chet Dean



Centennial 209 Family Calendar of Events

1 Jul	.Hamdogger Wingding Dinner 6:30pm
4 Jul	Post Picnic 10:00 am till ??????
9 Jul	No Breakfast or Meetings this Month
14 Jul	Post Executive Committee Mtg 6:30pm
15 Jul	Steak Night 6:30pm
4 Aug	Post Executive Committee Mtg 6:30pm Coast Guard Birthday
5 Aug	Hamdogger, Wingding Night 6:30pm
13 Aug	Breakfast 9:00am Meeting 10:00am
19 Aug	Steak Night 6:30pm
1 Sep	Post Executive Committee Mtg 6:30pm
2 Sep	Hamdogger, Wingding Dinner 6:30pm
10 Sep	Breakfast 9:00am, Meeting 10:00am
16 Sep	Steak Night 6:30pm
17 Sep	Air Force Birthday Dinner 6:00pm
6 Oct	Post Executive Committee Mtg 6:30pm
7 Oct	Hamdogger, Wingding Dinner 6:30pm
8 Oct	Breakfast 9:00am, Meeting 10:00am
13 Oct	Navy Birthday 6:30pm
15 Oct	Early Bird Dinner (Free to all renewed members) 6:00pm
21 Oct	Steak Night 6:30pm
29 Oct	Annual Halloween Party



Squadron 209 The Son's of The American Legion Membership

The membership cards are in for the Squadron and anyone who would like to renew their 2012 membership, please make a check or money order out to Squadron 209 or go to the webpage and take a look www.americanlegioncoloradosprings.org and renew your membership on line. The cost is only \$20.00 per year. The Detachment Commander for Colorado would like to visit with the members of the Squadron and provide some information and training.



**Club Manager
Art Kimbrel**

I would like to take a moment and say THANKS to all who have attended the various functions, such as the breakfasts, dinners, and others. I appreciate the encouraging words that are spoken.

I would ask that you pass those comments on to your friends and encourage them to come out and try the food for themselves and see what they think.

I appreciated all the help that you provided during the Department Convention 23 to 26 June 2011. Great job by all!

Just as a reminder, for the Hamdogger Wingding nights, children under the age of 12 will receive a free hotdog when you order a meal. For the various dinners that we have, children under the age of 12 and who are sharing your plate are free.

Reservations are very important when planning meals for the various events. We lose a lot of money when we do not know how many will be attending. The one thing that I have found to be intolerable is when someone comes in for a meal and there is not enough food.

I would like you to make your reservations by calling Jackie Bowen or Lynn Thomas. Their announcement as being the new POC is in this edition.

UMBRELLA SALES

The Auxiliary is selling umbrellas for a fundraiser. They are \$15 each. Features include:

Drip Free system to prevent water from getting on the floors and carpets.

Clear panel for easy visibility.

Proceeds will be used to assist local area Veterans and Auxiliary programs.



**From Scouts and Service Officer
John Brown**

Scouts: June news and July events

Both packs held campouts during the month of June with Pack 386 having a Webelos campout on the plains. 10 boys and a cast of many more supported this first campout for the boys. I got the honor of cooking Dutch oven meal for the over 20 participants. Great fun for all and no one got sick.

Pack 24 held their family campout later in the month and it was great. Boys learning about the flag, compass courses, games and sitting around the camp fire listening to tales of old from the adults.

During the month of July most of the boys are attending summer camp or going on vacations with their families. They are earning those awards they will be given in August when the packs start monthly meetings again. Both packs are doing their planning for the next year's scouting programs. Planning the events and planning on how to pay for it. Everybody ready for Scout Popcorn??

Service Officer

Keep your ears to the ground for increases in TRI-CARE cost increases. With budget shortfalls our leaders are looking for any way to decrease the national debt. Make your voices be heard by our elected leaders on this subject.

Post Committee's

The Commander is looking for Legionnaires to serve on the various committees that it takes to run the Post.

The Committees and the duties of those various committees will be on the webpage for those who can access it. If you have questions on what the committees are, please give us a call at 719-599-8624 and leave a message. We will return your call as soon as possible.

Please give some thought to serving on the committees. We need your expertise.



Sons of The American Legion
Squadron 209
Frank Maellaro

As reported earlier this year, the Squadron has gained 19 members which will allow the Squadron to become active again.

The following members of the Squadron have stepped forward to fill the following positions.

Commander: Frank Maellaro
Adjutant: Frank Anderson
Finance Officer: Ken Taylor
Chaplain: Chet Dean

To all the members of Squadron 209, I would like all of your input on what day and what time we should hold our meetings. I am looking forward to working with and meeting all of you. Please feel free to e-mail me with your input at maellaro@comcast.net.

Thank you, Frank

The Convention for 2011 is over and the new officers were elected to lead the Department for another year. The Commander is Jim Gillis, The Senior Vice Commander is Larry Decker, there are 6 new junior Vice Commanders; Robb Smith, Gary Moody, Lee White, Richard Humphrey, Ken Willard, and Carole Kennedy. Past Department Commander Tim Grabin was elected as Chaplain, Eleanor Allen was elected for another year as Department Historian, Patrick Reinhard was elected as the Department Sgt-at-Arms, Ralph Bozella was elected to another two year term as the National Executive Committeeman, and our own Neal Thomas was elected to another two year term as the Alternate Executive Committeeman.

The Post won top honor for our webpage by the Public Relations Committee for the Department of Colorado.

The convention was a lot of work but it is over for another year. For your planning purposes, the Department Convention for 2012 will be held in Grand Junction, the same weekend as the Country Jam. Look for more information as it becomes available.

Thanks to all the Legionnaires and Auxiliary members who worked so hard to make the Convention a success.



From the Adjutant
Larry Johnson

I have the 2012 membership cards. You don't have to wait until you get your notice from National, which will be mailed out 1 July to all members.

The Department membership team has challenged Post 209 to get our 100 percent membership turned in by 31 December 2011 for 2012. Department doesn't think that it can be done. I believe we can do anything we want you as long as you, the members of the Post get together and just do it. Our goal will be provided to us by the end of August so we will know the goal we are targeting.

Information to our Members

I urge everyone who can, to go to our website at www.americanlegioncoloradosprings.org and review information we cannot put into the newsletter.

We do not have the room that we need for the monthly newsletter and use the webpage to post a longer version.

RSVP SPECIAL

Make an advance reservation for the Steak night on 15 July and receive a special discount. With advance reservations and presentation of the coupon below, you get a steak at the regular price of \$10.00 and the second for a price of \$8.00.

Please note the change for RSVPs. Lynn Thomas and Jackie Bowen have taken over to try and relieve some of the workload from the Post Adjutant. You can contact Jackie at (719) 574-1223 home, (901) 481-0673 cell, or jackiebowen2005@yahoo.com. Lynn's contact number is (719) 439-6268.

**STEAK NIGHT
COUPON**

Buy 1 dinner at Regular Price, get the 2nd One at \$ 2.00 off.

Good only during the month of JULY and with a reservation made in advance

HAPPY BIRTHDAY AMERICA

Mario Taracena

Many settlers came to North America by the middle of the 18th century. They worked hard and the American Colonies prospered. The Colonies developed freely. Over a period of time, their politics and interests differed from those of England. England believed the colonies' possessions existed solely for the benefit of the Mother country. It kept other European countries from Colonial trade. It also curbed manufacturing so that they wouldn't compete with their own industries. By 1765, conditions and relations had changed drastically. British laws were reinforced and control over the Colonies was tightened; this included regulations on trade and commerce. Conflict became inevitable. The British parliament acts on taxation was intolerable (sugar, textiles, etc.). The reaction was like stirring up a "hornet's nest" because it affected all the people. The Virginia House of Burgess passed a resolution asserting "No taxation without representation". What followed was a revolution for independence. General Washington led an army of untrained and poorly equipped volunteers. The struggle and sacrifice for freedom was long. Even after Declaring our Independence on the 4th of July, 1776, the fighting continued until October 19, 1781 when the main British forces finally surrendered in Yorktown. One thing is for certain, those early Americans gave us an exceptional country!

Happy 4th and may God Bless America

An update on our members:

RICK HARTFORD: suffered a heart attack the first week of June and was taken to Memorial Hospital. He was blessed twice because not only was the heart condition taken care of but also several other issues. Rick is now doing very well.

ELSIE HOGGENMILLER: suffered a tear in the shoulder and was operated on the second week of June. With the help of the Lord and Elsie's family, she will recover quickly.

RICHARD AND ESTHER BOWERS: had surgery on her left eye and will soon have her right eye done. Richard is scheduled for eye surgery the end of June. They are grandparents and looking forward to playing with their grandchildren. May the Lord bless them with fast recovery.

KENT D LAMBERT: Our State Senator just went through eye surgery and is doing very well. Congratulations Kent, keep up the good work.

FALLS CHURCH, Va. – TRICARE beneficiaries should make sure they have their Social Security number (SSN) committed to memory. It won't be found on new Department of Defense (DoD) ID cards.

As of June 1, 2011, SSNs are no longer printed on new ID cards issued to members of the Uniformed Services, retirees and family members. The new cards will look basically the same, but will have a unique DoD Identification number in place of the SSN. For those eligible for benefits, such as health care, a DoD Benefits number (DBN) will be on the back.

The elimination of visible SSNs is a DoD response to the increasing need to protect the privacy and identity of ID card holders, but it may raise questions when it comes to obtaining health care or pharmacy benefits. Health care providers have always used social security numbers to check TRICARE eligibility and file claims.

For TRICARE beneficiaries, the DBN is most important. Many systems can accept it already, but beneficiaries using the Military Health System and TRICARE should be prepared to state their SSN (or their sponsor's) when accessing health care or pharmacy benefits.

The change to new IDs for all members and families is expected to take about four years. Existing ID cards are good until they expire; including retiree cards marked "INDEF." Beneficiaries who want a new ID without their SSN are advised to make an appointment before making the trip to an ID card facility.

TRICARE beneficiaries and providers can get more information, see ID card samples and view frequently asked questions at www.tricare.mil/ssn.

General information about the removal of SSN from ID cards can be found at www.dmdc.osd.mil/smartcard.

Sign up for TRICARE e-mail updates at www.tricare.mil/subscriptions.

Connect with TRICARE on Facebook and Twitter at www.facebook.com/tricare and www.twitter.com/tricare.

The TRICARE Management Activity administers the worldwide health care plan for 9.6 million eligible beneficiaries of the uniformed services, retirees and their families.