It all began in Paris a century ago

By: Jeff Stoffer

The American Legion is 100 years old.

The organization’s 55 departments and nearly 12,500 posts across the country and around the world are celebrating a century of service to community, state and nation that began in Paris March 15-17, 1919, when war-weary members of the American Expeditionary Forces gathered for a “morale conference” that led to the creation of what would become The American Legion. Only 300 troops were expected to attend. Officially, 463 registered. Some have estimated that more than 1,000 came and went, with or without orders, during the weekend that launched a century of accomplishments unforeseeable, if not unimaginable, at the time.

Lt. Col. Eric Fisher Wood, a leader in the prewar Preparedness Movement who was wounded fighting with the British before U.S. entry in the Great War and was later gassed during the Meuse-Argonne offensive while with the U.S. Army’s 88th Infantry Division, served as secretary of the Paris Caucus’ first session and called it to order nearly five hours after it was scheduled to start.

Fisher Wood, who originally wanted the new association to be named the Liberty League and later designed the emblem of The American Legion, was joined at the Paris Caucus by Col. William Donovan, who would go on to become the father of U.S. intelligence; future Secretary of the Treasury Capt. Ogden Mills; and fellow founder Lt. Col. George A. White, a former editor of the Portland Oregonian. But this caucus was not going to be about officers.

Pvt. George Munroe, who participated in the caucus, recalled in Thomas A. Rumer’s “The American Legion: An Official History, 1919-1989,” that he “saw no evidence of registration at the caucus. As far as I could see, anybody who happened to wander in could sit down and take part. It was somewhat of a madhouse. When I reported to the Cirque de Paris, I presented my travel orders to the soldier on duty at the door, and he looked me over, handed them back, and directed me to the section reserved for the 1st Division. After that, I came and went as I pleased.”

Amid the chaos, The American Legion formed its first four committees: Convention, Permanent Organization, Constitution and Name. Following the March 15 opening, the 15-member committees worked on their specific topics before reconvening March 17 before the entire group.

Lt. Col. Lemuel Bolles, who would later become the first American Legion national adjutant, reported from the Constitution Committee the following intention:

“We, the members of the military and naval services of the United States of America in the great war desiring to perpetuate the principles of justice, freedom and democracy for which we have fought, to inculcate the duty and obligation of the citizen to the state; to preserve the history and incidents of our participation in the war; and to cement the ties of comradeship formed in service, do propose to found and establish an association for the furtherance of the foregoing purposes.”

Language from his report would inspire the Preamble to The American Legion Constitution, which would be written and adopted in St. Louis two months later.

(Continued on Page 6)

Photograph courtesy of The American Legion
Do you have an ongoing program or activity that serves your community? Do you have a friend or relative that goes above and beyond the call of duty to help others?

Drop us a line and tell us what your story is or how you or this person is demonstrating that they are Still Serving America, but must be received by the 10th of the month, the month prior.

In submitting your information, please be sure to include your full name, address and telephone number. There's a good chance the information you send will make it into The Observer. Please send to: Still Serving America, The American Legion, 7465 East 1st Ave. Ste D Denver, CO 80230.
When I served in the Army’s Old Guard at Fort Myer, Va., toward the end of the Vietnam era, I had many things to worry about. Being paid was never one of them. Unfortunately, members of the Coast Guard recently learned they cannot be assured of a steady paycheck. As we entered the new year, our federal government was already nine days into what would become the longest U.S. federal government shutdown in history. I can assure you that The American Legion was not shut down. Nor was the Coast Guard, although its pay certainly was. Because the Coast Guard is under the Department of Homeland Security, its payroll was not appropriated in advance like the other service branches, which are under the Department of Defense. The latest shutdown was the first ever to cause an entire branch of our military to suffer a pay stoppage.

This occurred despite legislation in both houses of Congress that would have paid these men and women, who continued to defend our shores every single day during that period of deep uncertainty. The fact that the Pay Our Coast Guard Act did not fly through Congress is nothing short of bipartisan failure. It was politics over patriotism. I am proud that your American Legion provided more than $1 million in temporary financial assistance to thousands of Coast Guard families in need through our Veterans & Children Foundation. This was $1 million more than the government provided them during the same period. Keep in mind, these are non-repayable grants, not loans. We budgeted only $280,000 for the year, because no one could have anticipated that members of our military would not be paid. While they did receive retroactive backpay, Coast Guard personnel should not have had to face the worry and stress of not knowing when or how their bills would be paid. There’s also the likelihood that Coast Guard recruiting and retention will take a hit.

Your continuing support for The American Legion’s Veterans & Children Foundation is most appreciated. You can make donations online at legion.org/ta.

Never again should members of our nation’s military have to visit soup kitchens to feed their families. A junior enlisted member of the military earns less than $23,200 in annual base pay, below the poverty level for a family of four. Unlike other federal workers, he or she does not have the option of simply quitting on the spot and finding another job during a shutdown. Congress and the White House need to ensure that not a single servicemember goes unpaid during future shutdowns. By passing the Pay Our Coast Guard Act, Congress will provide the men and women defending our shores the financial security they deserve. Despite the 35-day shutdown, the 41,000 men and women of the Coast Guard continued to perform search-and-rescue operations, drug interdictions and maritime security missions every day. Their motto is Semper Paratus – “always ready.” We should expect Congress and the White House to show the same commitment.
District Conventions, are they important?
By: Robb Smith, Department Commander

Are you, or any of your post members going to attend your district convention? Or, maybe the more important question is, when and where do you know your district convention is being conducted, so you can plan to attend? If you don’t know that answer, it’s a given conclusion that you will not be attending, and you need to attend. I think they are very important, let me explain.

The Legion post is the most important entity in the Legion, I feel this fact is undisputed. That’s where the grassroots of a community’s veterans have come together to form a post and where great things like taking care of fellow veterans and working with our youth for 100 years now has been making a real difference. Let’s not forget about the numerous patriotic observances and community outreach activities that has made the post an essential part of small town, as well as city life in America.

Now, gather up a group of these wonderful posts and create a district where they can work together for a bigger contribution within a demographic area. This district has a mission and focus, to unify and work as a larger team.

Your Spring District Conventions are now being scheduled and will be announced very quickly. What do they have on their agendas? Well, all are different, but there are some very traditional activities that you need to be involved with.

Essential items of information, like legion programs, membership recruiting ideas, upcoming events at fellow posts within the district all the way through the department to the national level, the topics to share and discuss are virtually limitless. All these can expand your understanding of the organization and how you can play a part. More importantly, this will show you how your post is a part of this bigger group.

Resolutions will be introduced, discussed and voted on, that can actual change our organization or even change the focus on our advocacy on an issue. All post-initiated resolutions that need to move to department or even further, need to be voted on at a district level. This makes the district a very essential part of that system of change.

Finally, elections: your representatives of the district are nominated and elected at this convention. They have very important obligations and responsibilities to you and your fellow post members. You could be one of those people who can positively effect change. You could assist struggling posts or even refine your personal skills to help make this organization thrive to meet the challenges of our century to come. Its within your grasp to be part of the solution.

I encourage you to accept my challenge to attend your district convention, expand your larger understanding of what we can do together, as a district in The American Legion!

HOOAH!!
A Message From Department Sr Vice Commander Noechel

Membership, all you have to do is ask
By: Dean Noechel, Department Sr. Vice Commander

Colorado Legionnaires,

Our American Legion Membership is exploding for 2019 and we don’t want to stop now! We have achieved our 90% target date of March 13, 2019. The next one in our sights is 95% on April 10, 2019. We are headed for the checkered flag in the RACE TO THE CENTENNIAL! Will your Post be 100% for the target date of May 8, 2019? You can help by asking your friends to renew or join your Post. Will you recruit one New Member this month?

Now is the time to reach out to those members who have not renewed for 2019 as their membership and benefits in our great organization are expired. Our members are the back bone of our organization and we need each one of you. As most of you know, we attended the Washington Conference and talked to our Congressman and Senators. THE AMERICAN LEGION is a loud voice on Capitol Hill fighting for ALL VETERANS. Do you know how that is possible? It is because of our members that we can lobby and have a big influence on Veterans Benefits. With nearly 2 million Members in THE AMERICAN LEGION we are loud and proud and our members and Veterans count on us to make a difference. Without our members, our voice could soften and our Veterans will not be heard on Capitol Hill. We don’t want that to happen, so please will reach out to your friends, neighbors and ask them to renew or join our great organization.

Did your Post or District participate in the “BUDDY CHECK”? I hope that you did, and you let your members know that the American Legion is here for them, and that they are important to the success of our organization.

Are you working the list of 2014-2016 expired members? How many has your Post got to re-join? Don’t forget about the $5.00 per member incentive from National.

Don’t forget that every member that signs up a new member into your Post is eligible for the $100 cash drawing on the target dates, we still have 2 more drawings left, get those names submitted to PNC Bock at pncbock@coloradolegation.org

Does your Post have a “Sponsor A Vet” Program? Have you thought about sponsoring WWII and Korean Veterans Membership? They are our greatest generation and have given us so much, how about you sponsor their membership for 2019 into your Post. Say THANK YOU, to these men and woman that have given us so much. We need them in The American Legion because they are a profound part of our legacy and you can help them continue to be a proud member TODAY!

I am issuing a challenge for membership renewals into the Posts. How many Posts can get a 90% Renewal rate of 2018 members? All you have to do is ask the members to renew their membership for 2019.

Membership Incentive for 2019! Posts that achieve 105%+ Membership by the May 8, 2019 Target Date will be awarded 1 Colorado TEAM 100 Jacket to their Post Commander or the Commanders designated representative, these jackets will be awarded to Posts that have a minimum of 15 members and show a 5% growth for our Centennial Year.

Membership in the Largest Veterans Service Organization, The American Legion, is the best value to our Veterans and our local Community. We need to just ask. Just Ask if they are a member of The American Legion. Share your WHY……. WHY are you a member of this great organization? There are other Veterans that believe the same that you and I do. JUST ASK THEM TO JOIN!

In closing I would like to ask each of you for your support as I seek the high office of Department Commander for 2019-2020. Let’s join forces and RE IGNITE PATRIOTISM IN COLORADO, because TOGETHER WE CAN MAKE A DIFFERENCE.

WILL YOU HELP US TO ACHIEVE 20,000 LEGIONNAIRES IN COLORADO?

Join The American Legion
Help Our Nation's Veterans
What's in it for me being a member of The American Legion?

Fair enough question to be asked by anyone, wouldn’t you say? It’s odd as a society we scream for things to be free or at least a little help in our pocket. Well, The American Legion has done just that through various discount programs that are available to any member of the American Legion or Sons of the American Legion.

Annual dues commonly range between $40-$50 and I have found I have not only paid my dues with the benefits, but I have even saved a dollar or two atop of that. In a sense, my membership was free this year with my accrued savings. Allow me to explain. Last year, in 2018, I personally saved well over $100.00. I used my Hotel Planner and saved 45% on my room at the Red Lion in Boise, ID. On three separate occasions I saved 15% on a rental car from Enterprise. Furthermore, I saved another 10-20% on my office supply needs at Office Depot. Additionally, there are other discounts that are available for members of The American Legion and SAL members. Amplifon Hearing health care, Sears appliance purchase program, Financial service with USAA, Prescription drugs program with CVS, and 1800 Flowers. For your technological needs, Apple and DELL both provide discounts to members of The American Legion.

To make it easier the Department of Colorado has great tri-folds which provide a list of discounts, which, can also be found on the national web site. There are well over 50 different retailers that see the value of The American Legion and honor our veteran’s worldwide.

The best deal I found is “The American Legion Travel Center” powered by Hotel Planner. The establishment offers as much as 65% off your next stay at a hotel. I had mentioned Enterprise rent a car, but there are others such as National and Alamo rental car companies who too offer 15% off. You are provided with choice and opportunity to meet your needs with various companies so, you’ll be sure to be satisfied with your choice, while receiving these great discounts.

I would highly recommend every Post adjutant to sign up for “Office Depot” discounts where they can save up to 80% on nearly 93,000 products.

Equally, I strongly encourage every member in your Post to sign up for Legion Care programs often referred to as LIT (Legion Trust Insurance). This program will pay $5,000.00 when on official Legion business, or $1,000.00 for accidental death when not on official Legion business. The hope is you will never require these services, but it’s free to every member, easy to sign up, visit: TheLIT.com/legionCare2 to sign up now. You can also place the LIT bifold in every member envelope when you send them their new membership cards.

Next time someone comes to ask you what’s in it for them, you can answer, “More than what their annual membership dues would cost them.” Then, provide such examples as I have mentioned. Better yet, pick up a brochure from Department HQ and know the benefits The American Legion have available to its members, and remember, you have to ask, otherwise the retailer will never know you are deserving of this discount.
A Message From Department Jr. Vice Commander Jackson

Are We Approachable?
By: Greg Jackson, Department Jr. Vice Commander

Sometime we have to take that deep hard look at ourselves. Do a post Self Inspection.

Is it an annual event that solicits feedback from all members and lets them remain anonymous? The Officers Guide and Manual of Ceremonies contain such a document that guides us in what to look for. It is under a Post Responsibility Audit and a Post Analysis. We often avoid not wanting to focus on anything perceived as negative, but as a post this feedback is important on improving ourselves for both our members and community.

Post Responsibility Audit covers items such as following the principles of our Preamble. It asks if we are meeting the objectives of our 4 pillars. It is also a basic look at how we conduct our meetings in every aspect. There a total of 10 items and they are rated from 0 to 5 with five being excellent. After completing the ratings add the score for a overall rating, which can be found at the bottom of the page.

Post Analysis has two sections, Committees and Membership. The Committee section has a listing of 11 committees and three columns for; if a committee is appointed, if it achieved its goals for the year and how many events did the committee do. The last two committees listed are other and Community Patriotic observances. These two committees are to be used to add any committees that you have that are not covered in the previous ones. Please keep in mind it is not essential that you have a committee for every item on the list.

The Membership section is a good tool for identifying your membership goals and the metrics to track effectiveness. Membership also includes how to better attract members to post meetings, the number of meetings with average attendance and if your post attends district as well as department conferences and conventions. There is even a section to help you with steps to a better post.

OK, now that we have covered that, you are probably wondering where the title question comes into this. I have been approached often in the last year by new and young members that have expressed their feelings of the current membership and older members not presenting themselves as approachable. I can occur with that feeling as I am sure we all have felt that as new members of any organization, school or even jobs. This is a two sided issue really, those that are new, and those that are veteran members. The first part I want to address is those of us that have been apart American Legion for several years. We need to take the initiative to seek out our new members and not just shake their hand and welcome them but to engage, mentor them. Often in a big gathering a first time visitor may feel that he cannot approach those that they do not know. The perceptions of cliques are formed. Often that feeling of alienation will discourage the member to leave or not participate. And of course we know that word of mouth can be bad or good. In this case Bad. They will leave the Legion and then attempt to form a new group based on the attitude they felt.

So, you are saying, “I am always approachable”, but it isn’t what you perceive yourselves to be but rather what the individual may perceive. This is not something that we can easily change, but if we are conscience of it and work towards including every member from the newest to the oldest then we can minimize it.

Now, for a newer member’s part of the solution. Never feel that you cannot approach nor have your voice heard. Be involved and get engaged. And if you ever feel you cannot approach someone then reach out to them via email or text. Often such feelings are created out of the lack of effort on both sides. I encourage every member to attend their district meetings and the Department conferences and Conventions. Introduce yourselves to as many others from around the state as you can. And don’t just shake a hand, take a minute to have a discussion.

So let me wrap this all up. When we conduct Post Analysis and Post Audits, take some time and ask for anonymous feedback and take note. This can help in identifying membership problems as well as possible solutions how to engage and make members want to attend and participate. And sometimes these conversations and feedback can be unpleasant but how else will we grow and continue to be the great organization that we are.

Again have a great month with attending District Conventions; I look forward to visiting with you and asking your support on my candidacy for your 100th Department of Colorado Senior Vice Commander.

POST HISTORY BOOKS ARE DUE TO DEPARTMENT BY 1 MAY 2019!
To inculcate a sense of individual obligation to the community. There are many Post programs to accomplish this. One of my favorite and most rewarding programs is for the Post to sponsor the Junior Reserve Officer Training Corps (JROTC) at your local High School(s) or College.

From National - “The American Legion is a strong supporter of Junior Reserve Officer Training Corps (JROTC) and Reserve Officer Training Corps (ROTC) programs across the country. During the 2000 Spring Meetings, the Legion’s National Executive Committee passed Resolution No. 20, which encourages Legion departments to establish Outstanding JROTC Cadet of the Year programs. Resolution No. 11, passed during the 2006 Spring NEC Meetings, urges Legion departments, districts and posts to present American Legion ROTC medals to requesting colleges and high schools in their states.”

The medals and certificate CD can be purchased at Emblem Sales. Don’t wait to order. There is a rush for the medals come spring.

Junior Reserve Officer Training Corps (JROTC) Program

By: Chip Kossow, Department Jr. Vice Commander

My first thing I have for you is a question: HAS GOD BEEN GOOD TO YOU??? Think about it before you answer it. SIN is one of the easiest things that anyone can commit to. Before I go into my sermon to you about SIN, I think that I need to inform all of you that I will be running for re-election as your Department Chaplain, again. I know that I have done this for a while, but I guess I still have not done it right yet, so, I need to keep doing it till I can get it right. (HA!HA!HA!)

Most of our Districts have scheduled their spring meeting and getting ready for election of officers. All of you need to step up and take one of the positions that are open. The post and the Legion need fresh blood and fresh ideas to keep this organization moving forward in the right direction. Your input is very important for all of us. New ideas and new things that we should be doing are very important to the post, district and legion. You have very little time as when the Observer goes to print, but please think about it very seriously and come forward and give us your input.

Here is a Scripture verse from 1 John 1: 8 – 10: “If we say the we have no sin, we deceive ourselves, and the truth is not in us. If we confess out sins, HE is faithful and just to forgive us our sings and to cleanse us from all unrighteousness. Is we say that we have not sinned, we make HIM a liar, and HIS word is not in us.” Then in Romans 5: 12, 19: “Sin came into the world because of what one man did, and with sin came death. This is why everyone must die—because everyone sinned. One man disobeyed God, and many became sinners, in the same way one man obeyed God and many will be made right.” Then in 1 Peter 3: 18: “Christ himself suffered for sins once. He was not guilty but HE suffered for those who are guilty to bring you to God. HIS body was killed, but he was made in the Spirit.”
My good friend Max says, “It wasn’t the Romans who nailed Jesus to the cross. It wasn’t spikes that held Jesus to the cross. What held him to that cross was his conviction that it was necessary that HE become sin—that HE who is pure become sin, and that the wrath of God be poured down, not upon the creation, but upon the Creator. When the One who knew no sin became sin for us, when the sinless one was covered with all the sins of all the world, God didn’t call his army of angels to save HIM, HE didn’t because he knew HE would rather give up his Son that give up on us. (Powerful words, think about it) Regardless of what you’ve done it’s not too late. Regardless of how far you’ve fallen, it’s not too late. It doesn’t matter how low the mistake is, it’s not too late to dig down, pull out that mistake and then let it go—and be free. What makes a Christian a Christian is not perfection but forgiveness.” (there is that word again, forgiveness) And Max’s prayer is for all of us: “Dear Heavenly Father, thank you for our promise that if we do what is right, eventually truth and justice and goodness will prevail.”

I have just finished a sermon titled, “The Greatest Sin.” I think it’s a good one and what it talks about is that many of us without knowing commit a sin when we really do not know it. That sin is doing “NOTHING”. When you see someone that needs help, do you help them or just walk on by? Doing nothing is a great sin and we keep doing it all the time. When you have an opportunity to help someone and do nothing that is a great sin. And many of us do that, nothing. Think about what I just said and see if you did not commit a sin by doing nothing? I am just as guilty of this sin as many of you reading this article are. I really never thought of it that way, by doing “NOTHING” is a great sin. GOD be with you all as the months keep going by rapidly. See you at your district meeting.

My last three words to all of you are: GO TO CHURCH!!!!!!

A Message From Department Historian Davis

Add a Memorial

By: Deb Davis, Department Historian

Anniversaries help you remember the past in a positive light and create new memories & lifelong traditions

Celebrating the 100th Anniversary of The American Legion (and for some, your Post) you want to recognize what’s working well and why, and if there’s is something you can take from it to inspire or replicate in other actions and goals. Whatever you want to change, achieve or have more of – be it membership, active programs or increase participation – success lies at the heart of it. Success comes with motivation. So give yourself as many opportunities to be successful as you can. Remember, one of the best reasons to celebrate is simply that it feels, good. I hope your Post has had or is having a 100th Anniversary!

From National: Across the country and around the world, U.S.

A war, military and veterans memorials stand to honor those who served in uniform and the battles they fought to protect our nation’s freedoms. The American Legion is now establishing a database to identify the locations, document histories and share photographs of our nation’s monuments and memorials to those who have served.

You can submit a photo to AmericanLegion.org.

- A photo or photos (required), easily taken with a smart phone (no persons in the photo
- Location of the memorial, mapped if possible
- Purpose of the memorial, such as who it honors and why
- Date of the memorial’s installation and who originally installed it
- A brief assessment of it condition today

To upload text or photos, simply click on “Add a Memorial” and follow instructions. This is for any war era, not just world War I.

The words homeless and Veteran should

Call VA's toll-free hotline: 1-877-424-3838 (1-877-4AID-VET)

The American Legion

Call 1-877-424-3838. The American Legion National Headquarters is here to serve you.

Emergency Assistance Plus

Travel Confidently with EA+ Check it Out

1-877-424-3838 (1-877-4AID-VET)
We all know how important education is to our lives. The level of our educational experience in life determines, in a large part, who we are in life. Our path through life is a constant education process. When we stop learning, we die.

As we go through life, we establish our value system from the events and people that we encounter. Our parents, teachers, clergy and everyday associates help form our value system. From child, to young adult, to adult our value systems change constantly. We are always searching for the values that define us as part of the human race. To paraphrase a football coach on a TV beer commercial, “We are, who we think we are!”

Our experiences as veterans set up very unique relationships. A strong bond with veterans is formed that lasts a lifetime. Our value systems change after wearing the military uniform. We appreciate our family, friends and associates more. We then understand “who we are!”

We latch onto those around us who make us feel good about ourselves. Our sense of accomplishment comes from our family, friends and associates and what we have finally defined as our mission in life. At some point you latched onto The American Legion because your values are deeply rooted and match those of this great organization.

So, The American Legion offers a continuing education process to assist you in learning and leading in the organization. For 100 years our members have stepped forward to lead, innovate and change this organization for the better. “We are who we are,” …as an organization. For 100 years our core values have not changed. Our Four Pillars still support us today as strong as ever. What changes is the methods and means we use to communicate those core values to our younger veterans, the leaders of the future.

Our Education and Training Committee this year is offering a Leadership and Training Conference designed to look at the organization from the post level. This will become an annual event designed to teach our core values. It will be designed to give our newer members, and our new officers at the post and district levels, the knowledge they will need to make the organization a success at that level. The classroom environment will be such that the learning experience will be interactive with experienced Legionnaires acting as facilitators and directing the new members in the right direction. Ideas will be important in this classroom. The four pillars of the organization will be fully explained and day to day management techniques of dealing with volunteers will be fully explored. Enthusiasm and motivation will be all important in this new college.

The time, date and place for this college have been set, May 17-19, 2019 at American Legion Post 32, 315 S Bowen St, Longmont, CO. Our Education and Training Committee has designed an application for those desiring to attend. This year we will be limited to just 75 students. The deadline for submitting the application is April 26th. More complete information about the college can be found on the front page of our web site at www.coloradolegion.org. The tentative agenda is printed elsewhere in this Observer.

This is important training for all Legionnaires at our posts and districts. Don’t get shut out. Apply today. You won’t be sorry.
see what was going on. In his 1923 history of the Legion, Marquis James wrote that prior to his appearance “…there was present no delegate direct from the Navy. On the afternoon of the third day, a lone sailor wandered into the Cirque de Paris where the later sessions were held. He was immediately surrounded and asked whom he represented. ‘Nobody,’ stammered the embarrassed gob. ‘I thought there was a show going on in here.’”

On the evening after the final session of the caucus, the first American Legion Executive Committee gathered, chaired by Milton J. Foreman of Chicago, with White as secretary.

In his 1946 “A History of The American Legion,” author Richard Seelye Jones put their challenge this way:

“They were to promote an organization which would not take form until the following November. They had no funds whatever, no offices, no staff, no literature. They had been named the temporary executives of a great idea.”

White, who would serve in uniform the rest of his life, rising to the rank of major general before he died two weeks before the Pearl Harbor attack of 1941, recounted the aftermath of the Paris Caucus this way: “As near as we could calculate tangible assets, we possessed a pile of resolutions, the tentative name ‘American Legion,’ and a responsibility to do something along lines which we must determine … and promulgate.”

Over the next eight months, the early American Legion’s promulgations would attract some 685,000 members. Community posts sprang up across the country and around the world; some 5,400 that opened in 1919 continue to operate today. And The American Legion would take shape as a non-partisan association of wartime veterans dedicated to building a stronger nation through community service, veterans assistance, support for a strong national defense, patriotism and mentorship of youth.

The American Legion centennial period, which officially began Aug. 30, 2018, continues in earnest through Nov. 11, 2019, the 100th anniversary of the first national convention. The 101st National Convention, which is themed around the organization’s second century vision, will be in Indianapolis Aug. 23-29. Learn more about the convention at www.legion.org/convention/resources.

To learn more about The American Legion’s centennial and history, visit www.legion.org/centennial.

"Membership" the driving force to our exisance

By: Ron Noakes, Commander, SAL Detachment of Colorado

Here it is April already! District Spring Conventions are about to get started and planning for the election of officers are under way. Where does the time go?

As many of you know I have been out of commission since February 19th with another surgery and then recovery time. I do apologize for not being able to attend some of the special function the Posts had planned. I am now ready to get-r-done. I would love to attend as many of the District Conventions as possible.

On April 6, 2019, the detachment will hold a DEC at Pueblo Post 2 starting at 2:00pm. For those who would like to come early, a lunch will be provided on a donation basis. Following the DEC, Squadron 2 will host the CWF Banquet and fundraiser, followed by DJ entertainment. Mark your calendar. This is going to be a great party.

One of the Goals I have been working for is a total membership on “4000”. Last year we ended with 3433 members. As of March 5, 2019, we are at 2308 members, which is about 71%. Of that, about 59% are renewals. That results in a gain of 12% new membership. Way to go. Congratulations to those Squadrons who have reached 100%. I know we have 4 to 5 months to go and we will start getting memberships in at detachment. Let’s all go for 105% and 85% renewal. We can do it.

I am finalizing my calendar for 2019. I would really like to attend your Squadron’s meeting or a function. All I ask is that you send me a request to do so. We at the Detachment are there for you and your Squadron. Without you we are just a name. Send me an email at mrron14@yahoo.com. That is the fastest way to contact me.

Do not be afraid to show your BRAND. Wear your patches, shirts, covers, and pins with pride. When you are seen in and around the community, they know who you are and want to be part of you. You are the holder of a priceless heritage.

For those who would like to donate to my project, it is “The Colorado Veterans Youth Fund”.

I leave you with this quote that I have used for many years, “If it is to be, it is up to me”
Statistics state that more than 2 million children have been affected by wartime deployments. It is a part of their routine, that children of civilian parents may never endure. Since deployment to Vietnam to today there has been more than a 27% increase in deployed families with children. (Morin, 2018)

As the American Legion Auxiliary, we can make a positive impact on those children. Our Kids of Deployed R Heroes 2 (KDH2) program allows us to celebrate children of the deployed.

How can you celebrate and honor the service of the children? You can create or purchase “I’m a Hero 2” buttons and distribute them to those children whose parents are deployed. You can also make buttons that say “I am a Proud Parent or Grandparent of a Military Child” with a picture of the military member. If buttons are too costly think about a sticker. Since you are not putting the ALA logo on them, you can make anywhere from anyone you want. A template for the stickers can be downloaded from the Children & Youth page when you log in to the Members Only section at www.ALAforVeterans.org.

Another idea is to make them a certificate that they will be able to display and remind them they are not forgotten. What a fun way to say “thank you for your service” to the family.

Laurie Kuntz
Department Auxiliary President

Why should you do this? Acknowledging the sacrifice that the family makes lets them know that they are not alone. Supporting the children and youth is part of our mission.

How should you distribute? You can work with the family readiness group to coordinate a date and time to distribute. What about having a special dinner to acknowledge and appreciate the kids and family? You can add activities and events to make it a special day for the kids. Build a relationship with them. Another suggestion is “if your unit is in close vicinity to a military installation, contact Morale, Welfare, and Recreation (MWR) for a listing of activities in which you might have a concession or table.” At the event you can showcase the Military Child’s Table as a ceremony of compassion and understanding.

Have a conversation with the kids. Without prying: ask them how they are doing? How is school? What do they need? How can you help? See if they want to talk about the deployed parent? Showing they have someone to listen to them and on their side can go a long way.

Team up with other organizations that are concerned with the welfare of deployed children. This could be a way to make a day even more exciting and fun for them.

April is designated as the Month of the Military Child. Plan an event to honor military children. You can incorporate KDH2 program as well. Purple is designated as the color for the military child, as it dumps of the colors of the military branches together to make purple. April 18 is Purple Up! Day to support military children. Encourage your members to wear purple in support of the Kids of the Deployed.

Remember the Children

** Additional information was pulled from the 2017-2022 Children & Youth Program Action Plan located on www.alaforveterans.org.
Department of Colorado's District 6 Welcomes National Vice Commander Jim Pisa With Fanfare and Neon

By CO-ALPA Contributors, District 6 CMDR Annette Johnson & S.A.L. Tim Park

In January, District 6 Commander Annette Johnson received word that National Vice Commander Jim Pisa was going to return to Colorado for a week of membership training, question and answer sessions and in general discovering “What can we do to improve the membership experience?” How does one choose four Posts to visit when everyone has worked hard this year? Realizing a golden opportunity is at hand Commander Johnson began reaching out to all the Commanders for input. Explaining over 95% of the Posts have attended numerous membership training this year, participate in the roundtable membership discussions, attended multiple DMs events, growing in confidence and have begun conducting in house Post DMS events. The result, these Posts have become more proficient in the variety of ways we recruit, renew and reinvest in our members.

The challenge: how to create maximum exposure to the NVC? This visit provided a perfect opportunity to reward the Post Commanders, and their chosen membership representatives. Rather than taking the NVC to four Posts why not bring as many of our 21 Posts to him? This is precisely what we did, with a National Vice Commander breakfast and banquet dinner, a day of group discussions, one-on-ones, fun and many laughs were shared.

Thank you to Posts 151, 1260 and 1976 who put together a breakfast meet and greet at Department Headquarters on the morning on February 16. This provided an opportunity for those who could not attend the dinner to visit with the NVC, ask questions during a roundtable discussion and to listen to membership strategies. Then, the Department Membership Team went into a meeting with the NVC and later that evening a banquet was held at Post 1.

On a cold and snowy evening in February, National Vice Commander Jim Pisa arrived at American Legion Post 1 in Denver, Colorado for an evening of membership discussion and recognition to District 6’s best. Upon arrival, the National Vice Commander approached the entrance to Post 1 where two trumpeters dressed in neon shirts, berets and neon bowties played a fanfare as he entered and was greeted by District 6 Commander Annette Johnson. Then a Proclaimer, also dressed in neon, led the way into the post expounding on the National Vice Commander’s resume from his four-years of service in the Navy to his 21-years in the Coast Guard. NVC Pisa has been a member of the Legion for 45-years, of which 35 at American Legion Post 35 in Wasilla, Alaska, and has held every position except one.

After initiating him into the ‘snailback’ club, the National Vice Commander was escorted to the head table where he was joined by Department of Colorado Senior Vice Commander Dean Noechel, 2005/06 Past National Commander and First Lady Tom and Elaine Bock, and Department of Colorado Adjutant Pat Smith. After the crowd finished assembling and took their seats, the program began with a formal opening, which happens at American Legion Posts all over the world. Next, the Post 1 Honor Guard performed a spectacular Five Hats Ceremony. Everything was progressing normally until the food service. The first person served was Department Senior Vice Commander Dean Noechel. SVC Dean is an Army veteran and was a Blackhawk Crew Chief, he was served his meals in the traditional style – a delicious meal consisting of MREs served in a field mess kit, and being a true soldier, he took out his lighter and proceeded to heat his meal and may have taken a bite or two. The next service went to PNC Bock. PNC Bock tells a story of when he was the American Legion’s National Commander, people would bring him his coffee in a nice coffee cup, prepared just the way he liked it. Although, the day after he was no longer National Commander, he found himself getting his own coffee in a Styrofoam cup. In keeping with this tradition, PNC Bock’s meal was served on a Styrofoam sectioned plate with a Styrofoam cup of water and plastic ware, while his First Lady was served on fine china and fitly National Vice Commander Pisa was served on a silver platter.

With dinner finished, it was time for some membership Q&A in the form of Kristi Hensley: Reporter on the Street, but first the dignitaries needed a change of headwear fit for the occasion. With the Proclaimer reading from a scroll what it means to be a cowboy, PNC Bock received a neon yellow cowboy hat with a “Rounder” pin. The Department Senior Vice Commander Noechel received a neon orange baseball cap with his tag line, “Now Give Me Three More” and finally the Proclaimer, proclaiming the virtues of being the King of Membership, National Vice Commander Pisa received a king’s crown of red velvet and gold adorned with sacred jewels and a scepter.

Now then, Kristi Hensley, our Reporter on the Street, moves across the room and approaches her first contestant. She asks the audience membership questions where a positive and correct answer yielded a, Hazzah’, cheers and applause with a fanfare from the trumpeters, a neon flamingo & Pom-Pom pen and a neon bow tie. Although, an incorrect answer concerning membership protocol received groans and boos from the crowd. Miniature beach balls made their way around the room and when our Reporter on the Street caught you holding on to the ball a bit too long she would ask: What’s your Why? Why do you belong to The American Legion? There were as many different and wonderful answers as there were individuals in the room. As the evening wore down, the events segued to the business of membership. District 6 Commander Annette Johnson took over the microphone to go over the numbers of the District 6 Posts and explained the secret of their success. She then handed a file folder full of Membership Data Transfer Forms, Renewals and New Member signups to Department Senior Vice Commander Dean Noechel to make the membership roundup official.

Finally, the microphone is handed over to National Vice Commander Pisa who congratulated District 6 Commander Johnson as well as all the membership superstars from District 6 and spoke of his plan for the future and the current campaigns such as 25,000 members in five years and the Buddy Calls. During the Q&A with the National Vice Commander came an inquiry regarding his signature style, neon tennis shoes. NVC Pisa

(Continued on Page 14 See Converse Chuck Taylors)
explained several years ago, he purchased a pair of Converse Chuck Taylors and he liked them so much he continues wearing them to this day; in fact, he stated he has a black pair for formal occasions.

Lastly, NVC Pisa announced that he has placed a challenge to all Western Department Commanders: Any Department Commander achieving 100% by the May 8 Target date will receive a pair of neon Chuck Taylors, neon color of the NVC’s choice, and NVC Pisa will walk with the Department Commander in the at 100th National Convention Parade this year.

As the District 6 Commander, I am so proud of District 6 and all the hard work everyone is doing to strengthen our membership. This was the first time an opportunity like this has happened where each Post was rewarded for their hard work with a National Vice Commander visit. Thank you to all the Posts and Tom and Kristi Hensley for your support and LCW SAL Sqd. 1 for making the banquet dinner a wonderful experience. I appreciate each of you for your passion and dedication.

Photographs of the District 6 NVC Visit

District 6 Commander Annette Johnson, left, and National Vice Commander Jim Pisa, right.

Crowned King of Membership is National Vice Commander Jim Pisa.

Department Sr Vice Commander Dean Noechel, left, National Vice Commander Jim Pisa, center and District 6 Commander Annette Johnson, right.

The 4 Musketeers, PNC Tom Bock with his neon yellow cowboy hat, far left, King of Membership National Vice Commander Jim Pisa left, Sr Vice Commander Dean Noechel with his neon orange Now Give Me 3 More, hat, near right and Department Adjutant Pat Smith missing his beret, in-a-al-natural mode, right.
When: April 6, 2019  
Social Hour 5:00 pm  
Dinner: 6:00 pm  
Where: Ovie Vernon  
American Legion Post 2  
701 W. 9th St Pueblo, CO

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For information contact Post 2 at (719) 544-8245

Join The American Legion  
Help Our Nations Veterans
American Legion National Commander Brett Reistad addressed a joint session of the House and Senate Committees on Veterans’ Affairs Feb. 27, to conclude the Legion’s annual Washington Conference in the nation’s capital.

Reistad’s address to the committee highlighted The American Legion’s efforts and success in aiding members of the Coast Guard during the recent government shutdown and called upon Congress and the administration to adhere to their constitutionally-mandated responsibility to support the military.

“Mission is a word that we take very seriously – something that has been forged into us since our first day of military basic training,” Reistad said. “It is an inner fortitude that tells us that no matter what it takes, we will accomplish the task at hand.

“It is synonymous with being a veteran. We have seen this clearly demonstrated by the men and women of the U.S. Coast Guard, who despite a stoppage of pay, continued to deploy more than 2,000 members a day, at sea and ashore.”

During the shutdown, the American Legion provided financial assistance totaling more than $1 million to Coast Guard families.

“Pay uncertainty is difficult for everyone impacted, but especially those, who – by contract – are required to continue working and risking their lives in an occupation that provides, at best, modest pay,” he said.

Chairman of the House Committee on Veterans’ Affairs Mark Takano, D-Calif., touted the importance of The American Legion, saying Congress relies on the organization to hold legislators accountable and as a check to ensure Congress acts in the best interests of our nation’s veterans.

“We rely on The American Legion in our districts and states back home, and here in Washington, D.C., to be the voice for millions of veterans,” he said. “For 100 years, members of your organization have been on the front lines as a strong voice on Capitol Hill ensuring Congress fulfills its promise to veterans.”

Reistad also brought attention to the plight of suicide in the veteran community and the increasing rates of suicide in post-9/11 veterans.

“PTSD, TBI and feelings of a loss of purpose or belonging are frequently found among those who attempt such tragic and permanent endings,” he said. “These feelings and conditions are either preventable or treatable. It must be the mission of every Legionnaire, every veteran, every employee of the DoD and VA – and, I might add, every member of Congress – to stop such national tragedies.”

Another key message delivered by Reistad focused on concerns of privatization of VA as well as implementation of the VA Mission Act, noting the Mission Act must live up to its mission to serve veterans rather than serving private-sector health-care providers.

“The American Legion does not oppose Choice,” he said, “but, we adamantly oppose any plan that would gut the best health-care system in the country.

“The central fact remains that nobody understands the unique health care needs of the veteran population better than the professionals at the VA.”

Sen. Johnny Isakson, R-Ga., called the next 24 months critical when it comes to the future of VA health care.

“Nothing we’ve done is going to work unless you help us make it work,” he said of the implementation of the Mission Act. “We need all these efforts to become reality and not just promises.

“A few years from now, we will look back and view this as one of the great times for VA and for America’s veterans.”

Rep. Lauren Underwood, D-Ill., brought attention the struggles women veterans often face when it comes to VA care, noting that women now comprise about 10 percent of the veteran population and the number is growing rapidly.

“In the Legion’s view,” she asked, “what does VA need to be doing to ensure female veterans are receiving the care they need?”

Chanin Nuntavong, director of The American Legion’s Veterans Affairs and Rehabilitation Division, responded.

“It’s important (women veterans) receive gender-specific care that they deserve. We hope you can encourage VA to provide childcare services in VA facilities and help VA with the privacy female veterans need when they come to VA medical facilities.”

One of the key elements of the commander’s testimony focused on membership eligibility and recognizing the hostilities that have taken place during unofficial periods of war. He called upon Congress to declare that the United States “has been continuously engaged in a state of war from December 7, 1941, until such a date in the future that our government may declare an end to all armed hostilities.”
“Our organization was chartered by Congress to serve as the leading voice for veterans of the Great War,” Reistad said. “The thinking at the time was that World War 1 was so horrendous that it was the war to end all wars. As we all know, history proved that it wasn’t.

“Our charter and membership eligibility have mirrored the eras officially recognized by the U.S. government to include the wars and conflicts such as Korea, Vietnam and the Global War on Terror. However, these recognized periods fail to take into account the hostilities that occur between official war eras, in which nearly 1,600 U.S. military personnel were killed or wounded in places like Cuba, Iran and El Salvador.”

In closing, Reistad remarked on the mission of The American Legion.

“You have heard me discuss ‘mission’ quite a bit this morning,” he said. “That’s because the founders of our organization had a post-war mission. Their mission – one that continues today – was to care for veterans.

“It’s tempting to say, ‘Mission accomplished,’ but that implies that our work is done. So I prefer to say, ‘Mission still being accomplished,’ and I invite all members of Congress to join us in a mission to make a better America.”
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Saturday, April 27th

Doors open at 4:30 PM
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District Convention Schedule

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<th>2019 District Conventions by Date</th>
<th>Time</th>
<th>Place</th>
<th>Details</th>
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<tbody>
<tr>
<td>District 1</td>
<td>Saturday, April 6, 2019</td>
<td>10:00 AM</td>
<td>United Methodist Church, 601 San Juan Ave</td>
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<tr>
<td>District 9</td>
<td>Saturday, April 13, 2019</td>
<td>1:00 PM</td>
<td>Alamosa Post 113 514 4th St</td>
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<tr>
<td>District 11</td>
<td>Saturday, April 13, 2019</td>
<td>9:00 AM</td>
<td>Gunnison Post 54, 501 E Virginia Ave</td>
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<td>District 3</td>
<td>Saturday, April 20, 2019</td>
<td>9:00 AM</td>
<td>Haxtun Community Center 125 E Wilson</td>
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<tr>
<td>District 7</td>
<td>Saturday, April 20, 2019</td>
<td>11:00 AM</td>
<td>Security Post 38, 6685 Southmoor Dr Foutain</td>
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<td>District 10</td>
<td>Saturday, April 27, 2019</td>
<td>10:00 AM</td>
<td>Ute Mtn Casino 3 Weeminuche Dr Towac</td>
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<td>District 13</td>
<td>Saturday, April 27, 2019</td>
<td>9:00 AM</td>
<td>Palisade Post 50, 120 W 8th</td>
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<tr>
<td>District 14</td>
<td>Saturday, April 27, 2019</td>
<td>10:30 am</td>
<td>Steamboat Community Ctr, 1605 Lincoln Ave</td>
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<td>District 8</td>
<td>Saturday, May 4, 2019</td>
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<td>Pueblo Post 2, 701 W 9th</td>
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<td>District 12</td>
<td>Saturday, May 4, 2019</td>
<td>12:00 PM</td>
<td>Fairplay Post 172, 601 Clark St</td>
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<tr>
<td>District 4</td>
<td>Saturday, May 11, 2019</td>
<td>9:00 AM</td>
<td>Estes Park Post 119, 850 N Vrain St</td>
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<tr>
<td>District 5</td>
<td>Saturday, May 11, 2019</td>
<td>1:00 PM</td>
<td>Arvada Post 161, 6230 W 60th Ave</td>
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<tr>
<td>District 6</td>
<td>Saturday, May 11, 2019</td>
<td>1:00 PM</td>
<td>Denver Post 1, 5400 E Yale Ave</td>
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<tr>
<td>District 2</td>
<td>Sunday, June 2, 2019</td>
<td>12 noon</td>
<td>Limon Sr Center 220 E Ave</td>
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President Trump signs executive order to empower Veterans and end Veterans suicide

VA will co-chair task force focused on a holistic, public health approach to suicide prevention and engagement with Veterans’ local communities

Today, March 5, 2019, President Donald J. Trump signed an executive order titled “National Initiative to Empower Veterans and End Veterans Suicide,” which focuses on improving the quality of life for America’s Veterans and ending the tragedy of Veteran suicide.

“As the largest integrated health care provider in the nation and a leader in developing innovative mental health and suicide prevention strategies, the Department of Veterans Affairs (VA) is uniquely positioned to co-chair this effort with the White House,” said VA Secretary Robert Wilkie. “Veterans suicide is a national public health issue that affects communities everywhere, and this executive order is a national call to action.”

The executive order mandates the establishment of the Veteran Wellness, Empowerment and Suicide Prevention Task Force. The task force will include the Secretaries of Defense, Health and Human Services, Energy, Homeland Security, Labor, Education and Housing and Urban Development, as well as the Director of the Office of Management and Budget, Assistant to the President for National Security Affairs, and Director of the Office of Science and Technology Policy.

Within 365 days of the date of the order and working with a variety of representatives from across both the public and private sectors, the task force shall:

- Develop a comprehensive national public health roadmap outlining the specific strategies needed to lower effectively the rate of Veteran suicide, with a focus on community engagement,
- Design and propose to Congress a program for making grants to local communities, which will increase their ability to collaborate with each other, integrate service delivery and coordinate resources to Veterans, and
- Develop a national research strategy to improve the coordination, monitoring, benchmarking and execution of research in the field of Veteran suicide prevention.

“We are committed to saving Veteran lives, but just as there is no single cause of suicide, no single organization can end Veteran suicide alone,” Wilkie said. “We must work side by side with our partners at all levels of government — and in the private sector — to provide our Veterans with the mental health and suicide prevention services they need. This executive order advances the public health approach to suicide prevention further by identifying key integrations and connections across the federal government and communities that can be used to save Veterans’ lives.”

Learn more about VA’s suicide prevention resources and programs at www.mentalhealth.va.gov/suicide_prevention.

Veterans who are in crisis or having thoughts of suicide, and those who know a Veteran in crisis, can call the Veterans Crisis Line for confidential support 24 hours a day, seven days a week, 365 days a year. Call 800-273-8255 and press 1, send a text message to 838255 or chat online at VeteransCrisisLine.net/Chat.
Another incredible opportunity has struck! As we approach the Legions 100th Anniversary, many have been discussing activating a Colorado American Legion Centennial Post, yet as of March, nothing had happened. While other Posts have been activated this year, named for their location and historical impact within communities, one was missing. At the February 27 Membership meeting, Department SVC asked who was going to be the first District to start this Post? District 4 Commander Fisher, District 6 Commander Johnson, and District 7 Barger all said their District would be the one.

After much fun and ribbing between the District Commanders, on March 8 Commander Johnson asked if anyone had started this Post. The answer was: No. In February Commander Johnson was approached with an opportunity to place an American Legion Post at the Brookdale Retirement Center next to Department HQ. What better place to seat the Legion’s Centennial Post then right next to Department HQ.

Knowing we are in the middle of the Checkered Flag Campaign, February 14 - May 8 and our next target of 95% on April 10 right around the corner, on March 12 Commander Johnson began making calls and within 36 hours 21 Charter members were signed up to become a part of American Legion History. The member names will have a special significance in our Legion History, recorded and filed forever as American Legion Centennial Post 2019 charter members. The charter members range from Korea, WWII, Vietnam, Panama, Persian Gulf, Lebanon and Grenada.

Speaking with the Korean and WWII veterans was interesting and exciting. They are mostly in their 90's and were humble and gracious to accept this opportunity. Learning The American Legion is 100 years old, they being very close themselves, the honor could be heard in their voice as each has spoken with a variation of “I may not live to be 100 but I get to be a part of a 100-year celebration? Thank you for this honor to be a part of a historical event, every man wants to leave this earth knowing he has made a difference. I know I did because I came home, now I am part of The American Legions history! And to think my grandfather was a slave in this country and now I have a forever place in history …” These comments are enough to understand the impact of how we can connect with our legacy veterans. These members felt and appreciate being thought of and being asked to be a part of the U.S. and The American Legion’s history.

Sometimes when working membership or opening a Post one may become caught up in the logistical process, this time it was different - by looking through a different lense, what an honor to hear and feel the impact of opening this Post has for some of the Charter members.

Chartered on March 16, 2019, District 6 is privileged to welcome American Legion Centennial Post 2019!
March 15, 2019

The Honorable Cory Gardner
United States Senate
354 Russell Senate Office Building
Washington, DC 20510

Dear Senator Gardner:

On behalf of the nearly 2 million members of The American Legion, we express support for the draft bill titled Creating a Reliable Environment for Veterans’ Dependents Act of 2019, to amend title 38, United States Code, to ensure that children of homeless veterans are included in the calculation of the amounts of certain per diem grants.

The Creating a Reliable Environment for Veterans’ Dependents Act of 2019, as currently written, would provide the Department of Veterans Affairs (VA) Secretary with the authority to reimburse the Homeless Providers Grant and Per Diem (GPD) Program providers at a 100% rate for the costs of housing minor dependent(s) of homeless veterans while the veteran is receiving services from the grant recipient. The American Legion supports the goal of this draft legislation to address the unintended consequence of creating a disincentive for GPD providers to serve homeless veterans with children.

The GPD program allows the VA to award grants to community-based agencies to create transitional housing programs and offer per diem payments. The purpose of the program is to promote the development and provision of supportive housing and supportive services with the goal of helping homeless veterans achieve residential stability, increase their skills levels, income, and obtain greater self-management.

Through American Legion Resolution number 24, entitled Support Funding and Changes to VA’s Grant and Per Diem Program, passed at The American Legion’s National Convention in 2018, supports Congress authorizing and making appropriations for the Grant and Per Diem (GPD) program to the level of need demonstrated in communities.

In conclusion, The American Legion applauds your leadership in addressing issues that are important to America’s servicemembers, veterans and their families.

For God & country,

BRETT P. REISTAD
National Commander
THE AMERICAN LEGION
DEPARTMENT OF COLORADO

CHECKERED FLAG CAMPAIGN
FEBRUARY 14 - MAY 8, 2019

ALL POSTS AT 100%

RACE TO THE CENTENNIAL!!
WILL YOUR POST GET THE CHECKERED FLAG?
HOUSE JOINT RESOLUTION 19-1011


CONCERNING HONORING GOLD STAR FAMILIES.

WHEREAS, Since the Revolutionary War, more than one million American soldiers have died in battle and military conflicts; their families, who have endured these losses and the accompanying grief, are known as Gold Star Families; and

WHEREAS, Named for the practice of families hanging service banners in the windows of their homes with a star for each family member in the Armed Forces, deep blue stars were displayed for each living member serving, and they were replaced with gold if their loved one lost his or her life serving our country and protecting our freedom; and

WHEREAS, Grace Darling Seibold founded the American Gold Star Mothers in 1928; her son, George, was serving in World War I, and, while he was abroad, she channeled her worry into visiting hospitalized
veterans; when the letters from her son stopped arriving and she learned
of his death, she took action in her grief and with a group of mothers
established American Gold Star Mothers, Inc.; and

WHEREAS, Since 1936, Gold Star Mother’s Day has been honored,
through presidential proclamation, as the last Sunday of each September;
and

WHEREAS, The acts of heroism and the stories of courage of each
fallen soldier are forever remembered in the minds and hearts of their
families; and

WHEREAS, While national monuments and memorials serve as
strong visible reminders for the men and women who made the ultimate
sacrifice in service to our nation, Gold Star Families are a living legacy
of each fallen soldier and can help us all remember and honor these
heroes by name; and

WHEREAS, Long after the battles have ended, as our stars and stripes
of liberty fly, the families who have at home a folded flag and an empty
seat at the table deserve our respect and our support; now, therefore,

Be It Resolved by the House of Representatives of the Seventy-second
General Assembly of the State of Colorado, the Senate concurring herein:

That we, the members of the Colorado General Assembly, honor the
pride and the pain of the parents and partners and children and siblings
of our fallen heroes and recognize the families of these proud patriots with
an expression of profound gratitude and respect.

Be It Further Resolved, That copies of this Joint Resolution be sent to
the commanders of the American Legion Posts in Colorado; the
commanders of the Veterans of Foreign Wars Posts in Colorado;
the commanders of Colorado's active military bases; the Pikes Peak
Chapter of Gold Star Mothers; the Denver Chapter of Gold Star Wives;
and the chapters of the Blue Star Mothers of Colorado.

KC Becker
SPEAKER OF THE HOUSE
OF REPRESENTATIVES

Leroy M. Garcia
PRESIDENT OF
THE SENATE

Marilyn Edelma
CHIEF CLERK OF THE HOUSE
OF REPRESENTATIVES

Cindi L. Markwell
SECRETARY OF
THE SENATE
**Project Healing Waters Fly Fishing program to serve disabled veterans in the San Luis Valley**

We are pleased to announce the launch of a new Project Healing Waters Fly Fishing, Inc program in the San Luis Valley of Colorado. Established in late 2018, this dynamic new program will serve to provide physical and emotional recovery and rehabilitation to the areas disabled veterans and disabled active duty military service members.

“We’re finally here in the San Luis Valley and we’re dedicated to providing FUN therapeutic activities to ALL disabled veterans and active duty service folks that live here in the Valley. Everything we do for you is at no cost - we supply all the equipment and instructors for free. No experience is required! Come give this great sport a try. It really is fun.” - CWO-5 Stan Price USMC/USMCR Ret. / Project Healing Waters-Fly Fishing : San Luis Valley Program Lead

Project Healing Waters Fly Fishing, Inc is dedicated to the physical and emotional rehabilitation of disabled active military service personnel and disabled veterans through fly fishing and associated activities including education and outings. PHWFF has over 200 highly successful, volunteer-run programs in Department of Defense hospitals, Warrior Transition Units, and Veterans Affairs Medical Centers and clinics across the United States. In 2017 alone, PHWFF served over 8,400 injured and disabled military service personnel and disabled veterans nationwide.

The San Luis, CO Program meets regularly year-round for fly tying, rod building, fly fishing instruction, and outings - all offered at no cost to disabled veterans and disabled active duty service personnel. Beginning in the early spring (weather dependent!) the program will begin hosting fly fishing outings to the areas many abundant fisheries. All outings and equipment are also provided at no cost to qualifying veterans and service members. The program is supported by the local Trout Unlimited Chapter by providing mentors and expert fly fishing knowledge and skills for the programs disabled veteran participants.

Interested volunteers and veteran participants should contact PHWFF San Luis Valley, CO Program Lead Stan Price at stan.price@projecthealingwaters.org.

PHWFF Program participants on the Conejos River
SECOND CHANCE
BICYCLE SHOP

Unwanted Bicycles Needed!

We are looking for any of your unwanted bicycles for donations to Veterans, Homeless and Kids.

We can pick up bikes in Metro Denver Area or can be dropped off at our shop in Aurora. Please call Ernie Clark for pick up details etc. @ 720-270-5731.
Address: 4122 S Parker Road Aurora 80014
Hours: Tuesday, Wednesday, Thursday and Saturday 8-3 pm
Thanks for everyone’s support of SCBS!
District 5
American Legion Family
( Legion, Auxiliary, S.A.L., and A.L.R.)
M*A*S*H* Night

When: May 11, 2019
Where: American Legion Post 161- Arvada, CO
Time: 17:00 or 5 PM – Happy Hour
Dinner: 18:00 or 6 PM

Your “American Legion Family” Can Win Prizes, while enjoying a FUN evening with other “American Legion Family Members.”

There will be a D.J. to supply our evening with Music!

$500 will be awarded to the District 5 Post with the most participation of family members dressed as their favorite MASH characters!

More prizes to be awarded during the evening!

50/50 all night and more!

RSVP: To Jeanette Scott by May 1st at jeascott@comcast.net

All proceeds will benefit the Post Children and Youth Program
The American Legion, Department of Colorado 2019 Convention Agenda
June 20 - 23, 2019
Hotel Elegante
Colorado Springs, Colorado

Thursday, June 20, 2019
9:00 am  VA&R Workshop and Reception – Chairman Tom Florez
4:30 pm Committee Meetings - Resolutions, Constitution and By-Laws, Apportionment, Credentials, Rules & Order
7:00 pm DEC Meeting
8:30 pm Opening Session

Friday, June 21, 2019
9:00 am Reconvene – Commander Robb Smith
9:15 am Reports.
American Legion Programs Reports
Report of Officers
12:00 NOON Past Commander Club Lunch
1:30 pm Report of Officers and Committees
4:30 pm Benediction - Department Chaplain - Stan Hamamoto

Saturday, June 22, 2019
7:00 am Americanism/Children and Youth Breakfast
8:30 am Processional – Past Department Commanders, Presidents and SAL Detachment
8:45 am Call to Order - Commander Smith, President Kuntz, Commander Noakes
Introductions of guests for greetings
Post 209 Commander Marsilino Calica, President Cathy Barger
District Commander, Mike Barger; District President Jackie Bowen
9:00 am Introduction of SAL Officers - SAL Detachment Commander Ron Noakes
Introduction of American Legion Auxiliary Officers President Laurie Kuntz
Introduction of American Legion Officers - Commander Robb Smith
9:15 am Centennial Celebration
WWI Video presentation
American Legion and Auxiliary history presentation
Key Note Speech - National Commander Brett Reistad
10:45 am Break for separate sessions
11:00 am Resolutions Committee Report
Constitution and By-Laws Report
NEC Report – Tom Florez
12:00 NOON Membership Awards Lunch
1:30 pm Reconvene - Commander Robb Smith
Employment Awards - Chairman Darrell Myers
Final Report of Credentials Committee
Nominations & Elections of Department Officers
Apportionment Committee Report
District Caucuses - Elect Nat’l Convention Delegates
Ratification of Delegates & Alternates to National Convention
Installation of Newly Elected Department Officers –
Unfinished Business
Good of the Legion
Announcements
Benediction - Department Chaplain Stan Hamamoto
6:30 pm Cocktail Reception - Lobby
7:00 pm Testimonial Banquet
Commander Smith, President Kuntz, Commander Noakes
8:15 pm Installation of new Legion Commander, Auxiliary President, SAL Detachment Commander
American Legion Post 18
First Annual Golf Tournament

**May 18th, 2019**

Boomerang Golf Course
7309 4th Street - Greeley CO 80634
Clock in @ 7 AM - Shotgun start @ 8 AM

Cost: $100.00 per person, $400.00 per team
Fee Covers golf cart and range balls.

ALL registration fees due **May 1st, 2019**

After May 1st, 2019 an additional $25.00 per person will be charged

First place is paid, 2nd & 3rd place is picked by raffle.
Lunch is provided

**Format:** 4 Man Scramble
Men: White Tee
Women: Red Tee

Contact: Don Morris @ 970-302-4259
or Gary Allen @ 303-668-8480
Proceeds go to support local Veterans
You Joined the Military. Now, Uncle Sam Wants You to Join the Merchant Marine

By: Patricia Kime, 4 Mar 2019, from Military.com

Seafaring service members may soon be able to transition to the U.S. Merchant Marine with less hassle and at less cost than currently required under an executive order signed Monday by President Donald Trump.

The order is designed to bolster the ranks of the Merchant Marine and increase job opportunities for transitioning troops. Noting that a robust civilian fleet is critical to national security, Trump said the new effort will allow the U.S. to retain its “ability to project and sustain forces globally” while helping service members pursue credentials for high-paying jobs.

Under the order, the Departments of Defense and Homeland Security will, over the next year, identify all military training and experience that may meet merchant mariner credentialing qualifications and requirements.

The Coast Guard National Maritime Center will be required to waive all credentialing fees, as well as the cost of Transportation Worker Identification Credentials, for transitioning active-duty service members who qualify.

The goal is to ensure that troops interested in pursuing the merchant mariner career path would receive their certifications or verifications of sea service no later than one month after they leave the military, allowing them to transition straight into new jobs.

According to Peter Navarro, the White House director of trade and industrial policy, fees for licensing and mariner credentials can cost as much as $25,000 to obtain. The administration hopes that by waiving the fees and encouraging former service members to serve in the civilian marine sector, the nation can boost the number of merchant mariners who have unlimited ocean-going credentials.

Currently, about 12,000 people serve in those jobs.

Members of the Merchant Marines can be called up for service by the Navy. They serve on civilian and federally owned merchant ships, supporting trade and military sealift operations.

According to Navarro, U.S. water transportation workers earn on average $65,700 a year, with many merchant mariners taking home more than that.

“So this is a great opportunity for sea veterans to seamlessly transition into really good, high-paying jobs that will help our national security front,” Navarro said during a phone call with reporters Monday.

The U.S. Coast Guard is responsible for credentialing civilian mariners. It already oversees a program called Military to Mariner, which is designed to help service members use their time in service as credit toward becoming credentialed to serve on merchant ships.

Navarro said the new program would work closely with that program and with the Coast Guard National Maritime Center credential system.

He added that the program will be available to veterans, although he did not provide details for how former service members would apply.

In the order, Trump said the program is necessary because the shortage of qualified merchant mariners is a danger to national security.

“As our strategic competitors expand their global footprint, the U.S. must retain its ability to project and sustain forces globally,” he wrote. “This capability requires a sufficient corps of credentialed merchant mariners available to crew the necessary sealift fleet.”
A Workshop for Military and Veteran Families!
"Babies on the Homefront: Caregiving While Caring for Your Young Child"

Workshop - Thursday April 4, 2019 at 7:00pm ET

Are you a parent or guardian caring for a baby or toddler?
The VA Caregiver Support Line and ZERO TO THREE have collaborated to present a workshop in support of Military and Veteran Families who are also caring for the needs of young children.

This workshop by ZERO TO THREE will provide tools and resources to support you as a parent, help you understand your child’s development, and appreciate what your child is trying to tell you in those oh-so challenging moments. Join us in this partnership as we support you in balancing the needs of your family while also caring for the blossoming developments of your “Babies on the Homefront!”

To Register:
Go to https://attendee.gotowebinar.com/register/1380757203068516109

Once your registration is submitted you will receive a confirmation email which includes details on how to join the day of the workshop.

Join by Phone:
If you do not have access to the Internet, you can join by phone. With this option, registration is not required. To join the workshop via phone, on April 4, 2019 at 7p EST, Dial: 1-800-689-9374 then enter the Passcode: 7560972#

Questions?
For questions, please contact Julia Yeary at jyeary@zerotothree.org or Christy Reynolds at Christy.Reynolds2@va.gov. For technical assistance please contact remotemeeting@zerotothree.org.

Disclaimer: The VA and ZERO TO THREE have a shared goal to ensure Veteran and caregiver parents have the information and support needed to effectively parent their very young children. ZERO TO THREE promotes the use of its free Web Site and is not advertising the sale of services or products. For those who register, a feedback questionnaire will be sent following the presentation and can be completed at the discretion of the participant. No registration information will be retained beyond this outreach questionnaire.

Too much pressure? Hypertension a leading cause of heart disease

By: Military Health System Communications Office

Air Force Lt. Col. Bryan White says he’s passionate about educating people on hypertension, the clinical term for high blood pressure.

“Forty percent of all heart disease can be attributed to hypertension,” said White, a cardiologist at Nellis Air Force Base in Nevada, citing statistics from the American Heart Association, or AHA. “And lifestyle choices people make when they’re younger may play a huge role in the development of high blood pressure later in life.”

To understand the role hypertension plays in poor heart health, it’s helpful to understand some basic human anatomy and physiology. The heart pumps blood to cells and tissues, carrying oxygen and nutrients and removing waste materials. Arteries are the vessels that carry that oxygenated blood from the heart to the rest of the body. The artery walls expand when the heart beats; they contract between beats, when the heart is at rest.

As blood flows through the arteries, it exerts pressure against the artery walls. When the arteries sense too much pressure, the walls respond by pushing back. Over time, this action thickens the arteries, causing them to narrow. Arteries become less flexible which limits blood flow. Meanwhile, blood pressure builds, causing damage to the arteries.

Because this process is gradual, people may be unaware until a heart attack or other medical crisis occurs. Heart disease is a leading cause of death in the United States, according to the Centers for Disease Control and Prevention, or CDC.

Blood pressure is expressed as two numbers referring to millimeters of mercury, or mmHg. The first number, or systolic, is the measure of the pressure of the blood against artery walls when the heart is beating. The second, or diastolic, indicates the pressure against artery walls between beats, when the heart is at rest.

Blood pressure measurements are two numbers. The first number measures the pressure in your blood vessels when your heart beats; the second number measures the pressure in your vessels when your heart rests. According to the CDC, a blood pressure reading is considered normal when the first number is less than 120 and
the second number is less than 80 mmHg. People are considered at risk for hypertension when their blood pressure falls in the range of 120-139/80-89 mmHg. High blood pressure is 140 or higher/90 or higher mmHg.

Hypertension may be hereditary, White said. According to the AHA, more than 40 percent of African-Americans in the United States have hypertension, which may develop earlier in life and become more severe.

Health care experts say high blood pressure can also be caused by unhealthy lifestyle habits, including smoking, lack of exercise, and a diet heavy in saturated fats and salt. About 25 percent of Americans ages 25 to 45 have hypertension, according to the AHA. The prevalence increases to 45 percent of people 45 to 65 years old, and 80 percent of Americans older than 65.

“It’s primarily an age-related disorder,” White said.

However, a study of approximately 3,800 young U.S. service members wounded in the Iraq and Afghanistan wars found that severe injuries and chronic post-traumatic stress disorder were risk factors for hypertension.

Air Force Lt. Col. Ian Stewart, a physician at Travis Air Force Base in California, was senior author of the study, which was published in the AHA journal Hypertension in March 2018. The average age of the service members when they were wounded was 26, Stewart said.

Navy Lt. Xin Wu, a nurse from Expeditionary Medical Facility Bethesda in Maryland, checks a patient’s blood pressure at a health care clinic set up by the Air Guard and Navy Reserve at a high school in Beattyville, Kentucky. The clinic was part of a mission to train military medical personnel while offering free health care to Eastern Kentucky residents. (U.S. Air Force photo by Lt. Col. Dale Greer)

“We’ve done previous work demonstrating that the severity of combat injury is associated with hypertension,” Stewart said. “But we found that both injury severity and PTSD increased the risk of hypertension independently from one another,” he said. “These findings suggest that caring for veterans requires a holistic approach that encompasses physical as well as mental health.”

TRICARE covers blood pressure screenings for adults to check for cardiovascular disease at least every two years. Also, getting blood pressure checked is a routine part of every visit to a medical clinic. However, there’s often not enough time to follow suggested protocol for the most accurate reading, White said. That includes the patient sitting calmly for five minutes before a blood pressure check and checking the blood pressure three times. The recorded blood pressure should be an average of the three readings, White said. Further, a diagnosis of hypertension shouldn’t be made until at least two office visits where high blood pressure is recorded using this method.

Medications to control hypertension have risks for kidney and liver damage and may affect deployability, White said. So, for patients 45 or younger, he first prescribes six months of lifestyle changes including increasing exercise, eliminating smoking, and eating a heart-healthy diet.

“A lot of hypertension is linked to people simply not taking care of themselves,” White said. “There’s so much people can do to prevent its development.”

FREE VETERANS LEGAL CLINIC
Meet with an attorney free of charge and get information on topics such as veteran’s resources, benefits, taxes, housing and family law.
4th Tuesday of each month • 12:30–3 p.m.
PFC Floyd K. Lindstrom VA Outpatient Clinic
Mt. Yale Conference room
3141 Centennial Blvd., Colorado Springs, CO 80907

2019 Dates
April 23
May 28
June 25
July 23
Aug. 27
Sept. 24
Oct. 22
Nov. 26

For more information visit cobar.org/COLawyers4COVeterans
A service provided by the CBA Military & Veterans’ Affairs Section.

Come early; clinic will close early if no one is here waiting to be seen.
Help Wanted!
What: American Legion Auxiliary Secretary/Treasurer Position  
    Department of Colorado  
When: Begins July 1, 2019  
Who: An ALA member or someone eligible to join the ALA  
Where to apply: On the ALA website (alacolorado.com)  
Training is available! (To possibly begin in April)

QUESTIONS:
• Have you thought about applying?
• Do you know someone who may be interested in the position?
• How can the position be adapted to fit your needs?

If you are interested and just want to know more. Let’s talk!  
Pleases call Laurie at: 720-314-6998 or laurie.auxiliary@yahoo.com  
Please call Rhonda at: 303-367-5388 or email at  
dept-sec@alacolorado.com
Routt County veteran fights for better veteran health care in rural Colorado and nationally

By: Kari Dequine Harden, Published on March 17, 2019, Steamboat Springs Pilot & Today Newspaper

Lisa Schinchman, Editor, Steamboat Springs Pilot & Today gave permission for this to be published in the Observer. Her e-mail is on file in the April 2019 folder.

Health care benefits for veterans aren’t just handed over. They must be constantly fought for, as Jim Stanko knows firsthand.

Today, Stanko, who served in the U.S. Army after being drafted in the early 1970’s, dedicates a significant amount of time and energy to ensuring veterans receive the health care they need — and earned.

Stanko is a third-generation rancher, operating a centennial ranch with a cattle and hay operation, on Routt County Road 33, but addressing the challenges facing veterans in rural areas, in particular, is the work closest to Stanko’s heart.

It was in the 1980’s, when he was working at the Routt County Extension Office, Stanko became involved in health care issues facing veterans. His office was next door to the local Veterans Affairs office. He soon joined the American Legion and became commander of Post 44 in 1995. He also became a member of Veterans of Foreign Wars.

One of the first issues Stanko worked on was bringing a telehealth clinic to Craig.

With the closest VA hospital located in Grand Junction, Stanko saw a need for veterans, especially the World War II vets, to get care closer to home.

The telehealth clinic in Craig was the first of its kind in Colorado, Stanko said, and “set a standard for the state and the country.” It provided a place where a nurse practitioner covers basic care, can draw blood, monitor vital signs and teleconference with VA doctors in Grand Junction for additional needs.

Because of his work with the telehealth clinic, Stanko was appointed to the Colorado Board for Veterans Affairs in 2006. He has served as chairman for the past two years.

Through his work on the state board, they were able to utilize money from tobacco lawsuits to establish a veteran trust fund for grants.

Stanko and Post 44 applied for one of the first grants, allowing them to provide transportation for veterans to and from Grand Junction or wherever they received treatment.

They’ve gotten that funding for about 15 years, Stanko said, though it is never guaranteed and must be applied for on an annual basis.

Six years ago, Stanko was appointed to the American Legion’s Veteran Affairs and Rehabilitation Commission.

He just returned from his sixth lobbying trip to Washington D.C., where Stanko and a group of other veterans from across the country held meetings with every congress member.

He personally met with Reps. Scott Tipton, Doug Lamborn, Ken Buck and Sen. Cory Gardner — thus “covering almost all of rural Colorado.”

While there are numerous legislative issues the American Legion advocates for, Stanko pointed to three at the top of his priority list.

First is support for the VA’s suicide-prevention efforts. An estimated 20 veterans end their lives every day, and most were not receiving care or support through the VA — support that may have saved them — according to the American Legion’s Legislative Agenda.

Access to mental health care isn’t readily available, Stanko said. And they are seeing a lot of younger veterans returning with post-traumatic stress disorder and traumatic brain injuries.

While there may have not been any veteran suicides in Routt County in recent years, there are a lot of young veterans returning from service, and the “potential is there.” Stanko wants to be proactive on the preventative measures, like expanding mental health treatment.

A second important issue is improving health care for female veterans. Women now make up about 30 percent of the military, Stanko said. And a large percentage don’t enroll for benefits, according the American Legion, with one of the factors being “limited gender-specific treatment services.”

Stanko has been involved in visits to hospitals with suggestions on how they can “better accommodate women veterans.” And hospitals in Denver and Grand Junction have responded as a result, he said. They’ve created separate areas within the VA hospitals and adapted other components to better serve women. “I can say I’ve been a part of the group getting the VA to recognize and establish better health care accommodations for women,” he said.

Stanko’s biggest push is for the implementation of the VA Mission Act. In 2014, the Veterans’ Access to Care through Choice,
Accountability and Transparency Act, known as the Choice Act, was passed, but it was rife with problems, Stanko said.

In order to get care from chosen or local providers, there were numerous layers through which to navigate — both for veterans and providers. And providers often weren’t seeing the reimbursements they were promised.

The intent was to allow veterans to choose their health care providers, but the actual execution was poorly designed, Stanko said.

“The implementation was sort of on the spur of the moment to make people feel better. It just didn’t work.”

It has since been replaced with the 2018 Mission Act, which addresses many of the insufficiencies, Stanko said. But it still has to be funded.

The hope is to see implementation by June, he said. Under the Mission Act, veterans will first go to the VA hospital. If the VA hospital can’t provide the immediate and necessary services, then the VA will assign the patient to a local or outside provider.

Another important component of the Mission Act, Stanko said, is the stipend provided to at-home caregivers. But, part of that battle has been getting the stipend to apply for older, pre-September 11, 2001, veterans.

For decades, Stanko has put in countless hours toward advocating for his fellow veterans, in addition to running a ranch.

“It’s a passion for me,” he said. “I’ve always felt living in rural areas has often given us the short straw in getting the benefits veterans deserve.”

In addition to his annual trip to D.C., Stanko keeps track of everything happening legislatively as the state and national level and attends town halls with local representatives.

Looking forward, he wants to see more young veterans get involved. “They don’t always realize the benefits they are getting are because of the veterans who came before.”

About the Author: Kari Dequine Harden, covers health and education for the Steamboat Pilot & Today. She graduated from the University of Oregon in 2004 with a bachelor’s degree in journalism and political science. Kari grew up in the Roaring Fork Valley and recently returned to Colorado after living for 12 years in New Orleans, where she wrote for The Times-Picayune, The Advocate, Louisiana Weekly and The Plaquemines Gazette. Kari lives in South Routt and enjoys hiking with her dogs, food, music, snowshoeing and ice hockey.

Better health through regular colorectal cancer screening

[Image of a diagram about colorectal cancer screening]
Department of Colorado
American Legion
American Legion Auxiliary
Education and Training Conference

Longmont Post 32
Longmont Colorado
May 17-19, 2019

**Friday May 17, 2019**

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<th>Event</th>
<th>Location</th>
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<tr>
<td>6:00 – 7:00 PM</td>
<td>Buffet Dinner</td>
<td>Longmont Post 32</td>
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<td>7:00 – 9:00 PM</td>
<td>Building an effective Post, Unit &amp; Squadron team</td>
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<td>Defining relationships</td>
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<td>Effective communications</td>
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**Saturday May 18, 2019**

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<th>Time</th>
<th>Event</th>
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<tr>
<td>7:00 – 8:00 am</td>
<td>Breakfast</td>
<td>Hotel</td>
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<td>8:30 am</td>
<td>Opening ceremony</td>
<td>Commander Robb Smith</td>
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<td>President Laurie Kuntz</td>
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<td>8:45 am</td>
<td>Volunteers – Key to success</td>
<td>Trish Ward, Auxiliary Leadership Chairperson</td>
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<td>10:00</td>
<td><strong>Break</strong></td>
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<td>10:15 am</td>
<td>Legion Family Working the programs together</td>
<td>Jay and Jackie Bowen</td>
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<td>10:45 am</td>
<td>Roberts Rules of Order - Motions</td>
<td>Terry Young, American Legion Judge Advocate</td>
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<td>11:15 am</td>
<td>Branding, Marketing and Fundraising</td>
<td>Mike Rohan</td>
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<tr>
<td>11:45 am</td>
<td><strong>Break for lunch</strong></td>
<td>Longmont Post 32</td>
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<td>1:00 pm</td>
<td>Separate sessions Legion and Auxiliary American Legion Session</td>
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1:00 pm  Structure of the American Legion  Tom Bock Past National Commander
1:30 pm  Vision for the future  Denise Rohan Past National Commander
2:00 pm  Structure of a post meeting
   Order of business
   Manual of ceremonies
   The 4 “P”s
   Prayer
   Pledge
   Preamble
   POW/MIA
   Rituals
   Traditions
   Protocol
   Emblem Use
3:00 pm  Post Operations
   Requirements to maintain charters
   Constitution and by-laws
   Membership requirements
   Duties and Responsibilities of officers
   Commander, Sr Vice Commander
   Jr Vice Commanders, Finance Officer
   Adjutant, Historian, Chaplain, Sgt-At-Arms
4:00 pm  Reports
   CPR, Membership, Programs
4:30 pm  Break for dinner
5:00 pm  Working Dinner – Focus groups
   Education and Training
7:00 pm  Recess

Sunday May 19, 2019
8:00 am  Breakfast
9:00 am  Focus Groups reports
10:00 am  Summary – Feedback – Q&A
11:00 am  Formal closing – Commander Smith, President Kuntz
What if you were Bob?

George and Bob both go on a solo fishing trip to a beautiful, but remote, town in Alaska every summer. While enjoying the idyllic scenery, they both notice chest pains — they are having a heart attack!

What happens next?

George has Emergency Assistance Plus

- They call 9-1-1 and are admitted to the hospital

Both require

- George pays $0

Medical evacuation to a facility that is able to properly treat their condition

- Bob pays $16,000

Medical specialists to monitor their care

- George pays $0

Travel assistance to bring a loved one to their bedside

- Bob pays $400

A driver to drive their car/RV back home since they are unable to drive

- George pays $0

- Bob pays $1,100

- Bob pays $1,800

George’s Total: $0

Bob’s Total: $19,300!

Emergency Assistance Plus is an emergency medical transportation service that goes beyond health and travel insurance. It covers expenses for medical transportation, medical evacuation, and travel and companion assistance — services that your insurance usually does NOT pay for. You must call EA+ during your emergency so EA+ can make the arrangements for you.

**This is only an outline of the plan’s features. Please read your Member Benefit Guide to understand all the services available to you, as well as any terms, conditions and limitations. Learn more about how you can be protected by EA+. Call today to speak with a customer service representative at 1-888-310-1547. Or to apply online, visit www.theitc.com/EmergencyAssistancePlus**