



1986 - 2022



Robert Vincent McMaugh Memorial  
American Legion Post 10  
9950 Cockrell Road  
Manassas, Virginia 20110  
703-369-4900  
www.manassaspost10.org



MARCH 2022

2021-2022  
Legion Officers

Commander:  
**Dave Quimby**

1st Vice Commander:  
**Stan Moore**

2nd Vice Commander:  
**Linda Myers**

Adjutant:

**Mary Antio**

Finance Officer:  
**Larry Logsdon**

Chaplain:

**Frances 'Greg' Hall**

Sergeant-at-Arms:  
**Carl Carey**

1 Year Committeeman:  
**Gunny Lewis**

2 Year Committeeman:  
**Bill Barron**

3 Year Committeeman:  
**Bobby Fewell**

Past Commander:  
**Mark Stein**

Judge Advocate:  
**Rick Raskin**

Service Officer:  
**Ginger Harvey**

Editor

**Gunny**

Commander's Column



From the beach in NC, Greetings to the Post 10 family. Can you believe it's already March? In like a lion/out like a lamb. Spring is almost here bringing better weather.

The next major event for us is the St. Patrick parade on 12 March. Post 10 will have the jeep, float, fire truck, possibly a Veterans' Fishing Adventure boat, Riders, and more.

If you want to ride in the float or on the fire truck, be sure to be at the Post NLT 8:15 am. We pull out at 8:30am.

If you would like to have a memorial brick added to our brick display, we ask that you get your application in by 1 April. We are planning a recognition ceremony in front of the Post on Memorial Day recognizing all names on the bricks. Thank you all for being proud members of our Post 10 family.

Also, as you know, February was my push on respect for others. I thank all of you for a great response and continued support.

*Dave Quimby, Commander*

**We, the willing, led by the unknowing, are doing the impossible for the ungrateful. We have now done so much for so long with so little, we are now capable of doing anything with nothing. — Unknown**

**Army food: the spoils of war — Unknown**

**Mankind has a perfect record in aviation; we never left one up there. — USAF**

**If it ain't broke, fix it till it is. — USCG saying**

**NO Executive Board Meeting Sat, 12 MAR 2022, due to St. Patrick's Parade**

**Women's History Month**





## COLOR GUARD

*Always in need of Color Guard members from our Post 10 Family. The Color Guard is one of the most visible units in the community. Please consider volunteering.*

*See me for information.*

*Carl Carey, Sgt-at-Arms*

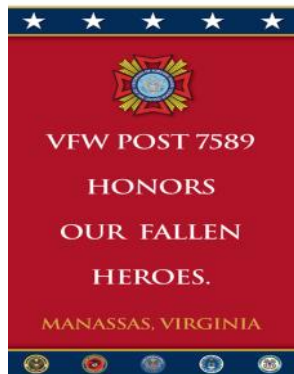
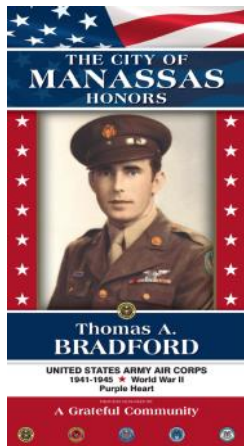
### Credit Freeze or Fraud Alert?

Credit Freezes is the best way to protect against an identity thief opening new accounts in your name. When a freeze is in place it prevents creditors from accessing your credit report. Creditors usually won't give you credit if they can't check your credit report. A freeze can also be helpful if you've experienced identity theft or had information exposed in a data breach. A credit freeze will not affect your credit score or ability to use your existing credit cards, apply for a job, rent an apartment, or buy insurance. You can lift the freeze temporarily. A freeze lasts until you lift it.

Fraud Alerts doesn't limit access to your credit report, but informs businesses to check with you before opening a new account in your name. Usually, that means calling you first to make sure the person trying to open a new account is you.

For more information check with the credit bureaus or go to [WWW.FTC.GOV](http://WWW.FTC.GOV)

Submitted by *Gunny*



### VETERANS' BANNERS—CENTER STREET

This year for Memorial Day week Manassas City has granted Veterans' Service Organizations (VSOs) the opportunity to place banners (two sided, 24" x 48", weatherproof) honoring our local deceased Veterans on utility poles along Center Street in Old Town Manassas. A photograph of the deceased Veteran along with their name and a brief description will be on one side of the banner and the other side will display the VSOs' emblem. Historic Manassas, Inc. (HMI) will place the banners on the poles at no cost to the VSOs. The cost of the banners will be borne by each individual VSO wishing to participate.

At this time the City has limited the total number of banners to 12. Post 10 will purchase a maximum of five (5) banners at a cost of \$99.00 per banner (voted on at the last General Membership meeting). **Robert V. McMaugh, Bill Aumen, and Bill Carruthers** are the Honorees to date; other submissions will be accepted for consideration by any Post 10 Family member in good standing and must be received by 2 March 2022, include a digital image of excellent quality of the Veteran, military service including dates, campaign, and medals/awards received. Final decision will rest with the Executive Board.

Above is a sample banner for VFW Post 7589, the Post 10 banner will have the AL logo.

If all goes well in future years we may be able to display many more banners with photos and names of our deceased Veterans the length of Center Street.

We thank **Jerry Martin** for initiating and following through with the project.

Article by *Gunny*

Flexibility: Due to shortages and high prices of food and beverage items we are not always able to have a full line of products. We ask for your cooperation and to be flexible during these times. We do the best to keep prices reasonable and within budget for the Post as well as you. Just remember when you go shopping many of the items are either unavailable or priced high. Bottom line is that we have no control over the supply chain or prices—be understanding and flexible.

House Chair, *Gunny*



## *American Legion Riders Post 10*



Congratulations to our Polar Bears for making the second ride of the three ride challenge. The Polar Bears that made their second ride are: Carl, Brian, Cheeks, Exodus, Lambchop, Speedy, Tim, Andrea, and Nitro Bob. Only one more ride for these Intrepid Nine!

We also had some visiting Grizzly Bears that came along for the ride: Rick, JP (guest), and Hector (guest)



Upcoming Post 10 rides and meetings. These are all planned and happening:

**Mar 5: Good Bye to Winter Polar Bear Ride**—meeting at Post with KSU at 1100. Heading to Warrenton Post 72. All are welcome to make this last ride with the Polar Bears.

**Mar 12: St. Patrick's Parade**—All Hands On Deck! No uniform other than all the crazy green, St Patty stuff you can get on your body and bike. Meet at Post by 0800, KSU shortly after.

**Mar 15: Riders meeting**—Be there or be square.

**Mar 26: Polar Bear Pub Crawl.** Patches will be awarded to those that made all three Polar Bear Rides. Starts at 1700 at the Three Monkeys in downtown Manassas—where it goes from there is anyone's guess. We want to stop at three "Pubs" with patches handed out at the third "Pub."

**Apr 9: The Hobbits Tale: There and Back Again Saddle Sore Practice Ride** (250 miles in 4 hours). Chance to test your endurance. Details to follow.

Submitted by *Paul 'Cheeks' Giovanni*

**NOTICES:** When playing the 'game' machines *you must turn in your cash receipts within 48 hours of printing them.* After that they become **null and void.** The Post has 48 hours to pay on winning tickets. Please cooperate.





## Legionnaire Membership Report

Dear Members. We are currently standing at 90% of our 2022 membership goal. Great job everyone. Lets get the rest of those memberships renewed soon! Reminder to all members not paid—as of January 1st your 2021 cards were invalid and you no longer have access to the Social Quarters but will still be a member in good standing with the Legion. On Feb 1st if not paid you will be considered delinquent and on April 1st if not paid your membership will be expired and all American Legion privileges will be suspended. Welcome to the following *new members*: **Larry Berry**, USA, GWOT; **David Covin**, USA, Vietnam; **John Evans**, USAF, Lebanon; **Mark Harding**, USN, Panama; **Peter Schulthein**, USA, Golf War; **Lawrence Stroud**, USA, Gulf War. Welcome to our new transfer member: **Gregory Eischeid**, USN, GWOT, from Post 0177.

There are several ways to renew your American Legion membership:

1. Online at [www.mylegion.org](http://www.mylegion.org). You can use a credit card online and set-up automatic yearly renewal with your credit card. You can also update your profile information: address and phone number. You need your permanent membership ID number to start an account at [mylegion.org](http://mylegion.org). If you have a hand written card, you probably have a temporary number. Email me for your permanent number.
2. By mail. If you've received your renewal request from National Headquarters, mail it to Post 10 at 9950 Cockrell Road, Manassas, VA 20110 attn: Post 10 Membership. If you haven't received a form from National Headquarters, send a check, and a note with your name, ID number, address, email and phone number.
3. In person. Stop by Post 10 and ask the bartender for a membership envelope, fill out the envelope, include your membership number and dues.
4. Legion dues are \$35.00 and your new 2022 membership card will be mailed to you. Please provide your address, email and phone number. It's important to be able to contact you. Your information is stored in a protected database, accessible to only the post officers with the need to know. If you have an email account, and can receive the newsletter electronically, it will save the Post money. Please feel free to email me.

For those members who renew on line: You are able to print out a card immediately with your receipt. That is all the proof you need to show that you are a member in good standing for the new membership year. The card is valid for all purposes. I will send out a card with my name on it once I am notified by National that payment has been made.

**For God and Country,**

**Stan Moore**, 1st Vice Commander, [al10membership@gmail.com](mailto:al10membership@gmail.com)

## National Vietnam War Veteran Commemoration

On Saturday, 19 Feb 2022, **Sara Woods** and **Susan Schneider** from the Daughters of the American Revolution #10, Prince William Resolves, presented lapel pins and other items to commemorate the anniversary of the Vietnam War to Post 10 Legionnaires who are Vietnam War Veterans.



Photos by **Rick Goodman & Gunny**

## On the Radar

### March 2022

- 01 Mar. Shrove Tuesday/Mardi Gras
- 02 Mar. Ash Wednesday
- 12 Mar. St. Patrick's Parade
- 13 Mar. Daylight Savings Time Starts
- 17 Mar. Purim Starts
- 20 Mar. March Equinox
- 21 Mar. ACL BD
- 29 Mar. National Vietnam War Veterans Day

### April 2022

- 05 Apr. Gold Star Spouses Day
- 10 Apr. Palm Sunday
- 14 Apr. USAF Reserve Birthday
- 18 Apr. US Embassy Beirut Attacked (1983)  
Robert V. McMaugh killed in attack
- 15 Apr. Good Friday & Passover
- 17 Apr. Easter
- 23 Apr. USA Reserve Birthday



### *The Padre's Corner:*

Hello everyone! Let's take a moment to pray for all Veterans, American Legion Members and their families. Also prayers for the people of Ukraine as they seek peace. In your name Heavenly Father, Amen.

*Francis Gregory Hall, Chaplain*

### American Legion Birthday Cake



Post 10 will celebrate the 103rd birthday of the American Legion on Tuesday, March 15<sup>th</sup> at 1900 (7 pm) in the Social Quarters. Please join us for a short ceremony and cake cutting.

Submitted by 2nd Vice Commander *Linda Myers*

### Presentation to Essay Contest Winner



Commander *David Quimby* presented certificates and checks to the Post 10 Essay Contest winner at Marsteller Middle School on February 10<sup>th</sup>. Pictured are: Marsteller Middle School Principal *Lisa Warner*, Commander *Quimby*, Essay Contest Winner *Kazi Ahnaf*, *Mrs. Ahnaf*, and 7<sup>th</sup> Grade Language Arts Teacher *Jessica Finch*.

### Northern Regional Oratorical Contest Winner

The Post 10 Oratorical Contest Champion, *Lauren Bradshaw* won the Northern District Oratorical Contest on 19 February. Now it's on to the Department of Virginia contest on March 6<sup>th</sup>. Good Luck *Lauren!*

Pictured are: 16<sup>th</sup> District Vice Commander *James Grenier*, *Lauren Bradshaw*, 16<sup>th</sup> District Oratorical Chair *Erin Fox*, and Northern Region Vice Commander *William Glenn Yarborough*.

Articles & Photos Submitted by Americanism Chair *Linda Myers*



## FOUR CHAPLAINS MEMORIAL CEREMONY



Photos by: *Rick Goodman, Leon Kowalewski, and Diana Lake.*



## Kidney Donation Needed for Legionnaire Joseph Ortiz

Post 10 Member *Joseph Ortiz* needs a new kidney. Please consider being tested to determine if you are healthy enough to donate.

To see if you are medically able to donate, or to register to donate for *Joseph*, please check out *Joseph's* webpage at the National Kidney Registry: <https://www.nkr.org/mpu492>.

Submitted by 2nd Vice Commander *Linda Myers*

## **Military Suicide Prevention: Gaps in DOD's Mental Health Care System Being Filled by Reddit**

The suicide rate for young military service members aged 18-24 in 2020 was more than double that of civilians in the same age bracket, and higher than those of all age demographics among civilians, according to Department of Defense data and findings recently released by the Centers for Disease Control and Prevention. In the past five years alone, the suicide rate among active-duty servicemembers overall has increased by 41%. Although young people in the U.S. report the highest level of social media use of any demographic among the U.S. population, neither the U.S. Army nor the DoD has an official system in place to respond to reports of mental health harm or distress online. The systems that are in place such as suicide hotline numbers are often defunct, or only reachable during normal business hours. An unofficial subreddit, R/Army at <https://www.reddit.com/r/arm>, run by current and former U.S. Army personnel has been forced to fill the gap left by an unresponsive DoD, providing counseling to service members struggling with thoughts of self-harm.

The members of this subreddit are occupying this role without any funding or payment, and have systematically documented the serious incidents they have encountered. Although the moderation team and users of the subreddit have saved multiple lives and attempted to inform the DoD of flaws in their suicide prevention program, the DoD has not officially responded. [Source: Task & Purpose]

\***Reddit** is a network of communities where people can dive into their interests, hobbies and passions. There's a community for whatever you're interested in on **Reddit**.

Submitted by *Vic Librizzi*

THOSE WHO HAVE DIED FOR THIS COUNTRY ARE NOT DEAD UNTIL THEY ARE  
FORGOTTEN.

NEVER FORGET THAT THESE FALLEN WARRIORS PAID THE ULTIMATE SACRIFICE,  
AND ALL THOSE WHO HAVE SERVED HAVE SACRIFICED SOME.

*The CI will always be in our memory. Right!*

### **Service Officer Report:**

Disability compensation is available for Veterans exposed to hazardous materials. Exposure to contaminants or environmental hazards poses a major health concern for Veterans of all eras. If you served in Iraq, Afghanistan or other areas and believe you were exposed to hazardous materials – including particulate matter, burn pits and others – disability compensation and other VA benefits for related illnesses or conditions may be available for you.



Our goal is to give you guidance and assistance. It is very important that you know that you must sign and complete a “Appointment of Veterans Service Organization as Claimant’s Representative (also called “power of attorney” form). This authorizes The American Legion to assist Veterans and beneficiaries. Additionally, please send your full and complete contact information.

I am available to provide expert VA claims and benefits assistance to any Veterans and their families. Contact Ginger Harvey at: [ginger.c.harvey@gmail.com](mailto:ginger.c.harvey@gmail.com) VA claims assistance.

*Ginger Harvey*, Post 10 Service Officer





## From Auxiliary Unit 10:

### Auxiliary Upcoming Events

3/1- Auxiliary Monthly Meeting @ 7:00pm in the hall

3/12 – St. Patrick's Day Parade @ 11:00am.

All are welcome and encouraged to attend!

*Peggy Pignone*—Unit10 Auxiliary President

## Auxiliary Membership Report

We currently have 193 mail-in renewals, 45 online renewals, and 22 new members for a total of 260.

**Congratulations Unit 10, we have reached our goal of 100%.** Thank you to the Post 10 family who helped us recruit new members and transfers. Thank you to all our members for renewing again this year. I am so proud of Unit 10 as we continue to be the third largest unit in Virginia!

Welcome to our newest members: *Patricia Brooks, Lisa Donnelly, Jennifer Kershner, Melissa Kowalewski, Kimberly Rosene, and Renee Valenti.*

Welcome to our transfer member from Post 0141: *Annette Lewis.*

There are several ways to renew:

- 1) You may leave your payment of \$35 in a membership envelope, complete the information required on the label, and give it to the bartender on duty at Post 10; or
- 2) Mail your payment of \$35 to the American Legion Auxiliary Unit 10, 9950 Cockrell Road, Manassas, VA 20110 and include your current address, telephone number and email address; or
- 3) Renew online at [www.ALAforVeterans.org](http://www.ALAforVeterans.org). Members will receive an emailed receipt as well as a signed, hard copy membership card mailed directly from ALA National Headquarters within three weeks. Cards have the authorized signature of an ALA National officer (instead of a unit officer).
- 4) Call ALA National Headquarters at (317) 569-4570 and pay by phone. Members will receive an emailed receipt as well as a signed, hard copy membership card mailed directly from ALA National Headquarters within three weeks (same procedure as number 3).

Thank You!

*Diana L. Lake* , ALA Unit 10 Membership Chair

## Photos from the Past



Photos by *Gunny*





*“To Those Who Died,  
Honor and Eternal Rest;  
To Those Still In Bondage,  
Remembrance and Hope;  
To Those Who Returned,  
Gratitude and Peace.*



## Sons of the American Legion, Squadron 10 Report



Winners of the SAL Chili Cook-off held on  
Sunday, 20 FEB 2022:

First Place—*Mark Emerman*

Second Place—*John Barnes*

Third Place—*Dan Frye*

*Photo submitted by Mark Emerman*

Commander Squadron 10, *Dan Frye*

## *More Photos from the Past:*



Photos by *Gunny*



## What's Cooking in the kitchen?

**Monday—Friday 11am-2pm**

### MARCH LUNCH SPECIALS



TUE 1 Mar Chicken Wrap.  
 WED 2 Mar Grilled Cheese & Soup.  
 THU 3 Mar Shrimp Salad.  
 FRI 4 Mar Steak, Baked Potato, Small Salad.  
 MON 7 Mar Beef & Broccoli over Rice,  
 Small Salad  
 TUE 8 Mar Chopped Steak w/Mushrooms &  
 Onions, Mashed Potatoes, Veggie.  
 WED 9 Mar Soup & Grilled Cheeses.  
 THU 10 Mar Hot Dogs (2) w/Cheeses, Chips.  
 FRI 11 Mar Steak, Baked Potato, Small Salad.  
**SAT 12 Mar St Pat's PARADE—Corned Beef &  
 Cabbage or Shepherds' Pie**  
 MON 14 Mar Pretzel Crusted Chicken, Mashed  
 Potatoes, Veggie.  
 TUE 15 Mar Sausage w/Peppers & Onions,  
 Cheeses, Onion Rings.  
 WED 16 Mar Soup & Grilled Cheese.

**THU 17 Mar St. Patrick's Day**  
 Club Sub, Onion Rings.  
 FRI 18 Mar Steak, Baked Potato, Veggie.  
 MON 21 Mar Prime Rib Sandwich, FF, Slaw.  
 TUE 22 Mar Country Fried Steak, Mashed  
 Potatoes, Veggie.  
 WED 23 Mar Grilled Cheese & Soup.  
 THU 24 Mar Bacon Jalapeno Cheddar Burger,  
 FF.  
 FRI 25 Mar Steak, Baked Potato, Veggie.  
 MON 28 Mar Taco Salad.  
 TUE 29 Mar **VIETNAM VETERANS DAY**  
 Crab Cakes, FF, Slaw.  
 WED 30 Mar Soup & Grilled Cheese.  
 THU 31 Mar Fried Shrimp, Slaw, FF.

#### Menu & Prices Subject to Change

**REMINDER: Third Saturday evening of each month is Prime Rib Dinner.  
 Other Saturday evenings NY or T-Bone Steak Dinners.**

#### BREAKFAST BUFFET SUSPENDED UNTIL FURTHER NOTICE

**FRIDAY, 3 JUN 2022, NO dining in Hall—all dinners served in Social Quarters**

#### Dinner Menu

**Friday is Seafood Night  
 3rd Saturday of each month  
 Prime Rib Dinner.  
 Time: 5:00 x 7:30 PM  
 Steak Dinner returns on the other  
 Saturday evenings.  
 5:00 x 7:30 PM.**

#### Entertainment

##### **Karaoke**

**Check with Post for DJ, dates and times.**

**NOTICE: Post 10 reserves the right to make  
 changes to menu, hours of operation,  
 entertainment, etcetera without prior notice.**

**NEWSLETTER SUBMISSION:** Please remember to submit your articles to me in word document format by COB [1700 hours] on the 25th day of each month. Photos should be 'jpeg' and separate from the body of the article. Please check and double check your spelling and grammar.

Articles should be submitted to [gysgt\\_mc@yahoo.com](mailto:gysgt_mc@yahoo.com)




Thank you, *Gunny*





# Robert V. McMaugh Memorial American Legion Post 10 MARCH 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Post Hours:</b> Check w/Post for hours	<b>WOMEN'S HISTORY MONTH</b>	<b>1 MARDI GRAS</b> Auxiliary Meeting 7pm 	<b>2 ASH WEDNESDAY</b> BAR BINGO 5:30—8 PM	<b>3 STAR SPANGLED BANNER DAY</b> USNR Birthday	<b>4 R.E.D.</b> <b>HUG A GI DAY</b> Seafood 5:30-7:45pm	<b>5 SEABEE BIRTHDAY</b>
<b>6</b>	<b>7</b> BINGO 9:15am x Noon	<b>8</b> SAL Squadron 10 Meeting 7pm 	<b>9</b> BAR BINGO 5:30—8 PM	<b>10</b>	<b>11 R.E.D.</b> Seafood Night 5:30-7:45 pm	<b>12</b> NO EXEC MTG St. Patrick's Parade 11AM
<b>13</b> <b>DAYLIGHT SAVINGS TIME STARTS</b>	<b>14</b> BINGO 9:15am x Noon	<b>15</b> Happy 103rd Birthday American Legion ck w/Post for time Riders Chapter 10 Meeting 7pm	<b>16</b> BAR BINGO 5:30—8 PM	<b>17</b> <b>St. PATRICK'S DAY</b> <b>PURIM</b>	<b>18 R.E.D.</b> Seafood Night 5:30-7:45 pm	<b>19</b> EX BOARD MTG 8:30am General Membership MTG 10am
<b>20</b> <b>SPRING STARTS</b>	<b>21</b> <b>ROSIE THE RIVETER DAY</b> BINGO 9:15am x Noon	<b>22</b>	<b>23</b> <b>NATIONAL PUPPY DAY</b> BAR BINGO 5:30—8 PM	<b>24</b>	<b>25</b> <b>MEDAL of HONOR DAY</b> <b>R.E.D.</b> Seafood Night 5:30-7:45 pm	<b>26</b>
<b>27</b>	<b>28</b> BINGO 9:15am x Noon	<b>29</b> <b>VIETNAM VETERANS DAY</b>	<b>30</b> BAR BINGO 5:30—8 PM	<b>31</b>		

Calendar subject to change—call Post on 703-369-4900 for up to date information.



# MARCH 2022 Newsletter

[www.manassaspost10.org](http://www.manassaspost10.org)

