





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

www.post10manassas.org



DECEMBER 2022

2022-2023 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

Bill Barron

2 Year Committeeman

Greg Neiss

3 Year Committeeman

Paul Locigno

Quartermaster

Gunny Lewis

Judge Advocate

Rick Raskin

Service Officer

Ginger Harvey

Past Commander

Mark Stein

Commander's Column

For the past several months, I have always started with a thought for the month. Each of those had a common thread: civility, kindness and respect for one another. I believe our Post 10 family has made measurable progress toward achieving those goals. As we celebrated Thanksgiving and with Christmas fast approaching, and right behind it a new year, I ask that each and everyone of us practice those three principles of personal behavior and make the coming year even better than 2022. If you can't be civil, kind and respectful of others, it isn't the "others" that have a problem. And should you ever speak harshly about or to anyone, be humble enough to apologize.

Thank you all for being members of a great Post 10 family and I look forward to seeing all into 2023. Have a Merry Christmas and a safe and Happy New Year!

Dave Quimby, Commander



Post 10 is participating in the annual Greater Manassas Christmas Parade on Saturday December 3rd. The parade starts at 10 am. All personnel and vehicles should meet at Post 10. We will leave for the staging area at 7:30 am to be in place by 8 am.

Post 10's staging area is at the corner of Mathis Avenue and Carriage Lane on the right side of the road (our usual spot for this parade). We will enter our staging area from Centerville Road via Reb Yank Drive.

We have secured the use of a shuttle van that will carry float riders to Post 10's parade start point. Additionally, the van will be at the end point of the parade and carry passengers back to Post 10. All wishing to be shuttled to the parade must be at Post 10 by 7:15 AM.

Submitted by 2nd Vice *Linda Myers*

DECEMBER: Birthstone—Turquoise; Flower—Narcissus or Holly; Zodiac Signs—Sagittarius & Capricorn.













Padre's Corner



Greetings Post 10 Family. I'm hopeful that everyone had a pleasant Thanksgiving.

We must pray for those who are under the weather.

I pray for all who lost a relative or friend before Thanksgiving. Stay safe.

Francis Gregory Hall, Chaplain



The 2022 holiday season marks the 75th anniversary of the Marine Corps Reserves Toys for Tots Program! For over seven decades, the Program has evolved and grown delivering hope and the magic of Christmas to over 281 million less fortunate children. The Program also provides year-round support to families experiencing challenges and exceptional circumstances, thus helping to fulfill the hopes and dreams of millions of families and children in need across the Nation.

There are Toys For Tots boxes in the Post that need new unwrapped toys to be distributed to the less fortunate kids in this country. If you are able please purchase a few toys and place in the boxes by Friday, 9 December 2022. We will be bringing the toys to the National Museum of the Marine Corps on Saturday, 10 December 2022. Thank you!



Submitted by Gunny

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.

Playing of machines during Social Quarters' hours ONLY!

Please cooperate.

Sons of the American Legion

No submission received.

Dan Frye, Squadron 10 Commander





A reminder when visiting the Social Quarters:

Treat all in a civil manner—rude or demeaning behavior will not be tolerated. The bartenders are in charge as per ABC regulations.

Gunny

Riders Thank You Card Pick-Up From Manassas City Schools



Color Guard:



We completed 3 events in November requiring the Post 10 Color Guard.

Manassas Park Veterans Flag Raising Ceremony:

Color Guard: Roger Nicol, Rich Rosene, David Quimby, Carl Carey

Manassas Veterans Parade:

Color Guard: *David Quimby, Carl Carey*

Veterans Day Ceremony:

Color Guard: John Bulter, Thomas Masarick, Roger Nicol, Paul Giovanni, Greg Neiss, Carl Carey

Pipes: Kevin Byrne

Upcoming Color Guard Activities: Annual Greater Manassas Christmas Parade Dec 3rd

Wreaths Across America Dec 18th

The Color Guard is one of the uniformed groups in the Legion and serves as the American Legion's "display cases", so to speak. At parades, funerals and special events, they advertise the Legion's size, scope and substance to the public at large; they are one of the finest opportunities for post public relations. They afford those involved a sense of accomplishment, and a great deal of satisfaction and enjoyment.

Please join us. Thank you Sgt-at-Arms, Carl Carey

The Airborne Hazards and Open Burn Pit Registry was established in 2014 in response to mounting concerns that service members and Veterans were experiencing adverse health effects that might be attributable to deployment-related exposures. The Registry consists of an online questionnaire to document deployment and medical history, exposure concerns and symptoms. After signing up for the Registry, Veterans can request an in-person or virtual clinical health evaluation at their local VA medical center or military treatment facility. The optional Registry evaluation explores deployment history, symptoms, medical history, health concerns, residential history, civilian occupational history, civilian environmental exposures and health care utilization. Although these evaluations can help address some concerns, numerous Veterans may have unexplained respiratory symptoms that warrant further investigation. This is where the VA Post-Deployment Cardiopulmonary Evaluation Network (PDCEN) comes in. In May 2019, VA established the Airborne Hazards and Burn Pits Center of Excellence. One of the center's objectives is to deliver specialized care and consultation for Veterans with concerns about their post-deployment health, including—but not limited to—unexplained shortness of breath.

PDCEN is a national network that consists of VA physician scientists at six VA medical centers across the country who conduct specialized research and clinical evaluations for Veterans with concerns about their post-deployment health. Staff at PDCEN screen the Registry to identify Veterans with complex cases of unexplained shortness of breath or difficulty breathing. They invite them to participate in a specialty evaluation at the site that is most convenient to their location. After completing a detailed questionnaire as the first step of the PDCEN evaluation, Veterans undergo a series of comprehensive tests. The results are closely evaluated by physician scientist experts and then provided to the Veteran at a final summary review visit.

The primary objectives of this final review are to:

- 1. Inform the Veteran of what respiratory and related conditions they have
- 2. Determine whether the conditions are deployment-related

Inform the Veteran of what treatments or follow-up care are recommended. PDCEN then provides these care recommendations to the Veteran's primary care physician to improve the ongoing management of the Veteran's conditions.

While the Registry and related examinations address the needs of many Veterans, others may require the more in-depth and comprehensive evaluation provided by PDCEN. These clinical evaluations are the first objective of PDCEN. The second objective is to learn from these evaluations by analyzing the collected data. These collected data are shared with the Airborne Hazards and Burn Pits Center of Excellence and across PDCEN to include in studies on deployment-related respiratory disease and to learn more about how to diagnose and treat deployment-related conditions. PDCEN hopes not only to improve the health of individual Veterans but to also create standard practices for both VA and non-VA medical evaluations of Veterans exposed to respiratory hazards during deployment.

[Source: VA News] Submitted by *Gunny*



Manassas Veterans Parade—5 NOV 2022



Grand Marshal *Elizabet Lewis* US Army Nurse WWII

Grand Marshal Col. *U. "Xerk" White* US Army—Korea & Vietnam



The Manassas Veterans Parade's birth was in 2008 by a few members of Post 10 who got together to discuss the feasibility of a parade honoring Veterans. The parade has survived through the last 14 years and hopefully will go on for an eternity as long as there are dedicated people to continue the tradition. Volunteers are always welcome.

Article & photos by *Gunny*





Information to all members: It looks like the renewal notices have been fixed. The 'member since' section has been removed so it no longer looks as if a member has lost any continuous years. Thank you for your patience while National got this issue fixed.

Early Bird is now over. The winner was drawn at the last membership meeting on November 19th.

Congratulations to *Richard Elgart*, the Early Bird winner.

Welcome to new member Larry Bennett, USAF, Gulf War.

We are currently at 70% of membership for 2023. Thank you! Lets get working on 100% renewal. If you know of anyone who hasn't renewed give them a reminder. Also we are pushing for **Buddy Checks**. If there is a member you haven't seen in a while give them a quick shoutout to see how they are doing or let us know and we will check on them. *Remember we are family and lets have each others six!*

To renew on-line you will need to have or create an account on <u>MyLegion.org</u>. Online renewals can also print out a new membership card on-line. This will show that you are paid up and I will also send out a new 2023 card once I am notified by National of your renewal.

There are several ways to renew your American Legion membership:

- 1. Online at www.mylegion.org. You can use a credit card online <u>and</u> 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. If you have a hand written card, you probably have a temporary number. <u>Email me for your permanent number.</u>
- 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 2023 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 with any questions/concerns about your membership.

For God and Country,

Stan Moore, 1st Vice Commander <u>al10membership@gmail.com</u>



Thanks to
Greg 'Speedy' Neiss for
donating the carpet tiles and
labor to redo the floor in the
facilities manager's office.
Much appreciated!

Photo by **Gunny**

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.

On the Radar

<u>December</u>		January 2023		
03 Dec.07 Dec.08 Dec.11 Dec.	Manassas Christmas Parade Pearl Harbor (1941) War Declared on Japan (1941) Germany & Italy Declared War on US	01 Jan. New Year's Day 06 Jan. Epiphany (Traditional) 08 Jan. Marines repulsed the British at New Orleans (1815)		
15 Dec. 18 Dec. 20 Dec. 20 Dec. 25 Dec. 26 Dec. 31 Dec. 31 Dec.	Iraq War Ended (2011) Hanukkah Begins Panama Campaign Began (1989) US Space Force Est. (2019) Christmas Day POST CLOSED Kwanzaa Hanukkah Ends Official End of WWII (1946) Kosovo Campaign Ended (2013)	16 Jan. Martin Luther King, Jr. Day 17 Jan. Persian Gulf War Began (1991) 27 Jan. Signing of Vietnam Peace Accord (1973) 27 Jan. Holocaust Remembrance Day 30 Jan. Tet Offensive began (1968) 31 Jan. Panama Campaign Ended (1990) 31 Jan. Battle of Hue began (1968)		

Post 10 Service Officer Column

All Veterans enrolled in VA health care are now eligible for new toxic exposure screenings. These screenings are a key part of the PACT Act, a new law that empowers VA to deliver care and benefits to millions of toxic exposed Veterans and their survivors. We encourage Veterans not currently enrolled in VA health care to apply now.



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. You cannot have more than one POA!

I am available to assist Veterans and their families in completing and filing benefit claims. Contact Ginger Harvey at: ginger.c.harvey@gmail.com for VA claims assistance.

Post 10 Service Officer, Ginger Harvey

Pictures, Pictures —

On the Post 10 website, https://www.post10manassas.org, pictures from events are displayed on the lead organization's page (Legion, Auxiliary, SAL, Riders, or Organization/Sponsored Youth Groups).

There are three additional ways to view pictures from Post 10 events:

- 1. Pictures are shown on the TV nearest the kitchen, in the Social Quarters.
- 2. Selected pictures from events are displayed on a bulletin board in the Post lobby.
- 3. Pictures are displayed on <u>Flicker</u>. Each event is in a separate album. No login required, just follow the link above (https://www.flickr.com/photos/alpost10manassas/albums).

[The Post's photographers use Google Photos to share photos, but each event/album requires a separate link, so Google is not a convenient way to view the entirety of Post 10's photos. Please view the entire display in Flicker.]

Submitted by 2nd Vice *Linda Myers*

All Saints Catholic School Assembly & Brunch for Veterans, 11 NOV 2022



Happy New Year 2023

American Legion Post 10 is having a New Year's Eve party Saturday, December 31, 2022

> Dinner and Live Music by Gkinny Wallace

NY Steak, fried shrimp, baked potato, salad, roll.

\$25.00 per person, includes champagne toast and breakfast

5:30-7:30 pm Band at 8 pm

RSVP required by December 23rd, 703-369-4900

When did people start celebrating New Year's Eve? Around the start of the 1900s, New Year's Eve celebrations in America started to appear. The first ball drop in Times Square was held in 1907. Around that same time, special events to welcome in New Year started to be organized on January 1st. In both the Gregorian calendar, currently used in the U.S., and the Julian calendar, which was used until 1752 in the British colonies, the last day of the year is December 31. In Europe, the midwinter period was traditionally associated with feasting and parties. In the early years of the American colonies and within the U.S., this type of celebration was often frowned upon, particularly by religious communities. And now you know!



Submitted by Vic Librizzi

Military slang:

"And a wake up"- A phrase used to count down to the end of training or deployment.

"Ate up" – A service member with no military bearing or operating out of military regulation

Barney style - A phrase used to tell someone or ask someone to describe something in easy-to-understand terms

Bird - Another word for a helicopter.

BLUF - Bottom line upfront.

Bravo Zulu - A phrase often used in the Navy or Coast Guard to say "well done."

BOHICA- "Bend over, here it comes again."

Boot – A new service member, often derogatory term used for someone coming to the unit fresh from boot camp.

More to come next month.



American Legion Riders Post 10

"We few, we happy few, we band of brothers"



A small band of Brothers - *Paul "Cheeks" Giovanni, Leon "Needs a Road Name" Kowalewski, Bob "Nitro" Ficken,* and *Carl "Dukes" Carey*—mounted up and rode out on a chilly day to the <u>National D-Day Memorial</u> in Bedford, Va. Stopping for lunch at Shakers in Lynchburg. From there we made a quick stop at the Lynchburg Harley Davidson and then we cruised another 20 miles and made it to the Memorial.

What an amazing Memorial! You could spend a day or more just reading the plaques, walking the Memorial, and getting a grasp of what and how D-Day evolved. The layout is an impression of the LST's dropping the boys on the beach amid a firefight as the struggle to reach the beaches and conquer the little piece of land ahead of them. Scaling cliffs looming overhead, watching it all unfold is the most impressive "Overlord" monument. A sight to see! With time an issue, daylight closing down, and a few gas stops still ahead, the Brothers headed home. Another ride back to the Memorial is expected. 11 1/2 hrs. round trip, distance about 366 miles round trip.

A special thanks goes out to *Leo* and *Carey Smith* for setting up and leading what was an excellent Veteran's Card pickup ride to the schools. The ride is the day before the Manassas Veterans Parade, this year it was Friday, November 4th. It was one of the best rides we've done in a while. Thanks to *Leo* for taking point and leading us on a great ride. BZ *Smiths!*

We had a great turnout of Riders and guests, plus Riders from other Posts for the annual <u>Manassas Veterans Parade</u> on November 5th. The weather cooperated and although the parade is a short ride it is inspiring to see all the people along the route cheering us on and thanking us for our service.

On November 11th, several Riders assisted the Color Guard at the Post Veterans Day ceremony.

On November 15th, the Riders provided flag holders and escort for the *Charlie Austin* funeral. The Riders stood quietly in two columns with U.S. Flags as the people came out from the service and passed between them. We mounted up and rode escort, leading the procession from the funeral home to the Post. My special thanks to all those who braved the cold and wet weather to make it a good day for *Charlie's family*. BZ to you all. The Riders held a potluck dessert get together after their monthly meeting in November. There was more food than could be eaten in a single night. *Carl "Dukes" Carey* provided music and a good time was had by all in attendance. Another special thanks to *Leo* and *Carey* for stepping up and organizing the donations to <u>Operation Sugar Plum!</u> For those unfamiliar, it is a donation to support Military families (E5 or lower and 1 child under 18) with gift cards for Christmas. *Leo, Carey,* and *Pam Drake* will do all the legwork (if I missed someone, please let me know). BZ to them.

Upcoming Events:

Saturday, Dec 3rd, Manassas Christmas Parade. We will muster starting @ 0700 at the Post with KSU @ 0730. Note that the Parade is rain or shine so dress warm and bring rain gear. Festive clothing and bike decorations are authorized so go for the gusto! Only requirement is to wear the Riders' Vest.

Toys for Tots delivery is Dec 10th. The plan is to drop the toys off at the USMC Museum at Quantico. Muster time at the post will be 1100. This is being spear headed by our illustrious former Director *Rick "Goody" Goodman*. BZ to him for coordinating this.

Tuesday, Dec 20th, is the <u>Riders Christmas Potluck Diner</u>. No meeting, just food, music, and beverages. Saturday, Jan 7th, is the Post 10 ALR Welcome to Winter Polar Bear Ride. Details to follow.







Paul "Cheeks" Giovanni, Post 10 ALR Director



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



LOCKER RENT DUE by Saturday, 31 DEC 2022:

\$20.00 per locker (floor level lockers \$10.00) by Saturday, 31 DEC 2022. Write your name and locker number on your check, place in an envelope and give it to the bartender on duty. Unpaid lockers shall be emptied on Saturday, 14 JAN 2023, and rented to the next member on list. Contents will be held at Post for 30 days and if not claimed will be treated as abandoned property and becomes the property of Post 10.



Submitted by *Kim*

Veterans Day Ceremony at Post



Photos by *Rick Goodman*

Auxiliary Sponsored Veterans Dinner







The Veterans Day dinner was a huge success. Thank you to all the volunteers, the Young Marines, and the Kitchen staff! A special thank you to *Rick Goodman* for all you did to help with setting up, running errands and for the photos!

Also, thank you to all who participated in the Veterans Day parade. We had a great turnout this year and it was a fun way to show our appreciation to all the veterans.

Upcoming events in December:

December 4th, 10:00am- Manassas Christmas Parade. The Auxiliary will be walking in the parade again this year. The float will also be available for those who would prefer to ride.

Toy shopping for the children's Christmas Party- Date TBD.

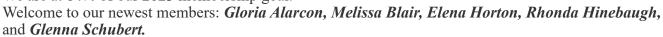
The Children's Christmas Party will be held on **December 18th from 12:00-3:00**. Santa will be arriving by Fire Truck! There will be refreshments as well as cookie decorating. Please let me know if you can volunteer. A fun time will be had by all!! A reminder that our monthly Auxiliary meetings are held the 1st Tuesday of every month at the Post. All are welcome!!

Peggy Pignone, Auxiliary Unit 10 President



Auxiliary Membership Report

We currently have 133 mail-in renewals, 30 online renewals, and 17 new members for a total of 180. We are at 64% of our 2023 membership goal.



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. 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





What's Cooking in the kitchen? Monday—Friday 11am-2pm DECEMBER LUNCH SPECIALS



THU 1 I	Dec Haddo	ck Sub, On	ion Rings.
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FRI 2 Dec Steak.

MON 5 Dec Meatloaf.

TUE 6 Dec Spaghetti, Small Salad.

WED 7 Dec Grilled Ham & Cheese. Soup.

THU 8 Dec Crispy Chicken on top of Salad.

FRI 9 Dec Steak.

MON 12 Dec Turkey Roll-up w/Stuffing, Mashed

Potatoes.

TUE 13 Dec Taco Salad.

WED 14 Dec Grilled Ham & Cheese. Soup.

THU 15 Dec Tuna Melt, Onion Rings.

FRI 16 Dec Steak.

MON 19 Dec Country Fried Steak, Mashed

Potatoes, Veggie..

TUE 20 Dec Prime Rib Sandwich, Onion Rings.

WED 21 Dec Grilled Ham & Cheese. Soup.

THU 22 Dec Grilled Turkey Sandwich.

FRI 23 Dec Steak.

MON 26 Dec Baked Fish, Baked Potato, Roll.

TUE 27 Dec Fried Chicken (2 Piece), Mashed

Potatoes, Slaw, Biscuit.

WED 28 Dec Grilled Ham & Cheese. Soup.

THU 29 Dec Steak Cheese Quesadilla, Chips,

Salsa.

FRI 30 Dec Steak.

SAT 31 Dec New Year's Eve Party at Post—see

newsletter for details.

CLEAN UP AFTER YOURSELF, YOUR MOTHER DOESN'T WORK HERE

Menu & Prices Subject to Change

See Something, Say Something Civility is catching, Practice it!

Dinner Menu

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

Entertainment (Friday & Saturday evenings)

2—3 Dec—Greg Dodson Karaoke 9—10—Wild Bill Karaoke 16—17 Dec—Glenn Karaoke 23 Dec—Greg Dodson Karaoke 24 Dec—Juke Box 30 Dec—Wild Bill Karaoke 31 Dec—Skinny Wallace Band

NEWSLETTER SUBMISSION: Please remember to submit your <u>articles to me in word document format by COB [1700 hours] on the 25th day of each month.</u> 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

Thank you, Gunny



Robert V. McMaugh Memorial American Legion Post 10 DECEMBER 2022

Sat	Manassas Xmas Parade—10 AM Muster at Post 7 AM Shuttle to take members to float & return available.	10 Executive Board Meeting 10 AM	17 General Membership Meeting 10 AM Prime Rib Dinner 5-7:30 PM	24 XMAS EVE NO DINNER Post CLOSES at 7 PM	31 NYE Post Party \$25/person—Band, Steak & Shrimp Breakfast Official End of WWII (1945)
Fri	2 R.E.D. Seafood Night 530-7:45 PM	R.E.D. Seafood Night 5:30-7:45 PM	R.E.D. Seafood Night 5:30-7:45 PM	R.E.D. Seafood Night 5:30-7:45 PM	30 R.E.D. Seafood Night 5:30-7:45 PM
Thu	1	8 War Declared on Japan (1941)	15 Iraq War Ended (2011)	22	29
Wed		7 PEARL HARBOR REMEMBRANCE DAY Flag at half-staff until sunset	14	21 Example 18 Winter Begins	28
Tue		Auxiliary Unit 10 Meeting 7 PM	S.A.L. Squadron 10 Meeting 7 PM	20 US Space Force est. (2019) Riders Chapter 10 Meeting 7 PM	27
Mon		5 Bingo 9:15-12 PM	12 Bingo 9:15-12 PM	19 Bingo 9:15-12 PM	26 Bingo 9:15-12 PM Hanukkah ends at sundown Kwanzaa begins
Sun		4	11 Post Xmas Party, 5-7PM— Bring Dessert, Entrée TBD Germany & Italy Declare war on U.S. (1941)	Auxiliary Children's Xmas Party Noon—3 PM Hanukkah begins at sundown	CHRISTMAS POST CLOSED





NEW NUMBER from the VA. 24/7 Support.





DECEMBER 2022 Newsletter

www.post10manassas.org



