



1986 - 2023



**Robert Vincent McMaugh Memorial
American Legion Post 10
9950 Cockrell Road
Manassas, Virginia 20110
703-369-4900
www.post10manassas.org**



JANUARY 2023

**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

Francis '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



Welcome to the New Year!!! I trust everyone will stick to your New Year's resolutions. One resolution I ask all of you to make is this: "I will do more volunteering for the Post." 2022 was a good year for the American Legion and Post 10 given the challenges we had to work through. Help is always needed on any one of the committees and projects we have. Someone to approach include myself, *Gunny, Carl Carey, Linda Meyers, and Stan Moore* just to name a few.

I know there is some things you want changed. Do not hesitate to bring your ideas up along with solutions. Write them down and turn your suggestion in to me or any of the above Legionnaires. You will get a response.

Lastly, as I mentioned in the December Newsletter we have made a lot of progress showing greater civility, kindness, and respect to one another. Let's keep it up. It is because of YOU that we have the Great Post we have. Help make it even better.

Dave Quimby, Commander

**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.**

How Did January 1 Become New Year's Day?

As part of his reform, *Caesar* instituted January 1 as the first day of the year, partly to honor the month's namesake: *Janus*, the Roman god of beginnings, whose two faces allowed him to look back into the past and forward into the future.

HELP WANTED Three (3) Positions

- 1—**Maintenance person** part time to perform various tasks at the facility. Must be able to set-up and break down tables & chairs, general cleaning and other duties as assigned.
- 2—Experienced **part time cook** preferably with a current **Virginia food handler's** license.
- 3—**Bartender** preferably with a current TIPS certificate.

If interested contact Facilities Manager or Quartermaster for details. Tele:703-369-4900

Wreath pickup at Manassas Cemetery: Saturday, 21 JAN 2023, after General Membership Meeting.
Check Post for any change to date.



Padre's Corner

Hello Post 10:

I hope everyone had a Merry Christmas. Let's get ready for the new year. We must pray for the **Lewis** family, Miss **Elizabeth Lewis** passed away on 21 December 2022. She was 102 and the oldest Post 10 Legionnaire.

Francis Gregory Hall, Chaplain



Color Guard:

During the month of December we had one event. **Wreaths Across America** ceremony which required the Color Guard. I want to thank those individuals who provided their time to be part of the Color Guard at the ceremony. Troop 884 and to Legionnaires **Greg "Speedy" Neiss** who carried the Marine Corps flag and **Garrett McKenzie** who played the Bagpipes.



The American Legion is the Nation's largest wartime Veteran's service organization aimed at advocating patriotism across the U.S. through diverse programs and members benefits. The purpose of the AL Color Guard is to honor the service and sacrifice of honorably discharged Veterans of the U.S. Armed Forces and their families. The Color Guard is one of the uniformed groups in the Legion and serves as the American Legion's "display cases" at parades, funerals and special events. 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. As time passes there will be more requests to honor our friends who move to the next and final Post.

Being a member of the Color Guard is a privilege. We provide the final honor to Veterans.

Please join us. Thank you.

Sgt-at-Arms, **Carl Carey** careypmp@gmail.com

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.

"It's better to fight for something in life than die for nothing." **George S. Patton**

"A people that values its privileges above its principles soon loses both." **Dwight D. Eisenhower**

"May we never forget our fallen comrades. Freedom isn't free." **Bill Paxton**

Quips submitted by **Jake Bianco**



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

POST 10 INVITES YOU TO BE PART OF OUR HISTORY

BE PART OF THE HISTORY OF THE AMERICAN LEGION, ROBERT VINCENT MCMAUGH MEMORIAL POST 10. WE ARE OFFERING A BRICK THAT CAN BE PERSONALIZED AND PLACED IN THE "POST 10 MEMORIAL" IN FRONT OF THE POST.

The cost is \$150.00 per brick and it can be imprinted with 3 lines of 14 characters (including spaces and punctuation). Part of the price (\$50.00) is a tax-deductible donation to The American Legion Post 10 Memorial Fund.

YOUR BRICK MAY CONTAIN ANY APPROPRIATE INSCRIPTION THAT YOU DESIRE, i.e., COMMEMORATING YOUR BRANCH/TIME OF SERVICE IN MEMORY OF A LOVED ONE, SERVING AS AN HONORARIUM, OR TO GIVE SOMEONE A CHEER. REGARDLESS OF THE INSCRIPTION, YOUR PERSONALIZED BRICK WILL BECOME A LANDMARK FOR POSTERITY.

AA

I'd like to purchase a brick. Please reserve my personalized brick as follows [print clearly and count letters, spaces and punctuation on each line NOT to exceed 14 characters]:

Line 1: _____

Line 2: _____

Line 3: _____

I have enclosed a check for \$150.00 payable to American Legion Post 10 Memorial Fund. Mail to: American Legion Post 10 Memorial Fund, 9950 Cockrell Rd., Manassas, VA 20110

Purchaser's Information:

Name _____
Address _____

Phone _____
Email _____

Thank you.



IN MEMORY OF ELIZABETH F. LEWIS



Legionnaire *Elizabeth Lewis* passed away quietly on Wednesday, 21 DEC 2022, at the age of 102.

Elizabeth was commissioned into the Army Nurse Corps in July 1943. In June 1944 she was assigned as a surgical nurse to the US Army Hospital Ship *Emily Weder* and was deployed to the Mediterranean Theater of Operations where she treated wounded Allied servicemembers fighting in North Africa, Anzio, and Italy. In 1945 the ship was redeployed to the South Pacific where she cared for those servicemembers wounded in the fighting in New Guinea and the Philippine Islands. *Elizabeth* earned three Battle Stars for her service in the European Theater of Operations, she also earned two additional Battle Stars for the campaigns in the Pacific. After honorable discharge *Lewis* continued nursing in the civilian sector.

Elizabeth was recently honored as a Living Legend by the Women's Memorial in Arlington, VA.

On behalf of American Legion Post 10 we offer our sincere condolences to the *Lewis* family. Thank you for your patriotism *Elizabeth*, may you rest in peace.

Article and photo by *Gunny*

Brief history of the US Army Nurse Corps: The first nurses and first women in the military were appointed to the Army Nurse Corps on 2 February 1901; however, the Continental Army first requested nurses to take care of wounded and sick soldiers in 1776. Women were chosen from among the mothers, wives and sisters of the troops. They were sent to makeshift tent hospitals, and requisitioned private homes. Besides tending the sick, they scrubbed floors, laundered linen, prepared meals, and managed medical and food supplies. After revolutionary times until the Civil War, military leaders had little need for nurses. At that war's onset the expanded scope of the fighting and large number of casualties caused medical units to ask for nursing assistance. In 1898, medical care proved inadequate for the service members struck down by yellow fever, malaria, and other tropical diseases during the Spanish American War. Fifteen hundred contract nurses were recruited and they helped to turn the tide with the epidemics. The nursing professionals' contributions became the justification for a permanent female nurse Corps.

Until 1911, Army nurses served at three places: Fort Bayard, NM; San Francisco; and the Philippines. After 1911 their assignment list expanded to include Hot Springs, AR; San Antonio, TX; and DC. Until 1916 their numbers never exceeded 220. The Mexican border uprising necessitated additional nurses, who were enrolled by the Red Cross. Membership increased to 450.

When the US entered WWI, there were only 403 Army nurses on active duty. By November 1918, the number rose to 21,460 officers, with 10,000 serving overseas. By demobilization, it is estimated that one-third of all American nurses had served in the Army. These health professionals served primarily in base, evacuation, and mobile surgical hospitals. Their flexibility and "can do" attitude shown brightly in assignments on hospital trains in France and transport ships carrying wounded home across the submarine-infested Atlantic. Moreover, they worked diligently in specialty hospitals and specialty teams attached to hospitals in the US, France, Hawaii, Puerto Rico, and the Philippines. In 1920 Army nurses were authorized relative rank in the grades of Second Lieutenant to Major. This law entitled them to wear the insignia of their rank; however, the Surgeon General ordered that these nurses would continue to be addressed as "Miss." Their pay was approximately half that of a male officer of the same rank. With the endorsement of the line generals, who had witnessed or benefited from nursing care, and along with the increased political influence of organized nursing, changes in status and retirement were legislated. Nurses also lobbied openly for full military status.

When the US entered WWII following the bombing of Pearl Harbor there were fewer than 7,000 nurses on active duty. By 1945, more than 57,000 Army nurses were assigned to hospital ships and trains; flying ambulances; and field, evacuation, station, and general hospitals at home and overseas. This is the largest number of nurses on active duty in the history of the organization. Wartime experience brought innovations that revolutionized medical services. Military nursing gained a greater understanding of the process of shock, blood replacement, and resuscitation. These nurses assisted in developing recovery wards for immediate postoperative care. Air evacuation from the combat zone by fixed-wing aircraft brought patients to treatment quickly. These officers endured hardships while caring for their patients. On May 1942, with the fall of Corregidor in the Philippines, 67 Army nurses became Japanese prisoners of war. During the 37 months captivity, these women endured primitive conditions and starvation rations, but still they continued to care for the ill and injured in the internment camp hospital. In Anzio on January 1944, army nurses dug their foxholes outside their tents and cared for patients under German shellfire. Two evacuation hospitals, with their complement of nurses, landed in Normandy on June 1944, four days after the invasion.

(Continued on Next Page)

The Corps' military status continued to evolve during the post-war demobilization. In one year, the branch's active duty end strength dropped from 57,000 to 8,500 personnel. On 16 April 1947, Public Law established the ANC in the Medical Department of the Regular Army and authorized an end strength of no less than 2,558 nurses. It also provided permanent commissioned officer status for members of the Corps in the grades of Second Lieutenant through Lieutenant Colonel. Specialized requirements in military nursing became the focus of the postwar period. Courses were designed in anesthesia, psychiatric, operating room and community health nursing. Army nurses attended the hospital administration course. Army nurses played a major role in support of combat troops in Korea (1950-53). Army nurses cared for combat troops during the landing on Inchon, the advance across the 38th parallel into North Korea, the amphibious landing on the east coast of Korea, the drive toward the Yalu River, and the retreat to the 38th parallel. These officers far exceeded the normal scope of nursing practice as they independently triaged, started blood transfusions, initiated courses of penicillin, and sutured wounds. They assumed logistical responsibilities. They improvised whenever supplies and equipment were not available, scrounging useful items from deserted family quarters or remaking discarded bits and pieces into functional tools. Throughout the Korean War, 540 Army nurses served on the peninsula. During this time, all the hospitals outside of Korea were busy caring for injured and ill service members. Military medical centers tended 1500-2000 inpatients daily. Air evacuations could come in any time of day so the nurse supervisors and head nurses were constantly managing the number of admissions and discharges so that new patients were assigned beds. Often the hallways and day rooms on the units were used for overflow. Hospital care also expanded to include dependents and pediatrics units were busy caring for family members. During this decade, many changes took place which have impacted the nurse corps today. The first course in nursing administration, which later became the Captains Career Course, was established at the US Army Medical Field Service School. Closed-circuit color television was used for the first time in Army nursing instruction to cover surgical procedures in the operating room at Walter Reed Hospital. A career guidance program was established. In 1955 Public Law 294 authorized commissions for male nurses in the Army Reserve for assignment to the Army Nurse Corps Branch.

Army nursing in Vietnam began in April 1956 when three members arrived in Saigon, sent by the Army to train South Vietnamese nurses about the latest procedures and techniques. A few years later, hostilities in the Vietnam set the tone for the 1960s as the Army responded to needs. Trauma care specialization units developed from this experience. Continued progress in medical evacuation made intensive care nursing standard. Evacuation by helicopter brought wounded military personnel to medical units within minutes of flying time. This transported patients from the battle field 50% faster than in the Korean War. During the 11 year period between March 1962 and March 1973, peak nurse corps strength in So. Vietnam reached over 900 officers in 1969. It is estimated that approximately 5,000 served in Vietnam.

The progressive nature of the buildup in Vietnam placed unique demands on the Army Nurse Corps. To meet requirements there and throughout the world, several recruitment strategies were authorized. A short-lived Warrant Officer Program and a short-term draft of male nurses were implemented. Both were unpopular and failed to access the required numbers. In the end, the Army Student Nurse Program and the Walter Reed Institute of Nursing educated the desired number of personnel, who were obligated to serve on active duty for a period of time. The Army Nurse Corps emerged from its Vietnam experience with a renewed drive to meet and exceed the challenges of a growing profession. These officers worked in a team capacity with the doctors and corpsmen that was unmatched in civilian hospitals.

Professional in-service educational programs for advanced training in clinical specialties, advanced staff courses, postgraduate programs and long-term civilian education at the bachelor's, master's and doctorate levels were available at Army expense. The organization enhanced quality of care through clinical specialization and expanded nursing roles. Courses ranging from 16 weeks to 2 years in length, educated eight categories of nursing specialists. By 1976, in concert with the ANA's position regarding entry into practice, all newly commissioned officers on active duty were required to possess a baccalaureate degree. During this time, army nurses supported several humanitarian missions, which included the following: in 1961, members cared for crash victims of United Airlines Flight 759 near Denver; in 1962 and in 1963, ANC officers were airlifted to Iran and to Yugoslavia, respectively, to aid earthquake victims; in 1964, members aided victims of a violent earthquake in Alaska; in 1965, the healthcare professionals responded to the Dominican Republic Crisis; in 1970, after an insurrection in Jordan, male Army nurses participated in relief operations; in 1975, army nurses assisted Vietnamese refugees movement to the US; in 1976, members cared for Cuban refugees; in 1982, these officers accompanied the first contingent of U.S. troops to the Sinai; and in 1989, they supported relief efforts in the Virgin Islands following Hurricane Hugo.

The Army Nurses continue to this day on many missions. Our deepest gratitude to these dedicated individuals.

Submitted by **Gunny**



Toys for Tots: Thanks to Dave, Rick, Greg, Bob, and Tim for delivering the seven filled boxes of toys to the National Museum of the Marine Corps on Saturday, 10 December 2022. AND thanks to all who brought in toys for this effort.

Gunny photo





PACT ACT FREQUENTLY ASKED QUESTIONS



..... VIETNAM GULF WAR POST-9/11

The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits and other toxic substances. This law helps us provide generations of Veterans—and their survivors—with the care and benefits they've earned and deserve.

The Act **(1)** expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam era, Gulf War era, and Post-9/11 era, and **(2)** expands eligibility for benefits for Veterans exposed to toxic substances.

What new or expanded presumptions will the Act create and when will they be in effect?

VETERANS AND SURVIVORS CAN FILE CLAIMS FOR ALL CONDITIONS OUTLINED IN THE PACT ACT IMMEDIATELY.

For Gulf War and post 9-11 Veterans, that includes:

Brain cancer, Glioblastoma, Respiratory (breathing-related) cancer of any type, Gastrointestinal cancer of any type, Head cancer of any type, Lymphoma of any type, Lymphatic cancer of any type, Neck cancer, Pancreatic cancer, Reproductive cancer of any type, Kidney cancer, Melanoma, Asthma (diagnosed after service), Chronic rhinitis, Chronic sinusitis, Constrictive bronchiolitis or obliterative bronchiolitis,

Emphysema, Granulomatous disease, Interstitial lung disease (ILD), Pleuritis, Pulmonary fibrosis, Sarcoidosis, Chronic bronchitis, Chronic obstructive pulmonary disease (COPD).

For Vietnam Veterans and other Veterans exposed to tactical herbicides, that includes two Agent Orange presumptive conditions:

Monoclonal gammopathy of undetermined significance (MGUS), High blood pressure (hypertension).

How can Veterans apply for VA health care?

Apply **online** at [VA.gov/health-care/apply/application/introduction](https://www.va.gov/health-care/apply/application/introduction).

Call our toll-free hotline at 877-222-8387, M-F, 8:00 a.m. - 8:00 p.m. ET.

Mail a completed, signed Application for Health Benefits (VA Form 10-10EZ).

Bring a completed, signed VA Form 10-10EZ with you to your nearest medical center or clinic or get help through your state's Department of Veterans Affairs Service Officer.

Get help filing your claim by working with an accredited representative.

What are the PACT Act key components?



The Act **expands and extends eligibility for VA health care for Veterans with toxic-exposures** and Veterans of the Vietnam era, Gulf War era, and Post-9/11 era.



VA **will improve the decision-making process** for determining what medical conditions will be considered for presumptive status.



Every enrolled Veteran will **receive an initial toxic exposure screening** and a follow-up screening at least every five years. Veterans who are not enrolled, but who are eligible to enroll, will have an opportunity to enroll and receive the screening.



VA health care staff and claims processors will receive **toxic exposure-related education and training**.



The Act requires **research studies** on mortality of Veterans who served in Southwest Asia during the Gulf War, Post-9/11 Veteran health trends, and Veteran cancer rates.



The Act will help VA **build a stronger, more skilled workforce** to meet the growing demand for benefits and services.



The Act authorizes **31 new facilities** across the country, providing greater access to VA health care.

How can a Veteran file a claim?



Veterans who would like to file a claim must complete **VA Form 21-526EZ** to apply for benefits and submit any supportive evidence.



To learn about standard VA disability claims, supplemental claims, secondary claims, and more visit: [VA.gov/disability/how-to-file-claim/when-to-file](https://www.va.gov/disability/how-to-file-claim/when-to-file).

If a Veteran was previously denied a claim, what can they do?

VA will contact Veterans when a presumption of service connection is established or changed. However, **Veterans previously denied a toxic-exposure related claim** are encouraged to file a supplemental claim. Once a supplemental claim is received, VA will review the claim under the new law.



U.S. Department of Veterans Affairs

Learn more and sign up at [VA.gov/PACT](https://www.va.gov/PACT)
Download the **VA Health and Benefits App**
Call us at 1-800-MyVA411 (1-800-698-2411)
Find a VA at [VA.gov/find-locations/](https://www.va.gov/find-locations/)



Legionnaire Membership Report

Here is hoping everyone had a Merry Christmas and a Happy New Year. Let's get this new year started off great! We are currently at 78% 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!

Welcome to the following new and transfer members: **Steve Brown**, USAF, GWOT; **Brian Fisher**, USN, Lebanon; **Deborah Hamrick**, USAF, GWOT; **Robert Hastings**, USAF, Legion Act; **Christian Pearson**, USA, GWOT; **James Ryan**, USA, GWOT; **Hakeem Thomas**, USA, GWOT; **Gordon Trueman**, USN, Vietnam.

To renew on-line you will need to have or create an account on MyLegion.org. 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 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. 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 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 al10membership@gmail.com

The Winner of the Early Bird Drawing is Legionnaire *Richard Elgart*

First Vice Commander **Stan Moore** (rt) presents the American Legion portfolio to **Richard Elgart** at the December General Membership meeting who was the winner of the Early Bird drawing.

Congratulations **Richard!**



Gunny photo

On the Radar

January 2023

01 Jan. New Year's Day
06 Jan. Epiphany (Traditional)
08 Jan. Marines repulsed the British at New Orleans (1815)
09 Jan. Law Enforcement Appreciation Day
16 Jan. Martin Luther King, Jr. Day
17 Jan. Persian Gulf War Began (1991)
22 Jan. Chinese New Year
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)

February 2023

02 Feb. Groundhog Day
03 Feb. Four Chaplains Day
08 Feb. Boy Scouts of America Founded (1910)
10 Feb. Mardi Gras
12 Feb. Lincoln's Birthday
14 Feb. St. Valentine's Day
20 Feb. Presidents' Day
21 Feb. Shrove Tuesday
22 Feb. Ash Wednesday and Washington's Birthday

Post 10 Service Officer Column



Wishing a very Happy New Year to our troops, Veterans, and their families!

There are many challenges that Veterans face after they leave the military. The biggest issues for Veterans are unemployment, relationship with themselves where Veterans do a noble thing by serving their country, homelessness, physical handicaps, and poor mental health. Many Veterans struggle to find work after they return home.

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").

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, 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 [Flicker](https://www.flickr.com/photos/alpost10manassas/albums). 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*

Wreaths Across America: Saturday 17 DEC 2022, Manassas Cemetery



Thanks to all that turned out to place the wreaths on the Veterans' graves.



MOH Grave/Sgt. HOTTENSTEIN



Photos by *Gunny*

OPERATION SUGARPLUM:

On 9 December **Leo Smith** (Legionnaire & Legion Rider) and his wife **Carey Smith** (Auxiliary & Legion Rider) presented twenty-five Walmart gift cards to Fort Belvoir Army Community Services (ACS). Known as Operation Sugarplum, ACS provides financial support to lower enlisted Ft. Belvoir families to include several that are members of the Soldier Recovery Unit. Ms. **Taneshia Gray** (far left) and Ms. **Briana Crawford** (far right) explained that this year's Soldier families includes several E-5 blended families with eight children each. The ACS team thanked the Post 10 family and noted that the Legion, Auxiliary, Sons, and Riders' donation will go a long way in assisting these families during this holiday season.



Article and photo by
Leo Smith

LOCKER RENT WAS DUE on Saturday, 31 DEC 2022:

\$20.00 per locker (floor level lockers \$10.00) . Write your name and locker number on your check, place in an envelope and give it to the bartender on duty. **Unpaid lockers will 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**



Sons of the American Legion

No submission received.

Dan Frye, Squadron 10 Commander

American Legion Riders Post 10

No submission received.

Paul "Cheeks" Giovanni, Post 10 ALR Director

American Legion Auxiliary

No submission received.

Peggy Pignone, Auxiliary President, Unit 10

Military slang:

"Charlie Mike" - Continue Mission.

"Chesty Candy" - All the ribbons and awards on a service member's dress uniform.

"Fart Sack" - Sleeping bag.

"Fat Cakes" - Any kind of unhealthy, sweets or desserts.

"Fourth Point of Contact" - Your butt. It's the last phase in a parachute drop: first it's feet, calves, back of the thigh and then your buttock.

"Got Your Six" - Got your back.

"Gofasters" - Sneakers.

Stay tuned more to come—submit your favorite military slang (no obscenities, please!)



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



What’s the PACT Act and how will it affect my VA benefits and care?

The PACT Act is perhaps the largest health care and benefit expansion in VA history. The full name of the law is The Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act.

The PACT Act will bring these changes:

- ✦ Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras
- ✦ Adds 20+ more presumptive conditions for burn pits, Agent Orange, and other toxic exposures
- ✦ Adds more presumptive-exposure locations for Agent Orange and radiation
- ✦ Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care

Helps us improve research, staff education, and treatment related to toxic exposures

If you’re a Veteran or survivor, you can file claims now to apply for PACT Act-related benefits.

Go to Link: <https://www.va.gov/resources/the-pact-act-and-your-va-benefits/>

Or contact VSO **Steve Botello**/ American Legion at: **Steven M. Botello** Veteran Service Officer

American Legion Department of Virginia (W) 1-703-853-1869 (FX) 1-703-991-0677

(Email Wk) steven.botello@smbotello.com /(Email Per) steven.botello@gmail.com

Submitted by **Steve Botello**

Auxiliary Membership Report

We currently have 151 mail-in renewals, 36 online renewals, and 19 new members for a total of 206. We are at 73% of our 2023 membership goal.



Welcome to our newest members: **Barbara Fisher** and **Patricia O’Donnell**.

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

JANUARY LUNCH SPECIALS



MON 2 Jan Meatball Sub.
 TUE 3 Jan Sausage w/peppers & Onions.
 WED 4 Jan Soup & Sandwich.
 THU 5 Jan Taco Salad.
 FRI 6 Jan Steak.
 MON 9 Jan Stuffed Peppers.
 TUE 10 Jan Reuben.
 WED 11 Jan Soup & Sandwich.
 THU 12 Jan Grilled Peanut Butter & Jelly Sandwich.
 FRI 13 Jan Steak.
 MON 16 Jan Chicken Enchilada.
 TUE 17 Jan Steak & Cheese Quesadilla.

WED 18 Jan Soup & Sandwich.
 THU 19 Jan Turkey Bacon Sub.
 FRI 20 Jan Steak.
 MON 23 Jan Ham & Scalloped Potatoes.
 TUE 24 Jan Country Fried Steak Sub.
 WED 25 Jan Soup & Sandwich.
 THU 26 Jan Tuna Melt.
 FRI 27 Jan Steak.
 MON 30 Jan Meatloaf.
 TUE 31 Jan Fried Chicken.

Menu and Prices Subject to Change. Call Post on 703-369-4900 for Current Info.



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)

6—7 JAN, Wild Bill Karaoke
20—21 JAN, Wild Bill Karaoke
As of publishing time this is the current info.
Check back for updates.

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

Thank you, *Gunny*



Robert V. McMaugh Memorial
 American Legion Post 10
 JANUARY 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2 Bingo in Hall 9:15-12pm 	3 Auxiliary Unit 10 Meeting 7pm 	4  Bar Bingo 5:30-8pm	5	6 R.E.D. Seafood Night 5:30-7:45pm Epiphany	7
8 Young Marines 1-5 pm 	9 Bingo in Hall 9:15-12pm 	10 S.A.L. Squadron 10 Meeting 7pm 	11  Bar Bingo 5:30-8pm	12	13 R.E.D. Seafood Night 5:30-7:45pm	14 Exec. Meeting 10 am
15	16 M.L. King Jr. Day Bingo in Hall 9:15-12pm 	17 Persian War Began (1991) Riders Chapter 10 Meeting 7pm 	18  Bar Bingo 5:30-8pm	19	20 R.E.D. Seafood Night 5:30-7:45pm	21 General Membership Mtg 10 am Wreath Pickup after Mtg Prime Rib Dinner 5-7:30 pm
22 Young Marines 1-5 pm 	23 Bingo in Hall 9:15-12pm 	24	25  Bar Bingo 5:30-8pm	26	27 Signing of VN Peace Accord (1973) R.E.D. Seafood Night	28
29	30 Bingo in Hall 9:15-12pm 	31 Panama Campaign Ended (1990) 				

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

Our new website is: www.post10manassas.org



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2022 PACT Act

eligibility is added for Veterans who served in

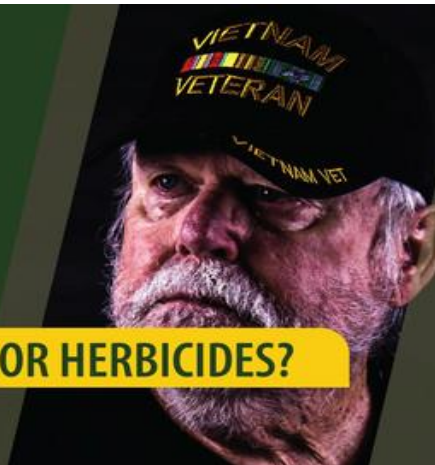
Republic of Vietnam
01/09/1962–05/07/1975

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JANUARY 2023 Newsletter

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