



1986 - 2023



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



FEBRUARY 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



As I mentioned at the General Membership meeting 21 January, I have been talking for months about relationships among our Post 10 family members. Respect/Kindness/Civility. You have heard from me many times on these three ideals (and probably will again).

My new focus for the next several months is VOLUNTEERISM. There is a lot of work that needs doing to keep our Post #1 in the District—virtually all of it by volunteers, someone who is willing to step up and help. Much is short term; some work might take longer. When you hear someone say “I need help with XYZ” come forward and ask for some details. If you can help—GREAT. If not, no harm no foul. Simply step outside your comfort zone and you might be surprised how much your help is appreciated. A key opportunity to step outside your comfort zone is February which starts the next election cycle. Give some thought to self nominating yourself for one of these positions. For the Post 10 Board positions and committee leads there are abbreviated job descriptions in the Post 10 by-laws. Check them out.

FYI: Post 10 has a number of medical related items that can be made available to any member or Veteran in need. This equipment includes: wheel chairs (one motorized), walkers, and a motorized scooter. Let me know if anyone has a need to use one of these items.

Hope to see all of you at the Post. And thanks for helping out.

Dave Quimby, Commander

Say hello to our new Facilities Manager **Donna** and our new Assistant Facilities Manager **Bonnie**. They have lots of experience and ready to make some great changes to the Social Quarters and facilities for all. If you have any suggestions feel free to speak to them.

Check out this month's lunch and dinner menus. I think you will appreciate the variety.

For food ideas see **Donna** or **Bruce**; for entertainment ideas see **Bonnie**. If you haven't been to the Post for a bit stop by and enjoy. All suggestions are welcomed.

Gunny



Padre's Corner

Hello Post 10,

I would like for everyone to stay safe and check in on someone that you haven't heard from in a while.

Please keep the **Purser** family in prayer. **Lee** is in the battle of life.

Wishing **Vic Librizzi** a speedy recovery from his recent surgery.



*Lord help me to remember that nothing is going to happen to me today
that you and I together can't handle. Amen.*

Francis Gregory Hall, Chaplain



Post 10 will hold a remembrance ceremony for the Four Chaplains on Saturday, 4 February 2023, at 1300 in the Post Hall. This year marks the 80th anniversary of the sinking of the **United States Army Transport Dorchester** and the selfless acts of four Army chaplains aboard.

The **Dorchester** tragically sunk on Feb. 3, 1943, while crossing the North Atlantic, transporting troops to an American base in Greenland. A German U-boat fired a torpedo that struck the **Dorchester**, killing 672 of the 902

officers and enlisted men, merchant seamen and civilian workers aboard. Many of those survivors owe their lives to the courage and leadership exhibited by four chaplains of different faiths, who, in sacrificing their lives, created a unique legacy of brotherhood.

As soldiers rushed to lifeboats, **Reverend George Fox (Methodist)**, **Jewish Rabbi Alexander Goode**, **Reverend Clark Poling (Dutch Reformed)** and **Father John Washington (Roman Catholic)** comforted the wounded and directed others to safety. One survivor watched the chaplains distribute life jackets, and when they ran out, they removed theirs and gave them to four young men. As the **Dorchester** sank, the chaplains were seen linked arm in arm, praying.

Submitted by 2nd Vice **Linda Myers**

Have you thanked a First Responder? Why not? Go ahead and do it!

VA Publishes New Airborne Hazards and Open Burn Pit Registry Data

VA launched a new webpage that shows the number of Airborne Hazards and Open Burn Pit Registry (AHOBPR) participants by state and congressional district. The current webpage contains breakouts as of Sept. 12, 2022, for all 50 states, the District of Columbia, and five other jurisdictions (Puerto Rico, American Samoa, Guam, United States Virgin Islands and Northern Mariana Islands). The data will be updated biannually.

Section 808(b)(2) of the Sergeant First Class Heath Robinson Honoring our Promise to Address Comprehensive Toxics Act of 2022 (PACT Act) requires VA to make information public about the number of participants in the Airborne Hazards and Open Burn Pit Registry (AHOBPR) by State and congressional district.

The **PACT Act** (<https://www.va.gov/resources/the-pact-act-and-your-va-benefits/>) expands health care and benefits for Veterans exposed to burn pits, among other toxic substances.

(Source: VA)

Submitted by **Vic Librizzi**

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.



Big Game Celebration



Game will be shown in Social Quarters and Hall

Sunday, Feb 12, 2023

Taco and Wing Bar

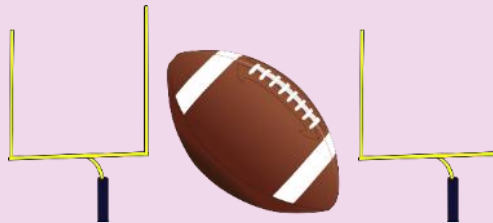
Side dishes

Food from 5 pm to Halftime

\$5 for all you can eat with wristband

Please see **Dan Fry or Peggy Pignone**

For further details



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.

Military Slang:

“**Mandatory Fun**” - An event required by service members to attend, it's never actually fun.

“**MRE**” - Meal, Ready to Eat.

“**Moonbeam**” - Flashlight.

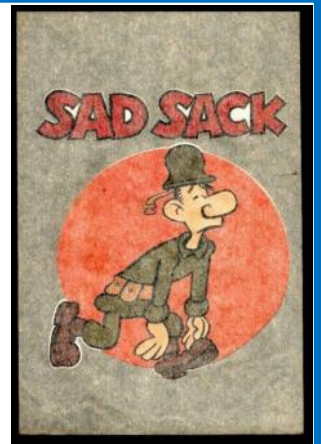
“**O Dark Thirty**” - Very early in the morning, any time before sunrise.

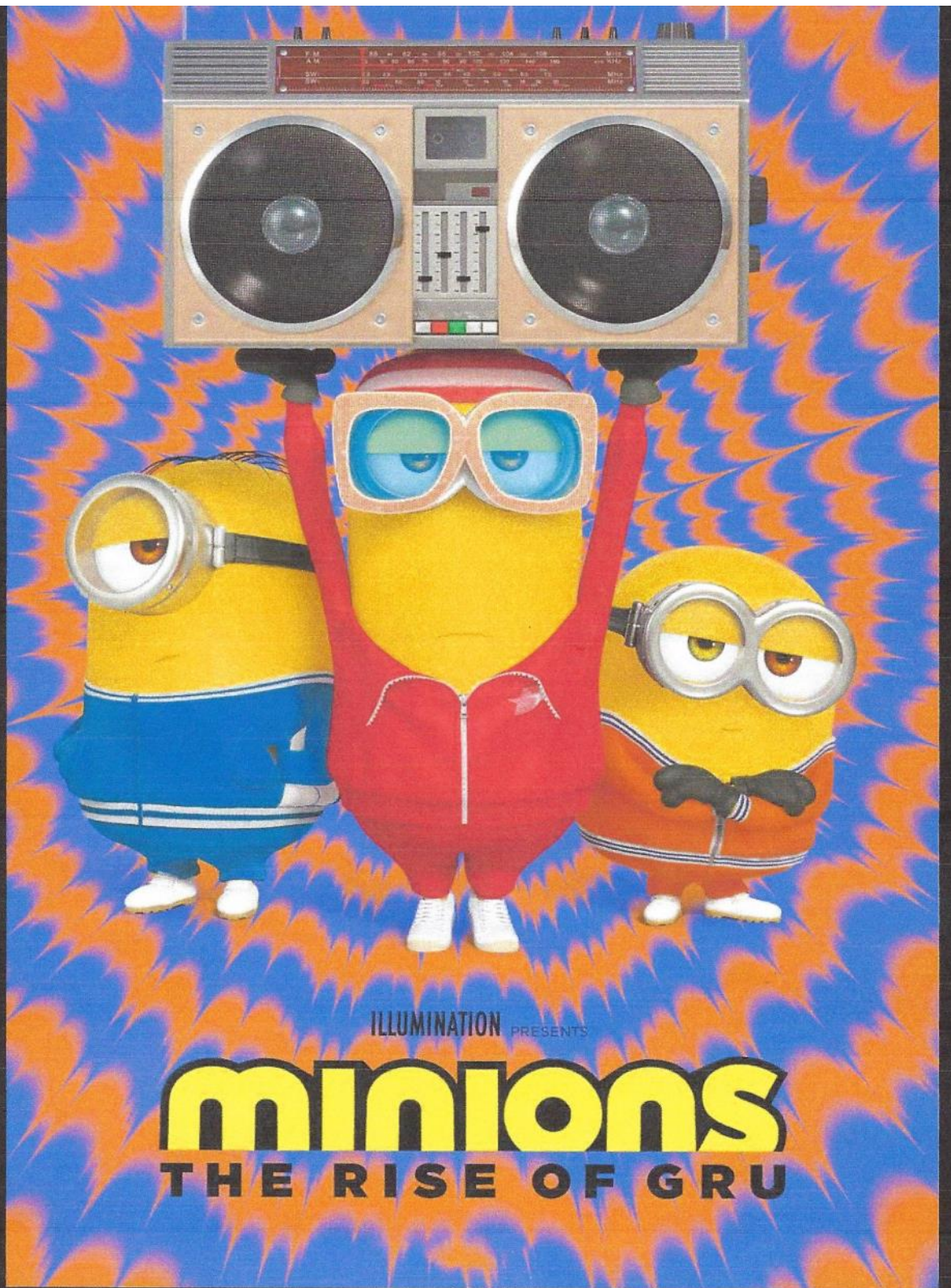
“**OPORD**” - Operations Order.

“**PCS**” - Permanent change of station.

“**Pop Smoke**” - To leave.

More to come. Submit your favorites (no obscenities which there are plenty)





Come Join us for family Movie Matinee
March 12th at 2pm
Food and Beverages provided

[See 1st Vice Stan Moore for details or any questions.](#)



Legionnaire Membership Report

We are currently at 84% 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 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

Post 10 Service Officer Column

All Veterans—including those who have been through a VA claim exam in the past—will want to check out the new websites to get the latest information on how VA conducts claim exams.

VA has also implemented modernizations, such as telehealth exams. During a telehealth exam, the examiner can meet with a Veteran via video to complete certain types of exams instead of traveling to an in-person exam.

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**

On the Radar

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

March 2023

- 03 Mar. Navy Reserve Birthday
- 12 Mar. DST Begins (set clocks ahead 1 hr)
- 11 Mar. Manassas St. Patrick's Parade
- 13 Mar. K-9 Veterans Day
- 17 Mar. St. Patrick's Day
- 20 Mar. First Day of Spring
- 21 Mar. ACL BD & Rosie the Riverter Day
- 25 Mar. Medal of Honor Day
- 29 Mar. National Vietnam War Veterans Day



Can You Name the Event, Date, and People In the Photos?



Were you a member way back when? Do you have any photos? More photos from the past to be published.

Submitted by *Gunny*



LOCKER RENT WAS DUE on Saturday, 31 DEC 2022:

Unpaid lockers were emptied and rented to the next member on the list. Contents will be held at Post until 17 FEB 2023, and if not claimed by the listed owner will be treated as abandoned property and becomes the property of Post 10.



On 21 January 2023 **Bob Drake** (Legionnaire - Legion Rider) and **Leo Smith** (Legionnaire - Legion Rider) presented a \$100 check to **Scott McKee**, Adjutant Post 199 Legion Riders. The Woodstock Legion Rider chapter formed on 17 September 2022 and Post 10 Riders are supporting this fledgling chapter. If your out in Shenandoah County, stop in and see their wonderful facility at 411 S Muhlenberg St. The Post and street is named after **John Peter Gabriel Muhlenberg** a Lutheran pastor who on January 21, 1776, famously threw off his clerical robes to reveal an officer's uniform beneath and proclaimed, (according to later reports), *“in the language of Holy Writ there is a time for all things, a time to preach and a time to pray, but those times have passed away. There is a time to fight, and that time has now come.”* **Muhlenberg** went on to be promoted to a general in the Continental Army and led units in many battles, from Brandywine to Yorktown.



Article and photos submitted by **Leo Smith**



February 4th is our **Freeze Your Butt Off Polar Bear Ride**. KSU from Post at 1100 hours. Destination will be announced then.

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.*



Color Guard

- The primary mission of the American Legion, Post 10 Honor Guard is to provide Military Funeral Ceremonies for Veterans and Retirees who have served honorably in the United States Military.
- The Honor Guard also provides support services for community events with Color Guards, flag raisings, parades and other ceremonial occasions that fall within proper protocol of displaying a patriotic sense of Americanism.
- All services are conducted with honor, dignity, and respect while maintaining a commitment to the history and traditions of our United States Military.

We welcome all Veterans who would like to join us and uphold America’s traditions to honor Veterans and our Flag. Please join us. Thank you.

Sgt-at-Arms, *Carl Carey*

AMERICAN LEGION AUXILIARY UNIT 10



If you have turned in a ticket to claim a prize from CASH BASH, please pick up the item as soon as possible. We will only be holding these items until 2/28/23.

Reminder: Next meeting will be on Tuesday, February 7th at 7 p.m.

Peggy Pignone, President Unit 10

Auxiliary Membership Report

We currently have 167 mail-in renewals, 45 online renewals, and 23 new members for a total of 235. We are at 84% of our 2023 membership goal.

Welcome to our newest members: *Angela Shelton, Megan Shelton, Paige Skewes, and Coleen Thomas.*

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

FEBRUARY LUNCH SPECIALS



WED 1 Feb Diablo Burger w/Onion Rings.

THU 2 Feb Taco Salad.

FRI 3 Feb *'The Wild Bill'* w/Onion Rings.

MON 6 Feb Lasagna, Sm. Salad, Garlic Bread.

TUE 7 Feb Ribs, Baked Potato, Slaw.

WED 8 Feb Shrimp, Slaw & Fries.

THU 9 Feb Fried Chicken, Mac-n-Cheese.

FRI 10 Feb Steak, Potato, Salad.

SUN, 12 Feb. 'Huge' Game Party—see posters in Post.

MON 13 Feb Beef Tips o/Noodles, Roll, Broccoli.

TUE 14 Feb *VALENTINE's DAY*—SPECIAL—
Steak & Shrimp, Baked Potato, Sm. Salad, Roll &
Butter. \$14.00.

WED 15 Feb Soup & Grilled Sandwich.

THU 16 Feb Hot Roast Beef, Mashed Potatoes
w/Gravy, Sm. Salad, Veggie.

FRI 17 Feb Meatball Sub w/FF.

MON 20 Feb Chicken Pot Pie.

TUE 21 Feb Jambasta.

WED 22 Feb Crab Cake, Slaw, & FF.

THU 23 Feb Salisbury Steak, Mashed Potatoes
w/Gravy, Veggie.

FRI 24 Feb Haddock Sub, Slaw, & FF.

MON 27 Feb Pork BBQ, Beans & Slaw.

TUE 28 Feb Meatloaf, Scallop Potatoes,
Veggie.

SPECIALS SPECIALS SPECIALS

SAT—4 FEB Steak OR Stuffed Cabbage

SAT—11 FEB Steak OR Bacon Spinach Stuffed Chicken

SAT—18 FEB Prime Rib

SAT—25 FEB Steak OR Tilapia Stuffed w/Crab

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

Saturday evenings.
Time: 5:00 x 7:30 PM.

Entertainment

(Friday & Saturday evenings)

3—4 JAN, *Wild Bill Karaoke*

10—11 JAN, *Greg Dodson*

17—18 *Wild Bill*

24—25 *Joe Clay*

As of publishing time this is the current info.
Check w/Post for any changes.

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*

Veterans in acute suicidal crisis will be able to go to any VA or non-VA health care facility for emergency health care at no cost – including inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days. Veterans do not need to be enrolled in the VA system to use this benefit. This expansion of care will help prevent Veteran suicide by guaranteeing no cost, world-class care to Veterans in times of crisis. It will also increase access to acute suicide care for up to 9 million Veterans who are not currently enrolled in VA.

Preventing Veteran suicide is VA's top clinical priority. This effort is a key part of VA's 10-year National Strategy for Preventing Veteran Suicide. In September, VA released the 2022 National Veteran Suicide Prevention Annual Report, which showed that Veteran suicides decreased in 2020 for the second year in a row, and that fewer Veterans died by suicide in 2020 than in any year since 2006.

VA has submitted an interim final rule to the federal register to establish this authority under section 201 of the Veterans Comprehensive Prevention, Access to Care, and Treatment (COMPACT) Act of 2020. The final policy, which took effect on Jan. 17, will allow VA to:

- Provide, pay for, or reimburse for treatment of eligible individuals' emergency suicide care, transportation costs, and follow-up care at a VA or non-VA facility for up to 30 days of inpatient care and 90 days of outpatient care.
- Make appropriate referrals for care following the period of emergency suicide care.
- Determine eligibility for other VA services and benefits.
- Refer eligible individuals for appropriate VA programs and benefits following the period of emergency suicide care.

Eligible individuals, regardless of VA enrollment status, are:

- Veterans who were discharged or released from active duty after more than 24 months of active service under conditions other than dishonorable.
- Former members of the armed forces, including reserve service members, who served more than 100 days under a combat exclusion or in support of a contingency operation either directly or by operating an unmanned aerial vehicle from another location who were discharged under conditions other than dishonorable.
- Former members of the armed forces who were the victim of a physical assault of a sexual nature, a battery of a sexual nature, or sexual harassment while serving in the armed forces.

Over the past year, VA has announced or continued several additional efforts to end Veteran suicide, including establishing 988 (then press 1) as a way for Veterans to quickly connect with caring, qualified crisis support 24/7; proposing a new rule that would reduce or eliminate copayments for Veterans at risk of suicide; conducting an ongoing public outreach effort on firearm suicide prevention and lethal means safety; and leveraging a national Veteran suicide prevention awareness campaign, **"Don't Wait. Reach Out."**

Source: VA News

Submitted by **Gunny**



Robert V. McMaugh Memorial American Legion Post 10 FEBRUARY 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Bar Bingo 5:30 PM	2 Groundhog Day	3 R.E.D. Four Chaplains Day Seafood 5:30-7:45 PM	4 Steak OR Stuffed Cabbage
5	6 Bingo 9:15 AM-Noon	7 Auxiliary Unit 10 Meeting 7pm 	8 BSA Founded 1910 Bar Bingo 5:30 PM	9	10 Mardi Gras Seafood 5:30-7:45 PM	11 EXEC Mtg 10 AM Steak OR Bacon, Spinach Stuffed Chicken 5—7:30 PM
12 Lincoln's Birthday BIG GAME See newsletter for details	13 Bingo 9:15 AM-Noon	14 Valentine's Day Squadron 10 Meeting 7pm 	15 Bar Bingo 5:30 PM	16	17 R.E.D. Seafood 5:30-7:45 PM	18 GEN Mtg 10 AM Prime Rib Dinner 5—7:30 PM
19 SAL CHILI COOKOFF See a SAL Member for details	20 Presidents' Day Bingo 9:15 AM-Noon	21 Riders Chapter 10 Meeting 7pm 	22 Washington's Birthday Ash Wednesday Bar Bingo 5:30 PM	23	24 R.E.D. Seafood 5:30-7:45 PM	25 Steak OR Stuffed Tilapia w/Crab 5—7:30 PM
26	27 Bingo 9:15 AM-Noon	28				

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

Our new website is: www.post10manassas.org



**Veterans
Crisis Line**
DIAL 988 then **PRESS 1**



www.myhealth.va.gov

New number. Same support.

Dial 988 then Press 1

My Health, My Care: 24/7 ^{Online} Access to VA



855.VA.WOMEN
WOMEN VETERANS
CALL CENTER

Call or Text: 1-855-829-6636

Under the new
2022 PACT Act

eligibility is added for Veterans who served in

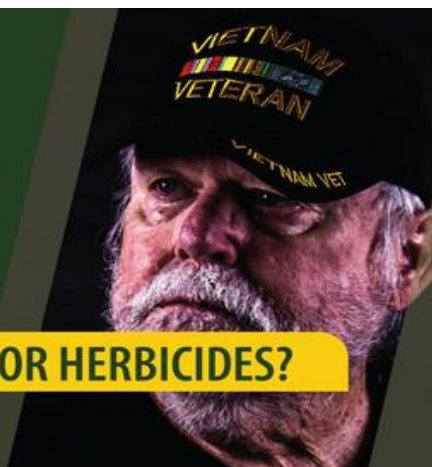
Republic of Vietnam
01/09/1962–05/07/1975

EXPOSED TO AGENT ORANGE OR HERBICIDES?

Learn more at VA.gov
1-800-MyVA411 (800-698-2411)



U.S. Department
of Veterans Affairs



FEBRUARY 2023 Newsletter

www.post10manassas.org

