



1986 - 2023



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



APRIL 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

April is upon us and with it the flowers and rain of springtime. Spring also brings the annual efforts to clean out the attic, the garage or the back shed.

As you are doing those annual chores, if it's trash, toss it. If it's not, consider a donation to the Post, your church or synagogue or any organization you know has a need.

Within the Post itself, morale is UP, attendance is UP. Everyone seems to be getting along and enjoying each other's company - thanks in large part to the great staff we have. Let's keep this momentum going.

The recent St Patrick parade was well attended by not only Post 10 family members but the community itself - and on a relatively chilly day. Thank goodness **Donna Mullin's** house was available to get warmed up. We will miss you **Donna**.

Lastly, let me add that the children's movie recently shown was a huge success. The second children's movie is scheduled for April followed I believe with an adult movie the following month.

Don't forget to step up and volunteer. See you all at the Post!!

Dave Quimby, Commander

It is our sad duty to report the transfer of Past Post Commander **Lee Purser** to Post Everlasting. **Lee** was Commander in 2015. He retired after 30 years from the USAF as a Major. **Lee** and wife **Patti** moved to Minnesota in 2017.

Our condolences to **Patti** and family.

Part time cook wanted. Must have experience and have a current food handlers' license or able to obtain one within 4 weeks of employment. See Donna.



ATTENTION ALL: Marine Corps Base Quantico will be dedicating the MSG building in memory of **Robert V, McMaugh** on Tuesday, 18 APRIL 2023, at 1000 hours. Dress: Business Casual





Virginia American Legion Family Leadership College

Double Tree by Hilton Hotel Richmond-Midlothian, Richmond, VA.
August 4th – August 6th, 2023

Registration form at:

<https://valegion.org/2023-virginia-american-legion-family-leadership-college-registration-info/>

The leadership college is recommended for members of all family organizations and especially for all organization officers. Check with your organization's Executive Board/Presiding Officer before registration if you want to submit for reimbursement for this event.

Submitted by *Linda Myers*



"Welcome Home!"

May 11-13, 2023

Washington, D.C.



PATRICK J TREMPER • JAMES VITT • D
REGORY K • A • JAMES BARR •
HARLE • HOFF • HAE L D
DARYL • RUM • C
LUKE • ROY L ESTRADA
LARK • S • EDDIE DEAN GA
JOI • ELVIN W • W • AM R GOUDELOCK •
ARTHUR L HAWKINS JR • EUGENE C JOHNSON • WALTER

HONOR THEIR LEGACY

Join the Nation ... thank a Vietnam veteran!

vietnamwar50th.com

Welcome Home Vietnam War Veterans Celebration

Honoring Our Vietnam War veterans and their families May 11—13, 2023 on the National Mall, Washington, DC. Manassas' very own Unity Reed High School AFJROTC State champion Drill Team, one of Post 10's sponsored schools will be performing on May 11th at the celebration.

For additional information go to:

www.Vietnamwar40th.com

Submitted by *Mark Stein*



On March 12th Post 10 held its first family Movie matinee. It was a rousing success with 41 attendees. We showed **Minions: Rise of Gru**. I would like to thank the SONs for their generous donation of both the automated movie screen and the wonderful projector. For those of you who attended the Big Bowl Celebration party, both were used to show the game in the hall. I would also like to thank the Auxiliary for all the help in serving the food and popcorn and clean-up along with the SONs members that came over afterwards to help set up for Monday Bingo. I couldn't have done it without everyone's help. It was truly a Family effort. Our next Family movie is Disney-Pixar's **Turning Red** which will be shown on April 23rd at 2pm then for the adults we will show **Devotion** from Paramount on May 14th at 4pm. Spread the word and bring your family and guests to enjoy the movies and snacks.

For God and Country,
Stan Moore, 1st Vice Commander



JOIN US FOR OUR FAMILY MATINEE
4/23/2013 AT 2PM
ADMISSION FREE
SNACKS PROVIDED



Come Join Us For
Easter Sunday Dinner

4/9/23

12 - 4 PM

Honey Glazed Ham
Sweet Potato Casserole

Green Beans

Potato Salad

Deviled Eggs

Biscuit

And Dessert

\$15 Per Plate



Please let Bartender know
If you are coming.



Legionnaire of the Year award

Legionnaire of the Year is awarded to those Legionnaires nominated by their Post for outstanding service to that Post during 2022-2023 Legion Year.

Once a nominee is presented at a General Membership it is voted on.

The Post has the option of awards above the Post level, if the Post makes that decision then a narrative of that Legionnaires accomplishments will be sent with the nominating form.

Post Commander is not eligible for this award during their term in office.

There are 4 Award Levels; Post, District, Region, or Department. It is the Post and the person nominating an individual what level they wish to enter the Legionnaire nominated.

Anyone wishing to nominate a Legionnaire please contact Post Adjutant at busymba@msn.com.

Submitted by Adjutant *Mary Antio*

Department of Virginia Annual Convention

July 13 – 16, 2023

Hilton Washington Dulles Airport - 13869 Park Center Road, Herndon, Virginia 20171

Registration Form: <https://valegion.org/wp-content/uploads/2023/03/2023-Convention-Registration-Form.pdf>

Hotel: <https://www.hilton.com/en/attend-my-event/vaamericanlegion2023/>

Submitted by *Linda Myers*

To ALL: The kitchen is NOT a walk thru or entrance to Post for members/guests. Not only are you violating health code but you are subjecting yourself to injury. We ask for your cooperation— no further warnings!

You will be subject to disciplinary action (suspension of SQ privileges).

Facilities Manager & Team—Thank you

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!**

Military Slang:

“Hangfire” - To wait until you're given the next orders.

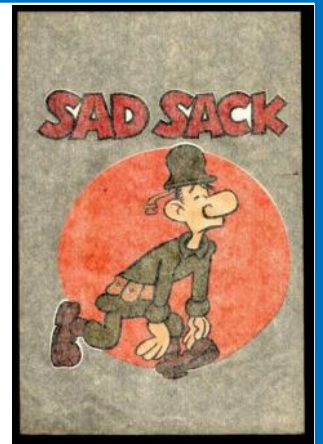
“Chewed Up” or “Chewed Out” - Reprimanded from a senior.

“Rack Out” - To go to sleep.

“Pill Pusher” - A medic.

“Joe” - A junior enlisted.

“Soup Sandwich” - A mess, a service member who doesn't have his/her life together or a uniform that is worn incorrectly.



Photos from Post 10 Movie (*MINIONS*) shown on March 12th —See what you missed!
Next movie is '*Turning Red*' on Sunday, April 23rd at 2 PM in the Post Hall.



Movies are free. One hot dog, a slice of pizza, and one bag of pop corn included. Stop by and enjoy!



Photos by *Randy Higgins*

Some Photos from the Greater Manassas St. Patrick's Parade (11MAR2023)



Above photos by Rick Goodman



Photo by Dave Quimby



Legionnaire Membership Report

We are currently at 90% 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.

Let's give a big welcome to the following New and Transfer Members:

New: **Marsha Carr, USN, Vietnam; Richard Dunwoodie, USMC, GWOT; David Fisk, USMC, Legion Act; Joseph Frey, Jr., USA, Vietnam;** and **Charles Spangler, USA, Panama.**

Transfer: **William Carley, USN, Gulf War (Post 364); Hollie Souter, USAF, GWOT (Mississippi Post 106), and William Sweet, USN, WWII (MD Admin Post).**

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

"All right. They're on our left, they're on our right, they're in front of us, they're behind us ... They can't get away this time."

- **Lt. Gen. Lewis B. "Chestey" Puller.** (*Chestey* said this while Chinese forces surrounded his Marines at the Chosen Reservoir. The Marines were expected to fight what essentially amounted to a doomed delaying action as the Chinese wiped them out. Instead, the Marines broke out and slaughtered their way through multiple enemy divisions. Ooohrah!

Post 10 Service Officer Column

Happy Spring to all of our Veterans, troops, and active military!

Who qualifies for Aid and Attendance VA benefits? A qualifying veteran or spouse must have limited income and assets available. A qualifying claimant must be 65 or older or have a permanent and total disability (not caused by the willful misconduct of the claimant) at the time of application. An application must be signed and submitted to the VA.

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**

SEE WHAT YOU MISSED



**BRING YOUR EASTER BASKETS AND
HOP ON DOWN AND MEET THE EASTER BUNNY!!
SATURDAY, APRIL 8, 2023
12:00 PM - 3:00 PM**

**THE AMERICAN LEGION AUXILIARY UNIT 10 HOSTS THIS
FREE EVENT WITH REFRESHMENTS!**

AGE GROUPS: 0-6 YEARS OLD AND 7-12 YEARS OLD

THE AMERICAN LEGION POST 10 PAVILION
9950 COCKRELL ROAD
MANASSAS, VA 20110

**HORSESHOE
TOURNAMENTS**

**Start Thursday,
6 APRIL 2023, at 6:00 PM**
and every Thursday evenings
until September.

Join us at the Pavilion for
burgers, hot dogs, sides,
cold drinks AND
Horseshoes.

Enjoy!

Register or questions text
703-508-2884



**HYLTON PERFORMING
ARTSCENTER**



CAMMO Voices

Saturday, May 13 at 8 p.m.

Location: Hylton Center

[The Center for American Military Music Opportunities](#) (CAMMO) Voices joins with George Mason University's Veterans and the Arts Initiative to present a concert that honors our Servicemembers and families. This evening-length celebration includes the world-renowned Voices of Service and American Military Spouses Choir, Tommy Stanley, Donnie Isaacs, and @Eaze. The emcee for the evening is standup comedian and combat-wounded Army Veteran Dewayne White. Feel the healing power of music infused with a message of hope and community in this uplifting performance.

Free for Veterans and Servicemembers with ID (up to two tickets each).

Free tickets only available in person at the [Hylton Center Ticket Office](#).

\$48, \$41, \$29; half-price for youth through Grade 12.

George Mason University's Veterans and the Arts Initiative is a proud sponsor of this performance, providing free tickets for Veterans and Servicemembers.

Submitted by *Linda Myers*

LIVE bands will be at the Post in April. On the 21st (Friday) will be the **'GOTAWAY BAND'** and on the 22nd (Saturday) **'SOMETHING COUNTRY BAND.'** 8 PM x 11PM. *Stop in and kick your heels up!*

For ALL Post 10 Family Members:

On April 29th, Saturday, at 11 a.m. Pohick Bay Park Veterans' Fishing Adventure will be christening two of their boats that have been retrofitted for wheelchairs. **Val** who is 100 years young and was with **Patton's 3rd Army** and in the **Battle of the Bulge** will be wearing his uniform to christen one boat. **Chris** also an Army Veteran, and a triple amputee, will christen the other boat. Everyone is invited to attend and support these two great Americans. I look forward to seeing the Post 10 Family at the christening.

Submitted by *Dave Quimby*

Join us at Dulles Airport on Saturday April 22, 2023, to greet approximately 150 WWII, Korean War, and Vietnam War Veterans who will be arriving on the **Stars and Stripes Honor Flight** from Milwaukee. **Honor Flights** recognize the bravery, determination, and patriotism of our Nation's senior war Veterans with a one-of-a-kind journey to Washington, D.C. The trip is only one day, but the experience is life-changing. It's also, as we've found out, pretty fulfilling for us greeters.

The two flights are scheduled to arrive at 0900 and 1015. Join American Legion as we welcome these Veterans as they arrive. We will plan to meet at the USO near baggage claim 12 at 0845 (West end of the terminal) and then proceed upstairs for the Welcoming event.

If you would like to take advantage of free parking you must ALSO register separately at www.heroeswelcomeiad.com. Look for the April 22 flight registration. You will be redirected to a google doc to register your name. A few days prior to the flight you will be sent a map for parking along with a placard for your vehicle.

ALL Welcome! If you are a Veteran please wear something signifying what branch you served or wear something patriotic!

Submitted by *Trish Manghelli*

VA Announces Survivors of Veterans can soon reapply for benefits under PACT Act

The Department of Veterans Affairs recently announced that dependent family members of Veterans who died from illnesses now covered by the PACT Act will soon be able to reapply for survivor benefits if their claim was previously denied.

The PACT Act provides additional benefits for exposures to burn pits in Iraq and Afghanistan, additional presumptive conditions for Agent Orange exposure, and provisions for victims of water contamination at Camp Lejeune. For Vietnam-era Veterans, the PACT Act added two additional Agent Orange presumptive conditions: high blood pressure (hypertension) and monoclonal gammopathy of undetermined significance (MGUS). Additionally, five new presumptive locations were added for Vietnam-era veterans.

For more information about the PACT Act and how to file a claim, visit va.gov/PACT. Since the PACT Act was signed into law Aug. 10, 2022, the March 17 copy of the VA PACT Act Performance Dashboard shows there have been:

- 362,934 PACT Act claims filed (352,922 are veterans/10,012 are survivors)
- 151,843 PACT Act claims completed (149,035 are veterans/2,810 are survivors)
- 2,174,087 toxic exposure screenings (41.5% of the screenings showed veterans had at least one potential exposure)

Submitted by *Vic Librizzi*

Padre's Corner

Prayers to all Post 10 Legionnaires, Sons, and Auxiliaries. Keep the *PURSER* and *ZIOLO* Families in prayer as they mourn the lost of their love ones.

Congratulations to Mrs. *Marie Libby* who celebrated her 85th birthday this month. Best wished to *Jim* and *Johnette Jetten* for 50 years of marriage. Get well wishes to *Karen Quimby* as she recovers from wrist surgery.

Don't forget the Post Everlasting Ceremony on April 15th in the Post Hall at 1 PM.

May the Lord bless everyone. Stay in good health and keep safe.

Francis Gregory Hall, Chaplain



SONS OF THE AMERICAN LEGION—SQUADRON 10

No submission received.

Dan Frye, Squadron 10 Commander

On the Radar





April 2023

- 01 Apr. April Fools' Day
- 02 Apr. Palm Sunday
- 05 Apr. Passover Begins
- 06 Apr. Army Day
- 07 Apr. Good Friday
- 09 Apr. Easter Sunday
- 11 Apr. Persian Gulf War Official Cease Fire (1991)
- 16 Apr. Orthodox Easter
- 28 Apr. Arbor Day

May 2023

- 01 May Law Day
- 07 May Unconditional Surrender of Germany (1945)
- 08 May V-E Day Declared (1945)
- 12 May Military Spouses Day
- 14 May Mother's Day
- 15 May Peace Officers Memorial Day/Women's Army Corps Founder (1942)
- 20 May Armed Forces Day
- 29 May Memorial Day (observed)

LIKELY IMPACTED:

-  VIETNAM ERA
-  GULF WAR ERA
-  POST-9/11 ERA
-  SURVIVORS

ACCESSING NEW TOXIC EXPOSURE HEALTH CARE AND BENEFITS

The PACT Act expands VA health care and benefits for Veterans exposed to toxic substances.

START HERE:

-  **VA.GOV**
VA.gov/PACT
ask.VA.gov
-  **CALL**
1-800-MYVA411
24/7/365
-  **WALK-IN**
VA.gov/find-locations
-  **VETERANS SERVICE ORGANIZATION**
VA.gov/disability/get-help-filing-claim/

APPLY FOR VA COMPENSATION BENEFITS

Veterans should reapply for PACT Act related claims if previously denied. 20+ more presumptive conditions for burn pits, Agent Orange, and other toxic exposures have been added.



ARE YOU ENROLLED IN VA HEALTH CARE?

VA health care and eligibility has expanded for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and Post-9/11 eras.



Exposure registries are based on health exams for each cited environmental exposure. VA's health registry evaluation is a free, voluntary medical assessment for Veterans who may have been exposed to certain environmental hazards, and registry data helps VA understand (and respond to) environmental health problems more effectively. Adding your information to these registries does not create a compensation disability claim.

DISABILITY CLAIM PROCESS

VA HEALTH CARE ENROLLMENT PROCESS

SCREENING AND PRIMARY/SPECIALTY CARE EXPERIENCE

EXPOSURE REGISTRIES

Download the **VA Welcome Kit** VA.gov/welcome-kit/
 Subscribe to **#VetResources** VA.gov/vetresources/
Veterans Crisis Line: Dial 988 & press 1 or Text 838255
 or Chat at www.veteranscrisisline.net/get-help-now/chat/
The one number to reach VA: 1-800-MyVA411



U.S. Department of Veterans Affairs



SONS OF THE AMERICAN LEGION, MANASSAS POST 10
JIMMY BRYANT MEMORIAL GOLF TOURNAMENT
PRINCE WILLIAM COUNTY GOLF COURSE, NOKESVILLE, VA
APRIL 28, 2023

Four Person Teams/ Captains Choice - All are welcome to attend. The first 144 golfers registered will be accepted. 0830 Shotgun Start!! NO RAIN DATE!!!

COST:

\$110 Per Golfer - Includes round of golf, door prize, mulligan(s) and 50/50 drawing.

\$440 Per Team (4 golfers) - Includes round of golf, door prize, mulligan(s) & 50/50 drawing for each golfer.

Sponsors - Please see Sponsor Registration Form.

TOURNAMENT PRIZES:

- Top Three Teams & Last Place
- Closest to the Pin (Par Three's)
- Longest Drive(s) - Women (Red Tee) / Men (White Tee)

Golfers over sixty years of age may use Gold Tees, if desired.

Please mail completed form with golfer names, phone numbers and email addresses along with check payable to:

American Legion Post 10
 Attn: Dan Frye or Tom Ramirez
 9950 Cockrell Road, Manassas, VA 20110

Please mail no later than APRIL 15, 2023

If you have any questions, please feel free to contact Dan Frye @ emtdrf@gmail.com or Tom Ramirez at tramirez@llco.biz.

- Pre-registration along with payment is preferred due to the tournament size.
- All tournament prizes will be distributed after the tournament at the Awards Ceremony at Post 10.
- Food and refreshments will be provided as well as a 50/50 drawing.
- All tournament proceeds benefit the Sons of the American Legion Post 10 charities.

Name: _____ Phone: _____ Email: _____
 Name: _____ Phone: _____ Email: _____
 Name: _____ Phone: _____ Email: _____
 Name: _____ Phone: _____ Email: _____

The Golf Tournament will be played rain or shine unless the golf course facility closes due to inclement weather, in which case a rain check will be issued to all registered and paid players.



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



The American Legion Color Guard is a group of dedicated Patriots who honor Veterans at funerals, interments by performing a solemn patriotic ritual. By request we perform at funerals for no cost to say thank you to the deceased from The United States of America, The American Legion, the specific service the individual served in, and from every Veteran who has ever served!

We welcome all Post 10 Members who would like to join us. To uphold America's traditions to honor All Veterans and our Flag.

carevmp@gmail.com Thank you

Sgt-at-Arms *Carl Carey*

The reason the Air Force, Army, Navy and Marines bicker among themselves, is that, they don't speak the same language.
For instance, take the simple phrase - Secure the building.
The Army would post guards around the place.
The Navy would turn out the lights and lock the doors.
The Marines would kill everyone inside and set up headquarters.
The Air Force would take out a five year lease with an option to buy.

AMERICAN LEGION AUXILIARY UNIT 10

No submission received. *Peggy Pignone*, President Unit 10



Auxiliary Membership Report

We currently have 192 mail-in renewals, 57 online renewals, and 33 new members for a total of 282.
Congratulations Unit 10, we have reached our goal of 100% for the 2023 membership year.

Welcome to our newest members: *Sharon Cronan, Margaret Gonzalez, Sofia Leavitt, Libiana LaMay, and Lynda Mateer.*

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

APRIL LUNCH SPECIALS



MON 3 Apr Shepards Pie, Roll & Butter.
 TUE 4 Apr Taco Salad.
 WED 5 Apr Soup & Grilled Cheese Sandwich.
 THU 6 Apr Chicken Parm., Salad, Garlic Bread.
 FRI 7 Apr Butter Fly Shrimp, Slaw, FF.
 MON 10 Apr Country Fried Steak, Scalloped Potatoes, Veggie.
 TUE 11 Apr Denver Omelet.
 WED 12 Apr Meatball Sub., Cheeses, FF.
 THU 13 Apr Hot or Cold It. Sub, Onion Rings.
 FRI 14 Apr Steak, Baked Potato.
 MON 17 Apr Hot Roast Beef Sandwich, Mashed Potatoes, Veggie.

TUE 18 Apr Chicken pot Pie, Roll & Butter.
 WED 19 Apr The 'WILD BILL'.
 THU 20 Apr French Dip. Onion Rings.
 FRI 21 Apr Crab Cake, Cole Slaw, Onion Rings.
 MON 24 Apr Chicken Parm., Salad, Garlic Bread.
 TUE 25 Apr Hot Turkey Sandwich, Mashed Potatoes, Veggie.
 WED 26 Apr Post 10 Reuben w/Cole Slaw, FF.
 THU 27 Apr Meatloaf, Mashed Potatoes, Veggie.
 FRI 28 Apr Steak, Baked Potato.

SATURDAY DINNER SPECIALS

5:00 x 7:30 PM

1 APR—Steak OR Chicken Cordon Bleu
8 APR—Steak OR Crab Cake
15 APR—Prime Rib
22 APR—Steak OR Arroz Con Pollo
29 APR—Steak OR Butterfly Shrimp

SUNDAY FOOD SPECIALS

2 APR—I SMOKE YOU EAT

9 APR—see Page 4 for Easter Dinner at Post—complete dinner \$15/person; Noon x 4 PM

Check Post for updates on other Sundays

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)

30 MAR/1 APR: Wild Bill (Karaoke)

7—8 APR: Juke Box

14—15 APR: Wild Bill (Karaoke)

21 APR: GOTAWAY BAND

22 APR: SOMETHING COUNTRY BAND

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*

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.

Pictures are displayed on Flicker. Each event is in a separate album. No login required, just follow the link (<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.]

Anyone who takes pictures at a Post 10 family event can submit them for inclusion in our Post 10 pictures. Just email your pictures as attachments (jpg preferred) to the Post 10 Historian at myers11@verizon.net. You may have the best photos of an event. Please help us document our activities.

Submitted by 2nd Vice **Linda Myers**

April is designated as the official Month of the Military Child. Did you know that on average all military children move 6—9 times during their school years?

ELECTIONS ON THE HORIZON

Are you interested in getting involved in the every day operations and future of Post 10? Then get off your butt and get started by running for office and/or volunteering.

Read Post 10 Constitution and By-Laws. Article VIII of the By-Laws—Nomination, Election, and Installation of the By-Laws prescribes the information you need.

We have lots of 'back seat drivers' and very few members who are willing to devote time and effort to make Post 10 a success and a great place to frequent.

President **Theodore Roosevelt** said: *"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."*

Submitted by **Gunny**



Overnight Fasting for Most VA Blood Testing No Longer required: Patients will no longer need to fast for most routine blood testing at VA medical centers and outpatient clinics. The announcement came from the VA Office of Clinical Services, which highlighted that most routine blood tests, including those for managing high cholesterol and diabetes, no longer require overnight fasting for the results to be accurate.

Non-fasting testing a safety matter “Changing to non-fasting laboratory testing is an important patient safety matter,” said *Dr. Scott Pawlikowski*, director of Improvement and Innovation, Office of Primary Care. “Research shows that overnight fasting in patients on medications to manage diabetes can lead to serious drops in blood sugar. These low blood sugar events caused by fasting are likely vastly under-recognized and can lead to accidents and injuries. Research also highlights that overnight fasting may negatively affect a person’s ability to make mindful and reasoned decisions.”

Policy shift focused on Veteran safety Additionally, non-fasting laboratory testing will improve most facility operations and provide more robust infection control standards within VA clinical settings. These changes will reduce bottlenecks for early laboratory and clinical appointments. It will also free up parking lots and waiting rooms in the early daytime hours, which should reduce Veteran wait times, according to primary care officials.

As VA medical centers implement this new policy on their own timetables, patients are encouraged to contact their health care providers with questions regarding non-fasting laboratory tests. With this change, only a handful of laboratory testing situations will require overnight fasting, which may include formally diagnosing Diabetes Mellitus or uncommonly ordered clinical tests.

[Source: VA News]

Submitted by *Vic Librizzi*

21APR, 8 x 11 PM—GOTAWAY BAND at the Post—stop in






22 APR, 8 x 11 PM—SOMETHING COUNTRY BAND at the Post —stop in





**Robert V. McMaugh Memorial
American Legion Post 10
APRIL 2023**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
On 21 and	22 April WE	will have LIVE.	BANDS	"GOTAWAY" 8 x 11 PM 21 April	"SOMETHING COUNTRY" 8 x 11 PM 22 April	1 April Fools' Day
2 Palm Sunday	3 BINGO 9:15 x Noon	4 Auxiliary Unit 10 Meeting 7pm 	5 Passover Begins Bar Bingo 5:30PM	6 HORSESHOES 6 PM Pavilion Burgers, hot dogs, sides, beverages for sale.	7 R.E.D. Good Friday Seafood 5:30-7:45pm	8 Executive Board Meeting 10am
9 Easter Dinner at Post Noon x 4 PM \$15/person see newsletter for menu	10 BINGO 9:15 x Noon	11 Squadron 10 Meeting 7pm 	12 Bar Bingo 5:30PM	13 HORSESHOES 6 PM Pavilion Burgers, hot dogs, sides, beverages for sale.	14 R.E.D. Seafood 5:30-7:45 pm	15 Membership Meeting 10am
16 Orthodox Easter	17 BINGO 9:15 x Noon	18 Riders Chapter 10 Meeting 7pm 	19 Bar Bingo 5:30PM	20 HORSESHOES 6 PM Pavilion Burgers, hot dogs, sides, beverages for sale.	21 R.E.D. Seafood 5:30-7:45 pm LIVE BAND "GOTAWAY" 8 x 11 PM	22 Earth Day LIVE BAND "SOMETHING COUNTRY" 8 x 11 PM
23 Movie "Turning Red" 2PM Hall	24 BINGO 9:15 x Noon	25	26 Bar Bingo 5:30PM	27 HORSESHOES 6 PM Pavilion Burgers, hot dogs, sides, beverages for sale.	28 R.E.D. Arbor Day Seafood 5:30-7:45pm	29
30						

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

Our new website is: www.post10manassas.org

Did you know that according to the U.S. Department of Defense, there are over 2,000 active duty military working dogs serving in the U.S. Armed Forces? Man's best friend is deployed all around the world, including approximately 700 of them serving overseas. Most military working dogs (MWDs) retire after about ten years, and the American Humane Society estimates that each dog saves between 150-200 lives throughout their service. MWDs are heroes! Those that have worked with military working dogs regard them as fellow soldiers. In fact, they deservedly receive the same status and respect as the humans they serve alongside. While we tend to think of MWDs as only males, female dogs excel in military work, and are often used for patrol and detection.

Military working dogs and their handlers get their start training at Lackland Air Force Base in San Antonio, Texas, the home to the DoD Military Working Dog Program. The first MWDs were trained there in 1958. Since then, approximately 270 dogs are trained annually.

Here are 5 facts about our loyal canine best friends that actively serve in the military to protect our freedom.

1. Dogs have served with U.S. soldiers since the Revolutionary War. Although dogs have served in every major American conflict, their service has only been officially recognized since World War II when MWDs first entered the service to serve in the Army's K-9 Corps in 1942.

2. MWDs are trained in detection, tracking, and attacking the enemy. They work to protect us and serve in U.S. combat operations in the following ways: Weapons & narcotics detection. Search & rescue. Guard & sentry duty, Scout & patrol

3. Dogs have earned their jump wings. In WWII, the Army trained dogs to jump from planes to bring supplies and help soldiers get to safety.

4. No dogs left behind. Since Robby's Law passed in 2000, all military dogs are eligible for adoption after their term of service. Prior to this, it was common to euthanize military working dogs at the end of their service, since they weren't regarded as having value beyond the military purpose for which they were trained. Fortunately, that mindset has changed dramatically, and about 90% of MWDs are now adopted by their current or former handlers.

5. A US War Dogs Memorial, In 2006, a memorial was dedicated at the NJ Vietnam Veterans' Memorial in Holmdel, NJ.



Submitted by *Gunny*



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