



1986 - 2023



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



MAY 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

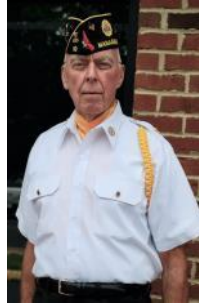
Service Officer

Ginger Harvey

Past Commander

Mark Stein

Commander's Column



Welcome to spring time. Keep the faith. This chilly weather can't last long.

I believe, as I think all of you believe and have noticed, our Post has turned a page and is experiencing a renewed aura of friendship and comradeship. Let's keep this positive environment going. Lots going on and that's due to new ideas being put into action. If you've got ideas, do not hesitate to share with members of the staff or board.

Keep a close watch on the newsletters. Newsletters are an excellent way to keep informed which are posted on the Post 10 web site. And remember this: Life is like a river. You can't touch the same water twice because the flow that has passed you by will never pass again. Enjoy every moment in life and all those around you.

Dave Quimby, Your American Legion Post 10 Commander

Global War on Terrorism Memorial Site Selected: The Global War on Terrorism Memorial Location Act that became law in 2021 authorized its construction on the National Mall in Washington, D.C. The National Capital Planning Commission has now authorized the Global War on Terrorism Memorial Foundation to begin designing the memorial for the Site A location, which is situated north of the Lincoln Memorial between the Vietnam Veterans Memorial and the site of the future National Desert Storm and Desert Shield Memorial. The Foundation is now able to proceed to steps 13-19 of the 24-step memorial construction process after being in steps 9-12 since August 2017.

[Source: VFW Action Corps Weekly, 24APR2023]

Submitted by *Gunny*



May is National Military Appreciation Month





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 W VITT • D
 REGORY K... A • J... BARR
 HARL... HOFF... HAE... D
 DARYL... RUM • C
 LARK... IS • ROY L ESTRAD
 GOI • ELVIN W... E • WILLIAM R GOUDELOCK •
 ARTHUR L HAWKINS JR • EUGENE C JOHNSON • WALTER

HONOR THEIR LEGACY
 Join the Nation ... thank a Vietnam veteran!
 vietnamwar50th.com




The POPPY and MEMORIAL DAY

In the war-torn battlefields of Europe, the common red field poppy was one of the first plants to reappear. Its seeds scattered in the wind and sat dormant in the ground, only germinating when the ground was disturbed—as it was by the very brutal fighting of World War 1.

John McCrae, a Canadian soldier and physician, witnessed the war first hand and was inspired to write the now-famous poem “In Flanders Fields” in 1915. He saw the poppies scattered throughout the battlefield surrounding his artillery position in Belgium.

In November 1918, days before the official end of the war, an American professor named **Moina Michael** wrote her own poem, “We Shall Keep the Faith,” which was inspired by **McCrae’s** “In Flanders Fields.” In her poem she mentioned wearing the “poppy red” to honor the dead, and with that, the tradition of adorning one’s clothing with a single red poppy in remembrance of those killed in the Great War. **Moina** became known as “The Poppy Lady.”

The wearing of the poppy was traditionally done on Memorial Day in the U.S., but the symbolism has evolved to encompass all Veterans living and deceased, so poppies may be worn on Veterans Day as well. Not long after the custom began, it was adopted by other Allied nations, including Canada, Australia, New Zealand, and the United Kingdom. In these countries, the poppy is worn on Remembrance Day (Nov. 11th).

Today, poppies are not only a symbol of loss of life, but also of recovery and new life, especially in support of the Veterans who survived the war but suffered from physical and psychological injuries long after it ended.

“In Flanders Fields”

by John McCrae, May 1915

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies
grow
In Flanders fields.*



“We Shall Keep the Faith”

by Moina Michael, November 1918

*Oh! you who sleep in Flanders Fields,
Sleep sweet – to rise anew!
We caught the torch you threw
And holding high, we keep the Faith
With All who died.*

*We cherish, too, the poppy red
That grows on fields where valor led;
It seems to signal to the skies
That blood of heroes never dies,
But lends a lustre to the red
Of the flower that blooms above the dead
In Flanders Fields.*

*And now the Torch and Poppy Red
We wear in honor of our dead.
Fear not that ye have died for naught;
We’ll teach the lesson that ye wrought
In Flanders Fields.*

Submitted by **Vic Librizzi**

Did you know that unmanaged stress can affect your overall well-being? Over time, unchecked stress levels can lead to high blood pressure, heart disease, obesity, depression, substance use and more. This is why the Veterans Affairs (VA) incorporates stress management tools into so many of their programs and resources, including mobile apps.

Check out these free VA apps that feature stress management tools to support your self-care.



The **Mindfulness Coach app** teaches you how to build a simple mindfulness practice. Mindfulness means noticing and paying attention to what is going on in the present moment, without passing judgment on it. Mindfulness has been shown to be effective for reducing stress, improving emotional balance, helping with anxiety and depression, and coping more effectively with chronic pain. The Mindfulness Coach app provides a self-guided training program that features 12 audio-guided mindfulness exercises and a catalog of additional exercises that are free to download.



PTSD Coach was originally launched in 2011 to help Veterans manage acute stress wherever and whenever it arises. The app and its updates include many new tools and resources to help manage PTSD symptoms. You can use PTSD Coach to take a PTSD self-assessment, track symptoms, and learn relaxation skills. It offers tools to manage the stress of daily life, including guided relaxation exercises, soothing sounds and images, relationship tips and more.



The **PTSD Family Coach app** was introduced in 2016 to help family members of those living with PTSD. It also has been modernized with 30+ tools that can help you manage stress, take care of yourself, and take care of your relationships. These include mindfulness exercises, tools to help re-build social networks, tools to help with difficult thoughts and emotions, a stress level tracker and more.



The **VetChange app** is designed to help anyone who is concerned about their drinking and would like to cut down or quit. You will gain insight into how your drinking relates to different moods and situations, learn about alcohol use and posttraumatic stress, and track your progress. VetChange features a Tools menu with more than a dozen categories of interactive tools and strategies for managing stress and urges related to drinking.

If you need immediate attention, the Veterans Crisis Line offers 24/7 confidential support (dial 988, then press 1).

All VA apps can be downloaded at the APPS store.

[Source: VA News]

Submitted by *Gunny*



Robert V. McMaugh Hall Dedication at MCB-Quantico on Tuesday, 18 APR 2023



McMaugh Family—USMC Photo



Col Pashour, CO MCESG



Teresa McMaugh—Sister



Michael McMaugh, Father & Cmdr. Quimby



Cmdr. Quimby & Annette Lewis at MSG Honor Wall



SSgt Lopez, USMC (Ret.) at Embassy with Cpl. McMaugh on 18 APR 1983.

Photos by *Gunny*

40 Years to the Day!

I have looked at the portrait painting of Corporal Robert Vincent McMaugh in the foyer of Post 10, many times, and always with a feeling of pride, coupled with a strange sadness for this young Marine, who lost his youth and his life in the line of duty. It would take a visit to Quantico to come to learn more about the person in the uniform, and about the boy who became that Marine.

On Tuesday morning, April 18, 2023, Gunny Lewis and I entered the West End of Marine Corps Base Quantico and navigated toward the Marine Corps Embassy Security Group Headquarters Building to witness the naming and dedication of that building to Corporal Robert Vincent McMaugh, an undertaking that had taken much time and persistence before it could become a reality. We were greeted and tended to by Marines of various ranks and experience, all of whom were genuinely pleased to have us there.

Before long, many family and close friends gathered in small groups and eventually, were called to be seated under a canopy to focus attention on the podium, behind which loomed the two-story building to be dedicated. I was proud to be seated between Gunny and Post 10 Commander Dave Quimby, whose contributions of service to our country are well-founded.

Behind the podium to the left and right were two platoons of Marines. We stood for the posting of the colors and for the Pledge of Allegiance, all very familiar to many other ceremonies, but it was what followed that became a one-of-a-kind experience for me. A string of speakers, each delivering a different chapter, offered us the life of Cpl. McMaugh, the boy and the man.

On April 18, 1983, Corporal Robert Vincent McMaugh was standing duty at Post 1 at the US Embassy in Beirut. when a terrorist in a VBIED barreled through the chancery with 2,000 pounds of explosives, and detonated. Cpl. “Bobby” McMaugh was killed instantly in the explosion. Sixty-two civilian personnel died that day, too, including seventeen Americans. Shortly afterwards, hundreds of mourners in Manassas, VA, lined the streets to offer respect to their hometown athlete and hero, followed by a service at Fort Myer where a contingent of 150 Marines gave honor. In his eulogy, Navy Chaplain James Mennis said, “He gave his life willingly. He was on duty at his post, as he ought to have been. For all of us, that is all that can be asked—no more can be expected.”

Former US Ambassador Dillon, assigned to Lebanon, and there in Beirut at the time of the bombing, spoke highly of the Marine Security Guards (MSG) at the Embassy. With controlled speech, he recounted the horrific series of events which occurred so suddenly and progressed so quickly on that April day. One moment, he was looking out the window at the Mediterranean Sea. After the sound of the explosion, he was actually facing the sea without benefit of a wall. He continued to describe his own and others’ attempts to escape down a central staircase, and then the frenzy that followed to rescue the injured and cover the dead. His descriptions, difficult as they were to image, succeeded in placing all of us at the scene and certainly a little closer to Cpl. McMaugh. Ambassador Dillon hinted that he was no stranger to terrorist attacks. This comment served to move me to remember all other survivors of war and violent attacks. So many still live with the images of the battlefield and the loss of comrades.

A more personal portrait of Cpl. McMaugh as a real person with traits that touched others, followed with the reminiscing of his sister, Teresa, who shared “Bobby’s” prankster side as well as his love of family and family interactions. She told us of how Bobby rode his one-year-old baby sister, Cherie, regularly, on his bike, to a nearby park, and how just being with family was always a priority for him. Teresa said, “Bobby was my ‘rock’ big brother...” At fourteen, Teresa spoke to Bobby about going to her first dance, and instead of hearing some funny remark, she was pleasantly surprised to hear Bobby say, “I will take you, as no one is good enough.” He even bought her a corsage.

(Continued on next page)

In closing, Teresa related how just before “Bobby” left to begin his duty as a Marine, he asked her to meet him at that park. Expecting some light-hearted joke in store, Teresa was impressed to be asked to sit on a bench with her brother, so he could tell her how much he loved her. Teresa ended her comments with an exhortation to all of us to “find a bench somewhere, and then tell someone you love them.” At this point, I could not hold back the tears any longer.

The portrait painting of Marine Corporal Robert Vincent McMaugh at Post 10 which bears his name as well as his image, will continue to impress me each time I enter the Post. Only now, I will feel his presence as the successful young athlete from Osbourne High School, the dedicated son and brother, the Marine who shared his gifts with family and fellow Marines, and the young man who considered duty a privilege, to which he could only give his best!

Article by *Annette Lewis*, ALA Unit 10 Member



History of the Marine Security Guard: A Marine Security Guard (MSG), also known as a Marine Embassy Guard, is a member of the Marine Corps Embassy Security Group (formerly Marine Security Guard Battalion), a brigade-sized organization of the United States Marine Corps whose detachments provide security at American embassies, American consulates and other official U.S. government offices such as the U.S. Mission to NATO in Brussels, Belgium.

The Marine Corps has a long history of cooperation with the U.S. State Department, going back to the early days of the country. From the raising of the American flag at Derna, Tripoli, and the secret mission of Archibald H. Gillespie in California, to the Boxer Rebellion in Beijing, Marines have served many times on special missions as couriers, as guards for embassies and delegations, and to protect American citizens in unsettled areas.

The formal and permanent use of Marines as security guards began with the Foreign Service Act of 1946, which authorized the Secretary of Navy to, upon the request of the Secretary of State, assign Marines to serve as custodians under the supervision of the senior diplomatic officer at a diplomatic post. The first joint Memorandum of Agreement was signed on 15 December 1948 regarding the provisions of assigning Marines overseas. Trained at the Foreign Service Institute, the first Marines arrived at Tangier and Bangkok in early 1949. The Marine Corps assumed the primary training responsibility in November 1954. The authority granted in the Foreign Service Act of 1946 has since been replaced by 10 U.S.C. § 8183 and the most recent Memorandum of Agreement was signed in October 2020. Although embassy duty is a crucial aspect of the Marines’ mission with a long tradition, the Corps is only budgeted to train and maintain a limited cadre of guards to cover over 100 embassies worldwide. In response to the 2012 Benghazi attack, Congress ordered a near doubling of Marine Security Guards in the midst of a post-war drawdown in overall USMC numbers. The USMC has responded by redeploying one company from 1st Battalion 1st Marines while additional guards are trained.

The primary mission of the MSG is to provide security, particularly the protection of classified information and equipment vital to the U.S. diplomatic posts. This is accomplished under the guidance and operational control of a civilian federal agent of the Diplomatic Security Service, known as the Regional Security Officer (RSO) who is the senior U.S. law enforcement representative and security attaché at U.S. diplomatic posts around the world. In addition, MSGs provide security for visiting American dignitaries and frequently assist the RSO in supervising host country or locally employed security forces that provide additional security for the exterior of embassies. The MSGs fall under operational control of the RSO and are administratively controlled by the Marine Corps Embassy Security Group. The secondary mission of Marine Security Guards is to provide protection for U.S. citizens and U.S. Government property located within designated U.S. Diplomatic and Consular premises during exigent circumstances, which require immediate aid or action.

MSGs focus on the interior security of a diplomatic post's buildings. In only the most extreme emergency situations are they authorized to provide special protection to the senior diplomatic officer off the diplomatic compound. MSGs carry a certain level of diplomatic immunity in the performance of their official duties.

Submitted by *Gunny*

LINE DANCE LESSONS at the Post —MONDAYS: 7—9 PM



The Judges, nah, just the peanut gallery.

Photos by **Gunny**



MEMORIAL DAY PICNIC/BBQ

MONDAY, 29 MAY 2023

Location: Pavilion Time: 1:00 P.M. x 5:00 P.M.

Adults: \$8.00/person Children UNDER 12 years of age: \$4.00

Bring a side dish or dessert

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.

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/Abbreviations:

“**Break Track**” - Fix a track on aa armored vehicle

“**Cammies**” - Camouflage uniform

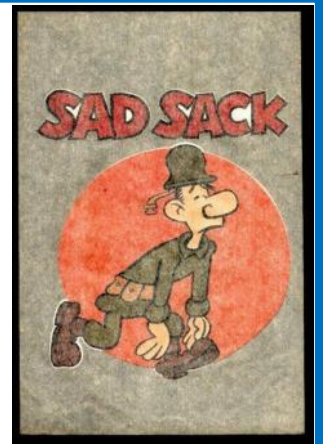
“**DEROS**” - Date Estimated Return Overseas

“**EOM**” - End of Mission

“**ENDEX**” - End of Exercise

“**FUBAR**” - Fed Up Beyond All Recognition

“**Hang It**” - Mortar round ready to drop



Victory in Europe Day (VE– Day), 8 MAY 1945—VE Day celebrates the Allied Forces accepting the Nazi’s unconditional surrender from World War II. The final document was signed on 8 May 1945. Today, countries throughout the world celebrate VE Day annually, on either 8 or 9 May. There were street parties and parades throughout the Western world - especially in the UK and the USA. The day was declared a national holiday. The war was not fully over, however, as Japan had still yet to surrender (they would on 2 September 1945). Both *Prime Minister Churchill* and *President Truman* echoed this fact in their broadcasts, citing the event as “*a victory only half won*”.

For lots of people, the day was a solemn affair. Throughout Europe, wives had lost husbands and families had been torn apart by the war. VE Day was a chance to grieve and reflect. It gave them a glimpse of a future that was not entirely governed by a global war. And for the families who were lucky enough to be reunited with loved ones, it was a day worth celebrating. New York was the site of the largest celebration within the US. Crowds gathered in Times Square and thousands marched down Fifth Avenue. Even before the official declaration NY officials knew what was coming and placed 15,293 Police Officers on duty “*to ensure that celebrants are held within the bonds of sane and reasonable hilarity.*” In Brooklyn, Queens, and the Bronx, services of prayers and thanksgiving were held at each borough hall. Jewish, Protestant, and Catholic clergy, along with Veteran organizations participated in special services. Other major celebrations occurred in San Francisco, Baltimore, and Hawaii.



Submitted by
Vic Librizzi

*“We in America do not have government by the majority—we have government by the **majority who participate** ... All tyranny needs to gain a foothold is for people of good conscience to remain silent.”* **Thomas Jefferson**

Submitted by *Gunny*

Happy Mother’s Day, Mom. Sunday, 14 MAY 2021

A mother is a protector, disciplinarian and friend. A mother is a selfless, loving human who must sacrifice many of their wants and needs for the wants and needs of their children. A mother works hard to make sure their child is equipped with the knowledge, skills and abilities to make it as a competent human being. Being a mother is perhaps the hardest, most rewarding job a woman will ever experience.

By *Susan Diranian*



Quilts of Valor, 30 MAR 2023



Tom & Theresa Gouker, Quilts of Valor volunteers, presented quilts to **Ben Thompson** (USN), **Louise Gardiner** (USMC), **Ben Hester** (USA), **Marie Libby** (USAF), **Linda Myers** (USN), and **Robert Reppert** (USN). Quilts of Valor are awarded to Service Members and living Veterans that served in the Armed Forces. There are standards that all Quilts of Valor must meet. They must be a generous lap-sized quilt (minimum of 55 inches by 65 inches) made with quality fabrics, and machine or hand quilted. They must include a Quilts of Valor label that includes the name(s) of the quilter, and a blank space for the name of the recipient.

Article and photos by *Gunny*



Legionnaire Membership Report

We are currently at 91.87% 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: **Brent Copeland**, USMC, Persian Gulf; **John Denton**, USA, GWOT; **James Reynolds**, USA, Vietnam.

Transfer: **Karl Blinkinsop**, USMC, GWOT (Post 1799); **Paul Brown**, USMC, Vietnam (Post 141).

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

Thank you for your service to all Veterans & military!

If you are a transitioning service member applying for VA disability compensation under the Benefits Delivery at Discharge (BDD) or the Integrated Disability Evaluation System (IDES) program, there are some changes coming that you should know about. You will be required to complete and submit the Part A Self-Assessment of a new Separation Health Assessment (SHA) with your BDD or IDES application, which began on April 1, 2023. For further information on these programs, please visit the Pre-Discharge Claim / Veterans Affairs website.

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.

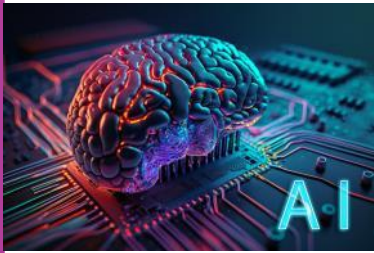
Post 10 Service Officer, **Ginger Harvey**

REMINDER: During ceremonies the Social Quarters is CLOSED. Post SQ Rules clearly states "During Post 10 ceremonies the Social Quarters will be closed. Occupants must either attend the Post 10 ceremony or vacate Post 10 property." Take the time and attend the ceremony—informative and interesting.

*In the land of the free and the brave, Where valor and courage are praised, There stands an organization, Of soldiers who fought for the nation.
 The American Legion is its name, With a proud and storied history to claim, Born from the ashes of war, To serve those who've fought and more.
 From sea to shining sea, The Legionnaires have been and will be, A symbol of sacrifice and honor, For those who have served, past and future.
 They've defended the stars and stripes, And protected our freedoms with their lives, Through battles, wars, and strife, They've shown their strength and might.
 With pride, they gather and stand, In their uniform, firm and grand, To honor their fallen brothers and sisters, And keep their memories forever.
 The American Legion is a beacon of hope, For those who've worn the uniform and cope, With scars and wounds both seen and unseen, They find support and comfort within.
 So here's to the American Legion, For all they've done and all they've given, May their legacy and service never be forgotten, And their flag forever wave on.*

Rick Goodman said he was examining the program ChatGPT (AI tool) and “asked” it to write a poem to the American Legion and within 10 seconds it composed the above. Amazing!

Submitted by *Rick Goodman*



Move over poets, AI is taking over your vocation as well. Yikes!



Padre’s Corner

Hello Legionnaires and friends. I hope everyone is in good health and spirits. Happy birthdays and wedding anniversaries to all who had them this year thus far. Happy birthday to all that are having an April Birthday. Happy wedding anniversary to all that are having an April Wedding Anniversary, especially Larry and Heather LaMay. If anyone wants me to honor their birthday or anniversary individually, just let me know.

My prayers to all.

Francis Gregory Hall, Chaplain



SONS OF THE AMERICAN LEGION—SQUADRON 10

No submission received.

Dan Frye, Squadron 10 Commander



AMERICAN LEGION RIDERS POST 10

No submission received.

Paul “Cheeks” Giovanni, Director Post 10 ALR

Memorial Day Flag Etiquette: In traditional observance, the flag of the United States is raised briskly to the top of the staff and then solemnly lowered to the half-staff position, where it remains only until noon. It is then raised to full-staff for the remainder of the day. The half-staff position remembers the more than one million men and women who gave their lives in service of their country. At noon, their memory is raised by the living, who resolve not to let their sacrifice be in vain, but to rise up in their stead and continue the fight for liberty and justice for all.

Submitted by *Vic Librizzi*



**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*



HORSESHOE TOURNAMENT

When: Every Thursday evening at 1800 hours.

Where: The Pavilion

Burgers, hot dogs, cold drinks for sale when available.

Come on out and enjoy an evening of fun.

On the Radar

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 Founded (1942)
- 20 May Armed Forces Day
- 26 May National Poppy Day
- 29 May Memorial Day (observed)

June 2023

- 06 Jun D-Day (1944)
- 14 Jun US Army Birthday (1775) & Flag Day
- 17 Jun Installation of Officers (1200, Pavilion)
- 18 Jun Father's Day
- 21 Jun Summer Begins
- 22 Jun GI Bill Signed Into Law (1944) JRL BD
- 25 Jun Korean War Began (1950)
- 30 Jun Post 9/11 GI Bill Signed Into Law (2008)



American Legion Post 10
Movie Mattinee
6/4/2023 at 6PM
Admission Free
Snacks and Beverages Provided



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



Post Everlasting Ceremony (15 APR) CG Members: *Roger Nicol & Carl Carey.*

Bagpipers: *Kevin Byrne & Garrett McKenzie.*

Memorial Day Ceremony: Monday, 1300 hrs. CG Members required.

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.

careypmp@gmail.com

Thank you

Sgt-at-Arms *Carl Carey*

AMERICAN LEGION AUXILIARY UNIT 10

Next meeting is Tuesday, May 2nd at 7:00 PM in the Hall. Remember National Poppy Day is Friday, May 26th. Poppies available at the Post—please make a donation and wear the Poppy.

CASH BASH is approaching—Saturday, October 14th. As always we need volunteers—many hands make light work.



Peggy Pignone, President Unit 10

Auxiliary Membership Report



We currently have 196 mail-in renewals, 59 online renewals, and 37 new members for a total of 292.

We have exceeded our 2023 membership goal and are at 104%.

Welcome to our newest members: *Sarah Counts, Sabrina Dunn, Janet Moomjian, and Brittney Wickert.*

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

MAY LUNCH SPECIALS

MON 1 May Copped Steak w/Mushrooms & Onions, Mashed Potatoes, Veggie.
 TUE 2 May Liver & Onions.
 WED 3 May Soup & Grilled Cheese Sandwich.
 THU 4 May Steak & Cheese Quesadilla, Tortilla Chips, Salsa & Sour Cream.
 FRI 5 May Haddock Sub.
 MON 8 May BBQ Pork Ribs, Baked Potato, Slaw.
 TUE 9 May Taco Salad, Salsa, & Sour Cream.
 WED 10 May Fried Chicken, Potato & Veggies.
 THU 11 May Pepperoni French Bread Pizza.
 FRI 12 May Steak, Baked Potato.
 MON 15 May Meatloaf, Scalloped Potatoes.
 TUE 16 May Utica Chicken Riggies, Garlic Bread.

WED 17 May Hot OR Cold It. Sub w Onion Rings.
 THU 18 May Patty Melts w/ FF.
 FRI 19 May Crab Cake Sandwich.
 MON 22 May Country Fried Steak, Mashed Potatoes, Veggie.
 TUE 23 May Sloppy Joe, FF, Cole Slaw.
 WED 24 May Soup & Grilled Cheese Sandwich.
 THU 25 May Jambasta Salad, Roll & Butter.
 FRI 26 May Steak, Baked Potato, Veggie.
MON 29 May—MEMORIAL DAY—Picnic—\$8/person—bring a side dish. 1 PM x 5 PM
 TUE 30 May Post 10 Reuben, Onion Rings, Cole Slaw.
 WED 31 May Chicken Parm Sub, FF.

SATURDAY DINNER SPECIALS

5:00 x 7:30 PM

6 May—Steak OR Stuffed Cornish Hen
13 May—London Broil OR Crab Stuffed Salmon
20 May—Prime Rib
27 May—Steak OR Chicken Broccoli Alfredo

SUNDAY FOOD SPECIALS 1 x 6 PM

7 MAY—Ashton Diner

14 MAY—Mother's Day—No food truck

21 MAY—7 Molten

28 MAY—Dan Frye (not confirmed)

Check at Post for last minute changes

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)

8 x 11 PM

5 & 6 MAY—Juke Box

12 & 13 MAY—Wild Bill

19 MAY—BLUEBOTTLE NECK BAND

20 MAY—Juke Box

26 & 27 MAY—Wild Bill

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**

“It is fatal to enter a war without the will to win it.”

ELECTIONS ON THE HORIZON—SATURDAY, 20 MAY 2023, 1000 HOURS

Are you interested in getting involved in the every day operations and future of Post 10?

Then get off your butt and volunteer.

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**



Robert V. McMaugh Memorial American Legion Post 10 MAY 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Flag at Half Staff on 29th until Noon	1 LAW DAY Bingo 9:15-Noon	2 Auxiliary Unit 10 Meeting 7pm 	3 Bar Bingo 5:30 PM	4 Horseshoes Grill Open 6-8 PM	5 R.E.D. Seafood 5:30-7:45 PM Juke Box	6 Nurses Day Dinner 5 x 7:30 PM Steak OR Stuffed Cornish Hen Juke Box
7 ASHTON DINER FOOD TRUCK 1x6 PM	8 V-E Day (1945) Bingo 9:15-Noon	9 S.A.L. Squadron 10 Meeting 7pm 	10 Bar Bingo 5:30 PM	11 Horseshoes Grill Open 6-8 PM	12 R.E.D. MILITARY SPOUSES DAY Seafood 5:30-7:45 PM	13 Exec. Board Meeting 10 AM Dinner 5 x 7:30 PM London Broil OR Crab Stuffed Salmon Wild Bill
14 MOTHER'S DAY	15 WAC (1942) Peace Officers Memorial Day Bingo 9:15- Noon	16 Riders Chapter 10 Meeting 7pm 	17 Bar Bingo 5:30 PM	18 Horseshoes Grill Open 6-8 PM	19 R.E.D. Seafood 5:30-7:45 PM BLUEBOTTLE NECK BAND	20 ARMED FORCES DAY Gen. Meeting 10 am Dinner 5 x 7:30 PM Prime Rib
21 7 MOLTON FOOD TRUCK 1 x 6 PM	22 Bingo 9:15-12 Noon	23	24 Bar Bingo 5:30 PM	25 Horseshoes Grill Open 6-8 PM	26 R.E.D. Seafood 5:30-7:45 PM Wild Bill	27 Dinner 5 x 7:30 PM Steak OR Chicken Broccoli Alfredo Wild Bill
28 Dan Frye Food Truck, not confirmed as of this time	29 MEMORIAL DAY (obs) BBQ 1x5PM \$8/person Bingo 9:15-Noon	30	31 Bar Bingo 5:30 PM		S/he who throws dirt always loses ground.	

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

Our new website is: www.post10manassas.org



DIAL 988 then **PRESS 1**

New number. Same support.

Dial 988 then Press 1



**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)

VA U.S. Department of Veterans Affairs

MAY 2023 Newsletter

www.post10manassas.org

