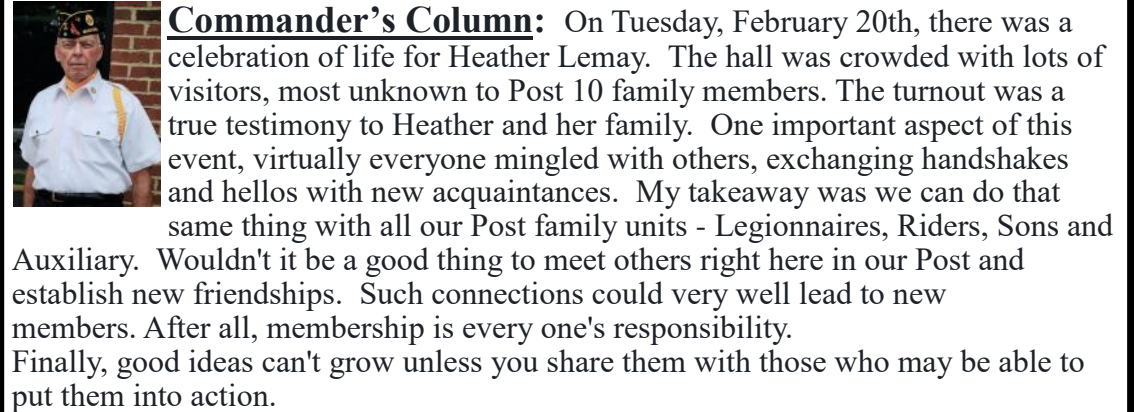


## Gunny Lewis



## *Dave Quimby*, Your American Legion Post 10 Commander



## March is the Month of the Military Caregiver

**ATTN: LEGION MEMBERSHIP DUES INFORMATION—READ**

**The General Membership has voted that due to increases in dues at the National and Department levels Post 10 dues will increase to \$50 a year starting with the 2025 membership year.**

**Those members who renewed their membership for 2024 PRIOR TO 12/04/2023, will now be able to take advantage of the *multi-year* membership option at our current membership rate of \$35. Max of 3 years and you will be paid through 2027. To do so, these members would just need to go to [www.legion.org/renew](http://www.legion.org/renew) and they will be able to renew for multiple years. You must renew online! Do this now before the membership rate increase for 2025!**

Submitted by 1st Vice *Stan Moore*

## **Legionnaire Membership Report from the 1st Vice Commander:**

As of the 18th of February we are currently at 94.61% of our 2024 membership goal. Great job, thank you everyone!

Please welcome the following new members to Post 10: **Matthew Goodman**, USA, GWOT; and **Gerald Johnson**, USAF, Vietnam.

There are several ways to renew your American Legion membership:

1. Online at [www.mylegion.org](http://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](http://mylegion.org). If you have a hand written card, you probably have a temporary number. Email me for your permanent number. 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 2024 card once I am notified by National of your renewal.
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.

Current Legion dues for 2024 are \$35.00. REMEMBER the 2025 membership year the dues will be \$50.00. (Read notice on front page of this newsletter). 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](mailto:al10membership@gmail.com)

## **From the desk of the 2nd Vice Commander:**

No report received.

**Robyn Zweiban**, 2nd Vice Commander

"Beyond the Table" is the theme for **March's National Nutrition Month** this year. It encourages Veterans to focus on how good nutrition can support their health. Foods and drinks are important parts of your Whole Health. Choosing healthy foods and drinks can help you: Reduce pain and inflammation; Manage weight; Control blood sugar levels; Increase gut health; Reduce symptoms of disease; Maintain or improve mood and behavior; Influence sleep.

The mission of VA's Nutrition and Food Services is to care for America's Veterans with complete nutrition care based on science. With the help of a VA Dietitian, Veterans can learn how to choose nutritious foods to meet their long-term health goals. For recipes, videos, podcasts and other resources, visit the VA Nutrition and Food Services National Nutrition Month resource page.

**Eat Wisely:** The National Center for Health Promotion and Disease Prevention is VA's primary source for healthy living education. In March, the focus is on the Eat Wisely message. Here are some ideas:

- Follow a healthy eating pattern that is right for you
- Choose nutritious foods and drinks that you enjoy, reflect your culture and fit your budget
- Choose more vegetables and fruits, and stay within appropriate calorie limits
- Limit foods and beverages that contain higher amounts of added sugars, saturated fat and sodium, and limit alcohol.

Source: VA Health News

Submitted by **George Moschatos**

## **Veterans: Guard Against Identity Theft:**

Identity theft can happen in a lot of ways: a stolen wallet, a missing phone, or a hacked online account. Then there are impersonators — scammers who pretend to be almost anyone. They'll tell you almost any story to get you to trust them, so they can steal your money or information. If you're a veteran, there's another risk: sharing information with someone who claims they'll help with paperwork and filing benefits claims. But instead of helping you for free as they're supposed to, dishonest advisers charge you — and may take and misuse your information, too. What are some ways to protect yourself from identity theft targeting veterans?

**Don't pay to file — or get help with — VA benefits claims. It's free to apply for any type of veterans' benefits.** Scammers may offer to help you for a fee or a percentage of the benefits you get. Don't do it. Get free help from an accredited representative.

**Don't work with anyone who pressures you.** Take your time to review paperwork and consider all your options, including doing nothing. Don't sign blank paperwork to be filled in later. Also, be sure your VA benefits are deposited directly into your account — and not the account of an adviser, assisted living facility, or nursing home.

**Safeguard your personal information.** Never share your VA login credentials or password. Check out VA's advice on setting up multifactor authentication on your VA accounts.

**Get help if your VA benefits or services are affected. Call the toll-free VA Veteran Identity Theft Helpline: 1-855-578-5492.**

**Check your credit report regularly.** You're able to get a free copy of your report every week from each of the three credit bureaus at [AnnualCreditReport.com](https://AnnualCreditReport.com).

Finally, if you encounter identity theft, report it at **IdentityTheft.gov**. When you report, you're telling law enforcement what happened, and you get step-by-step instructions on how to recover from any type of identity theft.

Source: FTC

Submitted by *Vic Librizzi*



## **HAPPY BIRTHDAY AMERICAN LEGION/ 105 Years Young**

The American Legion was founded March 15-17, 1919, by members of the American Expeditionary Forces still stationed in Europe awaiting passage home from World War I. Their experiences in what was called the “war to end all wars” would shape an enduring legacy for what has become the nation’s largest organization of veterans. Many of the Legion’s founders had voluntarily drilled in civilian military camps before the United States entered the war.

Trained in the “Preparedness Movement,” several future Legion founders were commissioned as officers in the war and discovered firsthand the nation’s deficiencies in defense, citizenship, and education. Soon after the war’s end, they also realized how poorly prepared the US was to assist a wave of disabled and unemployed veterans who faced uncertain futures in their communities, states and the nation. The American Legion’s emergence and rise to prominence was based on a mission to strengthen the nation through programs, services and advocacy that helped millions throughout the organization’s first century. The Legion built its identity with a vision to make the nation prouder, stronger, smarter, and more respectful of those who have sacrificed some, or all, in defense of the Nation.

Submitted by *Gunny*

**American Legion Post No. 1, Wheeling,** is the country's oldest Legion Post. Organized by **Joe Reass, Tom Cummins, George Houston, P. J. McGinley,** and **Edmund Lee Jones,** the group met at the Laconia building, on the night of March 1, 1919, to form a World War Veterans of America organization.

**Post 347 in Lady Lake, FL** is the largest post in the world, with more than 10,000 members.

Website: [florida-legion.org](https://florida-legion.org)

The state with the most American Legion Posts is Florida.

The American Legion has more than 12,000 posts in communities throughout the US. In addition to posts in every state, The Legion has posts in DC, France, Mexico, Puerto Rico and the Philippines, and other countries throughout the world. Your membership is good in every Post.

Submitted by *Gunny*



## **Remember Everyone Deployed Fridays (R.E.D.)**

R.E.D. was created to show solidarity and support for our deployed service members and veterans. The primary mission is to keep the deployed at the forefront of our hearts and minds until they return home by wearing red on Fridays. The deployed and their families are not nameless, faceless, or forgotten. They are our heroes, and for them, we go R.E.D. on Fridays. We honor the sacrifices and responsibilities the service members accept to protect our way of life. Wearing a specific color of shirt or other apparel may seem a trivial act, but it represents something very significant. It translates to mean that as you prepare for the day, you recognize that others are playing an active role to allow you to go about your day with relative peace of mind that you are safe.

Submitted by *George Moschatos*

### **Top Scams of 2023:**

People lost \$10 billion to scams in 2023. That's \$1 billion more than 2022 and the highest ever in reported losses to the FTC – even though the number of reports (2.6 million) was about the same as last year. One in four people reported losing money to scams, with a median loss of \$500 per person. And email was the #1 contact method for scammers in 2023, especially when scammers pretended to be a business or government agency to steal money. Here are other takeaways for 2023:

- **Imposter scams.** Imposter scams remained the top fraud category, with reported losses of \$2.7 billion. These scams include people pretending to be your bank's fraud department, the government, a relative in distress, a well-known business, or a technical support expert.
- **Investment scams.** While investment-related scams were the fourth most-reported fraud category, losses in this category grew. People reported median losses of \$7.7K – up from \$5K in 2022.
- **Social media scams.** Scams starting on social media accounted for the highest total losses at \$1.4 billion – an increase of 250 million from 2022. But scams that started by a phone call caused the highest per-person loss (\$1,480 average loss).
- **Payment methods.** How did scammers prefer that people pay? With bank transfers and payments, which accounted for the highest losses (\$1.86 billion). Cryptocurrency is a close second (\$1.41 billion reported in losses).

**Losses by age.** Of people who reported their age, younger adults (20-29) reported losing money more often than older adults (70+). However, when older adults lost money, they lost the most.

Want to protect yourself, your loved ones, and your communities from scams? Go to [ReportFraud.ftc.gov](https://ReportFraud.ftc.gov) to report fraud. Reports help law enforcement take action with education and enforcement.

Source: FTC

Submitted by *Renee Valenti*

## **COLOR GUARD REPORT**

Four Chaplains Ceremony

CG Members: *Roger Nicol, Rich Rosene, Carl Carey*

Bugle: *Rick Raskin*

Assisted: *Gunny, Wayne Moore*

Other Events

Wreath Pickup

Location: Manassas Cemetery

*Dave Quimby, Rick Goodman, Steve Wells, Carl Carey*



It's important to maintain a Veteran present in our community. This is accomplished by the Color Guard of American Legion Post 10. With each performance, the Color Guard members honor those who serve currently and veterans who helped keep the United States and its people free and protected.

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

Thank You

[careypmp@gmail.com](mailto:careypmp@gmail.com) Sgt-at-Arms *Carl Carey*

## FOUR CHAPLAINS CEREMONY PHOTOS

Held at Post on 9 FEB 2024



Ceremony conducted by 2nd Vice *Robyn Zweiban*



Photos by *Gunny*





## AMERICAN LEGION RIDERS POST 10

2024 brought in the chill of winter with a vengeance for our Post 10 Riders. Our steeds of steel are safely tucked away in our garages while winter rages with ice, snow and sub-freezing temps. We were able to get in 2 of the 3 planned Polar Bear Ride of 2024 in January and February. The 1<sup>st</sup> ride was to BBQ Country in Warrenton. The restaurant is a very unassuming BBQ joint but is well worth the drive out to Warrenton. After lunch we visited our brothers and sisters at Post 72 in Warrenton. The 2<sup>nd</sup> ride was to the Montclair restaurant in Dumfries with a stop at Post 28 (Buck Keys) afterward. The 3<sup>rd</sup> and final Polar Bear ride will be to Hammerdown BBQ in Aldie, VA on March 2<sup>nd</sup>. The riders will also take part in the Manassas St Patrick's Day parade on March 9<sup>th</sup>. Look for pictures from that event in the April newsletter. The groundhog said there would be a short winter... Will the winter weather Gods smile kindly upon our intrepid riders? Time will tell. One quick word about Rider awareness, even though it is the heart of winter we will still have nice days here and there. Our diehard riders will take every opportunity get out and take in some 2-wheel wind therapy so just because it's a bit chillier doesn't mean you shouldn't look twice. You can still have a life by looking twice.

Submitted by **Rick Goodman**

The Legion Riders took off on their 2<sup>nd</sup> Polar Bear ride of the season. **Carl, Pops, Leon, Brian, Dave, and Nitro Bob** headed off on a 40\* morning. First stop, for brunch, was to the Montclair Family Restaurant in Montclair Va. An impromptu meeting of the minds at the table took us to our second stop. Motorcycles and riders gathered and rode down to Buck Keyes Post 28 in Triangle Va. There they warmed up with a cold beverage and laughs. Beautiful sunny day, about 50 miles of riding and camaraderie! Keeping the shiny side up!



Photos and 2nd article submitted by **Leon Kowalewski**

**Dave Albrecht**, Director Post 10 ALR

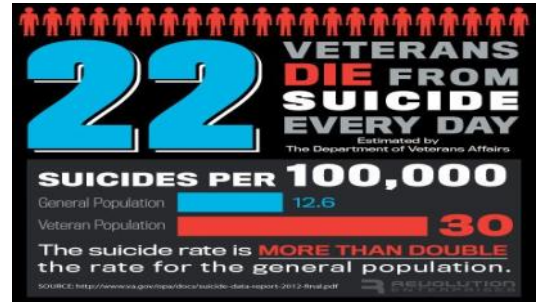




## Chaplain's Column

Article not received on time.

If you have any questions please feel free to reach out to me at any time.  
Steven Botello/Chaplain/ 1-703-853-1869 or [steven.botello@gmail.com](mailto:steven.botello@gmail.com)



## Sons of the American Legion, Squadron 10



On February 18th the Son's held their annual Chile Cookoff.

There were at least 70 people in attendance, and everyone had a ball. 10 chili's were entered and 50 paid to taste and judge the best chili's. We have some talented cooks out there. There were some very good chilies. Thanks to all that took the time cook and enter. We also raffled off 4 of the World-Famous Legion Bacon. The winners were: 1st- **Mark Kowalewski**; 2nd- **April Williams**; and 3rd- **Dan Frye**. Congratulations to our Winners!!! A great day at The American Legion Post 10. On another note, the Son's will be sponsoring post St Patrick's Day Parade activities at the Post. The Northern Virginia Firefighters Emerald Society Pipe Band will be stopping by, and we have 2 bartenders on hand. **Mark "McEmerman"** and **Bobby "O'Linger"** will make sure you stay hydrated. Stop by after the parade for some good old fashion St Paddy's Day fun!!!

Article and photos submitted by **Tom Ramirez**  
**Dan Frye**, Squadron 10 Commander



**GRAB YOUR EASTER BASKETS AND HOP ON DOWN TO MEET THE EASTER BUNNY!!  
THE AMERICAN LEGION AUXILIARY UNIT 10 WILL BE HOSTING THIS EVENT.**

**REFRESHMENTS WILL BE PROVIDED**

**SATURDAY MARCH 30, 2024**

**12:00PM-2:00PM**

**AGE GROUPS: 0-5 YEARS AND 6-10 YEARS**

**Please RSVP with the number of children attending to**

**[Post10auxiliary@gmail.com](mailto:Post10auxiliary@gmail.com) by March 25, 2024**

**The American Legion Post 10**

**9950 Cockrell Road**

**Manassas, VA 20110**

## **AUXILIARY UNIT 10 REPORT**

Upcoming Events:

### **3/9/24- St Patrick's Day Parade**

All are welcome to join us walking in the parade or to ride on the float.

### **3/30/24- Children's Easter Part & Egg Hunt**

Grab your Easter baskets and come see the Easter Bunny! There will be an Easter Egg Hunt for children 0-10 years old. Refreshments will be provided.



***Peggy Pignone, Unit 10 President***

**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!** **Thank you for your cooperation.**





May no Soldier  
go unloved  
May no Soldier  
walk alone  
May no Soldier  
be forgotten  
May no soldier  
be left behind  
when they return  
home!

Leadership is the sum of those  
qualities of intellect, human  
understanding, and moral character  
that enables a person to inspire and  
control a group of people  
successfully.

— John A. Lejeune —



### Post 10 Service Officer Column



A Service Officer is someone tasked with assisting veterans and their families navigate the complex world of VA benefits and ensuring that as a veteran, you and your family receive the maximum benefits you are eligible for based on your military service. Veterans choose a VSO since the services are free.

It is important that you know that you must sign and complete a “Appointment of Veterans Service Organization as Claimant’s Representative (also called “power of attorney” form). This authorizes The American Legion to assist Veterans and beneficiaries. Additionally, please send your full and complete contact information. You cannot have more than one POA!

I am available to assist Veterans and their families in completing and filing benefit claims. Contact **Ginger Harvey** at: [ginger.c.harvey@gmail.com](mailto: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, you may find it informative, educational, and interesting.

## On the Radar

### MARCH 2024

03 Mar Star Spangled Banner became US National Anthem (1931)  
09 Mar Manassas St. Patrick's Parade  
10 Mar Daylight Savings Time Begins  
13 Mar K-9 Veterans Day  
17 Mar St. Patrick's Day  
19 Mar Iraq War Began (2003)  
20 Mar Spring Begins  
21 Mar ACL BD  
24 Mar Kosovo Campaign Began (1999)  
25 Mar Medal of Honor Day  
29 Mar National Vietnam War Veterans Day  
31 Mar Somalia Campaign Ended (1995)

### APRIL 2024

01 Apr April Fools' Day  
05 Apr Gold Star Spouses Day  
11 Apr Persian Gulf War Official Cease Fire (1991)  
15 Apr Income Tax Day  
22 Apr Passover Begins  
26 Apr Arbor Day



SONS OF THE AMERICAN LEGION, SQUADRON 10  
JIMMY BRYANT MEMORIAL GOLF TOURNAMENT  
PRINCE WILLIAM COUNTY GOLF COURSE, NOKESVILLE, VA  
APRIL 26, 2024

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 19, 2024

If you have any questions, please feel free to contact Dan Frye @ [emtdrf@gmail.com](mailto:emtdrf@gmail.com) or Tom Ramirez at [tramirez@llco.biz](mailto: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.*



**At Post 10 we believe in safety, dignity, and respect for ALL. Your words matter. Your behaviors matter. The safety and well being of our members, guests, and employees matters. There is NO place at the Post for unacceptable behavior such as: Aggression; Use of inappropriate language; Use of racist language and/or behavior; Bullying; Verbal abuse; Threats; Assaults; Property damage. Anyone exhibiting violent and aggressive behavior will be told to leave at once. Failure to obey the ABC manager on duty will result in suspension from Social Quarters privilege immediately. We ask for your cooperation. Thank you.**

**Gunny**

Do You Know?



*Mars,*  
Roman God of War

"March" is named for the Roman god of war, Mars. This was the time of year to resume military campaigns that had been interrupted by winter. In the early Roman calendar, March (or *Martius*) was the **first** month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of new beginnings. March became the third month when January and February, which were added to the end of the Roman calendar around 700 BCE, instead became the first and second months around 450 BCE. In ancient Rome, March marked the start of the military campaign season. The *Ides of March* is a reference to the date Julius Caesar was stabbed to death in 44 BCE and is observed on the 15th day of the month.

*So now you know!*

### Auxiliary Membership Report



We currently have 205 mail-in renewals, 54 online renewals, and 22 new members for a total of 281. We are at 94% of our membership goal.

It is with great sadness to announce the passing of two members. **Heather LaMay** passed this month and **Sharon Greenleaf** passed in September. Please keep their families in your thoughts. They will be deeply missed.

Welcome to our newest member: **Stephanie Young**.

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](http://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**

### MARCH LUNCH SPECIALS



FRI 1 Mar NY Strip Steak, Baked Potato, Veg.,  
R&B.

MON 4 Mar Beef & Broccoli over Noodles, R&B.

TUE 5 Mar Chicken Enchilada over Spanish Rice.

WED 6 Mar Soup & Grilled Sand., FF or OR.

THU 7 Mar Beef Stroganoff over Pasta, Veg.,  
R&B.

FRI 8 Mar Fish & Chips, Slaw & FF.

MON 11 Mar Stuffed Turkey Roll, Veg., R&B.

TUE 12 Mar Calves Liver & Onions, Potatoes,  
Veg., R&B.

WED 13 Mar Cowboy Chicken Sand., FF or OR.

THU 14 Mar Stuffed Cabbage Roll, Potatoes,  
R&B.

FRI 15 Mar Country Fried Steak, Potatoes, Veg.,  
R&B.

MON 18 Mar Braised Beef Short Rib, Potatoes,  
Veg., R&B.

TUE 19 Mar Chicken Pot Pie, R&B.

WED 20 Mar Patty Melt w/Grilled Onions, FF or  
OR.

THU 21 Mar Bar-B-Q Country Style Ribs,  
Potatoes, Veg., R&B.

FRI 22 Mar Mushroom Swiss Burger, FF or OR.

MON 25 Mar Chicken Parm., Salad, Garlic Bread.

TUE 26 Mar Meatloaf, Potatoes, Veg., R&B.

WED 27 Mar Hot or Cold It. Sub., FFs or ORs.

THU 28 Mar Taco Salad, Salsa, Sour Cream.

FRI 29 Mar Fried Catfish 'Po Boy', Slaw, FF or  
OR.

#### **SATURDAY DINNER SPECIALS 5:30 x 7:30 PM**

2 MAR—NY Strip or Rib Eye or Cornish Hen  
w/Wild Rice.

9 MAR—Corned Beef & Cabbage or Shepards Pie.

16 MAR—Prime Rib, Au Jus, Potato, Veg., R&B.

23 MAR—NY Strip or Rib Eye or Seafood Quiche.

30 MAR—NY Strip or Rib Eye or Stuffed Pork  
Chop, Potato, Veg., R&B.

#### **SUNDAY LUNCHEES Noon x 4 PM**

**Stop by to see what's on the menu.**

#### **Friday is Seafood Night—5:30 x 7:30 PM**

**Menu and Prices Subject to Change.**

**Call Post on 703-369-4900 for Current Info.**

**Welcome Nicole to the Post. She  
is our part time cook assisting  
Bruce.**

**Be considerate and clean up  
after yourself.**

#### **MARCH Entertainment (Friday & Saturday evenings 8 x 11 P.M.)**

**1 & 2—Wild Bill Karaoke**

**8 & 9—Wild Bill Karaoke**

**15 & 16—TBD**

**22 & 23—Wild Bill Karaoke**

**29 & 30—TBD**

**NEWSLETTER SUBMISSION:** Please remember to submit your articles to me in word document format by **COB [1700 hours] on the 25th day of each month.** Photos should be 'jpeg' and separate from the body of the article. Please check and double check your spelling and grammar.

Articles should be submitted to gysgt\_mc@yahoo.com

Thank you, *Gunny*





# Robert V. McMaugh Memorial American Legion Post 10 MARCH 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Events & Times subject to change.					<b>1 R.E.D.</b> Seafood Night 5:30-7:45 p.m.	<b>2</b>
<b>3</b> Young Marines Mtg 1 x 5 p.m. 'Star-Spangled Banner' made National Anthem (1931)	<b>4</b> Bingo in Hall 9:15-12p.m.	<b>5</b> Auxiliary Unit 10 Meeting 7p.m.	<b>6</b> Bar Bingo 5:30 p.m.	<b>7</b>	<b>8 R.E.D.</b> Seafood Night 5:30-7:45p.m.	<b>9</b> <b>St. Pat's Parade</b> No Exec Mtg
<b>10</b> Daylight Saving Time Begins (set clock ahead 1 hr)	<b>11</b> Bingo in Hall 9:15-12p.m.	<b>12</b> S.A.L. Squadron 10 Meeting 7p.m.	<b>13</b> <b>K-9 Veterans Day</b> Bar Bingo 5:30 p.m.	<b>14</b>	<b>15 R.E.D.</b> <b>Legion Birthday</b> <b>105 years</b> Seafood Night 5:30-7:45 p.m.	<b>16</b> Exec Mtg 9 a.m. GENERAL MEMBERSHIP MTG. 10 a.m.
<b>17</b> <b>St. Patrick's Day</b> Young Marines Mtg 1 x 5 p.m.	<b>18</b> Bingo in Hall 9:15pm- 12p.m.	<b>19</b> <b>Iraq War Began</b> (2003) Riders Chapter 10 Meeting 7p.m.	<b>20</b> <b>Spring Begins</b> Bar Bingo 5:30 p.m.	<b>21</b>	<b>22 R.E.D.</b> Seafood Night 5:30-7:45 p.m. <b>ACL BD</b>	<b>23</b> <b>Purim Begins</b>
<b>24</b> Kosovo Cam- paign (1999) Palm Sunday <b>31</b> Somalia Cam- paign End (1995) Easter Sunday	<b>25</b> <b>Medal of Honor</b> <b>Day</b> Bingo in Hall 9:15pm- 12p.m.	<b>26</b>	<b>27</b> Bar Bingo 5:30 p.m.		<b>29 R.E.D.</b> <b>VN War Veterans</b> <b>Day</b> <b>Good Friday</b> Seafood Night 5:30-7:45 p.m.	<b>30</b>

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

Our new website is: [www.post10manassas.org](http://www.post10manassas.org)

### **Military Language Conversion Chart**

<b>Navy / USMC</b>	<b>Army</b>	<b>Air Force</b>
Head	Latrine	Powder Room
Rack	Bunk	Single with ruffle & duvet
Mess Deck / Chow Hall	Mess Hall / Mess Tent	Dining Facility or 'The Café'
'Cookie', Stew Burner	Mess Cook	Contract Chef
Coffee / Mud	Cup of Joe	Vanilla Skim Latte'
Bug Juice	Kool-Aid	Shirley Temple
Utilities / Digitals	BDUs / ACUs	Casual Wear

## **MARCH 2024 Newsletter**

[www.post10manassas.org](http://www.post10manassas.org)

