



1986 - 2024



**Robert Vincent McMaugh Memorial  
American Legion Post 10  
9950 Cockrell Road  
Manassas, Virginia 20110  
703-369-4900  
[www.post10manassas.org](http://www.post10manassas.org)**



JUNE 2024

**2023-2024  
Legion Officers**

Commander  
**Dave Quimby**

1st Vice Commander

**Stan Moore**

2nd Vice Commander

**Robyn Zweiban**

Adjutant

**Bill Barron**

Finance Officer

**Larry Logsdon**

Chaplain

**Steven Botello**

Sergeant-at-Arms

**Carl Carey**

1 Year Committeeperson

**Greg Neiss**

2 Year Committeeperson

**Rick Goodman**

3 Year Committeeperson

**John Shaw**

Quartermaster

**Gunny Lewis**

Judge Advocate

**Rick Raskin**

Service Officer

**Ginger Harvey**

Newsletter Editor

**Gunny Lewis**



**Commander's Column**



Friends and comrades in arms are a gift. Respect them. Honor them. Help and comfort them when needed. As members of our Post 10 family, we see this all the time. Much like friends and comrades, life itself is precious. Unfortunately, we often tend to take life for granted. We assume that Joe and Betty will be back tomorrow. But God may have different plans and one day Joe and Betty will be gone.

I don't mean to preach. My purpose is to pull all of us closer together and make our Post an even better place to enjoy all of our friends and comrades. Hope to see YOU at the Post.

*Dave Quimby, Post 10 Commander*

A brief but important addendum to my column above:  
As you know, the American Legion (AL) and every Post in the AL is made up of a number of committees, all focused directly or indirectly on our core mission. We have a Finance Committee, an Audit Committee, a Constitution and By-Laws Committee, Membership Committee, plus additional committees that are outlined in the Post's Constitution and By-Laws.  
While there are more, I want to focus on two: Americanism and Children and Youth Committees. Each has special duties that must be attended to on a regular basis if we want to maintain the good name of our post. If you have the gumption to step forward and help, BY ALL MEANS LET ME KNOW.  
Thank you for your support.

*Dave Quimby*

**A volunteer is someone who does work without being paid for it,  
because they want to do it.**

“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.”  
— *Theodore Roosevelt*

**JUNE IS PTSD AWARENESS MONTH**





## Legionnaire Membership Report from the 1st Vice Commander

You can now renew for up to 3 years online. Go to [mylegion.org](http://mylegion.org), click the renew tab and put in your member number and you should be able to extend your membership at the current membership price for 3 years. If you have any questions please feel free to contact me.

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.

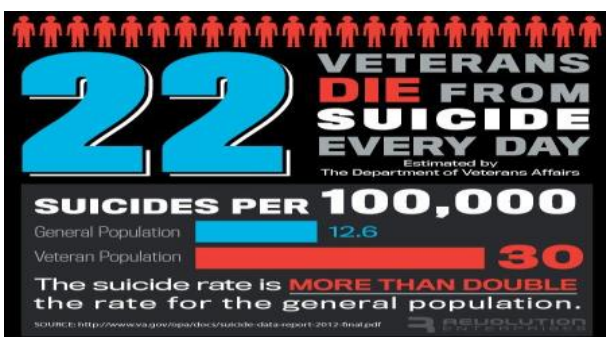
*Robyn Zweiban*, 2nd Vice Commander

**Northern Virginia Veterans Parade** (VetPar) will be held on Saturday, 2 NOV 2024, starting at 1100 hours in Old Town Manassas. This year the parade will honor our First Responders. For additional information including route of parade, participant application, sponsorship and volunteering opportunities, etc. go to [www.vetpar.org](http://www.vetpar.org)

The **Manassas Veterans Parade** was started by Post 10 Legionnaires circa 2008 to honor all Veterans since there was no such parade in Manassas honoring Veterans since the 1860s. The parade has grown to a regional event and was renamed **Northern Virginia Veterans Parade**.

Remember to mark your calendar for Saturday, 2 NOV 2024, stepping off at 1100 hours.

Submitted by *Gunny*

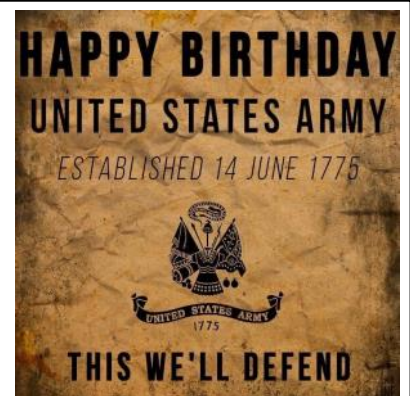


**Korean War:** The Korean War began on June 25, 1950, when some 75,000 soldiers from the North Korean People's Army came across the 38th parallel, the boundary between the Soviet-backed Democratic People's Republic of Korea to the north and the pro-Western Republic of Korea to the south. This invasion was the first military action of the Cold War. By July, American troops had entered the war on South Korea's behalf. It was a war against the forces of international communism. After some early back-and-forth across the 38th parallel, the fighting stalled and casualties mounted. American officials worked to fashion some sort of armistice with the North Koreans. The alternative, they feared, would be a wider war with Russia and China—or even, as some warned, World War III. Finally, in July 1953, the Korean War came to an end. In all, some 5 million soldiers and civilians lost their lives in what many in the U.S. refer to as **“the Forgotten War”** for the lack of attention it received compared to more well-known conflicts like World War I and II. The Korean peninsula is still divided today.

Submitted by *Gunny*



**HAPPY 249th BIRTHDAY, ARMY!** The US Army was founded on 14 June 1775, when the Continental Congress authorized enlistment of riflemen to serve the United Colonies for one year. The 14 June date is when Congress adopted “the American continental army” after reaching a consensus position in The Committee of the Whole. This procedure and the desire for secrecy account for the sparseness of the official entries for the day. Congress undertook to raise 10 companies of riflemen, approved an enlistment for them, and appointed a committee to draft rules and regulations for the government of the army. There was a time when there were never more than 48,000 Continental soldiers. Today, the Army boasts over one million soldiers on duty which includes the Reserves and National Guard members.



Submitted by *George Moschatos*

## HAPPY FATHER'S DAY

Sunday, 16 JUNE 2024

Father's Day in the US is on the third Sunday of June. It celebrates the contribution that fathers and father figures make for their children's lives. **Sonora Smart Dodd** was an influential figure in the establishment of Father's Day. Her father raised six children by himself after the death of their mother. This was uncommon at that time, as many widowers placed their children in the care of others or married quickly. **Sonora** was inspired by the work of **Anna Jarvis**, who had pushed for Mother's Day celebrations. **Sonora** felt her father deserved recognition for what he had done. The first time Father's Day was held in June was in 1910. Father's Day was officially recognized as a holiday in 1972 by **President Nixon**.



Submitted by *Gunny*

**American Legion Riders Post 10:** Three Legion Rider crossed paths at the Outer Banks Bike Week. While hanging out at the Outer Banks Harley Davidson dealer, checking out the new bikes and enjoying the sunny day, **Bob "Nitro" Ficken**, **Leon Kowalewski** and **Paul Goforth** crossed paths. It's always nice to know that no matter where you go, you'll run into Riders you know. The Riders hosted the "Door" for seafood night, held every Friday of the month, with a special thanks to **Greg Neiss** passing out American Flags to all the kids that showed up (there were quite a few), thanks Speedy!

SQ photo, **Steve Wells**. **Greg "Speedy" Neiss**, **Bob "Nitro" Ficken**, **Liz Taverniti**, and **Bob Potter**.

Let's welcome our new Riders: **Aaron "Byrd" Riley**, **Paul "Goback" Goforth**, and **Robert "Bob" Rudolph**.

Riding season is getting in full force, here's a little safety tip:

Because of its narrow profile, a motorcycle can be easily hidden in a car's blind spots (door/roof pillars) or masked by objects or backgrounds outside a car (bushes, fences, bridges, etc.). Take an extra moment to look for motorcycles, whether you're changing lanes or turning at intersections.



*Bob Fricken, Leon Kowalewski, Paul Goforth*



Article and photo submitted by *Leon Kowalewski*

*Dave Albrecht*, ALR Director

## 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*



Front flag pole area



Legionnaire *Jake Bianco* received a Certificate of Appreciation from Cmdr. *Dave Quimby* for the work he has done around the front flagpole. *Jake* took this upon himself to remove all weeds, place a weed barrier, purchase mulch and prepare the area. Thank you *Jake* for the hard work in making the area presentable.

Article and photos by *Gunny*

### COLOR GUARD REPORT

Post Everlasting Ceremony: Color Guard: *David Fisk, Carl Carey*  
Assisted *Kevin Byrne* (Bagpipes)

Jimmy Bryant Spring Golf Tournament: Color Guard: *David Fisk, Carl Carey*  
Assisted: *Kevin Byrne* (Bagpipes), *Top Meier* (Bugle)



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*

**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.**



### **Have you wondered about the history of Flag Day?**

When the American Revolution broke out in 1775, the colonists weren't fighting united under a single flag. Instead, most regiments participating in the War for Independence fought under their own flags. In June of 1775, the Second Continental Congress met in Philadelphia to create the Continental Army, a unified colonial fighting force. This led to the creation of the first “American” flag, the Continental Colors.

For some, this flag, which was comprised of 13 red and white alternating stripes and a Union Jack in the corner, was too much like that of the British flag. **George Washington** soon realized that flying a flag that was even remotely close to the British flag was not a great confidence-builder for the revolutionary effort, so he turned his efforts towards creating a new symbol of freedom.

On June 14, 1777, the Second Continental Congress took a break from writing the Articles of Confederation and passed a resolution stating that “the flag of the United States be 13 stripes, alternate red and white,” and that “the union be 13 stars, white in a blue field, representing a new constellation. In 1916, **President Wilson** marked the anniversary of that decree by officially establishing June 14 as Flag Day. As you celebrate the anniversary of the Stars and Stripes, here are some fast facts about “Old Glory.”

- **Bernard Cigrand**, a Wisconsin teacher, originated the idea for an annual flag day in 1885, to be celebrated across the country every June 14. He led his school in the first formal observance of the holiday. **Cigrand**, who later changed careers and practiced dentistry in Illinois, continued to promote his concept and advocate respect for the flag throughout his life.

- It is widely believed that **Betsy Ross**, who assisted the Revolutionary War effort by repairing uniforms and sewing tents, made and helped design the first American flag. However, there is no historical evidence that she contributed to Old Glory's creation. It was not until her grandson **William Canby** held an 1870 press conference to recount the story that the American public learned of her possible role.

*And that in a nutshell is the history of Flag Day.*

Submitted by **Vic Librizzi**



**“There is No Greater Love...”**

**Taps pierces the quiet sunset, and the silhouette of the lone bugler draws all hearts to its dramatic image and to all images behind it. Images of men and women who have given their best to that one belief, to that one hope, to that one essential-to-life concept we call freedom. It is in that giving that they have consecrated our own soil and the soil of foreign lands with the blood of dedication, honor, and a faithfulness to the flag they loved so much. It is in that giving that they have honored our country and restored honor to those who lost it. To you we offer our promise never to forget.**

**In the midst of honor, many still grieve, remembering tragic moments, lost comrades, the heavy cost of victory, and the torments of imprisonment. Out of that grief, though, rises something far more powerful . the pride in the military branch in which they served, the pride in the commitment to the missions, and the pride in the memory that each was there for another when it really mattered. To you we offer our promise never to forget.**

**The sound of the bugler still calls here nightly, and in our foreign encampments where Americans still defend those whose cry for freedom cannot go unheard. It sounds for those who struggle to heal from wounds and injuries that will test their courage and the courage of their loved ones. To you, we promise our loyalty, our prayers, and our voice when yours cannot be found.**

**The Dream Team**

This was an article published in the May Discover West Prince William County newspaper that the publisher issues once a month. For the Memorial Day article a picture and a write-up was produced with the grateful assistance of Commander Quimby. I thoroughly enjoyed reading the article and I know you will too. Thanks go out to Post 10 Commander for his knowledge of not only Post 10 but of American Legion and its critical missions.

Link at: <https://flipflashpages.uniflip.com/2//58999/113836/pub/html5.html#page/12>

Submitted by *John Shaw*

## American Legion Post 10: Supporting Veterans of the United States Armed Forces

Founded in 1919 after the end of World War I, the American Legion supports veterans from all branches of the United States Armed Forces, as well as their families and communities. It is the largest veterans service organization in the nation. Virginia hosts 219 posts, including **American Legion Post 10**. Established in 1986 and located on Cockrell Road in Manassas, Post 10 is the third largest in Northern Virginia, with a membership of 813.

Continuing the legacy of leadership, David Quimby serves as the commander



duty, need someone to talk to," he explains. "The Legion provides a space where veterans can meet to vent and

supports flag ceremonies, ROTC programs, and various educational and youth programs such as Boys State, American Legion Baseball, and the Boy Scouts. It also maintains involvement with Wreaths Across America.

Children & Youth focuses on the well-being of all children, particularly those of veterans and servicemembers, by addressing their physical, mental, emotional, and spiritual needs through programs like Flags for First Graders, Boys and Girls State, and Toys for Tots.

In addition to these efforts, Post 10 actively supports veterans by delivering Thanksgiving dinners to those in assisted living facilities, providing transportation to hospitals, and securing safe overnight accommodations. "The American Legion services all veterans from all branches, 24/7," David says.

The post also responds compassionately to the needs of families during the passing of a veteran, coordinating with funeral homes, offering support, and providing military honors among other services.

Members enjoy a vibrant community life, receiving a monthly newsletter and an events calendar that includes barbecues, picnics, veteran memorial remembrances, community events, parades, and celebrations. Notably, Post 10 is known for its Friday Night Seafood menu and its Monday morning Bingo sessions.

For veterans interested in joining the American Legion, they must present their DD Form 214, Discharge Papers, and Separation Documents. Those honorably discharged are eligible for membership. Moreover, men whose parents or grandparents served in the military may join The Sons of the American Legion, and descendants of Legion members may join the American Legion Auxiliary. For more information, call (703) 369-4900. 📍



Photo by *Gunny*

of Post 10. A member for 15 years with 26 years of active service in the Army, he now represents the public face of the post. His engagement with the community is robust; he regularly invites guest speakers such as the chief of police, a bank manager, and the director of Manassas History. David also participates in recruiting events and collaborates with the board on philanthropic efforts. "We are not autonomous from the rest of Manassas," he says. "We are part of the community, and we are here to help."

Similarly committed, Mark Stein, former commander of Post 10 and a veteran of the Air Force, has been affiliated with the legion for 25 years. Initially a member of Warrenton Post 72, he transferred to the then more active Post 10, continuing his advocacy for veteran support. "A lot of veterans, especially the younger ones returning from active

talk to someone who understands where they're coming from."

The organization is structured around four foundational pillars:

**Veterans Affairs & Rehabilitation** ensures veterans receive their entitled services, including healthcare, benefits, and rehabilitation, and supports injured veterans in resolving VA healthcare issues.

**National Security** advocates for a robust national defense, supports current servicemembers and their families, and promotes U.S. security policies. This pillar also honors local first responders and includes the Youth Cadet Law Enforcement Program.

**Americanism** promotes patriotism and responsible citizenship, emphasizing values like freedom and democracy. It

~ Kristy Gillespie





## Chaplain's Column

Summer has officially started and it is time to really open up your heart and enjoy the fruits of your labors. Do not stay inside and watch the beautiful days of summer skip by for you, your spouse and/or your family. Please make a point of traveling out to anywhere you or your family always wanted to visit and to see new places, experience those exciting trips to places you and your family always wanted to go but never could find the time. Each and every day is a new chance for both you and your family to both bond even closer and for you to teach your kids about American history if you wish.

Don't let this chance slip by for you and your kids. They will love you for it

If you need more ideas feel free to call me at 1-703-853-1869 or email me at [steven.botello@gmail.com](mailto:steven.botello@gmail.com).

Thank you, **Steve Botello**, Chaplain, Post 10, (W) 1-703-853-1869 (FX) 1-703-991-0677

(Email Wk) [steven.botello@gmail.com](mailto:steven.botello@gmail.com)



## Sons of the American Legion, Squadron 10

April is always a busy time for the Son's with the annual **Jimmy Bryant Spring Golf Tournament**. We had a great turn out and had excellent weather. We can't thank Prince William Golf Course enough for hosting our tournaments. **Dan Wagner**, General Manager, and his staff take great care of us from beginning to end.

1<sup>st</sup> place: **Krysta McKenna, Davis Larson, Andy Neal and Garrett Larson**

2<sup>nd</sup> place: **Tim Juran, Nick Juran, Bryan Bombard and Tim Fahringer**

3<sup>rd</sup> place: **Ryan McCoy, Sam Jones, Jeff Gatlin and Mike Newlin**

Congratulations to all our winners!!!

The objective of the day is to raise money. Our 50/50 winner took it to another level. **Dave Hagstrom** so graciously donated his winnings back to the Son's. We thank you **Dave!!!**

After the tournament we all came back to the Post for some fantastic food donated by **Mission BBQ**. **Emma Beltz** and her crew also served the food. Getting together with **Mission BBQ** is a perfect fit with their commitment to the military and 1<sup>st</sup> responders. Thank you, **Mission BBQ!!**

This event has a lot of moving parts and the team we have is 2<sup>nd</sup> to none. You can't have successful events like this year after year without a total team effort and we have that. Thanks to SAL members, **Dan Frye, Glenn Brixius, Tom Colburn, Mark Emerman, Kevin Byrne, Scott Vale, Bobby Olinger, Doug Williams and Earl Heller**. We also have other Legion family members help us out as well. Special thanks to Lady Auxiliary member **Diana Lake** and her partner in crime **Judy** for taking pictures. Not only do they take the pics, but then she emails them to each group and now they are being shown in the Social Quarters. Thanks to Legionnaire and Rider member **Rick Goodman** for making that happen. Thanks to Legionnaire member **Steve Olson** for always helping us out. **Steve** doesn't miss any events the Son's have. Thanks **Steve**. Thanks to **Mark Moffett** from **Saylors Cigars** for setting up shop before and after the tournament. Hope it worked out for you.

The start of our tournament is something very special. The Color Guard presents the colors, Legionnaire **Mark, Top, Meier** plays the bugle, **Kevin Byrne** and **Garret McKenzie** play the Bag Pipes. It's an amazing start to the day. Commander **Dave Quimby** got us started with some words of encouragement; **Greg Hall** lead us in prayer.

Legionnaire **Gunny Lewis** is another family member that is always at our events taking pics. Thank you **Gunny!!!**

Thanks to all and we will see everyone for our **John Chada Fall Tournament** on September 13<sup>th</sup>.

Thanks, 2<sup>nd</sup> Vice Commander **Tom Ramirez**

Squadron 10 Commander, **Dan Frye**

Memorial Day 2024  
 Sacrifices Remembered, Heroes Honored.



Thanks to all who made the ceremony and the buffet a huge success. And thanks to the attendees to take time to honor the fallen.



Remember Memorial Day is to honor those service members who made the ultimate sacrifice for our freedom.

Photos by *Rick Goodman & Gunny*

## On the Radar

### JUNE 2024

- 06 June D-Day: Allied Invasion of Europe (1944)  
14 June Flag Day & US Army Birthday (1775)  
16 June Father's Day  
20 June Summer Begins  
22 June Pledge of Allegiance Recognized by Congress (1942) & GI Bill Signed Into Law (1944)  
25 June Korean War Began (1950)  
30 June Post 9/11 GI Bill Signed Into Law (2008)

### JULY 2024

- 02 July US Army Air Corps Est. (1926)  
04 July Independence Day  
27 July Korean War Ended (1953)  
National Korean War Veterans Armistice Day  
28 July WWI Began (1914)



### Post 10 Service Officer Column



Summertime season is here! I hope everyone had a nice and safe Memorial Day weekend as we honored the courageous men and women who were killed in the line of duty. We humble ourselves in gratitude for the immense sacrifice they and their families made. We find inspiration in their courage, perseverance, and devotion to duty.

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" 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. Please include all of your contact information so that I can better assist you.

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.



During World War II (1939-1945), the Battle of Normandy, which lasted from June 1944 to August 1944, resulted in the Allied liberation of Western Europe from Nazi Germany's control. Codenamed Operation Overlord, the battle began on June 6, 1944, also known as **D-Day**, when some 156,000 American, British and Canadian forces landed on five beaches along a 50-mile stretch of the heavily fortified coast of France's Normandy region. The invasion was one of the largest amphibious military assaults in history and required extensive planning. Prior to D-Day, the Allies conducted a large-scale deception campaign designed to mislead the Germans about the intended invasion target. By late August 1944, all of northern France had been liberated, and by the following spring the Allies had defeated the Germans. The Normandy landings have



been called the beginning of the end of war in Europe.

By dawn on June 6, 1944, thousands of paratroopers and glider troops were already on the ground behind enemy lines, securing bridges and exit roads. The amphibious invasion began at 0630 hours. British and Canadian troops overcame light opposition to capture beaches codenamed Gold, Juno, and Sword, as did American troops on Utah Beach. US forces faced heavy resistance at Omaha Beach where there were over 2,000 American casualties. By day's end, approximately 156,000 Allied troops had successfully stormed Normandy's beaches. The estimate is that more than 4,000 Allied troops were killed. On June 11th the beaches were fully secured and over 326,000 troops, 50,000 plus vehicles and some 100,000 tons of equipment had landed at Normandy.

In the following weeks the Allies fought their way across the Normandy countryside in the face of determined German resistance. The Normandy invasion began to turn the tide against the Nazis. On May 8, 1945, the Allies accepted the unconditional surrender of Nazi Germany.



### The Greatest Generation

Submitted by *Gunny*



*“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**

June is National Post-Traumatic Stress Disorder Awareness Month, and is intended to raise public awareness about issues related to PTSD, reduce the stigma associated with PTSD, and help ensure that those suffering from the invisible wounds of war receive proper treatment.



### Auxiliary Membership Report

We currently have 217 mail-in renewals, 56 online renewals, and 30 new members for a total of 303 members.



Welcome to our newest members: *Kelly Hughes* and *Renee Moffett*.

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**

### JUNE LUNCH SPECIALS



MON 3 Jun Chicken pot Pie, R&B.  
 TUE 4 Jun Calves Liver w/Onions, Potatoes.  
 WED 5 Jun 'Post 10' Reuben, FF or OR.  
 THU 6 Jun Chicken Enchiladas, Sp. Rice, Black Beans, R&B.  
 FRI 7 Jun NY Strip, Baked Potato, Veg or Salad, R&B.  
 MON 10 Jun London Broil, Veg., Potato, R&B.  
 TUE 11 Jun Taco Salad, Salsa, Sour Cream.  
 WED 12 Jun Soup & Grilled Sand., FF or OR.  
 THU 13 Jun Meatball & Cheese Sub., FF or OR.  
 FRI 14 Jun Coconut or Butterfly Shrimp, Slaw, FF or OR.  
 MON 17 Jun Country Fried Steak, Veg., Potato, R&B.

TUE 18 Jun Chicken Parm. Sand. On Garlic Bread, FF.  
 WED 19 Jun Hot or Cold It. Sub., FF or OR.  
 THU 20 Jun Fried Catfish Sand., Slaw, FF or OR.  
 FRI 21 Jun Swiss-Mushroom Burger, FF or OR.  
 MON 24 Jun Meatloaf, Pot., Veg., R&B.  
 TUE 25 Jun It. Sausage, Peppers, Onions, FF or OR.  
 WED 26 Jun Bronco Burger w/A-1, Cheese, FF or OR.  
 THU 27 Jun Spicy Chicken Wrap, Chips, FF or OR.  
 FRI 28 Jun Crabcake Sand., Slaw, FF or OR.

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

1 JUN NY Strip or Rib-Eye or Chicken Wellington.  
 8 JUN NY Strip or Rib-Eye, or Shrimp Scampi o/Pasta  
 15 JUN Prime Rib, Baked Potato, Veg.  
 22 JUN NY Strip or Rib-Eye or Chicken Cordon Bleu w/Plum Sauce.  
 29 JUN Rib -Eye, or NY Strip, or Crab Stuffed w/Tilapia.  
 Salad Bar & Dessert with all dinners.

#### **SUNDAY LUNCHES Noon x 4 PM**

**Stop by to see what's on the menu.  
 Prepared especially for you.**

#### **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.**

#### **Queen of Hearts Thursday's Eats**

Check with Post  
 for specials each Thursday evening.

If you have a suggestion for a lunch or dinner item leave a note with full details plus your contact information with **Donna** or **Bonnie**. Thanks.

#### **JUNE Entertainment**

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

**1 JUN—FRI—Wild Bill Karaoke**

**7 JUN—FRI—Jute Box**

**8 JUN—SAT—Classic Spotlight Band**

**14/15 JUN—FRI/SAT—Wild Bill Karaoke**

**21/22 JUN—FRI/SAT—Joe Clay**

**28/29 JUN—FRI/SAT—Wild Bill Karaoke**

**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](mailto:gysgt_mc@yahoo.com)

Thank you, **Gunny**



Robert V. McMaugh Memorial  
American Legion Post 10  
JUNE 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 BINGO 9:15 x Noon	4 Auxiliary Unit 10 Meeting 7 PM 	5 Bar Bingo 5:30PM	6 D-Day (1944) HORSESHOES Pavilion	7 R.E.D. Seafood 5:30-7:45pm	8 Executive Board Meeting 10am
9 YM 1 x 5 PM	10 BINGO 9:15 x Noon	11 Squadron 10 Meeting 7 PM 	12 Bar Bingo 5:30PM	13 HORSESHOES 6 PM Pavilion	14 R.E.D. US Army Founded (1775) Flag Day Seafood 5:30-7:45 pm	15 Membership Meeting 10am Installation of ALL officers following meeting
16 Father's Day	17 BINGO 9:15 x Noon	18 Riders Chapter 10 Meeting 7 PM 	19 Bar Bingo 5:30PM	20 Summer Begins HORSESHOES 6 PM Pavilion	21 R.E.D. Seafood 5:30-7:45 pm	22 JRL BD
23 30 Post 9/11 GI Bill signed into law (2008)	24 BINGO 9:15 X Noon	25 Korean War Began (1950)	26 Bar Bingo 5:30PM	27 HORSESHOES 6 PM Pavilion	28 R.E.D. Seafood 5:30-7:45pm	29

See Menu page for lunch and dinner specials.

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

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



American  
Red Cross

## **Blood Drive**

### **American Legion Post 10**

Hall  
9950 Cockrell Rd.  
Manassas, VA 20110

**Thursday, June 20, 2024**  
**10:00 a.m. to 3:00 p.m.**





**It is the soldier, not the reporter,  
who has given us freedom of the press.  
It is the soldier, not the poet,  
who has given us freedom of speech.  
It is the soldier, not the campus organizer,  
who has given us freedom to demonstrate.**

**It is the soldier,  
who salutes the flag,  
and whose coffin is draped by the flag,  
who allows the protester to burn the flag.**

*Father D. Edward O'Brien, USMC*



**JUNE 2024 Newsletter**  
[www.post10manassas.org](http://www.post10manassas.org)

