



1986 - 2024



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



SEPT. 2024

2024-2025
Legion Officers

Commander
Stan Moore

1st Vice Commander
Ed Filipowski

2nd Vice Commander
Mike Parra

Adjutant

Bill Barron

Finance Officer

Larry Logsdon

Chaplain

Steven Botello

Sergeant-at-Arms

Carl Carey

1 Year Committeeperson

Rick Goodman

2 Year Committeeperson

Gregory Hall

3 Year Committeeperson

Greg Neiss

Quartermaster

Gunny Lewis

Judge Advocate

Rick Raskin

Post 10 Veteran Advocate

Ginger Harvey

Newsletter Editor

Gunny Lewis



Commander's Column

Summer is coming to a close and cooler weather is hopefully not far behind. Vacations are complete and school is starting up. On that note, please watch out for the children and school buses.

For those that bought tickets for our Engraved Gun Raffle, it is over; Congratulations to the Grand Prize Winner *Donna Navarro* and the other winners. Winners and pictures will be further on in the newsletter.

- September is a busy month at Post 10. Beginning with the Labor Day picnic (details in newsletter). Please come out for some comradery and food and to have fun. After that we have the Sons Golf tournament on Sept 13th, the USAF Birthday on the 18th. Most importantly we have our **POW/MIA** ceremony on Sept 20th. The **POW/MIA** ceremony is our way of recognizing our nation's military veterans who never returned home from war or **POW** camps. This ceremony is an important way for us to remember the sacrifices made by these brave men and women. It is also an opportunity to show our appreciation to them and their families. Please join us in paying tribute to these patriots. We have been holding this ceremony for over 20 years and it is something that everyone should take the time to attend at least once. *Gunny* has dedicated his time over the years, including building the **POW/MIA** display in the Social Quarters, ensuring this ceremony runs with perfection, reverence and honor. We owe it to them to remember and honor their courage and bravery. As long as we hold these patriots in our hearts and minds, they will live forever and *never be forgotten*.

- We are still looking for volunteers to help with upcoming events, Americanism and the Oratorical Contest. If you wish to help with anything, please let me know.

- Let me end with an important topic. Veteran suicide is a problem, and we need to work together not only to bring awareness but to help our brothers and sisters. National has the 'Be the One' initiative. This encourages people to take the time to reach out to Veterans and show them that they are not alone. It encourages people to act and be the one person that can help a Veteran in need. It's an important step towards creating a more supportive environment for Veterans. Doing things like Buddy Checks and other forms of support can make a huge difference in the lives of our Veterans. It can help them feel connected and supported, which hopefully can turn them away from the path of suicide.

(continued on next page)



- I am here to listen or help in any way that I can. So please feel free to reach out. My door is always open, and my phone is always on.

For God and Country

Stanley C. Moore, Your Post 10 Commander, al10commander@yahoo.com



Legionnaire Membership Report from 1st Vice Commander

The 2025 renewal period has begun. In the past three weeks, 265 Legionnaires have renewed their membership. My thanks to all. Please remember that dues have increased to \$50.00 for 2025.

You can now renew for up to 3 years online. Go to 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.

Welcome to our five new Legionnaires: **Sharon Holwick**, USAF; **George E. O'Neil**, USN; **Catherine Silvestri**, USA; **William Sly**, USA; and **Andrew N. Sullivan**, USMC.
Also, welcome five Legionnaires who have transferred into Post 10: **George Arnold**, USA; **James Beck**, USMC; **James Schoonmaker**, USA; **Jill Zeto**, USA; and **John Zeto**, USA.

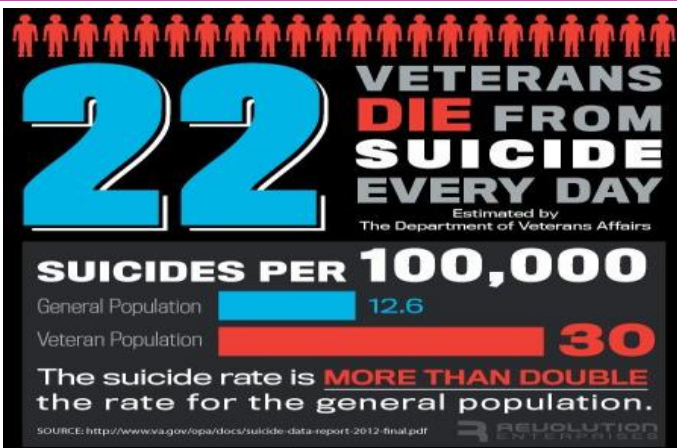
There are several ways to renew your American Legion membership:

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. 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 are \$50.00. 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 only to Post officers with a need to know. If you have an email address 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,

Ed Filipowski, 1st Vice Commander

al10membership@gmail.com



**Veterans
Crisis Line**

DIAL 988 then PRESS 1

Chaplain's Column



This time of year brings us new chances to both reflect and encourage all veterans and their families as to why we do and feel the way we feel about America and our service to support her.

Soon we will have September 11, 2024 right around the corner next month. Like Pearl Harbor it sets in stone in our hearts and minds who we are and what we stand for as a country. Never shall we forget what happened to us a country and how we felt that day and more importantly we will never forget that day in our lives.

On September 20, 2024 we have upcoming the POW/MIA event which reflects for our remembrance of what it means to both serve and sacrifice even more for those of us who have served our great nation. They have given so much which we can never repay.

Then on Veterans Day, November 11, 2024. We will celebrate all of us who have given and have served our great country. None of us will never look back and regret our service to our country. I only wish somehow we could elevate even more so all our Veterans are truly never forgotten and will always be held up in true esteem that they all deserve.

Thank you, **Steve Botello**, Chaplain, Post 10,
(W) 1-703-853-1869 (FX) 1-703-991-0677: Email: steven.botello@gmail.com



3D Mobile Mammography Event

American Legion Post 10

9950 Cockrell Rd. Manassas, VA 20110

When: Thursday Sept 26, 2024

Time: 9:00am-1:00pm

To Schedule call **703-523-1560**

Or visit **Sentara.com/MobileMammo**

If you have question about mobile mammography,
call **Tracie Mayhew**, the Sentara Mobile Mammography Coordinator,
at

703-523-1997

American Legion Riders Post 10

Legion Riders Celebrate Coast Guard's 234th Birthday and Hit the Road for August Rides

The Legion Riders recently celebrated the 234th birthday of the U.S. Coast Guard, with our very own **Rick Goodman**, a proud Coastie, leading the festivities. Semper Paratus!

This month, the Riders embarked on two memorable rides. The first journey took us out to Winchester Post 21 in Virginia, where we were warmly welcomed by fellow riders **Bob "Lambchop"** and **Denise Lamoureux**. Their hospitality, along with the scenic back roads of Virginia, made for a perfect day on the bike. Participants in this ride included **Leon Kowalewski**, **Carl "Dooks" Carey**, **Bob "Nitro" Fricken**, **Dave Quimby**, and **Dave "Pops" Fisk**, who almost lost his bike on a friendly bet! Altogether, the Riders covered about 110 miles.

Our second ride led us to the Orlean Market and Pub, a local gem nestled in the hillsides of Marshall, VA. We were joined by two riders from Post 290 in Stafford, VA—**Austin** and **Noel Sutton**. It's always a pleasure to ride alongside fellow Legion members. The group enjoyed a leisurely lunch outdoors, complete with stories, smiles, and even a rope swing. This ride's participants included **Leon and Kim Kowalewski**, **Rick Goodman**, **Dave "Pops" Fisk**, **Bob "Nitro" Fricken**, and **Paul "Goback" Goforth**, with a total of 70 miles added to our odometers.

Safety Note: Intersections are one of the most dangerous places for motorcyclists, often due to drivers making careless left turns. Too many riders have had close calls or, worse, collisions caused by cars pulling out in front of them. We urge drivers to put down their cell phones and stay alert, but it's also crucial for riders to exercise extra caution at intersections. That added vigilance could save a life.

Article by **Leon Kowalewski**



Submitted photo



Photo by **Gunny**



ALR Director,
Dave Albrecht

Post 10 Charity Engraved Gun Raffle Winners:

Grand Prize Gun: **Donna Navarro**
1st Place: **Gunny Lewis**
2nd Place: **Dania Paquette**
3rd Place: **Steve Barton**
4th Place: **Carlos Collat**



Submitted photos



Submitted by **Stan Moore**

1st thru 4th Place winners received cash.

"Volunteers don't get paid, not because they're worthless, but because they're priceless." – Sherry Anderson

"Alone we can do so little; together we can do so much." – Helen Keller



COLOR GUARD REPORT

As you all know, much of what gets done at a Post like ours is done by volunteers. You have heard before; the Post is always in need of help in one form or another. If we wish to continue our strong relationship with the communities around us, we need your help in many ways to ensure our bond with the communities remains strong. A great way to help is by helping with color guard activities.



The Post provides most of the uniform accoutrements you would need. Many events are indoors and are not frequent. We must maintain our support for Veterans and your Color Guard is always on point to do just that.

Step-up and honor Veterans.

We welcome all Post 10 Members who would like to join us. To uphold America's traditions to honor All Veterans. Thank you, *Carl Carey*, Your Post 10 SGT-AT-ARMS (571-421-7374 Careymp@gmail.com)

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. 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*

USCG BIRTHDAY CEREMONY, 4 AUG 2024, at POST:



HAPPY BIRTHDAY
U.S. COAST GUARD



Rick (ret. Coastie) hosts the ceremony and relates the history of the Coast Guard.

Rick Goodman and his 'better half,' *Penny*, do the honors of cutting the cake.

Article & Photos by *Gunny*

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.



CONGRATULATIONS, Manassas Young Marine Sgt. *Camilo Medina*:

Camilo was named the honor graduate from the 2024 National Leadership Academy's Senior Leadership School for his exceptional leadership abilities. The school is at Naval Station Newport (RI) which focuses on developing leaders. It is the highest level of leadership training offered by the Young Marines who gathered from all over the US in RI for the academy from 13—20 July 2024. *Camilo* is a freshman at Randolph-Macon Academy and plans to attend the US Naval Academy for engineering and business.

Young Marines has been a national youth organization for boys and girls ages 8 though high school graduation since 1959. The Young Marines promote the mental, moral, and physical development of its members.

Post 10 is proud to be the sponsor of the Manassas Young Marines. For additional info go to [Manassas Young Marines](#) | [Manassas VA](#) | [Facebook](#)



Bravo Zulu *Camilo Medina*.

Submitted photo.

Article by *Gunny*

Avoiding rental listing scams: Military families move regularly, sometimes every two to three years. So you may find yourself checking out new digs as you plan a move to another duty station. That's when you could run into a rental scam, which can be hard to spot, but here are some clues.

Rental listing scams can unfold in a few ways. Scammers can steal legitimate rental listings for real places and pretend to be the landlord. Or scammers may use social media groups to post made-up listings for places that aren't actually available to rent — and sometimes for place that don't even exist. In either case, the scammer will rush you into paying an application fee, deposit, and/or first month's rent, and promise to get you the keys right away; but instead, they'll disappear. You'll be left without your money and with no place to move into.

Take these steps to avoid losing time and money to a rental listing scam:

- **Search online for the rental's address**, plus the name of the property owner or rental company listed. Do other ads come up for the same address? Maybe with a different owner or rental company name? Those are signs of a scam.
- **Look up the rental company's website** and check to see if the property is listed there, too. If it isn't, the listing is likely a scam.
- **Pay by credit card**, which gives you the best protections. Scammers want you to pay in ways that make it hard to get your money back — like with gift cards, wire transfers, payment apps like Apple Pay, CashApp, PayPal and Zelle, or cryptocurrency.
- **Don't pay for a property you've never seen**. And never pay someone you've never met in person. If you can't see the apartment or sign a lease before you pay, see if a friend can see it for you, or keep looking.

(Source: FTC)

Submitted by *Vic Librizzi*

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

The **Manassas Veterans Parade** was started by Post 10 Legionnaires circa 2008 to honor all Veterans due to the fact that 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*

America has a loneliness epidemic. You may have read this somewhere or heard it mentioned in recent years, but what does it mean? In 2023, the U.S. Surgeon General issued an advisory on “Our Epidemic of Loneliness and Isolation.” The Surgeon General uses advisories for significant public health challenges that require the nation’s immediate awareness and action, meaning loneliness poses a considerable threat to Americans’ health and wellness. Researchers using data from [VA’s Million Veteran Program](#) (MVP) have identified results in line with this advisory: Reducing loneliness may decrease the risk for depressive illness. The effects of loneliness and social isolation on your physical and mental well-being are serious. Here are some of the highlights from the advisory:

- Even before the COVID-19 pandemic, about 50% of adults in America reported experiencing loneliness.
 - Lacking social connection can increase the risk of premature death to levels comparable to smoking 15 cigarettes a day.
 - Loneliness is associated with a greater risk of premature death than obesity or physical inactivity.
- Loneliness has a tough effect on your mental health and your physical health. Higher levels of loneliness are associated with a 29% increased risk of heart disease, 32% increased risk of stroke and a 50% increased risk of developing dementia in older adults. Having solid social relationships, feeling like a part of a community, and participating in social activities are all incredible ways to both combat the negative effects of isolation and reap the benefits of connection.

How to build social connection

- Invest time in your relationships. Call a battle buddy, get coffee with a friend or check in with a family member.
 - Engage in opportunities to support or participate in your local community, like volunteering with community service groups, joining a gym or run club, or participating in a religious or professional community.
 - Reduce things that can make you feel more disconnected from others, like spending excessive amounts of time on social media or in front of a screen.
 - Ask for help when you need it. If you’re feeling lonely or isolated, let someone know. Reach out to a friend, family member, health care practitioner or the Veterans Crisis line by calling 988 or texting 838255.
- Find activities that make you feel connected to your social and physical network, like spending time with friends in nature. Did you know that Veterans can get a free lifetime pass to America’s National Parks? Visit nps.gov/planyourvisit to learn more.

(Source VA News)

Submitted by *Annette Lewis*



From the desk of the 2nd Vice Commander:

No Report Received

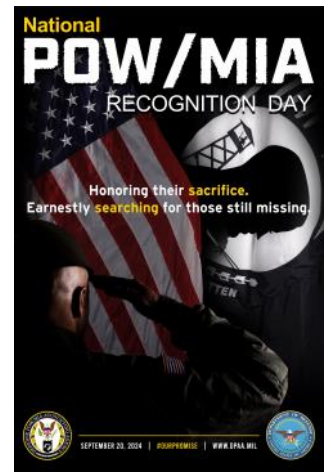
2nd Vice *Mike Parra*

**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



POW/MIA Recognition Day Ceremony in Post Hall Friday, 20 SEP 2024, at 2000 hrs.



POW/MIA Recognition Day is commemorated on the third Friday of September, a date that's not associated with any particular war. In 1979, Congress and the president passed resolutions making it official after the families of the more than 2,500 Vietnam War **POW/MIAs** pushed for full accountability. During the first **POW/MIA** Recognition Day commemoration, a ceremony was held at the National Cathedral in Washington, D.C., while the 1st Tactical Squadron from Langley Air Force Base in Virginia flew the missing man formation. Most ceremonies since then have been held at the Pentagon, and many smaller observances have cropped up across the nation and around the world on military installations and Veterans Service Organizations.

The point of **POW/MIA** Recognition Day is to ensure that America remembers to stand behind those who serve and to make sure we do everything we can to account for those who have never returned. In order to comprehend the importance of this movement, all you need to do is look at the number of Americans who have been listed as POW/MIAs.

According to the Defense **POW/MIA** Accounting Agency (DPAA), over 82,000 Americans who fought in US wars are still missing, including: 4,452 from WWI; 73,515 from World War II; 7,841 from the Korean War; 1,575 from Vietnam; 126 from the Cold War; 6 from conflicts since 1991.

DPAA said about 75 percent of those missing Americans are somewhere in the Asia-Pacific. More than 41,000 have been presumed lost at sea. Efforts to find those men, identify them and bring them home are constant.

The POW/MIA Flag: The traditional **POW/MIA** flag that is well-known across America was actually created many years before the remembrance day became official. In 1971, a woman named **Mary Hoff** contacted a flag company near her home to see if a flag reminding people of **POWs** and the missing could be made. She was waiting to see if her husband, Navy Lt. Cmdr. **Michael Hoff**, would ever return home after his plane had been shot down over Laos. World War II pilot **Newt Heisley** designed the now-famous flag, which was made in black and white to represent the sorrow, anxiety and hope symbolized by the image of the gaunt man featured on it.

Ceremony in Post Hall on Friday, 20 Sep 2024, at 8:00 P.M.



Submitted by **Gunny**



NORTHERN VIRGINIA VETERANS ASSOCIATION

With Community Partners Presents



5th Annual 9/11 Event Honoring Those Who Gave All Stories From Those Who Were There

Wednesday, 11 September 2024

3pm to 4pm

Open to the Public

**Registration
Required**



Register Here:

<https://novavets.org/events/911-event/>

Manassas Historical Museum Lawn

9101 Prince William Street, Manassas VA 20110

SONY

Thank you, SONY Corporation of America, for being our 9/11 Event Sponsor!

NOVA Veterans Association, in partnership with Historic Manassas, Inc. (HMI), American Legion Post 10, the Freedom Museum, and the Human Services Alliance of Greater Prince William, will host its 5th annual 9-11 event. The event will be held on September 11th from 3:00pm to 4:00pm on the Manassas Museum lawn (9101 Prince William Street). We would like to see as many AL Post 10 and VFW Post 7589 members present as possible, as we remember those who gave all on that dreaded day in American history. Registration can be completed at: NOVAVETS.org/Events

HMI is in significant need for volunteers for its Saturday Farmers Market. Specifically, the team needs help with set up from 5:30am-7:30am and breakdown/clean up from 12:30pm-2:30pm. One must be able to lift at least 20 pounds. There are also openings at the Market Information tent between the hours of 8:00am and 1:00pm. Additionally, volunteers are needed for the 41st annual Fall Jubilee on October 5th and the Holiday Market on December 14th. For more information on how to sign up for these volunteer opportunities, you can go to <https://historicmanassas.org/support-hmi/> or reach out to Lisa Harlow at lisa@historicmanassasinc.org

Submitted by *Kristen Kiefer*, Executive Director, HMI

On the Radar

September 2024

- 02 Sep V-J Day, Japan Signed Formal Surrender (1945)
- 02 Sep Labor Day—Picnic see newsletter
- 08 Sep Grandparents Day
- 11 Sep Remembrance Day Flag at 1/2 Staff
- 13 Sep SAL Golf Tournament
- 14 Sep 'Star Spangled Banner' written (1814)
- 18 Sep USAF Birthday (1947)
- 20 Sep POW/MIA Recognition Day—Ceremony in Hall at 2000
- 29 Sep Gold Star Mothers' & Family Day

October 2024

- 02 Oct Rosh Hashanah Begins at sundown
- 07 Oct Afghanistan War Began (2001) / LL BD
- 11 Oct Yom Kippur Begins at sundown / RDV BD
- 12 Oct Columbus Day
- 13 Oct US Navy Est (1775)
- 14 Oct Columbus Day Observed
- 23 Oct Grenada Campaign Began (1983)
- 23 Oct Beirut Bombing (1983)
- 31 Oct Halloween



GOLD STAR MOTHERS' AND FAMILY DAY: On the last Sunday in September, Gold Star Mother's and Family Day honors the mothers, fathers, and families of fallen military service members. Also known as National Gold Star Mother's Day, the day serves as a reminder of the losses suffered by military families.

Post 10 Veterans Advocate



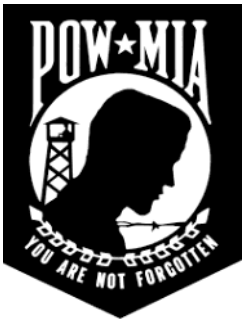
Fall weather will be approaching next month! As your Post 10 Veterans Advocate, I will continue to assist veterans in filing service-connected disability claims with the VA. It is a pleasure to be able to assist you with any questions that you may have.

The Appointment of Claimant's Representative VA form 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. Please include all of your contact information so that I can better assist you.

Post 10 Veterans Advocate, ***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.



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



AMERICAN AUXILIARY UNIT 10



The American Legion Auxiliary Unit 10 CASH BASH will be held on October 12, 2024. Doors open at 2:30pm. Drawings begin at 4:00pm- \$500 will be given away every 15 minutes and the Grand Prize of \$4500 will be drawn at 10:00pm. Raffle ticket for other prizes, Hogs and 50/50's will also be sold throughout the event. Food from Mission BBQ and beverages will be provided. As always, 'Wild' Bill will be our MC and providing Karaoke.

Proceeds from this fundraiser go towards helping Veterans, their families, and the surrounding community.

Tickets are \$25 and can be purchased from Auxiliary member and the bartenders at the Post. Winners need not be present to win. This is a FUN event for cause!!

Reminder our next Auxiliary meeting will be held on September 3rd at 7pm.

Thank you for all you do!

Peggy Pignone, Unit 10 President



Auxiliary Membership Report

My name is **Johnnetta Jetten** and I am excited to introduce myself as your new Membership Chair. I am honored to take on this role and look forward to serving our Auxiliary.

First and foremost, I want to express my deepest gratitude to **Diana Lake** for her incredible dedication during her tenure. She has made a significant impact on our Auxiliary, and I am committed to building upon the strong foundation she has established.

As we move forward, I am eager to connect with each of you and hear your thoughts on how we can continue to grow and strengthen our membership. Please don't hesitate to reach out with any ideas, questions, or concerns. Thank you for your continued support and involvement in the Auxiliary. I'm looking forward to an exciting year ahead. With that being said, the 2025 membership cards have arrived!

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 with your member ID on your card. You must log in to pay your dues. If you do not have a username or password, simply click 'Create Account' to get started. Members will receive an emailed receipt as well as a signed, 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, membership card mailed directly from ALA National Headquarters within three weeks (same procedure as number 3).

Thank you,

Johnnetta Jetten, ALA Membership Chair

What's Cooking in the kitchen?

Monday—Friday 11am-2pm

SEPTEMBER LUNCH SPECIALS

MON 02 Sep LABOR DAY PICNIC.
TUE 03 Sep Prime Rib w/French Dip.
WED 04 Sep Soup or Grilled Sandwich.
THU 05 Sep Chicken Quesadilla.
FRI 06 Sep NY Strip Steak.
MON 09 Sep Shepards Pie.
TUE 10 Sep Fried Chicken.
WED 11 Sep Sloppy Joe.
THU 12 Sep Smoked Sausage w/Peppers & Onions.
FRI 13 Sep Fish 'n Chips, Slaw.
MON 16 Sep Hot Turkey Sandwich.
TUE 17 Sep Beef 'n Broccoli.
WED 18 Sep Italian Sub.
THU 19 Sep Seafood 'Po Boy'.
FRI 20 Sep Mushroom Swiss Burger.
MON 23 Sep Meatloaf.
TUE 24 Sep Taco Salad.
WED 25 Sep Patty Melt o/Rye, Grilled Onions.
THU 26 Sep Liver & Onions.
FRI 27 Sep Crabcake Sandwich, Slaw.
MON 30 Sep Chicken Parm.

Sides for each meal will be listed on the board.

SATURDAY DINNER SPECIALS 5:30 x 7:30 PM

7 SEP, Steak or Shrimp & Scallops Kabobs
14 SEP, Steak or Chicken & Broccoli Alfredo
21 SEP, Prime Rib
28 SEP, Steak or Seafood Newburg o/Rice

SUNDAY LUNCH RETURNS on Sep 8th between Noon x 4PM

**HALL CLOSED FOR DINING ON FRIDAY, 20 SEP
2024 due to POW/MIA Ceremony set-up at 8 PM**

Menu and Prices Subject to Change.

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

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

Help us out and pick up your trash. There are numerous trash containers throughout the Social Quarters. Thanks.

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.

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

6 & 7 SEP, 'Wild' Bill Karaoke
13 & 14 SEP, Joe Clay
20 & 21 SEP, 'Wild' Bill Karaoke
27 SEP, *Red Sun King Band*, Classic Rock
28 SEP, Juke Box

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*



SONS OF THE AMERICAN LEGION, SQUADRON 10
JOHN J CHADA MEMORIAL GOLF TOURNAMENT
PRINCE WILLIAM COUNTY GOLF COURSE, NOKESVILLE, VA
SEPTEMBER 13, 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, and 50/50 drawing.

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

Sponsors - Please see Sponsor Registration Form.

TOURNAMENT PRIZES:

- Top Three Teams and Our Infamous "Horses Ass Trophy"
- Closest to the Pin (Par Three's) Including "The Hamm Hole"
- Longest Drive(s) - Women (Red Tee) / Men (White Tee)

Golfers over sixty years of age may use Gold Tees, if desired. NO MULLIGANS!!!

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 September 6, 2024

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

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

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

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

SEPTEMBER 11, 2001—Do YOU remember? The September 11 attacks were a series of four coordinated terrorist attacks by the Wahhabi Islamist terrorist group Al-Qaeda against the United States on the morning of Tuesday, September 11, 2001. Four California-bound commercial airliners, which took off from three different airports across the northeastern U.S., were hijacked mid-flight by 19 al-Qaeda terrorists, who carried out the attacks in three groups of five and one group of four. American Airlines Flight 11 was flown into the North tower of the World Trade Center complex in Lower Manhattan at 8:46 am; seventeen minutes later, the World Trade Center's South tower was hit by United Airlines Flight 175. Both 110 story towers collapsed later in the morning, leading to the collapse of the other World Trade Center structures including 7 World Trade Center, and damaging surrounding buildings. A third flight, AA Flight 77, flown from Dulles International Airport, was hijacked over Ohio and, at 9:37 am, was crashed into the west side of the Pentagon causing a partial collapse of the building. The fourth flight, UA Flight 93, was flown in the direction of D.C.; the plane crashed in a field near Shanksville, PA, after passengers forced their way into the cockpit and fought the hijackers over the controls. Investigators determined that Flight 93's target was either the White House or the Capitol Building.

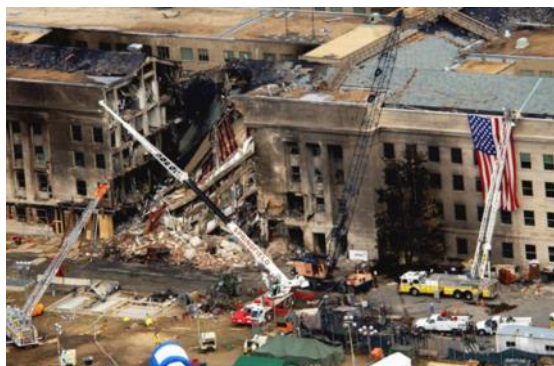
In the immediate aftermath of the attacks, suspicion quickly fell onto Al-Qaeda. The U.S. formally responded by launching the War on Terror and invading Afghanistan to depose the Taliban, which had not complied with U.S. demands to expel Al-Qaeda from Afghanistan and extradite their leader Osama bin Laden. Many countries strengthened their anti-terrorism legislation and expanded the powers of law enforcement and intelligence agencies to prevent terrorist attacks. bin Laden initially denied any involvement, in 2004 he formally claimed responsibility for the attacks. Al-Qaeda and bin Laden cited U.S. support of Israel, the presence of U.S. troops in Saudi Arabia, and sanctions against Iraq as motives. After evading capture for almost a decade, bin Laden was located in Pakistan in 2011 and killed during a U.S. military raid.

The destruction of the WTC and nearby infrastructure harmed the economy of New York City and created a global economic recession. The U.S. and Canadian civilian airspaces were closed until September 13, while Wall Street trading was closed until September 17. Many closings, evacuations, and cancellations followed, out of respect or fear of further attacks. Cleanup of the WTC site was completed in May 2002, and the Pentagon was repaired within a year. The attacks resulted in **2,977 fatalities, over 25,000 injuries**, and substantial long-term health consequences (deaths of first responders/rescue workers have been attributed to long-term health effects from the pollution— burning jet fuel, plastics, metal, fiberglass, asbestos, etc.) in addition to at least \$10 billion in infrastructure and property damage. It remains the deadliest terrorist attack in human history and the single deadliest incident for **firefighters and law enforcement** officers in the history of the U.S., with **340 and 72 killed** respectively.

The construction of One World Trade Center began in November 2006, and the building opened in November 2014. Numerous memorials have been constructed, including the National September 11 Memorial & Museum in New York City, the Pentagon Memorial in Arlington, and the Flight 93 National Memorial at the Pennsylvania crash site.



World Trade Center, NYC



Pentagon, VA



Shanksville, PA

Lest We Forget!

Submitted by *Gunny*



Robert V. McMaugh Memorial American Legion Post 10 SEPTEMBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 V-J Day Japan signed surrender (1945) Labor Day Picnic see newsletter for details. Bingo in Hall 9:15 AM-Noon	3 Auxiliary Unit 10 Meeting 7 PM 	4 Bar Bingo 5:30-8 PM	5 Queen of Hearts 8 PM Horseshoe Tournament 6 x 8 PM	6 R.E.D. Seafood Night 5:30-7:45 PM	7
8 Grandparents' Day	9 Bingo in Hall 9:15 AM-Noon	10 S.A.L. Squadron 10 Meeting 7 PM 	11 Bar Bingo 5:30-8 PM Patriot Day Flag 1/2 Mast *til sunset	12 Queen of Hearts 8 PM Horseshoe Tournament 6 x 8 PM	13 R.E.D. SAL Golf Tournament Seafood Night 5:30-7:45 PM	14 Exec. Meeting 10 am 'Star Spangled Banner' by Francis Scott Key (1814)
15	16 Bingo in Hall 9:15 AM-Noon	17 US Constitution Approved (1787) Riders Chapter 10 Meeting 7 PM 	18 USAF Est (1947) Bar Bingo 5:30-8 PM	19 Queen of Hearts 8 PM Horseshoe Tournament 6 x 8 PM	20 R.E.D. Seafood Night 5:30-7:45 POW/MIA RECOGNITION DAY Ceremony 8PM	21 General Membership Mtg 10 am Prime Rib Dinner 5-7:30 pm
22	23 Bingo in Hall 9:15 AM-Noon	24	25 Bar Bingo 5:30-8 PM	26 Queen of Hearts 8 PM Horseshoe Tournament 6 x 8 PM	27 R.E.D. Seafood Night 5:30-7:45 PM	28
29 GOLD STAR MOTHERS' & FAMILY DAY	30 Bingo in Hall 9:15 AM-Noon					

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

Recent Eagle Scout Courts of Honor held at the Post for Troop 884



Wyatt Allison receives AL Good Citizen Citation from **Cmdr. Moore** on Wednesday, 14 Aug 2024, for his project of building beds for animals in need at Shirley's Angels Animal Rescue.

Submitted photos and article.

CONGRATULATIONS

Wyatt and **Keagan** for earning the rank of Eagle Scout.

Bravo Zulu from Post 10



Keagan Biggins receives Good Citizen Citation from **Cmdr. Moore** on Saturday, 17 Aug 2024, for his project of refurbishing a garden at the Rippon Lodge Historic Site for native birds using native plants and installing a stone border.

VA Upgrades Claim Status Tool: VA has enhanced its online claim status tool found at <https://www.va.gov/claim-or-appeal-status>. This is a free service which allows Veterans to access the status of their VA claim, decision review or appeal via the VA's website. This is supposedly a more user friendly ways to view and manage personal information. Learn more about this at: <https://www.va.gov/resources/claim-status-tool-faqs>

[Source: VA News]

Submitted by **Gunny**

Veterans Crisis Line Implementation of 988 Press 1 Preparation and Leaders' Response The VA Office of Inspector General (OIG) reviewed the Veterans Crisis Line's (VCL's) preparation for implementation of the National Suicide Prevention Hotline three-digit dialing code "9-8-8 press 1" (988 press 1). The review focused on responder and supervisor staffing and training, including postvention support awareness; information technology equipment and support; and quality metrics data and oversight. VCL leaders collaborated with the Substance Abuse and Mental Health Services Administration to add the 988 press 1 option. VCL leaders expected an increase in call volume from the addition of 988 press 1 access. The OIG determined VCL leaders hired additional frontline staff in anticipation of the call volume increase. However, VCL had not increased the number of supervisors to meet the identified supervisor-to-staff ratio. Supervisors' oversight ensures frontline staff provide adequate assessments of callers.

The OIG identified a concern related to frontline staff's awareness of and feelings of support from supervisors to use postvention resources. VCL staff would benefit from awareness and training regarding postvention resources.

VCL leaders, in conjunction with the Office of Information and Technology leaders, assessed, planned for, and implemented technology changes related to 988 press 1. The VCL did not encounter technology concerns. The OIG also found quality metrics data were reported monthly to VCL leaders at Executive Leadership Committee meetings and reflected quality oversight.

The OIG obtained and compared pre- and post-988 press 1 call volumes from July through December of each calendar year. From 2021 to 2022, call volume increased by 12.5 percent; from 2022 to 2023, call volume increased by 15.1 percent.

The OIG made two recommendations to the VCL Director related to determining the optimal supervisor-to-staff ratio and ensuring staff are aware and trained on postvention resources available to them.

(Source: VA)

Submitted by **Vic Librizzi**

September is National Suicide Prevention Month. The National Suicide Prevention line can be reached by dialing 988, then press 1 if you are a Veteran. Suicide thoughts can affect anyone regardless of age, gender or background. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. This is a time to raise awareness of this topic. The goal is ensuring that individuals, friends, and families have access to the resources they need to discuss suicide prevention and seek help.

SUICIDE PREVENTION MONTH



SEPTEMBER 2024 Newsletter
www.post10manassas.org

