





# Robert Vincent McMaugh Memorial American Legion Post 10 9950 Cockrell Road Manassas, Virginia 20110 703-369-4900

www.post10manassas.org



JAN, 2025

#### 2024-2025 Legion Officers

Commander Stan Moore

1st Vice Commander

**Ed Filipowski** 

2nd Vice Commander

Mike Parra

<u>Adjutant</u>

**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**

I hope this newsletter finds everyone well and rested after the holidays. As the Holiday Season has ended and as we start the new year let us take a moment to think about the meaning that the season brought us. It symbolized the spirit of charity and goodwill and encouraged us to reach out to those less fortunets. We should embrace the assence of charity and symport of the season and

fortunate. We should embrace the essence of charity and support of the season and spread it throughout the coming year. Our goal and calling as Legionnaires is to support not only our Veterans but our community and lifting up our brothers and sisters who need a helping hand, letting know that they are not alone in their struggles and no one is left behind.

We have a lot to look forward to this coming year. Let us make the most of it all and continue growing not just our Legion Family but our involvement with the community and setting the example for them to follow. Let's strive to be the best version of ourselves and continue to make a difference. Let's use this new year as an opportunity to make a positive difference in the lives of others. Let's strive to make this world a better place. I look forward to working with everyone this coming year and seeing all the great things we can accomplish together. Let's stay motivated and stay focused on our goals. Let's work together to create a better tomorrow.

For God and Country, **Stanley C. Moore**, Your American Legion Post 10 Commander Al10commander@yahoo.com

The month of January is named in honor of the Roman god *Janus*, who is symbolic of beginnings and endings, as well as gates and doorways. In many artistic depictions of *Janus*, he is portrayed as having two faces that look to the past and to the future.

According to tradition, Roman King *Numa Pompilius* (c. 715–673 BCE) revised the Roman republican calendar so that January replaced March as the first month. It was a fitting choice, since January was named after *Janus*, the Roman god of all beginnings; March celebrated Mars, the god of war.













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



The 2025 renewal period ended on December 31. However, there is a grace period which ends on January 31, 2025. On February 1, 2025, your 2024 membership card will no longer be valid.

A total of 550 Legionnaires have renewed their membership, and we have reached 71% of our goal. Also, we have 34 new members that have signed up so far this year. Please remember that dues have increased to \$50 for 2025 renewals and we request members that initially sent \$35 to send a check for the additional \$15. My thanks to all.

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 six new Legionnaires: *Kenneth Brooke*, USAF; *Rodolpho Gonzalez*, USAF; *Gordon Maginness* USMC; *Gregory Mills*, USCG; *Frank Koye*, USN; and *Andrew Weatherby* USAF. Also, please welcome our three new transfers: *Antoinette Barber*, *USA*; *Keith Clauson*, USA; and *James Strand* USMC.

There are several ways to renew your American Legion membership:

- 1. Online at <a href="www.mylegion.org">www.mylegion.org</a>. 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 <a href="mylegion.org">mylegion.org</a>. 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

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

We have a lot on the agenda for 2025. If you are able to volunteer please do. Check back often on the Post 10 website at www.post10manassas.org, or at the Post, or the newsletter.



Happy New Year to all.

2nd Vice Mike Parra

#### 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* 

## **Chaplain's Column**



As I am sitting here drafting this Christmas message to you it is Christmas Eve 2024 and we are on the eve of the new year 2025 and all the surprises and wonderful things that it will be bringing to us as a Post and as individual members within our Post.

I think of all the good things that have happened with you, the membership of American Legion Post 10, and the sad things too. We have a new Post Commander as well as new energetic Officers, new members and new family and friends that they bring to share all the things we do as Post 10 members

to show to all who we are and that we represent... the very best of America values and that of Americans in our beautiful nation.

Yes we have also lost some real family and comrades in arms. All of whom we will think of often, they have touched our hearts and we will never forget them.

Fathers... sons... wives... daughters... brothers... sisters... children... grandparents... All whom we love, care for and cherish. This who we are as human beings always and forever we will love them.

We look forward to a future in 2025 full of wonderment, excitement and that of a new chance each day to show and prove to all who may meet us who we are and that as Legionnaires we take pride as Americans, as citizens of our great country, nothing is impossible and we can do great things each and every day.

If you wish to discuss any of this please feel free to contact me at anytime at: <a href="mailto:steven.botello@gmail.com">steven.botello@gmail.com</a> or 1-703-853-1869.

Respectfully,

Steve Botello, Chaplain, Post 10,

(W) 1-703-853-1869 (FX) 1-703-991-0677: Email: steven.botello@gmail.com

**Scammers are delivering phishing messages:** During the holiday season, you might expect to get more deliveries. Some might even be surprise gifts. Scammers are counting on that when they send fake delivery notifications to you by email and text, hoping you'll click.

Here's how to spot these scams. You get an email or text and it says you missed the delivery. Or it might say your item can't be delivered because you need to update your street address or zip code. Sometimes these scammers create a sense of urgency by saying if you don't respond right away, they'll return your package to the sender. The scammers say both of these issues can easily be fixed: just click on a link. Why do they want you to click that link? It's a phishing scam. If you click, scammers could get information like your usernames and passwords for your online banking, email, or social media accounts. Scammers could then use those to steal your identity and open new accounts in your name. They might also install malware on your computer.

**To avoid fake shipping notification scams: D**on't click on links in messages about an unexpected delivery. If you get a message about an unexpected package delivery that tells you to click on a link for some reason, <u>don't</u> click. Contact the shipping company directly to get more information. If you think the message might be legitimate, contact the shipping company using a phone number or website you know is real. <u>Don't</u> use the information in the message. Check your order status. If you think the message could be about something you recently ordered, go to the site where you bought the item and look up the shipping and delivery status there. No matter the time of year, it always pays to protect your personal information.

Source: FTC Submitted by *Renee Valenti* 



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



The holiday season, often celebrated as "the most wonderful time of the year," can also be one of the more stressful times of year. Holiday gift shopping, running errands, decorating, spending time with extended family and attending large social gatherings can be expensive, taxing and overwhelming. For many, this time of year can intensify mental health concerns or lead to complicated emotional challenges. In small doses, anxiety can be motivating and help you confront life stressors. However, during the holidays, the pressure to meet social expectations and manage numerous obligations can make these feelings harder to manage. The holidays can be particularly challenging as they may highlight difficulties in adjusting to civilian life, remind you of lost loved ones or increase exposure to crowds and social interactions—which can exacerbate PTSD symptoms. Additionally, feelings of loneliness and sadness can be more pronounced during this time of year.

Recognizing and managing these feelings is crucial to caring for your mental health. Symptoms of depression and anxiety can be exacerbated by disrupted schedules, changes in seasons and less daylight.

To help you stay mindful, here are some key signs to watch for:

Common signs of anxiety: Feeling restless, jumpy, or on edge. Excessive worrying. Difficulty concentrating. A racing heart or cold, clammy hands. Trembling or twitching. Having trouble catching your breath. Feeling dizzy, nauseous, or lightheaded. Difficulty sleeping.

**Common signs of depression:** Feeling sad or hopeless. Losing interest in or not getting pleasure from most of your daily activities. Gaining or losing weight. Sleeping too much or not enough almost every day. Feeling tired or as if you have no energy almost every day. Eating more or less than usual almost every day.

Coping ahead and managing holiday stress: There are simple ways to safeguard your mental health and keep stress levels in check. Prioritizing self-care and being mindful of your mental health can help you navigate the holidays more smoothly.

Here are some tips: Manage expectations: Learn to say "no." You can't be everything to everyone. Setting boundaries is normal and healthy. Plan for breaks: If you need a healthy distraction, try listening to music, spending time in nature or playing a game. Do something for someone else: Serving others was likely one of the reasons you joined the military. Continue to serve by volunteering for good causes in your community. Enjoy simple pleasures like taking your dog for a walk, playing board games with friends or joining a book club. Understand perfection doesn't exist: Social media often portrays an unrealistic picture of the holidays. Don't compare yourself to others. Set differences aside: Focus on forging healthy connections. What do you have in common with those around you? Make a budget: Plan to make a budget and stick to it to manage financial demands. Plan ahead: If you know a situation will be stressful, picture how you will cope with it and write down a plan. Keep up healthy habits: Stay active and consider decreasing substance use.

Reach out for help: If you're starting to feel overwhelmed, connect with resources and support systems. Even if you're not enrolled in VA health care or benefits, the <u>resource locator</u> can help you.

Be flexible: Sometimes plans change. Try to remain flexible and adapt when situations don't fit your expectations. Give yourself time to make decisions, take a breather or take some time away from others when needed.

Source: VA Submitted by *Gunny* 









#### **COLOR GUARD REPORT**

Nov 26<sup>th</sup> Ben Thompson Funeral

Color Guard – Dave Quimby, Carl Carey

Dec 7<sup>th</sup> 78th Greater Manassas Christmas Parade

Scouts of America Troop 884, Manassas Young Marines

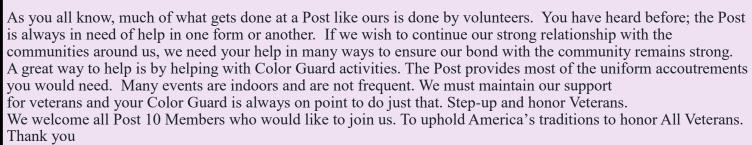
Dec 14<sup>th</sup> Wreaths Across America

Manassas Cemetery VA

Color guard: David Quimby, David Fisk, Steve Olson, Carl Carey

Scouts of America Troop 884, Manassas Young Marines

Dec 20<sup>th</sup> Space Force Birthday, Social Quarters



Carl Carey, Your Post 10 SGT-at-ARMS (571-421-7374 Careypmp@gmail.com)

"The only good thing about being surrounded is that you know you're not being followed." *LtGen Lewis "Chesty" Puller, USMC.* 









Rear Admiral *Jennifer Couture*, Director, Military Personnel Plans and Policy (OPNAV N13), and Commander *Ryan Pifer*, Nuclear Officer Program Manager (OPNAV N133C) and Submarine Officer Community Manager (BUPERS-312), were happy to accept, and expressed appreciation to Post 10, for donation of Submarine Warfare Device shadow boxes, which my bride, *Peggy*, and I delivered to Navy Support Facility, Arlington.

V/r Chief Tim Trant, USN, ret.



#### **International Holocaust Remembrance Day**

January 27th was chosen to commemorate the date when the Auschwitz—Birkenau concentration camp was liberated in 1945. The day remembers the killing of six million Jews, two-thirds of Europe's Jewish population, and millions of others by the Nazi regime and its collaborators.



"The only thing necessary for the triumph of evil is for good men to do nothing." - *Edmund Burke* "Nothing comes from doing nothing." - *William Shakespeare* 

"Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word." - *Goran Persson* 



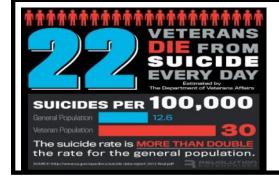
#### **Post 10 Veterans Advocate**

I wish all of our Veterans, troops, and active duty a Happy New Year in 2025! I hope all of you had a very nice and safe Christmas holiday! Thank you for your selflessness and dedication to our country and thank you to the families of veterans for their support and strength. As your Post 10 Veterans Advocate, I will continue to guide and 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 and will continue to do so as we start another year in 2025!

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







# Sons of the American Legion, Squadron 10

The Son's were pretty busy the beginning of December. On the 8th we shopped for Christmas gifts for the Vets in local facilities. On the 14th we delivered gifts for 73 Vets at 8 different places!! We had 23 members help shop and deliver from the Riders, Legionnaires and Son's. Talk about a feel good day! It's amazing the impact of doing this has on the Vets in the facilities. Just spending a few minutes talking to them meant more then the gifts themselves. I can't remember when we started doing this but it's been at least 15 years. Normally we have 3-4 places to deliver and maybe 20 Vets. **Kevin Dickey** got involved last year and this year he took the bull by the horns and got in contact with the other facilities. That's the reason we had as many, and knowing *Kevin* and the rest of the crew, we won't stop there. I think next year's goal will be 100 Vets and I'm confident we can reach that goal. We ask for a wish list and branch of service and we try to accommodate each Vet. I think I can speak for most involved that this is the most satisfying event we do each year. This is another reason why we have golf tournaments and a Chili Cookoff each year. Every year we donate to various charities and help the local Vets with the money raised. The more successful we are the more money we are able to donate. The last couple years we have donated between 15 - 20K and I expect 2025 to be even better. The Son's are proud to be a part of Post 10 and are always looking to be able to do more. We understand that the freedoms we have aren't free and we thank everyone for their service. Sincerely

Tom Ramirez, 2nd Vice Commander





Submitted photos by Tom Ramirez





**Dan Frye**, SAL Commander

Bob Cook Bluegrass. Saturday, 11 JAN 2025, 7 x 11 PM in the Social Quarters



Something Shiny Duo. Music & Comedy, Friday, 24 JAN 2025, 7 x 11 PM in the Social



NOTICES: When playing the 'game' machines you must turn in your cash receipts within 48 hours of printing them.

After that they become <u>null and void</u>. The Post has 48 hours to pay on winning tickets. Playing of machines during Social Quarters' hours ONLY!

Thank you for your cooperation.

#### On the Radar

#### January 2025 (National Blood Donor Month)

- 01 Jan New Year's Day
- 01 Jan Kwanzaa Ends
- 02 Jan Hanukkah Ends
- 17 Jan Persian Gulf War Began (1991)
- 20 Jan Inauguration Day, MLK, Jr. Day
- 27 Jan Signing of Vietnam Peace Accord (1973)

#### February 2025 (Black History Month)

- 02 Feb Groundhog Day
- 03 Feb Four Chaplains Day
- 08 Feb Scouting America Founded (1910)
- 12 Feb Lincoln's Birthday
- 14 Feb St. Valentine's Day
- 17 Feb Presidents' Day
- 22 Feb George Washington's Birthday











# LOCKER RENT WAS DUE on Tuesday, 31 DEC 2024: LAST CALL!

\$20.00 per locker (floor level lockers \$10.00). Write your name and locker number on your check, place in envelope and give to bartender on duty. Unpaid lockers shall be emptied on Saturday, 11 JAN 2025, and rented to the next member on list. Contents will be held at Post for 30 days and if not claimed will be treated as abandoned property and becomes the property of Post 10.

Thank you for your attention to this matter.

Submitted by Donna & Bonnie



**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.

A Claim Shark is an individual or company that charges hefty fees to "assist" or "consult" Veterans and survivors with filing their VA benefits claims. *This practice is illegal!* In fact, none of these private companies is better than the others. They are all operating illegally. Claims Sharks are not VA-accredited, meaning they are not required to adhere to professional and ethical standards, so their advice can be misleading or even fraudulent. Some of their predatory practices include guaranteeing an increased disability rating or percentage increase; advertising expedited VA claims decisions; requesting login credentials to access a veteran's personal information through secure VA websites like eBenefits or VA.gov; imposing their predatory contracts; and telling veterans to forego VA medical examinations while offering consultations from their own network of doctors. The VFW opposes proposed legislation like the *PLUS for Veterans Act* or any legislation that would assign future benefits and legalize these practices to allow companies to charge up to \$12,500 for claims assistance. No Veteran should have to pay for earned benefits.

Source: VFW Action Alert Submitted by Vic Librizzi



#### **AMERICAN LEGION POST 10 RIDERS**

Have a Happy and Safe New Year.

Keep the shinny side up!

Dave Albrecht, Director ALR 10



#### **AUXILIARY UNIT 10**

Wishing all a Happy New Year



Peggy Pignone, Unit 10 President



#### **Auxiliary Membership Report**

We currently have 153 mail-in renewals, 40 online, and 25 new members for a total of 218 members for 2025.

Welcome to our newest members: Susan Coates, Jeralyn Garber, Kevin Hamrick, Mary McGaffic, Pamela Moser, and Marilyn Smith

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 <a href="www.ALAforVeterans.org">www.ALAforVeterans.org</a> 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).

Wishing all a Happy and Healthy New Year!

Thank you, *Johnnetta Jetten*, ALA Membership Chair

#### JANUARY LUNCH SPECIALS Monday thru Friday, 11 AM x 2 PM

WED 01 Jan	Tuna Melt w/Tomatoes & Cheese.
THU 02 Jan	Bratwurst, Hot German Pot. Salad,
	Fried Cabbage.

FRI 03 Jan Bronco Burger, FFs or ORs.

MON 06 Jan Bourbon Beef Tenderloin o/Penne Pasta.

TUE 07 Jan Chicken Enchiladas w/Rice.

WED 08 Jan Taco Salad.

THU 09 Jan Teriyaki Country Style Ribs, Rice, R&B.

FRI 10 Jan Fish'n Chips, Slaw, Tartar Sauce.

MON 13 Jan Country Fried Chicken w/Gravy & Potatoes.

TUE 14 Jan Stuffed Peppers, Potatoes, R&B.

WED 15 Jan Soup & Grilled Sand.

THU 16 Jan Shrimp or Oyster Po'Boy, Slaw, FFs.

FRI 17 Jan Hot or Cold It. Sub.

MON 20 Jan Meatloaf, Potatoes, Vegs., R&B.

TUE 21 Jan Chicken Parm., Salad, Garlic Bread.

WED 22 Jan Mushroom Swiss Burger, FFs.

THU 23 Jan Beef Stroganoff o/Noodles, Veg.,

FRI 24 Jan Cowboy Chicken Sand., FFs or ORs.

MON 27 Jan Spaghetti w/Meatballs or It. Sausage.

TUE 28 Jan Country Fried Steak, Gravy, Pot., Veg.

Wed 29 Jan Patty Melt on Rye w/Grilled Onions.

THU 30 Jan Chicken & Cheese Quesadilla, Tortilla Chips, Salsa & S.Cream.

FRI 31 Jan Fried Catfish Dinner or Sub., Slaw, FFs.

# 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.

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

04 Jan—Steak or Orange Balsamic Chicken.

11 Jan—Steak or Seafood Creole o/Rice.

18 Jan—Prime Rib.

25 Jan—Steak or Chicken Marsala.

Stop by to have dinner and entertainment at the Post—make it a date night!

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

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





#### <u>January Entertainment</u> (Friday & Saturday evenings 8 x 11 PM)

3 & 4 Jan, Fri & Sat—'Wild' Bill Karaoke
10 Jan, Fri—Jute Box
11 Jan, Sat—Bob Cook [7 x 11 PM]
17 & 18 Jan, Fri & Sat—'Wild' Bill Karaoke
24 Jan, Fri—Something Shiny 'Comedy & Music'

[7 x 11 PM] 25 Jan, Sat— TBA 31 Jan, Fri—'Wild' Bill Karaoke

If you have suggestions for entertainment see Bonnie.

NEWSLETTER SUBMISSION: Please remember to submit your <u>articles to me in word document format by COB [1700 hours] on the 25th day of each month.</u> Photos should be 'jpeg' and separate from the body of the <u>article & include identifying info.</u> 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 **JANUARY 2025**

The American Legion Family



See Menu page for lunch and dinner specials.

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Calendar subject to change—call Post on 703-369-4900 for current information. Our new website is: www.post10manassas.org







Come Join Us For Superbowl Sunday Feb 9th 2025

5 - 8pm
Buffet style food at \$15
per person
Please bring a dessert
to share with all.
All TV's including Movie
screen in hall will be
showing the game

Please let Bartender know If you are coming.



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

"If freedom of speech is taken away, then dumb and silent we may be led, like sheep to the slaughter." - *George Washington* 

"Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free."

- Ronald Reagan



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