



Volume 3, Issue 11
**Winner of the
 2010 VALPA
 Award**



November 2010
www.vapost364.org

AMERICAN LEGION POST 364, WOODBRIDGE, VIRGINIA

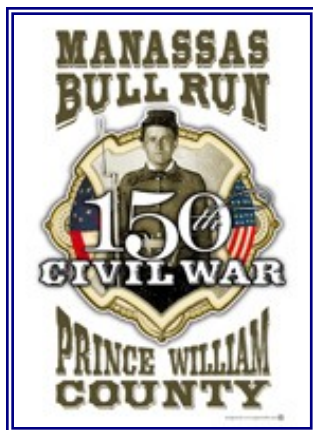
Post--Gram

Monthly News &

Views from The Friendly Post

Sesquicentennial of the American Civil War

Beginning in 2010, Prince William County and the City of Manassas will commemorate the 150th Anniversary of the Civil War and the events that forever changed our nation.



Visitors will experience the Civil War as never before with living history, lectures, film, concerts, exhibits, academic pursuits, educational programs, and re-enactments. More than 80 different events are scheduled for 2010/2011 with more in the planning stages.

For four years, Prince William County and Manassas, Virginia will partner with the Commonwealth and the Virginia Sesquicentennial of the American Civil War Commission (www.virginiacivilwar.org) to explore the impact of the conflict on all Americans from civilians to

soldiers, from slavery to emancipation, and from secession to surrender.

Virginia was vitally important to the nation. From its importance geographically to the role it played in the founding of the nation, Virginia was at the heart of the conflict. Virginians were torn over the idea of secession. After the election in 1860 many Virginians remained loyal to the United States. The original vote of the Virginia Secession Convention in Richmond was 80-45 against secession. It was only after the outbreak of armed conflict that Virginians voted to secede. The citizens of the Commonwealth ratified that decision in a vote on May 23, 1861. Union forces marched out of Washington immediately occupying Alexandria for the duration of the war. Citizens of Prince William County volunteered to serve in the new army and trained on the grounds of Brentsville Courthouse.

After Harper's Ferry, preparations for war began in earnest.

Virginia would be a pivotal state in the Civil War. More than 60 percent of the battles were fought in Virginia and the Old Dominion suffered more damage than any other area in the western hemisphere. More than 600,000 Americans would die during

the four years of war, more from disease and hunger than battle wounds.

Fifty years after the Battle of First Manassas, the veterans of the conflict gathered at the site to shake hands and reconcile old wounds. President Taft drove out from Washington to speak to the veterans and commemorate the Peace Jubilee on the steps of the Manassas Courthouse.

Both Union and Confederate veterans settled in the region, rebuilt the economy, created schools and established a peaceful, productive and tolerant community that emerged from the ashes of war and thrives to this day.

Prince William's Sesquicentennial story is an American legacy of war, peace, and reconciliation. In anticipation of that anniversary, the County has created the Prince William Civil War Heritage Trail linking 25 sites important to the conflict.

Take a self-guided tour, or arrange to meet interpreters at key sites for a two-

Where the battle began, heroes emerged, and peace prevailed

FROM THE COMMANDER'S CORNER

Dan Condon, Commander



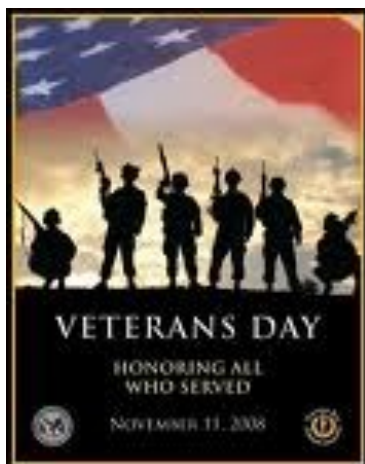
.With this edition of the POG we are beginning to get into the Holiday season. We have numerous events scheduled over the next couple of months starting with Veterans Day on November 11th. We'll start off the day at Quantico National Cemetery and it's off to Emeritus Assisted Living facility for a Veterans Day Ceremony. Then the following weekend, we will be having our annual Senior Thanksgiving Dinner on Saturday, November 20th. Over the past few years we've had a large turnout for this event and we don't expect anything less this year. So if you have some time, we certainly can use the help setting up the Post the night before and cleaning up afterwards. Please contact Wayne Hamilton or myself if you would like to help. Then on Thanksgiving Day we will be having a Pot Luck dinner at the Post. Everyone is invited and I anticipate a bunch of people will show up to share a big

meal with plenty of deserts. Then it's into December and one of our biggest events of the year, Toys for Tots. This year we will have our annual Toys for Tots dinner on December 4th. Our guest speaker will be the Department Commander, Mike Mitrone. As with all events at the Post we certainly can use some help. We will need some help setting up the hall the night before and we'll need some help cleaning up afterwards. This event is usually one of our biggest affairs of the year and with the Department Commander attending it may sell out quick, so make sure you get your tickets early.

The next event after Toys for Tots is the children's Christmas Party starting at 11 AM on December 11th. From what I've heard Santa is planning to attend. Then on December 17th we will be having Karaoke, and being the Christmas season, I'm sure this will be one of the biggest turnouts of the year. And the last event before Christmas itself will be the joint Legion, Auxiliary and SAL membership meeting on December 21st. Because this is a

General Membership meeting, everyone is encouraged to attend. After the meeting we will have a Post Christmas party and just like every year we will have a white elephant gift exchange. If this year is anything like the previous years, there will be some really great gifts exchanged and a lot of laughing going on. Finally, New Years Eve falls in December and on a Friday, so we will have a New Years Eve party on December 31st starting a 9PM. We will post details at the post as we begin our planning next month.

I would also like to remind everyone that as we get into the holiday season that this is a tough time of year of our deployed service members and their families. Anyone that has to spend time away from their family knows how difficult it is but it's especially hard during the holiday season. So let's all keep in mind that there are families out there that are missing their loved ones and maybe could use a helping hand or even just a reminder that we appreciate their sacrifice.



Veterans Day Open House

Club will be open at 12 noon

Cheese and Meat Platter
plus Sara's roasted Hot Dogs

All Day Happy Hour prices
on beverages.

Come join us in Comradeship & Celebration!

FROM THE PRESIDENT'S PEN

Sherry Karlson, Unit President

Please remember Nov.11 is Veteran's Day. Thank you to all our Veterans and Active duty men and women for serving. Please thank a Veteran.

Hero Honor flight training went well. Thank you Janet Renner and Lola. There are coins and a pin available for a \$15.00 donation all proceeds helps a WWII veteran to visit the WWII memorial In Washington DC.

On Nov.13 at 7pm, Post 180 will be hosting a fundraiser where all proceeds support our WWII Veterans visiting their memorial through the Honor flight program. Anyone interested please contact me or see the flyers at the Post. We now have a JRs unit. Thank you Mary DiPerna. What a wonderful job they did at the bake sale. Congratulation to Amanda Oden as the Jrs President and Katlin and Kimberly Long as Secretary and 1st Vice president.

If anyone is interested in joining our JR Unit please contact Mary DiPerna.

Diane Condon did a wonderful job putting together our first annual Flea Market. We had many visitors who bought many items. I am looking forward to another one.

Happy Thanksgiving everyone!!!!!!! Please remember all our men and women who are away from their love ones and pray for their safe return. We seem to forget about Thanksgiving for our military families and like last year we were able to help out some families to have a wonderful dinner. This year we will be providing Thanksgiving dinner to as many as 10 families from the Wounded Warrior Transition Unit at Ft Belvoir. I would like to thank everyone who has made a donation to this worthy cause.

Holidays are tough especially now when money is tight and you're

worried about your love one trying to recover from an injury. I know times are tough but please if you can help make a family Christmas a joyous one and would like to help, please contact me. Last year we were able to help two families. I know they are doing well and still struggling in the recovery area. Please keep them in your prayers.



The person who I have chosen as the Nov. volunteer is Mary DiPerna. Mary has taken care of the bingo paperwork and scheduling. She has jumped right into starting up our JRS unit. Mary is a very caring, loving person and I am glad to call her my friend and sister. Thank you Mary for being who you are.

Juniors! They're *baaaaaaaaaack!*



Meet the new officers of ALA Juniors Unit 364!

- Amanda Oden**
Honorary Junior President
- Kimberly Long**
Honorary Junior
First Vice President
- Katlin Long**
Honorary Junior Secretary

These young ladies are off to a great start with proceeds from their Flea Market bake sale!
Way to go Juniors!



SONS OF THE AMERICAN LEGION—SQUADRON 364, DETACHMENTS' DISPATCH

Jack Rike, Commander



Attention SAL members please review your membership card to ensure it is a valid 2011 card. If not the dues are listed below for 2010 members and can be mailed to: Sons of the American Legion; PO Box 2121: Woodbridge VA 22195.

2010/2011 Dues

21 & older	\$25
13 thru 20	\$20
12 & under	\$15
Dual	\$10

Make checks payable to SAL 364.

If your membership card is 2009 or older please contact an SAL officer at (703) 494-4304.



The SAL's held our Oktoberfest celebration on 11 Oct. It was great a success. We had a good turnout and served burgers, brats and the appropriate beverages! A horseshoe tournament followed the great meal. The team of Bob Renner and Doug Caskey defeated the team of Matt Peters and Jack Rike. Honorable mention goes to the ladies team of Sherry Karlson and Robin Oden. Brave women! The SAL's Volunteers of the Month for November are Karen & Wayne Hamilton for all their help with Oktoberfest festivities! Thanks to both!

THE CHAPLAIN'S CORNER

Scott Burgess, Post Chaplin, *Yours in Faith*



“Death and life are in the power of the tongue; and they that love it shall eat the fruit thereof”

Our words have creative power. Whenever we speak whether good or bad, we are giving life to what we are saying. I hear too many people saying negative things about themselves, their family, their friends, and their future. Things like “I’ll never be successful. This illness is going to get the best of me. Business is slow I don’t think I will make it. My friend doesn’t think I can do

it. My family isn’t going to support me.” When we talk like this we are setting our future. The Bible says “We will eat the fruit of our words” That means we are going to get what we are saying. We cannot talk defeat and expect victory, we cannot talk lack and expect abundance. No we must stop cursing our future with negativity and start blessing it with positive words and thoughts. Start waking up and

saying what a beautiful day, today is the day I will succeed, today I will tell someone I don’t know how nice their smile is, today I am going to do something wonderful.

I promise if we start saying and doing and believing God will bless us in ways we never even conceived. God will allow us to move forward in the life He has prepared for us!

YOUR SERVICE – YOUR BENEFITS

By Art Dupay, *Assistant Service Officer*

American veterans' benefits date back to the colony of Plymouth which ordered in 1636 that any soldier who became disabled as a consequence of injury while defending the colony would be maintained by the Colony for life. Other colonies followed this lead, which ultimately was continued by the Continental Congress. Over the past 375 years the program has changed, evolved, and become what it is today. Disabled veterans require a range of services and benefits, including compensation, health care, specially adapted housing and vehicles, insurance, and other services tailored to their special needs. Compensation is one of the largest programs with a goal to help service-disabled veterans achieve parity in earnings with nonservice-disabled veterans. Understanding what this means and how it is applied is sometime difficult and often leads to frustration and a lack of faith in the VA, its programs, the process, and the individuals charged with executing the laws and regulations established by Congress.

As a Service Officer one of my most difficult tasks is trying to explain that records of past injuries, illnesses, and the cumulative affect of life in a military environment are not in and of themselves evidence of disability. By definition, disability is an impairment in the veteran's earning capacity. Compensation for disability is determined by the number of conditions considered to be connected to military service, the degree to which each condition is disabling, and the overall degree of disability caused by the conditions. The percentage is based on condition's average impairment in earning capacity resulting from the disease or injury and its residual conditions in civil occupations. Current law requires that the VA Rating Schedule compensate service disabled veterans only for average impairment of earning capacity.

The VA Rating Schedule consists of more than 700 diagnostic codes organized under 14 body systems, such as the musculoskeletal sys-

tem, organs of special sense, and mental disorders. For each code, the schedule provides criteria for assigning a percentage rating based on the medical conditions including levels of severity specified for each diagnosis. The criteria are primarily based on loss or loss of function of a body part or system which must be verified by medical evidence. The original incident in documented in military records establishes the service connection and the current condition, as supported by medical evidence and evaluation, is used to determine a disability rating.

For detailed information on VA Disability Compensation Rating Guides see 38 Code of Federal Regulations, Part 4 – Schedule for Rating Disabilities (available on the web) or contact your Post 364 Service Officers, Irene Wheelwright or Art Dupay, at vapost364@yahoo.com for service benefit and entitlement related assistance.



The Family Circle - special thoughts and prayers for our family members

Convalescing

Sara Callahan
Warren DiPerna
Bob "Fitz" Fitzgerald

Prayer Requests

Our troops through the world.

Anonymous member
of the Legion Family

Post Everlasting

On the wings of angels

Bernard Rogers
Past Post Commander
Pat Marques

Wreaths Across America

Vic Poillucci, Americanism Chair

The Arlington Story

the early age of 12 years old when, as a Bangor Daily News paper boy, Morrill Worcester won a trip to the Nation's Capital. It was a trip he would never forget, and Arlington National Cemetery (Official Site) made an indelible impression. In later life, he recognized that his success as a businessman was in large part, due to the values of this Nation and the Veterans who made the ultimate sacrifice for their country.

In 1992, the Wreath Company found themselves with an excess of wreaths nearing the end of the holiday season. Seeing an opportunity to make a boyhood dream a reality, efforts to do something special with those wreaths began in earnest.

With the help of Maine Senator Olympia Snowe, arrangements were made for the wreaths to be placed at Arlington in one of the older sections of the cemetery, a section which received fewer visitors with each passing year.

With plans underway, a number of other participants began their support for the project. James Prout, owner of Blue Bird Ranch, Inc generously provided and transportation all the way to Virginia. Volunteers from the local American Legion and VFW Posts gathered with members of the community to decorate each wreath with signature red, hand-tied bows. Member of the Maine State Society of Washington, DC and John Metzler, Jr, Superintendent of Arlington National Cemetery worked to organize the wreath-laying, including the incorporation of a special ceremony at the Tomb of the Unknown Soldier.

Worcester Wreath and its involvement with the Arlington project was inspired at



Mark our Calendars - - - On Saturday, December 11, 2010, for the 19th consecutive year, Morrill Worcester, owner of Worcester Wreath Company, Harrington, Maine, will again donate thousands of Maine balsam fir holiday wreaths to be placed on graves at Arlington National Cemetery. This year, in conjunction with wreaths sponsored through the Wreaths Across America program, there will be approximately **20,000 wreaths** placed at Arlington in **Sections 28, 38, 43** (in the older section of the Cemetery), **and Section 60** where many of those lost in our current conflicts are buried. There will be a short **welcome and briefing** of all volunteers at **8:30am** on that Saturday at the

intersection of Lincoln and Mitchell Drives within the Cemetery. There will be signs directing you to the location. We will **start placing wreaths at approximately 9:00am**. There will be special wreath ceremonies at the Kennedy Family Memorial at 11:00am; at the Battleship USS Maine Monument at 11:30am and at the Tomb of the Unknowns at Noontime which we hope the volunteers will also attend. Last year we had over 5,000 volunteers helping to honor and remember our American Veterans buried at Arlington. I expect this number to be even greater this year. Due to the large number of volunteers expected, and the limited parking spaces available, we encourage

everyone who can to please use the Metro Rail system (Blue Line) to get to Arlington Cemetery. Limited parking will be available in the Cemetery's Employee and Administrative Parking lots (off King Drive) and along specific roads located to the East of Eisenhower Drive (King Drive, Leahy Drive, McClellan Drive and Halsey Drive). There will be signs posted to direct you to these locations. To learn more about the Arlington Project and other wreath locations check out www.wreathscrossamerica.org.

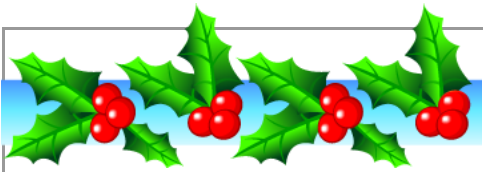
More to follow.



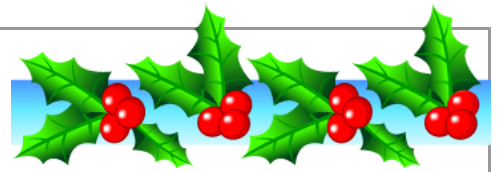
November 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Bingo (Team 2) 7:15 PM -10 PM	2  Election Day SAL Executive Meeting 6:00 PM Legion Executive Meeting 7:30 PM	3 Boy Scouts 7 PM	4 Junior Shooters 7 PM	5 Post Dinner 5:30 PM to 7:30 PM	6
7 Bingo (Team 3) 2 PM – 5 PM State	8 Bingo (Team 4) 7:15 PM -10 PM	9 Auxiliary Executive Meeting 7:30 PM	10 Boy Scouts 7 PM	11  Veterans Day Quantico National Cemetery 11 AM Junior Shooters 7 PM	12 Post Dinner 5:30 PM to 7:30 PM	13 Veterans Dinner 6PM – 8PM
14 Bingo (Team 5) 2 PM – 5 PM USMVMC Meeting 6 PM	15 Bingo (Team 6) 7:15 PM -10 PM	16 SAL Membership Meeting 6:00 PM Legion Membership Meeting 7:30 PM	17 Boy Scouts 7 PM	18 Junior Shooters 7 PM	19 Post Dinner 5:30 PM to 7:30 PM Karaoke 8PM-12AM	20 Seniors Thanksgiving Dinner 12 PM – 3 PM
21 Bingo (Team 7) 2 PM – 5 PM	22 Bingo (Team 8) 7:15 PM -10 PM	23 Auxiliary Membership Meeting 7:30 PM	24 Boy Scouts 7 PM	25 Thanksgiving Dinner Pot Luck 12PM 	26 No Post Dinner	27
28 Bingo (Team 1) 2 PM – 5 PM USMVMC Meeting 6 PM	29 Bingo (Team 2) 7:15 PM -10 PM	30 40/8 - 7PM				



December 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Boy Scouts 7 PM	2 Junior Shooters 7 PM	3 Post Dinner 5:30 PM to 7:30 PM	4 Toys for Tots 6PM 
5 Bingo (Team 3) 2 PM – 5 PM State	6 Bingo (Team 4) 7:15 PM -10PM	7 SAL Executive Meeting 6:00 PM Legion Executive Meeting 7:30 PM	8 Boy Scouts 7 PM	9 Junior Shooters 7 PM	10 Post Dinner 5:30 PM to 7:30 PM	11 Children's Christmas Party 1 1 AM to 2 PM
12 Bingo (Team 5) 2 PM – 5 PM USMVMC Meeting 6 PM	13 Bingo (Team 6) 7:15 PM -10 PM	14 Auxiliary Executive Meeting 7:30 PM	15 Boy Scouts 7 PM	16 Junior Shooters 7 PM	17 Post Dinner 5:30 PM to 7:30 PM Karaoke 8PM -12AM	18
19 Bingo (Team 7) 2 PM – 5 PM	20 Bingo (Team 8) 7:15 PM -10 PM	21 Legion/ Auxiliary/ SONS Joint Membership Meeting, Christmas Party/ Potluck Dinner 7:30 PM	22 Boy Scouts 7 PM	23 Junior Shooters 7 PM	24 No Post Dinner	25 CHRISTMAS 
26 Bingo (Team 1) 2 PM – 5 PM USMVMC Meeting 6 PM	27 Bingo (Team 2) 7:15 PM -10 PM	28	29 Boy Scouts 7 PM	30 Junior Shooters 7 PM	31 Post Dinner 5:30 to 7:30 PM New Year's Eve Party 9PM – 1AM 	



Warren DiPerna - Bingo Manager - 571-239-7556

Teams 1, 2 Bingo Manager, Daniel Eubank 240-993-6916

Teams 3, 4 Bingo Manager, Randy Bower 703-309-3800

Teams 5, 6 Bingo Manager, Doug Caskey 703-899-5332

Teams 7, 8 Bingo Manager, Scott Burgess 703-901-1321

Sunday Sales start 1:00p - Monday Sales start 6:15p

Team 1 Sundays

Bob Fitzgerald (TC)
540-379-4664

Chris McDonald (C)
256-408-1207

Patricia Barr
703-910-6241

William Dorsey
703-541-3122

Diane Clark
703-497-3254

Team 2 Mondays

Jim Hawkins (TC)
703-819-8465

Raye Ferrington (C)
703-924-1150

Brian Condon
317-696-3906

Chris Thomaidis
703-232-0956

Barbara Stevenson
703-670-8750

Team 3 Sundays

Robin Oden (TC)
703-772-1653

Michael Hodge (C)
703-583-1427

Chris McDonald
703-595-9507

Merle Bevenour
843-540-0498

Anne Bower
703-494-1910

Myrna Sanborn
717-870-4512

Team 4 Mondays

Gary Lepore (TC)
703-303-0759

Mel McGee
703-472-9157

Gary Eads
703-216-2387

Jack Chmielewski
571-594-0839

Ted Zeunges
703-583-4966

Jo Peters
703-680-0473

Team 5 Sundays

Matt Peters (C)
703-680-0473

Thom Karlson
703-730-2172

Sy Horowitz
703-670-8325

Addie Horowitz
703-670-8325

Team 6 Mondays

Jack Rike (TC)
703-878-0331

Pete Turner (C)
703-680-3068

Mark Clark
703-314-4594

Barbara Barnes
703-670-0753

Team 7 Sundays

Cal Albers (TC)
703-670-9815

Michael Hodge (C)
703-583-1427

Chris Thomaidis
703-232-0956

Patty Groves
703-730-1471

VACANT

Mary DiPerna
571-239-7555

Team 8 Mondays

USMVMC (TC)
USMVMC (C)

USMVMC

USMVMC

USMVMC

Maureen Wessel
703-680-6003

Bing...it's what we do.



The American Legion
Woodbridge Post 364
P.O. BOX 2121
Woodbridge, VA 22195

NONPROFIT ORG
U.S. POSTAGE PAID
WOODBIDGE,VA
22192
PERMIT NO. 10



Club Hours	
Post Lounge— 703-494-4304	
<i>Friendly Hours—Monday Thru Friday 3:pm - 7:00pm</i>	
Monday	3pm to 11pm
Tuesday thru Thursday	3pm to 10pm
Friday	3pm to 1am
Saturday	2pm to 1am
Sunday	12noon to 10pm



<u>Post 364 Dinner Menu</u>	
Home Cookin'	
Regular Menu consists of the following:	
Beer Battered Cod \$8.00 Butterfly shrimp 8.00 Scallops 8.00 Spaghetti 6.50 Steak 14.00	Hamburger w/FF 4.00 Cheeseburger w/FF 5.00 Choice of Baked Potato or French fries Choice of veggie Salad Bar
Child's menu:	Spaghetti \$3.00 Wing Dings w/FF \$ 3.50 Chicken Tenders w/FF \$ 3.50
<u>This month's Specials:</u> All specials are \$8.00, except for Steak - \$14.00 Nov. 5th—Honey Dipped Chicken Nov. 12th—Steaks & Seafood on the Grill Nov. 19th—NO DINNER Nov. 26th—NO DINNER	

Driving Directions to Post Home

Take I-95 to Exit 158, Prince William Parkway. Prince William Parkway toward Manassas. Past Commuter Lot, bear right onto Caton Hill Rd. Turn Right onto Caton Hill to Minnieville (2nd Stop light). Turn Right onto Minnieville to Fowke Lane (about 200 yards). Turn Left on Fowke (used car dealer on corner) to Jenny Lane (Stop sign). Turn Left on Jenny Lane to Friendly Post Lane (about 100yds, 1st street on right) Turn Right on Friendly Post Lane. *Welcome home.*

