



## AMERICAN LEGION POST 364, WOODBRIDGE, VIRGINIA

# Post- -Gram

Monthly News & Views from The Friendly Post

## Ride, captain ride, upon your mystery ship, Be amazed, at the friends, you have here on your trip.



Leading up to The American Legion's 2010 National Convention, Ride 2 Recovery conducted a week-long cycling event from Minneapolis to Milwaukee. Wounded warrior cyclists rode nearly 530 miles with Medal of Honor recipient Gary Wetzel to the site of the Legion's 92nd National Convention.

### “Improving Wounded Warriors’ Rehabilitation and Recovery through Cycling”

Ride 2 Recovery raises money to support spinning and outdoor cycling programs at military and VA medical facilities. The program is a partnership with the Fitness Challenge Foundation, helping injured veterans overcome physical obstacles.

Cycling is an important part of recovery and rehabilitation. The

that often accompany recovery and rehabilitation.

The American Legion’s National Executive Committee passed a resolution in May 2009 supporting Ride 2 Recovery’s efforts. The American Legion and American Legion Auxiliary Departments of California, Texas and Virginia actively support Ride 2 Recovery’s week-long cycling events through Legion Riders, donations, volunteers, use of post facilities and dinners.

Participating in the ride are hundreds of U.S. troops injured while serving

in Operation Iraqi Freedom and Operation Enduring Freedom, along with celebrities, athletes and elected officials.

Ride 2 Recovery is a 501(c)3 organization that supports Spinning® Recovery Labs and outdoor cycling programs at military and VA medical facilities to help injured veterans overcome physical obstacles. Cycling is an important part of the recovery and rehabilitation program for two reasons: cycling is an activity in which almost all patients with mental and physical disabilities can participate, and participation in R2R helps speed up the recovery and rehabilitation process.



<http://www.road2recovery.us.com/>

## FROM THE COMMANDER'S CORNER

### Dan Condon, Commander



As we come to the end of summer and start to transition into fall things around the post are going to get busy. The first week of August saw several members of the

Post, including members of the Auxiliary and the Son's of the American Legion, attending American Legion College in Richmond. The weekend lets the officers learn about how to run some of the important programs that we support that are at the heart of why we are the American Legion. But it was not all work. We were able to spend some time with the leadership and future leadership of other posts around the state and exchange some ideas on how to make our posts better. It turned out to be a very educational weekend for all.

September is going to be a very busy month starting with one of our biggest fund raisers of the year. The Post golf tournament is scheduled for the 3<sup>rd</sup> of September at Montclair Country Club in Dumfries. The proceeds from this event will be going to the McGuire Veterans Hospital in Richmond. This is looking like it's going to be a big day for everyone. Mike Roberge is working really hard to make sure this is going to be a big success. The day will begin with a fun day of golf at Montclair and then back to the post for a lunch served by Armetta's Italian Restaurant. Mike has also gotten donations from Dicks Sporting Goods and other merchants around town so that we can have lots of prizes to give away. With the help of Joanne Clark and First Command it looks like we may have a hole-in-one contest where someone can win a prize valued at \$15,000 if they get a hole-in-one on one of the par 3

holes. First Command is also working on donating a set of golf clubs that will go to some lucky player. In addition, there will be prizes for closest to the pin, longest drive and lots of door prizes and raffles. I encourage everyone to come out and support this event. This is going to be a big day for a good cause.

As we move into the middle of the month, we are planning a 9-11 remembrance ceremony to remember the victims of that tragic day. The ceremony will begin at 2:00 PM on Saturday September 11<sup>th</sup> and all are welcome to come. The next event on the agenda is our annual POW/MIA Recognition Day ceremony. This is our time to remember and recognize those who were prisoners of war and those who are missing in action along with their families. The ceremony will begin a 6:30 PM on the third Friday in September. This year that will be September 17<sup>th</sup>. I highly encourage everyone to come out and remember those that have given so much in the defense of our freedom.

But that's not the end of this busy month yet. On Saturday September 18<sup>th</sup> there will be a couple of events going on that day. It will begin with Post 364 hosting the 16<sup>th</sup> district horse shoe tournament. All Legion, Auxiliary and Sons of the American Legion members are invited to put a team together and participate. I expect several teams from posts around the 16<sup>th</sup> district so it would be a good day to meet people from our neighboring posts. The tournament and picnic will begin a 1:00 PM. Burgers and dogs will be provided, so come on out and start the day off right. The tournament will be followed by a birthday party for the Air Force. That's right, the **Air Force** turns **63** this year and we plan to have a cake to celebrate. So come on out to what

looks like a fun day at the post.

We're not done yet. With all the fun we've been having at the post it's time we did some cleanup. Our semi-annual post cleanup is scheduled for Saturday September 25<sup>th</sup>. As you know, there is always plenty to do on cleanup day, but this year, in addition to our regular duties, we're going to do something extra. We need to get rid of all the wood that was cut down when we trimmed all the trees around the post. So we are going to do a bunch of wood splitting on top of all the other stuff that needs to be done around the post. Jim Hawkins will have a list of things that need to be done as we get closer to the end of the month. So I ask that you set aside some time in your busy schedule to come out and help on cleanup day.

The volunteer of the month is Mike Roberge. He has done an outstanding job putting together our Golf tournament. If anyone has ever tried putting an event together of this size you would appreciate the amount of work it takes to make it all come together. He has far exceeded the expectations we had when we first talked about holding a fund raising event for the post. Thanks for all your hard work Mike and the reserved parking space is yours for the next month.

But before I close out, I want to give a special thanks to my wife Diane and all my friends at the post. The birthday party you put together for me was the best. The Thunder Chickens has to be the funniest things I've ever seen. I can't express in this short article how much it meant to me but I will remember that day for the rest of my life. Thanks.

## FROM THE PRESIDENT'S PEN

Sherry Karlson, Unit President

My how time flies, summer is almost over and it's time for school.

First, I'd like to say **Happy 63rd Birthday to our Air Force Family!!!**

Please, everyone, take a moment to remember September 11<sup>th</sup>, Patriot Day, and all those who lost their lives on that terrible day.

Join us on September 17<sup>th</sup> as we host our annual POW/MIA remembrance ceremony at 6:30 in the pavilion. Barbara Stevenson and Robin Oden chair this wonderful event. The dinner hour will

be extended and Karaoke will follow in the lounge. The auxiliary will be lending support to the Legion as they host a golf tournament on Sept 3<sup>rd</sup>. Proceeds will be donated to McGuire VA Hospital.

Time to clean out your closets! On October 9 we will be hosting our 1<sup>st</sup> Flea Market. If you would like a table please contact Diane Condon at [auxunit364@yahoo.com](mailto:auxunit364@yahoo.com) or you can drop off your request at the Post. Cost is \$15.00 for a table and \$25 for 2 tables.

To all Auxiliary members if you

have not renewed your membership please do so, Raye Ferrington is our wonderful Membership Chair.



For the Month of September the volunteer is Diane Condon. This is her first year as an officer. She is our 2<sup>nd</sup> Vice President- Ways and Means. Diane has some wonderful fundraising ideas. She is always there helping in any way or when someone needs help. Thank you Diane!!

## POW/MIA RECOGNITION DAY CEREMONY

Robin Oden, Post POW/MIA Chairman

Barbara Stevenson, Unit National Security Chairman



Each year, by Presidential Proclamation, Americans assemble on the third Friday in September on National POW/MIA Recognition Day to honor those who served, rec-

ognize those who are missing and reaffirm our commitment to seek the fullest possible accounting of all POWs and MIAs. This year, the Post 364 family will be paying tribute to our POWs and MIAs on September 17<sup>th</sup> during an outdoor ceremony in the pavilion beginning at 6:30 PM. Our ceremony will include the reading of the names of all POWs and MIAs from Virginia who are missing and still unaccounted for followed by a symbolic balloon release. Please mark your calendars and plan to

attend this very special ceremony honoring our POWs and MIAs.



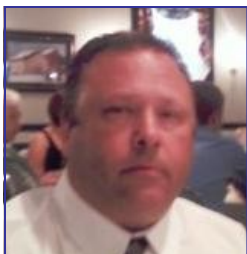
AMERICAN LEGION AUXILIARY  
DEPARTMENT OF VIRGINIA

Now you can find us at  
[www.vaauxilliary.org](http://www.vaauxilliary.org) or on



**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.

**Make checks payable to SAL 364.**

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

**2010/2011 Dues**

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



I want to thank everyone in the Post Family who provided such great support to Squadron 364 in our efforts to fundraise for a new Detachment flag. The original flag was in bad shape and the members felt we couldn’t participate in one more Color Guard event with it looking so shabby. I’d like to give a special “shout out” to the following folks who really stepped up for us in the donations department: Wayne Hamilton, Pete Turner, Dan Condon, Doug Caskey, Mark Clark, Rick Barren, Robin Oden, Raye Ferrington, Maureen Wessel, Jay Rarick, Myrna Sanborn, Matt Peters, James Wilkerson, Sy Horowitz.  
Thanks everyone!



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

**Convalescing**

Warren DiPerna  
Bob “Fitz” Fitzgerald  
Marie Mitrione  
Diane Peters

**Prayer Requests**

*Our troops through the world.*

**Post Everlasting**

*On the wings of angels*  
No report

## YOUR SERVICE – YOUR BENEFITS

Art Dupay, Assistant Service Officer



On July 13, 2010, VA published a final regulation that will make access to care and the claims process easier for Veterans seeking compensation for Post-Traumatic Stress Disorder (PTSD). Under the prior rules unless the Veteran is a combat Veteran the adjudication process was extensive and time-consuming. Now a Veteran will be able to establish the occurrence of an in-service stressor through his or her own testimony.

PTSD is a condition that develops after someone has experienced a life-threatening situation where the event involved actual or threatened death or serious injury and caused an emotional reaction involving intense fear, hopelessness, or horror. PTSD is characterized by three kinds of experiences long after the event

and the individual is in a safe environment.

Re-experiencing the event over and over, to include nightmares, vivid memories, and strong reaction to reminders, such as a car backfire or door slam.

Avoiding people, situations, or noises that trigger a reminder of the event. People with PTSD work hard at putting it out of their mind, to include a withdrawal from social activities.

Feeling keyed up and on edge all the time, manifested in sleep disturbance, hyper vigilance, irritability, and an exaggerated startle response.

Several factors complicate the issue: PTSD often does not show up until months or years after the battles or the incident has ended; troops sometimes don't mention mental health problems because they want to stay with their units while deployed or they fear it will kill their careers; those filling out health surveys overseas may avoid answering questions accurately because they just want to go home. For example, if you say "yes" to PTSD related questions you may be held at the in-country out-processing center for further evaluation.

The good news is that PTSD is treatable and there are ways to promote healing and manage symptoms. What is most troubling; however, is the fact that only 2 in 5 Veterans avail themselves of the DoD and VA continuum of care. They form the "silent majority" of OEF/OIF Veterans and many may be in need of treatment.

If you know someone who has been diagnosed or believe may be experiencing the symptoms of PTSD here are certain things that can help. *Support of friends, family, and community. Avoidance of alcohol and other drugs. Acceptance of the event's impact. Understanding the role of time.*

Let's all strive to eliminate the stigma associated with combat stress injuries and reach out and connect with Veterans and their families.

For more information see the VA fact sheet at [http://www.va.gov/PTSD\\_QA.pdf](http://www.va.gov/PTSD_QA.pdf) or contact your Post 364 Service Officers at [vapost364@yahoo.com](mailto:vapost364@yahoo.com).

*"And Crispin Crispian shall ne'er go by, From this day to the ending of the world,  
But we in it shall be remembered- We few, we happy few, we band of brothers;  
For he to-day that sheds his blood with me Shall be my brother"*

The *St. Crispin's Day Speech* is a famous motivational speech from the play, delivered by **Henry V** before the battle (act IV scene iii). It is so called because 25 October is the feast day of Saints Crispin and Crispinian.



## Coming Soon to a Post Home Nearest You!



1st ANNUAL  
AMERICAN LEGION UNIT 364  
**AUXILIARY  
FLEA MARKET**  
Fundraiser Event



**SATURDAY, OCTOBER 9TH, 2010**

**8am - 2pm**  
**RAIN or SHINE!**



Conveniently Located Inside:

**AMERICAN LEGION POST 364**  
3640 Friendly Post Lane  
Woodbridge, VA 22192



Clean your closets, your basements and garages!  
Crafters welcome!

Tables for Booths start at: \$15 for the first Table, \$25 for 2, \$35 for 3 and \$50 for 4 Tables.  
**First Come, First Serve.**

**AUXILIARY FOOD BOOTH AVAILABLE for  
FOOD PURCHASES DURING EVENT!!**

Contact: Diane Condon to request tables or to get more information at: [auxunit364@yahoo.com](mailto:auxunit364@yahoo.com)  
or you can mail your reservation(s) request to:  
American Legion Unit 364 (address listed above) attention to: Diane Condon - 2nd Vice Auxiliary



**Coming Soon to a Post Home Nearest You!**



## American Legion 16th District Horseshoe Tournament

Saturday, September 18th

**Time: 1:00 PM**

**Two Person Teams**

**\$10 per Team**

Prizes and places  
determined by number of teams



### American Legion Post 364

3640 Friendly Post Lane  
Woodbridge, VA

Hamburgers and Hot Dogs  
Beer, Sodas and Water  
Available

Registration: 12:00 to 12:45

To register or more information contact:  
American Legion Post 364  
703-494-4304





# Coming Soon to a Post Home Nearest You!



## American Legion Post 364 Golf Tournament

to benefit  
**McGuire  
Veteran Hospital**



Richmond, VA

Friday, September 3rd



This beautiful 18 hole championship course, designed by Algie M. Pully, is manicured and maintained to the highest standards and presents a challenge for players of all levels. Tree lined fairways, lakes, streams, bunkered fairways and greens demand a premium on accuracy. They have a driving range, a putting green and practice bunker.

**Captain's Choice**  
**\$75 per person**

PRICE INCLUDES:

18 holes of Golf and Cart  
"Lots" of Great Door Prizes  
Chicken Marsala or Parmigiana,  
Baked Ziti, or Lasagna  
provided by  
Armatta's Italian Restaurant  
at American Legion Post 364

Prizes for:  
Tournament Champion &  
Flight Winners  
Closest to the Pin on 5 Par 3s  
and Longest Drive

Registration: 7:00 to 7:30  
Shotgun Start: 8:00 a.m.



16500 Edgewood Drive  
Dumfries, VA 22025



To register or more information contact:

Mike Roberge  
H-703-680-6021  
W-202-231-3145

or

Dan Bafford  
H-540-720-6206  
W-703-432-7070



# September 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 Boy Scouts 7 PM</p> <p><b>National Convention</b></p>	<p>2</p> <p><b>National Convention</b></p>	<p>3 Post Dinner 5:30 PM to 7:30 PM</p> <p>Golf Tournament Montclair CC</p>	4
<p>5 Bingo (Team 1) 2 PM – 5 PM</p>	<p>6 Bingo Cancelled</p> <p>Labor Day Picnic 12 PM – 4 PM</p>	<p>7 SAL Exec Meeting 6:00 PM</p> <p>Legion Executive Meeting 7:30 PM</p>	<p>8 Boy Scouts 7 PM</p>	<p>9 Junior Shooters 7 PM</p>	<p>10 Post Dinner 5:30 PM to 7:30 PM</p>	11
<p>12 Bingo (Team 3) 2 PM – 5 PM</p> <p>USMVMC Meeting 6 PM</p>	<p>13 Bingo (Team 4) 7:15 PM -10 PM</p>	<p>14 Auxiliary Exec Meeting 7:30 PM</p>	<p>15 Boy Scouts 7 PM</p>	<p>16 Junior Shooters 7 PM</p>	<p>17 Post Dinner 5:30 PM to 8:00 PM</p> <p><b>POW/MIA Recognition Ceremony 6:30 PM</b></p> <p>Karaoke 8PM-12AM</p>	<p>18</p>  <p><b>Air Force 63rd Birthday</b></p>
<p>19 Bingo (Team 5) 2 PM – 5 PM</p>	<p>20 Bingo (Team 6) 7:15 PM -10 PM</p>	<p>21 SAL Membership Meeting 6:00 PM</p> <p>Legion Membership Meeting 7:30 PM</p>	<p>22 Boy Scouts 7 PM</p>	<p>23 Junior Shooters 7 PM</p>	<p>24 Post Dinner 5:30 PM to 7:30 PM</p>	25
<p>26 Bingo (Team 7) 2 PM – 5 PM</p> <p>USMVMC Meeting 6 PM</p>	<p>27 Bingo (Team 8) 7:15 PM -10 PM</p>	<p>28 Auxiliary Membership Meeting 7:30 PM</p>	<p>29 Boy Scouts 7 PM</p>	<p>30 Junior Shooters 7 PM</p>		



# October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Post Dinner 5:30 PM to 7:30 PM	2
3 Bingo (Team 1) 2 PM – 5 PM	4 Bingo (Team 2) 7:15 PM -10 PM	5 SAL Exec Meeting 6:00 PM  Legion Exec Meeting 7:30 PM	6 Boy Scouts 7 PM	7 Junior Shooters 7 PM	8 Post Dinner 5:30 PM to 7:30 PM  Department Fall Golf Tournament	9 Department Fall Golf Tournament
10 Bingo (Team 3) 2 PM – 5 PM  State USMVMC Meeting 6 PM  Department Golf Tournament	11 <b>Columbus Day</b>  Bingo (Team 4) 7:15 PM -10 PM  SAL Oktoberfest 1PM – 6PM  	12 Auxiliary Exec Meeting 7:30 PM	13 Boy Scouts 7 PM	14 Junior Shooters 7 PM	15 Post Dinner 5:30 PM to 7:30 PM  Karaoke 8PM-12AM	16 Civil Air Patrol Briefing 12PM-4PM
17 Bingo (Team 5) 2 PM – 5 PM	18 Bingo (Team 6) 7:15 PM -10 PM	19 SAL Membership Meeting 6:00 PM  Legion Membership Meeting 7:30 PM	20 Boy Scouts 7 PM	21 Junior Shooters 7 PM	22 Post Dinner 5:30 PM to 7:30 PM	23
24 Bingo (Team 7) 2 PM – 5 PM USMVMC Meet- ing 6 PM	25 Bingo (Team 8) 7:15 PM -10 PM	26 Auxiliary Membership Meeting 7:30 PM	27 Boy Scouts 7 PM	28 Junior Shooters 7 PM	29 Post Dinner 5:30 PM to 7:30 PM <b>2010 Fall Conference October 29-31 Holiday Inn Hampton</b>	 30  Children Halloween Party (Time: TBD)  Fall Conference
31 Bingo (Team 1) 2 PM – 5 PM <b>Fall Conference</b>						



**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**

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**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**

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**Barbara Stevenson**

**703-670-8750**

**Team 3 Sundays**

**Robin Oden (TC)**

**703-772-1653**

**Chris McDonald (C)**

**703-595-9507**

**Merle Bevenour**

**843-540-0498**

**VACANT**

**Anne Bower**

**703-494-1910**

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**Myrna Sanborn**

**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**

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**Jo Peters**

**703-680-0473**

**Team 5 Sundays**

**Matt Peters (C)**

**703-680-0473**

**Thom Karlson**

**703-730-2172**

**Sy Horowitz**

**703-670-8325**

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**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**

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**Barbara Barnes**

**703-670-0753**

**Team 7 Sundays**

**Cal Albers (TC)**

**703-670-9815**

**Scott Burgess (C)**

**703-901-1321**

**Chris Thomaidis**

**703-232-0956**

**Patty Groves**

**703-730-1471**

**VACANT**

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**Mary DiPerna**

**571-239-7555**

**Team 8 Mondays**

**VACANT (TC)**

**VACANT (C)**

**USMVMC**

**USMVMC**

**USMVMC**

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**Maureen Wessel**

**703-680-6003**

**Bingo...it's what we do.**

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**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**



<b>Club Hours</b>	
<b>Post Lounge— 703-494-4304</b>	
<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>	
<b>Home Cookin'</b>	
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 <b>Steak - \$14.00</b>	



**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.*

