



Volume 4, Issue 2
**Winner of the 2010
 VALPA Award**



March 2011

www.vapost364.org

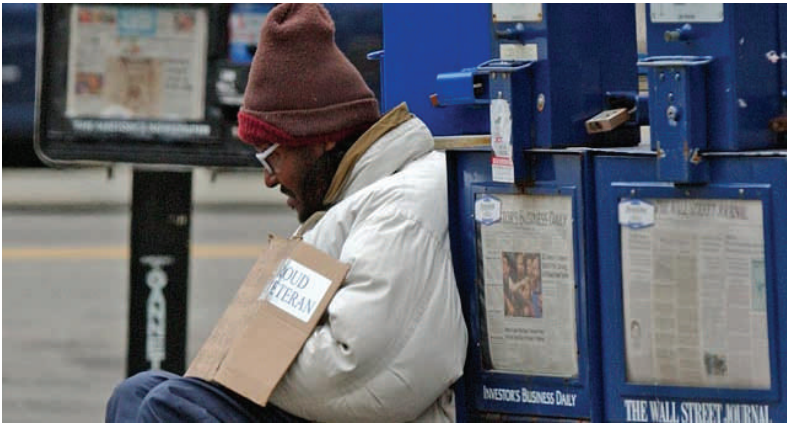


AMERICAN LEGION POST 364, WOODBRIDGE, VIRGINIA

Providing 50 Years of Golden Service to America's Veterans

Post-  -Gram

Secretary Shinseki Takes Action



Under “Express Lane” VA staff members are realigned to address disability claims based on claim complexity. Like a supermarket check-out express lane, small employee teams focus on rapidly processing numerous less complex claims, that typically involve only one disability, thus freeing their co-workers to process more complex claims. Based on the apparent success of both programs I am hopeful that we will see them expand to the Roanoke, VA Regional Office sometime in 2011.

care services. Local agencies will be eligible to receive grants to provide direct financial assistance for daily living, transportation, child care, rent, utilities, and other expenses. “The new program will provide valuable new tools...and for the first time, fund services for the spouses and children of homeless Veterans,” said Secretary Shinseki. In mid-December, VA officials provided local agencies with instructions necessary to apply for grants under the program. Your Post Service Officers will support this Program by making sure local agencies such as the Prince William County Social Services Office, ACTS in Dumfries, and SERVE in Manassas are aware of the program and the grant application process. More on this subject that affects as many as one of every five of our veterans in future additions.

The Department of Veterans Affairs recently made two important announcements. Each provides tangible evidence that Secretary Rick Shinseki is moving forward on two important areas he targeted for priority action when he became Secretary – (1) Reducing the Disability Claims Backlog and (2) Breaking the Cycle of Homelessness among America’s Veterans at Risk.

The first includes two pilot programs to test procedures. The “Quick Pay” Disability Program, launched at St. Petersburg, FL is designed to speed disability compensation to Veterans who provide sufficient evidence at that time of claim submission to decide all or part of their claim. Payments averaged \$1,236 monthly and were made 3 months faster than the Department’s 125-day goal. The “Express Lane” Pilot Program is managed from the Seattle, WA office and is also tested at three other sites.

Over a year ago Secretary Shinseki called homelessness among Veterans a stain on the American conscience and set a goal to eliminate this problem where 107,000 Veterans sleep on the Nation’s streets. The Program he established calls for Prevention; Housing Support Services; Treatment; Employment/Job Training; Benefits; and Other Resources. The newest component falls under the last category and delivers grants to community agencies for vocational and rehabilitation counseling, employment and training, educational assistance, health

Your Post 364 Service Officers, Irene Wheelwright and Art Dupay, may be contacted at vapost364@yahoo.com for service benefit and entitlement related questions and assistance.



To see how YOU can help a homeless veteran, see page 5, “Buddy Baskets”.

FROM THE COMMANDER'S CORNER

Dan Condon, Commander



This article was contributed on behalf of the Commander by 1st Vice Randy Bower.

February was a very sad month in terms of the loss of several members of the Post, Auxiliary, and Sons of the American Legion. I want to again thank all of the members of Post 364 for their support of all the family members and especially our Post Chaplain, Scott Burgess, for his tireless effort in comforting the families and assisting in the preparation of remembering those who have passed.

The Landstuhl Hospital fundraiser, hosted by the Ladies Auxiliary Unit, was well attended and proved to be a booming success thanks to the leadership of Sherry Karlson and many members of Post. Through her effort and the efforts of many others over three thousand (\$3,000) dollars were raised for this very worthy cause to support our wounded warriors being treated at the hospital.

Also, the Annual Broger-Chakurda Bowling Tournament was held 19 February, and as always, was completely booked and full of fun and friendly competi-

tion. Once again Sy and Addie Horowitz stepped up to the challenge and brought together a wonderful event, followed by a dinner and dance enjoyed by everyone.

I must say it is an absolute pleasure to work with all the members of the Post family that continue to donate their time and efforts to such worthy causes and supporting the troops and local families in need of a helping hand.

Spring is in the air, and with that comes the Department of Virginia Spring Conference. Each year many of our Legion officers participate in the Department events to keep our Post on the cutting edge of new information, activities, and the sharing of ideas necessary to make our Post the best it can possibly be for everyone.

Also within the month of March each year we interview local High School students in the Boys State and Girls State competition to sponsor the brightest and best to attend a weeklong event that exposes them to the inner workings of government. While attending, each student elects a Governor and representatives and actually builds a governing body. For these fortunate students, this becomes an experience they can use as they mature and grow into young adults. In this day and age it is an excellent opportunity to expose our youth in the government processes to hopefully shape them to become the leaders of tomorrow.

We still have quite a few members

who have not renewed their membership for 2011. We need everyone to keep their membership current and active. As I stated last month, with the inevitable fight over the budget next year it is more important than ever that Congress hears the needs of the veterans loud and clear. You help by renewing your membership.

As a reminder, last month's POG was the last edition to be automatically sent out to everyone by mail. We tried to cut out costs by reducing our mailing list with an Opt-Out list but did not get enough people to sign up. So in order to cut publication costs we are not going to automatically mail the POG to everyone. If you would like to keep getting the POG by mail please visit our website:

www.vapost364.org, click on Newsletter Opt-In and fill out the form, send an email to vapost364@yahoo.com or call your Post at 703.494.4304.

FROM THE PRESIDENT'S PEN

Sherry Karlson, Unit President

On February 12 our post family came together and held an awesome fundraiser for Landstuhl Hospital Care Project.

What a night it was! Plenty of food, fun, and a live band (Van Galen) with lots of raffles. A special thank you to the following businesses and individuals who made a donation for our raffles: Statement Hair Salon, Applebee's, Buffalo Wild Wing, Changes, Cheeseburger, Dawson, Kathy Recca, Thom and Sherry Karlson, Karen and Wayne Hamilton, Smoke Shop, Carol Williams. Jim and Angie Hawkins of RedHawk IT: Thank you for the monetary donation.

A very big Thank You to the ones who helped set up, cook, and clean up and donation of the wonderful food. It was wonderful seeing everyone enjoying themselves and the band Van Galen was awesome.

Addie and Sy: A big Thank You for all the work on the Broger tournament. Sara: Again another wonderful dinner.

Our election for 2011-2012 Officers will be coming up, so if anyone is interested, please see Robin Oden, our Nominating Chairman.

Spring Conference this year will be March 11-13 in Virginia Beach. It is always a great event where you can

learn many interesting things about our Legion family organization.

March 5 we will be holding the Girl State Interviews.

For the month of March my volunteer is: Robin Oden. Robin is a dual member who has helped in all our functions as well as one of our bingo managers. Robin just jumps right in doing whatever needs to be done. Thank you for all you do and for being a great friend.



YOU ARE CORDIALLY INVITED...

The Department of Virginia will be holding the annual Spring Conference, March 11 through 13, at the Virginia Beach Resort and Conference Center. Auxiliary Unit 364 will be hosting a very special reception on Saturday, March 12th, beginning at 4:00pm, at the resort hotel. The reception will mark the official announcement of Unit 364's Dianne Cabot as the leading candidate for ALA Department of Virginia President, 2011-2012.

Dianne has been a member of Unit 364 since 1998, and has held the office of Unit President; 16th District President and has chaired the Juniors, National Security, Americanism and Community Service programs at the Department level. She currently serves as Chairman of the Veterans Affairs and Rehabilitation program. Dianne was a member of the committee for the Wounded Warrior Support Initiative and Job Fair, and the veterans committee for Prince William County's Area Agency on Aging Veterans Directed Home & Community Based Services.

As the Department's VA&R Chairman, Dianne has been working closely with

USVets and A Wider Circle non-profit organizations, on behalf of homeless veterans. She is spearheading the Department Legion Family's Buddy Basket project which provides house warming baskets filled with basic cleaning supplies and the kitchen essentials that are necessary to set up a new home.

Thirteen Buddy Baskets have already been delivered to veterans who have won their personal battles of living on the street; who have completed the Dept. of VA and HUD's VASH program, and are now living in their very own homes. Five of those baskets were created by Unit 364 Juniors, through the generosity of the Post 364 Family. The Buddy Basket project will culminate with a collection of baskets from Posts, Units and Squadrons through the Department, at the Spring Conference.

"I am honored to continue Post 364's legacy of *excellence in service* to our veterans," stated Dianne, "I am humbled to be following in the footsteps of our Post 364 Legion family colleagues who have accepted this incredible re-

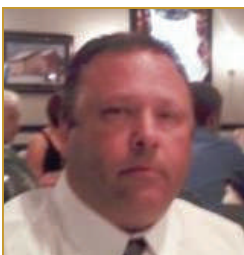
sponsibility, before me – Past National Commander Butch Miller, Past Department Commander Jerry Howard, Past Department Presidents Phyllis Vine and Marcia Wheatley and Past Detachment Commander Matt Peters. This Post family, our family, is truly an inspiration to the entire Legion organization in their care and support our veterans, their families, and the men and women currently serving in defense of our nation, around the world. I am extremely proud to represent my Post home during the coming year."

Unit 364 invites all Post Family members attending the conference, to join us on March 12th in Virginia Beach, to celebrate Dianne's candidacy for Department President.



SONS OF THE AMERICAN LEGION (SAL) – 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 current dues are listed to your right and can be mailed to:

Sons of the American Legion
PO Box 2121
Woodbridge, VA 22195

Make checks payable to SAL 364

2010/2011 Dues

Age 21 & older	\$25.00
Age 13 thru 20	\$20.00
Age 12 & under	\$15.00
Dual	\$10.00

If your membership card is 2010 or older please contact a SAL officer at 703.494.4304.

THE CHAPLAIN’S CORNER

Scott Burgess, Post Chaplin, *Yours in Faith*



“My soul has become troubled; and what shall I say, ‘Father, save Me from this hour’? But for this purpose I came to this hour. Father, glorify Thy name.” (John 12:27-28)

Everyone who has ever walked the face of this earth has asked “Why am I here, what will I live for?” Even Jesus struggled with this, before being crucified, He cried out the verse above. Those who know me, know I wear my emotions on my sleeve. Over the last several years I have struggled with relationships, kids, work, and loss of loved ones. Those around me know I had lost my peace and have been struggling over the last few months just by looking at me. I have been a Christian since age 11 and have always believed in God, but was I living for God or for myself? Was I asking God to do for me, or was I asking God what He wanted from me. If you were to look closely at my life up to this point you would

see lots of good deeds, but many more sins! Why? You may ask. It’s easy, friends: I was living a Self-centered life, I believed in God and treasure every moment and try to live life to the fullest however, I was living life for my own goals, for my own pleasures, and my own desires, not Gods.

So now you may ask: “Well, if you are a Christian then how is that possible?” Well, like driving a car, a nail, or a golf ball (which I don’t do very well) I was trying to control where I wanted to go, not where God wanted me to go! There are hundreds of circumstances, values and emotions that can Drive our lives; guilt, anger, fear, materialism and the need of approval, for example, however

without God as our Driving force we are heading aimlessly, we have no true purpose. The man without a purpose is like a ship without a rudder, a waif, a nothing, a no man. (Thomas Carlyle)

Thankfully it is never to late to discover our purpose! I am just beginning my True relationship with God and it is awesome, I would like to start a monthly Bible study group and/or prayer meeting once a month to share my journey and have others share theirs with me so we may learn, fellowship and grow together in and for God. For anyone interested please email me at burgesscable@aol.com so that I may determine a time and place that works well for the majority.



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

Convalescing

No Report

Prayer Requests

Our troops through the world.

Post Everlasting

On the wings of angels

No Report

Buddy Baskets

Gift Baskets to Welcome Homeless Veterans To Their New Homes

Recipe for a Warm Welcome:

Take 1 Laundry Basket
or Waste Basket

Add:

- 2 Rolls of Paper Towels
- 2 Rolls of Bathroom Tissue
- 1 Bottle of Window Cleaner
- 1 Canister of Scrubbing Cleanser
- 1 Packet of Sponges or wipes
- 1 Pair of Rubber Gloves
- 1 Small Dust pan w/ hand broom
- 1 Package of light bulbs
- 1 set Plate, bowl and cup
- 1 Shower Curtain (plastic w/rings)

And a Key tag

"Frost" with one big bow
and *taa dah* a

**Warm Welcome to a Veteran
in their new home!**



American Legion Auxiliary
in partnership with
The American Legion,
Sons of the American Legion &
The Legion Riders
Department of Virginia

**A Veterans Affairs & Rehabilitation
Special Project**

for more information please contact

Dianne Cabot, ALA, Dept. Chairman
dcabot@yahoo.com 703.965.3652

for collection at **Spring Conference**



AMERICAN LEGION INDOOR GOLF LEAGUE

Danny Bafford, Athletic Chair

AMERICAN LEGION INDOOR GOLF - THE WHEEL

GOLFERS	Week 1				Week 2				Week 3			
	AVG	SCR	PTS	+/-	AVG	SCR	PTS	+/-	AVG	SCR	PTS	+/-
Dan Condon	7.3	51	5	-2.3	6.5	43	13	6.5	8.8			-8.8
Pete Turner	11.5	46	8	-3.5	10.3	42	11	0.8	10.0	45	8	-2.0
John Oden	7.0	47	7	0.0	7.0	51	6	-1.0	7.0	53	6	-1.0
Ty Peters	7.3	50	6	-1.3	7.5	45	10	2.5	8.3	50	5	-3.3
Jay Beck	7.0	47	9	2.0	6.5			-6.5	6.5	46	7	0.5
Gene Magill	5.8			-5.8	5.8			-5.8	5.8	49	6	0.3
Shane Halse	2.0	62	2	0.0	1.3	60	2	0.8	1.8	51	5	3.3
Brownie Conley	6.0	49	5	-1.0	5.3	49	9	3.8	6.8			-6.8
Troy DeBerry		58	5	5.0	8.0	49	6	-2.0	7.3	49	9	1.7
Don Glass	7.3	46	7	0.0	7.5	51	5	-2.5	7.3	51	5	-2.3
Jim Hawkins		47	10	10.0	3.3	51	6	2.7	4.0	50	4	0.0
Harley Horner	5.3	45	10	4.8	7.0	50	8	1.0	7.3	53	6	-1.3
Danny Bafford	3.0	56	3	0.0	2.8	53	5	2.3	3.0			-3.0
Zack Symczak	3.5	46	9	5.5	4.8	53	4	-0.8	5.3	57	2	-3.3
Dale Patterson		62	1	1.0	3.0	56	4	1.0	3.3	54	2	-1.3
Merle Bevenour	3.8	53	5	1.3	4.8	52	3	-1.8	4.5	63	0	-4.5
Corky Halse	1.3	63	2	0.7	1.5			-1.5	1.5			-1.5



AMERICAN LEGION INDOOR GOLF LEAGUE (continued)

Danny Bafford, Athletic Chair

AMERICAN LEGION INDOOR GOLF - THE WHEEL (continued...)

GOLFERS	Week 4				Week 5				Week 6				Week 7	
	AVG	SCR	PTS	+/-	AVG	SCR	PTS	+/-	AVG	SCR	PTS	+/-	AVG	AVG
Dan Condon	8.8	46	9	0.3	7.5	42	13	5.5	10.0	39	17	7.0	13.0	44.2
Pete Turner	9.5	49	7	-2.5	8.5	37	18	9.5	11.0	49	6	-5.0	9.8	44.7
John Oden	7.3	54	5	-2.3	6.0	43	13	7.0	7.5	45	9	1.5	8.3	48.8
Ty Peters	7.5	48	8	0.5	7.3	45	9	1.8	8.0	48	8	0.0	7.5	47.7
Jay Beck	6.3	49	10	3.8	7.0	51	7	0.0	8.3	50	4	-4.3	7.0	48.6
Gene Magill	5.5	51	5	-0.5	5.0	51	5	0.0	6.0	42	12	6.0	7.0	48.3
Shane Halse	2.5	51	6	3.5	3.8	49	6	2.3	4.8	49	11	6.3	7.0	53.7
Brownie Conley	6.8	48	6	-0.8	6.3	53	5	-1.3	6.3	47	7	0.8	6.8	49.2
Troy DeBerry	7.8	51	5	-2.8	6.3	47	7	0.8	6.8			-6.8	6.8	50.8
Don Glass	5.8	54	5	-0.8	5.5	47	8	2.5	5.8	50	8	2.3	6.5	49.8
Jim Hawkins	6.7	54	5	-1.7	6.3	56	6	-0.3	5.3	52	6	0.8	5.3	51.7
Harley Horner	8.0	57	3	-5.0	6.8	53	4	-2.8	5.3	49	7	1.8	5.0	51.2
Danny Bafford	3.0			-3.0	3.0	58	4	1.0	3.3	50	6	2.8	4.5	54.3
Zack Symczak	3.8	61	3	-0.8	4.5	53	4	-0.5	3.3	59	5	1.8	3.5	54.8
Dale Patterson	2.3			-2.3	2.3	52	3	0.8	2.5	65	2	-0.5	2.8	57.8
Merle Bevenour	2.8	56	2	-0.8	2.5	58	5	2.5	2.5	52	3	0.5	2.5	55.7
Corky Halse	1.5	59	1	-0.5	1.5	53	3	1.5	1.8	61	4	2.3	2.5	59.0





Coming Soon to the Post Home Nearest You!



American Legion Post 364
Matt Peters Memorial
Golf Tournament
 to benefit
Sons of the American Legion
Scholarship Fund
Friday, June 3rd



Ospreys Golf Club at Belmont Bay



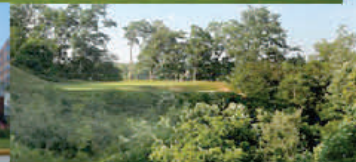
Situated on the banks of the Occoquan River, The Osprey's Golf Club provides a unique experience and challenge for golfers. The 18-hole, par 70 layout winds its way through a breathtaking panorama of marsh land, rolling fairways and features several dramatic elevation changes. Artfully carved with respect to the surrounding environment, we are proud that The Osprey's has earned certification from Audubon International's Golf Course Cooperative Sanctuary Program. Our course is home to an array of birds and graceful wildlife, which are active in their natural habitats.

Captain's Choice
\$75 per person

PRICE INCLUDES:

- 18 holes of Golf and Cart
- "Lots" of Great Door Prizes
- Steak Dinner at American Legion Post 364
- Prizes for: Tournament Champion & Flight Winners
- Closest to the Pin on 6 Par 3s and Longest Drive

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



Register and **PAY**
by **April 30th**
and get a **second**
door prize ticket
FREE!!!



401 Belmont Bay Drive
Woodbridge, VA 22191

THE OSPREY'S
GOLF CLUB AT BELMONT BAY

To register or more information contact:

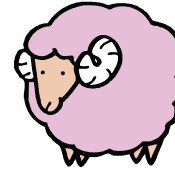
Mike Roberge
H-703-680-6021
W-202-231-3145

or

Doug Caskey
703-899-5332



March 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 SAL Executive Meeting 6:00p Legion Executive Meeting 7:30p	2 Boy Scouts 7:00p	3 Junior Shooters 7:00p	4 Post Dinner 5:30p - 7:30p	5 Girls State Interview Snow Date
6 Bingo (Team 5) 2:00p - 5:00p	7 Bingo (Team 6) 7:15p - 10:00p	8 Auxiliary Executive Meeting 7:30p	9 Boy Scouts 7:00p	10 Junior Shooters 7:00p	11 Post Dinner 5:30p - 7:30p 2011 Spring Conference March 11-13, VA Beach Resort, Virginia Beach	12 2011 Spring Conference
13 Bingo (Team 7) 2:00p - 5:00p USMVMC Meeting 6:00p 2011 Spring Conference	14 Bingo (Team 8) 7:15p - 10:00p	15 SAL Membership Meeting 6:00p Legion Membership Meeting 7:30p	16 Boy Scouts 7:00p	17 Junior Shooters 7:00p 	18 Post Dinner 5:30p - 7:30p Karaoke 8:00p - 12:00a	19 Boys State Interviews 9:00a
20 Bingo (Team 1) 2:00p - 5:00p	21 Bingo (Team 2) 7:15p - 10:00p	22 Auxiliary Membership Meeting 7:30p	23 Boy Scouts 7:00p	24 Junior Shooters 7:00p	25 Post Dinner 5:30p - 7:30p	26 Boys State Interviews Snow Date
27 Bingo (Team 3) 2:00p - 5:00p USMVMC Meeting 6:00p	28 Bingo (Team 4) 7:15p - 10:00p	29 40/8 Meeting 7:00p	30 Boy Scouts 7:00p	31 Junior Shooters 7:00p		

April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Post Dinner 5:30p - 7:30p	2
3 Bingo (Team 5) 2:00p - 5:00p	4 Bingo (Team 6) 7:15p - 10:00p	5 SAL Executive Meeting 6:00p Legion Executive Meeting 7:30p	6 Boy Scouts 7:00p	7 Junior Shooters 7:00p	8 Post Dinner 5:30p - 7:30p	9
10 Bingo (Team 7) 2:00p - 5:00p USMVMC Meeting 6:00p	11 Bingo (Team 8) 7:15p - 10:00p	12 Auxiliary Executive Meeting 7:30p	13 Boy Scouts 7:00p	14 Junior Shooters 7:00p	15 Post Dinner 5:30p - 7:30p Karaoke 8:00p-12:00a Legion State Spring Golf Tournament	16 Legion State Spring Golf Tournament
17 Bingo (Team 1) 2:00p - 5:00p Legion State Spring Golf Tournament	18 Bingo (Team 2) 7:15p - 10:00p	19 SAL Member- ship Meeting 6:00p Legion Membership Meeting 7:30p	20 Boy Scouts 7:00p	21 Junior Shooters 7:00p	22 Post Dinner 5:30p - 7:30p	23 Children's Easter Party 11:00a - 2:00p
24 Easter Bingo (Team 3) 2:00p - 5:00p USMVMC Meeting 6:00p	25 Bingo (Team 4) 7:15p - 10:00p	26 Auxiliary Membership Meeting 7:30p	27 Boy Scouts 7:00p	28 Junior Shooters 7:00p	29 Post Dinner 5:30p - 7:30p	30



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
Phil London
703.930.0594
VACANT

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

Mike Hodge (C)
703.583.1127
Merle Bevenour
843.540.0498
Chris McDonald
703.595.9507
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

Pete Turner (C)
703.680.3068

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

Mike Hodge (C)
703.583.1127

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 3:00p - 7:00p</i>	
Monday	3:00p - 11:00p
Tuesday thru Thursday	3:00p - 10:00p
Friday	3:00p - 1:00a
Saturday	2:00p - 1:00a
Sunday	Noon - 10:00p



<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	

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.*

**The Post-O-Gram is published monthly by American Legion Post 364, Woodbridge, VA
Articles are contributed by Post Family members**