



Volume 4, Issue 3
**Winner of the 2010
 VALPA Award**



April 2011

www.vapost364.org



AMERICAN LEGION POST 364, WOODBRIDGE, VIRGINIA

Providing 50 Years of Golden Service to America's Veterans

Post-  -Gram

NATIONAL AWARENESS ASSEMBLY: BUDDY BASKETS

Dianne Cabot, ALA Dept. of Virginia, VA&R Chairman



The 2011 National Awareness Assembly was held at the Washington Hotel, in downtown D.C., from Sunday, March 20th - 23rd. For 30 years, American Legion Auxiliary members have made their presence known in our national's capital during the annual Awareness Assembly.

Joining members of The Legion Family, we learn about our veterans' needs and the legislative priorities of The American Legion and we visit Capitol Hill to encourage our country's lawmakers to pass legislation that protects veterans' rights and provides for their needs. By attending Awareness Assembly, we learn how to be better advocates for those we serve.

During Awareness Assembly, we also present the Auxiliary's Public Spirit Award honoring an outstanding individual or organization that positively impacts communities through service to our military, veterans, and their families.

A major focal point of The Legion Family's legislative agenda is the plight of our homeless veterans. According to the National Coalition for Homeless Veterans (www.nchv.org) and the Department of Veterans Affairs, an estimated 107,000 veterans are homeless

on any given night. Statistically, it would take a Viet Nam era veteran approximately 10 years to become homeless and in need of services. Today it takes only six months for an OEF/OIF veteran to end up on our streets, with female veterans becoming the most rapidly increasing statistic. This becomes even more frightening when you realize that many land on the streets of our hometowns, along with their children.

The Awareness Assembly's first instructional session addressed these issues with a policy update from Anthony Love, Deputy Director, U.S. Interagency Council on Homelessness. Deputy Director Love outlined the many federal agencies that are coming together, with the hope of providing services to assist our veterans - not to simply survive the streets - but getting them off the streets, into jobs and back into the safety and security of their own home. The CHALLENGE Report and the HUD-VASH program are integral parts of this process.

The ALA Department of Virginia's Chairman for Veteran's Affairs and Rehabilitation, Dianne Cabot (a member of ALA Unit 364), was invited by National Auxiliary President Carlene Ashworth, to present the Dept. of Virginia's Buddy Basket initiative to the Assembly, as a Case Study in Grassroots Efforts to Assist Homeless Veterans. Dianne created the Buddy Basket initiative as a 'welcome to your new home' gift to be presented to our formerly homeless veterans upon their successful completion of the HUD-VASH program and subsequent move into their new home. The Legion Family of the Dept. of Virginia enthusiastically embraced this simple idea, and presented

287 Buddy Baskets, with supplies for 100 more, during Spring Conference in Virginia Beach, three weeks ago. At the conclusion of the presentation, Director Love congratulated the Department of Virginia for their successful outreach to assist our veterans.

Dianne was then informed the Buddy Baskets will be included in The American Legion Auxiliary's 2011-2012 National Plan of Action, and has virtually gone "viral" with the Departments of Kansas, California, Washington, North and South Carolina taking up the initiative for their home states. "I am overwhelmed by the reaction," stated Chairman Cabot, "It was just a little idea that I brought to my Auxiliary friends. I had no idea this would happen. But this is truly the Power of One - the Power of One Legion Family."

Dianne gratefully acknowledges Post 364's Legion Family for 20 Buddy Baskets, Able Cleaning Supplies of Woodbridge, Ace Hardware of Fairfax and DB Industries of Woodbridge, for their generosity and dedication to the plight of our homeless veterans in the true spirit of "No Man is an Island, and no Veteran Shall Stand Alone."



FROM THE COMMANDER'S CORNER

Dan Condon, Commander



Spring is in the air and boy does it feel good! I love this time of year as we leave the cold of winter and begin to feel the warmth of spring. It's nice to be able to get out of the house and enjoy the fresh air.

Last month was probably the slowest month for activities at the Post. That doesn't mean that we've been idle. We still had our Friday night dinners and I think Sara is getting better each week. A contingent of people from the Legion, Auxiliary and the Sons of the Legion went to Spring Conference and we continued with our Karaoke night on the third Friday of the month. I also noticed that the horseshoe players are getting itchy. They have been out getting the horseshoe pits ready and I think they even started practicing on a few of those nice weather days. I even think a few people have been testing the deck to make sure the chairs and tables still work!

With all the talk of spring, that must mean golf. The Department Spring Golf Tournament is scheduled for April 15th thru 17th, and as usual our Post will be sending a large group of people. Naturally, the openings for the tournament sold out months ago, but don't be discouraged, there are opportunities coming to show what you can do on the golf course. One of those events is the Matt Peters

Memorial Golf Tournament. It is scheduled for Friday, June 3rd at Ospreys Golf Club at Belmont Bay. If this is half as good as the tournament we had in the fall, this promises to be the best event of the year. The money raised will go to support the Matt Peters scholarship fund being run by the Sons of the American Legion. Please see the notice in the POG or any of the posters around the post for details.

I also want to remind everyone that we are still continuing down the road to build a new building for our Post. Jim Hawkins and the rest of the New Building committee have been working real hard putting all the pieces together, so that we can begin building a new home for the Post. The initial floor plans have been posted on the wall in the game room and the committee is asking for input as we go through the process. We still have a long way to go but we are moving forward. The Building Committee meets at 6:30p on the same nights we have our Executive Committee meetings, so if you would like to listen in on the meetings, please feel free to attend. But before I continue I want to say that I think they are doing a great job with this herculean task and I think the entire Post is going to be in their debt the day we open the new Post 364.

But before we go too far down the road of looking at the future, we need to remember a little about our past: This year is the 50th anniversary of our Post. Thom Karlson is the committee chair for this event and is always looking for people to help organize, plan and execute the activities. We have solicited ideas about a logo to commemorate this

year and we've gotten one entry so far. So if anyone would like to suggest a logo that we can put on polo shirts, tee shirts, hats, and even a coin, we are open to suggestions. We have scheduled the 50th anniversary party for November 12, 2011, which is the three day, Veterans Day weekend, so that people from out of town will have a chance to come back and visit the Post. This is a big deal for our Post, so I hope everyone will get in the spirit and make 2011 the best year for the Post.

Finally, I would be remiss if I didn't mention membership. We are a little behind in our membership goals for this year. Although we have signed up a bunch of new members and have had a few transfers, we are still behind on our renewals. If you have not renewed your membership for 2011, please go ahead and renew as soon as possible. With all the budget cuts coming from Washington and the States, it has never been more important that we speak with a loud voice to make sure our veterans get the support they've earned. Your membership in the American Legion adds to the volume that the politicians hear. Even if you don't renew at our Post, please make sure you join another Post so that they will hear our voice and won't forget our veterans.

FROM THE PRESIDENT'S PEN

Sherry Karlson, Unit President

Happy Easter Everyone !!!

Joanie Mitrione and Annie Bower: Thank you for all the hard work in the setup for the Girl State interviews. The interviews were held on March 5, we meet some interesting young ladies from our area schools. Diane Peters, Mary Diperna, Raye Ferrington, Dan Eubank, Robin Oden, Thom Karlson, Melissa Renner, Marcia Wheatley: Thank you for spending the morning interviewing all the wonderful young ladies.



I would like to say a big Thank You to everyone who made a donation to our Buddy Basket collection. Over 200 baskets were delivered to our Spring conference in Virginia Beach.

The Children's Easter party will be on Saturday, April 23 from 11:00a - 2:00p. This is one of the most popular children's events of the year. Come out and help the Easter Bunny hide the eggs!

Please mark your calendar for a bus trip to Charlestown WV May 21. Tickets will be on sale at the bar. Cost will be \$28.00 and we will have 6 hours at the casino.

Officer elections for 2011-2012 will take place this year on Tuesday, May 24th. I hope that

we will get a great turnout to elect our new Auxiliary officers. If you are interested in holding an office this year, please see a member of the nominating committee - Robin Oden, Raye Ferrington, and Melissa Renner. We encourage everyone to participate to whatever extent they can.



April volunteer of the month is: Raye Ferrington, who works hard in keeping track of our membership. Raye is a wonderful friend and sister; she helps our Unit in many ways. She is always smiling and has a warm welcome to whoever visits our Post. Thank you Raye.

FLAG AMENDMENT

A. Vic Poillucci, Americanism Chair

American Legion Post 364 urges its members, concerned citizens, veterans and their families along with the public at-large to contact their Congressman and Senators regarding the Flag Amendment legislation.

House Joint Resolution 13 (H.J. Res 13) was introduced by Representative Jo Ann Emerson (R-Missouri) to the 112th Congress, proposing a constitutional amendment that would restore to Congress the power to prohibit physical

desecration of the Nation's flag.

The resolution reads: "The Congress shall have the power to prohibit the physical desecration of the flag of the United States". Senator Orin Hatch (R-Utah) is expected to introduce similar legislation in the Senate.

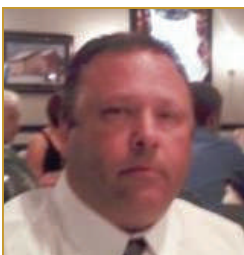
As a matter of interest - since 1989 the Supreme Court decision of Texas v Johnson in a 5-4 ruling, struck down flag-protection laws, the Legion and other members of the Citizens

Flag Alliance have worked tirelessly to protect Old Glory from acts of physical desecration.

Contact Congressman Connolly's (11th District Residents) office at 202.225.1492, Congressman Rob Wittman (1st District Residents) at 202.225.4261, and Congressman Wolf (10th District Residents) at 202.225.5136 and solicit their support for H.J. Res 13. Contact Senator Webb at 703.573.7090 and Senator Warner at 703.442.0670 to solicit their support.

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*



"...For He gives His sunlight to both the evil and the good, and He sends rain on the just and the unjust alike." (Matthew 5:45 NLT)

We all have opportunities to get upset and live stressed out. The storms of life come to every one of us at some point. No matter how good a person we are, we are going to have "Rain" in our lives. When these storms come, rather than trying to use our faith to control the circumstances, we should use our faith to control ourselves, we should try to remain stable, try to remain calm and try to stay in peace. By doing so we are allowing God to act on our behalf and displaying our faith and our trust in God.

He never said we would not have difficulties, but He has promised us Peace in the midst of our storms. And He uses these storms sometimes to bring us closer to Him, and at the end of our storms we will have the sunshine! With our actions of remaining calm and at peace in the midst of our storms we are saying with our actions: "God, we know You are bigger than this Storm and we know You are working behind the scenes to deliver us..."

Whatever your storm is today (health, work, relationship, financial), know that God is there for you, do not focus on the storm, focus on peace, joy and love, remain calm and have faith, God will take care of the storm.



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

Convalescung

Prayer Requests

Post Everlasting

Our troops through the world.

On the wings of angels

No Report

No Report

YOUR SERVICE - YOUR BENEFITS

Art Dupay, Assistant Service Officer



Since the founding of our great Nation almost 2 million women have earned the distinction of veteran. From the American Revolution, the Civil War, World Wars, Panama, Bosnia, Kosovo, and the recent wars in Afghanistan and Iraq, women have served in some way in every conflict of American history. This fact is all the more significant because women could not officially serve in the U.S. military until the Army and Navy Nurse Corps were established in 1901 and 1908, respectively. Prior to then, women served with the Armed Forces as contract and volunteer nurses, cooks, and laundresses and even in disguise as soldiers. Hundreds of women disguised themselves as men and served in the Union and Confederate Armies during the Civil War. By the turn of the century; however, this course of

action was no longer available to women. The armed forces, wanting to make certain that only healthy men were accepted in the service, began conducting thorough examinations of all potential recruits.

Global conflicts changed the rules and 3,000 women served in World War I and almost 500,000 took part in World War II.

During the Korean War 120,000 women were in uniform and 7,000 were deployed in theater during Vietnam. During Desert Storm seven percent of all U.S. forces deployed were women - over 40,000 of them. With each passing year women became more important to the total force. Where women were once denied service and later restricted to an ancillary role, their performance, contributions, and value demanded greater acceptance and wide-spread integration throughout the ranks.

As a result of the progress of the 1990s, women are now excluded from only 9 percent of Army roles - although that figure represents nearly 30 percent of active-duty positions. Army women cannot be assigned to the following occupational fields: infantry, armor, special forces, cannon field artillery and multiple launch rocket artillery. Also closed to women are Ranger

units at the regiment level and below, ground surveillance radar platoons, combat engineer line companies, and short range defense artillery units. In the Air Force, 99 percent of all occupations are open to women. Navy women are only excluded from submarine crews, SEAL teams, special boat unit crews, and support positions with the Marine Corps ground combat units. The Marine Corps has opened 92 percent of its occupational fields to women; however, 38 percent of positions are closed to women. Closed occupational fields include infantry, tank and assault amphibian vehicles and artillery. All Coast Guard occupations and positions are open to women.

The Department of Veterans Affairs has established the Center for Women Veterans. The Center's mission and special programs can be found at:

<http://www.va.gov/womenvet/>.

Legionnaires at Post 364 are proud and fortunate to count among our members a large number of women veterans. We salute them for their service and the continuing support they provide to all veterans and our Post.



AMERICAN LEGION BOWLING

Addie Horowitz, Broger-Chakurda Bowling Tournament Coordinator

You've done it again!! Our Bowling Tournament was an outstanding success.



The following is a list of the winners:

1st Place Team - Team Fialkovich - 3401

2nd Place Team - The Roberges - 3326

3rd Place Team - The Boneheads - 3293

Last Place - Team Oden - 2955

LADIES

High Game Handicap - Beth Cowan - 278

High Game Scratch - Robin Oden - 210

High Series Handicap - Christina Buka - 699

High Series Scratch - Jamie Walker - 582

MENS

High Game Handicap - Marvin Greenwell - 288

High Game Scratch - Chris Fialkovich - 248

High Series Handicap - Danny Bafford - 783

High Series Scratch - John Wilson - 697

OVERALL WINNER

Danny Bafford

Congratulations to all of our winners (and I consider all of you winners)!

American Legion Auxiliary Unit 364

May 21, 2011



Place: Charlestown WV

Cost: \$28.00

Pick up time: 8:00 AM

Drop off time: 7:00PM

Point of contact: Diane Condon





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,
a Longest Drive,
and a chance at a

\$10,000 Hole in One!

Music following tournament by
ABC Entertainment

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!!!



THE OSPREY'S
GOLF CLUB AT BELMONT BAY

401 Belmont Bay Drive
Woodbridge, VA 22191

To register or more information contact:

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


or

Doug Caskey
703-899-5332



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



May 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Bingo (Team 5) 2:00p - 5:00p	2 Bingo (Team 6) 7:15p - 10:00p	3 SAL Executive Meeting 6:00p Legion Executive Meeting 7:30p	4 Boy Scouts 7:00p	5 Junior Shooters 7:00p	6 Post Dinner 5:30p - 7:30p	7
8 Mothers Day Bingo (Team 7) 2:00p - 5:00p USMVMC Meeting 6:00p	9 Bingo (Team 8) 7:15p - 10:00p	10 Auxiliary Executive Meeting 7:30p	11 Boy Scouts 7:00p	12 Junior Shooters 7:00p	13 Post Dinner 5:30p - 7:30p	14
15 Bingo (Team 1) 2:00p - 5:00p	16 Bingo (Team 2) 7:15 p - 10:00p	17 SAL Membership Meeting 6:00p Legion Membership Meeting 7:30p	18 Boy Scouts 7:00p	19 Junior Shooters 7:00p	20 Post Dinner 5:30p - 7:30p Karaoke 8:00p - 12:00a	21 Auxiliary Casino Bus Trip 8:00a
22 Bingo (Team 3) 2:00p - 5:00p USMVMC Meeting 6:00p	23 Bingo (Team 4) 7:15p - 10:00p	24 Auxiliary Membership Meeting 7:30p	25 Boy Scouts 7:00p	26 Junior Shooters 7:00p	27 Post Dinner 5:30p - 7:30p Post Golf Tournament	28 Memorial Day Picnic (McGuire Veterans Hospital) Leave Post at 8:00a
29 Bingo (Team 5) 2:00p - 5:00p	30 Bingo Cancelled Memorial Day at Quantico National Cemetery 11:00a Memorial Day Picnic 12:00p	31 40/8 Meeting 7:00p				



Warren DiPerna - Bingo Manager - 571.239.7556

Teams 1, 2 Bingo Manager: Daniel Eubank 240.993.6916

Teams 3, 7 Bingo Manager: Randy Bower 703.309.3800

Teams 5, 6 Bingo Manager: Doug Caskey 703.899.5332

Teams 4, 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)

703.794.0786

Mel McGee

703.472.9157

Gary Eads

703.216.2387

VACANT

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



... 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**



<u>Club Hours</u>	
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**