

The American Legion Woodbridge Post 364

POST-O-GRAM APRIL 2008

“The Friendly Post”
3640 Friendly Post Lane
PO Box 2121
Woodbridge, VA 22195
(703) 494-4304
Web page: www.vapost364.org
Editor: John Scarry



Post Commander
Thom Karlson
Auxiliary President
Mary DiPerna
SAL Commander
Matt Peters

Auxiliary presents certificates to the Junior Shooters/JROTC students



L-R Standing

LTC Frank Matthews, SFC Fred Elliott, Mary DiPerna, Mark Burns, Barbara Barnes, Barbara Stevenson, Dale Massman, Morgan Brehton, Jeremy Robbins, Kevin Hathaway , Carol Huanuco

Kneeling

Nicole Suthard, Jonathan Burns



Commander
Thom Karlson

Post 364

COMMANDER'S ARTICLE

Spring is here and the Post is alive with activity. On March 2, 2008 I was invited to attend a Freedom Salute to honor the members of Task Force Falcon of the 29th Infantry Division who returned home recently from their deployment to Kosovo. The members received their awards and recognition during the event. At the end of the ceremony I was called to the stage to receive the Minute Man Award on behalf of Post 364. The Minute Man awards recognizes our contributions to the unit during their deployment. All members of the Post can take pride in the fact that we helped the troops and their families while they were deployed.

In late February we received a request from the McGuire VA Hospital for baseball hats. We had 4 members of the Post who wish to remain anonymous donated 75 hats to be given to the patients at the Hospital. My wife and I delivered the hats along with approximately 400 books and 2 dozen lap blankets to the hospital on 14 March. The Post will be holding our annual Memorial Day weekend cookout at the hospital on May 24, 2008. Please join us for this heartwarming event.

On 15 March we interviewed candidates for sponsorship to attend the American Legion Boys State in June. We will be sponsoring approximately 24 boys again this year.

On 22 March we held our annual Easter Party for children in our area. As usual this was a wonderful event for the kids highlighted by the Easter egg hunt.

Upcoming events include our annual Broger-Chakurda Bowling Tournament on April 5th at the Woodbridge Bowl America. The cost is \$25 per person for the bowling and \$5 for the Spaghetti Dinner at the Post after the bowling. You can sign up as individual or as a team. Sign up in the lounge or contact Sy Horowitz at hooverangel@aol.com.

The Ladies Auxiliary is sponsoring a bus trip to Atlantic City on May 3rd, \$40 per person tickets on sale in the lounge. The bus leaves the Post at 7:30 AM and return around 10 PM.

We will have our Post cleanup on 26 April. Pete Turner has done a fine job keeping the Post looking good but needs help with some big jobs outdoors. We will get started around 8 AM.

We are within 100 members of reaching our goal for renewed and new memberships. If you have not already renewed for 2008 please stop by the Post and pay your dues. If you know anyone who may be interested bring them by the Post and show them around, maybe they will join.

VOLUNTEER OF THE MONTH

The volunteer of the month for the month of March is Harley Horner. Harley is our finance officer and he puts in many ours behind the scenes keeping our finances in order and making sure the bills are paid on time. Thanks Harley for all you do for the Post.



Commander Thom Karlson receives the Minute Man Award On behalf of American Legion Post 364 from the Virginia National Guard's 29th Infantry Division during the Freedom Salute held at Ft. Belvoir on March 2, 2008. (Pictured from Left to Right, BG Grant L. Hayden Commander 29th Infantry Division, Thom Karlson Commander, American Legion Post 364, Mrs Sherry Karlson, Virginia Secretary of Public Safety John W. Marshall, and MG Robert B. Newman Jr. Adjutant General, Virginia National Guard.)



Auxiliary President

Mary Diperna

Hi Everyone,

Warren keeps telling me that spring is right around the corner, but even though the flowers are in bloom it still feels like winter to me. Hope everyone enjoyed their Easter Holiday. The Auxiliary is still working real hard and we have so much to do. This year has gone so fast. I feel like I am on a roller coaster and I can't get off. Please come out and enjoy all the things that we have planned. We have so much fun and having each of you come out and enjoy it with us makes it even better.

Well the Atlantic City bus trip has been changed from April 12th to May 3rd. The weather should be great, so if you're not winning you can always go for a walk on the beautiful Atlantic City Boardwalk. If interested please get your tickets early so we can all have a fun time and that tickets will be available for you. You can purchase your tickets from the bartender or Sherry Karlson.

Another change in our calendar is our Girls State Program. Girls State will be held on Saturday, April 5th at 8:00am to 12:00pm. Please contact Dianne Cabot if you would like to help with the interviews. Again these girls are amazing. If you are bowling in the 25th Annual Broger/1st Annual George Chakurda Tournament we guarantee you will be there on time. Don't forget if you're bowling or not come on by and cheer on the President's team.

After our Thursday night dinner, on February 28th I was joined by Barbara Barnes, Barbara Stevenson, and members of our legion family to honor our Jr. Shooters and their coaches. We presented them with certificates and checks to show our support. What talented teenagers we have in our community. They came in 3rd place in the competition on Saturday, March 1st. We are so proud of you all.

Has anyone seen the Easter Bunny??? What a great time we had enjoying hunting the eggs that he left for all the children that attended our annual Children's Easter Party. Of course Kara led us all and what a terrific job she did. There was plenty things to do and lots of goodies to eat. Everyone had a great time.

I would like to give a special thank you to the ladies and legionnaires who helped make Marty Rhyne's hospitality room such a success at the Spring Conference in Virginia

Beach. Families are so important and what a family we have at Post 364.

We will be having a "Flower Power 60 Dance" on May 10th at 8:00pm at the post. Please see the flyer elsewhere in the POG. Make sure you let us see what you were wearing in the 60's. Make sure you buy your tickets early.

I would like to give you another reminder of The Woodbridge Relay for Life. The Woodbridge Relay for Life is May 17-18 2008 at Forest Park High School. The Auxiliary's Community Service Program will sponsor a team this year for the Relay. We will have a tent onsite and participate in the entire 24 hour event which raises money for cancer research and promotes cancer awareness. Anyone interested in participating in the 2008 Woodbridge Relay for Life please contact Raye Ferrington (rayezfun@yahoo.com). We would like also to get supporters to buy lighted luminaries at \$20.00 a piece to light the track. Funds raised support cancer research. Please come out and support this important program.

Just like the Legionnaire's our Auxiliary Bingo Program is in need of workers. If you feel the programs we do are important please contact Raye Ferrington (rayezfun@yahoo.com), to volunteer to help. One day a month for just a couple of hours on either a Sunday afternoon or Monday night can be a huge help to our Programs.

Has anyone seen any Butterflies? I sure seem to find them this year. Some of the woman I seem to choose for the Butterfly of the month have been with the Auxiliary for years, which shows how much talent these women have. But this one has only been with the auxiliary for a couple of years and in that time she has become more and more active. She first stepped up and made dinner for our Thursday night dinners, made desserts when someone else cooked, helped with the Americanism dinner, and she even brings in goodies for the people in the lounge on Saturday nights. She has been there many times when it is time to decorate the hall for many of our functions. She was so helpful with our Landstuhl Hospital Care Program Benefit by helping with raffle sales and has helped with our Atlantic City Trips. This young lady has so much to offer our unit and will always be there when someone needs help. She is stepping up again by helping with our Flower Power 60's Dance. This is what my Butterfly of the Month is all about. Thank you so much Diane Condon for being my Butterfly of the Month for March.

God Bless to All,
Mary

Auxiliary Dinners

Thursday Night Dinners are back beginning on January 3rd. If you would like to volunteer to cook on any Thursday please call Sherry at (703) 819-8376 or email her at boydsbears@comcast.net.

Gene May Help Explain Stress Disorder

Associated Press | March 19, 2008

CHICAGO - Groundbreaking research suggests genes help explain why some people can recover from a traumatic event while others suffer post-traumatic stress disorder. Though preliminary, the study provides insight into a condition expected to strike increasing numbers of military veterans returning from combat in Iraq and Afghanistan, one health expert said.

Researchers found that specific variations in a stress-related gene appeared to be influenced by trauma at a young age - in this case child abuse. That interaction strongly increased the chances for adult survivors of abuse to develop signs of PTSD.

Among adult survivors of severe child abuse, those with the specific gene variations scored more than twice as high (31) on a scale of post-traumatic stress, compared with those without the variations (13). The worse the abuse, the stronger the risk in people with those gene variations.

The study of 900 adults is among the first to show that genes can be influenced by outside, nongenetic factors to trigger signs of PTSD. It is the largest of just two reports to show molecular evidence of a genetic influence on PTSD.

"We have known for over a decade, from twin studies, that genetic factors play a role in vulnerability to developing PTSD, but have had little success in identifying specific genetic variants that increase risk of the disorder," said Karestan Koenen, a Harvard psychologist doing similar research. She was not involved in the new study.

The results suggest that there are critical periods in childhood when the brain is vulnerable "to outside influences that can shape the developing stress-response system," said Emory University researcher and study co-author Dr. Kerry Ressler.

The study appears in Wednesday's Journal of the American Medical Association. Several study authors, including Ressler, reported having financial ties to makers of psychiatric drugs.

Ressler noted that there are probably many other gene variants that contribute to risks for PTSD, and others may be more strongly linked to the disorder than the ones the researchers focused on.

Still, he and outside experts said the study is important and that similar advances could lead to tests that will help identify who's most at risk. Treatments including psychotherapy and psychiatric drugs could be targeted to those people, Ressler said.

About a quarter of a million Americans will develop PTSD at some point in their lives after being victimized or witnessing

violence or other traumatic events. Rates are much higher in war veterans and people living in high-crime areas.

Symptoms can develop long after the event and usually include recurrent terrifying recollections of the trauma. Sufferers often have debilitating anxiety, irritability, insomnia and other signs of stress.

Dr. Thomas Insel, director of the National Institute of Mental Health, said the study is particularly valuable for the light it sheds on military veterans, who are known to be vulnerable to PTSD.

He said the results help explain differences in how two people see the same roadside bomb blast. One simply experiences it as "a bad day but goes back and is able to function." The other later develops paralyzing stress symptoms.

"This could be quite a wave that will hit us over the months and years ahead," Insel said. His agency paid for the study. Study participants were mostly low-income black adults, aged 40 on average, who sought non-psychiatric health care at a public hospital in Atlanta. They were asked about experiences in childhood and as adults and gave saliva samples that underwent genetic testing.

Almost 30 percent of participants reported having been sexually or physically abused as children. Most also had experienced trauma as adults, including rape, attacks with weapons and other violence.

Researchers focused on symptoms of PTSD rather than an actual diagnosis, and found that about 25 percent had stress symptoms severe enough to meet criteria for the disorder, Ressler said.

Childhood abuse and adult trauma each increased risks for PTSD symptoms in adulthood. But the most severe symptoms occurred in the 30 percent of child abuse survivors who had variations in the stress gene.

Researchers were not able to determine if the symptoms were reactions to the child abuse or to the more recent trauma - or both, said co-author Rebekah Bradley, also of Emory University.

The study is an important contribution to a growing body of research showing how severe abuse early in life can have profound, lasting effects, said Duke University psychiatry expert John Fairbank, co-director of the National Center for Child Traumatic Stress. He was not involved in the research.

U.S. and China Sign POW and MIA Arrangement

U.S. and Chinese officials signed a document Friday morning in Shanghai, China to formalize research in Chinese archives on Korean War POW/MIA matters. Ambassador Charles A. Ray, deputy assistant secretary of Defense for POW/Missing Personnel Affairs, signed the arrangement with Maj. Gen. Qian Li Hua, of the Chinese Ministry of National Defense. The arrangement outlines expected cooperation between the U.S. and China in researching the archives, which may shed light on Americans who were missing in action or held as prisoners of war in camps managed by the Chinese. In seeking to account for the approximately 8,100 servicemen missing from the Korean War, the Defense POW/Missing Personnel Office has sought access to these archives for more than a decade. The cooperation of the Chinese people and government has led to the recovery of the remains of Americans lost in the Vietnam War, the Cold War, the Korean War and World War II. This joint archival effort is expected to open more avenues of research to enable U.S. analysts to narrow their searches for the specific locations where American remains may be buried. The signing ceremony took place in the same Shanghai hotel where President Richard Nixon and Premier Cho En-lai signed their historic communique in 1972. For additional information on the Defense Department's mission to account for missing Americans, visit the DPMO Web site at <http://www.dtic.mil/dpmo> or call (703) 699-1420.

From the Chaplain:

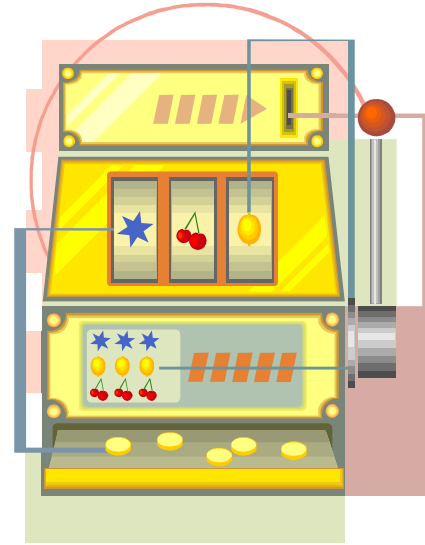
“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you” (St. Matthew 7:7)

Is there an area of your life that you need God's help in? I just went Thru a period where I really needed God's help and I was worried that I should not ask for too much, but the scripture encourages us to go to God with all of our needs. He longs to give us the desires of our hearts and to pour out His favor and blessings on us. In fact Jesus said “You have not, because you ask not.” When we ask for God's favor and blessings, we are activating our faith. When we pray we must make sure there isn't anything in our hearts that would block our faith. We must begin our prayers by surrendering our thoughts to the Lord. Ask Him to purify our motives and show us if there is any un-forgiveness in our lives. When we release those things to the Lord, it opens the door for Him to move mightily on our behalf, and we will move forward into the life of blessings He has in store for us!

Should any one need to reach me my e-mail is burgesscable@aol.com and my cell number is 703-901-1321.

Please inform me if you know of any member or their immediate family of being ill so I may send our prayers and blessings.

Yours in Faith
Scott F. Burgess
Chaplain



ATLANTIC CITY TRIP
3 MAY 2008 SATURDAY
LEAVE FROM POST 7:30
AM
ARRIVE BACK 11:00 PM

COST \$40.00
\$21.00 COIN BACK
\$5.00 IN FOOD

ANY QUESTION CONTACT:
SHERRY KARLSON 703-
819-8376

FLOWER POWER

RETRO **1960s** DANCE

Saturday, May 10th

8 pm – 1 am

AMERICAN LEGION POST 364

Tickets: \$5 in advance - \$7 at the door



Music by ABC Entertainment

Costumes Encouraged

Prizes for the BEST Costumes

So... put on your Bell-bottom Jeans, go-go Boots

and throw some flowers in your hair!!!

April 2008 American Legion Post 364

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Executive Meeting 7:30 PM	2 Boy Scouts 7:00 PM	3 Junior Shooter 7:00	4 5:30 – 7:30 PM Post Dinner	5
6 2:00 PM BINGO Team 5	7 7:15 PM BINGO Team 6	8 Auxiliary Executive 7:30 PM	9 Boy Scouts 7:00 PM	10 Junior Shooter 7:00	11 5:30 – 7:30 PM Post Dinner	12
13 2:00 PM BINGO Team 7	14 7:15 PM BINGO Team 8	15 Membership Meeting 7:30 PM	16 Boy Scouts 7:00 PM	17 Junior Shooter 7:00	18 5:30 – 7:30 PM Post Dinner Karaoke	19
20 2:00 PM BINGO Team 1	21 7:15 PM BINGO Team 2	22 Auxiliary Membership Meeting 7:30	23 Boy Scouts 7:00 PM	24 Junior Shooter 7:00	25 5:30 – 7:30 PM Post Dinner	26
27 2:00 PM BINGO Team 3	28 7:15 PM BINGO Team 4	29	30 Boy Scouts 7:00 PM			

May 2008 American Legion Post 364

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Junior Shooter 7:00	2 5:30 – 7:30 PM Post Dinner	3 Atlantic City Trip
4 2:00 PM BINGO Team 5	5 7:15 PM BINGO Team 6	6 Executive Meeting 7:30 PM	7 Boy Scouts 7:00 PM	8 Junior Shooter 7:00	9 5:30 – 7:30 PM Post Dinner	10 Retro 1960's Dance
11 2:00 PM BINGO Team 7	12 7:15 PM BINGO Team 8	13 Auxiliary Executive 7:30 PM	14 Boy Scouts 7:00 PM	15 Junior Shooter 7:00	16 5:30 – 7:30 PM Post Dinner Karaoke	17
18 2:00 PM BINGO Team 1	19 7:15 PM BINGO Team 2	20 Membership Meeting 7:30 PM	21 Boy Scouts 7:00 PM	22 Junior Shooter 7:00	23 5:30 – 7:30 PM Post Dinner	24
25 2:00 PM BINGO Team 3	26 7:15 PM BINGO Team 4	27 Auxiliary Membership Meeting 7:30	28 Boy Scouts 7:00 PM	29 Junior Shooter 7:00	30 5:30 – 7:30 PM Post Dinner	31

Assumptions:

Bingo Every Sunday 2 PM and Monday 7:15 PM throughout the year.

Executive Meeting on the first Tuesday and Membership Meeting on the third Tuesday of each month at 7:30 PM

Auxiliary Executive Meeting on the second Tuesday and Auxiliary Membership Meeting on the fourth Tuesday of each month at 7:30 PM
SAL meeting third Sunday of each month at 6:00 PM

USMVMC 2nd and 4th Sunday of each month 6:00 PM

Auxiliary Dinners on Thursday evenings in the social quarters

Post Dinners on Friday evenings in the hall 5:30 PM to 7:30 PM

Boy Scouts on Wednesday evenings each week at 7:00 PM

Junior Shooters on all Thursdays but the third at 7:00 PM with no meetings in July and August

Cub Scouts on the third Thursday of each month at 7:00 PM

Calendar:

Post Cleanup – 0800 AM April 26, 2008

Auxiliary Atlantic City Bus Trip – May 3, 2008

Bingo Workers Appreciation Dinner May 17, 2008 (maybe May 16th in conjunction with Karaoke)

Post 364 Officer Elections – May 20th, 2008 7:30 PM

Memorial Day Picnic at McGuire Veterans Hospital – May 24th

Auxiliary Poppies Distribution – May 25th, 2008
Ceremony at Quantico National Cemetery 11 IS – May 26, 2008

Memorial Day Picnic at the Post – May 26, 2008

Auxiliary Officer Elections – May 27, 2008 7:30 PM

Commander and Presidents Appreciation Picnic & Flag Day Ceremony – June 14th, 2008 12:00 PM

Post 364 Officer Installations – June 28, 2008

Dept Convention 2008 July 10-13, 2008

Fairview Marriott in Falls Church

The following items do not have known or firm dates:

Prince William County Regional Chamber of Commerce Annual Valor Awards - April
Department Fall Golf Tournament previously mid October 3 days

Department Spring Golf Tournament April 18-20
Killer Bee/Guppy Tournament(s)

**American Legion
Dept of Virginia Spring
Golf Tournament**

Staunton, Va. April 18th, 19th & 20th
Gypsy Hill Golf Course

\$185 Per Person for Golf and Room
Includes:

3 Days of Golf , Fees and Cart
Tournament Sat and Sun

Room at Quality Inn
Hospitality Room with Food and Drinks

Friday and Saturday Night
Continental Breakfast

For more Info call Mike Roberge

(703)680-6021

(202)231-3145

**Broger-Chakurda
Bowling Tournament
April 5th**

Woodbridge BowlAmerica 1 PM

Spaghetti Dinner to follow

At Post 364

More Info to follow

**Auxiliary Atlantic City Bus Trip
May 3, 2008**

**May 10th
Flower Power Retro 1960's
Dance**

Sunday Sales start 1:00

BINGO TEAMS

Monday Sales start 6:15

Warren DiPerna - 571-239-7556

<p>Team 1 SUN Bob Fitzgerald (TC) 540-752-5390 Renee Beck (C) 703-472-9157 Denise Galligan 703-339-7404 Sy Horowitz 703-670-8325 Marty & Ray Rhyne 703-221-4848</p> <p><i>Addie Horowitz 703-670-8325</i></p>	<p>Team 2 MON Paul Leidy (TC) 703-791-6786 Raye Ferrington (C) 703-924-1150 JoAnne Leidy 703-791-6786 Dan Eubank Barbara Stevenson 703-670-8750</p> <p><i>VACANT</i></p>	<p>Team 3 SUN Dan Condon 703-919-6227 Jack Roach (C) 703-901-2815 Meryl Bevenour 703-897-0398 Chris Thomaidis 703-232-0956 VACANT</p> <p><i>Kathy Roach 703-901-2815</i></p>	<p>Team 4 MON Gary LaPore (TC) 703-303-0759 Ed Graham (C) 804-301-3610</p> <p>Mel McGee 703-472-9157 Barbara Stevenson 703-670-8750</p> <p><i>Vacant</i></p>
<p>Team 5 SUN Matt Peters (C) 703-680-047 Thom Karlson 703-730-2172 Adrian Petrescu 703-590-1032 Dave Caskey</p> <p><i>Dianne Clark</i></p>	<p>Team 6 MON Raye Ferrington (TC) 703-924-1150 Peter Turner (C) Laura Horner</p> <p><i>Barbara Barnes 703-670-0753</i></p>	<p>Team 7 SUN Cal Albers(TC) 703-670-9815 Scott Burgess(C) Harley Horner 703-878-8231</p> <p><i>Mary DiPerna 571-239-7555</i></p>	<p>Team 8 MON (TC) (C) USMV USMV USMV</p> <p><i>Vacant</i></p>

**The American Legion
 Woodbridge Post 364
 P.O. BOX 2121
 Woodbridge, VA 22195
 (703) 494-4304**

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

**Friday Night Dinner
 5:30 – 7:30**

All specials are \$8.00, except Steak \$12.00.

Apr 4th Country Fried Steak
 Apr 11th Ham Steak
 Apr 18th Chicken W/Gravy & Rice
 Apr 25th Steak on the Grill
 (Weather permitting)

Regular Menu consists of the following:

Beer Battered Cod	\$8.00
Butterfly shrimp	8.00
Scallops	8.00
Spaghetti	6.50
Steak	12.00
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

Post Lounge



Hours of Operation

Sat----- 2:00 PM - 1:00 AM
 Sun----- 12:00 PM - 10:00 PM
 Mon----- 3:00 PM – 11:00 PM
 Tues -Thu-- 3:00 PM - 10:00 PM
 Fri----- 3:00 PM - 1:00 AM

FRIENDLY HOUR

**Monday Thru Friday
 3:00 - 7:00**

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 (about 200 yards)

Turn Left on Fowke (used car dealer on corner) to Jenny Lane (Stop sign)

Turn Left on Jenny Ln to Friendly Post Ln (about 100yds, 1st street on right)

Turn Right on Friendly Post Lane

Welcome to our Post Home