



# The American Legion Woodbridge Post 364

## POST-O-GRAM FEBRUARY 2008

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



**Post Commander**  
**Thom Karlson**  
**Auxiliary President**  
**Mary Diperna**  
**SAL Commander**  
**Matt Peters**

### American Legion High School Oratorical Scholarship Program

By Daniel Eubank, 2008 Post 364 Oratorical Chairman

On Saturday January 5<sup>th</sup> 2008 American Legion Post 364 conducted a constitutional speech contest for high school students. The purpose of the American Legion High School Oratorical Scholarship Program is to develop a deeper knowledge and appreciation of the Constitution of the United States on the part of high school students. Other objectives of the contest include the development of leadership qualities, the ability to think and speak clearly and intelligently, and the preparation for acceptance of the duties and responsibilities, the rights and privileges of American citizenship.

The prepared speech of 8-10 minutes was on some aspect of the Constitution of the United States with emphasis on the duties and obligations of a citizen to our government. The assigned topic for 3 to 5 minutes of oration was randomly drawn from 4 topics. The drawn topic was “**Article 2 Section 4** - The President, Vice President and all civil Officers of the United States, shall be removed from Office on Impeachment for, and Conviction of, Treason, Bribery, or other high Crimes and Misdemeanors.

Congratulations to Eric Hunter of Forest Park High School who was the winner of a \$100 scholarship from Post 364 for his oration efforts. Thanks to Ray Rhyne, Ed Graham, and Raye Ferrington for judging.

### Veterans with Parkinson’s disease.

by  
**Alan B. Oates, 1SG, E-8 US Army Retired**

I am a retired/First Sergeant E-8 who served in Vietnam and I am a Paid Up for Life Member of American Legion Post 139 in Arlington, Virginia. I ask for your help in getting the following information out to veterans. There is a group called “US Military Veterans with Parkinson’s or US MVP. We are working as a group to get the VA to recognize Parkinson’s disease as presumptive to exposure to toxin’s including Agent Orange and also to deployment to Vietnam.

The group has 108 members and is growing. Each of our members has Parkinson’s disease. We have intensely researched the connection of toxins and Parkinson’s. We are working on support from congressmen and senators. We have congressmen Tim Walz of Minnesota and Bob Filner of California, (chairman of the Veterans Affairs committee) that have indicated they plan to draw up a bill to place Parkinson’s on the presumptive list of diseases caused by Agent Orange. We need each and every veteran who has Parkinson’s disease to join us.

This is where your Post can help. If you know of a Veteran who has Parkinson’s have him contact us.

Next, I ask you to place this information in your Post newsletter and Post on you Post bulletin boards and web site.

Please Ask your membership get the word out to others in your community. Your help can make a big difference in the lives of Veterans suffering from this disease.

To get more information and or to join our group they can contact Steve Fiscus email [swfiscus@msn.com](mailto:swfiscus@msn.com) or call Steve at **1-612-529-4307** or Alan Oates email [oldvet@aol.com](mailto:oldvet@aol.com) or call Alan at **1-540-459-9376**. The Group has a wealth of information to pass onto veterans on Agent Orange and Parkinson’s.

### GW Birthday Celebration

There will be a George Washington Birthday Celebration in Old Town Alexandria and we are invited. Legion Post 24 is looking for other Legionnaires to participate or assist in the Veteran’s Parade to be held on Feb 18<sup>th</sup>. All they ask is that you show up at the Alexandria Post about 0900 wearing your Legion Post cap. Maybe this would be a good opportunity for our post color guard to fly our flags. FREE COFFEE and DONUTS. See the attached flyer for more details or contact me.



**Commander**  
Thom Karlson

**Post 364**

### **COMMANDER'S ARTICLE**

Greeting to all, The New Year started off with a big bang with a great New Year's Eve Party. Thanks go out to 3rd Vice Dan Condon for organizing and putting on a great event for all in attendance.

Eric Hunter is the winner of our annual oratorical contest. He will now move on to represent our Post and compete in the 16Th District Oratorical Contest. Good Luck Eric.

Soon it will be time to elect new officers for the upcoming Legion year. I have selected Adjutant, Brian Mullican, Finance Officer Harley Horner and Chaplain Scott Burgess to serve as our nominating committee. If you are interested in holding office please contact one of these officers.

I am pleased to announce that our annual Broger Bowling tournament will be held on a date in April yet to be determined. This year we will rename the tournament to the Broger-Chakurda Bowling Tournament to honor our recently departed life member George Chakurda. George has organized and run this tournament for the past 25 Years. Details will be available soon and published in the next issue of the Post O Gram.

On the 16th of February we will host a fundraiser Sweetheart Dance to raise money for the Lahnstuhl Hospital Care Project. Dinner will be served at 7PM and the Radford Brother Band will provide the entertainment beginning at 9 PM. Tickets are \$ 20 per person or \$35 per couple and are available in the Post lounge. Please get your tickets early as the price will increase by \$5 per person on the day of the event. There will be raffles for prizes to raise money as well. For more information of the great work of the Landstul Hospital Care Project go to their website at [www.landstulhospitalcareproject.org](http://www.landstulhospitalcareproject.org)

### **. VOLUNTEER OF THE MONTH**

The volunteer of the month for January is Warren DiPerna. Warren has been our Bingo chairman for many years. Not

only does Warren work the Bingo session twice a week he also spends many hours doing all the paperwork and reports required by the Virginia Department of Charitable Gaming, plus ordering supplies and making deposits. Without the proceeds the Post receives from Bingo our Post would not be able to support all the programs we sponsor. These activities include assisting Veterans in need and activities for our children and youth. If you see Warren thank him for his enormous contribution to our Post.

### **What is the Landstuhl Hospital Care Project?**

The Landstuhl hospital Care Project (LHCP) is a non-profit organization that provides comfort and relief items for military members who become sick, injured, or wounded from service in Iraq, Kuwait, and Afghanistan. Donated items are distributed to military patients at Landstuhl Regional Medical Center (LRMC) in Germany, the largest American military hospital outside the U.S.; to field hospitals in Afghanistan and Iraq; and to VA facilities throughout the United States. Donations to LRMC are done through the Wounded Warrior Ministry Center. This allows all in-patients, out-patients, LRMC liaisons, LRMC nurses, and medical escort's access to supplies. The purpose of the program is to enhance the morale and welfare for troops and veterans by contributing quality of life items.

Each shipment that LHCP sends is sent in honor of a military member who has made the ultimate sacrifice and lost his or her life in service to our country. Hospital staff report that when patients learn that they and their fallen service members are remembered "back home," spirits are lifted. As one nurse wrote in an e-mail, "It's a reminder that what we do is not in vain. It means a lot to the guys that are back there recovering - it helps them know they are not alone." Your contributions and fundraising tell our soldiers, sailors, airmen and marines that they are supported. Thank you for making a difference in the life of service members hospitalized outside the United States.



### **Auxiliary President**

Mary Diperna

Hi Everyone,

I would like to thank all the Auxiliary members who have worked together over the Holidays and preparing for the upcoming events. Your input at our meetings helps to make the events successful. Keep up the great work. You make me so proud. Butterflies are beautiful when flying together.

Our Americanism Dinner is February 1<sup>st</sup>. If you're lucky enough to see this by the 1<sup>st</sup> I hope you can come out and enjoy an excellent meal. I am sure the pot roast will be as good as your grandma would make. A special thank you goes out to Barbara Barnes for a fantastic job. For someone who said she would not have time this year, you are awesome!

Our Thursday night dinners are back and we have the dates filled through the first Thursday of March. Please come out and enjoy the dinners with your legion family. And if you can cook please contact Raye Ferrington or Sherry Karlson and they will be very happy to put your name on the calendar. Remember if you don't have time to cook the meal we all really enjoy those fabulous desserts.

Tickets are on sale at the bar for our Sweethearts for Heroes Dinner/Dance benefiting Landstuhl Hospital Care Project. Tickets are \$20 per person or \$35 a couple. Tickets are \$5 more per person the day of the event. Get your tickets early because we want this to be a huge success.

March 8<sup>th</sup> will be our Girls State interviews and we will need interviewers to help with the Selection Panel. If you want to meet some girls who have it together please talk with Dianne Cabot so she can get your name to be one of the interviewers. These girls will amaze you.

How lucky are you? If your feeling lucky signup for our Spring Atlantic City Bus Trip. We will be making the trip on April 12<sup>th</sup> leaving the Post at 7:30 and returning around 10:30. For details see the bartender before the bus fills up.

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](mailto: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.

Well is anyone bored yet with the Butterfly of the month? My feed back says no you're not and are waiting for more. So here is another very special lady who has been an active member of the unit for many years. She used to tell me what a great president I would be, I hope that she will feel the same way come June. This lady hasn't come out to our meetings and didn't not want to take a chair, but what a job she has done. She has made and continues to make centerpieces for our Friday night dinners and special events and has used my favorite flower the Poppy in every centerpiece. She had a great turnout for the Poppy distribution at the Giant and raised over \$400. She picks up all the food donations and delivers them to ACTS every month. She is also out every month helping our Bingo program and can be counted on whenever you need advice or a helping hand. The Butterfly of the month for January is our very own Poppy Chairman JoAnne Leidy. Thank you JoAnne for all you do.

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](mailto:boydsbears@comcast.net).

## IRS Scam

The following is from [consumerAffairs.com](http://consumerAffairs.com) many seniors seek help preparing their state and federal tax returns, especially if that assistance costs little or no money and comes with the promise of a refund. But law enforcement officials warn that scammers are exploiting that vulnerability and seniors nationwide are falling for it. The Social Security Administration reports scam artists are approaching seniors across the country and offering to prepare tax returns for Social Security recipients. The victim is instructed to get a 1099 statement for the last three years from Social Security. The SSA has no choice except to provide this information to beneficiaries, although they have been warning anyone who requests this information about the scam. Once the intended target receives the information, the scam artist prepares three years of tax returns for a fee. The returns show Social Security benefits as income and mistakenly take the standard deduction to create a refund amount. The beneficiary files the faulty tax return and receives a refund from the IRS. Once the IRS realizes the error, the refund is either removed from the beneficiary's bank account or the IRS sends a demand letter for the refund amount. By that point, the scam artist has moved on and the beneficiary is out the \$40 to \$100 they paid to prepare the return, and they've had to pay back the refund. And that may be just the first chapter. Since the scam artist has the victim's personal identity data, including Social Security number, they can open phony credit accounts in the victim's name and possibly get access to bank accounts and other assets.

## WARRIOR BANQUET

American Legion Post 330  
Culpeper, VA  
Saturday 6:00 PM  
February 9, 2008

Public Welcome

COME HELP WELCOME HOME OUR RETURNING TROOPS.

Catered Home Style Meal \$8:00 per person.

All honorees and immediate family will be served free.

RSVP: No later than February 2, 2008

Contacts: Danny Goolsby (540-937-4053) E-mail; dangoolsby@hotmail.com and Jerry Beckett (540-727-0226).

If you know of any individuals that have currently returned from any theatre or just returned home from military service please let us know. We will need their names and where they can be contacted. Last year was a great success and hopefully with your help getting out the word will be even a larger success.

Please contact either by phone or e-mail other legionnaires that I do not have access to. For those that attended last year can tell you it was outstanding. God Bless Our Troops, America and all Veterans. Moral Is High.  
Danny S. Goolsby, Adjutant

## Super Bowl Party

The Post will be hosting a Super Bowl Party on 3 Feb 2008 (Super Bowl Sunday) We will set up the big screen TV in the Post hall at 5PM after the conclusion of Bingo. Happy hour prices will apply. The Post will provide snacks but feel free to bring a side dish to share.

## General Vo Nguyen Giap

General Giap was a brilliant, highly respected leader of the North Vietnam military. The following quote is from his memoirs currently found in the Vietnam war memorial in Hanoi:

"What we still don't understand is why you Americans stopped the bombing of Hanoi. You had us on the ropes. If you had pressed us a little harder, just for another day or two, we were ready to surrender! It was the same at the battles of TET. You defeated us! We knew it, and we thought you knew it. But we were elated to notice your media was definitely helping us. They were causing more disruption in America than we could in the battlefields. We were ready to surrender. You had won!"

General Giap has published his memoirs and confirmed what most Americans knew. The Vietnam war was not lost in Vietnam -- it was lost at home. The exact same slippery slope, sponsored by the US media, is currently well underway. It exposes the enormous power of a biased media to cut out the heart and will of the American public.

A truism worthy of note: Do not fear the enemy, for they can take only your life. Fear the media far more, for they will destroy your honour.

## Its official, DD-214's are NOW Online.

The National Personnel Records Center (NPRC) has provided the following website for veterans to gain access to their DD-214's online:<http://vetrecs.archives.gov/> This may be particularly helpful when a veteran needs a copy of his DD-214 for employment purposes. NPRC is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents. Other individuals with a need for documents must still complete the Standard Form 180, which can be downloaded from the online web site. Because the requester will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask veterans for additional information will be minimized. The new web-based application was designed to provide better service on these requests by eliminating the records centers mailroom and processing time. Please pass this information on to former military personnel you may know and their dependents.



# ***SWEETHEARTS FOR HEROES***



***SATURDAY FEBRUARY 16<sup>TH</sup>  
7:00 PM UNTIL MIDNIGHT***

***AMERICAN LEGION POST 364 FAMILY CORDIALLY INVITES YOU AND YOUR  
SWEETIE TO JOIN US AT A VALENTINE'S DAY DINNER DANCE TO BENEFIT THE  
LANDSTUHL HOSPITAL CARE PROJECT.***

***FEATURING: THE RADFORD BROTHERS BAND***

***BUFFET DINNER***

***ADVANCE TICKETS***

***\$20.00 SINGLE***

***\$35.00 COUPLE***

***DAY OF THE "SHOW"***

***\$5.00 PP MORE***

***COME OUT AND HAVE A GREAT TIME FOR A GREAT  
CAUSE!!!!!!!***

## February 2008 American Legion Post 364

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

## March 2008 American Legion Post 364

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

## Post 364 Calendar 2007-2008

### **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 2<sup>nd</sup> and 4<sup>th</sup> 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:**

Auxiliary Americanism Dinner Feb 1, 2008

Broger Bowling Tournament - February 9<sup>th</sup>, 2008

Landstuhl Hospital Care Dinner and Valentines Day Dance (Aux Dinner) – Feb 16, 2008

Boys State Interviews Post 364 – March 1, 2008

Girls State Interviews – March 8, 2008

Boys &/or Girls State Interviews Snow date - March 15<sup>th</sup>

Children's Easter Party - March 22, 2008 (Easter is March 23)

Department Spring Conference March 28-30<sup>th</sup>  
Virginia Beach

Auxiliary Atlantic City Bus Trip - April 12, 2008

Post Cleanup – 0800 AM April 26, 2008

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

Post 364 Officer Elections – May 20<sup>th</sup>, 2008 7:30 PM

Memorial Day Picnic at McGuire Veterans Hospital – May 24<sup>th</sup>

Auxiliary Poppies Distribution – May 25<sup>th</sup>, 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 14<sup>th</sup>, 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)

<b>Team 1 SUN</b> Bob Fitzgerald (TC) 540-752-5390 Larry Kiser (C) 703-392-8705 Denise Galligan 703-339-7404 Sy Horowitz 703-670-8325 Marty & Ray Rhyme 703-221-4848  <i>Addie Horowitz 703-670-8325</i>	<b>Team 2 MON</b> Paul Leidy (TC) 703-791-6786 Raye Ferrington (C) 703-924-1150 JoAnne Leidy 703-791-6786 Greg Phelps 571-242-3180 Dan Eubank _____  <i>VACANT _____</i>	<b>Team 3 SUN</b> Dan Condon 703-919-6227 VACANT (C) _____ Meryl Bevenour 703-897-0398 Chris Thomaidis 703-497-2907 VACANT _____  <i>Kathy Roach 703-901-2815</i>	<b>Team 4 MON</b> Gary LaPore (TC) 703-303-0759 Ed Graham (C) 804-301-3610 Rob Lewis 703-851-8782 Mel McGee 703-472-9157 Vacant _____  <i>Vacant _____</i>
<b>Team 5 SUN</b> Billy Moriarity (TC) 703-590-2662 Matt Peters (C) 703-680-047 Thom Karlson 703-730-2172 Adrian Petrescu 703-590-1032 Vacant _____  <i>Dianne Cabot _____</i>	<b>Team 6 MON</b> Raye Ferrington (TC) 703-924-1150 Renee Beck (C) 703-472-9157 Jay Beck 703-472-9157 Gary Eads 703-690-1392 Terry Despain 703-220-3992  <i>Barbara Barnes 703-670-0753</i>	<b>Team 7 SUN</b> Cal Albers(TC) 703-670-9815 Barry Charney(C) 703-898-2790 Harley Horner 703-878-8231 Brian Cohill 703-583-6339 Rich Olofson 703-492-0345  <i>Raye Ferrington 703-924-1150</i>	<b>Team 8 MON</b> David Dix (TC ) 703-497-793 David Dix (C ) 703-497-7931 USMV USMV USMV  <i>Melanie Dix 703-497-7931</i>

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

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

## Friday Night Dinner 5:30 – 7:30

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

Feb 1st	Auxiliary Americanism Dinner
Feb 8th	Crab Cakes
Feb 15th	Country Fried Steak
Feb 22cd	Honey Dipped Chicken
Feb 29 <sup>th</sup>	Steak

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 (2<sup>nd</sup> 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, 1<sup>st</sup> street on right)

Turn Right on Friendly Post Lane

*Welcome to our  
Post Home*