



The American Legion Woodbridge Post 364

POST-O-GRAM MARCH 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

Sweethearts for Heroes- A benefit for the Landstuhl Hospital Care Project By Dianne Cabot

Webster's defines 'sweetheart' as "remarkable one of its kind", and 'hero' as "an illustrious warrior".

A large group of 'remarkable one of a kind people' was in attendance to celebrate and support our illustrious warriors on Saturday, February 16th at the Sweethearts for Heroes benefit dinner dance for Landstuhl Hospital Care Project. I remember six years ago when one of my Auxiliary Moms called me to let me know that a friend of hers would be calling to ask if she could speak to the Unit during a meeting. My ALA Mom said, "This is someone you'll want to meet. She's got a project she's working on, she needs some help and you're going to love it."



Fast forward six years of sweat, love and tears and we find Karen Grimord (President and Founder of LHCP) and her husband Brian (chief cook and bottle washer) now running a 501.C3 charity that has been honored by no less than President George Bush himself. I can't say enough about

either of them and it was good to see them in attendance and having some fun. The service they have given to our country as military members AND a military Mom and Dad is nothing short of inspirational. I must say, the support this organization has received from around the country is only equaled by the dedication and support they receive from the many members of the Department of Virginia - most notably the Northern Virginia Post, Unit and SAL families. I am honored to be a member of one of the Post Families that give so much of their time, money and love.



This past Saturday, the Post 364 Family did what we do best. We threw a party complete with raffle and Silent Auction donations from the sweetest group of business partners and individual member donors a Post could have. We were entertained by The Radford Brothers Band, who played the best country and blue grass an audience could ask for. Lucky for us there were a number of exceptional dancers in the crowd that could really cut a rug and inspired the rest of us to get up and shake a groove thing or two! Our dear Sara Callahan put out a spread of steamship round with all the trimmings and our unofficial baker – Glory Bee – whipped up a delicious cake AND if you missed Kathy Roach's cream puffs...well, that's because I ATE THEM! Yum, yum.!

Commander Thom Karlson and President Mary DiPerna emceed the evening for us. They kept the program flowing fast and furious. Denise Condon and her sweetheart Gerald passed through the Valentine's crowd offering gorgeous long stemmed roses for the sweethearts to purchase and present to their sweeties. (Nice job you two!) Sherry Karlson, Unit 364 Second Vice, pulled off her usual magic with an unbelievable array of raffle and auction items. She had some assistance from some guy (Mary DiPerna said she knew him and I have to say he looked a lot like Bingo the Clown) who MUST have been a professional auctioneer as he managed to whoop the crowd into auction frenzy! I am delighted to report that the evening pulled in over \$6,000 (WOW!) for our dear LHCP and boy what that is going to help for troops! I couldn't have been more delighted! (*well, maybe just a little more if I had won those gorgeous earrings from Quinn's instead of Barbara Barnes!*) Keith Radford said the band thoroughly enjoyed the festivities and the raffles. I have to add that the band got into the spirit with their own contribution to LHCP. What a GREAT group of people they are! And our very own Karaoke DJ Hook donated his black velour back drop to dress-up the place.



Having produced more than one of these blockbuster events, I have to say that you just can't do this alone. There are a TON of people who deserve major league kudos for this one in addition to those already mentioned. I would personally like to acknowledge the best events crew anyone could ask for – Barbara Barnes, Renee Beck, Terri Brown, Diane Clark, Diane Condon, Raye Ferrington, Ed Graham, Laura Horner, Karen Monk and Marcia Wheatley. I've worked with these incredible people on more than one event and I'd do it again in a "sweet" heart beat. Our list of private and business donors is available for member's to peruse via the evening's program. I highly recommend supporting the business establishments with *your* business to thank them for their support and dedication to our veterans and military families. I would also like to thank those individuals who attended and presented personal donations to Karen Grimord for LHCP.

So, Sherry...what's the next event you and Raye having cookin' up? Are we gonna have to wait for the Moon to be in the Seventh House and Jupiter to align with Mars??? (*that's a hint ya'll....better start lookin' for those bellbottoms!*)

Veterans Administration and US Army Sign Mutual Support Agreement

Army Secretary Pete Geren and Dr. James B. Peake, Secretary of Veterans Affairs, signed a mutual support agreement on Feb. 12, outlining continued assistance to service members and their families transitioning through the military Disability Evaluation System. Wounded, ill and injured service members in the Disability Evaluation System process will continue to be offered assistance from the Army and the Department of Veterans Affairs (VA).

"By providing VA support to Soldiers, this agreement formalizes a resource that will help them get the health care and benefits they earned with their service," Geren said. "We must look at our policies through the eyes of our Soldiers and their Families, as we have done in developing this agreement."

The "agreement reaffirms VA's commitment with the Army to provide the care and benefits our veterans deserve," said Secretary Peake. "We share a duty to do what's right for our soldiers and their families."

The Army will continue providing nurse case managers, legal assistance, physical evaluation board liaison officers, chain of command, primary care managers and other service specific support. Soldiers also may call the Wounded Soldier and Family Hotline at 1-800-984-8523 (overseas DSN 312-328-0002) or E-mail, wfsupport@conus.army.mil.

VA service representatives will continue providing information and advice regarding how medical evidence is used in the evaluation of disabilities under the Department of Veterans Affairs Schedule for Rating Disabilities. VA service representatives will assist and advise service members as they prepare documentation for VA benefit claims. VA benefit claims include the VA portion of joint claims processed through the Disability Evaluation System Pilot Program.

At military installations where the VA does not have permanent staff available, service members may contact VA service representatives via phone or e-mail. A listing of veterans' service organizations recognized by VA to help with VA benefits claims can be found at www.va.gov. VSOs also may provide assistance with this process.

For more information, contact Paul Boyce, Army Public Affairs, (703) 697-2564



Commander
Thom Karlson

Post 364

COMMANDER'S ARTICLE

Greetings fellow Legionnaires, Spring is right around the corner and we are heading into the home stretch for the current legion year. The nominating committee is working to put together a slate of officers for election in May. Anyone interested in serving the Post should contact a member of the nominating committee.

On 16 February we held a benefit to raise funds for the Landstuhl Hospital Care Project (LHCP) a local charity that provides comfort items veterans injured in Iraq and Afghanistan. I am very proud to say that we raised \$7454.25 for this very worthwhile cause. I know LHCP will put the money to good use. Many thanks go out to the entire Legion family for their efforts and donations. I want to give a special thanks to our Auxiliary Unit for their many hours organizing this event. I would also like to thank all the local businesses who donated item for the raffles and silent auction. We could not have done it with out you.

Congratulations to Eric Hunter from Forrest Park High School who represented our Post in the Northern Zone Oratorical contest. Eric won the competition and now moves on to the Department level competition in Virginia Beach at the end of March. Good Luck Eric we will be rooting for you.

Boy's State interviews will be held during the month of March. Anyone interested in assisting in the interview process please contact me.

On the 22 of March we will have our annual children's Easter Party. Bring the kids out for a fun family event.

I will be attending the Departments annual Spring Conference in Virginia Beach VA 28-30 March.

. VOLUNTEER OF THE MONTH

I have selected Wayne Hamilton as my Volunteer of the Month for February. Wayne has done a lot of things for the Post that are out of sight from the spotlight. He has also assisted the Landstuhl Hospital Care Project in storing and

moving supplies. Additionally he has been of great assistance to our Buildings and Grounds Chairmen in keeping the Post up and running. Thanks Wayne.

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,

Well I hope everyone had a wonderful Valentine's Day with their love ones. It won't be much longer before the flowers will be blooming. Take a notice when you stop by the legion of our daffodils starting to bloom.

I would like to thank all the Auxiliary members, Thom, Dale and Warren for all there help getting ready for our big Sweetheart for Heroes Dinner/Dance benefiting Landstuhl Hospital Care Project. The evening was a great success and everyone had such a wonderful time. Hope we have more of the same.

The crowds for our Thursday night dinners have really begun to bring the family of Post 364 together. We sit around and talk and get to know one another a little better and what a way to continue the closeness of our legion family. Don't forget to contact Raye or Sherry if you can fill a Thursday night slot.

Just a last minute reminder that Girl State interviews are on March 8th. We may still need a few interviewers. Please contact Dianne Cabot if you would like to help. Again these girls will amaze you.

Have you gotten your tickets for the Atlantic City Bus Trip? We will be making the trip on April 12th leaving the Post at 7:30 and returning around 10:30. For details see the bartender or Sherry Karlson before the bus fills up.

This is a very important and such a great cause so here is 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's 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.

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

The woman I chose for the Butterfly of the month has been with the Auxiliary for many years. She has worked so hard in the past and has continued to work hard this year for the auxiliary. She is one of our Past Presidents; she can say some real good prayers when I put her on the spot. She steps up and makes desserts for our Thursday night dinners, and you can always count on her to do her Monday night at Bingo. I can also say that this lady is a very dear friend of mine. Oh yes she also told me she could not be active this year but yet again she stepped up and did a fantastic job for our Americanism Dinner. I want to give a special thank you for my Butterfly of the Month for February, Barbara Barnes. You're a wonderful lady Barbara and I am proud that you are a part of our unit.

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.

Americanism by Barbara Barnes

Many thanks to all who came out to our delicious celebration of American heritage. Dinner guests enjoyed pot roast, lemon-pepper fish, homemade macaroni and cheese, new potatoes, beans, corn, and delicious desserts. Patriotic mementos of red/white/blue pencils and tumblers along with flag mints decorated the tables. Those in attendance also enjoyed wonderful dinner music provided by Randy Bowers. Kudos and of course heartfelt thanks go to Terry Brown, Laura Horner, Sherry Karlson, Barbara Stevenson, and Dianne Condon for all their help in making this meal a patriotic feast. And a big hug to Dan Souza for his help in the kitchen. Remember that we don't have to wait for a special meal to celebrate our American heritage...we should give thanks for that every day.

Our primaries are past, but there is still a lot more to come in this big election year. Don't forget to exercise your right to vote this November!

FROM THE NOMINATING COMMITTEE

By Brian Mullican

The Nominating Committee has met and is working on a slate of elected officers for the coming Legion Year. We are looking to fill Committee Chairman Positions and unless the current Chairman tells us otherwise that person will be next years chairman. At present we are looking for two or three people to step up and be assistant Bingo Chairmen. Warren DiPerna has been giving every weekend up to work Bingo every Sunday and Monday. We are hoping to find two to three people willing to take be in charge one weekend per month or take two days during the month so that Warren can have some time off. He will train, mentor and assist those individuals who are willing to give of their time and themselves. If you might be interested see Warren DiPerna to see what is involved. Additionally, we are in need of someone to be Historian and Chairman of the following Programs: Public Relations, Blood Donor, Law and Order, National Security and Employment. If interest in working on one of these programs contact Brian Mullican at mulb9700@verizon.net, Harley Horner at harleyhorner@verizon.net or Scott Burgess at Burgesscable@aol.com. Additionally, you can contact the Commander or any of the Vice Commanders. We look forward to hearing from all interested persons especially those who are new members of the Post with new ideas.

From the Chaplain:

For those who do not yet know I have taken over as Chaplain for the remainder of this year. I look forward to serving, and getting to know each of you. Should any one need to reach me my e-mail is burgesscable@aol.com and my cell number is 703-901-1321.

“Those who are led by the Spirit of God are the sons of God” (Romans 8:14)

I came by this position of honor by a little nudging of Gods Spirit. When we follow the Spirit's leading by faith - even when it doesn't make sense - we are making a declaration with our actions that we are children of the Most High God. Those who are led by the Spirit of God are the sons and daughters of God. We hear his voice in the midnight hour giving us direction, we hear his voice affirming us and

guiding us into everlasting peace. Lets all take time today to tune out the other voices so that we may be led by his Spirit into the life of victory the Lord has in store for us.

Yours in Faith
Scott F. Burgess
Chaplain

Asbestos Information

I received the following e-mail which may be helpful.

I'm the webmaster of Asbestos.com, which was created in 1995 to warn Americans about the dangers of asbestos exposure. We've named February 'Asbestos Awareness Month' and have been campaigning across the web to educate those that are at risk. I came across your site while searching for popular veterans resources.

As you probably know, many veterans were exposed to asbestos during their service. It was commonly used in hundreds of military applications, primarily because of its resistance to fire. This exposure can result in a number of life-threatening respiratory conditions, as well as mesothelioma, a deadly cancer associated only with asbestos exposure.

In order to help better educate our vets on these risks, we've created a veteran-specific section at www.asbestos.com/veterans. This covers possible exposure points, symptoms of asbestos-related diseases, and programs designed to assist vets in preventing, diagnosing, and treating these ailments. We'd like to suggest our site as a resource to your users. I think our site would make a great addition to your "Useful Links" section on your homepage. Please let me know if you are interested - I'm available by e-mail at richard@asbestos.com or calling me directly at 407-965-5755. With your help, we can educate our vets and hopefully save some lives.

Thanks,
Richard Moyle

The Asbestos and Mesothelioma Center
www.asbestos.com

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					

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			

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:

Boys State Interviews Post 364 – March 1, 2008
Girls State Interviews – March 8, 2008
Boys &/or Girls State Interviews Snow date - March 15th
Children's Easter Party - March 22, 2008 (Easter is March 23)
Department Spring Conference March 28-30th 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 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

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</p> <p>Dan Eubank _____</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 Vacant _____</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.

Mar 7th Pork Chops W/Stuffing
 Mar 14th Corned Beef W/Cabbage
 Mar 21st Chicken W/Gravy & Rice
 Mar 28th 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