



EXPRESSIONS POST 162

Volume 11

8210 Legion Dr. Lorton Va 22079 Phone 703-690-1107 Fax 703-690-3293

Mar/Apr 2010

HAVE YOU SENT IN YOUR RENEWAL FORM YET?

CURRENT 549



ARMED FORCES RETIREMENT HOME LUNCHEON

For the past 38 years the Ladies Auxiliary, assisted by dedicated volunteers have honored those Veterans living at the Armed Forces Retirement Home. Twice a year these dedicated individuals invite these veterans to the Post for lunch and following the meal the DJ cranks up the volume and the forties, fifties, and sixties come alive. This year we will have a luncheon on March 10, 2010. This is our way of saying thank you to a special group of men and women that we owe so much to but say very little about. Because of their commitment, determination, patriotism, sacrifices we enjoy the freedoms we have today



Yes, I know, it's about time we had a

news letter and I must take all the blame for that situation but we are back on track now. What is going on with this Virginia weather? Does this remind some of you old timers of being back in Alaska or escaping from that cold weather training in Germany, Korea, or of late Fort Drum New York.

The election of officers for the 2010 and 2011 Legion year is just around the corner, and with that in mind the nominating committee was appointed during the February General Membership meeting. Candidates and positions they are running for are announced during the April General Membership meeting and the election of officers is at the May General Membership meeting. Remember on Election Day we always have something special planned so come on down vote, and stay awhile.

Once again we are having a banner membership year and you are to be congratulated. I want to acknowledge to our 1st Vice commander Dave Hill and give a very spe-

COMMANDER'S CORNER

cial "thank you" to our hard working Adjutant, Alan Amos who is heading up this drive. He has been calling and writing individuals and they in turn are sending in renewals. Our membership as of March 3, 2010, now stands at 105.5% and still counting. Remember this is your Post and if you have ideas on how to help make it better let us know...

Mark your calendar for these upcoming events: March 17, Legion Birthday and St. Patrick's Day Celebration starting at 6 pm; March 18, Steak Night with DJ Steve at 6 pm; on March 20 starting at noon and lasting until - the Legion Ladies Breast Cancer Fundraiser beginning at 12 noon with DJ Steve and later that eve-

ning around 8 pm The Back Yard Blues Band is at center stage. Come on down and join us.

These next three months are going to be very busy and I hope to see you at many of the events listed on the activities calendar on the web site.

Lastly let me happily report that Ann is doing well after her recent surgery, she is recovering at home, but she is still in charge and boy don't Betty and I know it. She stopped by for a while last week and we were glad to see her.

For God and Country
Samuel S. Ramseur, Jr.

SPRING IS ON THE WAY



IT'S YOUR BIRTHDAY by Helen Voccio

Well now it's your Birthday and we are having a party just for you. That's right, we celebrate members' birthdays on the third Friday of each month. You get to enjoy Ralph's World Famous Pizza, be serenaded by the members and guest present, everyone one signs your Birthday (Helen insists) and because it is your special day we treat you to some delicious home made cake and cookies, and we say nice things about you too (yea right). So what are you waiting for, just ask the ABC Manager on duty for the Birthday notebook, sing-up and join us for your party. Come early and enjoy the fun. Why celebrate your special day alone? COME PARTY WITH US! Birthday Parties for March and April are:

MARCH

20 Sam Ramseur
21 DeWitt Duggar
27 Sharon Hoxie

APRIL

2 Keith Jones
7 Dorothy Hall
10 Jen Donohue



Now Forming!

Post 162

American Legion Riders



The ALR is open to all Members in good standing of the American Legion, Auxiliary and the SAL who own a Motorcycle (350cc or above). This will be the inaugural meeting for the formation of a Chapter at Post 162. Topics to be discussed: *Purpose of the ALR, Review of By Laws, Nomination / Election of officers, Dues Structure and Meeting schedule. All interested persons are encouraged to attend.*

March 20, 2010

1100 hrs

American legion Post 162

8210 Legion Dr.

Lorton, VA 22079

For additional Information contact Bill Kegelmeyer at bill.k@valegion162.org or 703.868.6842

WTU SCHEDULED EVENTS

MARCH

10 - Army Air Force Retirement
Home/WTU Luncheon 11:00 am
Post 162 Lorton

24 - Dinner 6:00 pm Glory Days Grill
9459 Lorton Market Street
Lorton, VA

31 - Vinny's Italian Grill
Gunston Plaza Shopping Center (next to Post Office)
Lorton, VA

APRIL

28- Luncheon 11:30 am to 2:00 pm
Sponsored by Carraba's
Restaurant at Woodbridge
American Legion Post 364
3640 Friendly Post Lane
Woodbridge, VA

Free Pizza every Friday evening from 4 to 6 pm at the Post Home

BREAST CANCER AWARENESS

According to the National Cancer Institute, breast cancer is the most common type of cancer other than skin cancer among women in this country. Each year, more than 211,000 American women learn they have this disease. In 2008 182,460 new cases were reported for women and 1,990 cases were reported for men. Among women 40,480 deaths were reported and among men 450 deaths were reported. Since it was founded in 1955 the Avon Foundation has been committed to the mission to improve the lives of women and their families. The Avon Breast Cancer Crusade launched in 1992, and Avon breast cancer programs are located in over 50 countries and support advancing access to care and finding a cure for breast cancer, with a focus on the medically underserved.

This is the fourth consecutive year that a team of Ladies from Post 162 will be joining thousands of others

for the 2-day 39 mile Avon Walk. Funds raised by participants help researches find a cure to this horrible disease that has taken so many of our friends and families. In the past three years, they have raised over \$43,400,000 within our community to help fight this menace and to help make this disease EXTINCT.

This year 12 ladies stepped up and pledged \$1,800.00 each. Lead by Team Captain Vickie Pickering, and Team Members Tammy Clark, Jen Donohue, Debi Douglas, Gina Huffman, Elizabeth (Betty) O' Connor, Kelley Owens, Tabitha Yaksima, Sandy Haynes, Mary Katherine Tyler, Nadine Wren, and Jenna Lamouroux. Once again the Legion Ladies ROCK ON.



AUXILIARY CONNER:



The Veterans will be down on March 10th For Corn beef and cabbage, and some fun. Hope you can

make it. If you are free, come hang out. We always have a great time when they come to the post. We are looking to do a car wash when the weather gets warmer and the snow goes away. If you have any ideas for fundraising please let us know. The next meeting is on March 11th at 7:30pm at the post, hope to see you there.



Happy Birthday American Legion

A group of twenty officers who served in the American Expeditionary Forces (A.E.F.) in France in World War I is credited with planning the Legion. A.E.F. Headquarters asked these officers to suggest ideas on how to improve troop morale. One officer, Lieutenant Colonel Theodore Roosevelt, Jr., proposed an organization of veterans. In February 1919, this group formed a temporary committee and selected several hundred officers who had the confidence and respect of the whole army.

When the first organization meeting took place in Paris in March 1919, about 1,000 officers and enlisted men attended. The meeting, known as the Paris caucus, adopted a temporary constitution and the name, The American Legion. It also elected an executive committee to complete the organization's work. It considered each soldier of the A.E.F. a member of the Legion. The executive committee named a subcommittee to organize veterans at home and in the U.S.

The Legion held a second organizing caucus in Saint Louis, Missouri, in May 1919. It completed the Constitution and made plans for a permanent organization. It set up temporary headquarters in New York City, and began its relief, employment, and Americanism programs.

Congress granted the Legion a national charter in September 1919. The first National Convention was held in Minneapolis, adopted a permanent constitution and elected officers to head the organization. This March the American Legion has been serving the nations veterans for 91 years.



**COME JOIN US AT OUR SAINT PATRICK'S DAY
CELEBRATION
WEDNESDAY, MARCH 17, 2010
1800 HOURS**

Expressions

The American Legion
Lorton Post 162
P.O.Box 12
Lorton, Virginia 22199

NON-PROFIT
ORGANIZATIONS
U.S.POSTAGE
PAID
LORTON, VA
22079

Change Service Requested



GOOD BYE COLD WEATHER

