



EXPRESSIONS POST 162

American Legion Post 162

8210 Legion Drive
Lorton, VA 22079
(703) 690-1107

May/June 2017

Volume 5, Issue 6

Memorial Day poppies and the woman who launched a movement

By Cathy Maxwell, Foxnews.com

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**You've Earned
The Right
To Belong...**
Join Us!

2017 Membership Drive:

◆ The 2017 Membership year is almost over! If you have a 2016 Membership Card, it expired Dec. 31st. Please contact: **Dave Wallace**, Post 162 Membership Chair, for renewal assistance at:
david.f.wallace09@gmail.com

Every Memorial Day, when I run into the grocery store to pick up those last minute items for the three day weekend's picnic, I'm met with members of the Veterans of Foreign Wars (VFW) selling their poppies.

We cherish, too, the poppy red/ that grows on fields where valor led;

It seems to signal to the skies/that blood of heroes never dies

-- "We Shall Keep the Faith" by **Moina Michael**

I remember as a kid that it was very common to see paper poppies being sold around Memorial Day. You could even go to the post office and purchase one for a donation.

They were fun things to buy and twist around a purse strap or a button but I didn't know what they meant until I came across the poem by Moina Michael that launched the movement.

An educator and humanitarian, **Moina Michael** was a part of the generation that lived through World War I. The casualties of this war were spectacular. Eight million soldiers died. Twenty-one million were wounded. This was warfare on a scale we had never known before.

Like many of her time, Michael was touched by Colonel **John McCrae's** poem "In Flanders Fields" that described the poppies growing between the grave markers of those who had fought valiantly.

She was inspired to write her own poem "We Shall Keep the Faith" and took to wearing a memorial poppy so that she would never forget those who had made the ultimate sacrifice.

However, she took her tribute a step further.

In 1918, at the University of Georgia, she taught a class of disabled veterans and real-

ized how much financial support these men would need in their lives.

Having worked with the YWCA, she decided to create a fundraiser. **Michael** and her friends began making paper poppies patterned after the one she wore and selling them for donations.

The idea of honoring disabled veterans in this manner caught on. By the time of Michael's death in 1944, over \$2 million had been raised for veterans' programs and the purpose and spirit behind her campaign continues to this day.

The poppies are now made by disabled veterans in VA Hospitals. They are the only people who are paid for their work with this program.

Members of the VFW and American Legion Auxiliary distribute the paper flowers around Memorial Day and Veteran's Day, both days of remembrance. All contributions go to help veterans, their orphans and their widows. The United States is not the only one to support the poppy program. Poppies can be found throughout the United Kingdom as well.

So this Memorial Day, if you are offered a poppy, wear it proudly. And when you see it on someone else, know you are in the presence of a grateful citizen.

"And now the Torch and Poppy Red -- we wear in honor of our dead.

Fear not that ye have died for naught; We'll teach the lesson that ye wrought in Flanders Fields."

--"We Shall Keep the Faith" by **Moina Michael**



The Commander's Water Cooler

Legion Family,

I cannot believe how quickly this year has gone by! As you continue to read throughout this newsletter, you will hear from each of our Post Officers and Legion Family leadership as they discuss accomplishments and their parting thoughts.

Yes, this year had some trying moments, but we persevered and I believe our Post home became stronger because of it.

It is never easy stepping into the role as the Post Commander, regardless of your years of experience with the Legion or the ideas you want to help promote to improve from the previous year or years. Each year brings different obstacles/hurdles and not one year can be compared to another due to the way things change from one year to the next.

What I can say is that this past year's Executive Committee gave it their all and I couldn't be happier with the work that was accomplished

since last June's installation.

Our Post finances improved considerably and a few new Legion Programs (well, new to us) were added.

Our First Vice Commander **Rod Sansone** was the driving force behind the success of our Boys State, Oratorical, and Youth Cadet Law Enforcement programs. His meticulous attention to detail ensured each program ran smoothly. Our program successes garnered a lot of positive attention and praise at both the District and Department levels.

Second Vice Commander **Brian Michelli** had the burden of establishing proper standards that our staff needed to follow for business operations purposes and it was not a small task. Comrade **Michelli** was able to cut our trash collection cost in half by negotiating a contract with a new vendor, spent countless hours discussing a wide range of topics with the House Committee, and coordinated the efforts of grounds cleanup on the outside of our Post home.

Our Post Adjutant **Brenda Moy** was the person always behind the scenes who ensured administratively we were kept on target and was a great help with our membership processing.

Judge Advocate **Rick Weinard** spent the year addressing Constitution and Bylaws concerns and discrepancies with a vote at April's GMM that pleased both sides of the table. He also provided his mechanical knowledge to aide in ensuring our equipment was up and running.

Everyone else on the EXCOM also did just a wonderful job and, although not mentioned by name, their dedication to this year is not forgotten and was greatly appreciated.

Thank you to all our Post 162 Legion Family members. I am extremely proud to have served as your Post Commander for the 2016-2017 membership year. I wish the incoming Post leadership all the best!

**For God and Country,
Dave Wallace
Commander, Post 162**

2016 – 2017 Post Officers

Commander	Dave Wallace
1st Vice	Rod Sansone
2nd Vice	Brian Michelli
3rd Vice	Vacant
Adjutant	Brenda Moy
Finance Officer	Vacant
Chaplain	Vacant
Service Officer	Tony Husen
Historian	Brenda Moy
Judge Advocate	Rick Weinard
Sgt-at-Arms	George Frank
Past Commander	Patty Veld
Legionnaire of the Year	George Frank
Board of Directors:	Dave Lowden, Paul Goodin, Victor Graulau, George Frank, Sam Ramseur, John MacKay, Tony Androsky, Tony Husen

The 2017 Membership Drive is almost at its end and if you haven't renewed **your 2016 Legion Family card expired on December 31st**. Remember that the Membership year is actually on a Fiscal Year rotation. What we would like to do is begin getting all members in the habit of renewing early to assist in getting our Post leadership's membership goal ahead of the power curve and not scrambling at the end of the year. Creating this "renewal habit" for your Legion Family entity would be greatly appreciated!

The respective Legion Family Membership Chair's, contact information and cost of dues are:

Legion: Dave Wallace david.f.wallace@lmco.com \$40.00

Auxiliary: Amy Bowser apb13@aol.com \$25.00 (Seniors) \$10.00 (Juniors)

SAL : Clifton "BJ" Smith allie603smith@gmail.com \$40.00 (Seniors) \$10.00 (Juniors) and \$15 (Dual)

ALR: Vickie Pickering mama43js@msn.com \$20.00

As always, you can leave your renewal information in an envelope at the bar. Please ensure that you put your name and (Legion Family entity) Membership Renewal on the front of the envelope. Your 2017 card will be mailed to you shortly after.

“Gung - Ho” with the First Vice Commander

Brother and sister Legionnaires, families, and friends,

I just wanted to provide a quick update on two of our key programs which run this summer, Boys State and our Youth Law Enforcement Program. Once again, our four local high schools (West Potomac, Hayfield, South County, and Mount Vernon) provided us with quality young men to interview. I owe a special thank you to our Post Commander, **Dave Wallace** and **Vic Graulau**, Sons of American Legion Squadron 162 Commander, for their time, energy, and commitment during the interview process. Their assistance and guidance was instrumental in ensuring fairness throughout the process.

After enduring a week of interviews, I am pleased to report that our Post selected 11 primary delegates and four alternates to attend 2017 Boys State in Roanoke, Virginia. It is also worth mentioning that our Post is committed to paying for 4 young men while our schools pay for the other 7 delegates to attend. I personally feel that the schools' funding additional delegates is important because it illustrates the strength and value of our program to them and their students. Additionally, our Post is sponsoring one young man from the JROTC unit at Mount Vernon High School to attend the Youth Law Enforcement Program at the Virginia State

Police Academy in Richmond, Virginia. The Academy provides an ideal setting for rising high school seniors to learn about law enforcement which makes the experience all the more richer for them.

In closing, I want to say that it has been an honor to have been your First Vice Commander for the past year. The privilege to serve our Post is an obligation that I took serious and tried to earnestly fulfill to the best of my abilities. I did not seek office again because the demands of having two boys in high school were too much to balance with my duties as a Legion Officer. There are too many individuals to thank by

name but I would be remiss if I didn't say “thank you” to Commander **Wallace** who not only mentored and coached me but more importantly, supported me 100 percent with my work on Legion programs. My plan is to remain with Post 162 so I can continue to enjoy the comradery of my fellow Legionnaires. I wish the incoming Post Officers and Board of Directors tremendous success over the coming year because we should never forget our commitment to our youth programs, patriotism and honor, national security, and to our fellow service members and veterans.

Proudly Serving, Semper Fi,
Rod Sansone
First Vice Commander

Second Vice Commander's Toolbox

As my term serving as both 2nd Vice Commander and 3rd Vice Commander comes to an end, I could easily discuss all the accomplishments that would not be possible if it were not for volunteer help. While that is true and I am thankful for everyone's help, there is a more important item that needs to be addressed.

I think it is fair to say that everyone is aware how difficult a year it has been for our General Manager (GM) and ABC Managers due to the financial difficulties the Post was experiencing. Our GM accepted a new contract and due to the cutback in our paid

staff hours in the Social Quarters, **Vickie Pickering** and **Betty O'Connor** worked extra unpaid hours so the Social Quarters could remain open. In addition they have had to work with first no freezer and then when the beer cooler broke down. These situations only made their jobs harder.

So I want to end my term by thanking **Ann**, **Vickie**, and **Betty** for all their hard work this past year under very stressful conditions.

For God and Country,

Brian B. Michelli
2nd/3rd Vice Commander
House Committee Chairman

“Wherever you turn, you can find someone who needs you. Even if it is a little thing, do something for which there is no pay but the privilege of doing it. Remember you don't live in the world all of your own.”

- **Albert Schweitzer**



Post 162 Legion Family Installation

All Post 162 Legion Family members are invited to the Installation of our Post 162 Legion Family Officers and 40&8 Voiture Officers on June 3rd with a social hour beginning at 6pm and the ceremony beginning at 7pm.

Come out and welcome your new leadership team!



Thoughts and Prayers for Our Legion Family

By John C. Maxwell, Author of "Jumpstart Your Growth"

"Expecting the world to treat you fairly just because you're a good person is a little like expecting the bull not to charge you because you're a vegetarian."

- Dennis Wholey

Most of us want our lives to only be filled with ups. That's not realistic. No matter who you are, where you live, what you do, or what your background is, you will have to deal with downs – bad experiences.

What separates people

who thrive from those who merely survive? I believe it's how they face their problems and whether they use pain as a stepping-stone for success. I've never known anyone who said, "I love problems," but I've known many who have admitted that their greatest gains came through their pain.

Everyone has a pain file. Life's difficulties do not allow us to stay the same. They move us. The question is, in which direction will we be moved: forward or backward? Do we become better or bitter? Will negative ex-

periences and failures limit us or lead us to grow?

Most successful people will point to the hard times in their lives as key points in their journey of development. I've learned to let my painful experiences be a catalyst for my development. Growth is the best possible outcome for any negative experience.

Think of something negative that happened to you recently. Now think about how you can learn from it or create a positive outcome from it.

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

- Philippians 4:8



2016-2017 ALR Officers

Director	George Frank
Asst. Director	Jason Hoffstot
Secretary	Vacant
Finance	Vacant
Sgt-at-Arms	Chris Young
Chaplain	Robert Lucas
Road Captains	Randy Hacker Bill Kegelmeyer

Riding with the Director

As I sit here writing this article, it's been a dreary, rainy day. As they say, April showers bring May flowers which is approaching quickly. The Riders annual Nationals opening day party was a blast! Everyone seemed to have a good time with the door prizes, bottle raffle, and a 50/50. The best part was a Nationals WIN! Nats 4 Marlins 2. As far as officers for this coming year are concerned, I haven't had anyone beating my door down for any positions but there will be some small changes. We decided in our last meeting to have as many positions filled as possible by our next meeting which is May 11th - just in time for our Joint Installation on Jun 3rd.

The Riders are participating in Memorial Day weekend activities starting Saturday, May 27th for our Friends and Family Ride to Arlington Cemetery to pay respect for our fallen heroes!! That Sunday is Rolling Thunder and we'll be pulling out early in the morning. On Monday we will be escorting our 40&8 brethren to Arlington to pass out flags for our fallen soldiers. Exact times and places will be posted at the Post Home and via the Commander's news E-Blast.

Remember the Riders are hosting dinners the last Wednesday of the Month thru the end of the year. Our monthly meetings, which are lacking participation, are changing from the 2nd Wednesday of the month to

the second Thursday of the month for that very reason (PARTICIPATION).

I would like to thank everyone for their support throughout the year and let's continue to make the American Legion great again and continue supporting all the Legion's programs.

George Frank

Director, ALR 162



General Manager Report

This Legion year is ending for our Commander and officers, so I would like to say thank you for a very interesting, exciting and fruitful year. We have new people running this year and I would like to thank them for giving their time supporting our Post. I hope there will be a good turnout for our fish fry on May 20th.

We continue to serve lunch on Mondays with **Vickie Pickering** serving meatloaf

and **Betty O'Connor** makes a great dinner on Thursday evenings. Call the Post to find out what we are having for our special on that day. We also have our 3rd Friday dinner and music night so come out and join us. Friday nights **Mona Knight** and I make pizza from 6:00-7:00 - it's \$1.00 a slice. We have a good time making the pizza so come out and join us. We have our Queen of Hearts drawing on Wednesday nights at 7:00

p.m. Hopefully we have something of interest for everybody.

Please send me your recommendations if you would like to have us consider another or different activity.

Ann Kuntz,
Post General Manager



Auxiliary President's Corner

Many thanks need to be given to many of "U" as supporters of the Auxiliary. Thanks to those of "U" who successfully supported the children in the Easter party; many of "U" who graciously served the Veterans in the luncheon for the retirees from the soldiers' home; each of "U" who quietly gave of your time and effort to clean or improve the Post facility; and those of "U" who helped to feed the Post patrons in various dinners and reach out to the community through fundraisers. Without "U," the Auxiliary would not exist.

There are opportunities for "U" still. Please sign up for a two-hour time slot to assist in distributing poppies for the Auxiliary. The distribution will be Friday, May 12th and Saturday, May 13th from 9:00 a.m. – 3:00 p.m.

at the Fort Belvoir Commissary and PX. **Mona Knight** is graciously coordinating this effort. Funds from this distribution go to supporting the Veterans' luncheons, children's parties, and other programs for the military. We have also been given the opportunity to distribute Memorial Day weekend, if these two dates are not convenient for "U." These funds are critical to help support the programs our unit wants to support.

On Wednesday, May 24th, the final luncheon of the year for the Veterans from the soldiers' home will be held. **Deb Mohaupt** needs at least five desserts provided, three Auxiliary members to help serve, and two members to help clean. Please let her know how "U" can help.

The election for Auxiliary officers will be held at 7:00 p.m. on Monday, May 1st. The officers slated are: **Almeta Bowman**, Chaplain; **Lori Mills**, Sergeant-at-Arms; **Amy Bowser**, Treasurer; **Sara Mohaupt-Linares**, Second Vice-President; **Deb Mohaupt**, First Vice-President; and ?? for President. Please come and vote! It is imperative that "U" take part!

Being a member of the Auxiliary is more than just paying dues and showing up for social events. Please make the time to figure out how "U" can make a positive difference! Thank you for your consideration!

For the Good of the Post,
Karen Donais,
Auxiliary President



2016-2017 Auxiliary Officers

President	Karen Donais
1st Vice	Deb Mohaupt
2nd Vice	Gloria Bannister
Treasurer	Vacant
Historian	Vacant
Chaplain	Almeta Bowman
Sgt-at-Arms	Lori Mills
Secretary	Vacant

The Squadron's Signal

Only a few weeks and the 2016-17 year will be over. While it has been a tumultuous year, (Hey I can actually use that word), we have been able to accomplish much. We had some successful fundraisers, we have worked with Post 162 officers on Boys State interviews, The Oratorical Contest, VA&R events, and other functions too numerous to mention. Unfortunately with all the success we had as a Squadron, one failure has been the drop in our membership. As of this article, we are short of 75 percent and well off the goal of 90 percent. We also have lost a lot of volunteers over the year, this has shown in the lack of attendance at our meetings and Squadron sponsored fundraisers. Hopefully, this will change with the New Year.

I wish to thank those who attended our fundraisers, like Octoberfest and the Daytona

500 Tailgate fundraiser for Mason's Dream. We raised over 700 dollars for both events. The Squadron will be sponsoring the third Friday function on May 19th. The Squadron is in the process of booking "Just Winging It," a local bluegrass band. We plan to have raffle drawings throughout the evening. Proceeds for this event will go to SAL Programs. Check the Post 162 E-blasts for further details.

In closing, I hope some of you will come back to help out your Post 162 American Legion family. We need your help in making the Post successful, not just in the social quarters, but everywhere else too. We have the hall ready for rental. The Auxiliary has its annual Poppy fundraiser at Ft Belvoir the weekend of May 12th, and we will be placing flags on the gravesites of our Veterans at Cranford, Pohick, and Silver-

brook churches. Officers Installation will be held on Jun 3rd. At this time, I will be coming back as the Squadron Commander and **Robert Lucas** will return as the 2nd Vice Commander. If anyone is interested in the vacant positions of 1st Vice, Historian, Chaplain, Judge Advocate, and Sergeant-at-Arms, please let me know. I will also like to see our junior members take an active role as an officer or chair a committee.

I look forward to a good relationship with incoming Post Commander **Juan Rodriguez**, his experience at Manassas Post 10 will hopefully bring a positive change at Post 162. Good luck to Commander **David Wallace** and his future endeavors with the 17th District.

For God and Country,

Victor I Graulau,

Commander Squadron 162



2016-2017 S.A.L. Officers

Commander	Victor Graulau
1st Vice	Clifton Smith
2nd Vice	Robert Lucas
3rd Vice	Marv Rodney
Sgt-at-Arms	Jeremy Wallace
Chaplain	Dave Albert
Finance Officer	Vacant
Judge Advocate	Steve Levinson
Adjutant	Rick Weinard

Hall Rentals

Rent our hall for:

Birthday Party, Baby Shower, Graduation Party, Corporate event or any other occasion.

Accommodates up to 80 guests;

Suitable for any meeting, military ceremony or wet downs!

Call now and ask for our Hall Rental POC **Vickie Pickering** at: 703-690-1107 or email at:

hallrental@valegion162.org

Congratulations to the 2017-2018 Post 162 EXCOM:

Commander: Juan Rodriguez

Second Vice Commander: Steve Leo

Third Vice Commander: Vic Machalec

Chaplain: Houston Smith

Trustee: (1 year) Vic Graulau

Board of Directors: Patty Veld, Sam Ramseur, Vic Graulau, James Bowser, Tony Androsky, George Frank

If interested in any of the open Post Officer positions: First Vice Commander, Finance Officer, Service Officer, Sergeant-at-Arms, Historian, Judge Advocate, Adjutant – contact Incoming Post Commander Juan Rodriguez at: juan.rodriguez16@yahoo.com

May and June Birthdays

May 4: Kellie Roberts	June 2: Eddie Mills
May 6: Vic Graulau	June 3: George Frank
May 7: Helen Voccio	June 4: Lonnie Plotner
May 8: Jenny Spears	June 11: Lee Laforge
May 10: Brian Mosser	June 15: Jerry Banner
May 13: Eddie Cooper	June 19: Rich White
May 14: Lee Winter	June 20: Cindy Gravatt
May 15: Jessie Haynes	June 20: Patty King
May 15: Dave Lowden	June 28: Cora Lee Miller
May 19: Steve Mottern	
May 21: Donald Toy	
May 21: Anita Crowe	
May 23: Daniel Selby	



Squadron 162 hosts the:

Third Friday in May

When: Friday, May 19th

Time: Dinner TBA: 6pm-8pm

Entertainment: Just Winging It (from 8pm-10pm)

Price: \$8

Come out and enjoy a local Blue Grass Band at the Post home and be on the lookout for announcement of scheduled dinner! Meals are first come/first serve so get here early and enjoy the camaraderie amongst fellow Legion Family members. We plan to have raffle drawings throughout the evening. Proceeds for this event will go to SAL Programs.



Comrade Albert's Thoughts of the Month



Every day is a new opportunity. You can build on yesterday's success or put its failures behind you and start over again. That's the way life is, with a new opportunity every day.

You are the sum total of everything you've ever seen, heard, eaten, smelled, been told, and forgot. Everything influences each of us so try to make sure that your experiences are positive.

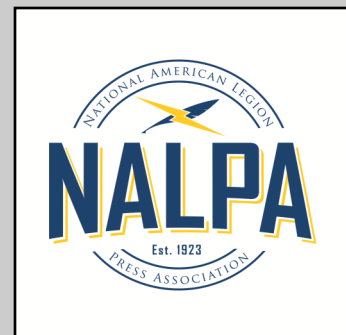
For God, Country and The American Legion,

Dave Albert

Expressions Post 162 is a bi-monthly Newsletter available to the American Legion Post 162 Legion Family Members.

Contributions to the Newsletter must be submitted by the 20th of each month. Photos and text submissions are accepted, but subject to review by the Editor and the Post Advisors.

Editor: Marv Rodney marvrodney@aol.com
Layout and Design: Dave Wallace david.f.wallace09@gmail.com
Post Photographer: Victor Graulau victor.graulau@verizon.net
Post Website: www.va legion162.org



MAY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Auxilliary Mtg 7pm	2	3	4	5	6 40&8 Mtg 11am
7	8 V-E Day	9	10	11 ALR Mtg 7pm	12 Military Spouse Appreciation Day	13 SubVets Mtg 11am
14 Mother's Day	15 EXCOM Mtg 7pm	16	17	18 SAL Mtg 7pm	19 Third Friday 6pm-8pm Dinner 8pm-10pm Enter- tainment	20 Armed Forces Day Fish Fry - 12pm- 3pm
21	22	23	24 Veterans Lunch- eon 11am-1pm	25	26 National Poppy Day	27 Flag Placements - Meet at Post 8am
28 Memorial Day Ceremony - 11am	29 Memorial Day	30	31 ALR Dinner 6pm- 8pm	Note: There is no GMM this month!		Queen of Hearts is played each Wednesday at 7pm

JUNE 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Post Installation Ceremony begins 7pm
4 17th District Convention @Post 177 1pm Boys State Mtg— 4pm at Paul VI	5 Auxilliary Mtg 7pm	6 D-Day	7	8 ALR Mtg 7pm	9	10 Sub Vets Mtg 11am
11	12 EXCOM 7pm	13	14 Flag Day Army Birthday GMM 7:15pm	15 SAL Mtg 7pm	16 Third Friday- TBA	17
18 Father's Day	19	20	21	22	23 Coast Guard Auxiliary Birth- day	24
25	26	27 PTSD Awareness Day	28 ALR Dinner 6pm- 8pm	29	30	