

The American Legion Post 176



Vol.50 No.8

POST SCRIPTS

6520 Amherst Avenue
Springfield, Virginia

August 2005

Commander's Message

I returned from the Department Convention with mixed feelings. I am not one to revel in time spent listening to politicians and going through scripted events. It is always good to meet with those that you have made friends with and talk of the Posts accomplishments for the year.

I am proud to say that we walked off with the most important recognition of all and that was the Veterans Affairs and Rehabilitation plaque for a large Post. We are here to serve our veterans and this says the Department agrees that we did it better than anyone else in a Post the size of 601 or more members.

I am also pleased to announce that Klaus Dahlkas was selected as the District Legionnaire of the Year. He was very proud to represent our Post and I know took individual pleasure knowing his efforts were recognized by his peers.

We also had a member receive national recognition. Past Commander Richard Vatter was awarded a Citation for Meritorious Service and Loyal Cooperation in the



American Legion's Veterans Affairs and Rehabilitation Program. This is a significant honor and well deserved.

A special thanks go out to you for serving your Post so well as to receive recognition on these levels.



Jim Kampanos, CDR. Post #176

One of the things that Convention reminds me about is why we ask for you to renew as a member and we ask that you participate in some of the programs. We take it for granted that many of you work 2 jobs to make ends meet, or have other obligations that take your time. I was reminded that our military veterans serving overseas and those Conti. P 2

2005-2006 MEMBERSHIP

By the time you read this you will have received your membership renewal notices, Post Commander Jim Kampanos, Eddie Dentz, myself and several others as well, will have attended and returned from the July 14-17th, American Legion Department of Virginia Convention in Roanoke.

We turned in 429 memberships at the convention to start off the new Legion year. Additionally, I mailed in another 200 upon my return. We're off to a good start that can be made even better if you do your part - renewing your membership early this year.

The upside is that if you renew now you will not receive any further renewal notices and in the process save the American Legion a ton of postage costs. So "**please do your part**". You can also go above and beyond by recruiting a friend, neighbor, or relative for the Legion and let's not forget spouses and offspring for the Legion Family.

For God and Country,
E. Tony da Costa, Membership

Renew your membership for the new year 2005-2006

POST 176 OFFICERS

CommanderJim Kampanos
 1st Vice Com.....Walt Myers
 2nd Vice Com.....Chris Braman
 3rd Vice Com.....Jim Younts
 Adjutant.....Edwin Dentz
 Finance Officer..... Vacant
 Chaplain..... Al Cockrell
 Sergeant-at-Arms...Scott MacCallum
 Judge Advocate.....Leon Smith
 Service Officer.....Ali Nikolia
 Historian.....Ralph Nichols

Executive Committee

Committeeman..1yr.. Tony Dzieerski
 Committeeman ..2yr....Walt Podolny
 Committeeman...3yr...Klaus Dalhke.

Corporate Board

President..... TBD
 Member.....Ray Stone
 Member.....Tony da Costa
 Secretary.....TBD

UNIT 176 AUX OFFICERS

President.....Paula Kampanos
 Vice President.....Marty McGrail
 Secretary.....Debbie Weimer
 Treasurer.....Jeannine Hazard
 Chaplain.....Jere Vatter
 Historian.....Jean Podolny
 Sergeant-at-Arms..Raheleh Fazlollah
 Asst.Sergeant-at-Arms..Hazel Babler

SQUADRON 176 OFFICERS

Commander.....Terry Breyman
 Vice Com.....Eric Boyer
 Chaplain.....Art Childers
 AdjutantChip Byers
 Sergeant at Arms
 FinanceBilll Swaner
 MembershipTony da Costa

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 Post website:....www vapost176.org



Conti. P1

hospitalized did not say they had other things to do than serve. They left family and loved ones behind and have gone off to fight for democracy in different parts of the world.

These are our brothers and sisters in arms. We have had others help us and it is now our turn to step up and help them. You may already be volunteering in other organizations or in places that you don't think are related to the American Legion. Please check with us and see if you aren't working in the very programs that we support. Become a part of our team and help serve our veterans.

Enjoy the remainder of your summer and thank a vet.
 For God & Country, Jim Kampanos

Veterans Affairs & Rehabilitation

We start the new Legion year without a specific chairperson for VA&R. If you have some time and are willing to work this program please contact the Commander. It entails coordinating visits and activities at the various hospitals we support.



I can tell you that we recently learned that the troops in Afghanistan are suffering foot problems because they are wearing military issue socks. We have a member that sent her nephew white socks and he wrote back requesting she send some for his friends. We are taking up the challenge of collecting more white socks or donations to purchase white socks to send to Afghanistan. You can drop socks off at the lounge or send a check for a donation to the Post and identify it for Afghan relief.

I was also told that the incoming troops at Walter Reed are in great need of flip-flops and swim suits. These are items

they need for their physical therapy. If you run into a bargain at the dollar store please drop them off. We will distribute them to our troops at Walter Reed hospital.

The Veterans hospital in Martinsburg is in dire need of sweat suits. They need large and extra large. It is pretty cold in that hospital and they need the sizes to cover casts and other repairs the people have to their legs. If you can help it will be greatly appreciated.



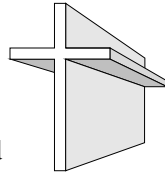
Veterans Hospital

We are sponsoring a bingo at the Salem hospital. The local Legion and Auxiliary members are working the bingo and we are supporting it through a donation of \$200.00 for prizes and items needed.

If you can, please step forward and become chairman of our Post VA & R. We need your leadership !

Chaplain's Report

By Alfred Cockrell

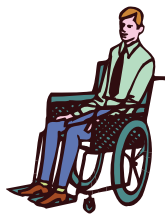


It is with genuine pleasure and sincere gratification that I have once again been given the opportunity to serve as the Chaplain for Post 176. It was explained in the July edition of our newsletter that the newly elected Chaplain was unable to serve his term. Maudie Price, the incumbent had decided to step aside because of borderline health. I have volunteered for at least a year. My prior service as Chaplain has made it easy to quickly close the void.

Please notify me of any illness or death of our comrades. This also includes family members. I can be reached by leaving a message at the post or by calling me at home, 703-440-1432. As the chaplain of an aging membership I need all the help I can get from our members. If you find yourself with time on your hands, or you find yourself with a willingness to give some of your spare time, please call me. If you have an idea that you feel will benefit the Office of Chaplain, please call me.

Things can get hectic. At times, it can appear that several of our members can succumb at the same time. God knows best. When everything seems to go wrong, He is working to lift our spirits and give us strength to help us through the difficulty.

Sick Call:



-Commander Kampanos has undergone eye surgery. Recovery seemed slow but improving all the time.

-Comrade Billy Stone is now a resident of the Burke Health Center.

-Comrade Tony Dzierzski notified me that Bernie Hazzard, a former member of this post has died. He had moved to South Carolina and his address was 22 Sea Gull Dr. Burton, SC 29902.

-Comrade John Rieder's final visitation and memorial service was held on 7/18/05 at 3pm at the Post Headquarters.

-Jean Tabler said that Seth has been released

from Alexandria Hospital.

-William (Bill) Bailey, father of Comrade Stu Bailey has passed on. Stu may be reached at 703-569-4074 if you wish for additional details. Calls would be appreciated.

-Comrade Harry Greelee is in need of get well cards. He can be reached at 5837 Ash Drive, Springfield, VA 22150. Cards and telephone calls are appropriate.

-Peter Javagg, our 87 year old WW II veteran, passed away June 18th, 2005.

Internment at Quantico

National Cemetery by Dick Vatter

1. The administrative staff at Quantico National Cemetery may be reached at 703-221-2183, during the hours of 8:00 AM to 4:30 PM.
2. Quantico staff has estimated that there is ample space at Quantico for the next thirty years.
3. When the veteran dies notify the funeral director that interment at Quantico is requested. The funeral director will contact the cemetery and make all the arrangements. The surviving spouse must furnish the funeral director with a copy of the veteran's discharge paper's which show beginning and ending dates of service. You must also notify the funeral director whether the surviving spouse is to be interred at Quantico.
4. When a spouse dies before a veteran follow the same procedure.
5. A head stone will be furnished by the Veterans Administration.

A number of members have been asking about the procedures to follow when requesting burial. I hope this will be of help to our veterans and their families.

Postscripts 3rd Place Winner



Our newsletter, Postscripts, was entered into the State Legion publication contest, NALPA. Out of 150 points we were given 120. This gave us third place in the contest for large Posts for VA

50th Anniversary Pins



Post 176 has available the 50th Anniversary souvenir pins. The price list is \$3.00 each, 2 for \$5.00, 3 for \$8.00, 4 for \$10.00 and 5 for \$12.00. I don't

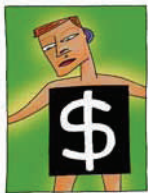
expect these will last very long so order yours now. See the ABC Manager on duty if you are in the Post or mail in your request.

We still have some of the beer steins and champagne glasses available if you hadn't had the opportunity to order those.

Special Election in September

For those at the June meeting you were made aware that Jay Cabacar resigned as Chaplin due to his mothers failing health. Our past Chaplin Al Cockrell agreed to accept the challenge and handle the position of Chaplin. He was appointed by the Commander and will ask you to elect him for the year to fill the vacancy.

Please plan on attending the September General Membership meeting as we will hold the special election to fill the position.



Inflation Hits the American Legion

We recently removed the cap on wages for the bartenders since we have so many that have worked here for a long period of time. We also reviewed what other establishments were paying and felt it only fair to give them the opportunity to be competitive with their counterparts.

As a result of this we will be increasing beer and wine prices by 25 cents effective August 1, 2005. This is the first such price increase in four years. Hopefully, we can go another four years without price increases, but as we all know prices go up on everything.

Children & Youth Special by Klaus Dahlke, Chairperson



The Legion is starting its' Children and Youth activities Early. We will be holding a back to school bingo and an ice cream social for the children of the community. This will start at 1:00 p.m. in the Post home on August 28. Prizes will be school supplies for each winner.

We also wish to help out the local elementary schools to identify those families that need assistance in getting school supplies for their children. We will have boxes in the Post home and at Bingo for donations. If you don't have time to shop & want to drop off a donation to the Post, be sure to identify it for school supplies. We will make the purchase for you and make sure it gets to the school.

Last year we did very well by our children and this year now that I have a little experience, I hope to proudly represent you to our community for our children's activities. If you have time to stop by and help you are more than welcome. Bring the kids, grandkids or great grand kids for a fun time for all.

Post Trashers by Walt Podolny

Post 176 Trashers has a Adopt-a-Highway trash pick-up scheduled for Friday, August 26th. We will assemble in the Post parking lot at 0900.



The Post 176 TRASHERS are assisted in this effort by the Edison High School ROTC. However, we have a need for adult supervision. If you can spare a couple of hours on that Friday morning, please join us in this community project. Our help will be appreciated.



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**2005 American Legion Baseball
Post 176
Springfield, Virginia**



Bottom row (L to R): Bryn Renner, Ryan Davis, Dan Finerfrock, Brock Taylor;
Middle row: Dan Pedersen, K.C. Kewer, Kyle Smith, Chris Peacock;
Top row: Coach Len Yankosky, Coach Rick Davis, Mike Boulter, Roland Thiele, Thomas Ruggles, Kevin Moreland, Troy Hamilton, Coach Brad Davis, Manager Al Vaxmonsky (Not in photo: Jason Brand)

1st Place Springfield

Springfield Post 176 baseball team recently lost 7-6 to Post 139 Arlington. The team really knew they had it clinched," said Springfield Post 176 Manager Al Vaxmonsky, whose team closes the regular season on July 21st. "but you've got to maintain your intensity level. We have six returning players and it's their first post season."

Troy Hamilton, one of Post 176's tri-captains, believes Springfield will shake off the loss to Arlington and be ready to play in the postseason next week. "Hopefully, we'll pick it up come the district tournament, and if we do, we'll win. Our defense is solid and we have a lot of strong arms and good relief pitching."



American All Stars Team 2005

#	Name	Pos	Post	School	Year
3	Troy Hamilton	IF	176R.E. Lee HS		2005
6	Dean Johnson	IF	139Washington and Lee HS		2004
8	Kevin Moreland	IF	176R.E. Lee HS		2005
10	Brock Taylor	IF/P	176West Springfield HS		2004
11	Tommy Newhouse	P/IF	129St Stephens/St Agnes		2007
11	Alex Rossi	C	139Wakefield HS		2004
12	Charlie Martin	OF	162Robinson HS		2006
16	Dan Finerfrock	OF	176West Springfield HS		2005
17	Peter Harlan	P/OF	139Yorktown HS		2004
17	Jared Kukmerker	IF	129TC Williams HS		2005
19	Matt Diesselhorst	P/C	177WT Woodson HS		2005
24	Chris Bangs	OF	139Washington and Lee HS		2005
24	Chris Peacock	P	176West Springfield HS		2005
25	Jason Brand	OF/IF	176West Springfield HS		2006
25	Bryan Pfeiffer	OF/DH	177Fairfax HS		2004
32	Kevin Clinton	IF	270McLean HS		2005
32	Brad Kledzik	P/IF	162Robinson HS		2005
33	Adam Hoffer	IF/C	270Langley HS		2004
34	K.C. Kewer	P/OF	176St Stephens/St Agnes		2005
35	Robert Lamas	C	177Paul VI HS		2006
54	Shane Mills	P/IF	270McLean HS		2006

Veterans Unite to Call for Full Funding of VA Health Care



Representing more than 7 million military veterans, The American Legion, the Disabled American Veterans and the Veterans of Foreign Wars on January 19 reaffirmed their unanimous support for fully funding the veterans health care system. The organizations are members of the Partnership for Veterans Health Care Budget Reform.

The three largest veterans organizations firmly believe that veterans have earned the right to Department of Veterans Affairs (VA) medical care through their extraordinary sacrifices and service to this nation. Yet, each year funding levels must be determined through an annual appropriations process that is fundamentally broken. Year after year, veterans have fought for sufficient funding for VA health care and a realistic budget that reflects the rising cost of health care and increasing need for medical services. Despite these continued efforts, the cumulative effects of insufficient health care funding have resulted in the rationing of medical care.

American Legion National Commander Thomas

P. Cadmus said, "The nation's highest priority is national defense. VA health care is an ongoing cost of war. Every veteran answered the nation's call to arms without reservation. As wartime veterans, Legionnaires understand the importance of the VA health care system. Short-changing VA health care is short-changing every military veteran from Bunker Hill to Baghdad. America's veterans are not expendable and should never be treated as such."

Millions of veterans have made the VA their first choice for health care because of the quality of the care they receive. And for many others, the VA is their only health care lifeline. For the third year in a row, the veterans health care system has had to struggle along for months at the previous year's inadequate funding level because Congress has failed to deliver a timely appropriations bill for VA. As a result, our nation's veterans have been denied timely access to necessary VA health care. And the outlook isn't any better for the thousands – and potentially tens of thousands – of men and women returning from Afghanistan, Iraq and the global war on terror, when you consider that they will need care from the VA for decades to come.

AUGUST BLOOD DRIVE



Our next Blood Drive in conjunction with The American Red Cross is scheduled for 16 August 2005. The drive will be held at the Post Home, in the main Ballroom, between 3:00PM and 7:30PM. Please come out and support this worthy effort. Our last drive in June was pretty good. We collected 25 good units of blood. Thank you very much to all who participated.

Our goal for this drive remains at 30 good units of blood. Please come out and help to offset the summer shortage and donate the gift of life. Again, THANKS TO ALL who came out and gave the gift of life by donating BLOOD..

To schedule an appointment for the next blood Drive, please call Joe Finch at 703-569-1552 or you can email Joe at SEPPL1552@AOL.COM. Thank You.

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FRAGILE

THANK YOU

Doreen's Delectable Dishes

August

Mondays - Ham with Green Beans & potatoes.

Tuesday - Pork Chops with Dressing and vegetable.

Wednesday - Meat Loaf with potatoes and vegetable.

Thursday - Country Fried Steak with potatoes & vegetables.

Friday - Various dishes plus on the last Friday of the month we have Liver and onions. Enjoy this meal; come on out and join the rest of us.





Auxiliary News

World's Largest Women's Patriotic Service Organization



AUXILIARY AUG. ACTIVITIES by Paula Kampanos, President



I had the pleasure of representing Unit 176 at the 87th Annual Department of Virginia Convention and what a convention it was! It was a great honor to represent such a hard working group of ladies. Thanks to all your support and work this year we not only helped many veterans and our community, but were recognized for our efforts. I would like to particularly thank each of the chairpersons for the committees for organizing our efforts. Our Unit received Department Awards for the following areas:

- Children and Youth - Chairperson Kim Ledford
- Community Service – Chairperson Jeannine Hazard
- Legislative – Chairperson Evey Dentz
- Poppies – Chairperson – Jeannine Hazard
- VA&R – Chairperson Loretta Smith

We also received a National Citation for reaching 100% membership by January 31. Vice President Marty McGrail handled membership for us. I join with the Department and National in commending you all for a job well done.

Our Unit also has the honor of being submitted for judging on the National level in several categories. I was so very proud to represent you and hope to have additional good news after the National

Convention in August. Well, enough for the honors for last year – we need to get down to work for this year.

Children and Youth is kicking off the year with a back to school bingo. This will support our school supply drive. We will also have several boxes around the Post to collect items for the elementary schools in the area.

Please drop off anything you can donate. On August 28 we will have the back to school bingo for the children of Springfield at 1:00 p.m. Prizes for this bingo will be school supplies for the child. We will follow up the bingo with an ice cream social for the children.

Membership is off and running so be sure to send in your renewals and if you know anyone eligible to join ask them to sign up. Remind them that this is an effort to support our veterans and the community.

As always we need comfort items and tee shirts for hospitalized veterans. The hospitals asked particularly for sweatshirts and pants. If you can help please bring items to the Post.

I hope everyone is having a great summer. Your hard work has made my summer one I will not soon forget.



AUXILIARY CHAPLAIN'S REPORT

**By: Jere Vatter, Unit Chaplain,
703-971-3698**



Our sympathy and prayers go out to Legionnaire Quentin Grizzard on the death of his wife, Auxiliary member Odelle Grizzard.

Our prayers go out to Clara Nichols who is recovering at home after a stay in the hospital. Our prayers also go out to Legionnaire Jim Hazard who is recov-

ering at home. Jim is the husband of Auxiliary Treasurer Jeannine Hazard.

Although we will not be meeting during the month of August, please keep me informed about illnesses or deaths to our members.

Best wishes to Betty Anne Dahlke, our Birthday Lady for August. Have a wonderful time on your special day.

“Find your delight in the Lord who will give you your heart's desire.” Psalm 37:4

Photos from the Roanoke Convention—July 14th thru 17th



Eddy Dentz awaits a Committee Hearing.



Commanders from the 17th, 16th 15th & 14th Districts are ready for their reports.



Tony da Costa receives an award for membership



(L) Betty Ann Dalhke and Paula Kampanos attend the Auxiliary itinerary.



(R) Cdrs. Paula and Jim Kampanos in attendance at the joint closing program.

All photos contributed by Klaus Dalhke



Maudie Price sits down for the special Barbeque at the local Post #3 on the hill in Roanoke.



All visiting legionnaires were invited to the free barbeque dinner at the local Post #3 on Friday night.



Sons Of The American Legion



August 2005

By Terry Breyman, Commander

Olympic Star Among Us



Brad Cook, SAL Sq 176 member, Grandson of Auxiliary member, Patty Pryor, and a rising senior at Mt Vernon High School was chosen to participate in bowling in the Commonwealth Olympic Games to be held in Roanoke on 15 through 17 July 2005. Brad has been bowling since he was 8 years old and carries an average close to 200.

The Mission



Lets see if we can raise some funds for the worthy cause. The SAL will be selling American Flag kits for \$15.00. They will be available from any SAL officer, at the monthly breakfast, and in the lounge.

Additional Fund Raiser

Comrade Dick Vatter has donated to the SAL a framed Commemorative Stamp collection of America's Baseball Legends. We will be raffling this off from July 4 thru Labor Day. The ticket cost will be 6 for \$5.00 or 13 for \$10.00. This stamp collection will be on display in the lounge where you can buy tickets.



Contributions

The SAL received a letter of appreciation from the Auxiliary for our support of four young ladies at Girls State. We also received a Citation of Appreciation from the American Legion for our support of Boys State.

Membership A Little Short for 2005

The Squadron ended with only ten members short of the 100% status. We had a good push for new members, but did not do as well for retaining members. The new year has started and it is time for us all to work on membership. Let's get back to reaching at least 100% this year!

Summer Break

The Squadron will not be meeting in August. We hope you have had a great summer and look forward to seeing you the second Tuesday of September at 7:30 pm to begin our new year.

New SAL Commander's Note

It is time for me to begin my first year as Commander. I am both excited and somewhat apprehensive. Bill Hall has left some very large shoes to try and fill. I look forward to carrying on the long tradition of providing support. I am looking forward to working closely with the Legion and Auxiliary. Only through working in concert can we have the strong SAL Post we all want and will achieve.

Lincoln-Mercury Helps Legacy Scholarships

Any member of the American Legion family who buys a new Lincoln or Mercury before Sept. 30th will get a specialty discount price and each purchase will benefit the son or daughter of a US service member killed on duty since Sept. 11, 2001.

Mercury will made a donation to the Legion's American Legacy Scholarship Fund. This fund was established by the Legion to help the children of our servicemen and women. For details and to learn more about the program log on to WWW.mercuryvehicles.com/legion.

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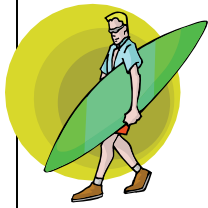
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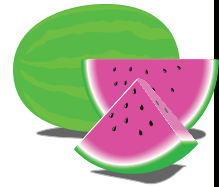
Sample of monthly savings you may earn with our debt-consolidation programs.

	Balance	Monthly Payment
Car Loan	\$6500	\$275
Loan # 1	\$3500	\$300
Loan # 2	\$2500	\$250
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Credit Card # 2	\$2500	\$125
Credit Card # 3	\$1000	\$100
Total	\$19000	\$1200
Debt Consolidation Monthly Payment		\$288.
Monthly Savings		\$912
That would amount to savings of over \$10,944 a year!		





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August 2005



Sun Mon Tue Wed Thu Fri Sat

	1 Bingo Babler Line Dance	2 Legion Meeting 7:30pm	3 Bridge 7pm	4 Cribbage Bingo Hall	5	6
7 Legion College Conclusion	8 Bingo Podolny Line Dance	9	10	11 Cribbage Bingo Myer	12 Legion College Richmond, VA	13  Legion College Richmond, VA
14  Breakfast 9-11am Join-in	15 Bingo Kapinos Line Dance	16  Blood Drive 3pm – 7:30pm	17 Bridge 7pm	18 Cribbage Bingo Dentz	19	20
21	22 Bingo Bablerl Line Dance	23 ExCom Meeting 7:30pm	24	25 Cribbage Bingo Hall	26 Barbara's Karaoke Lounge 8- 12pm	27 
28	29 Bingo Podonly Line Dance	30	31			

Lounge Hours:
 Mon thru Thurs 11:30AM-10:00PM
 Fri. & Sat. 11:30AM to 2:00AM
 Sunday 12:00PM—8:00PM

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 703 875-9177

Sunday Breakfast \$6.00
 9:00AM to 11:00AM
 Volunteers Appreciated

**The American Legion
Springfield Post 176
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RETURN SERVICE REQUESTED

August 2005

**Post Meeting
Aug 2nd 7:30pm**

**Sunday Breakfast
Aug. 14th 9-11am
Bring the family and
Enjoy the best.**



We Support our
Troops
& their Families
will be thankful to
you also.

**Bingo 7pm
Mondays & Thursdays
Play Bingo
Be a winner of the
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