



**Botts-Payne-Murphy
Memorial Post 364
Chartered Dec. 1961**



**March 2026
Volume 20, Issue 3**
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[@americanlegionpost364](#)

AMERICAN LEGION 364, WOODBRIDGE, VIRGINIA

Providing 60+ years of Service to America's Veterans

MILITARY VETERAN ATHLETES IN WINTER PARALYMPICS

The 2026 Winter Olympics in Milan Cortina wrapped up in spectacular fashion for the United States and its military contingent. Coming up on March 6, the Winter Paralympics will start in Italy and the United States will be sending former armed forces athletes to compete.

Lt Cmdr Dan Cross—Para Nordic Skiing—Navy—Served as Platoon Commander for SEAL Team One in Afghanistan in September 2009 when he stepped on an IED. Lost both legs above the knee. 3-time Paralympian, winning Gold in Beijing 2022; Gold, 4 Silvers, and Bronze in Pyeongchang 2018, and competed in Sochi 2014.

Travis Dodson—Sled Hockey—Marines— While serving in Iraq on Valentine's Day 2007, he was struck by a grenade, causing him to become a double amputee, losing his left leg at the hip and right leg below the knee. Transferred from Biathlon in Sochi 2014 to Sled Hockey in Pyeongchang 2018. Won Gold in 2018 and Beijing 2022.

Jen Lee—Sled Hockey—Army—Had his left leg amputated above the knee after motorcycle accident in 2009. Back up goalie for Sochi 2014 and Pyeongchang 2018; starting goalie for Beijing 2022. Won Gold in all three games with the US Sled Hockey team.

Josh Misiewicz—Sled Hockey—Marines— While in Afghanistan with the 1st Battalion, 5th Marines as a machine gunner, he was injured by IED on July 20, 2011. Lost both legs and started playing sled hockey with the USA Warriors after rehabbing at Walter Reed. Won Gold with the team in Pyeongchang 2018 and Beijing 2022.



Josh Sweeney—Para Nordic Skiing—Marines— Scout Sniper became bilateral amputee after stepping on IED in October 2009 in Afghanistan while deployed with 3rd battalion, 4th Marines. Won Gold in Sochi 2014 for Sled Hockey, transitioned to Nordic Skiing and competed in Beijing 2022.



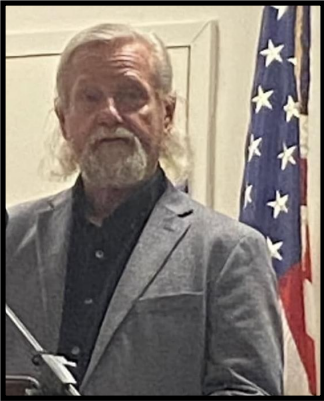
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Volume 20 Issue 3

COMMANDER'S CORNER

Brad "Okie" Shere, Commander



Dues:
Legion Member: \$45.00

I'd like to take a moment and recognize the volunteers that keep this post running on all cylinders. If you look back over the past year and I am amazed how much we have accomplished with 100% volunteer support. Here are a few things that people have stepped up and either volunteered their time or have made donations for specific needs. Here are just a couple of major renovations we have done:

- After an extensive renovation to the old "Bingo Hall" we have created a great atmosphere and a very attractive venue that we can rent. We received a \$25K donation from Home Depot.
- A donation was made for a new washer and dryer for the kitchen.
- The parking lot was repaved.

There is a slew of activities that we are planning:

- Car/Motorcycle Show later this summer.
- Group private tour of the US Army Museum.
- New activities on the ball field.

If you have ideas that you would like us to pursue, please fill out a suggestion card and drop it in the box in the front hallway or come to our monthly General Membership Meetings.

Have a great March and we hope to see you volunteering to help make the post what you want it to be.





PRESIDENT'S POINTS Jessica Wangner, President

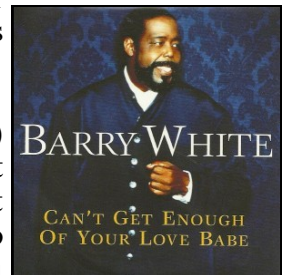


Dues:
Auxiliary Member: \$35.00
Junior Member
(to age 17): \$10.00



A special thank you to all who came out with their date and came out for the Valentine's Sweetheart Dinner. We had a great crowd and already looking forward to doing it again next year. Special shoutout to **Chef Josh and Lori** who were slaying it in the kitchen! To **Fred, Devon, Donna, and Heather** for the decorating—thank you for indulging my ideas! And to Grandmaster DJ Vic—thanks to supplying the romantic music to get people in the mood.

School of Rock was here early in February where we heard wonderful young (and older) musicians showcase their instrument and singing talents; and we also had a great turn-out for the Superbowl Chili Cook-off. If you missed it, you missed some great chili and great food! First Place went to **Brian Lewis**, Second to **Lecia Smigel**...and Third Place went to yours truly! If you missed it and the Tailgate Football buffet for the Superbowl, then you missed some great chili, great food, and great friends!



March has plenty of events coming up! **St Patty's Day**; St Patty's Day party on the 20th with **DJ Antonio**. **American Legion Birthday** is Sunday, March 15th—come celebrate with us!



For future—On **April 1**, the Auxiliary will be sponsoring an **Easter Ham Giveaway!** Every 20 minutes from 6pm to 9pm, a ham will be given away! Come in, get a raffle ticket and see if you win a ham for Easter! Helping those that need a bit of ham in their life, or donate it back for our Easter Sunday brunch/luncheon on Sunday, April 5—as we know there are members who may not have family close by...and as the Family Friendly Post, we are here to help and support.

I am looking at a **Paint and Sip** night for April—a Saturday or a Sunday—Details will be forthcoming.

Also, with the Club Manager and Legion 3rd Vice, we are coming up with ideas for **Kentucky Derby Day** on Saturday, May 2. The most exciting 2-minutes in sports may last the entire afternoon! **Derby Hat** contest! Hats and decorations provided (if you'd like to raid your craft room for ribbons, bows, fake flowers, etc. and glue guns, bring it in!). More details and timeline will be provided for any games and contests!

Our next meeting will be Tuesday, March 24 at 7pm. We will begin the process of collecting nominations for Officers for 2026-2027 with voting at our May meeting. If you are interested please let us know!



SQUADRON STATUS

Steve “Magic” Blackstone, Squadron Commander



Dues:	
Age 21 & older ...	\$35.00
Age 13 thru 20	\$21.00
Age 12 & under ...	\$16.00
Dual w/Legion....	\$15.00

We are at **88.33%** of our 2025-2026 goal of 120 members! 14 new or renewal members will get us to 100%! **Join or Renew today!**

As a reminder, these are the eligibility requirements:

All male descendants adopted sons, and stepsons of members of The American Legion, and such **male descendants of veterans who died in service** during the period of April 6, 1917, through November 11, 1918, or any time from December 7, 1941, to date, who served honorably, as set forth in Article IV, Section 1, of the National Constitution of The American Legion, **or who died subsequent to their honorable discharge from such service**, shall be eligible for membership in the Sons of The American Legion.



Consider becoming a Dual Member! If you are a Legion member and also qualify for Sons, then your Son’s fees are only \$15 a year! What a deal! We love our “Dual” Members!

It is easy to renew: renew at the bar, by mail, or [online \(www.legion.org\)](http://www.legion.org). If online, you can print out a new card immediately; if renewing at the bar, the paper receipt is your proof of membership until you receive your card.

If anyone is interested in being an Officer for next Legion Year (2026-2027), please see me or Commander Brad. To have a successful Sons program, we need to have Officers!



I encourage all our members to bring their family and friends to our Post and continue to enjoy all the events and dinners we have to offer in March.

LEGION OFFICERS & CHAIRPERSONS

Elected Officers

Commander commanderpost364@gmail.com	Brad "Okie" Shere
1st Vice Commander/ Membership	Donelle Saunders
2nd Vice Commander	Byron "Tank" Cherry
3rd Vice Commander	Natasha Potter
Adjutant	Vic Graulau
Finance Officer	Bobby Sansale
Assistant Finance Officer	Donelle Saunders
Chaplain	Fred Bullock
Judge Advocate	Richard Roy
Sergeant-at-Arms	Phil Burnham
Historian	VACANT
Immediate Past Commander	Jon Pittman

Chairpersons

American Legion Baseball	VACANT
Americanism	Vic Graulau
Athletics Officer	Ciaran "Mac" McAlonan
Audit Committee	Byron "Tank" Cherry
Awards and Recognition	VACANT
Blood Donation	VACANT
Boy Scouts (Troop 1376)	Nathan Warner
Boys State	Fred Bullock
Building/Grounds	Bobby Sansale/Jen Donohue
Children and Youth	VACANT
Constitution & By-Laws	Richard Roy
House Committee Chair	John Crawford
Junior Law Cadet	VACANT
Junior Shooting	Brad "Okie" Shere
Law and Order	VACANT
Legislative	VACANT
National Security	VACANT
Oratorical	VACANT
Post-o-Gram	Jessica Wangner
POW/MIA Ceremony	Vic Graulau
Public Relations	VACANT
Service Officer	Ciaran "Mac" McAlonan
Toys For Tots	VACANT
Veterans Affairs Voluntary Services (VAVS)	VACANT
Ways and Means	Brad "Okie" Shere

AUXILIARY OFFICERS

Elected Officers

President presidentunit364@gmail.com	Jessica Wangner
1st Vice/Membership	Donna Callahan-Pittman
2nd Vice/Ways and Means	Amy Bowser
Secretary	VACANT
Treasurer	Jen Donohue
Chaplain	VACANT
Sergeant-At-Arms	Julie Jennings
Historian	Samantha Wangner

SONS OF THE AMERICAN LEGION OFFICERS

Elected Officers

Squadron Commander	Steve "Magic" Blackstone
1st Vice/Membership	VACANT
2nd Vice Commander	Steve "Magic" Blackstone
Adjutant	Jim Evans
Finance Officer	Jon Pittman
Chaplain	Fred Bullock
Sergeant-At-Arms	Doug Caskey
Historian	VACANT

POST STAFF

Club Manager clubmgr364@gmail.com	Jen Donohue
Assistant Club Manager	Heather Chirdon
Lead Bartender	Devon Cartier
Bartender	Charlie Aguero
Bartender/Kitchen Staff	Lori Supinger
Kitchen Chef	Josh Williams
Post Cleaner	Drew Ellerbee



CHAPLAINS' CORNER

If there is ever a need to contact our Post Chaplains, please use the following contact information or call the Legion at 703-494-4304.

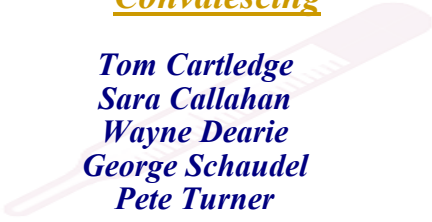
Legion: Fred Bullock, chaplainpost364@gmail.com

Auxiliary: Vacant

Sons of the American Legion: Fred Bullock, chaplainpost364@gmail.com

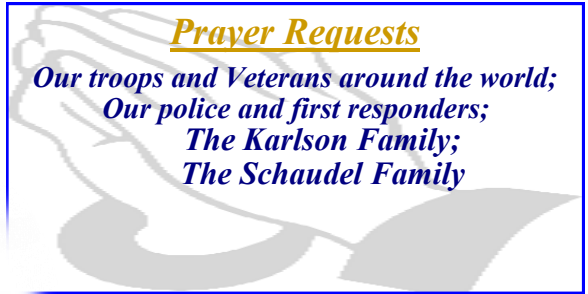
Convalescing

*Tom Cartledge
Sara Callahan
Wayne Dearie
George Schaudel
Pete Turner*



Prayer Requests

*Our troops and Veterans around the world;
Our police and first responders;
The Karlson Family;
The Schaudel Family*



Post Everlasting



Congratulations



CHAPLAIN FRED'S CHAT



Our thoughts and prayers are with **George Schaudel and his wife Loretta**. Many of you may know George from the bar and Loretta would sometimes come in on Sunday afternoons with him. Their favorite Sunday meal? Hot dogs...as some of us learned that is what they ate on their first date, many, many decades ago. George has been in hospice for a couple weeks now, and I want to thank everyone who signed the "Thinking of You" card for George and Loretta about a week or so ago. That was mailed off and I hope they felt the love from all of us.

Coming up at the end of this month is the **Celebration of Life for Sherry Karlson**. I encourage everyone to come to the event on Saturday, March 28th, even if you didn't know her or know her well...she had a very active role within the Auxiliary, with our Post, and with the District.

Dear Father in heaven, we ask you from our hearts to give us your peace. Grant that nothing may take your peace from us, and protect us from all that is evil. May we always be mindful that we should serve you. May we be faithful on all our ways, looking to the great promise you have given each one of us. Keep us under your protection, as you have always done. We praise and thank you for all that comes to our hearts from you, making us full of trust and certain of your further help. Amen.





LEGION MEMBERSHIP UPDATE

Donelle Saunders, 1st Vice Commander/Membership

We have 931 signed up members and are at 92.18% of our 2026 goal of 1010 members! Which means there are about **80 or so members that haven't renewed for 2026!** Please renew and let's reach 100% before the Legion birthday on March 15! Interested in becoming a member? Come on in!



It is easy to renew: renew at the bar, by mail, or online (www.legion.org/renew). If online, you can print out a new card immediately; if renewing at the bar, the paper receipt is your proof of paying for membership until you receive your card. **Your new card will be behind the bar; just ask the bartender to retrieve it for you. Please notify me (dsaunders57@gmail.com) or the bartender (upon renewing), if you would like your 2026 card mailed to you.**

Membership Dues for Post 364 are \$45 for the year. If you have served in federal active duty in the United States Armed Forces since December 7, 1941, and have been honorably discharged; or are still serving, you are eligible to join!

AUXILIARY MEMBERSHIP UPDATE

Donna Callahan-Pittman, 1st Vice President/Membership

89%! So close of our goal! I've submitted transmittals for 202 members! All memberships, renewals, and transfers welcomed! Please remember to sign the membership form and we must see either a DD-214 of a deceased eligible military veteran or a current membership number of a Legionnaire that you are qualifying under.



Welcome to our newest members: Alexis El-Hage and Teresa Yuengert:

You may renew at the bar, by mail, or online (www.legion-aux.org/renew). If online, you can print out a new card immediately; if renewing at the bar, the paper receipt is your proof of payment of membership until you receive your card. **Membership cards are located behind the bar. Please let me know if you need it mailed.**



Auxiliary's membership requirements also includes the male spouses of female Legionnaires. That's right - it is not "Ladies" Auxiliary—it is THE Auxiliary!

The 2025-2026 dues for Auxiliary Unit 364 are as follows:

Senior (ages 18 and older): \$35

Junior (ages 17 and younger): \$10—Note, Junior Members are eligible for many scholarships!

Please see myself or any Unit officer if you have membership questions.



AROUND THE CAMPFIRE BOY SCOUT TROOP 1367

Nathan Warner, Scoutmaster



Troop Happenings

The boys have been busy! The theme for the month of February was Music. The Troop worked on music themed meetings as well as working on the Music merit badge. The scouts learned about several composers as well as music styles. They also had a chance to share and discuss their favorite songs and music.



The monthly activity was our annual merit badge lock-in. The boys spent the night in the Legion hall and had the opportunity to work on the Communication and American Culture merit badges as well as learn some video game programming.



They also became detectives, learning about forensics and crime scene investigation. They were able to solve a case by collecting evidence, using fingerprinting, and analyzing data to find out who stole the merit badge!

The night (early morning) ended in an exciting video game battle of Super Mario Kart!



The Troop also said goodbye to one of our scouts who turned 18. **Jonah Adler** ended his scout journey in February. We congratulate him and wish him success on future endeavors!

March

The month of March we will continue to work on the moviemaking project as time permits. The scouts will also be focusing on cooking, both at home and at camp. Hopefully we can complete our cooking merit badges. We are looking forward to going back camping and hiking in the woods soon!

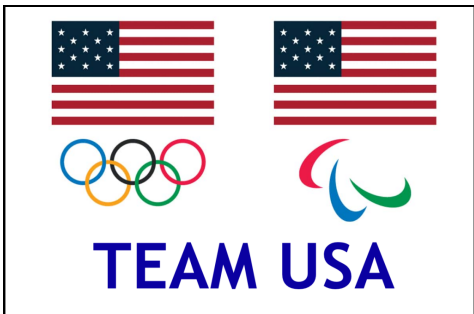


If you know any young men between 11-17 years old who are looking to become part of something challenging and fun, have them come visit Troop 1367 any Wednesday evening starting at 7:15pm. For more information, please contact Scoutmaster Nathan Warner at nathan.warner180@gmail.com.



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Ahead of the Paralympics, lawmakers hear about the restorative power of adaptive sports



WASHINGTON — Training and support that the Department of Veterans Affairs provides to disabled athletes competing next month in the Paralympics in Italy was highlighted at a Senate Committee on Veterans’ Affairs hearing.

The VA provides stipends to several athletes who are part of Team USA competing for medals in the 2026 Milan Cortino Paralympic Winter Games, which will run from March 6-15.

Events include wheelchair curling, para snowboarding and para Nordic skiing, among other competitions.

“I’m excited about the timing of this hearing in advance of the Paralympics,” said Sen. Jerry Moran, R-Kan., the committee chairman, at the start of a hearing last week titled “Veteran Health and Healing through Adaptive Sports.”

The purpose of the hearing was to examine legislation that supports disabled veterans in adaptive sports, including elite athletes who advance to global competition at the Paralympics.

“As the 2026 games approach, I want to wish Team USA every success as they compete. These athletes inspire America and the world,” said Sen. Richard Blumenthal, of Connecticut, the top Democrat on the committee.



Gabriel George, a retired Navy corpsman and disabled veteran testifies at a Senate Veterans’ Affairs hearing on Feb. 4, 2026, in Washington. (Eric Kayne/Stars and Stripes)

The VA itself hosts six events each year, including the National Veterans Wheelchair Games, which will be held in July in Michigan.

More than 20,000 disabled veterans of all levels across the U.S. participate in adaptive sports programs and competitions that receive support from the Department of Veterans Affairs.

The VA in fiscal 2025 awarded \$16 million in grants to organizations offering adaptive sports activities, including cycling, kayaking, fishing, golf, winter sports and wheelchair basketball.

But Sen. Angus King, I-Maine, said he worries that many veterans with disabilities do not even know about VA-sponsored adaptive sports programs serving the communities where they live.

King said he considers adaptive sports a form of health care that can lower medical costs and substantially improve the lives of veterans with catastrophic injuries.

Gabriel George, a retired Navy corpsman and disabled veteran, echoed those comments.

George, of Texas, said that he discovered a passion for adaptive sports after suffering life-altering injuries following a vehicle accident while serving in the military.

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The VA's Adaptive Sports Grant Program and the Veterans Monthly Assistance Allowance have done "extraordinary work supporting elite athletes," George said.

But he said there is a need for more adaptive sports programs at the community level and a greater awareness of them.

Programs designed around national competitions leave behind the majority of veterans who "desperately need weekly, community-based adaptive sports," he said.

"I am here because adaptive court sports are not recreation. They are neuro-motor physical and social rehabilitation disguised as sport," said George, whose right arm is amputated.

Today George serves as a director at Military Adaptive Court Sports, a national nonprofit providing adaptive sports programs to wounded, sick and disabled veterans.

He said the VA needs to prioritize community-based, therapeutic sports programs as well as support elite competition and national events for more advanced athletes. George, who also has a spinal cord injury, teaches pickleball, racquetball and table tennis to other disabled veterans. He described VA funding for court sports as high-return investments in adaptive rehabilitation for veterans.

"Every day, veterans with amputations, traumatic brain injury, PTSD, stroke, spinal cord injuries, and severe musculoskeletal trauma are being asked to relearn how to move, balance, react, and trust their bodies again," George said. Disabled veterans engaging in sports improve their hand-eye coordination, lateral movement, decision-making and functional strength, George said.

Adaptive sports "provide supportive opportunities for veterans to regain their confidence and independence while discovering a community that understands the complications and challenges faced by people with significant disabilities," said Julie Howell, associate legislative director for government relations at Paralyzed Veterans of America.

She and George offered their support for legislation that includes the Veterans SPORT Act, which would provide greater access to specialized prostheses for disabled veterans seeking to participate in these programs.

The bill redefines "medical services" to include adaptive equipment for recreational activities that improve the quality of life for disabled veterans.

Another bill — the ASSIST Act — makes it easier for veterans to modify personal vehicles, which is especially important for disabled veterans in rural areas who may have limited or no public transportation.

Disabled veterans can get free assistance to travel to and from VA medical appointments, but there is nothing similar for participation in community-based recreational programs.

"Like most Americans, access to safe and reliable transportation is essential to the mobility, health and independence of catastrophically disabled veterans," Howell said.

Read more at: <https://www.stripes.com/veterans/2026-02-09/lawmakers-hearing-restorative-power-adaptive-sports-20682664.html>

Source - Stars and Stripes



HEADSPACE CORNHOLE

Every Thursday at 7p at
American Legion Post 364

MISSION STATEMENT

OUR MISSION IS TO MAINTAIN A NATIONWIDE CORNHOLE COMMUNITY THAT BRINGS PEOPLE TOGETHER AND ENJOY A GROWING SPORT. WHILE FOSTERING AN INCLUSIVE AND SUPPORTIVE ENVIRONMENT FOR PLAYERS OF ALL SKILL LEVELS, WE AIM TO BE A DRIVING FORCE BEHIND THE GROWTH AND POPULARITY OF CORNHOLE. WE STRIVE TO BE POSITIVE ROLE MODELS IN THE COMMUNITY THROUGH OUR DEDICATION TO PROMOTING MENTAL HEALTH AWARENESS AND SUPPORTING VETERANS ORGANIZATIONS, IN HOPES IT LEADS TO POSITIVE CHANGES.

Register Scoreholio

<https://scoreholio.com/cornhole/tournaments>

Search for Post 364

If you are not a Legion, Auxiliary, or Sons member, remember to sign in as a **GUEST**. Inquire about membership!

Bar service and food service available.

Follow us on [Facebook](#)

American Legion Post 364
3640 Friendly Post Lane
Woodbridge, VA 22192



American Legion
Auxiliary

**ARE YOU ELIGIBLE
FOR MEMBERSHIP
IN THE ALA?**

Join us in serving America's
veterans!

RELATIONSHIP TO VETERAN:



- ★ MOTHER
- ★ DAUGHTER
- ★ SISTER
- ★ GRANDMOTHER
- ★ GRANDDAUGHTER
- ★ SELF — FEMALE VETERANS WHO HAVE SERVED
- ★ MALE or FEMALE SPOUSE

Do You Qualify to be a Legion Family member

To Learn More, Contact:

American Legion
Post 364
Woodbridge VA 22192

703-494-4304

Eligibility Dates

World War I
April 6, 1917 – Nov. 11, 1918

World War II – Present
Dec. 7, 1941 – Present*

* if currently serving on active duty today, you are eligible.

Be part of the nation's largest veterans organization!



Are you a SON?

We want you!

to be a member of the Sons of The American Legion

Sons of The American Legion Eligibility

All male descendants, adopted sons, and stepsons of members of The American Legion, and such male descendants of veterans who died in service during World War I, and December 7, 1941, to date, as set forth in Article IV, Section 1, of the National Constitution of The American Legion, or who died subsequent to their honorable discharge from such service, shall be eligible for membership in the Sons of The American Legion.



Soup-er Lunch Fridays!

Every Friday in
March from 1-4p



American Legion Post 364
3640 Friendly Post Lane
Woodbridge, VA 22192

Soup and Sandwich Specials!



Wing Saturdays!

March 7 and 21!

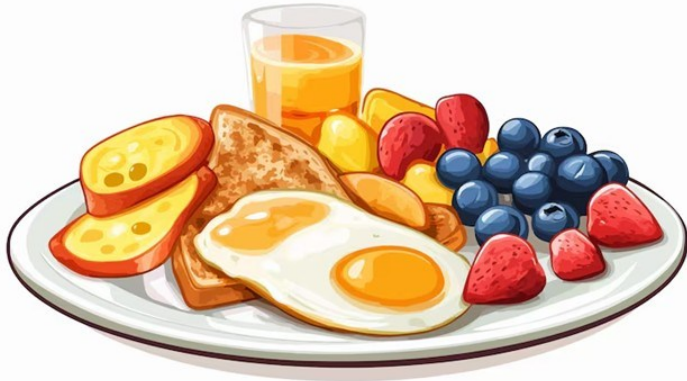
American Legion Post 364
3640 Friendly Post Lane
Woodbridge, VA 22192

Life is too short to say no to chicken wings!



Sunday Breakfast!

March 8
9 to 11am



Delicious Breakfast
Buffet with Waffle and
Omelet Stations!

American Legion Post 364

3640 Friendly Post Lane, Woodbridge VA 22192
Open to Members and Qualified Guests

**Taco
Saturday!
March 14
and 28!**



1pm til gone!

**One price, all you can
eat!**

American Legion Post 364
3640 Friendly Post Lane
Woodbridge, VA 22192



Charles Adams
Carroll Alexander
Robert Bedard
Leslie Brandwin
G. Bringle
Christen Burkeen
Douglas Caskey
Christopher Causee
John Clark
Travis Collins
John Dibble
Gary Eads
James Eggleston
Michelle Fries
Kenneth Grimm
Edgar Hall
Edward Hansohn
John Harper
Samuel Harris
Jason Hayes

Lonnie Hayes
Bonnie Hermann
Ralph Hillman
James Jones
Keith Kaminsky
Eric Kelly
Lee Lingamfelter
Thomas Manion
Angela McConnell
R. Meares
David Mullis
Jim Ondish
Robert Osborne
Chris Patterson
William Peters
Edward Regener
Stanley Rupert
Jc Rush
Paul Sas
Andrew Schober

Gregory Skorupski
Eugene Smith
Stephen Stout
Jeffrey Sturges
Kelly Tidwell
Patrick Tiessonniere
Matthew Toms
Chris VanVoorhis
Carlos Vasquez
Jeff Witherel
Vincent Wright
Donald Zajackowski
Bryan Zwanzig



SOLICITING LEGION OFFICER NOMINATIONS

Byron "Tank" Cherry, 2nd Vice Commander

Any member interested in seeking an office in Post 364, please submit your name and the office you wish to be considered for to the undersigned **NLT 31 March 2026**.

The offices and a brief description are the following:

- **Post Commander** - It shall be the duty of the Commander to preside over all Post and Executive Committee meetings; to preserve order and to enforce strict observance of the constitutional by-laws and appoint members of the committees.
- **First Vice Commander** - Shall assist the Commander in the discharge of his official duties and shall assume the duties of the Commander in his absence or disability or when called upon to do so by the Post Commander. The First Vice Commander shall have oversight responsibility for the Post membership program.
- **Second Vice Commander** - Shall assist the Commander in the discharge of his official duties and shall assume the duties of the Commander in the absence of both the Commander and First Vice Commander. The Second Vice Commander shall have oversight responsibility for the Post bingo program. The Second Vice Commander shall also act as the Chairman of the Audit Committee.

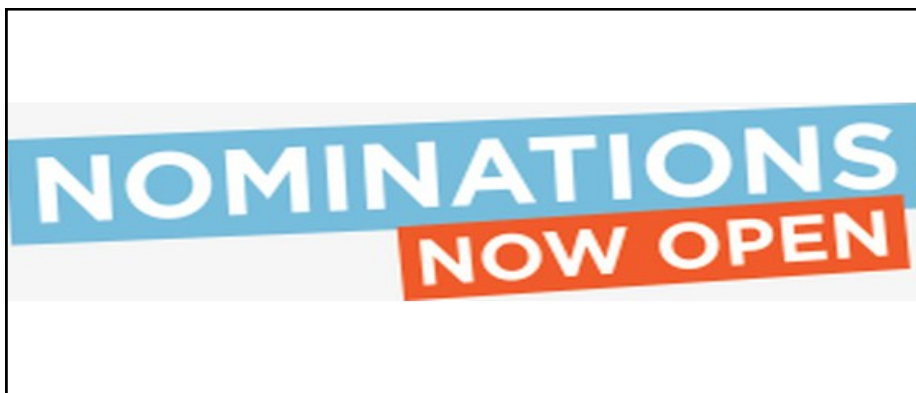
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- **Third Vice Commander** - Shall have charge of all matters pertaining to the care of the Post quarters, promotion of club advantages and arrangements for social activities and will serve as the Club Manager or supervise the Club Manager if one has been retained through contract or salary.
- **Post Adjutant** -The Post Adjutant shall have charge of and keep full and accurate records of all proceedings of all Post and Executive Committee meetings; report the minutes of the prior month's meeting of the Executive Committee and General Membership as set forth in Article I, Section 5 (Minutes) of these Bylaws.
- **Finance Officer** - The Finance Officer shall have charge of all Post finances and shall see that they are correctly and safely deposited in the accounts maintained by the Post. The Finance Officer shall report monthly to the Executive Committee and the general membership during their regularly scheduled meetings.
- **Chaplain** - The Chaplain shall be charged with the spiritual welfare of the Post comrades; shall offer divine but non-sectarian services in the event of dedications, funerals, public functions, etc.; and shall adhere to such ceremonial rituals as are recommended by the National or Department Headquarters from time to time.
- **Sergeant-at-Arms** - The Sergeant-at-Arms shall preserve order at all meetings; shall provide for the advancement and retirement of the colors at meetings; their proper care; and shall perform such other duties as may be from time to time assigned to him by the Post Executive Committee.
- **Post Historian** - The Post Historian shall be charged with the individual records and incidents of the Post and Post members, shall collect from year to year all records of data of value and interest for the Post and shall compile during his/her term of office a complete history of the year's activities.
- **Service Officer** - The Service Officer shall be responsible for bringing to the attention of all veterans, their dependents or survivors the rights and benefits granted to them by law. He/she shall utilize the expert services available through Legion channels as well as those of other agencies in the community.
- **Judge Advocate** - The Judge Advocate shall supply professional advice in the conduct of Post business or obtain proper counsel; shall be the guardian of constitutional form of Post government and the conduct of Post business meetings; shall rule on matters pertaining to Robert's Rules of Order, Revised; shall be available to the Service Officer for legal advice and to the Americanism Committee on matters relating to education and naturalization laws. The Judge Advocate shall serve as the chairman of the Constitution and By-Laws Committee.
- **Athletic Officer** - The Athletic Officer shall be responsible for promoting Post participation and/or sponsorship of members and teams in athletics, physical fitness, and recreation programs. Cooperation and support shall be given in the athletic and general recreation programs of the community.
- **Public Relations Officer** - The Public Relations Officer shall be responsible for promoting public support of the Legion's programs by the establishment of proper contact with The American Legion Magazine, Department and National Legion news services and by local publicity of Post programs and activities.

Byron "Tank" Cherry
byroncherry@comcast.net





Easter Ham Giveaway



Wednesday, April 1 from
6pm to 9pm. Hams will be
given away every 20
minutes!

Brought to you by:
American Legion
Auxiliary
Unit 364!

 **AMERICAN**
LEGION
AUXILIARY

Special Thanks to:
Wegmans



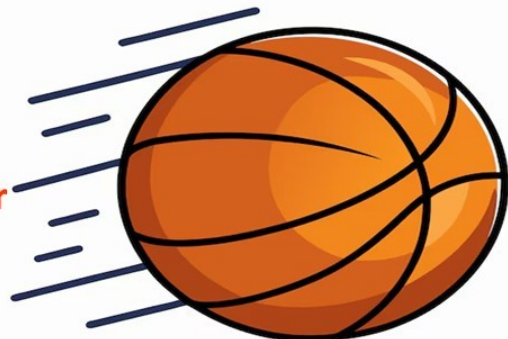
Shamrock Tip-Off March 17! March Madness at Post 364!

Travel into Post 364 and enjoy the
"swoosh" of your favorite beverage!

Dinner Special: Reubens!

Don't double-dribble your food down your
jersey!

Watch for specials in throughout March
for the tourney!



American Legion Post 364

3640 Friendly Post Lane, Woodbridge VA 22192

Open to Members and Qualified Guests



Celebration of Life
Sherry Karlson



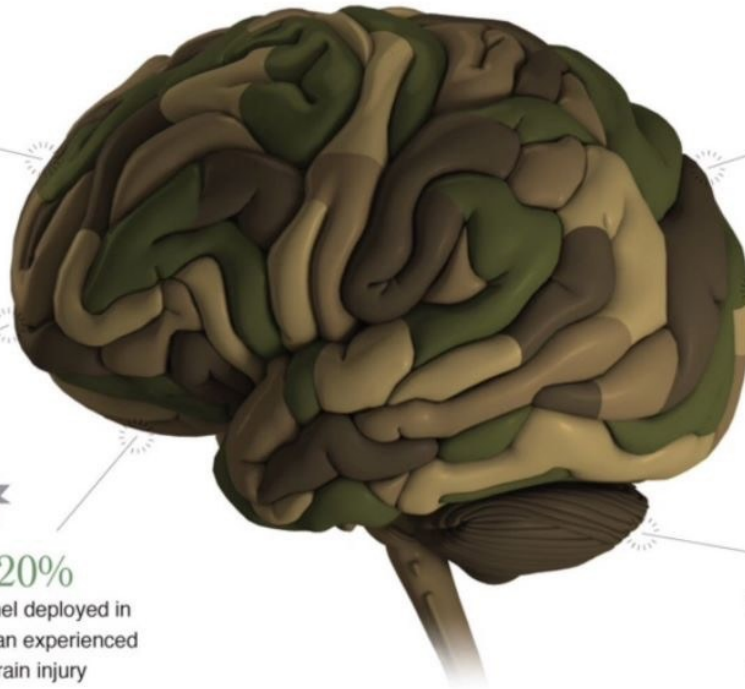
Saturday, March 28, 2026


American Legion Post 364
3640 Friendly Post Lane
Woodbridge VA 22192







A VETERAN'S WORST WOUNDS MAY BE THE ONES YOU CAN'T SEE.





More military deaths by suicide than in combat in **2012**

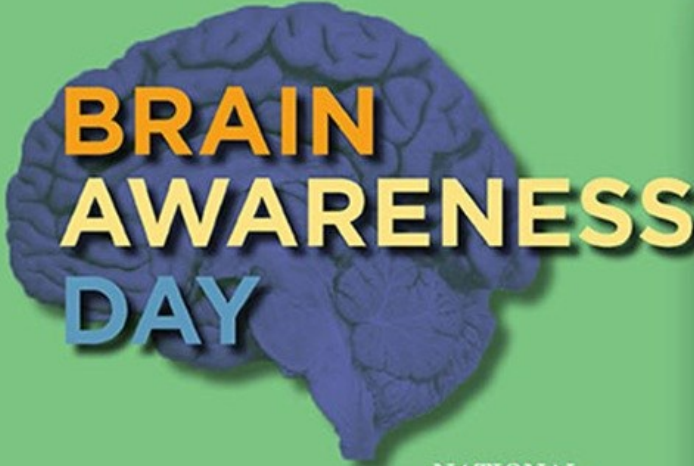

Military suicides are at their highest rate in **10 years**


8% to 20% of military personnel deployed in Iraq and Afghanistan experienced a traumatic brain injury


20% of national suicides are completed by veterans


300,000 veterans of the wars in Iraq and Afghanistan have been diagnosed with PTSD


Traumatic brain injuries can increase suicidal thoughts and behavior



BRAIN AWARENESS DAY

SATURDAY, MARCH 21

FREE TO THE PUBLIC


10 AM - 12 PM

NATIONAL MUSEUM OF HEALTH AND MEDICINE

2500 Linden Lane, Silver Spring, MD 20910
(301) 319-3300
medcalmuseum.health.mil
@medcalmuseum


Brain Injury Awareness Month

Veterans are three times more likely to experience a brain injury than civilians, due to the nature of combat and military service.



WASHINGTON STATE DEPARTMENT OF VETERANS AFFAIRS
"Serving Those Who Served"

Scan for the TBI toolkit
dva.wa.gov/tbitoolkit



For info: [Defense Health Agency](https://DHA.mil)—<https://DHA.mil>



It's OK
 to **not be OK.**
 to **ask for help.**
 to **call.**


 **Veterans
Crisis Line**
 DIAL 988 then PRESS 1

BE THE ONE

TO **ASK** VETERANS
 IN YOUR LIFE
 HOW THEY ARE DOING

TO **LISTEN** WHEN
 A VETERAN
 NEEDS TO TALK

TO **REACH OUT**
 WHEN A VETERAN
 IS STRUGGLING

 **AMERICAN
LEGION**

BETHEONE.ORG

  **Veterans
Crisis Line**

1-800-273-8255 PRESS 1

There is a 100% Membership Check in effect at the Post! Members must show your 2026 membership card to the bartender on duty and anytime when asked. Electronic pull-tab games, paper pull-tab games, and Bar Bingo are for MEMBERS ONLY! We must comply with Virginia ABC and Virginia Gaming regulations!

All Guests (non-members) must be signed in!



March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Bar Menu Scouts Troop 618—7p</p>	<p>2 Dinner Special: 5:00p – 7:30p Pizza Night! Cornhole League –7p</p>	<p>3 Dinner Special: 5:00p – 7:30p Chicken Bacon Burritos Girl Scouts-5:30p SAL ExComm— 6:30p Legion ExComm-7:30p</p>	<p>4 Dinner Special: 5:00p – 7:30p Ribs! Pool League— 6:30p Scouts Troop 1367 —7p Queen of Hearts- 8p</p>	<p>5 Dinner Special: 5:00p – 7:30p Country Fried Steak/Chicken Bar Bingo- 6:30p Headspace Cornhole-7p</p>	<p>6 Dinner Special: 5:00p – 7:30p Meatloaf / For Lent: Shrimp Basket</p>	<p>7 Wing Saturday! Legion College- 8a-5p, Post 176 Springfield</p>
<p>8 Bar Menu USMVMC Meeting-6p Scouts Troop 618—7p Women in Service Day Daylight Saving Time Begins</p>	<p>9 Dinner Special: 5:00p – 7:30p Burger Night! Cornhole League –7p</p>	<p>10 Dinner Special: 5:00p – 7:30p Italian Subs Girl Scouts- 5:30p</p>	<p>11 Dinner Special: 5:00p – 7:30p Crab Stuffed Shrimp Pool League— 6:30p Scouts Troop 1367 —7p Queen of Hearts-8p</p>	<p>12 Dinner Special: 5:00p – 7:30p French Dip Wraps Bar Bingo- 6:30p Headspace Cornhole-7p</p>	<p>13 Dinner Special: 5:00p – 7:30p Fried Chicken/ For Lent: Haddock</p>	<p>14 Taco Saturday! Sub Vets Meeting-10a</p>
<p>15 Kitchen: Shepherd's Pie Scouts Troop 618 American Legion Birthday!</p>	<p>16 Dinner Special: 5:00p – 7:30p Quesadillas Cornhole League –7p</p>	<p>17 Dinner Special: 5:00p – 7:30p Reubens! Girl Scouts-5:30p SAL Member Meeting-6:30p Legion Membership Meeting-7:30p St. Patrick's Day</p>	<p>18 Dinner Special: 5:00p – 7:30p Chicken/Steak Fajitas Pool League— 6:30p Scouts Troop 1367 —7p Queen of Hearts- 8p</p>	<p>19 Dinner Special: 5:00p – 7:30p Lasagna Bar Bingo- 6:30p Headspace Cornhole-7p K-9 Veterans Day</p>	<p>20 Dinner Special: 5:00p – 7:30p Corned Beef & Cabbage DJ Antonio Bar Menu til 9p First Day of Spring</p>	<p>21 Boys State/ Girls State Interviews— 9a Wing Saturday!</p>
<p>22 Bar Menu USMVMC Meeting-6p Scouts Troop 618</p>	<p>23 Dinner Special: 5:00p – 7:30p Pizza Night! Cornhole League –7p</p>	<p>24 Dinner Special: 5:00p – 7:30p Sloppy Joes Girl Scouts- 5:30p Auxiliary Membership Meeting-7p</p>	<p>25 Dinner Special: 5:00p – 7:30p Chicken/Steak Burrito Bowls Pool League— 6:30p Scouts Troop 1367 —7p Queen of Hearts-8p</p>	<p>26 Dinner Special: 5:00p – 7:30p Steak Night! Bar Bingo- 6:30p Headspace Cornhole-7p</p>	<p>27 Dinner Special: 5:00p – 7:30p Pork Chops / For Lent: Salmon</p>	<p>28 Taco Saturday! Sherry Karlson— Celebration of Life</p>
<p>29 Bar Menu Scouts Troop 618 Palm Sunday</p>	<p>30 Dinner Special: 5:00p – 7:30p Quesadillas Cornhole League –7p</p>	<p>31 Dinner Special: 5:00p – 7:30p Monte Cristo Sandwiches Girl Scouts- 5:30p</p>	<p>Look for March Madness Specials during NCAA Basketball Games!</p>		<p>Note: Dinner specials and bar menu are subject to change, based upon vendor availability.</p>	



April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 Dinner Special: 5:00p – 7:30p TBA Easter Ham Giveaway-6p! Pool League- 6:30p Scouts Troop 1367 —7p Queen of Hearts-8p</p>	<p>2 Dinner Special: 5:00p – 7:30p TBA Bar Bingo- 6:30p Headspace Cornhole-7p</p>	<p>3 Dinner Special: 5:00p – 7:30p TBA Good Friday</p>	<p>4 Kitchen-TBA</p>
<p>5 Brunch—TBA Scouts Troop 618—7p Easter </p>	<p>6 Dinner Special: 5:00p – 7:30p TBA Cornhole League –7p</p>	<p>7 Dinner Special: 5:00p – 7:30p TBA Girl Scouts- 5:30p SAL ExComm- 6:30p Legion ExComm-7:30p</p>	<p>8 Dinner Special: 5:00p – 7:30p TBA Pool League- 6:30p Scouts Troop 1367 —7p Queen of Hearts-8p</p>	<p>9 Dinner Special: 5:00p – 7:30p TBA Bar Bingo- 6:30p Headspace Cornhole-7p</p>	<p>10 Dinner Special: 5:00p – 7:30p TBA</p>	<p>11 Sub Vets Meeting-10a Kitchen-TBA</p>
<p>12 Bar Menu USMVMC Meeting-6p Scouts Troop 618</p>	<p>13 Dinner Special: 5:00p – 7:30p TBA Cornhole League –7p</p>	<p>14 Dinner Special: 5:00p – 7:30p TBA Girl Scouts- 5:30p</p>	<p>15 Dinner Special: 5:00p – 7:30p TBA Pool League- 6:30p Scouts Troop 1367 —7p Queen of Hearts-8p Tax Day!</p>	<p>16 Dinner Special: 5:00p – 7:30p TBA Bar Bingo- 6:30p Headspace Cornhole-7p</p>	<p>17 Dinner Special: 5:00p – 7:30p TBA Karaoke with Joe Clay</p>	<p>18 Kitchen-TBA Spring Clean- up Day </p>
<p>19 Bar Menu Scouts Troop 618</p>	<p>20 Dinner Special: 5:00p – 7:30p TBA Cornhole League –7p</p>	<p>21 Dinner Special: 5:00p – 7:30p TBA Girl Scouts-5:30p SAL Member Meeting-6:30p Legion Membership Meeting-7:30p</p>	<p>22 Dinner Special: 5:00p – 7:30p TBA Pool League- 6:30p Scouts Troop 1367 —7p Queen of Hearts-8p</p>	<p>23 Dinner Special: 5:00p – 7:30p TBA Bar Bingo- 6:30p Headspace Cornhole-7p</p>	<p>24 Dinner Special: 5:00p – 7:30p TBA</p>	<p>25 Kitchen-TBA</p>
<p>26 Bar Menu USMVMC Meeting-6p Scouts Troop 618</p>	<p>27 Dinner Special: 5:00p – 7:30p TBA Cornhole League –7p</p>	<p>28 Dinner Special: 5:00p – 7:30p TBA Girl Scouts- 5:30p Auxiliary Membership Meeting-7p</p>	<p>29 Dinner Special: 5:00p – 7:30p TBA Pool League- 6:30p Scouts Troop 1367 —7p Queen of Hearts-8p</p>	<p>30 Dinner Special: 5:00p – 7:30p TBA Bar Bingo- 6:30p Headspace Cornhole-7p</p>	<div style="border: 2px solid black; padding: 10px; background-color: #fff9c4;"> <p>Note: Dinner specials and bar menu are subject to change, based upon vendor availability.</p> </div>	

American Legion Post 364 Phone: 703-494-4304

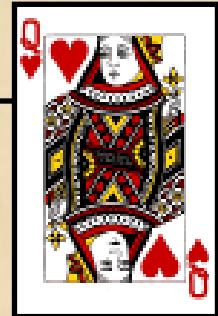


Club Hours

	Legacy Lounge	Social Quarters	Kitchen
Monday	TBA	2:00p - 10:00p	3:00p-7:30p
Tuesday	TBA	2:00p - 10:00p	3:00p-7:30p
Wednesday	TBA	2:00p - 10:00p	3:00p-7:30p
Thursday	TBA	2:00p - 10:00p	3:00p-7:30p
Friday	6:00p - 12:00a	12:00p - 12:00a	3:00p-7:30p
Saturday	TBA	12:00p - 10:00p	Taco/Grilling
Sunday	TBA	12:00p - 10:00p	Limited Menu

Please do not bring in food/beverages from other establishments during our Kitchen Hours.

Hours, prices, and items available are subject to change. Follow our Facebook page, sign up for text messaging, and the Commander emails for up-to-date opening, closing, and menu information.



**Mondays —Cornhole League 7p
 Tuesdays—Dart League 7:30p
 Wednesdays—Pool League 6:30p & Queen of Hearts drawing @ 8:00p
 Thursdays— Bar Bingo 6:30p and Headspace Cornhole 7p**

Bar Menu

**Served Mon-Thurs 2-7:30p
 Friday & Sunday 12-8p**

Appetizers:

- Mozzarella Sticks w/Marinara - \$7
- Spring Rolls - \$7
- Potstickers w/Teriyaki Sauce - \$8
- Hush Puppies - \$8
- Jalapeno Poppers - \$9
- Veggie Egg Rolls - \$9
- Southwest Egg Rolls - \$9
- Steak & Cheese Egg Rolls - \$9

Baskets:

- French Fries - \$5
- Fries w/Bacon & Cheese - \$7
- Tater Tots - \$6
- Tots w/Bacon & Cheese - \$8
- Onion Rings—\$7

- Chicken Tenders w/Fries - \$9
- Wing Dings w/Fries - \$9
- Butterfly Shrimp w/Fries - \$9

Grillers & Sandwiches

- (served with chips)*
- Beef Hot Dog QTR Pounder - \$6
 - Grilled Cheese Sandwich - \$7
 - Grilled Chicken Sandwich - \$9
 - Chicken Patty Sandwich - \$9
 - BLT Sandwich - \$9
 - Hamburger - \$9
 - Cheeseburger - \$10
 - BBQ Brisket Sandwich - \$10
 - Fried Haddock Sandwich—\$11

Add-ons:

- Fries - \$2
- Bacon - \$2

Cheese - \$1

Extra patty - \$3

(all sandwiches served with lettuce & tomato unless otherwise requested)

Desserts:

- Funnel Fries w/Powdered Sugar - \$8
- Molten Chocolate Lava Cake - \$7

Dinner served Monday through Friday 5pm to 7:30pm

Note: Dinner specials and bar menu are subject to change, based upon vendor availability.

Effective April 1, 2025, there will be a 2.7% surcharge on credit/debit card purchases. There is also a 20% fee charged on any tabs left open at end of night!

Driving Directions to Your Post Home: 3640 Friendly Post Lane, Woodbridge, VA 22192

Take I-95 to Exit 158, Prince William Parkway. Take Prince William Parkway toward Manassas. Past Commuter Lot, bear right onto Caton Hill Road. Turn Right onto Caton Hill Road to Minnieville Road (2nd Stop light). Turn Right onto Minnieville Road. In about 200 yards, turn Left onto Fowke Lane (used car dealership on corner). Turn Left onto Jenny Lane at the Stop sign. In about 100 yards, turn Right onto Friendly Post Lane (1st street on right).

The Post-O-Gram is published monthly by American Legion Post 364, Woodbridge, VA. Articles are contributed by Post family.