

Jul-Sept
2013

VETERANS OF FOREIGN WARS OF THE UNITED STATES

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COUNTIES FOUR POST 10076 AND ITS AUXILIARIES

SERVING MARYLAND COUNTIES OF CARROLL, FREDERICK, HOWARD AND MONTGOMERY

Commander's Message — Alan Yeater

Hello Members, I know you're all looking forward to a great summer filled with lots of good times with family and friends. Well, please don't forget your fellow members and activities at our VFW post. As always, I hope that you will visit the post more often, and become more involved in the services that the post provides for veterans and the community. Two events in which your post recently participated were the Memorial Day ceremony held at the Pine Grove Chapel in Mt. Airy and the Veterans Appreciation Day held at the Damascus Izaak Walton League on 1 June. We had good participation at both events, and I'm sure we made some new friends for our post. Always remember, whether you're a war veteran member, a member of the Men's Auxiliary, or the Ladies Auxiliary, when you meet someone who is qualified to join one of these organizations of our post, tell them about our post and what it has to offer. You just might get us a new member. And, if you know of a member who is suffering from an illness or injury, please let one of our officers know. The officers of your post will assist that person any way we can. One former commander of the post, Bob Washek, unfortunately, is now on that sick list, and if you know him, I'm sure he and his family would appreciate a call or card. Have a great summer, but don't forget about those men and women who are serving our country in uniform, especially those in harm's way. God Bless America!



Dates to Remember:

July 1st— VFW Post/Aux meeting

July 4th—Celebrate Independence Day

July 22nd thru July 27th—Fireman's Carnival

July 25th—Fireman's Parade

Aug 5th—VFW Post/Aux meeting

Sept 2nd—VFW Post/Aux Meeting

Sept 29th—VFW Picnic

Oct 2nd—Ladies Aux Dinner

A Big Thank You From the Post Commander

The commander and the members of the post want to acknowledge all the work the ladies' auxiliary and the men's auxiliary do around the post and for our members.

Thank you to all who help support and improve our post !!!

Men's Auxiliary Message - John Mullinix

Glenn Tabler is our newest Men's Auxiliary member... Welcome, Glenn!

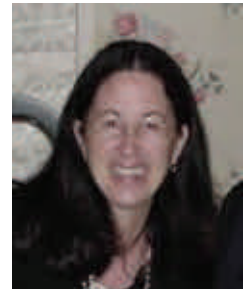


The Men's Auxiliary now has 47 members, but we don't get to see some of them very often. If you get a few minutes, stop by your Post and take a look around!

Please feel free to come out to one of our meetings, held at 7:30pm the first Monday of each month.

Enjoy your Summer.

Ladies Auxiliary Message - Marilyn Browning



Sisters – this year marks the 100th anniversary of our great organization - the VFW Ladies Auxiliary. We want to continue to “work to make each day a brighter day for our Veterans by educating them in the many VFW and Auxiliary programs available to them”. Let us strive to be part of “Maryland Team 100” – to reach 100% in all the goals the ladies auxiliary sets for itself. Be a participant, show your pride in America and above all show your appreciation for all our veterans have done and still do today. In the words of our National and Department Presidents “**Keep America’s Veterans & Families Strong**” by “**Building a Brighter Future for our Veterans**”.

VETERANS APPRECIATION DAY!



The Veterans Appreciation Day held at the Izaak Walton League in Damascus was held on June 1, 2013. Approximately 500-550 people attended and had a good time viewing all the displays, the live action demonstrations, the military vehicles and firing the military weapons going back to WW II.

Our post had a tent set up for membership and was successful in that we took in an applicant as well as having members stop by to visit. Commander Al, Sr Vice Josh Vito, Adjutant/Quartermaster Mark Bailey, Ladies Aux President Marilyn Browning and Bob Browning attended to the tables and enjoyed talking to all that stopped by.





VFW's Annual
PICNIC

Sunday, September 29

Mt. Airy Firemen's Carnival Grounds

Intersection of Route 27 and Twin Arch Rd

Hot Dogs

\$5.00 Donation per person

Hamburgers

Fried Chicken

Side Dishes

Beer, Wine & Sodas

Ron Lowe's
CRAB SOUP

Music
and
Games

Sign Up by Sept. 19
for head count for food

Help provide a resting spot at our VA Facilities

The Department of Maryland's VFW Ladies Auxiliary president this year, as her special project, is working with the VA Maryland Health Care System to provide "Fresh Air Benches" at the VA Medical facilities. These benches will be used at the transit stops for the veterans as well as outside the nursing facilities for just good ole' relaxation! The cost of each bench is \$1200 (not including delivery). A plaque will be put on each bench that says "Donated by Veterans of Foreign Wars Auxiliary Department of Maryland", unless our auxiliary collects enough money for the purchase of a bench then the plaque will have our auxiliary name and number on it. Anyone wanting to make a donation towards the purchase of a bench can send their check (made out to VFW LA Post 10076) to PO Box 13, Mt. Airy MD 21771 ATTN: Marilyn Browning.



Ladies Auxiliary News:

The ladies auxiliary dinners will begin the first Wednesday of October. Menu to be determined yet.

This year the VFW Ladies Auxiliary will not be having their annual trip to the Statue of Liberty for its birthday, Oct 28. Instead they have planned an event to "Celebrate America's Freedom" with a tour of Vicksburg National Military Park in Vicksburg, Mississippi on October 28, 2013. The event will include a ceremony at the USS Cairo museum to help celebrate the 150th anniversary of one of the most decisive battles fought in the Civil War. Anyone wanting more information on the event, contact Marilyn Browning at 301-831-0212.

Remember, dues are now being collected for the 2014 year. Early bird special is \$18 by Oct. 1. Send your dues in now and make the membership chairman's job a little easier. Don't like all the reminders? Consider a life membership. This year the department is asking all continuous members to pay their dues early (by November 15) and be placed in a drawing to win a life membership. I encourage all our continuous members to try for it. It only takes a moment to send in your dues.



MEETINGS

A few of you have listened to our request for participation and joined us on the first Monday of the month at 7:30 pm. With the total membership this post has, combined with the Ladies and Men's auxiliaries, this post should be bursting with energy on meeting nights as well as the rest of the week when we are open. As it is, we have approximately 20 members show up for meetings between all three groups. Seems a little sad to me for an organization that represents so much for so many.



SCHOLARSHIPS

The 2012-2013 Post Scholarship program awarded six \$500 scholarships this year. The winners are as follows:

Sam Jewell Memorial Scholarship	Ryland Talamo
Frank Dertzbaugh III Memorial Scholarship	Rebecca Kneebone
Robert Stevenson Scholarship	Tyler John Moyer
Bill and Chad Ruth Memorial Scholarship	Zachary A. Peters
Ladies Auxiliary Post 10076 Scholarship	Bradley Isaac Pard
Margaret J. Shaw Nursing Scholarship	Grace Kneebone

Congratulations to all the winners and good luck in your continuing education.

THE POST SENDS THEIR PRAYERS



Deceased



Sick Call

Bob Washek

Stan Ray

Mary Ellen Naples

If you know of a member or one of their family that has passed away, is sick or in the hospital, please contact your chaplain so they can offer them some peace and/or encouragement. Also, take a moment and send them a card or visit if you can. It can really brighten someone's day. You may also notify the post at 301-829-1682 after 2 p.m.

STAY UP TO DATE WITH VFW POST 10076

Stay current with all of the news at the VFW

Phone number: 301-829-1682

Friend us on Facebook @ Mt Airy VFW Post 10076

VFW Website: [Http://VFWPost 10075.tripod.com](http://VFWPost10075.tripod.com)

And the VFW now has Wi-Fi—feel free to bring your laptops, I-Pads and Blackberries!

If you have a little time on your hands and understand the workings of a website - the post is looking for someone to assist in keeping the website up to date. If you are interested, contact the post at 301-829-1682 after 2 pm. Any help will be greatly appreciated!!

SUMMER TIME SAFETY PRECAUTIONS

Summer has come in with a bang!! Be careful when working or even lounging outside in the warm weather. Make sure that you are drinking enough water. It is easy to get dehydrated without knowing it. It is recommended that you drink 8 8-oz glasses of water per day and when out in the heat you should try to drink more than that.



CANTEEN NEWS

Canteen hours

Monday-Thursday: 2 p.m. – 10 p.m.

Friday and Saturdays: 2 p.m. – midnight.

Sundays: 2 p.m. to 10 p.m.

There have been some changes to the alcohol we serve. We have some “new” things to try and if we don’t have something you like, let us know and we can try to get it. From our bar menu we serve great Hot Dogs and Hamburgers as well as Fish, Chicken and Pizza. We also have Fried Shrimp on the menu now and don’t forget our “fresh cut French Fries”. Come in for a tasty meal!

A lot of new faces have been seen around the bar. Be sure to say “hi” and make them feel welcome.

REMEMBER:

Without your patronage – the canteen will cease to exist.

ACE OF SPADES with JOKER’S WILD DRAWING

The jackpot is now over \$8900.00. Stop in and get your tickets for a chance to win.

Drawings are on Friday nights at 8:15 p.m. You must get your tickets **each week** by 8:00 p.m. Friday to be eligible. Winner gets 60% of the jackpot if present and 40% if not present. Come take a chance. Yours could be the lucky one.



MEMBERSHIP: 2014 Dues are now due!

Did you pay your dues by Dec 31? If not, you are now delinquent and have lost your privileges to participate at meetings and for the canteen. You can still pay and be reinstated, so take a moment and remit you dues.

The 2014 dues is now being collected. There will be an early bird special of \$18 due by Oct 1 for the Ladies Auxiliary. If possible, consider becoming a life member and forget about the yearly notifications. Life memberships can be paid by credit card if so desired.

Remember—if you don't want to receive annual notices, buy a life membership!

Post Life Memberships:

AGE	ONE PAYMENT
30 and younger	\$425
31-40	\$410
41-50	\$375
51-60	\$335
61-70	\$290
71-80	\$225
81 and older	\$170

Ladies Auxiliary Life Memberships:

AGE	PAYMENT	AGE	PAYMENT
20 & younger	\$220	56-60	\$150
21-25	\$210	61-65	\$140
26-30	\$200	66-70	\$130
31-35	\$190	71-75	\$115
36-40	\$185	76-80	\$95
41-45	\$175	81-85	\$75
46-50	\$170	86-90	\$60
51-55	\$160	91 & over	\$50

11 month installment plan available

Men's Auxiliary does not have life membership.

Mail your dues to the following:

Post members: (\$30.00)

Make check out to VFW Post 10076 and mail to:
VFW Post 10076
Attn: Quartermaster
P.O. Box 13
Mt. Airy, MD 21771

Men's Aux: (\$20.00)

Make check out to VFW Post 10076 Men's Aux and mail to:
VFW Post 10076 Men's Aux
P.O. Box 191
Mt. Airy, MD 21771

Ladies Aux: (\$20.00)

Make check out to LAVFW-10076 and mail to:
VFW Post 10076 Ladies Aux
Attn: Diann Linton
203 Flower Ct
Mt. Airy, MD 21771



VFW Post meetings and the Men's and Ladies Auxiliary meetings are held at 7:30 pm on the first Monday of each month.

Department of Veterans Affairs Schizophrenia and Bipolar Illness Study

The Department of Veteran Affairs' Washington D.C. Medical Center is conducting an interview study of veterans who have been diagnosed with Schizophrenia and/or Bipolar illness for the purpose of improving the day-day living experience of those so afflicted. If you or any other veteran you know has been diagnosed with either of the above two illnesses, you are encouraged to call the office of Mary Ann Tureson VA Cooperative Studies Program #572 at 202.745.8000 EXT 5768. The initial phone call is to determine if they meet DVM-IV diagnosis of bipolar and schizophrenia, and if so an appointment will be scheduled. The assessment will be a one-time interview and will take approximately 2-2.5 hours. Veterans who complete the assessment will receive \$60.00 cash voucher at the completion of the appointment, and those for some reason find they cannot complete the assessment will receive a \$20.00 cash voucher for their time. They will be scheduling through 30 September 2013, so if you are interested in participating in the study, please call to make your appointment as soon as possible.



Changes taking place:

In the next few months, there will be some changes taking place at the post. It is hoped these changes will bring better participation from our members and their guests. Some will be taking place before summer's end and others will take place once football season starts. Stop in and be on the lookout for these changes. We think you'll be surprised and enjoy them.



Thank you

The post would like to thank Ray Martin for his generous donation to the post. It was greatly appreciated. Thank you.

I Am Your Flag

Written By Marine MSgt. Percy Webb



I am your Flag
I was born on June 14th, 1777.
I am more than just cloth shaped into design.
I am the refuge of the World's oppressed people.
I am the silent sentinel of Freedom.
I am the emblem of the greatest
Sovereign nation on earth.

I am the inspiration for which American Patriots
Gave their lives and fortunes.
I have led your sons into battle from Valley Forge
To the bloody swamps of Vietnam.
I walk in silence with each of your Honored Dead,
To their final resting place beneath the silent
White Crosses, row upon row.
I have flown through Peace and War,
Strife and prosperity,
And amidst it all I have been respected.

My Red Stripes...symbolize the blood spilled
In defense of this glorious nation.
My White Stripes...signify the burning tears
Shed by Americans who lost their sons.
My Blue Field...is indicative of God's heaven
Under which I fly.
My Stars...clustered together, unify 50 states as one,
For God and Country.
"Old Glory" is my nickname,
And proudly I wave on high.

Honor me, respect me, defend me
With your lives and fortunes.
Never let my enemies tear down from my lofty position,
Lest I never return.
Keep alight the fires of patriotism,
Strive earnestly for the spirit of democracy.
Worship Eternal God and keep His Commandments,
And I shall remain the fortress of peace
And freedom for all mankind.
I am your Flag.