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COMMANDER'S CORNER

My Fellow Comrades:

“And they’re off and running”, to coin an old phrase! Yes, by now you should have received your first dues renewal notice. I was extremely proud that all three units of Post 24 achieved a 100% renewal last year and I can only hope we achieve another 100% this year! Many still ask: If my card is good until December, why do I receive my renewal notice in July?

Well, so many of us belong to multiple organizations, that to renew all your dues at one time would be burdensome. So here is your chance to spread things out a bit and make it a bit more financially feasible.

Can you believe it’s August already!! Just a short time ago we were announcing the arrival of summer after a hard winter! The children will soon be back in school and we will soon be planning events for football season. My, how time flies!

We still have some warm weather left so let’s make sure you enjoy the rest of your summer. We continue to see a sharp increase in new membership so please keep up the good work. There are many eligible veterans in the Washington Metropolitan Region that still do not belong to The American Legion. You and I are the only ones who can change that!

Having just returned from my first American Legion (Department) Convention, I am all inspired to make this another successful year for Post 24. I have traveled quite a bit this summer and have visited many Posts up and down the East coast. During my visits I have observed many successful programs, which I will be discussing with the Executive Committee.

I hope by now everyone has had an opportunity to visit our revised website. Our Adjutant would appreciate some feedback so please forward us some ideas and suggestions for change!

Be expecting our annual picnic plans to be announced shortly. Looking forward to seeing you at a meeting in the near future,

I remain,

“For God and Country”

Michael A. Conner, Sr., Commander

**“Neither a wise man nor a brave man
lies down on the tracks of history
to wait for the train of the future
to run over him”.**

~Dwight D. Eisenhower



ADJUTANT'S NOTES

As Commander Conner mentioned, the 2011 renewal notices are out. I can attest to that as I processed 105 membership renewals in one day! This is a good start, but where is yours? Don’t put it off; get it in so that we can keep rolling. It would be great to be the first Post in the 17th District to hit 100%. But it is up to you to renew early. Remember if you renew by 30 September you are eligible for the **free** “Early Bird” breakfast in October!!

We wish to welcome the following new members to our Post family:

Aaron Powell	Sean White	Tim Barnes
Jason Sharif	Joshua Evans	Daniel Maloney
Kevin Wildman	John English	Kelly Rice
Marcus Canzoneri	Steven Laurenzo	Lisa Heldon
Don Shaw	Martin Cahill	Donald Sheldon
Daniel Olmstead	Tomax Starking	Cheryl Culverhouse

Let me switch hats and put on my baseball cap. The Post 24 baseball team would like to thank Carolyn Carol and her friends for donating a new ice cooler, bottles of water and chips to the baseball team. With the heat we have had these last few weeks, the ice water and chips were a great relief in the dugout. Thank you again for your contribution.

On a personal note, I wish to thank everyone who reached out to me in my time of grief on the passing of my mother.

I would again remind everyone that this is YOUR POST; only YOU can make a difference. I welcome every member to attend YOUR monthly meeting, as this is YOUR chance to express YOUR opinions.

Be an ACTIVE Post member!

Jim Glassman, Adjutant



FROM THE 1ST VICE COMMANDER

Post 24 would like to thank "Tommy and the Bahamas", a rock and roll band, who played for free on 31 July. The collected admission fees, less expenses, will be devoted to Post 24 programs. Tommy and his wonderful wife, Mary Ann, are temporarily back from Montserrat Island. We thank the band for their contributions to Post 24.

BRING FRIENDS TO THE WEDNESDAY, AUGUST 4, 2010, BARBEQUE/SMOKER. Join us the first Wednesday of each month, from 6:30 pm to 9 pm. We have raised more than \$900 net thus far from our cook out/Smokers. We hoped that

you enjoyed the free and special surprise in the name of the late Ann Mary Ingram at our July Smoker. Remember, a \$10 donation gets you an evening of comradeship and good eats. Be your own chef by bringing your own entrée for grilling. The Clubroom provides free sides BRING FRIENDS. Non-member guests are welcome.

We would like to welcome LTC Todd Goehler, U.S. Army, back from Afghanistan. Todd, we are happy to see you safely home. Tamara, his lovely wife, has been a regular volunteer at the Post during Todd's deployment. Thank you Tamara for a great job and your kindness!

JEFFERSON LETTER: Post 24's gift to the City of Alexandria of the July 25, 1808 Thomas Jefferson letter will be publicly acknowledged on August 4, 2010. In the letter, Jefferson talked about the weather, gave his friend Joel Barlow directions from the Georgetown Ferry to Monticello and offered travel tips and costs of tolls and inns. Thomas Hewitt and his wife Candice Bennett, when searching our historic files found the letter in Post 24. Visit the Clubroom and the top floor to see other items found and framed by Tom. Very impressive!

MEMBERSHIP: We saw new members, many of them couples, at the last barbeque and in the Clubroom. WELCOME! We want and need you. Enjoy the place, particularly those of you returning from deployment. Bring your friends and have your own "event" or come alone. If nothing else it is "cool" (as in temperature) and quiet.

DO YOU WANT ADVANCE NOTICE OF EVENTS SO YOU CAN PARTICIPATE? Check the web page at: www.valegionpost24.org. Also e-mail me, subject line POST 24, at billcfr@earthlink.net with your name and e-mail address so that I can include you on notices of late developing events (all addresses are sent as blind copies to protect your privacy). If you want to participate/volunteer e-mail me, subject line POST 24, at billcfr@earthlink.net or leave your name and number with the Clubroom.

Thank you for all that you do.

Bill Aramony, First Vice Commander



AUXILIARY NEWS 'N NOTES

Upon our 1st official meeting for this term, I am glad to report that it went very well with only one member not showing up. I wish to thank everyone for your continuing support, but I really want to see more members attend the monthly meetings. It doesn't have to be all of them, just a few. I want to know what it is that would make you come to the meetings. Do we need to change the date or time? Do we need to give a 50/50 drawing for some mysterious prize? Food!... Would you like to have small snacks? Could it be you need a babysitter while you attend the meetings? I want to know. I'm not saying we could provide all of these, but we could talk about them to maybe come up with a solution. I would like to meet some of our members so an invite is extended to you to attend our next meeting on Tuesday, August 4th at 7 pm held in the Ballroom. We are thinking of which programs we want to work on and ways for fundraisers. Fresh ideas are needed as well as volunteers.

Membership:

2010-2011 membership renewals are coming up and I hope we can meet our 100% goal again. Senior dues are still \$25 and junior dues are \$5. All checks must be made payable to "ALA Unit 24" and mailed to address below.

American Legion Auxiliary Unit 24
P.O. Box 402-Main Station
Alexandria, VA 22313-0402

If you have any concerns or problems with membership, please let us know.

Up Coming Events:

August 6 – 8, 2010 a Department of VA Leadership College will be held at the Holiday Inn Koger Conference Center, Richmond, VA. Also in August is the National Convention in Milwaukee. For further information you can go to www.valegion.org.

In the making: Plans for a pasta dinner in October!

In closing I leave with you with this saying:

**"Courage is like a muscle
We strengthen it with use".
~ Ruth Gordon**

"For God and Country"
Mary Alvarado, President



SQUADRON COMMANDER'S CORNER:

Great summer to all SAL and members of Post 24! It's been an exciting time of year to be a member of the Post and of SAL as we are gearing up for a September social to beat all socials. Travis Alvarado is on hand with Justin Kraemer to kick up some fun for all. The dates will be posted in the clubroom at 400 Cameron Street. Remember, we need to communicate electronically, so please e-mail me your contact information at JayPalermino@aol.com and we'll keep you posted. Have a great remainder of your summer and a safe one, too.

"For God and Country"
Jay Palermino, SAL CMDR

SAL ADJUTANT NOTES:

SAL membership cards are available and ready for pick-up. There was a coordinated effort during the fall for this initiative and acquiring your card is simple all month long at the Post. Thanks to all from Post 24 for coming together and making upcoming events possible and fulfilling to all! Please visit us at the American Legion table at the Farmers' Market every Saturday from 8-11a.m. in front of the fountain.

For now,
John (Mitch) Mitchell, SAL Adjutant and Finance Officer

**"There are no secrets to success. It is the result
of preparation, hard work, and learning from failure"
~Colin Powell**

SAL COMMUNITY NOTES:

This month, our government passed a historic mandate that streamlines the process and regulations for receiving PTSD (Post Traumatic Stress Disorder) benefits. This will enable many service veterans that have previously been denied benefits to either receive benefits or reapply for them. These new rules are in effect as of Tuesday, July 13, 2010 and affect all veterans including women, who are traditionally barred from Combat Duty. In a statement released Monday July 12, 2010, Secretary of Veteran Affairs, Eric Shinseki, said, in part, "We're now moving to treat all veterans equally. Today, VA begins simplifying the process by which veterans with PTSD are able to access health care and receive benefits Streamlining this process will help not just the veterans of Operations Enduring Freedom and Iraqi Freedom, but generations of veterans who have previously 'borne the battle' for our nation." This news is a boon for anyone in our Veteran's Community that has previously had difficulty getting the benefits that they so deserve. It is our duty as members of the Post 24 community to help our brethren re-assimilate to life as civilians. Maybe having this information will allow some of us to do just that.

Justin Kraemer, 2nd Vice Commander



CLUBROOM NEWS

Recently, I stopped at one of Old Town's more popular watering holes to visit with some friends. (I actually stopped by the restaurant where my wife works to say hello and spend a few minutes talking with her.) While there, several of the regular patrons questioned me about my lack of contribution to the last newsletter. Honestly, I had no excuse and promised to do a better job of communicating with Post membership. I also mentioned that the Clubroom is open seven (7) nights each week and we always welcome new and old faces.

Now on to the news: July was a pretty full month. As you know on the first Wednesday of each month we have a good old-fashioned backyard barbeque in the Courtyard. This monthly fundraising event has been very successful and will continue as long as people keep showing up. Remember, bring your choice of grilling item and a \$10.00 donation for Post 24 youth programs. We'll provide the sides and the conversation. Come out, visit with old friends or make some new ones. By the time you read this we will have had three big events here at Post 24:

On Saturday, 24 July, we had Karaoke in the Clubroom for the first time in a couple of years. If it is well received, it will be continued on a more frequent basis. On the 30th, we will have served a special lunch to some Wounded Warriors from Walter Reed. My thanks go out to all who attended the July "Smoker" and for their donations in support of this meal.

Finally on the 31st, Post 24 featured our local music sensation "Tommy and the Bahamas" in the Ballroom. This event was another fundraiser and we expect a great turnout. Please visit the Post Website often for frequent updates to our events calendar as some things of interest and fun come up fast.

Additionally we send out e-mail blasts to Post members to help promote all of our events. If you want to be kept up to date on what is happening in the Clubroom and at the Post please send us your e-mail so we can include you in these frequent updates.

If you haven't been to the Clubroom in awhile, please come out to meet the newest additions to our staff; Randi who tends bar on Tuesday and Wednesday nights and Heather, who is behind the bar on Saturday nights and Sundays. Both of them have become a valuable addition to the Post.

Finally, join us every week for Taco Tuesday and Wing Wednesday. As time permits we will add a special dish for Thursday, Friday and Saturday. Your input would be greatly appreciated.

In parting, I would like to challenge all of you to visit the Clubroom more often and bring a friend or two. You never know, this place could become something of a habit.

Neale "Hagga-a-Muffin" Hergenrath, Clubroom Manager
Clubroom24@gmail.com

NEW CLUBROOM HOURS

Effective August 1, 2010 the Clubroom will open at
4:00 p.m. on Fridays

Clubroom beer- of- the- month will be Bass Ale
at \$2.00 per bottle.

POST EVERLASTING

O lord, you have showed us that death is but the gateway to a more glorious life and that we must not fear its coming; and we know, also, that neither life nor death can separate us from your love. Assure us yet again that our departed comrades are not lost to us, but sharing new life with you in the Kingdom of our Father, where we shall in your good time be reunited. We know them to be with you forever, Amen.

Our sincere condolences to the family and friends of our departed Comrade:

William "Clay" Keyes

POST 24 UPCOMING EVENTS

August 4: Post 24 "Smoker" - 7 p.m. to 10 pm

August 8 – Sunday Brunch – 10 a.m. to 1 p.m.

August 10: Unit 24 Meeting – 7:00 pm

August 14: Squadron 24 Meeting – 7:30 pm

Post 24 General Membership Meeting – 8 pm

August 28: Post 24 Executive Committee Meeting -
7:30 pm