



**AMERICAN LEGION**  
*FOR GOD AND COUNTRY*  
**Wayne M. Kidwell Post #184**



Vol XVII No. 4 **THE LEGION LETTER** Oct-Nov-Dec 2006



**HONORING ALL  
WHO SERVED**

To be a veteran  
one must know and  
determine one's price  
for freedom.

**VETERANS DAY**  
November 11, 2006



American Legion  
Post 184  
Box 5118, Herndon, VA 20172

**OFFICERS**

Commander	Dave Kirby
1 <sup>st</sup> Vice Commander	Bob Thompson
2 <sup>nd</sup> Vice Commander	Harlon Reece
Adjutant	John Rogosky
Judge Advocate	Bob Mullenger
Finance	Dan Gillespie
Chaplain	Dmytro Andriuk
Service Officer	Dmytro Andriuk
Sergeant at Arms	Ron Sanders
Historian	Bob Thompson
National Security	-- vacant --
Americanism	-- vacant --
Public Relations	-- vacant --

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Commander's Phone	(703) 481-6189
Adjutant's Phone	(703) 481-5047
<b>Post 184 Phone</b>	<b>(703) 481-1200</b>

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THE LEGION LETTER

Editor: Bob Thompson (703) 435-8377  
email: [kd4fue@bellatlantic.net](mailto:kd4fue@bellatlantic.net)

**<< MEDIA NEWS RELEASE >>**

The Wayne M. Kidwell American Legion Post 184, in cooperation with the Town of Herndon, will be holding their Annual Veterans Day Observance at the Herndon Town Green on Saturday, November 11, 2006 at 11:00 AM. This year's program will include the Herndon High School NJROTC Color Guard. **Major General Joseph T. Anderson, United States Marine Corps (Ret.) will be the Guest Speaker.** All are invited to attend.

The Avenue of Flags will be displayed from morning to dusk at the Chestnut Grove Cemetery. There will be 36 veteran casket flags displayed from the main gate to the side gate. Each flag has a marker identifying the veteran. This display can be viewed on foot or in your car.

The Veterans Day Observance this year is dedicated to the memory of Herbert A. Nunnenkamp, Post 184, Past Commander, who passed away on July 10, 2006. All members of Wayne M. Kidwell American Legion Post 184 salute their comrade and friend, Commander Nunnenkamp, for his loyal and dedicated support and his many hours of volunteering for all Post functions and activities.

For more information regarding the ceremony, call Post Commander, David Kirby at (703) 481-6189

**HAPPY BIRTHDAY LEGIONNAIRES**

October

- 1<sup>st</sup> Ronald E. Kauffman
- 2<sup>nd</sup> Michael A. Hughes
- 7<sup>th</sup> David V. Pauling
- 10<sup>th</sup> William G. Mattheis
- 12<sup>th</sup> Leonard A. Dillman
- 13<sup>th</sup> John Cunliffe
- 16<sup>th</sup> Eric Claunch
- 18<sup>th</sup> Thomas R. Uiselt, F. Dale Williams
- 19<sup>th</sup> William A. Olson
- 22<sup>nd</sup> Dmytro Andriuk, Stanley P. Beyer,  
Harman A. Ferg, James R. Jones
- 23<sup>rd</sup> Hardy T. Cofield
- 29<sup>th</sup> Glenn F. Heselton
- 30<sup>th</sup> Robert S. Thompson
- 31<sup>st</sup> David E. Bellamy



November

- 2<sup>nd</sup> Kenneth E. Newton
- 3<sup>rd</sup> Walter Roman, Willie L. Ruff
- 4<sup>th</sup> Ted A. Longworth
- 5<sup>th</sup> Thomas Iremonger
- 7<sup>th</sup> John Johnston
- 8<sup>th</sup> Dennis D. Husch
- 9<sup>th</sup> Peter A. Mayes
- 10<sup>th</sup> John A. Rogosky
- 11<sup>th</sup> Raymond W. Hine
- 12<sup>th</sup> Charles D. Adams
- 13<sup>th</sup> Robert L. Guest
- 17<sup>th</sup> Paul F. Conroy
- 18<sup>th</sup> George J. O'Hop, Robert R. Rudine
- 21<sup>st</sup> Harley Armstrong
- 22<sup>nd</sup> Richard A Aceto
- 23<sup>rd</sup> John J. Dragonetti
- 24<sup>th</sup> Mark J. Bates, Michael A Rafalko
- 26<sup>th</sup> John S. Hardin
- 28<sup>th</sup> Joseph H. Schwimmer

December

- 3<sup>rd</sup> Donald T. Meyer
- 15<sup>th</sup> David W. Twigg
- 17<sup>th</sup> Alan D. Lee
- 20<sup>th</sup> James D. Morgan, Robert A. Serveiss
- 22<sup>nd</sup> John Cuddehe
- 24<sup>th</sup> Robert P. Jensen
- 26<sup>th</sup> Richard E. Lubow, Patrick T. Morris

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**NOTE:** Is your birth date incorrect? Is your birth date not listed at all? Please email the correct date to Post 184 at [WMKAL184@yahoo.com](mailto:WMKAL184@yahoo.com) or send by "snail" mail to American Legion Post 184, P.O. Box 5118, Herndon, VA 20172.

**\*\*COMMANDER'S CORNER\*\***



**VETERANS DAY  
OBSERVANCE  
REMINDER  
Saturday, November 11  
11:00 AM**

**Veterans Memorial on the  
Herndon Town Green**

I want to encourage all Post 184 members to participate in this year's Veterans Day Observance. Our guest Speaker will be Major General Joseph T. Anderson (USMC Ret), former Commanding General, 1st Marine Aircraft Wing, Marine Forces Pacific, Okinawa, Japan. General Anderson is a highly decorated Marine and is an excellent and a highly sought-after speaker. He is currently the Associate Director of the National Air and Space Museum—Steven F. Udvar-Hazy Center. Bring your family, neighbors, and friends. You will be honored as a Veteran and it will be very inspiring for those who have not served.

Please also consider volunteering for any of the Veterans Day preliminary (behind the scenes) details below:

- Friday Nov 10, 8:30am - put out grave flags & mount Avenue of Flags poles at Chestnut Grove cemetery.
- Saturday Nov 11, fly casket flags from 7:00am to 4:15pm (sunrise @ 6:45am, sunset @ 4:59pm). Help raise and/or lower and fold flags at Chestnut Grove Cemetery. Taps played at sunset at Chestnut Grove and Oak Grove Cemeteries.
- Saturday Nov 11, 11am Ceremony @ Veteran's Memorial with NJROTC color guard & bugler
- Monday Nov 13, 8:30am pick up grave flags.

Mark your calendar for our Christmas dinner on December 13 at the "Breeze" Hope to see you there.

For God and Country

*David Kirby*

Post 184 Commander

**Post 184  
Electronic Mailbox  
[WMKAL184@yahoo.com](mailto:WMKAL184@yahoo.com)**

**Post Everlasting**

**John M. Cuff**

**U.S. Army Veteran – WWII  
American Legion member – 40 years**

**VETERANS AWARENESS WEEK**

The Town of Herndon, at their open hearing on October 24<sup>th</sup>, passed a resolution designating the week of November 5-11, 2006 as VETERANS AWARENESS WEEK. As part of the resolution, residents of the Town of Herndon are asked to observe two minutes of silence at 11:00 AM on Veterans Day, Saturday, November 11, 2006

**Post 184 – Web Site  
<http://www.wmkal184.org>**

**Some stories to lighten your day**

***St. Peter at the gates of heaven.....***

St. Peter is very busy in heaven, so he leaves a sign by the pearly gates: "for service, ring bell." He's barely gone when the bell rings. He rushes back to the gates, but no one's there. St. Peter goes back to work, but the bell rings again. He rushes back to the gates, and again no one's there. Growing annoyed, he returns to work. Ding! The bell rings a third time. St. Peter goes back to the gates, but still no one's there. "OK, that's it," he mutters. "What's going on?" He hides a short distance away, and a moment later, a little old man walks up and rings the bell. St. Peter jumps out and yells, "Are you the guy who keeps ringing the bell?" "Yes," the old man says. "Well, why?" "They keep resuscitating me," the old man says.

***Aviation technology meets it's match .....***

In the 1990s, a new display on the cockpit radar screen was introduced enabling pilots to identify conflicting air traffic. Initially there were few planes with the Traffic Advisory and Collision Avoidance System (TCAS). Being a pilot, and not having TCAS equipment, I felt that pilots with TCAS bragged too much on the common radio frequency about it. One day I was called by an Air Traffic Controller to advise me of conflicting traffic. I replied, "I have the conflicting traffic on my POW." Everyone heard this and soon a pilot asked, "I've heard of TCAS, what's POW." My response was, "It's much superior to TCAS, POW stands for "Peeking Out Window."

**\*\*ADJUTANT'S CORNER\*\***

***2007 Membership***

As of October 24, 2006, Post 184 has 203 members who have renewed their American Legion membership for 2007. There are still **70** members who have not renewed their membership to date. Now is the time to renew for 2007, before the New Year is upon us, so that you won't have to make a dumb New Years Resolution to **PAY YOUR 2007 DUES!**

**ATTENTION ----- ATTENTION ----- DUES HAVE INCREASED ----- ATTENTION ----- ATTENTION**

The 88<sup>th</sup> Annual American Legion National Convention, held in Salt Lake City, Utah, voted to increase the National Per Capita Dues from \$9.00 to \$13.50 effective January 1, 2007.

Your annual American Legion dues of \$20 have been historically shared between National, Department of Virginia and Post 184. In 2006 this meant that \$9.00 went to National, \$5.50 went to the Department of Virginia and the remaining \$5.50 being retained to help cover Post 184 operating expenses. On January 1, 2007 the story is quite different when the National share increases from \$9.00 to \$13.50. The Department of Virginia share of \$5.50 will remain unchanged thus leaving only \$1.00 for Post 184 expenses. One dollar from each member's dues is not enough to cover the cost of "one" issue of this newsletter and associated postage! A detailed account of how this dues increase will adversely affect Post operations was presented at our July 19<sup>th</sup> meeting. At that meeting a motion to increase Post 184 dues from \$20 to \$26 (to be effective January 1, 2007) was proposed and the motion was approved unanimously by the voting members present. This will be the first increase in dues for our members since Post 184 was chartered in 1994. ***If you are one of the 70 members who haven't renewed for 2007 yet, now is the time to do so "before" your dues go up on January 1, 2007.***

**Now is also a great time to become a PUFL (Paid Up For Life) with some truly great savings available**

**Paid Up For Life (PUFL)**

Another great opportunity to save money is to become a PUFL (Paid Up For Life) member NOW because it will cost a lot more once our Post dues go up on January 1, 2007. You'll find a PUFL Application form on page 5 of this newsletter. Here is the breakdown of costs before and after the dues increase.

AGE	24 & Under	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85 & Over
DUES														
2006														
\$20	\$697	\$663	\$626	\$585	\$540	\$492	\$441	\$388	\$334	\$282	\$232	\$186	\$145	\$118
2007														
\$26	\$906	\$862	\$813	\$761	\$703	\$640	\$574	\$504	\$434	\$366	\$302	\$241	\$188	\$153
SAVE:	\$209	\$199	\$187	\$176	\$163	\$148	\$133	\$116	\$100	\$84	\$70	\$55	\$43	\$35

**Keeping You Informed.....**

In an effort to keep every member of Post 184 up to date on what the post is up to, you'll find the minutes from our last three meetings on page 6 of this newsletter.

**For God and Country**  
*John Rogosky*  
Post 184 Adjutant



**THE AMERICAN LEGION NATIONAL HEADQUARTERS  
APPLICATION FOR PAID-UP-FOR-LIFE (PUFL) MEMBERSHIP  
(Please type or print)**



APPLICANT'S NAME \_\_\_\_\_ MEMBER ID # \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE NO. [\_\_\_\_\_] \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ TOTAL PUFL FEE \$ \_\_\_\_\_  
(Mo./Day/Year) (See Chart on Reverse)

**BRANCH OF SERVICE (check one only):**  US Army  US Navy  US Marines  US Air Force  US Coast Guard

Full Payment Enclosed **OR**  Time Payment Enclosed – Requires minimum payment of **10% OF TOTAL** as down payment.

**PAYMENT IS MADE BY THE FOLLOWING METHOD:**

Check or Money Order (Made payable to The American Legion) **DO NOT SEND CASH.**

Please provide check or money order number \_\_\_\_\_

Charge to MasterCard, Visa, Discover or American Express

\_\_\_\_\_  
(Credit Card Number)

\_\_\_\_\_  
(Expiration Date)

Date \_\_\_\_\_ Signature of Applicant \_\_\_\_\_

**Applicant's signature may be omitted if PUFL is to be given as a gift. If card is to be mailed to another address, enter below.**

**IF GIFT, MAIL CARD TO:**

Name \_\_\_\_\_ Mbr ID # (If applicable): \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**THIS SECTION MUST BE COMPLETED BY THE POST ADJUTANT OR FINANCE OFFICER**

1. *By signature below*, I certify that the PUFL applicant named above is a member in good standing and holds a valid membership card. Annual dues were last paid for the \_\_\_\_\_ membership year and were paid to Post # \_\_\_\_\_ in the Department of \_\_\_\_\_.

2. **Check one:**

Member is applying at a PUFL fee based on our annual Post dues rate of \$ \_\_\_\_\_.

With Post approval, this member is applying at a PUFL fee based on the **reduced Post dues rate** of \$ \_\_\_\_\_.

3. *If applicable*, this member is transferring from the above Post to (new) Post # \_\_\_\_\_ in the Department of \_\_\_\_\_.

\_\_\_\_\_  
*Signature of Post Adjutant or Finance Officer*

\_\_\_\_\_  
*Dept/Post #*

\_\_\_\_\_  
*Date Processed By Post*

POST FORWARDS APPLICATION WITH PAYMENT TO DEPARTMENT HEADQUARTERS. (RETAIN A COPY FOR POST RECORDS.)

**THIS SECTION TO BE COMPLETED BY NATIONAL HEADQUARTERS**

Member National Per Capita \_\_\_\_\_

Date Received at National: \_\_\_\_\_

Post Dept Per Capita \_\_\_\_\_

Dept. Post Per Capita \_\_\_\_\_

**PFLN**

FORM #32-090 (October 2003)

^ DETACH HERE ^

**APPLICANT'S RECEIPT:**

\_\_\_\_\_  
*Name of Applicant*

\$ \_\_\_\_\_  
*Payment Received*

\_\_\_\_\_  
*Date Processed By Post*

The member named above has applied for a Paid-Up-For-Life membership. The application has been certified by the Post and sent to the Department Headquarters with the payment noted above. After Department approval, it will be forwarded to National Headquarters for final processing. National will issue a permanent membership card in recognition of your status as a PUFL member of The American Legion.

**THANK YOU FOR YOUR SUPPORT!!**

\_\_\_\_\_  
*Signature of Post Adjutant or Finance Officer*

Post 184  
**Christmas Dinner**



781 Station Street, Herndon

**Wednesday, December 13, 2006 - 6:00 PM**  
**\$23.00 per person**  
(Cash bar)

**Price includes: Choice of one of the entrées below, ice tea or soda, salad bar, dessert, tax, and gratuity**

**Entrées:**

**Pastitcio ( Greek Lasagna )**

**Layers of long macaroni and seasoned ground beef topped with béchamel sauce. Served with rice and home style green beans.**

**Chicken ala Mediterranean**

**A half chicken marinated with Green herbs in a lemon sauce served with oven roasted potatoes and home style green beans.**

**Chicken Florentine**

**Chicken breast sautéed with mushrooms in sherry wine, that is topped with spinach and Mozzarella.**

**Steak Logos**

**A delicious marinated Certified Black Angus sirloin steak, that is charbroiled and served with oven roasted potatoes and fresh mixed vegetables.**

**Please join your fellow legionnaires and family members for a great meal and maybe a war story or two.**

RSVP - Please call by December 10 and leave a voice mail with the number of guests and entrée selections: 703-481-1200

# <<< Wayne M. Kidwell American Legion Post 184 >>>

## Meeting Minutes

August/September/October 2006

(combined and condensed)

Guests: September 20, 2006 - District 17 Commander John Kokernak and Jr. VC Ray Lockett - the new Post contact for the District.

New Members: Erik Claunch attending his first meeting after transferring in last week.

Finance Committee report: As of the October meeting, there was \$11,365.74 in the Post checking account (includes the finds from poppy campaign donations) and \$9,942.52 in building fund CDs. The Post received \$600 donation from the Kennebeck family.

Avenue of Flags: 3 veterans were buried at Chestnut Grove Cemetery during the months of August-October. There are 36 casket flags to be flown on Veteran's Day; holes were drilled to replace those covered up by construction work. 50 new metal telescoping flagpoles were obtained, and 50 new 2" holes will need drilled before Memorial Day 2007.

Poppy report: The Post will send \$2,250 each to: DC VA Medical Center's Voluntary Services, Semper Fi Fund, State of Virginia Veterans Care Center, Walter Reed Fisher House. Payment of \$1,007 made to Department's Ladies Auxiliary for 2006 Poppies.

Post 184's Ladies Auxiliary donated \$1,400 from their Poppy funds to DC Veteran's Hospital Voluntary Services organization.

Flag Disposal report: September 15th held ceremonial disposal of 6 boxes of non-serviceable flags. Six volunteers took just over an hour to complete the ceremony.

Boys State: Received certificate of appreciation from the Department.

Books for Vets report: Delivered 7 boxes of books and 1 box of VCR tapes gleaned from Reston Library's fall sale, a VCR and box of tapes, and 6 boxes of magazines from USPS to the Washington VA Hospital.

Membership: New members since July - Stanley Beyer, John Sylvester, Frederick Kozlowski, Chris Andrews, John Dragonetti, Brian James, Ted Longworth, Richard Otis, Gary Soldow, Robert Schlesinger, William Schlosser, Vaughn Siegenthaler, John Thomas, Thomas Uiselt, Eric Claunch, John Cuddehe and Thomas Iremonger.

New PUFLs since July - Adolph Essigmann, Joseph Findley Jr., Charles Gallick, Robert Guest, Richard Holt Jr., Joseph Hyer, Michael Pavlak and Dennis Shea.

We have lost contact with 2 of our PUFLs - Patrick Morris and Steve Yarbrough. If anyone knows their whereabouts please contact the Post.

Honorary Life Memberships awarded to: Cyril Yench, Melville Appell, James McLearn and Robert Serveiss.

New Business: Commander presented VC Thompson with Newsletter award plaque from Department.

Commander has arranged for Marine Major General Joseph Anderson (Ret) to be the guest speaker for Veteran's Day Ceremony.

Home Coming parade for Saturday, October 7th was rained out.

Good of the Legion:

State of Virginia proclaimed November 5th thru 11th as Veterans Week.

Herndon Town Council presented the Post a Veterans Awareness Week Resolution on October 24th

Thank You note from Jo Nunnenkamp for Herb's picture/write up in the newsletter.

USMC 1st Sgt Bill Williams III is new instructor for Herndon's JrNROTC.

Commander Kirby signed letter of completion to Ryan McLeod for his Eagle Scout Badge project.

## **The American Legion – National News**

### **American Legion offers way to thank veterans, troops on Veterans Day**

INDIANAPOLIS (Oct. 11, 2006) – With thousands of troops deployed overseas, The American Legion has launched a free, easy way to thank them for their service on the eve of Veterans Day, Nov. 11.

The electronic greeting cards are also ideal to thank all veterans, of all generations, who have served in the U.S. armed forces.

“In today’s computer age, what better way to say ‘thank you’ to a veteran or a service member either here at home or serving thousands of miles away than a musical greeting card with your personalized message that will reach them almost instantaneously,” said Paul A. Morin, national commander of The American Legion.

Anyone who has an e-mail address can receive the special cards. Creating the card is quick and easy at The American Legion’s website, [www.legion.org](http://www.legion.org) <<http://www.legion.org>> (click on Veterans Day E-greeting cards). “As our troops continue to serve in harms way, as countless thousands before them did in other wars, a message of support and thanks means more to a veteran than you realize,” Morin said. “Please take a few moments to use this free service and brighten the day of one or more of America’s veterans.”

The American Legion site offers e-mail cards representing each military service along with the service song that plays when the card is opened. Each card provides plenty of space to compose a personal message.

Cards may be sent now through Nov. 12, 2006. Greeting cards may be sent direct to active duty service men and women if their military e-mail addresses are known.

The 2.7 million member American Legion is the nation’s largest wartime veteran’s organization.

*(Released by the Public Relations Division of The American Legion Indianapolis, IN)*

### **Legion calls on Congress to pass bill ending “Judicial Blackmail”**

INDIANAPOLIS (Sept. 25, 2006) – With a floor vote scheduled Tuesday in the House of Representatives for the Veteran’s Memorials, Boy Scouts, Public Seals, and Other Public Expressions of Religion Protection Act of 2006, the leader of the nation’s largest veterans organization strongly urged lawmakers to pass the measure.

“This legislation, if enacted, would amend the United States Revised Statutes to eliminate the threat of judicial blackmail on constitutionally protected expression of religion by state and local officials,” American Legion National Commander Paul A. Morin wrote in a letter to Members of Congress today. “This chilling effect results from the financial threat to cities and municipalities by potential litigants seeking civil damages and attorney fees under Title 42 United States Code (USC) 1988.”

H.R. 2679, and its companion bill in the U.S. Senate, S.3696, would eliminate the authority of judges to award attorney fees in litigation against religious symbols at veteran’s memorials, the Boy Scouts, public seals, and open displays of America’s religious heritage.

“The real threat of such judge-ordered fees is that they have terrorized local elected officials into surrendering to the plaintiff’s demands to remove religious symbols, such as crosses from veteran’s memorials, city logos, police badges, and any public environment where the rich religious heritage of the nation flourishes,” Morin said. “It is time to put an end to this outrageous exploitation of a law designed to encourage individual plaintiffs injured by racial discrimination to seek judicial relief,” he added. “Attorney-fees award, although discretionary with a trial judge, are usually approved for the prevailing party; however, some have twisted this civil rights legislation to achieve results The American Legion believes Congress never intended.

“The American Legion fully supports this legislation because it fairly addresses the constitutionally protected expression of religion and rectifies the excessive awards of attorney fees paid from public funds,” Morin said. “On behalf of the 2.7 million veterans of The American Legion, I strongly urge all Members of Congress to pass PERA legislation.”

*(Released by the Public Relations Division of The American Legion Indianapolis, IN)*

## **The American Legion – State and Local News**

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### **MORIN ELECTED NATIONAL COMMANDER**

Paul Morin, a Vietnam veteran from Chicopee, Massachusetts, has been elected commander of The American Legion. Morin was elected at the organization’s annual convention held in Salt Lake City. The delegates also passed a \$4.50 national dues increase that will take place in January.

The convention was highlighted by appearances of national leaders including President Bush, Secretary of State Condoleezza Rice and Secretary of Defense Donald Rumsfeld.

Bush made a major policy speech on Iraq and the War on Terrorism, calling it “ideological struggle of the 21<sup>st</sup> Century” on several occasions. “This war will end with victory,” Bush said. “The feeling that this war is ending is natural,

# [The American Legion – State and Local News](#)

## **MORIN ELECTED NATIONAL COMMANDER - continued**

comfortable and wrong.” Bush said the lack of freedom in the Middle East is an incubator for terrorists. “We will stay on the offense, we will fight terrorists overseas so we don’t have to fight them at home.” The President had harsh words for the leadership in Iran, and promised that the world’s nations will not allow Iran to develop nuclear weapons. Bush acknowledged that there is a spectrum of civil war hovering over Iraq, but said the overwhelming majority of the people there simply want peace. “The Iraqi people have come a long way, and America is a patient nation.” The struggle in Iraq, he said, is pivotal to the future of the Middle East. “The Battle of Iraq is now central to the ideological struggle of the 21<sup>st</sup> Century.”

Rice and Rumsfeld, who spoke earlier in the convention, echoed the president’s determination to stay the course in Iraq. “We have to bring the enemy to justice, and we have to bring justice to the enemy,” Rumsfeld said. “We have to empower the Iraqi people to defend their government.” Rumsfeld concluded, “The question is not whether we can win, it’s whether we can persevere to win.” Rice said the war on terrorism was “breaking the back” of the terrorist network, and, “If we quit before the job is done, the damage will be severe, indeed it will be immeasurable.” “If we stay strong, committed, people will look back and thank God that America stayed the course.

Morin has been a member of the American Legion for 33 years and has held many post, state and national offices in that time. Most recently, he served as superintendent of the Massachusetts Soldier’s Home in Holyoke. He is taking a one-year leave of absence.

Also taking oath of office at the national convention were National Vice Commanders Byron While of Tuscaloosa, Alabama; Elgin Wahlborg of Arkansas City, Kansas; Robert Lahiere of Chattanooga, Tennessee; Alan Setterber of Sandy, Utah; and Lloyd Woods of Stockholm, Maine. The convention covered three days, and numerous national resolutions were passed. The president’s arrival prompted political demonstrations and rallies on both sides of the Iraqi war issue. (*Virginia Legionnaire, Vol. XIX, No. 7, October 2006, page 1*)

## **It’s Official: DD-214 Now Available Online**

National Personnel Records Center (NPRC) has provided a website for Veterans to gain access to their DD-214 online: [www.vetrecs.archives.gov](http://www.vetrecs.archives.gov). This may be particularly helpful when a Veteran needs a copy of his/her DD-214 for employment purposes or for membership in The American Legion. NPRC is working to make it easier for Veterans with computers and Internet access to obtain copies of documents from their military files. Veterans may now use a new online military personnel records system to request documents. Other individuals with a need for documents must still complete the Standard Form 180, which can also be downloaded from the online web site. Because the person making the request will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask Veterans for additional information will be minimized. This new web-based application was designed to provide better service on these requests by eliminating the records center’s mailroom processing time.

*(Newsletter, American Legion Bicentennial Post 1976, October 2006, page 7)*

## **Air Force Museum Launches New Website – source military.com**

The National Museum of the United States Air Force is getting a new look online. The museum’s new website, [www.nationalmuseum.af.mil/](http://www.nationalmuseum.af.mil/) features easy-to-navigate links to nearly 4,000 pages of museum news, exhibits, research information and more. In addition, more than 4,000 photographs will be available to download. The website was launched as part of the Air Force Public Web Program, a network of Air Force websites accessible by the general public via the Internet. (*The Post Times, Dyer-Gunnell Post 180, October, page 3*)

## **Beer Belly Control**

90 million Americans enjoy drinking beer! Moderate consumption of alcohol, including beer, has been proven to reduce effects of high cholesterol, heart disease, some forms of cancer and even impotence, and is a proven healthy component of longevity. Moderation is defined as 1-2 beers a day. NO, you cannot save up through the week and catch up on the weekend drinking 10-12 beers in one sitting. The average can of beer has over 100 calories. One beer equals a chocolate chip cookie. Four equal a Big Mac. To lose weight you have to burn off the extra calories as well as the others you ate for breakfast, lunch and dinner. Even light beer has the empty calories of alcohol, which is the cause of poor health if done in excess and without a regular exercise routine. Too many Americans live under one of the worst stereotypes placed on a human being – the BEER BELLY, caused by excess calories and lack of activity to burn the extra calories. The solution is simple: calories in must be less than calories out. If you exercise for 20-30 minutes a day, daily consumption of 1-2 beers will not have additional impact on your gut. There is no other healthy answer.

*(The Post Times, Dyer-Gunnell Post 180, October, page 3)*

American Legion  
Post 184  
Box 5118, Herndon, VA 20172



RETURN SERVICE REQUESTED

## NEXT 3 MEETINGS

Mark Your Calendar

3<sup>rd</sup> **WEDNESDAY**, 7:30 – 8:30 PM

November 15<sup>th</sup>

December 20<sup>th</sup>

January 17<sup>th</sup>

Meetings held on the 1st Floor of the  
Herndon Moose Lodge  
714 Center Street  
Herndon, VA



## SHOW YOUR COLORS

*Display your Flag !!*

Veterans Day  
November 11<sup>th</sup>

Pearl Harbor  
Remembrance Day  
December 7<sup>th</sup>