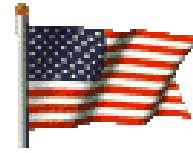


AMERICAN LEGION  
BICENTENNIAL POST 1976  
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Annandale, VA 22003  
Post Info Line: 703-941-9608  
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*If you wish to receive the newsletter, please send your email address to [rpcomm6759@aol.com](mailto:rpcomm6759@aol.com) and we will email it.*

# American Legion Post 1976

## Spring 2023

## NEWSLETTER





VOLUME XLIII ISSUE #1

Spring 2023

## Post 1976 Officers

### POST 1976 LEGION OFFICERS 2021–2022

**Commander:** Gretchen Trujillo; [Thegretch61@verizon.net](mailto:Thegretch61@verizon.net)

**1<sup>st</sup> Vice Cdr. (Membership):** Jeremy Powell  
[jmpowell78@gmail.com](mailto:jmpowell78@gmail.com)

**2<sup>nd</sup> Vice Cdr. (Events):** Vacant

**3<sup>rd</sup> Vice Cdr. (House Comm):** Lance Kent;  
[lancekent17@aol.com](mailto:lancekent17@aol.com)

**Finance Officer:** Tom Ritchie; [ritchiefamily@ymail.com](mailto:ritchiefamily@ymail.com)

**Chaplain:** Paul McComb; [pmccomb98@gmail.com](mailto:pmccomb98@gmail.com)

**Historian:** Robert Plaugher; [mouseydee@aol.com](mailto:mouseydee@aol.com)

**Service Officer:** Dorothy Hennessey Vigano  
703-898-6627; [dorothyvigano@yahoo.com](mailto:dorothyvigano@yahoo.com)

**Sgt. At Arms:** Ryan Thum

**Adjutant:** Dan Vigano

#### MEETINGS:

Executive Board: 1<sup>st</sup> Tuesday of each month, 7 p.m.

General Membership: 2<sup>nd</sup> Tuesday of the month, 7 p.m.

House Committee: 1<sup>st</sup> Tuesday of each month, 6:30 p.m.

### SONS OF AMERICAN LEGION SQUADRON 1976

**President:** Tom Uglietta; [TomUg@verizon.net](mailto:TomUg@verizon.net)

**1<sup>st</sup> Vice (Membership):** Mike Trujillo  
[MrT.Mike@verizon.net](mailto:MrT.Mike@verizon.net)

**Treasurer:** Mike Lowe

**Sergeant at Arms:** Scott Pratt

**Historian:** Doug Oneill

**Adjutant:** Gary Indre

**Chaplain:** Steve Smith

MEETINGS: 1st Thursday of the month, 7:00 p.m.

### AMERICAN LEGION RIDERS CHAPTER 1976

**Director:** Mike Trujillo; [MrT.Mike@verizon.net](mailto:MrT.Mike@verizon.net)

**Treasurer:** Dick George; [hndymndick@aol.com](mailto:hndymndick@aol.com)

MEETINGS: 3<sup>rd</sup> Thursday of the month, 7 p.m.

### AMERICAN LEGION AUXILIARY UNIT 1976

**President:** Pam McCarthy; [iamsome12@gmail.com](mailto:iamsome12@gmail.com)

**1<sup>st</sup> Vice President:** Karen McDaniel;  
[karensmdaniel@verizon.net](mailto:karensmdaniel@verizon.net)

**2<sup>nd</sup> Vice President:** Joyce Landry; [catnaper520@yahoo.com](mailto:catnaper520@yahoo.com)

**Secretary:** Sharon Ogle; [Share2520@gmail.com](mailto:Share2520@gmail.com)

**Treasurer:** Laura Werner; [laurawer@yahoo.com](mailto:laurawer@yahoo.com)

**Chaplain:** Susan Dudding; [Susan.dudding@yahoo.com](mailto:Susan.dudding@yahoo.com)

**Historian:** Patti George; [georgpiw@aol.com](mailto:georgpiw@aol.com)

**Sgt. At Arms:** Megan Hayes-Thum;  
[megan\\_hayes@gmail.com](mailto:megan_hayes@gmail.com)

**Membership:** Karen McDaniel;  
[karensmdaniel@verizon.net](mailto:karensmdaniel@verizon.net)

MEETINGS: 2<sup>nd</sup> Monday of the month, 7 p.m., except June, July (no meeting)

**Club Manager:** Diane Ramsey  
703-941-9608; [Rpcomm6759@aol.com](mailto:Rpcomm6759@aol.com)

**Newsletter Editor:** Stephanie Kern; [Slk04@hotmail.com](mailto:Slk04@hotmail.com)

**Website Manager:** Heather Pressler,  
[heather@capitalpractice.com](mailto:heather@capitalpractice.com)

**Want to get the newsletter emailed to you? Email Diane Ramsey at [rpcomm6759@aol.com](mailto:rpcomm6759@aol.com).**

### **Commander's Corner**

Dear Fellow Legionnaires, Auxiliary, SAL, and Riders:

Oh my goodness—it's already spring! Winter has been extremely mild so far. Mike and I blame ourselves for having purchased a snow blower since we haven't gotten much snow since.

We are keeping everyone in our thoughts and prayers, hoping that all are always safe.

It just occurred to me that this will be my last newsletter that I'll be sending as your commander. It has been a true honor serving as your commander as well as a very rewarding experience. I have been blessed with working with such a wonderful group of people. We shared many laughs and shared lots of fun times.

Legionnaires: We highly encourage you to run for an office. The same folks are officers year after year and are getting tired. This is my last year as the post commander. In June we'll have the installation of new officers and it would be fabulous to have new faces on the board. Please let us know if you are interested.

Mike T. and I will be moving this summer, so volunteers are needed to help clean the kitchen after each breakfast.

General Membership Meeting: This meeting is held the second Tuesday of every month at 7 p.m. It is highly encouraged that our members join us at these meetings as this is a great forum to address issues, bring up ideas, and discuss legion business. The Executive Board and House Committee need your support. Please let us know what we can do to help encourage participation at our meetings.

Family Breakfast: Thanks to all volunteers who continue to make this event happen. This is a huge success. Our Legion Family Breakfasts are an

enormous amount of food, dine-in only, on the third Sunday every month from 9:00 a.m. to 1:00 p.m. and the cost is \$12.00. This event is open to the public. We thank our volunteers from the SAL, Legion, and Auxiliary for their continued support.

For God and Country,

*Gretchen Trujillo, Commander*

### **1st Vice's Report**

Greetings everyone! Since last fall, membership renewal continues to be extremely slow. Currently, we are sitting at just under 83% of our goal. This doesn't appear to be a trend just for our post, but throughout District 17. That said, the average renewal rate for the district is 91% and we are hovering toward the bottom of the pack with only four posts having lower percentages than us. Last year we met every membership milestone for 2022—until the very last one. This year we have already missed a couple of goals. Our goal for 2023 is 264 Legionnaires and we are currently standing at 218.

Now that we are in our final push, if you haven't renewed your membership for 2023, please do so as soon as possible. Believe it or not, we only have four more months until renewal for 2024 kicks off! If you know anyone who is eligible for Legion membership, please bring them in to show them what we have to offer. If you are considering allowing your membership to lapse for any reason, please reach out to me first so we can talk about your concerns and see if there is anything we can do. If the issue is one of poor health or financial hardship, please contact either me or any other board member. Also, if anyone has any ideas on how to increase our membership, please let us know! Our members remain the lifeblood of our Legion. A sincere thank you to each of you for all you do and your support to the American Legion. I am looking forward to continuing to serve with you all!

*Jeremy Powell, 1<sup>st</sup> Vice Commander*

## **2nd Vice's Report**

*This position is currently vacant. Please contact the Post for more information.*

## **Finance Officer's Report**

No report this quarter.

*Tom Ritchie, Finance Officer*

## **Chaplain's Report**

Thank you for everyone who participated in the February 5th Four Chaplains Memorial Service.

As we pass the one-year milestone of the war in Ukraine, let us pray for our military members and their families—especially those military deployed to Europe. Lord, bless them and provide them your constant companionship, comfort, and protection.



**St. Patrick's Day (March 17, 2023).** St. Patrick's Day observes the death of St. Patrick in Ireland in the 5th century. St. Patrick is the patron saint and national

apostle of Ireland, credited with bringing Christianity to Ireland. A St. Patrick's Day prayer: May the Strength of God pilot us. May the Power of God preserve us. May the Wisdom of God instruct us. May the Hand of God protect us. May the Way of God direct us. May the Shield of God defend us. May the Host of God guard us, Against the snares of the evil ones, Against temptations of the world. May Thy Salvation, Lord, Always be ours, This day, O Lord, and evermore. Amen.

Spring brings us several holidays, such as Passover, Easter, Holi, and Ramadan. The overwhelming message is of God's deep love for humanity. Ramadan reminds us of prayer, spiritual reflection, and community. Easter reminds us of God's never-ending love for us. Holi is an ancient Hindu tradition that celebrates eternal and divine love, and signifies the triumph of good over evil. For the Spring season find ways to make that love visible in the world. That might mean planting a

garden; bringing groceries to someone who is shut-in; donating to those in need; prayer; making calls; sending emails to check on friends, family, neighbors, and fellow veterans; or finding ways to center yourself in love.

Blessings to you and your family.

*Paul McComb, Chaplain*

## **Service Officer's Report**

No report this quarter.

*Dorothy Hennessey Vigano, Service Officer*  
[dorothyvigano@yahoo.com](mailto:dorothyvigano@yahoo.com); (703) 898-6627

## **Historian's Report**

No report this quarter.

*Robert Plaughter, Historian*

## **Club Manager's Report**

No report this quarter.

*Diane Ramsey, Club Manager*

## **American Legion Auxiliary Report**

Greetings members!!

I am delighted to share with you some of the things we have been working on this past quarter and some of the events coming up. We have a wonderful team of officers and members working hard to help our vets and our community.

We were able to deliver food and clothing to Martinsburg, VA. They were very grateful. We prepared and mailed 77 cards to our troops. We plan to continue this effort once a quarter. Our Auxiliary Valentine's Day dinner was a huge success. We are thankful for all the members who came to enjoy wonderful food and fellowship. We plan on hosting another dinner on June 10<sup>th</sup>, so please keep an eye out for details in the coming months.

Our Finance Committee met to discuss our planned year-end donations. This has been presented and voted upon, and we will share the details soon.

I am excited to announce we have just completed our Girls State selection. We have selected three superb candidates: one from Annandale High School and two from Thomas Jefferson. The young ladies will attend Longwood University in June for a week of learning all about our Virginia Government. How exciting!

Lastly, we have begun working on our Poppy drive. Our volunteers are busy behind the scenes to pull everything together. If you interested in assisting us in preparing the mailing, we would love to have you. It's a marvelous time when we all get together and enjoy each other's company as we work on this effort.

I hope everyone stays safe. I look forward to seeing you at our Post!

*Pam McCarthy, Auxiliary President*

### **Auxiliary Membership**

Congratulations to us! We reached our goal of 100% and were at 102.4 % on Feb. 8 but we have exceeded that with our latest transmittals to Department.

A warm welcome to our newest members: Pamela Foltz, Linda Leonard, Teresa Koppie, Angela Roussillon, and Deborah Larsen. We have a new member info packet for members when they attend their first meeting. We also are happy to have two re-joins: Michelle Patterson and Simone Thomas. Welcome back! And we have a new junior member, Giselle Henry, who pitched right in with helping to clear tables after our Sunday breakfast. Junior dues are only \$5.00 and we have three junior members.

The Auxiliary is working on a new master email membership list that will be used for communications. If you have not paid your 2023 dues you will not be included. Bear with us while we make this transition. We still have some

members who have not renewed and I have attempted to contact them by email. If you are not sure whether or not we have your email address please contact me, Membership Chairman, at [karensmdaniel@verizon.net](mailto:karensmdaniel@verizon.net).

*Karen McDaniel, Auxiliary Membership  
Chairman*

### **Sons of the American Legion Report**

Winter is almost over, and that warm weather is feeling much better. We actually only received a couple of snowfalls this Winter of maybe an inch of accumulation. Hopefully, we are finished with any significant snow the rest of this year.

The 2023 membership year is ending soon. At the current time, our Squadron has a total renewal count 96 members for the 2023 membership year. That's getting close to our Dept goal of 115 members for our Post 1976 SAL Squadron, though we still have a ways to go. So, let us achieve that goal soon. If you haven't yet renewed, please get your renewal in soon. The renewal cost is still \$30 for SAL members. Dual members pay only the State Membership cost of \$15 for their dual SAL membership. If you would like to renew for 2023, you can place your renewal request in an envelope addressed to Mike T, with the \$30 renewal fee. The bartender on duty will provide the waiting renewals to me when I come into the Post Home for meetings or just to visit, which I will then process and provide a 2023 membership card for the member renewing; it will be mailed to you unless you are a frequent member that I can hand it to.

The Post is continuing with the monthly Trivia Contests, on the third Tuesday of the month. SAL also cooks chicken wings and hot dogs on the day of the Trivia Contest, with service beginning about 6:00 p.m. So, come out to the Post and enjoy a great wing or hot dog snack and also participate in the humorous Trivia Contest, and have lots of fun answering some of the Jeopardy-style questions Lance comes up with to throw out to the participants.

SAL also participates in the monthly Legion Breakfast, held on the third Sunday of the month. SAL members do most of the cooking and are assisted by other Legion and Auxiliary members to distribute the breakfast plates and clean up after the breakfast is over. This is a very fun occasion we can be proud of in our Post/Squadron, and the number of folks who come out for the Legion Breakfast is very significant. Our Post is proud to turn out this breakfast each month.

The SAL meeting is scheduled for the first Thursday of each month, at 7:00 p.m.; the next meeting will be April 6, 2023. We would like to hear any recommendations for events or any other worthwhile endeavors that we can undertake during the year which would benefit the Post.

The Squadron now has a substantial number of members who participate in person at the monthly meetings; but we also understand that some folks would rather participate remotely, so participation in the SAL meetings can be accessed using Zoom connectivity on your home computer. If you so desire to join us in the monthly meeting through Zoom, please respond to a message we will be sending out to all Squadron SAL members a day or so before the meeting, and we will send you a Zoom invite to the meeting.

So please place the SAL meetings in your calendar, and hopefully you will join us for the next meeting.

Remember to be careful and stay safe.

For God and Country,

*Mike Trujillo, SAL 1<sup>st</sup> Vice*

### **American Legion Riders Report**

Well, Spring is just around the corner, and warmer weather seems to be approaching sooner than normal. In the past couple of weeks, we have had temperatures in the high 60s and even 70s! Hopefully many of you have had a chance to get out on the road for some rides this Winter.

As Far as the events our chapter has been involved in, here are the current efforts:

A donation of \$100 was made to Presbyterian Church Highlands, which is used to support children who have come from broken homes or parents with drug use.

A donation of \$50.00 was also made to the Bedford Boys Tribute Center to be utilized to maintain operating expenses and further development of the center. This is in addition to the yearly donation for the Legion Plaque that we have at the center.

Our chapter is also preparing to schedule our annual trip to Bedford, VA, to visit the DDAY Memorial, and definitely visit the Bedford Boys Tribute Center for their presentation of the Bedford Boys story on DDAY. The trip will be tentatively scheduled for June 3-4, 2023, the weekend before DDAY. More information will be forthcoming as to the travel times and hotel reservations.

We will be looking into things to do at the Post as additional fundraisers. With much warmer weather moving in, let's get out and ride. RIDE SAFE!

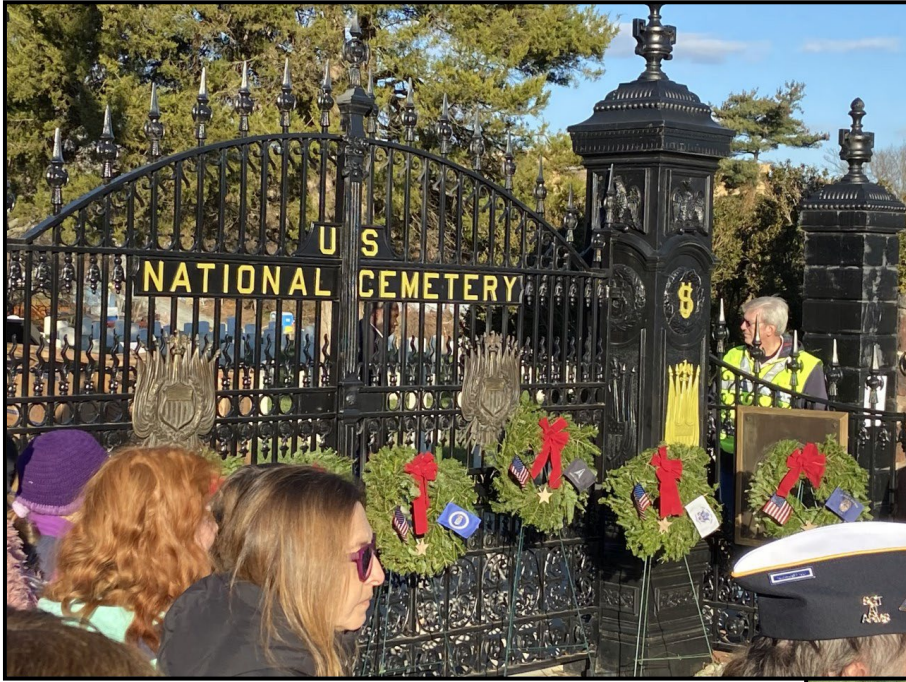
*Mike Trujillo, ALR Director*



# Post 1976 Participates in Wreaths Across America

Paul McComb, Bill Walters, and Christopher and Samuel Walters placed Christmas wreaths as part of Wreaths Across America at Alexandria National Cemetery on Dec. 17, 2022.

Picture credit: Paul McComb, Bill Walters.





**St. Patrick's Day**  
**March 17th, 1-4pm**

**St Patty's Day Lunch**

All Meals are served with a piece of Soda Bread  
and St. Pats Cake

**Corned Beef and Cabbage — \$14**



Also available: Lamb stew or Shepherds pie \$12







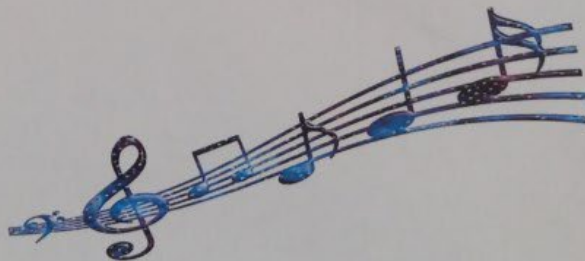
# Karaoke Night



**Come and Join the  
American Legion Post 1976  
for Karaoke, 1st Saturday of  
Every Month—Starts at 7pm**

**Food is served at 6:30 pm**

**Free Food, Raffles, 50/50 and Jello Shooters**



# ~ March 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 SAL Meeting 7 pm 	3	4 DAR Meeting 9–12:15 Karaoke 7 p.m.
5	6	7 House Committee Meeting 6:30 Executive Board Meeting 7 pm	8	9 	10	11
12 Daylight Savings Time Starts	13 Auxiliary Meeting 7 pm	14 General Membership Meeting 7 pm	15	16 ALR Meeting 7:00 pm 	17 St. Patrick's Day Lunch 1-4 p.m.	18
19 Legion Breakfast 9 a.m.–1 p.m.	20	21 Trivia Night 7 p.m.	22	23  Ramadan Starts	24	25
26	27	28	29 National Vietnam War Veterans Day	30 	31	

# ~ April 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> DAR Meeting 9-2 Karaoke 7 p.m.
<b>2</b> Palm Sunday	<b>3</b>	<b>4</b> House Committee Meeting 6:30 Executive Board Meeting 7 pm	<b>5</b>	<b>6</b> SAL Meeting 7 pm  First Day of Passover	<b>7</b> Good Friday	<b>8</b>
<b>9</b> Easter Legion Breakfast 9 a.m.-1 p.m.	<b>10</b> Auxiliary Meeting 7 pm	<b>11</b> General Membership Meeting 7 pm	<b>12</b>	<b>13</b> 	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b> Tax Day Trivia Night 7 p.m.	<b>19</b>	<b>20</b> ALR Meeting 7:00 pm 	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> 	<b>28</b>	<b>29</b>
<b>30</b>						



# ~ May 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b> House Committee Meeting 6:30 Executive Board Meeting 7 pm	<b>3</b>	<b>4</b> SAL Meeting 7 pm 	<b>5</b> Cinco de Mayo	<b>6</b> Karaoke 7 p.m.
<b>7</b>	<b>8</b> Auxiliary Meeting 7 pm	<b>9</b> General Membership Meeting 7 pm	<b>10</b>	<b>11</b> 	<b>12</b>	<b>13</b>
<b>14</b> Mother's Day	<b>15</b> Peace Officers Memorial Day	<b>16</b> Trivia Night 7 p.m.	<b>17</b>	<b>18</b> ALR Meeting 7:00 pm 	<b>19</b>	<b>20</b> Armed Forces Day
<b>21</b> Legion Breakfast 9 a.m.-1 p.m.	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> 	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Memorial Day	<b>30</b>	<b>31</b>			