



Guy C. Parlett  
American Legion Post 7

Tel: 410-573-0004

Email: [legion\\_post\\_7@verizon.net](mailto:legion_post_7@verizon.net)

Web page: <http://www.amlegionpost7md.org/>

Mar-Apr 2020

Newsletter

OLDEST AND BEST

100 YEARS OF SERVICE TO OUR COUNTRY, STATE AND COMMUNITY

**Commander:**

Jason O'Neil

**1<sup>st</sup> Vice Commander:**

Wilbur Wagner

**2<sup>nd</sup> Vice Commander:**

Andy Raddie

**3<sup>rd</sup> Vice Commander:**

Dan Adams

**Adjutant:**

Ben Miles

**Service Officer:**

Jim Rooney

**Financial Officer:**

Larry Morrison

**Historian:**

Vacant

**Judge Advocate:**

Pat Guibao

**Chaplain:**

Tom McAndrews

**Sergeant-at-Arms:**

Cynthia Campise

**Exec Comte 3rd Yr:**

Vacant

**Exec Comte 2nd Yr:**

Frank Gay

**Exec Comte 1st Yr:**

Vacant

**COMMANDER'S CORNER**

Spring Clean-up: April will be a very busy month. Please watch for announcements when Post 7 members gather to clean the inside and outside of the facility.

Entertainment: Don the green and join us for our annual St. Patrick's Day Celebration—Green everything! Also, mark your calendars for Gary and the Groove's return on April 18.

Baseball: Post 7 is busy in March and April preparing for the 2020 season with new uniforms, tournaments, and new national rules. We've already started recruiting players.

Capital Budget: We hope to secure grant funds for our new parking lot. In addition, we will solicit bids for a new walk-in cooler, digital road sign and a large tent for activities in the grove.

Elections: In accordance with our current bylaws, election of our Post officers will be conducted at our May 5 Membership meeting; nominations will be accepted beginning at our April meeting. Please consider serving as our Post is becoming increasingly more vibrant and welcomes additional leadership support.

For God and Country,  
Jason O'Neil

## From the Auxiliary:

### President's Corner:

Our Christmas basket raffles were great successes! Congratulations to Ene Mandella (one of the Auxiliary's newest members) who won the Christmas basket and to Tara & Bill Anderson who won the Valentine's Day basket. THANK YOU ALL for your support. We are using funds collected to support the veterans at Charlotte Hall.

We are always looking for ways to serve our veterans and community, if you have ideas, please let us know. You can drop a note in the Auxiliary box at the Legion or send a message on the Post 7 Facebook page.

If you have not yet paid your 2020 dues of \$30.00, you can drop a check in the mail or put it in the Auxiliary mailbox at the Post. If you have not received your bill, please contact me.

Current members can purchase new key cards at the bar.

Monthly meetings are on the 3rd Tuesday and begin at 7:00 pm. If you would like to get involved, please join us. I'm looking forward to seeing you at the Post.

In the spirit of Service Not Self,

Beth Pena, President



### Chaplain's Corner:

Following the initiative of Post 7's Chaplain, Tom McAndrews, a small group travelled to the Charlotte Hall Veteran's Home in St. Mary's County on Wednesday, February 19<sup>th</sup>. Joining Tom were Betty Barilla, Nancy McDonough, Jeannine Merrill, Mike Blackwell and Jason O'Neil. This trip's purpose was to run bingo for the residents and bring in some fun. Your Post has routinely supported this wonderful facility for decades. Please plan to volunteer when we visit next time. You'll be impressed on how well Charlotte Hall takes care of our veterans.

## NEWS FROM THE KITCHEN

In accordance with recent legislation, the kitchen has transitioned from all Styrofoam disposable items to paper and plastic. We are now using real plates and silverware in the lounge. This has been a huge cost savings for the Post. Our kitchen manager, Kelly is doing wonderful things! Our kitchen and food service is steadily becoming more profitable simply because our members and guests are enjoying the selection and preparation of our dinners and new menu. Please join us, we think you will enjoy it as well. The menu will be changing (for the better) so if you have not been to the lounge in a while, come check it out, have fun enjoying great food and comradery, and support your Post.

MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Bingo 1-4 pm	2 Cheesesteak Open Menu  S.A.L. Meeting 7:30 pm	3 Pizza Night Open Menu  Legion Meeting 7:30 pm	4 Wings Open Menu	5 Meatloaf Open Menu  Bingo 7-10 pm	6 Steak Night	7
8 Open Menu  DAYLIGHT SAVINGS TIME  Bingo 1-4 pm	9 Cheesesteak Open Menu	10 Pizza Night Open Menu	11 Wings Open Menu	12 Meatloaf Open Menu  Bingo 7-10 pm	13 Crab Cakes	14
15 Open Menu  Bingo 1-4 pm	16 Cheesesteak Open Menu	17 Corned Beef Open Menu  ST PATRICK'S DAY!  Auxiliary Meeting 7 pm	18 Wings Open Menu	19 Meatloaf Open Menu  Bingo 7-10 pm	20 Rib Night	21
22 Open Menu  Bingo 1-4 pm	23 Cheesesteak Open Menu	24 Pizza Night Open Menu	25 Wings Open Menu  MARYLAND DAY!	26 Meatloaf Open Menu  Bingo 7-10 pm	27 Scallops	28
29 Open Menu  Bingo 1-4 pm	30 Cheesesteak Open Menu	31 Pizza Night Open Menu				

*While we do our best to stick to the posted menu, all specials are subject to change due to market price and availability.*

**APRIL 2020**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center"><small>facebook.com/ShutUpImStillTalking</small></p> <p><b>If you have anything important to tell me, tell me tomorrow cause I won't believe you today.</b></p> <p align="center"><b>Happy April Fools Day!!</b></p> 			<p><b>1</b> Wings Open Menu</p> <p align="center"><b>APRIL FOOL'S DAY</b></p>	<p><b>2</b> Meatloaf Open Menu</p> <p align="center"><b>Bingo</b> 7-10pm</p>	<p><b>3</b> Steak Night</p>	<b>4</b>
<p><b>5</b> Open Menu</p> <p align="center"><b>Bingo</b> 1-4pm</p>	<p><b>6</b> Cheesesteak Open Menu</p> <p align="center"><b>S.A.L. Meeting</b> 7:30 pm</p>	<p><b>7</b> Pizza Night</p> <p align="center"><b>Legion Meeting</b> 7:30 pm</p>	<p><b>8</b> Wings Open Menu</p>	<p><b>9</b> Meatloaf Open Menu</p> <p align="center"><b>Bingo</b> 7-10pm</p>	<p><b>10</b> Seafood Pasta</p> <p align="center"><b>GOOD FRIDAY</b></p>	<b>11</b>
<p><b>12</b> Open Menu</p> <p align="center"><b>EASTER!</b></p>	<p><b>13</b> Cheesesteak Open Menu</p>	<p><b>14</b> Pizza Night Open Menu</p>	<p><b>15</b> Wings Open Menu</p>	<p><b>16</b> Meatloaf Open Menu</p> <p align="center"><b>Bingo</b> 7-10 pm</p>	<p><b>17</b> Baked Chicken</p>	<b>18</b>
<p><b>19</b> Open Menu</p> <p align="center"><b>Bingo</b> 1-4pm</p>	<p><b>20</b> Cheesesteak Open Menu</p>	<p><b>21</b> Pizza Night Open Menu</p> <p align="center"><b>Aux Meeting</b> 7 pm</p>	<p><b>22</b> Wings Open Menu</p>	<p><b>23</b> Meatloaf Open Menu</p> <p align="center"><b>Bingo</b> 7-10 pm</p>	<p><b>24</b> Rib Night</p>	<b>25</b>
<p><b>26</b> Open Menu</p> <p align="center"><b>Bingo</b> 1-4pm</p>	<p><b>27</b> Cheesesteak Open Menu</p>	<p><b>28</b> Pizza Night Open Menu</p>	<p><b>29</b> Wings Open Menu</p>	<p><b>30</b> Meatloaf Open Menu</p> <p align="center"><b>Bingo</b> 7-10 pm</p>		

*During Lent a seafood option will be available on Fridays. While we do our best to stick to the posted menu, all specials are subject to change due to market price and availability.*

*Member*



*Spotlight*

Paul T. Bartone, Ph.D.

Paul is a Visiting Research Fellow at the Institute for National Strategic Studies, National Defense University. A Fulbright Scholar (Norway, 2006-07), he has taught strategic leadership at the Industrial College of the Armed Forces, National Defense University, and at the U.S. Military Academy, West Point, where he also served as Director of the West Point Leader Development Research Center. Trained as an interdisciplinary research psychologist at the University of Chicago, he is a seasoned expert in applying psychological, social, cultural, and biological perspectives to the understanding of human behavior.

Colonel Bartone

After finishing his Ph.D. in 1984, Bartone joined the Army as a research psychologist. Over his 25-year career, he's deployed to locations worldwide to conduct embedded research with Army units, to include the Persian Gulf, Bosnia, Croatia, Grenada, Germany, & Hungary. His research focuses on understanding and measuring resilient responding to stress, identifying underlying biomarkers for resilience, and applying this knowledge to improve selection, training and leader development programs. During his Army time Paul also served as the

Research Psychology Consultant to the U.S. Army's Surgeon General, and as the Assistant Corps Chief for Medical Allied Sciences. He is a past-President of the American Psychological Association's Division 19, Society for Military Psychology, a Fellow of the American Psychological Association, and a charter member of the Association for Psychological Science.

Author Bartone

Paul has authored numerous scientific papers and several books, including his latest entitled "Hardiness: Making Stress Work for You to Achieve Your Life Goals" (Wiley, 2020). Available on Amazon.com.

Legionnaire Bartone

He's a proud dual member of American Legion Post #7 and Squadron #7 of the Sons of the American Legion, where he also serves as the S.A.L. chaplain. Paul has served as 3rd Vice Commander, is a regular bingo volunteer, and works on the Membership Committee. His wife Jocelyn manages the Post #7 website and Facebook page, and is currently deployed to Michigan in support of their new grandchild, Hazel Grace.

GUY C. PARLETT AMERICAN LEGION POST 7  
1905 CROWNSVILLE ROAD  
ANNAPOLIS, MD 21401

NON-PROFIT ORG  
U. S. POSTAGE PAID  
ANNAPOLIS, MD  
PERMIT 111

## THE VETERAN'S VOICE



We Serve – We Lead – We Win  
Since 1919



### Post Hours

Open Daily at 11:00 am – 10 pm  
Kitchen Hours Mon – Fri 11:00 am – 8:00 pm  
Kitchen Hours Sun 11:00 am – 4 pm

Hall Rentals: The Post can provide services for weddings, retirements, birthday parties and all other events with specific attention to your personal needs. For details contact (410-224-5754)

Moving? It is very important to us that we keep track of our membership. Please feel free to send an email to [legion\\_post\\_7@verizon.net](mailto:legion_post_7@verizon.net) or mail your changes to American Legion Post 7, 1905 Crownsville Road, Annapolis, MD 21401.

Bingo! Head to Post 7 for Bingo every Thursday from 7 – 10 p.m. and Sunday from 1 – 4 p.m. Cost of admission is just \$3.00!! The kitchen will be open on Thursday till 8 p.m. and Sunday till 4 p.m. to handle your HUNGRIES. Complimentary water and coffee are provided.