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*Cutting the cake commemorating the 107th birthday of the American Legion at the Past Commanders' and American Legion Birthday Dinner at the Post, Saturday, Mar.14. Helping cut the cake were (l. to r.): 1st Vice Commander Tim Capps, Southern Virginia American Legion Riders Director (and 11th District Commander) Jon Merrill, Sons of the American Legion Commander Kevin Jones, Post Commander La Monte Thomas, Sr., American Legion Auxiliary Unit 284 President Rita Feasenmyer, Post Adjutant (and Department Alternate NEC Representative) Bill Feasenmyer and Post 3rd Vice President Brad Harter.*

*Dinner also recognized Past Commanders and 80th Anniversary of Post*

## Post hosts 107th American Legion Birthday Celebration

By Dick Cole  
Editor

Colonial Heights Post 284 held a dinner on Saturday, Mar. 14, commemorating the 107th birthday of The American Legion, the 80th birthday of the Post, and recognizing past Post Commanders.

The dinner was planned and organized by Post 3rd Vice Commander Bradley Harter.

The dinner was catered this year by Brock's BBQ and post dinner entertainment was provided by "100 Years From Now Band."

The past Post Commanders who

*(cont'd on p. 3)*



## POST OFFICERS

### Commander

La Monte Thomas, Sr.  
(804) 926-3370

### 1st Vice Commander

Tim Capps  
(804) 916-9976

### 2nd Vice Commander

Vacant

### 3rd Vice Commander

Bradley Harter  
(804) 712-4272

### Adjutant

William S. "Bill" Feasenmyer, Jr.  
(804) 337-8753

### Chaplain

William H. Gibson III  
(804) 536-1125

### Finance Officer

Kevin Jones  
(804) 721-6405

### Judge Advocate

Eric L. Wagner  
(804) 931-1203

### Veteran Services Officer

Lora Adkins  
(804) 452-0036

### Membership

Bret Bordwell  
(804) 712-8308

### Historian

Richard M. "Dick" Cole  
(804) 796-6250

### Public Relations

Richard M. "Dick" Cole  
(804) 796-6250

### Athletic Officer

William Shill  
(804) 218-1198

### Sergeants-At-Arms

Robert G. Emerick  
(804) 526-1874  
Harold Gresham  
(803) 300-7055

### Sons of the American Legion

Kevin Jones, Commander  
(804) 721-6405

### Southern VA American Legion Riders

Jon Merrill, Director  
(804) 605-2061

### Auxiliary Unit 284

Rita Feasenmyer, President  
(804) 337-0905

### Post Phone and Webpage

(804) 526-4167

<https://alpost284va.org>

# FROM THE COMMANDER



*"A wise man will hear and will increase learning; And a man of understanding shall attain unto wise counsels: To understand a proverb, and the interpretation; The words of the wise, and their dark sayings. (Proverbs 1:5-6 KJV)*

March was exciting month; Post 284 hosted the Department of Virginia First Legion College by regions. As always Post 284 Legion family really shined with great hospitality. We had the pleasure of having visits from the National Commander Dan K. Wiley along with Vice Commander Jan D. "JD" Larson.

Special Thanks to First Lady Bridget Thomas, 3<sup>rd</sup> Vice Commander Brad Harter, Brandy Harter along with Auxiliary President Rita Feasenmeyer for an outstanding successful Annual Past Commander's Dinner, the decorations and the food was awesome. We also celebrated the 107<sup>th</sup> anniversary of the American Legion the American Legion was founded March 15-17, 1919, by members of the American Expeditionary Forces still stationed in Europe awaiting passage home from World War I. Their experiences in what was called the "war to end all wars" would shape an enduring legacy for what has become the nation's largest organization of veterans.

I am extremely excited about the month of April we will be celebrating the American Legion Post 284 80th Anniversary serving our community, Oak symbolizes one's 80th year. Oak represents strength, wisdom, and endurance. Post 284 has really blossomed in the community serving our veterans and becoming one big Legion family, at 80, strength is waning, endurance revered. Please come out for fun, food and a great time, don't forget the Be the One 5k run walk. Saturday 25 April 2026. Starting at 11:00am.

## ♣ Community Engagement

The **Commander/Community Breakfast** remains a valuable opportunity to serve both our membership and the broader local community; the next Breakfast will be April 11.

## ♣♣ Post Improvements

The Building and Grounds Committee, led by Bill Feasenmeyer, deserves recognition for their outstanding efforts in maintaining and

*(cont'd on p.19)*



**Past Commanders in attendance at the dinner included (l. to r.): Herbie Williams; Bill Feasenmyer; Rick Oertel; Jerry Chenault; John Woyansky; Craig Ervin; Jon Merrill; Tonya Meunier; Tony Morgan and Mari Althouse, spouse of deceased past Post Commander James "Jimbo" Althouse. (Photo by Rita Feasenmyer)**

attended the event included Herbie Williams, Bill Feasenmyer, Rick Oertel, Jerry Chenault, John Woyansky, Craig Ervin, John Merrill, Tonya Meunier, Tony Morgan, and Mari Althouse, wife of deceased Past Commander Jim "Jimbo" Althouse.

Also recognized at the dinner were Past American Legion Auxiliary Unit 284 Presidents Lynne Norton, Rose Moore, Sue Oertel, Tina Price and Robin Lee.

The past Sons of the American Legion Squadron 284 Commanders recognized at the event included (l. to r.): Robbie Price, Linwood Moore, Herbie Williams, Carl Brandt, current Commander Ronald "Kevin" Jones, George Dimirack, Jeff Lee, Kevin Chaplin, Joe Gallagher, and Jim Rovinski.

Past SVALR Directors recognized at the event included Herbie Williams, Mari Althouse representing her husband James "Jimbo" Althouse, Les Brewer, Bob LaRue, Phil Vaughan, Bradley Harter, Tim Capps, and Jon Merrill.

**Right: Past SVALR Directors recognized at the event included Herbie Williams, Mari Althouse representing her husband James "Jimbo" Althouse, Les Brewer, Bob LaRue, Phil Vaughan, Bradley Harter, Tim Capps, and Jon Merrill.**



**Past and present American Legion Unit 284 Presidents in attendance at the dinner included (l. to r.): Lynne Norton; Rose Moore; Sue Oertel; current President Rita Feasenmyer; Tina Price and Robin Lee. (Photo courtesy Rita Feasenmyer)**



**The past Sons of the American Legion Squadron 284 Commanders recognized at the event included (l. to r.): Robbie Price, Linwood Moore, Herbie Williams, Carl Brandt, current Commander Ronald "Kevin" Jones, George Dimirack, Jeff Lee, Kevin Chaplin, Joe Gallagher and Jim Rovinski. (Photo courtesy Rita Feasenmyer)**





*Including the instructors, a total of 105 persons attended the Department of Virginia's first regional American Legion College at Post 284, March 7. The Legion College for the Eastern Region was conducted first, followed by the Northern Region at Springfield Post 176 on March 14 and the Western Region at Salem Post 3 on March 21. (Photo courtesy Brad Harter)*

## Department of Virginia holds Legion College Courses on regional basis during March

By Dick Cole  
Editor

Until this year, the Department of Virginia had usually held Legion College at one location in the month of August. The college promotes the education of the American Legion Family members and provides an environment for the sharing of ideas, experiences and comradeship of Legion family members.

This year, Department Legion College Director Michael Kimlick decided to conduct the curriculum at three different posts on three consecutive weekends in March to make the class size more manageable and not require an overnight stay for students.

The first of the regional classes, for the Eastern Region, was conducted at Post 284 on Saturday, March 7. A regional class for the Northern Region was held at Springfield Post 176 on March 14 and for the Western Region at Salem Post 3 on March 21.

The instructors for the courses include several Post 184 members.

Lead instructor for the course is Department College Director Kimlick. Other instructors include Past Department Commander and Post 284 member Bill Feasenmyer, PDC and Post 284 member Rick Oertel, Department Judge Advocate and Post 10 member Mark Stein, Department Membership Committee



*Special guest at the Eastern Region Legion College class was American Legion National Commander Dan Wiley and his wife. Wiley briefly addressed the course attendees.*

Chairman and Post 176 member Kevin Gaddis, and Department Conference Committee Chairman Rick Ward from Post 75.

Instructors taught on a variety of subjects useful to Post officers and new members of the American Legion. The instruction covered:

- Post Commander duties and responsibilities

- Post Adjutant duties and reporting
- Post finance and gaming operations
- Post Executive Committee and Board of Directors structure and functions
- Judge Advocate responsibilities and Post “do’s and don’ts”
- Membership processing and renewals
- Buddy checks and the “Be the One” program
- American Legion etiquette and protocol, social media, public relations, resources and Department Headquarters

A special guest at the Eastern Region Legion College class was American Legion National Commander Dan Wiley and his wife. Commander Wiley briefly addressed the course attendees. Post 284 Commander La Monte Thomas, Sr., also took advantage of the National Commander’s visit to make a \$4,000 donation by the Post to several National programs including Be the One, the Direct Care Workforce Strategies Center, National Emergency Fund and the Veterans and Children Foundation.



*American Legion National Commander Dan Wiley, left, accepted a \$4,000 donation from Post 284 Commander La Monte Thomas, Sr., during the Eastern Region American Legion College at Post 284, March 7. (Photo by Rita Feasenmyer)*



### Bingo Volunteers Needed!

We still need three or four volunteers on Monday evenings from 5:30-7:30 p.m. **3.** to assist with selling pull-tab gaming cards. If you volunteer, we will provide you with dinner! Come help us make the funds we are able to use to support community charities and maintain our Post!



### Make sure your potential member recruits get a “wooden nickel!”

The post has created a wooden chip to be given to potential new members. The chips—available from any Post officer—can be redeemed by the potential new member for food and/or non-alcoholic beverage in Topside for a value of \$5! That’s enough to have a sandwich and a soft drink on the Post while they are introduced to the social quarters! Make sure to get your potential recruits a “wooden nickel” and welcome them to Post 284!



## FROM THE POST CHAPLAIN

*Rev. William H. Gibson III*

### Renewal Beyond Easter

**E**aster may have passed by the time you receive this issue of *News and Views*, but its meaning continues to echo in our hearts and in our service.

The season reminds us that renewal is not confined to a single day—it's a way of life. Whether we celebrate Easter as a sacred moment of faith or as a symbol of hope and rebirth, its message speaks to every member of the American Legion Family.

For Christians, Easter proclaims that life conquers death and light overcomes darkness. For all of us, it reminds us that courage, compassion, and sacrifice can transform the world around us.

Each time we lend a hand to a veteran, comfort a grieving family, or welcome a neighbor to our Post, we live out that spirit of renewal. We affirm that service—freely given—is the heartbeat of our community.

The Apostle Paul wrote, *"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the*

*new has come."* — **2 Corinthians 5:17.**

Even for those who do not share the same faith, the truth of that verse rings clear: every day offers a chance to begin again, to rebuild, and to restore what is good.

As spring unfolds, may we carry Easter's promise into our daily lives — not as a memory, but as a mission. Let us be instruments of renewal, lifting others through kindness, fellowship, and steadfast service. In doing so, we honor both our Creator and our country, living out the Legion's call to be "for God and Country" in all we do.

**Blessings and peace to each of you.**

### *Congratulations!*

With the 2026 Legion Year in full swing, we would like to take the next couple months to recognize our members who have achieved 50 years or more of continuous membership in The American Legion. This recognition will culminate with formal recognition at our May 14 Membership meeting with the presentation of certificates, hat patches and pins to those achieving 50, 55, 60, 65 or 70 years continuous membership. Those to be recognized are:

- John Hack, Jr. — 67 years
- Freddie Kuhn — 52 years
- Jerry Noonkester — 56 years
- Bobby Houchins — 64 years
- Erick F. Yarchin — 52 years
- Thomas Colletti — 52 years
- William Schnell — 54 years
- James Feight — 56 years
- John Schoeb — 67 years
- Jacob Lemaster — 52 years
- Leslie Carlow — 55 years
- Richard Gates, Jr. — 57 years
- Gilbert Tuggle — 57 years

*If you are a longtime member of the Post being honored and need a ride to and from the May 14 meeting, contact Adjutant Bill Feasenmyer at (804) 337-8753 or [post284adjutant@outlook.com](mailto:post284adjutant@outlook.com).*



# FREE



# COMMUNITY BREAKFAST

**Colonial Heights American Legion Post 284**

505 Springdale Ave., Colonial Heights, VA 23834

★ **SATURDAY, APRIL 11** ★  
**8 – 10 A.M.**

★ *Join us for a warm, welcoming morning!* ★

Enjoy a free breakfast with friends, neighbors,  
and fellow Legion family members.

Hosted by American Legion Post 284, Auxiliary,  
Sons of the American Legion & American Legion Riders.



★ *All are welcome – no cost to attend!* ★

Coffee, eggs, pancakes,  
and community spirit served fresh.

**FOR MORE INFORMATION**

 **(804) 526-4167**



# NEWS FROM THE AUXILIARY



*The members of Auxiliary Unit 284 “purple it up” for the Month of the Military Child at the March meeting. (Photo by Rita Feasenmyer)*

“ Leadership is not about having a title, but it’s about making others better because of our presence and making sure that impact lasts in your absence.”

We enjoyed a wonderful evening at Post 284, celebrating not only the American Legion’s 107th Birthday, but also honoring Past Post Commanders, Auxiliary Presidents, Squadron 284 Commanders, and SVALR Directors. While we remain dedicated to our mission, it is equally important to take time to enjoy ourselves. Many thanks go out to all who worked so hard to make this event possible.

April promises to be a busy month as we recognize the Month of the Military Child. Our unit will be providing goody bags for children of military enlisted personnel at Curtis Elementary School in Chester. In addition, Teacher Appreciation will be celebrated

at Tussing Elementary on the same day. Program Chair reports are due by the 15th, Scholarships, Girls State preparation, along with other responsibilities on our list.

We are fortunate to have an incredible group of volunteers carrying out these tasks, and we continue to encourage more people to get involved.

## **American Legion Family Day and “Be the One” 5K Run & Walk**

The highlight of our calendar is the American Legion Family Day, which will begin with the “Be the One” 5K Run & Walk. This event is a great opportunity to showcase our mission and the reasons behind it to the community. We invite everyone to sign up and bring their families.


Volunteers are needed for the event, and sign-up sheets will be distributed. Each volunteer will receive

a "Be the One" T-shirt for the day. Remember, If you do not have a 2026 Membership Card, your dues need to be paid asap.

For God and Country,

*Rita Feasenmyer*

Unit 284 President



**Are you a member of the Post Facebook page?**



### **Colonial Heights Library Poppy Display**

*Unit 284 has its poppy display up once again at the Colonial Heights Public Library. Thanks to the unit's Poppy Committee and Chair Amy Baricuatro for the fabulous display.*

### **AUXILIARY EMAILS**

**If you are not receiving emails from the Auxiliary, please check your SPAM or JUNK. These are sent through the Constant Contact Platform to eliminate email addresses being hacked. The American Legion organization has been targeted numerous times which necessitates using platforms like Constant Contact and Mail Chimp.**

**Please contact President Rita Feasenmyer if you need your email updated.**

**[ritafeas@gmail.com](mailto:ritafeas@gmail.com).**





# SAL NEWS



**A**s we usher in Spring, finally—do not forget the service and sacrifice to this great nation of the veterans—our fathers, mothers, grandfathers, grandmothers and step-parents from whom we are male descendants which allows us to be part of the Sons of the American Legion. And as always - **LET'S HAVE FUN!!!**

Our April meeting will be on Wednesday, April 15, 2026 with supper at 6:15 p.m. and meeting at 7 p.m. We will be nominating our officers for the 2026-2027 Legion Year at this meeting. Anyone interested in serving our Squadron as an officer for next year please see me so we can put you on the slate. Would be great if we could get some fresh faces in these positions and not, for lack of a better way of stating it, recycle the same gentlemen year after year.

Your 2026 Dues are \$30.00. Please pay now if you haven't done so, as it saves the Post, Detachment, and National money in postage sending out reminders but more importantly your membership is vital to our Squadron and Post so – **PAY YOUR 2026 DUES NOW.**

Membership as of this writing is 161 members which is 78.53 percent of our 2026 goal of 205. We need 44 more members to renew or recruit to hit our goal.

We would like to welcome our new members who have joined Squadron 284 over the last few months: **John Knutson, Louis Maul, Keith Mace, Tim Capps, Mitchell Manuel, Jason Lepore, William Gibson III, Eric Wagner, and Tristan Wagner** - WELCOME! We look forward to your participation in and contributions to Squadron 284 and support of Post 284.

Several of us attended the Detachment Spring Conference in Portsmouth, VA on February 27-March 1, 2026. We are well represented at the Detachment level with Linwood Moore, Kevin Chaplin, Joe Gallagher, and Jeff Lee all holding Detachment positions, some

holding National positions, and all are Past Detachment Commanders. The National SAL Commander was in attendance and we had a great time going out to supper with him and getting to know him. **Linwood Moore, Kevin Chaplin, and Jeff Lee laid a wreath on behalf of the Detachment of Virginia** as part of a wreath laying ceremony at the National World War I Memorial lead by National SAL Commander Clancy as part of the Washington Conference on Sunday, March 1.

Thank you to all the Sons who attended and helped out with Legion College on March 7. The American Legion National Commander and Department of Virginia Commander stopped in and Post 284 made quite an impression on the National staff and the Department of Virginia. Our Past Commanders/Legion Anniversary Dinner on March 14 was well attended and I trust all had a good time. Thanks to all the Past Squadron 284 Commanders for your service and dedication to our Squadron and Post.

Results of our Boston Butt Sale on March 28 will be in May's edition of *News and Views* as we haven't had the event as of this writing. Thanks to all who put out and picked up Flags on March 29 for National Vietnam War Veterans Day.

The Commander's Community Breakfast is Saturday, April 11 – it's free! Line Dancing is also on April 11. Legion Family Day is Saturday, April 25 – our role will be cooking and serving lunch – so please come out and help and enjoy the other events that will be going on. Flyers for all these April events are in this edition of the newsletter.

Tuesday, May 5, we, along with our Rider brothers and sisters, will recognize Police, EMS, Sheriff, Fire and State Police award winners by cooking and serving supper in their honor for Law and Order Night.

*Kevin Jones*

Commander, Squadron 284

# 1ST ANNUAL

 AMERICAN  
LEGION

# 5K

# BE THE ONE RUN/WALK

Support our concentrated effort  
to save the lives of veterans  
and service members  
due to Suicide

*Saturday, April 25  
9 a.m.*

**American Legion Post 284  
505 Springdale Ave  
Colonial Heights, VA**

ADULT REGISTRATION \$25 (18 and over)

STUDENTS/CHILD \$15 (17 and under)

**AMERICAN LEGION FAMILY DAY  
ACTIVITIES IMMEDIATELY AFTER**

**Face Painting, Hot Dogs, Popcorn,  
Bouncy House, First Responder Vehicles, & MORE...**

**FREE TO THE COMMUNITY**

**REGISTER ON WEBSITE HERE**

**<https://alpost284va.org/>**



# TOPSIDE

Lounge



# SCUTTLEBUTT

**S**pring has sprung! We are so happy that the weather is finally getting its act together...that snow was crazy!

Thank you to all that came up for our St. Patrick's Day Corned Beef and Cabbage special. When I tell you that we had a packed house, I'm not exaggerating! We were honored to have a visit from the Metro Richmond Police Emerald Society Pipes and Drums. They did a phenomenal job, and we all enjoyed listening to them play.

A big shout out to Linwood Moore for helping us with getting our barstools reupholstered. They look great! We are offering our patrons an opportunity to sponsor one of our twelve stools. See a Topside staff member for details! Thank you to Ron and Fang Perkins for being our first sponsors!

We will continue to have Karaoke with Star Maker, the first Saturday of every month.

If you haven't already, be sure to sign up for our text messages. We send out information about our specials, as well as the events, and meetings, happening at our Post. Text AL284 to 78859.

We'll see y'all soon:-).

*The Topside Team*

## Topside Lounge

Topside Lounge is open 5 days a week with a full menu.

**Hours of operation are as follows:**

**Sunday – Closed**

**Monday – Closed**

**Tuesday-Wednesday 2:00 p.m. until 9:00 p.m.**

**Thursday-Saturday 2:00 p.m. until 11:00 p.m.**

**Kitchen opens at 4 p.m. Tuesday through Saturday**

We may close early at the bartender's discretion depending on business.

If you are in doubt or have any questions, please give us a call at (804) 526-4167 and follow prompts for Topside.

# Post 284 Events Calendar

## April 2026

- 2 Leadership and Calendar Coordination Meeting, 6 p.m.
- 4 Karaoke at Topside, 6-10 p.m.
- 5 Gold Star Spouses Day (honors spouses of fallen service members)
- 6 Army Day (historical, commemorates the U.S. entry into WW1)  
Bingo—Doors open at 5 p.m. Games and snack bar sales begin 5:30 p.m. Early bird games  
6:30 p.m. Regular games start at 7 p.m.
- 7 Southern Virginia American Legion Riders, 6:30 p.m.
- 8 Auxiliary Unit 284 Meeting  
6 p.m. — Meeting
- 9 National Former POW Recognition Day  
General Membership Meeting  
6:15 p.m. — Dinner  
7 p.m. — Meeting
- 11 Commander's Community Breakfast, 8-10 a.m.  
Line Dancing with "Dancin' Cat," \$10 per person, doors open 5 p.m., instruction begins at 7  
p.m. Food and drink available for purchase, Must be 13 or older to attend. Dancing 7-10:30  
p.m.
- 13 Bingo—Doors open at 5 p.m. Games and snack bar sales begin 5:30 p.m. Early bird games  
6:30 p.m. Regular games start at 7 p.m.
- 14 Air Force Reserve Birthday (established 1948)
- 15 Sons of the American Legion Squadron 284 meeting  
6:15 p.m. — Dinner  
7 p.m. — Meeting
- 20 Bingo—Doors open at 5 p.m. Games and snack bar sales begin 5:30 p.m. Early bird games  
6:30 p.m. Regular games start at 7 p.m.
- 23 Army Reserve Birthday (established 1908)
- 27 Topside Committee Meeting, 6 p.m.  
Bingo—Doors open at 5 p.m. Games and snack bar sales begin 5:30 p.m. Early bird games  
6:30 p.m. Regular games start at 7 p.m.
- 30 National Military Brats Day (honors children of military personnel)  
Executive Committee Meeting, 7 p.m.

*News and Views* is the publication of Colonial Heights Post 284, The American Legion, Department of Virginia. The newsletter was selected as the "Best in The American Legion" produced by a large post for 2021 and again for 2023. The purpose of this newsletter is to keep all members of Post 284 informed about activities at their post. The post's telephone number is (804) 526-4167. Address comments to the Editor, *News and Views*, P.O. Box 57, Colonial Heights, VA 23834.

Those receiving printed copies should send changes of address to Dick Cole, dickcole1853@verizon.net or call (804) 796-6250.

# Southern Virginia American Legion Riders



**G**reetings:  
Sorry about missing last month's *News and Views*. Time just seems to slip away. Weather has not cooperated with us during March. Between snow, ice and rain, it's been caging weather. But the forecast is for better days. Hopefully we can get some riding in soon.

We had a great time at Post 2 at their annual Winter Barbeque. We always enjoy our time with other Rider groups.

The American Legion Birthday and Past Commanders' Dinner was a fantastic night. As usual, the SVALR was there until the end. But that is nothing new for us. It was great seeing past SVALR Director and past Post 284 Commander Herbie Williams again. (Herbie is now affiliated with Caroline County Post 221.) If you haven't been to the Past Commanders' Dinner, you are missing a fun night. Food and drink for a very low price and the music by the 100 Years From Now Band was fantastic.

Please come out and support Topside. There are a

lot of things going on, and Brandy is an amazing cook. At least come out for her specials. You will probably end up staying for the evening.

Our next event is Law and Order Night on May 6. We do this each year with the Sons of The American Legion Squadron 284. We normally serve the first responders then we eat. We can use all the help we can get, plus, we get to show off to everyone. Black and whites are the dress code for the evening along with your vest.

Remember to check your bike's tire pressures and fluid levels. Now is the time to double check everything so we are set for the summer. And, of course, be aware of the road conditions. Lots of sand remains on the roads from efforts to maintain traction on the recent ice.

Not much more to say, other than be care and see you all soon.

*Jon Merrill*  
Director, SVALR



# BE THE ONE





## Sláinte

*Topside held a Corned Beef and Cabbage dinner to commemorate St. Patrick's Day that packed the house! Special guests for the dinner were the Metro Richmond Police Pipes and Drums which provided some authentic Irish music. (Photo by Brandy Harter)*

The Post is in need of several new committee chairs. If you are interested in becoming the chair of any of the following committees, please contact the Post Commander: Children & Youth; ROTC/JROTC; and Oratorical. Additionally, the Post will need a new Public Relations Officer and Historian. The individuals serving in all of these positions all wish to step down at the end of June. The incumbents have served in these positions several years.

## **News and Views wants to tell your story!**



We'd like to publish a story in each month's issue about one of our members' experiences in the military!

- ~ Why did you join?
  - ~ What path did your service take?
  - ~ What combat, humanitarian, and peacekeeping operations did you participate in?
  - ~ Describe memories you still reflect on today?
  - ~ What are you proudest of during your service?
- These are just some of the questions we'd like to ask.

If you are willing to participate, contact editor Dick Cole at [dickcole1853@verizon.net](mailto:dickcole1853@verizon.net), or call (804) 796-6250.

Share your memories with your fellow Legionnaires!!

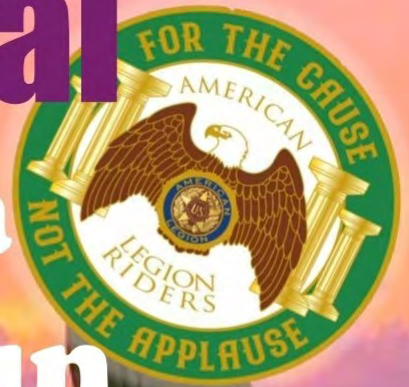
# 9th Annual

# Virginia

# Legacy Run

# Colonial Beach, VA

# 18 - 20 June 2026



*Riding for  
The Kids!*

All Riders Brief 6 pm - 18 June  
KSU 8 AM 19 & 20  
American Legion Post 148

**Further details:**

<https://www.facebook.com/VirginiaLegacyRun/>

playground on The Potomac



KAA 12/25

"From the Commander" (cont'd from p.2)

enhancing the Post, including ongoing beautification initiatives.

✿ **Fundraising & Projects**

All fundraising and project proposals are required to be submitted to the **Executive Board and Membership** for approval, in full compliance with our **Constitution and Bylaws**. Please note: The Commander does not possess authority to make independent financial commitments.

✿ **If you are interested in Serving as a Post 284 Officer, please contact Eric Wagner or Bill Feasenmyer ASAP.**

Let's Spring into ACTION, if you have not renewed your membership, please do ASAP. If assistance is needed, please contact the Commander ASAP.

✿ **Volunteer Needs**

Additional support is currently needed for **Monday Bingo Nights**, which constitute a significant source of funding for our charitable programs. Every volunteer contribution is valued.

**Upcoming Events –April 2026:**

- **Country Line Dancing:** April 11th, 2026, | 7:00 p.m.–10:30 p.m.

- **Monthly Membership Meeting:** Thursday, April 9, 2026
  - Supper at 6:15 p.m.
  - Meeting at 7:00 p.m.
- **American Legion Day** – April 25.

✿ **Message from the Commander** As we move forward, let us unite as **One Legion Family**, under one flag, promoting progress and making a lasting, positive impact.

**Together, we are stronger.**

*La Monte Thomas, Sr.*

Post Commander

**Topside is seeking a cook! Know anyone who might be interested?**



**OLD DOMINION HONOR FLIGHT PRESENTS**

**MISSION 10**

**APRIL 18, 2026**

**VETERANS OF WORLD WAR II, KOREA, AND VIETNAM**

Old Dominion Honor Flight is a non-profit organization created solely to honor America's veterans for all their sacrifices. Old Dominion Honor Flight of Virginia serves the Richmond area and Southeastern Virginia to include the Outer Banks and Northeast North Carolina.

We transport our heroes to Washington, D.C. to visit and reflect at their memorials.

**FOR MORE INFORMATION AND TO APPLY VISIT:**

[HTTPS://OLDDOMINIONHONORFLIGHT.ORG/APPLY-NOW/](https://olddominionhonorflight.org/apply-now/)

E-Mail: [info@olddominionhonorflight.org](mailto:info@olddominionhonorflight.org)



**Guardians NEEDED!**

**Old Dominion Honor Flight Mission 10: April 18, 2026**

**Interested in volunteering?**

Guardians are individuals who accompany a Veteran on their trip to Washington, D.C. for the day. Guardians can be family members or friends, except spouses.

If you are traveling with a veteran who meets the eligibility dates, use this application and be sure to reference the veteran you will be escorting.

Guardians are requested to donate \$150.00 to help in covering a portion of their participation in this celebratory trip

<https://olddominionhonorflight.org/apply-now/>



# ★ LINE ★ DANCING NIGHT



**Colonial Heights American Legion Post 284**

505 Springdale Ave., Colonial Heights, VA

★ **SATURDAY, APRIL 11** ★

★ **GOLD & BLACK EDITION** ★

Doors Open – 5 p.m.

Instruction by “Dancin’ Cat” – 7 p.m.

Dancing with DJ Star Maker – 8 to 10:30 p.m.



**ADMISSION: \$10 PER PERSON**

Ages 13+ Welcome

Food & Beverages Available for Purchase



**FOR MORE INFORMATION**

 **(804) 526-4167**

# YOU ARE INVITED



## COLONIAL HEIGHTS POST 284 AMERICAN LEGION FAMILY DAY



Celebrating 80 Years  
serving our Community,  
State, & Nation

**SATURDAY, APRIL 25TH**

**11:00 AM**

505 Springdale Ave  
Colonial Heights, VA

**FREE TO THE  
COMMUNITY**



**BE THE  
ONE 5K**



Scan to sign up  
for Race/Walk

Support our concentrated effort  
to save the lives of veterans  
and service members  
due to Suicide

The American Legion  
Colonial Heights Post 284  
P.O. Box 57  
Colonial Heights, VA 23834

Return Service Requested

*This newsletter is published to keep the members  
and friends of Post 284 involved and informed.*



## AMERICAN LEGION POST 284

*Serving Veterans*

*Community*

*Nation*

The logo for the American Legion, featuring a stylized American flag with three horizontal stripes above the words "AMERICAN LEGION" in a bold, blue, sans-serif font.

