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Immediate Past Post Commander Tonya L. Meunier receives the Department's Post Commander of the Year Award from Immediate Past Department Commander Eugene Malinowski at the Department Convention, Aug. 9-13, in Herndon, Va.

Post 284 again wins major awards at Department 2025 Convention

By Dick Cole
Editor

Post 284 was the major winner of Department awards once again at this year's Department Convention, Aug. 9-13. Immediate Past Post Commander

Tonya Meunier was the winner of the 11th District, Eastern Region, and Department Post Commander of the Year Awards.

Once again, Post 284 also won the Department Children and Youth Award (Large Post), which was presented by Immediate Past Depart-

(Cont'd on p. 3)



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FROM THE COMMANDER



Greetings Post 284, I greet you in the name of our Lord and Savior, Jesus the Christ with whom I can find no fault, for it is through his mercy that I come before you as the newly elected Post Commander. I know that if I allow him to order my steps and counsel my thoughts and actions, I will be successful.

Wow—what a way to kick off the 2025–2026 Legion year! The Fourth of July Picnic was a tremendous success, with one of the largest turnouts we've seen in years. A heartfelt thanks goes out to our entire Legion Family who made it all possible, especially Bob Emerick, whose outstanding hall decorations set the tone for a memorable celebration.

As we move forward, let's unite as one Legion Family under the flag to promote progress and make a lasting positive impact on our community.

A special thank you to everyone who participated in the 2025 Department Convention held July 9–13 at the Hilton Washington Dulles Airport. Post 284 showed up strong and represented with pride. Congratulations to: Tony Reagan – awarded both 11th District Legionnaire of the Year and Department Legionnaire of the Year for 2024–2025; Tim Capps – named 11th District, Department, and Eastern Region Top Recruiter of the Year; Past Post Commander Tonya Meunier – honored as 11th District Commander of the Year and Department Commander of the Year.

Post 284 continues to set an inspiring example throughout the 11th District, the Department of Virginia, and the Eastern Region. Let's keep up the incredible momentum!

As we embark on a new Legion year, my vision is to bring clarity, purpose, and predictability to everything we do, whether through bold action or lessons learned from inaction. Together, we have the power to build a strong, united Legion Family committed to meaningful impact and lasting progress.

My guiding motto is simple, yet powerful—S.T.R.I.V.E.—S – Set Realistic Goals; T – Treat Others with Respect; R – Recruit and Retain Members; I – Involvement in the Community; V – Volunteer to make Post 284 the #1 Post in the 11th District, across the Department of Virginia, and throughout the Eastern Region; E – Enjoy all that American Legion Post 284 has to offer. Let's STRIVE together to make this year our most purposeful yet.

On Saturday, August 16, 2025, at 7 p.m., the Vice Commanders and I along with First Lady will be at the Social Quarters (Topside) to have a great send off for those who will be traveling to Tampa, Fla., for the National Legion Convention. Let's all show up as one big Legion family and have some fun.

Lamonte Thomas

"Convention" (cont'd from p. 1)

ment Commander Eugene Malinowski to Post 284's Children and Youth Chair Jerry Chenault.

Post 284 Americanism Chair Jim Rovinski was not in attendance at the convention when the Post was awarded the Department's Americanism Award (Large Post) for 2024-2025. Immediate Past Post Commander Meunier accepted the award for the Post from PDC Malinowski.

Post Veteran Service Officer Lora Adkins was also recognized with The American Legion's Paul Laskey Service Officer Award, "in recognition and sincere appreciation for outstanding service and assistance." The award was presented to Adkins by Immediate Past Department Commander Eugene Malinowski.

Also recognized at the Convention was Post 284 1st Vice Commander Tim Capps as Department "Recruiter of the Year." Capps was not present at the Convention and his award was accepted by immediate past Post Commander Tonya Meunier.

Post Historian Dick Cole was recognized with the second place award for his 2024-2025 Post 284 digital history.



Above: Post 284 Children and Youth Chairman Jerry Chenault accepts the Department Children and Youth Award for 2024-2025 from Immediate Past Department Commander Eugene Malinowski. Right: Immediate Past Department Commander Eugene Malinowski presented Department Americanism Award (Large Post) to Immediate Past Post Commander Tonya Meunier. (Photos courtesy Department of Virginia)





FROM THE POST CHAPLAIN

Rev. William H. Gibson III

“Set your house in order....”

In those days Hezekiah became sick and was at the point of death. And Isaiah the prophet the son of Amoz came to him, and said to him, “Thus says the Lord: Set your house in order, for you shall die, you shall not recover.” (Isaiah 38:1, ESV)

If you’re here today looking for a few moments of lighthearted warmth and inspiration, I’m afraid I must apologize here at the outset. This is not one of those devotionals. Instead, I invite you to join me for a few moments in reflecting upon our mortality and the ways we ignore and push to the periphery of our lives the uncomfortable truth that each of us will one day arrive at our final day.

In the name of “progress,” we are trained and coached to look to the future. We set goals for ourselves: financial goals, relational goals, and physical goals. Yet what is often lacking in this journey of self and discovery is a sober-minded embrace of the true future we all truly face. After all of our searching and striving, or as is often the case, right in the midst of it all, we find ourselves interrupted by our mortality. Though our digital world has infinitely increased our

ease of existence, it has yet to extend it in any meaningful or substantial way. The words of the ancient Psalm are still as true today as they were then: “Our days may come to seventy years, or eighty, if our strength endures” (Psalm 90:10).

In the book of Isaiah, we find the prophet speaking difficult words to Hezekiah. “Thus says the Lord: Set your house in order, for you shall die, you shall not recover” (Isaiah 38:1). I imagine that for most of us, if these words were spoken over us today, they would throw us into a great panic! “I’m not ready!” might be our common refrain. As such, we ignore, ignore, ignore, and then hope and trust that it will all work out in the end. One of the greatest mistakes we can make is to set our houses in order from our deathbeds.

Instead, what if you and I receive these words from Isaiah 38, not as a deathbed prophecy, but as a guiding light for the whole of our lives? Whether you have one day or thousands of days left upon this earth, can you *today* have the courage and clarity of mind to make the right-ordering of your house a vision that animates and orients each and every moment of life?

When we look ahead to our true and eternal fu-

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; Athletics; ROTC/JROTC/Oratorical/Scholarships; and Buildings and Grounds. The longtime chairmen of these committees all wish to step down.

Bingo Volunteers Needed!

We still need three or four volunteers on Monday evenings from 5:30-7:30 p.m. 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!

ture, we begin to order our homes in the present by the values and virtues of the eternal kingdom of God. Let us begin that holy work today and continue in it for as long as we have breath.

During my years of service as Post 284 Chaplain, I have counselled and consoled many grieving spouses, sons, daughters and families. I have witnessed many not knowing what to do next when a loved one has transitioned. This information is intended to help you plan and organize your family and financial matters to alleviate some of the stress and anxiety your loved one may experience at a time when their grief may be overwhelming.

- **Will:** This document outlines how your assets will be distributed after your death.
- **Power of Attorney:** This legal document allows someone to make financial decisions on your behalf if you become incapacitated.
- **Living Will/Advanced Directive:** This document specifies your wishes regarding medical treatment if you are unable to make decisions for yourself.
- **Funeral Planning:** Decide on burial or cremation, and make arrangements for the ceremony.

ny. If burial in veterans' cemetery, make plans ahead of time. Veterans cemetery of your choice!

- **Estate Planning Attorney:** Consulting with an attorney can help you navigate complex legal matters.
- **Important Documents:** Gather important documents like birth certificates, marriage licenses, and financial records, plus DD Form 214, life insurance policies, etc.
- **Communication with Loved Ones:** Have open conversations with family and friends about your wishes and any concerns you may have.
- **Financial Matters:** Ensure all your debts are settled and that your finances are in order.

A year ago, I asked the question *do you have your house in order?* We don't know when we will leave this earth, but getting these things done can help your family in many positive ways. God bless you all!

Prayer

Father, teach us to number our days and to live each day in light of eternity, we pray through Christ our Lord. Amen.



Congrats Lora!

Post Veteran Service Officer Lora Adkins was recognized at the Department of Virginia Convention, Aug. 9-12, with The American Legion's Paul Laskey Service Officer Award, "in recognition and sincere appreciation for outstanding service and assistance." The award was presented to Adkins by Immediate Past Department Commander Eugene Malinowski. (Photo courtesy Department of Virginia)



American Legion National Commander James LaCoursiere announce The American Legion Family USA 250 Challenge, July 3. This year-long patriotic challenge will help celebrate the nation's 250th birthday by promoting American Legion values through activities centered around fitness, mental wellness and community service.

Celebrate America with the USA 250 Challenge!

The American Legion Family is honoring the nation's 250th birthday with a commitment to embracing physical activity, supporting mental health and serving its communities. The **USA 250 Challenge** encourages American Legion Family members, other veterans and all Americans to participate, and even raise additional money to support our disabled veterans and families in need through The American Legion Veterans & Children Foundation.

American Legion National Commander James LaCoursiere launched the USA 250 Challenge on July 3, 2025. The year-long initiative offers three categories—fitness, mental wellness and community service—in order to engage more American Legion Family members and others to participate.

Participants may engage in one, two or all three

activities as an individual or as part of a team like an American Legion Post, American Legion Auxiliary Unit, Sons of The American Legion Squadron and/or an American Legion Riders chapter.

For a \$30 registration fee, participants will receive their choice of a USA 250 Challenge t-shirt (largest size is 3XL). The proceeds will go to the Veterans and Children Foundation (VCF).

Fitness

The fitness component calls for participants to cover 250 miles (or hours) of any fitness activity of their choosing. Examples for individuals include walking, running, hiking, cycling, swimming, using the elliptical, playing pickleball, rowing, etc. This could include 10 teammates walking an average of 25

miles each, or 80 teammates walking or running a 5K (3.1 miles) for example.



Wellness

The wellness category encourages participants to complete 250 hours of wellness activities. Examples for individuals could include yoga, meditation and other forms of mindfulness. A group effort could be 10 teammates completing an average of 25 hours of yoga, for example. Posts, districts or departments could tally 250 participants in Be the One training, complete 250 buddy checks, etc. American Legion Rider chapters could create an event where they rode a minimum of 250 miles.

Community Service

For community service, participants can reach the threshold by completing 250 hours of community service individually or hit the 250 mark of a specific community service project. Some community service projects include cleaning up to 250 graves in a veterans cemetery, teaching flag etiquette to 250 students, sending 250 care packages to deployed troops, and other programs supported by The American Legion.

USA250 participants, once registered, can choose to participate in two ways:

1. Join, track, and share your progress, or;
2. Join, track, *fundraise*, and share your progress

Are you ready to join the challenge? You can register by clicking [here](#).



Congrats Unit 284!

Immediate Past Unit 284 President Robin Lee accepted the Department's Best Unit Poppy Program Award from Department Chair Crystal Cross at the Department Convention in Herndon, Va., July 9-13. (Photo courtesy Department of Virginia)

YOU KNOW YOU'RE A VETERAN IF...

- You can't fathom how people don't understand "military time"
- You have a strong distrust for anybody named "Jody"
- You can't watch most military dramas because they're so corny and wrong
- You walk fast and your first step is always with your left foot
- You still use the basic training "knife hand" to get your point across
- People are always impressed by how ridiculously fast you eat
- You laugh when you see people on "Survivor" cry after not seeing their family for two weeks
- You clean your equipment before yourself
- You don't carry things in your right hand
- You still refer to everyone around you by their last name



Governor Glenn Youngkin and Lt. Gov. Winsome Earle-Sears announce 30,000 Virginia veterans register to use free resource.

Governor Youngkin Announces Virginia Veterans Network Tops 30,000 Registered Users

Free online hub now serving more than 30,000 veterans, service members, and families

RICHMOND, VA – Governor Glenn Youngkin announced that the [Virginia Veterans Network \(VVN\)](#), a resource built by veterans for veterans, has reached 30,000 registered users across the Commonwealth. This platform enables access to trusted resources for various needs in a single, user-friendly location, with hundreds of organizations, and ensures that veterans, transitioning service members, and their families receive the best resources at every stage of life.

“We can never repay the tremendous debt we owe our veterans, but we can make their transition to civilian life as smooth as possible,” said Gover-

nor Glenn Youngkin. “I’m pleased we’ve reached 30,000 registered users on the network, and we will continue so that the 700,000 veterans who call Virginia home can utilize these resources. Our commitment to making Virginia the best state in America for veterans to live, work, and raise a family is unwavering.”

The free online hub covers everything from training and employment to health care and wellness, legal services, education, training assistance and peer support, all delivered by vetted nonprofit and veteran-service organizations and state agencies. Users can make online appointments with the Department of Veterans Services and find every federal, state, and local benefit they’ve earned in one centralized, comprehensive portal. VVN truly sets the gold-standard for service to Virginia’s veterans.

"As a Marine Corps veteran, I know firsthand the challenges our service members face when the uniform comes off," said Lieutenant Governor Winsome Earle-Sears. "Reaching 30,000 veterans enrolled in the Virginia Veterans Network is not just a milestone, it's personal. It's a testament to the Commonwealth's promise that no veteran is forgotten and every sacrifice is honored. This achievement reflects who we are as Virginians: committed, grateful, and always ready to serve those who served us."

"I join Governor Youngkin in celebrating that registration for the Virginia Veterans Network (VVN) has reached the 30,000-milestone today and continues to grow," said Virginia Secretary of Veterans Defense Affairs Craig Crenshaw. "Now, more Virginia veterans, their family members, and transitioning service members can and are taking advantage of this innovative one-stop online resource to give

them the answers they need regarding local, state, and federal programs and benefits.

My congratulations to Virginia Department of Veterans Services Commissioner Chuck Zingler and his amazing team for developing and implementing VVN as a vital part of our mission to better serve those who served Virginia and our great Nation. As we say in the Marine Corps: Semper Fidelis, always faithful."

After launching on November 11, 2024, less than one year ago, the VVN has already fulfilled its promise of making life easier for our veterans, military service members, and their families. To join the 30,000 and counting, visit www.dvs.virginia.gov/vvn.



Congratulations Tim Capps!

First Vice Commander Tim Capps was recognized at the Department Convention last month as the top 11th District and top Eastern Region new member recruiter for 2024-2025. Capps was not in attendance at the District Convention and his award was accepted by Immediate Past Post Commander Tonya L. Meunier. The award was presented to Meunier by Immediate Past Department Commander Eugene Malinowski. (Photos courtesy of the Department of Virginia)



NEWS FROM THE AUXILIARY

“Life is 10 percent what happens to you and 90 percent how you react to it.”

July was an exciting month for the unit. The Post Independence Day Celebration was well attended with early bird renewals overflowing. My observation was the largest crowd ever.

Why pay your 2026 dues early? It helps decrease expenditures at the national and unit level by not requiring a 2026 renewal notice to be printed, placed in an envelope, and decreases postage expenses. Simply, money saved and less mail in your mailbox!

Thank you to Commander Thomas for a well-planned event in addition to allowing the Auxiliary to be a part of it. Bob Emrick has been officially given the job of lead decorator. Robin Lee, Thank YOU for executing and orchestrating the annual cake walk. It was great watching everyone have so much fun.

The Sons of Squadron of 284 *always* do a superb job keeping everyone fed. Thank you to each of the volunteers from each entity of the Post 284 family who helped pull this event together. Please remember, these events are run by *volunteers*! If you hold a membership card, *you* are a volunteer. I can't forget our newest member, Ellen Constantine, who provided patriotic M&M's for everyone and members who supported the quilt fundraiser that our talented Amy Baricautro made. Mary Farnsworth, our 50/50 queen, did a fantastic job as always. As there were others, Lynne Norton, we know you were in the serving the entire time, Thank you!

Congratulations to Unit 284 on the following Department awards for the arduous work throughout the 2024-2025 year. *Best Overall Children & Youth Award* (Robin Lee), *Best Overall Legislative Program* (Sue Oertel), *Outstanding Unit Promoting Poppy Pro-*

gram (Amy Baricautro), *Best Overall Public Relations Program* (Rita Feasenmyer), *Outstanding Unit Promoting VA&R Program* (Peggy Thomas), *Membership 102 percent*- This award goes to all members who renewed, had members rejoin, and who signed up new unit 284 members.

Unit 284 members who also serve as Legionnaires deserve recognition. Past Post 284 Commander Tonya Meunier was awarded Post Commander of the Year from the Department, Eastern Region, and 11th District! Congratulations Tonya, well deserved! Lora Adkins received the Paul Laskey Service Award, and Membership Recruiter of the Year awarded to Tim Capps.

Please ensure you are following the Facebook page for the unit (**ALA UNIT 284 Colonial Heights, VA**). This is where we post upcoming events and pictures on past events. If you are not receiving our emails, PLEASE let me know ASAP. Information is sent out that cannot be included in this Newsletter.

I hope to see you attend the upcoming Post Events - We ALWAYS have FUN together and we need VOLUNTEERS to continue the success of these events. The latter events are still in the planning stage, Mark your Calendars!

- **Monday, August 4-** Back to School Hype Night 6-9 p.m., Shepherd Stadium
- **Tuesday, August 5-** Neighborhood Cookout-National Night Out 5-8 p.m. at the Post
- **Saturday, August 16-** Line Dancing- Please contact me to volunteer (easy and fun)
- **August 22-28-** American Legion National Convention in Tampa
- **Saturday, September 6-** SVALR Annual Fish

Fry Fundraiser, 11 a.m.-4 p.m., Post 284- **OPEN TO PUBLIC**. Plan to attend and let's help make this *fundraiser* a success!

- **Wednesday, September 10-** General Membership Meeting
6:30 Social, 7:00 Meeting

Events on the Horizon:

- **Saturday, December 13,** Breakfast with Santa & Army/ Navy Game Party
- **Saturday, April 25 2026,** AMERICAN LEGION DAY – Be the One Fun Run

In closing, I wish to remind you that we joined in honor of our favorite veteran, whether it be a spouse, parent, grandparent, brother, sister, etc. Volunteering to help other Veterans is the perfect way to honor their legacies.

Rita Feasenmyer

Unit 284 President



Left: Immediate Past President Robin Lee accepts the Best Legislative Program Award from Department Chair Katen Hunter at the Department Convention, Jun. 9-13. **Top:** Lee accepts the Best Overall Children and Youth Award from Department Chair Erica Evans. **Above:** Lee accepts the Department Best Overall Public Relations Program Award from Department Chair Elizabeth Shepard. (Photos courtesy Department of Virginia)

Southern Virginia American Legion Riders



If you thought the weather was unpredictable in June, July was even worse, but the SVALR still stayed very busy over the last month and we are gearing up for a busy end of summer and fall.

As Dick Cole reported in last month's *News and Views*, June was the annual Virginia Legacy Run which happened to be in the beautiful Virginia mountains this year. We headed out from the Post to Natural Bridge on June 19 for the three-day charity event. We were so excited to participate in this event again this year. With all the riding we did over those three days, each rider traveled over 600 miles. Thank you to all who participated and helped to put on the event. A special thank you to Sammy Granderson (road captain), Randy Grenier, (assistant road captain) and Brad Harter (tail gunner) for taking care of our group for the event.

As of the Post's July Fourth Celebration, Membership Chair Rose Moore, has begun collecting dues for next year. If you pay before Sept. 1, dues are \$15 and \$20 after that. Thank you to all the SVALR members who came out to support the July Fourth Post Celebration. It was a great success and very well attended.

September 6 is our 4th Annual Fish Fry and our second major fundraiser for the year. Please plan to join us on Sept. 6 from 11 a.m.-4 p.m. in the Bingo Hall. **THIS IS A DATE CHANGE.** We always have great food, lots of vendors and TONS of fun. See the flyer for all the details.

One of the many things that we do each year with great pride is sponsor wreaths for the graves in City Point National Cemetery as part of Wreaths Across America. December 13, 2025 at noon, SVALR will be help remember and honor our veterans by laying Christmas wreaths on the graves of our country's fallen heroes. Please help us honor and remember as many fallen heroes as possible by sponsoring re-



Sammy Granderson, center, displays the plaque he received for serving as road captain for F Flight during the three-day Virginia Legacy Run last month. Posing with him as past SVALR Directors Randy Grenier, left, who was assistant road captain, and Brad Harter, right, who was the tail gunner for F Flight. (Photo courtesy Sharron Vaughan)

membrane wreaths, volunteering on Wreaths Day, or inviting your family and friends to attend with you. It is an event that is humbling to participate in. Currently we have 414 sponsored wreaths but would love to be able to sponsor many more so that we can cover as many of the 6,800 veterans gravesites as possible.

If you would like to sponsor a wreath for this event, please see a SVALR member for details on how to do so.

A quick reminder to all riders, our monthly meeting is the first Tuesday of every month. Hope to see you all on August 5th at 6:30pm.

Until next month, enjoy the open road and ride safe.

Phil Vaughan

Director, SVALR



Please note the DATE change!

4th Annual Fish Fry

September 6, 2025

11:00am - 4:00pm

Cost: \$15 (includes 1 meal and 1 drink ticket)

Beer tickets: \$2 Soda or Water: \$1

Menu: Fish, Coleslaw, Baked Beans,

Mac & Cheese, & Hushpuppies



AMERICAN
LEGION

Join the Fun!

Southern Virginia American Legion Riders

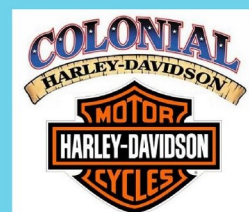
American Legion Post 284

505 Springdale Ave.

Colonial Heights, VA

Sponsored BY:

**Hanover
PRECAST**



Edward Jones

TOPSIDE SCUTTLEBUTT

Lounge



Summer is in full swing. And it sure is a HOT one this year. We are very grateful that it is nice and cool up at Topside! The musical trio, "100 Years From Now," will be here Aug. 15, from 6 p.m. to 9 p.m. We will have a solo performance from Nick Constantine on Aug. 23 from 6 p.m. to 9 p.m. Come on up and check them out!! They do a great job, and we truly enjoy having them sing and play for us.

We will continue to offer karaoke with Star Maker, the first Saturday of every month.

Thank you to everyone that continues to attend the various events we have.

A huge shout out to Bill Feasenmyer for all the hard work he put in cleaning out the shed and walk in. It looks amazing! We sincerely appreciate you, and the support you always give Topside.

Y'all come on up and see us, have a great meal, and enjoy some fantastic company!

If you haven't already, text AL284 to 78859, to be signed up for our text messages. We will send out the specials, and reminders for meetings and events.

We will 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.



POLICE • COMMUNITY PARTNERSHIPS

The Colonial Heights Police Department
is a proud sponsor of

2025 National Night Out

Neighborhood Cookout

American Legion

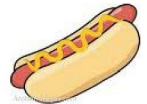
505 Springdale Ave

on

Tuesday

August 5, 2025

5:00 p.m. until 8:00 p.m.



- ❖ Hot dogs and beverages will be provided by the American Legion.
- ❖ Join us for a delicious meal and an evening out with your neighbors.
- ❖ If you need additional information or want to help with planning and/or set up, please contact Kevin Jones at 804-721-6405.

Hosted by

The American Legion Post and Squadron 284



Rain date

Rain date is Thursday, August 7, 2025

Contact Emergency Communication Center at 520-9300,
Officer Barnhouse at 520-9318, Colonial Heights Police
Department Facebook page or check city website at
www.colonialheightsva.gov for status of the event.



Post 284 Events Calendar

August 2025

- 2** Karaoke at Topside, 8 p.m.
- 4** Back to School “Hype Night,” Shepherd Stadium, 6-9:30 p.m. (Volunteers needed)
- 5** National Night Out, 5-8 p.m. (Rain date Aug. 7)
Southern Virginia American Legion Riders Post 284 Meeting, 6:30 p.m.
- 7** Commander’s Leadership Meeting, 6 p.m.
- 9** Post Cleanup, 8 a.m.-noon
- 13** Auxiliary Unit 284 Meeting
6 p.m. — Executive Board Meeting
6:30 p.m. — Refreshments
7 p.m. — Membership Meeting
- 14** General Membership Meeting
6:15 p.m. — Dinner
7 p.m. — Meeting
- 16** Country Line Dancing with Dancin’ Cat and Star Maker DJ, \$10 admission
5:30 p.m. — Doors open
7:30-10:30 p.m. — Dancin’ Cat Instructing
11 p.m. — Event ends
- 20** SAL Squadron 284 Meeting
6:15 p.m. — Dinner
7 p.m. — Meeting
- 25** Topside Committee Meeting, 6 p.m.
- 28** Post 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.

Dick Cole, Editor, dickcole1853@verizon.net; (804) 796-6250

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

MEMBERSHIP

The Four Attitudes in Membership Conversations

When talking to prospective members or volunteers of the American Legion, people typically respond in one of four ways. Recognizing these attitudes can help us approach conversations more effectively and increase our success.

- **Acceptance**—They're on board! This is the moment we all hope for. This is the easiest attitude, simply close.
- **Indifference**—Apathy or disinterest. They don't see the relevance—yet. This is the most difficult attitude to handle. I'll talk about this next month.
- **Objections**
 - * Due to Perceived Drawback—"I don't have time," or "It costs too much." These are genuine concerns, based on how they currently see the Legion.
 - * Due to a Misunderstanding—"I was only on Active Duty 60 days;" "My days in service are outside of allowed dates;" or "I received a medical discharge."
- **Skepticism**—"I do not believe that;" "Does it really do anything for veterans?" or "I've heard it's not active anymore." This isn't rejection, it's doubt. They need proof.

In this article, let's focus on Acceptance—the attitude we all love to hear.

When someone responds with interest or enthusiasm, don't delay—close! This is your green light. Hand them the application, ask what events they'd enjoy helping with, or invite them to the next meeting. Many potential members never take the next step simply because no one asked. Your job is to make it easy and timely.

Next month, we'll tackle how to respond to indifference – the most difficult attitude to handle. and how to turn "not now" into "tell me more." Last month I mentioned starting a PT/PE program to help recruit new (and younger) members. This is in place and currently on Saturday morning at 7 a.m. (0700 for military minds). And Wednesday at 6 p.m. (1800 for you too). Come join me for a walk/run. Meet at the Post. Wear a yellow shirt, I want us to be seen. I'd like to see some other members take the lead and help mix it up. Contact me via email at bret@bordwell.com.

Maverick

Membership Chairman

 **BE THE ONE** 



SAL NEWS



As we swelter through these dog days of summer, let's not forget the service and sacrifice to the nation of the men and women – 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 August meeting will be on Wednesday, August 20, 2025 with supper at 6:15 p.m. and the meeting at 7:00 p.m.

One mention on something I overlooked for the July *News and Views*: several Sons served at Boys State (Rick Oertel, Linwood Moore, Kevin Chaplin, Luke Wheeler), Bill Feasenmyer ran the Youth Cadet Law Enforcement Academy, and several Sons participated in the Riders' Virginia Legacy Run back in June, So the Sons and Post 284 were represented well at all these events.

We put flags out on July 4. Many thanks to those who either put out flags and/or picked up flags – Linwood Moore, Jim Rovinski, Jeff Lee, Kevin Jones, George Dimirack, Carl Brandt, and Mike Nauseff.

We want to thank all those who participated in and attended the 4th of July Picnic. What a blast and it was the biggest and best yet! A big thank you to all who volunteered and helped out with the picnic. Special thanks to Linwood Moore for bringing his grill and cooking, Carl Brandt and Jeff Lee for cooking, and Kevin Chaplin and Kevin Jones for their help with membership renewals.

Thanks to the Topside gals for jumping in and helping us with the food preparation. Thanks to Bob Emerick, Robin Lee and Rita Feasenmyer for their efforts decorating the hall and Robin for her work on the cake walk and children's games. Thanks to Brad Harter, Harold Gresham, Jim Rovinski, Bill Feasenmyer, Lynne Norton, Tim Capps and Elizabeth Capps for all the hard work in the kitchen and with serving the food.



Squadron 284 Commander R. Kevin Jones, right, presented the Detachment Americanism Award to Immediate Past Commander Jim Rovinski at the July 16 meeting. Jones accepted the award on behalf of the squadron at the Detachment Convention, July 9-13. (Photo by Dick Cole)

Thanks to Mary Farnsworth and Rose Moore for their efforts with membership for the Auxiliary and Riders respectively. We had 74 Sons renewals and three transfers at the picnic which is a decent start on membership for the new Legion year - 36% of our anticipated 2026 goal of around 205.

As of this writing, I think we still have 10 pounds of coleslaw leftover and I may have earned a new nickname. A huge shout out to Commander La Monte Thomas, First Vice Commander Tim Capps, and Auxiliary Unit 284 President Rita Feasenmyer for their outstanding efforts to make the picnic a huge success.

Several of us attended the Department Convention in Northern Virginia in July and had a great time. Squadron 284 won the Americanism Award for 2024 – 2025 and a National Four Pillars Award. Congratulations to our squadron and Immediate Past Squadron Commander Jim Rovinski for all his hard work last year. Jeff Lee won District and Department Son of the Year! Past Detachment Commander Kevin Chap-

lin was elected Detachment Adjutant, Jeff Lee will continue to serve as Detachment NEC and Detachment Legislative Chairman, and Linwood Moore will continue to serve as Detachment Membership Chairman.

Dual Members did one heck of a job on the Legion side of things – Jim Rovinski won the Department Americanism award, Jerry Chenault won the Department Children & Youth Award, Tony Reagan won 11th District and Eastern Region Legionnaire of the Year, Dick Cole won 2nd place for the digital Post history, Bill Feasenmyer was elected Alternate National Executive Committeeman and will continue serving as Department Treasurer, and Rick Oertel's resolution was passed unanimously by Department to serve as National Vice Commander in the near future. It would be an understatement to say that Post 284 and Squadron 284 were very well represented and shined at this year's Convention.

Early Bird Special for your 2026 dues is now in effect. **Take advantage of the Early Bird Special and pay your 2026 Sons dues now for \$25 (goes to \$30 after September 1, 2025).** Encourage your fellow Sons to renew now and always be looking for opportunities to recruit new Sons.

Three ways to help support Post 284: 1) Bingo – severely needs your help and bingo is the primary source of income for the Post; 2) Country Line Dancing every third Saturday night – volunteer to help or just come and have a good time; and 3) support our social quarters, Topside, by visiting and getting something to eat or have a beer.

Upcoming events are Back-to-School Hype Night on August 4, 2025 at Shepherd Stadium from 6:00 p.m. to 10:00 p.m. with school supplies, games and glow fun and National Night Out at Post 284 on August 5, 2025 from 5:00 p.m. to 8:00 p.m. in conjunction with the Colonial Heights Police Department. The Sons will be cooking and serving hot dogs to the community. Remember Country Line Dancing is



Squadron Commander R. Kevin Jones, right, also presented the National Sons of the American Legion certificate to Immediate Past Commander Jim Rovinski, naming Squadron 284 a Four Pillars Squadron. (Photo by Dick Coie)

August 16, 2025 from 5:30 p.m. to 10:30 p.m. Flyers for these events are enclosed in this edition of *News and Views*.

We will be putting flags out again on Labor Day, September 1, 2025.

It has been a blast working with everyone so far, yes early, in the Legion year and especially Commander La Monte Thomas (Legion), Vice Commanders Tim Capps and Brad Harter (Legion), President Rita Feasenmyer (Auxiliary) and Director Phil Vaughan (Riders). What a great group! What a bunch of hard workers. See ya'll at our Sons and Legion events, around the Post, or at the end the bar (elevator side) in Topside.

Kevin Jones

Commander, Squadron 284



VIRGINIA

FUN Run

Springfield to South Boston!



Virginia American Legion Riders

Invites you to

Ride to the Ride!!

16 August 2025 - KSU 8am

ALL RIDERS SAFETY BRIEF/Dinner Friday Night - 15 August 6pm

Last day to register 09 August 2025

Host: American Legion Post 176

6520 Amherst Ave Springfield, Va 22150

Lunch provided by Elks Lodge #389

389 Elk Drive Charlottesville, Va

Riding a motorcycle from Springfield, VA, to South Boston, VA,
offers a chance to experience some of Virginia's most scenic routes.

Driving distance is about 200 miles.

**Largest group ride ever to the
National Legacy Run
KSU location.**

Virginia hospitality on display.



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; Athletics; ROTC/JROTC/Oratorical; and Buildings and Grounds. The long-time chairpersons of these committees all wish to step down.



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, or call (804) 796-6250.

Share your memories with your fellow Legionnaires!!

American Legion Post 284

BLOOD DRIVE

August 26, 1-6 p.m.

SOMEONE, SOMEWHERE, NEEDS YOUR
BLOOD. DONATE TODAY.

VISIT REDCROSSBLOOD.ORG/AUGUST



Back to School HYPE NIGHT

Monday August 4th

6pm-9:30pm (schedule below)

Shepherd Stadium - Residents Only

FREE ENTRY | FOOD | DRINKS | FUN | GAMES

6-7pm - School Supplies, Food, Vendors

7-9pm - Games & Activities

9-9:30pm - Lights Out (Glow Fun)

Must Pre-register for school supplies on Recreation Website

www.colonialheightsva.gov/1017/Recreation-Parks

Limited supplies available

Made with PosterMyWall.com

COUNTRY LINE DANCING NIGHT

JOIN THE DANCE PARTY!



**DANCE TO STAR
MAKER**



**LESSONS
FROM DANCIN'
CAT!**



**AGES 15 AND
OLDER
WELCOME**

ADMISSION \$10 PER PERSON

FOOD AND DRINK AVAILABLE FOR PURCHASE

7-10:30 p.m., Doors open
at 5:30 p.m.

505 Springdale Avenue,
Colonial Heights, VA 23834

 **AMERICAN
LEGION**

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

