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Past Department Commander and current Department Finance Officer William S. "Bill" Feasenmyer, Jr., at left in the white cap, installed the Post officers for the 2025-2026 Legion year at the general membership meeting, June 12, as outgoing Judge Advocate Adrian C. "Skip" Klaas, seated, looks on. The new officers, facing Feasenmyer, include (l. to r.): Bret Bordwell, Membership Chairman; La Monte Thomas, Sr., Post Commander; Tim Capps, 1st Vice Commander; Bradley Harter, 3rd Vice Commander; William H. Gibson III, Chaplain; Harold Gresham, Sergeant-at-Arms; Kevin Jones, Finance Officer; and Robert G. Emerick, Sergeant-at-Arms. (Photo by Dick Cole)

New Post officers for 2025-2026 installed at June meeting

By Dick Cole
Editor

Lamonte Thomas assumed command of Colonial Heights Post 284 at the general membership meeting, June 12. Installing Thomas and the other Post officers for the new Legion year was Past Department Commander and Cur-

rent Department Finance Officer William S. "Bill" Feasenmyer, Jr.

Feasenmyer will also serve as a Post officer, assuming the position of Adjutant from Richard C. "Rick" Oertel who had served for more than 20 years in the position.

The officers for the 2025-2026 Legion year include:

(cont'd on p. 3)



POST OFFICERS

Commander

Lamonte 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

Vacant

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

Phil Vaughan, Director
(804) 241-1277

Auxiliary Unit 284

Rita Feasenmyer, President
(804) 337-0905

Post Phone and Webpage

(804) 526-4167

<https://alpost284va.org>

FROM THE COMMANDER



Dear members, veterans, and friends:
It is my distinct honor and privilege to welcome you to our American Legion Post. My name is Lamonte Thomas, Sr., and I proudly serve as your Post Commander.

I bring with me 25 years of military service in the United States Army. I have been a proud member of Post 284 for over a decade and have served as Membership Chairman for the past three years. I've also had the honor of serving as both Second and Third Vice Commander.

I am blessed to share this journey with my wife, the lovely Bridget Thomas, who is also a dedicated Legionnaire of Post 284. Together, we have five children and seven wonderful grandchildren. With many years of service and community involvement behind me, I consider this leadership role not only a responsibility but a true calling.

Our Post stands on the enduring values of service, camaraderie, and commitment—to our veterans, their families, and the community we proudly serve. Whether you are a longtime member or stepping through our doors for the first time, you are part of something greater—a family united in honoring those who have served and strengthening the bonds between us all.

Together, we will uphold the mission of The American Legion: advocating for veterans, supporting youth programs, honoring patriotism, and giving back to our local community. Your involvement and your voice matter. I encourage you to take an active role in helping our Post grow, thrive, and lead with pride.

Thank you for your service, your dedication, and your continued support of our Legion family. I look forward to serving alongside each of you and building a stronger future—together.

For God and Country,

Lamonte Thomas

Officer Installation (cont'd from p.1)

- Lamonte Thomas, Post Commander;
- Tim Capps, 1st Vice Commander;
- Bradley Harter, 3rd Vice Commander
- William S. "Bill" Feasenmyer, Jr., Adjutant;
- William H. Gibson III, Chaplain;
- Kevin Jones, Finance Officer;
- Eric L. Wagner, Judge Advocate;
- Lora Adkins, Veteran Service Officer;
- Bret Bordwell, Membership Officer;
- Richard M. "Dick" Cole, Historian;
- William Shill, Athletic Officer;
- Robert G. Emerick, Sergeant-at-Arms;
- Harold Gresham, Sergeant-at-Arms

The positions of Public Relations Officer and 2nd Vice Commander were vacant as of the installation of the new officers.

Outgoing Post Commander Tonya Meunier expressed her thanks and appreciation to each of the Post officers who served during her year as commander. She was pinned with her Past Post Commander's lapel pin by her eight-year-old grandson, and Sons of the American Legion Squadron 284 Sergeant-at-Arms, Luke Wheeler.

LaMonte Thomas was pinned with his Post Commander lapel pin by his wife, Bridget.

Also sworn in were the members of the executive committee,



Top: Immediate Past Post Commander Tonya L. Meunier receives her Past Post Commander lapel pin from her eight-year-old grandson, and Sons of the American Legion Squadron 284 Sergeant-at-Arms, Luke Wheeler. Above: Incoming Post Commander Lamonte Thomas, Sr., is pinned with his Post Commander lapel pin by his wife, Bridget. (Photos by Dick Cole)

which included Mari Althouse, Kenneth Baricuatro, Gregory Bergeret, David Breidenbach, Jeff Constantine, Gilbert "Gill" Hawk, Scott Hurley, Ronald Perkins, Anthony J. "Tony"

Reagan, Richard Milton, James Rovinski, Steve Simonsen, John Rios and Tom Yench.





FROM THE POST CHAPLAIN

Rev. William H. Gibson III

“... by the Grace and Mercy of God, The United States of America has prevailed.”

I would like to share with you all the words of John Adams, as he wrote to his wife, that we all can cling to for our challenges of today and tomorrow and remember where it all started.

On July 3, 1776, following the signing of the Declaration of Independence, John Adams wrote to his wife, reflecting of what he had shared in Congress concerning the importance of that day:

The second day of July 1776 will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever. You will think me transported with enthusiasm, but I am not. I am not. I am well aware of the toil and blood and treasure that it will cost to maintain this Declaration and support and defend these States. Yet through all the gloom I can see the rays of ravishing light and glory. I can see that the end is worth more than all the means; that posterity will triumph in that day's transaction, even though we (may regret) it, which I trust in God we shall not.”

Through the 249 years since that Declaration, there most certainly has been bloodshed and toil to preserve our independence and liberties. We have faced many challenges from foes, both here and abroad, and still do. But, by the grace and mercy of God, The United States of America has prevailed. From that first declaration, through the Constitution and Bill of Rights we still stand strong in the world for freedom and democracy.

It hasn't been, and still is not perfect, but there is no other country as close to the values of liberty and freedom of its people as the U.S.A. Was this accomplished for personal gain and self gratification? Most

certainly not! But, it has been through the Blessing of God upon our actions.

Within the American Legion, we still affirm where our allegiance lay when we state our Preamble to the Constitution of the American Legion, beginning with: “For God and Country.” When we forget, or do not follow those words we find ourselves in trouble. When we strive for self-gain, and not for our “Four Pillars,” we are and will be unsuccessful.

Obviously, we all should take a step back and seriously examine why we are here; what it is that we truly want to aspire to. Are we here to help ourselves, or with Gods sanctifications, together help others? Personally, I truly believe that the vast majority of us do, and it will be with our unified voice that we can get back to that glory that we once had. But, it must be without the human evils that can creep in.

So, not just as a Chaplain, but as a citizen and veteran, I ask each of you to look into yourselves and ask, “What is my ‘Why’?” Are you here for “God and Country,” helping others, to “Be the One,” and to help maintain our freedoms and democracy – OR is there another reason more about “self?” We can get away from the gloom and again “see the rays of ravishing light and glory,” as John Adams once foresaw. All we have to do is to put others before self, put God first, and to truly love our neighbors.

I wish all of you God's blessings with a safe and glorious Independence Day, and to not forget what *can be*.

As it says in James 1:25 “But he who looks into the perfect law of liberty and continues in it and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.” May God Bless America!

Let's Celebrate



**POST 284
4TH OF JULY
PICNIC**

Join us for the
ANNUAL POST 284 FAMILY PICNIC
**** VOLUNTEERS**** Please arrive by 10:30
Doors Open at 11:30 Lunch 12:00

**COLLECTING
FOOD DONATIONS**

for



Basic, non-perishable items—canned vegetables, soups, and fruits; canned pasta and marinara or spaghetti sauce; boxed pasta, cereal, oatmeal, potatoes; grains such as rice; peanut butter, jelly; and condiments. Baby food and formula are accepted.

**RENEW YOUR 2026 MEMBERSHIP.
FOOD, BEVERAGES, PRIZES & FUN**

**This Event is Open to Post 284 Members
and their immediate family ONLY.**



The Post conducted a Dignified Flag Disposal Ceremony on Flag Day, June 14, at the Post. New Post Commander Lamonte Thomas, Sr., presided over the ceremony. (Photo by Dick Cole)

Post holds flag destruction ceremony on Flag Day

By Dick Cole
Editor

Post 284 conducted its annual dignified flag disposal ceremony on Flag Day, Saturday, June 14. This year, the Post was assisted by a cub scout from Pack 150.

The Post conducts these ceremonies as needed to retire and dispose of flags that are tattered and worn and have been left in the Post's drop box for dignified disposal. At least one of the ceremonies is always conducted on Flag Day, June 14.

The ceremony calls for the participation of the Post Commander, 1st Vice Commander, 2nd Vice Commander, and chaplain. During this year's event, new Post Commander Lamonte Thomas, Sr., presided

over the ceremony. First Vice Commander Tim Capps participated in the ceremony, and, with no 2nd Vice Commander and 3rd Vice Commander Brad Harter participating in the Honor Guard for the event, so, Finance Officer Kevin Jones acted as 2nd Vice Commander for the event.

The Post Honor Guard, with assistance from a Pack 150 Cub Scout, provided the flags for inspection by the 2nd Vice Commander, 1st Vice Commander and Post Commander. Following the examination of the flags by the vice commanders and the Post Commander, the Honor Guard took the flags to the fire pit for destruction. Honor Guard Captain Bob Emerick soaked the flags in fuel and the flags were set afire.



Prior to the beginning of the ceremony, the flags were examined by Post 1st Vice Commander Tim Capps, Honor Guard member and Post 3rd Vice Commander Brad Harter, and other Honor Guard members. Checking out the flags are (l. to r.): Chaplain William H. Gibson III, 1st Vice Commander Tim Capps, a Pack 150 Cub Scout, Honor Guard member and 3rd Vice Commander Brad Harter, and Honor Guard member and Post Sergeant-at-Arms Harold Gresham. (Photo by Dick Cole)



Above: The Honor Guard takes their positions at the burn pit. Right: Chaplain William H. Gibson III, left, and Post Commander Lamonte Thomas, Sr., begin the ceremony. (Photos by Dick Cole)





For the eighth consecutive year, Southern Virginia American Legion Riders from Post 284 participated in the Virginia Legacy Run. This year's event occurred June 19-22, in Natural Bridge, Va. Here the riders pose for a photo before departing the Post on June 19 for Natural Bridge. Twelve bikes and 15 riders participated in this year's event. (Photo by Tim Farley)

Virginia Legacy Run Raises Money Again for Veterans and Children Foundation **Annual fundraising ride explores** **Blue Ridge and has surprise ending**

By Dick Cole
 Editor

The weather was hot and the roads were twisty for this year's Virginia Legacy Run, held at Natural Bridge, Va., June 19-21. This year's event was the eighth time riders have gathered to raise money by riding their motorcycles.

Riders from all over Virginia converged on Natural Bridge and rode scenic byways across the Blue Ridge mountains in Virginia and West Virginia over two days to raise money for The American Legion Veterans and Children Foundation. The historic Natural Bridge Hotel served as the headquarters for the ride activities.

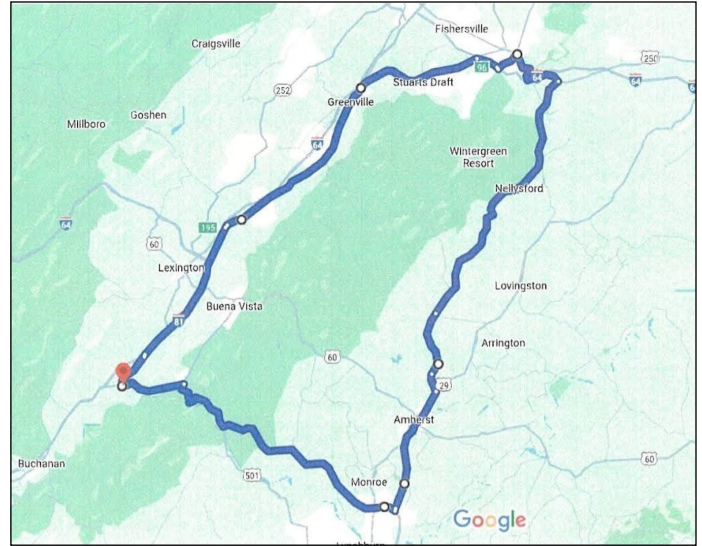
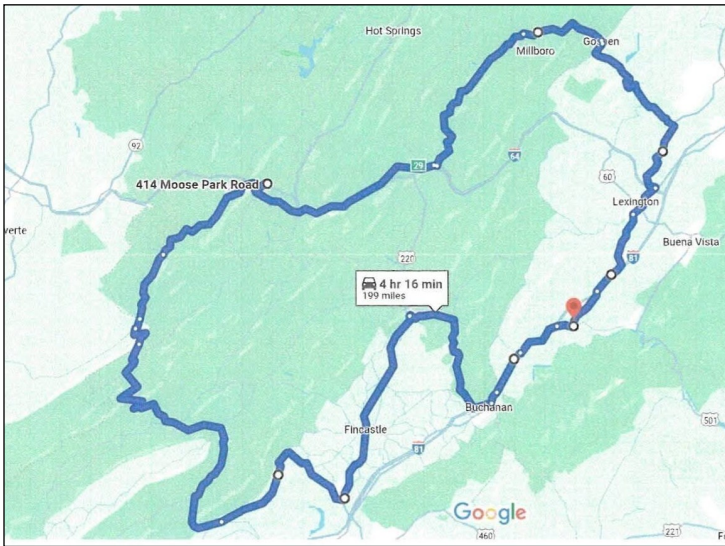
Seventeen SVALR members represented Post 284 during this year's run. All of the Post's participants were assigned to F Flight, and Sammy Granderson served as road captain for the group. Assistant road captain was Past SVALR Director Randy Grenier and

tail gunner for the group was Past SVALR Director Brad Harter.

The first day's ride lasted a little over four hours and covered nearly 200 miles of curvy road with hairpin turns, and switchbacks—every rider's dream. It went through the Blue Ridge mountains of western Virginia and into West Virginia a couple of times during the ride. Although it was quite warm, the roads were frequently covered in shade by tall trees, which made for a pleasant ride.

The riders departed the Natural Bridge Hotel riding first to a cemetery in Buchanan for a wreath laying ceremony. They then proceeded to a rest stop in a funeral home parking lot and then on to lunch at Moose Lodge 610 in Covington. After lunch and more twisty roads, the riders stopped for fuel at a Love's Truck Stop in Covington. Then it was back to the Natural Bridge Hotel for a dinner provided by Mission BBQ.

The Saturday ride went first to a park and ride lot



Above Left: The ride on Friday, June 20, started at the Natural Bridge Hotel (red marker) and covered nearly 200 miles of curvy, hairpin, and switchback roads in Virginia and West Virginia. The ride lasted nearly four and one-half hours. Above Right: The ride on Saturday began again at the Natural Bridge Hotel, but did not last as long and covered only 141 miles. (Courtesy Virginia Legacy Run)

in Waynesboro for a rest stop, then on to lunch at Devil's Backbone Base Camp in Roseland. There was another rest stop after lunch at a Food Lion supermarket in Madison Heights. Then the bikers returned to the Natural Bridge Hotel. Dinner on Saturday evening was provided by Siler Trucking, which also provided a chase vehicle for the riders in case any of them ran into mechanical difficulty.

There was also video and still photography accomplished of this year's ride by a drone operated by Steve Stover and LSS Drone Photography. He even managed to put the drone in follow mode where it was able to follow the bike formation and capture some dramatic video of the long line of bikes making their way through the mountains. Some have been posted to the Virginia Legacy Run Facebook page and more have been promised.

The big surprise that ended the ride on Saturday was the wedding of SVALR Post 284 member and Department ALR Director Randy Gunn and Liz Alley by Department ALR Chaplain Mark Grapin in front of the Natural Bridge Hotel. They had succeeded in keeping the whole event secret throughout the Legacy Run schedule.

Besides Granderson, Grenier, and Harter, other SVALR participants included: Steve Burke; SVALR Treasurer Richard Milton; SVALR Historian Dick Cole; SVALR Sergeant-at-Arms Ernie Nichols; SVALR Director Phil Vaughan; SVALR Adjutant Sharron Vaughan; James Bolton; Robyn Bolton; Im-



The bikes during the Friday ride. (Photo by Sharron Vaughan)

mediate Past SVALR Director Tim Capps; Harold Gresham; Lester Brewer; Michelle Brewer and Steve Bates and his wife Gwen.



NEWS FROM THE AUXILIARY

As we embrace a new auxiliary year, it has begun just as busy as it ended. Before diving into details, I would like to congratulate Robin Lee on her successful year as President. While numerous challenges presented themselves to her and her family, she managed them with grace, kindness and did not waiver from her presidential responsibilities. For that Robin, we all thank you for a job WELL DONE!

Having the honor of attending the annual dignified flag disposal ceremony on Flag Day, it reemphasizes the meaning of our stars and stripes as the flags were respectfully disposed of during a reverent ceremony. As a member of an organization which epitomizes patriotism and service to country, being a member also encompasses and solidifies the reasons we exist and should not waiver from justice, freedom, democracy and loyalty to our country.

By the time you are reading this, the fundraising for Auxiliary National President Candidate has officially begun. Our Facebook page announced the winners of the reverse raffle! A sincere thank you to everyone that supported the event. Having a National President from Unit 284 is an honor which shines a spotlight on the Post and the Department of Virginia at a national level.

Events on the horizon are the annual July 4 Celebration at the Post which is open to Post 284 members and their immediate family. PLEASE be prepared to pay your 2026 dues at this time. This will allow each entity to curtail expenses by sending out renewal notices for the upcoming year. Unit 284 offers a discount on the \$50.00 dues and paying by **July 4**, the rate is discounted to **\$45**. Cannot make it to the event? No problem. You can place a check in one of the membership boxes located at the Post. Make the check payable to ALA Unit 284 and please have your member number on the envelope. You can



Unit 284 welcomed this years scholarship recipients and their families for the scholarship presentations at the June meeting. Scholarship recipient Madison Mingloski, second from left, and Senior Academic Scholarship recipient Kendall Wells, second from right, pose with Education chair Rita Feasenmyer, and Unit President Robin Lee.

also mail to: Membership, 206 Comstock Dr., Colonial Heights, Va. 23834.

Many will be attending the Department Convention July 10-14, in Dulles. It is here that we recognize the accomplishments of the past year.

Our next event is National Night Out, Tuesday, August 5, in conjunction with the City of Colonial Heights. Please plan to stop by and welcome the neighbors. This is one of the great opportunities to educate the community about what we do and why we exist.

In closing, I am looking forward to collaborating with Post Commander Lamonte Thomas, Sons of the American Legion Squadron 284 Commander Kevin Jones, SVALR Director Phil Vaughan and all the members of one of the premier Posts in the State of Virginia, POST 284!

Rita Feasenmyer

Unit 284 President



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)

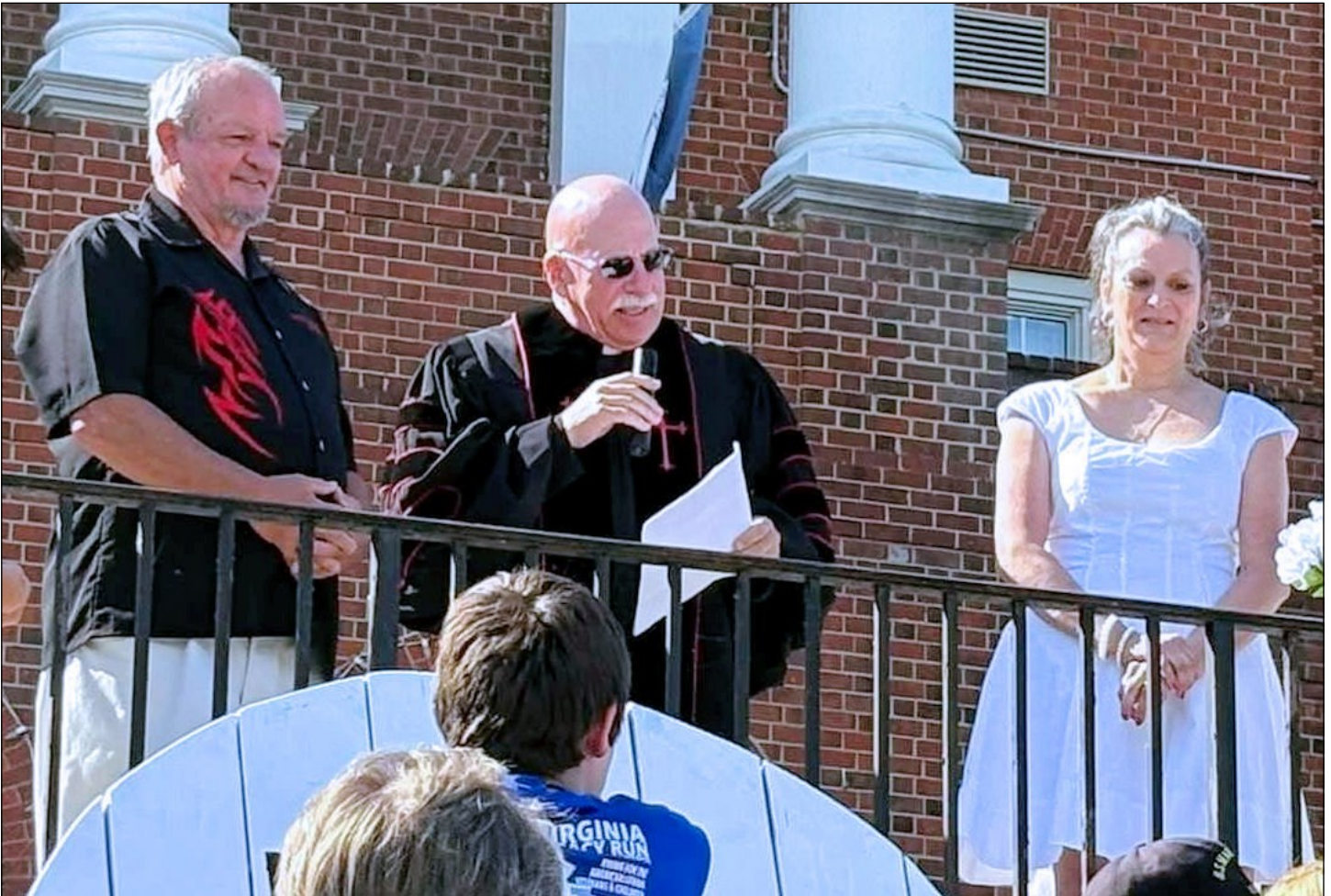
Must Pre-register for school supplies on Recreation Website

www.colonialheightsva.gov/1017/Recreation-Parks

Limited supplies available

Made with PosterMyWall.com

Southern Virginia American Legion Riders



Congratulations to SVALR member and Department ALR Director Randy Gunn, left, and Liz Alley, right, who were married on Saturday, June 21, at the conclusion of the Virginia Legacy Run. Department ALR Chaplain Mark Grapin officiated over the ceremony. The wedding was the day after Gunn's birthday. (Photo courtesy of Liz Alley)

Well even though the weather has been unpredictable, the SVALR still stayed very busy over the last month and we are gearing up for a busy summer and fall.

Last month, SVALR participated in Law and Order Night at the Post and ended May by participating in the Memorial Day celebration that was held at the Post in the Bingo Hall this year. I want to thank all who were able to attend and help.

Thursday, June 12, SVALR members, had the honor to attend, give a final salute and be pall bearers for Korean War Veteran, Gerald Visser. His grand-

daughter, Ashley, works at Colonial Harley and when the request came in, our group was happy to step up.

On Saturday, June 14, a group of seven riders attended the installation of the newest ALR chapter in the Department of Virginia. Post 110 was installed on a beautiful but hot Saturday. We had the privilege, as we always do with new startups, to give them a start up donation at the event that was held at Munden Point Park in Virginia Beach. Later we stopped at Redhead Bay Café for an amazing lunch before heading home.

As you read in this issue of *News and Views*, we

were excited to participate in the Virginia Legacy Run again this year. We're eager to learn how much money was raised during this year's ride to support the American Legion Veterans and Children Foundation. Congrats, too, from SVALR to Liz Alley and Randy "BB" Gunn on their wedding at the end of the Legacy Run this year!

September 13 is our Fourth Annual Fish Fry. It is our second major fundraiser for the year. Please plan to join us on September 13 in the Bingo Hall. We always have GREAT food and TONS of fun. More details to come and be on the lookout for our flyers with all those details.

A quick reminder to all riders, our monthly meeting is the first Tuesday of every month. Hope to see you all on July 1st at 6:30pm.

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

Phil Vaughan

Director, SVALR

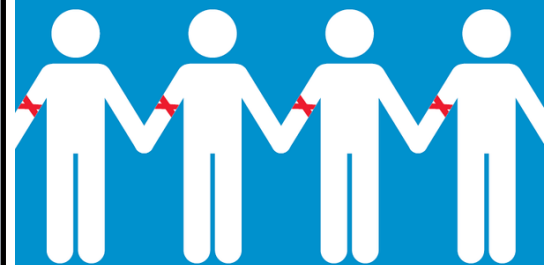
Right: Thanks to Sammy Granderson for serving as road captain for F Flight containing SVALR members during the 2025 Virginia Legacy Run. (Photo courtesy Sammy Granderson)



Congrats and Thanks!

Richard C. "Rick" Oertel was recognized at the June 12 membership meeting for his 20 years of service as Post Adjutant by outgoing Post Commander Tonya L. Meunier. His wife, Sue, was also presented a bouquet as thanks for loaning him to the Post for so long! (Photo by Dick Cole)

**Give blood like
lives depend on it.**



**American
Red Cross**

Next Drive: Tuesday, August 26, 1-6 p.m.

TOPSIDE SCUTTLEBUTT

Lounge



We have had another excellent month here at Topside! We had the Constantines up here with their Trio, "100 Years From Now." If you haven't taken the opportunity to hear them play and sing, you are truly missing out! They never disappoint and they sure did draw a crowd this time. Word has gotten out that they are *awesome*, and there wasn't an empty seat in the house. Great job gentlemen. We cannot wait to have you back.

In other exciting news, we are planning a "date night" for July 26. On the menu are steak tips, green beans, mashed potatoes and gravy, a roll and, of course, dessert! Tickets will be sold in advance, and they are \$15 per person. In or-

der to help us plan for the correct amount of food we need to prepare, you must purchase your ticket before the 26th. Also, because it is a big undertaking to plan an event like this, we will only offer the date night special that night. Come on out and join us for another great night!

The Topside Team

Topside Lounge

Topside Lounge is open 6 days a week with a full menu.

Hours of operation are as follows:

Sunday 9:00 a.m. until 1:00 p.m.

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.



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 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

July 2025

- 1** Southern Virginia American Legion Riders Post 284 Meeting, 6:30 p.m.
- 3** Commander's Leadership Meeting, 6 p.m.
- 4** Post 284 Independence Day Celebration
11:30 a.m.—Doors open
Noon—Lunch served
- 5** Karaoke at Topside, 8 p.m.
- 8** General Membership Meeting
6:15 p.m. — Dinner
7 p.m. — Meeting
- 9** Auxiliary Unit 284 Meeting
6 p.m. — Executive Board Meeting
6:30 p.m. — Refreshments
7 p.m. — Membership Meeting
- 10-13** Department of Virginia Convention, Hilton Washington Dulles Airport, 13869
Park Center Road, Herndon, VA 20171
- 12** Post Cleanup, 8 a.m.-noon
NO COMMANDER'S COMMUNITY BREAKFAST THIS MONTH!
Walthall Junction Music Festival, 40 & 8 Voiture 1503, 15930 Happy Hill Rd., Co-
lonial Heights, noon-5:30 p.m.
- 16** SAL Squadron 284 Meeting
6:15 p.m. — Dinner
7 p.m. — Meeting
- 19** 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
- 28** Topside Committee Meeting, 6 p.m.
- 31** 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 news-
letter 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

I am honored to return as your Membership Chairman for the upcoming year, having previously served in this role from 2018 to 2020.

During that time, we achieved something special—100 percent of our membership goal in 2018, a testament to the commitment of our members and the strength of our Post.

My decision to step away was driven by the need to care for my great-grandchildren during the difficult period of COVID-19. Today I am still caring for them. They are now 10 years old. I've never lost sight of the importance of growing and sustaining our membership, and I'm ready to lead those efforts once again.

As a former Marine Corps recruiter, I understand the challenges and strategies of recruitment and retention. I plan to put that experience back to work to help rebuild our numbers and re-engage lapsed or inactive members. Our Post once stood strong with over 1,000 members—together, we can reach that milestone again. In fact, I'm confident we will surpass our 100 percent membership goal this year.

I want to start by introducing a new physical training and personal enrichment (PT/PE) initiative tailored to younger veterans. This program is designed to energize the Post and appeal to a new generation of Legionnaires by offering activities and

community connections that reflect their interests. More information on this will follow.

Lastly, I'd like to clear up a small misconception about our use of "Wooden Nickels." These nickels are not a sign-up prize or a gimmick. They're meant to be freely given as a welcoming token—something to hand to a potential member, an invitation to come visit the Post, share a story, and find out what we're about. It's also a great conversation starter for current members looking to make a connection in the community.

For those who may not know me personally, I go by **Bret "Maverick" Bordwell**—a nickname that makes it easy to remember. Feel free to call me Maverick anytime you see me around the Post or out in the community. I'm always happy to talk about membership, share ideas, or just connect over a good story.

We have a lot of great things ahead. Let's build on our proud legacy and bring new energy into our ranks.

Semper Fi,

Maverick

Membership Chairman



BE THE ONE



SAL NEWS



As we start a new Legion year, let's not forget the service and sacrifice to the nation of the men from whom we are male descendants which allows us to be part of the Sons of the American Legion. I want to thank you for your confidence and trust in electing me your Commander for this year (we all know that's garbage – no one else wanted to do it). We look forward to working with and supporting our Legion Family and their leadership this year - Legion, Auxiliary and Riders. As we go about our work serving veterans, serving our community and serving our Post. Most importantly, **LET'S HAVE FUN!!!**

We put flags out on Flag Day, June 14. We want to thank all those who participated in and attended the Flag Day Ceremony here at the Post that same day. I appreciate everyone's efforts.

Post July 4th Celebration – Volunteers need to be at the Post by 10:30 a.m. Doors open at 11:30 a.m., and lunch will be served at noon. Linwood will have his grill set up and we'll be cooking hamburgers and hotdogs as we traditionally do. The flyer for this event is included in this edition of *News and Views*.

We will have membership tables set up for all the

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

Three specific areas where you can support our Post this year and your efforts or patronage is greatly needed and appreciated: 1) Bingo – can always use more volunteers 2) Country Line Dance – every third Saturday and 3) Topside - get something to eat or have a beer and support your club.

We'll be putting flags out again on July 4, and encourage you to proudly flag your flag at your home, work, and places of recreation and enjoyment.

National Night Out 2025 is Tuesday, August 5, 2025 from 5 p.m. to 8 p.m. at the Post. Sons will be cooking and serving hotdogs, chips and water to the community in conjunction with the Colonial Heights Police Department. A flyer is enclosed in this edition of *News and Views*.

We look forward to a great year with a great group of men and seeing ya'll at all our Sons and Legion events and around the Post.

Kevin Jones

Commander, Squadron 284



COLONIAL HEIGHTS POST 284 BUCCANEERS

BASEBALL SCHEDULE

JUN 17 POST 201 POWHATAN DIRT SOX
JUN 19 POST 125 LAKESIDE
JUL 6 DOUBLEHEADER AGAINST CHESAPEAKE
POST 280 SEALS
JUL 8 POST 149 DINWIDDIE
JUL 10 POST 125 WEST END

ALL GAMES PLAYED AT COLONIAL
HEIGHTS SHEPHERD STADIUM. ADULT
SEATS \$5; YOUTH SEATS (12-17) \$3;
SEASON TICKETS AVAILABLE FOR \$20.



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!

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 longtime chairmen of these committees all wish to step down.



Veterans, Gold Star Families get free lifetime pass to national parks, wildlife refuges, other public lands

Pass provides free lifetime access and waived recreation fees for Veterans

On Veterans Day 2022, the National Park Service unveiled a lifetime pass providing free entrance to national parks for Veterans and their families. The Inter-agency Military Lifetime Pass waives entrance fees for the National Park Service and the U.S. Fish and Wildlife Service, and standard amenity recreation fees for the Bureau of Land Management, Bureau of Reclamation, U.S. Forest Service and U.S. Army Corps of Engineers sites for current military service members and their dependents, Veterans and Gold Star Families.

Veterans and their families have free access to approximately 2,000 public locations spread out across more than 400 million acres of public lands, which host activities to fit any lifestyle—from serene to

high octane, including hiking, fishing, paddling, biking, hunting, stargazing, camping, and much more.

The Military Pass has been expanded to include a pass that does not expire for Veterans and Gold Star Family members. The National Defense Authorization Act of 2022 authorized a free lifetime pass to national parks and other federal recreational lands for eligible Veterans and Gold Star Families. In recent years, they were able to receive annual passes.

Are you eligible?

For purposes of this program, a Veteran is identified as an individual who has served in the United States Armed Forces, including the National Guard and Reserve, and is able to present one of the following forms of valid (unexpired) identification:

- Department of Defense Identification Card

- Veteran Health Identification Card (VHIC)
- Veteran ID Card
- Veterans designation on a state-issued U.S. driver's license or identification card

Gold Star Families are next of kin of a member of the United States Armed Forces who lost his or her life in a "qualifying situation," such as a war, an international terrorist attack, or a military operation outside of the United States while serving with the United States Armed Forces.

The America the Beautiful – the National Parks and Federal Recreational Lands Pass (Interagency Pass) Program

The Interagency Pass Program includes a free annual pass for active-duty members of the U.S. Military and their dependents. Current Military service members must show a valid (unexpired) Department of Defense ID. Dependents of current service members must show a valid (unexpired) DD Form 1173 AD or DEC.

Other free or discounted passes, including some lifetime passes, are available for persons with permanent disabilities, fourth grade students, volunteers and senior citizens age 62 years or older.

How to get your Interagency Pass

Interagency Passes can be obtained in person while visiting a participating site. Visit [Places to Get Interagency Passes](#) for a searchable list and be sure to contact the site before you go, to make sure they are open and have passes in stock. In addition, Military passes, as well as those for seniors and persons with permanent disabilities, are available online through the [USGS Online Store](#) with an additional processing fee. Existing passes remain valid. You do not need to obtain a new pass if you already have a Lifetime Senior or Access Pass.

For more information about eligibility and passes, visit [Free Entrance to National Parks for Veterans and Gold Star Families \(U.S. National Park Service\) \(nps.gov\)](#).

The participating agencies also offer several fee-free days for everyone throughout the year to mark days of celebration and commemoration. Examples of fee-free days include the birthday of Martin Luther King,

Jr., National Public Lands Day, Veterans Day and the signing of the Great American Outdoors Act.

Fee-free days and fee policies vary among the agencies, so it's best to check the agency website or contact the site you plan to visit in advance of your trip.

If you are interested in applying for a veteran ID card, you can do so [here](#).

A Veteran Health Identification Card (VHIC) is a photo ID card you'll use to check in at your VA health care appointments. Learn how to get a VHIC in person or online—and how to replace a lost or stolen card [here](#).



American Legion Department of Virginia Convention

No Bike Night Poker Run

Friday July 11, 2025

Rally 6:30 p.m.

First Bike out at 7:00 pm



NOTICE: All riders, be aware that the Sheriff's Department will be on full alert for the following traffic violations: 1. Improper use of turn signals 2. Speeding 3. Improper lane changing 4. Drinking & Driving 5. Reckless Walking 6. Rear End Collision

TRAFFIC COURT NOTICE

If you are cited for an traffic violation you will have to appear before the **Honorable Judge Hillyard**. In addition to your Violation Fees, please **REMEMBER** that you will also have Attorney and Court fees.
Drive Safe Out There



All Proceeds go to the Veterans and Children's Foundation

**You can join in and register at
the event
Join the fun.... win prizes...**

Sponsored by The American Legion Riders Department of Virginia

WALTHALL JUNCTION MUSIC FESTIVAL



DRINK
MUSIC



FOOD
ART



SATURDAY

Noon – 5:30 p.m..
Free!!!

12 JULY 2025

15930 Happy Hill Rd.
Colonial Heights, VA

(DONATIONS REQUESTED)



THE GOSPEL MESSENGERS



**100 YEARS
FROM NOW**

Mockinbird



NICK CONSTANTINE



Brought to you by

40 & 8 VETERANS HONOR SOCIETY

FOR MORE INFORMATION CALL (804) 896-1917
FOR ARTS AND CRAFTS VENDORS CALL (804) 837-2756

AMERICAN LEGION POST 284 PRESENTS



COUNTRY

Line Dance

....FEATURING....

DANCIN' CAT + STAR MAKER

MUST BE 15 OR OLDER ADMISSION \$10

DOORS OPEN 5:30 P.M.

DANCIN' CAT TEACHING FROM 7:30-10:30

FOOD AND BEVERAGES AVAILABLE FOR PURCHASE

3d SATURDAY EACH MONTH, 7-11 P.M.

Beginning January 18, 2025

505 SPRINGDALE AVE. COLONIAL HEIGHTS, VA 23834

FOR MORE INFORMATION CALL (804) 526-4167

Made with PosterMyWall.com

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

