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Retired Army Command Sergeant Major Nickea Harris-Scott was the guest speaker at the American Legion Post 284/Veterans of Foreign Wars Post 2239/Colonial Heights Memorial Day commemoration. She stood in for a Fort Lee staff sergeant whose duties kept him from attending. (Photo courtesy WTVR)

Inclement weather forces Memorial Day commemoration indoors again this year

By Dick Cole
Editor

Yet again this year, the Colonial Heights Memorial Day commemoration was moved indoors from the War Memorial to Post 284. Rain throughout the night, Sunday, May 24, into Monday morning, May 25 forced the relocation of the ceremony.

The planned guest speaker for the event, an Army staff sergeant stationed at Fort Lee, was also unable to attend because of his duties during the ongoing Iran action. Standing in was retired Fort Lee garrison Commander Sgt. Maj. Nickea Harris-Scott.

Harris-Scott gave an inspiring speech about the importance of re-

(cont'd on p. 3)



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FROM THE COMMANDER



For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. —1 John 5:4

As the Legion year comes to an end, it was such a pleasure to serve as Commander of Post 284 for the 2025–2026 Legion year. We together as a Post overcame many obstacles and challenges. Together as a Legion family, Post 284 continues to shine brightly.

We started the year off slow in membership, but thanks to the hard work and dedication from Bret "Maverick" Bordwell, we achieved our 100% membership goal. Thanks, Bret!

We also hit a major milestone this year: celebrating 80 years of Post 284 serving this community.

I am so grateful for having such a great team!

First Vice Commander Tim Capps and Second Vice Commander Brad Harter: Thank you for keeping me straight and always being there when I needed you. Together, we accomplished what we set out to do, and that was to make Post 284 the best Post in the 11th District and the Department of Virginia.

A special thank you to Auxiliary President Rita Feasenmeyer, Sons Commander Kevin Jones, and Legion Riders Directors Phil Vaughan and Jon Merrill.

A special thanks to the best mentor and friend, Bill Feasenmeyer. Your guidance and leadership go beyond words of gratitude and thanks. I sincerely appreciate you for all you taught me as a Commander.

I couldn't have done it without the support of my wonderful family. Thanks for stepping in when I needed you, whether it was helping with bingo or just showing your support at events: Veronica and Walter Davis, Shawanna Reynolds, and La Mier Thomas. Behind every good man is an amazing, wonderful wife. First Lady Bridget Thomas, I can't thank you enough for standing behind me, pushing me to do the right thing, and making wise decisions. You are truly a blessing.

As this Legion year draws to a close, our membership is growing stronger than ever. Let's keep that light shining bright! We still need
(cont'd on p.17)



Mayor T. Gregory Kochuba presented VFW Post 2239 Commander Donnie Duncan, left, and VFW Post 284 Commander La Monte Thomas, Sr., right, with a Mayoral Proclamation making May 25 Memorial Day in Colonial Heights. (Photo by Dick Cole)

membering friends and colleagues lost in service of the nation.

Once again, Colonial Heights Mayor T. Gregory Kochuba was in attendance and in addition to welcoming attendees, he and City Clerk Pamela B. Wallace presented VFW Post 2239 Commander Donnie Duncan and VFW Post 284 Commander La Monte Thomas, Sr., with a Mayoral Proclamation making May 25 Memorial Day in Colonial Heights.

Cadets from Huguenot High School Army Junior ROTC again served lunch to attendees at this year's ceremony. The lunch consisted of hamburgers, hot dogs, baked beans, potato salad, cookie and a drink.



Members of Huguenot High School Army Junior ROTC served lunch to the attendees following the ceremony. Lunch consisted of hamburgers, hot dogs, baked beans, potato salad, cookie and a drink. (Photo by Dick Cole)





Virginia State Police Lt. Troy H. Smith and Sons of the American Legion Squadron 284 member Linwood Moore presented Trooper Andrew L.J. Coe, right, the Trooper of the Year award for 2025 at the Post's 19th annual Law and Order Night, Tuesday, May 5. (Photo by Dick Cole)

Post 284 hosts 19th annual Law and Order Night, May 5

By Dick Cole
Editor

For the 19th year, members of the Sons of the American Legion Squadron 284 and members of the Southern Virginia American Legion Riders of Post 284 joined forces to host Law and Order Night at the Post, Tuesday, May 5. Members of the Virginia State Police, Colonial Heights Sheriff's Office, Colonial Heights Police Department, Colonial Heights Fire Department and Emergency Services and Colonial Heights Emergency Communications Center and their family members were honored for their service with dinner at the Post.

Kitchen duties were performed by members of the Sons and SVALR members served the meal and policed and cleaned up after the event.

Sons member Linwood Moore again served as master of ceremonies for the evening, and members of the Colonial Heights city council were in attendance.

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Colonial Heights Councilman Brad E. Slaybaugh addressed those in attendance and gave his thanks for the outstanding service and effort of all Colonial Heights' first responders.

Colonial Heights Sheriff Todd B. Wilson presented the Sheriff of the Year Award for 2025 to Master Deputy Jody Davis.

Police Chief William Anspach presented to Colonial Heights Police Officer of the Year Award for 2025 to Officer Rocky Navarro.

Colonial Heights Emergency Communications Center Manager Ashley Rainey presented the Emergency Communicator of the Year Award for 2025 to Supervisor Tierra Drewey.

Battalion Chief Stephen Hoke stood in for Colonial Heights Fire Chief Steven Gillam and awarded the Firefighter/Paramedic of the Year Award for 2025 to Firefighter/Paramedic David Hickey.

The Virginia Trooper of the Year Award for 2025 went to Trooper Andrew L.J. Coe and was presented by VSP Lt. Troy H. Smith.

Law and Order Night Photos



Colonial Heights Councilman Brad E. Slaybaugh thanked all of the first responders for their dedicated service to Colonial Heights and the Commonwealth of Virginia.



SVALR Assistant Director Elizabeth Capps welcomed all of the attendees and expressed the SVALR's pleasure at participating in hosting the first responders.



Emergency Communications Supervisor Tiarra Drewey was selected Emergency Communicator of the Year for 2025



Firefighter/Paramedic of the Year for 2025 was David Hickey.



Left: Sheriff Officer of the Year for 2025 was Master Deputy Jody Davis. Above: Police Officer of the Year for 2025 was Rocky Navarro. (Photos by Dick Cole)



FROM THE POST CHAPLAIN

Rev. William H. Gibson III

The blessings behind our flag

June brings us to Flag Day, a moment when our nation pauses to honor the banner that has flown over our battles, our triumphs, and our most solemn promises.

For many of us in the American Legion Family, the flag is not just a national emblem—it is a spiritual reminder of sacrifice, hope, and the God-given gift of freedom.

Recently, 14 members of our Post had the privilege of visiting Annin Flagmakers in South Boston, Va.—one of America’s oldest and most respected makers of the United States flag. I joined the visit, and what we witnessed there was more than a manufacturing process. It felt like stepping into a place where craftsmanship meets calling.

The Annin team welcomed us with genuine warmth, providing lunch for our group and sending us home with several free flags. But the greater gift was seeing the care with which each flag is made. Every stitch, every seam, every star placed with precision reminded us that the flag is created by hands

that understand its meaning. It is not mass-produced in spirit—it is crafted with reverence.

As I watched those flags being assembled, I was reminded of Psalm 60:4: *“You have given a banner to those who fear You, that it may be displayed because of the truth.”*

That verse speaks to the idea that a banner—like our flag—is more than fabric. It is a sign of truth, unity, and purpose. It calls us to remember who we are and what we stand for.

On Flag Day, we honor the symbol that draped the coffins of our fallen, flew above our bases and battlefields, and still waves over our homes and communities. But we also honor the spirit behind it—the belief that freedom is a gift worth defending, and that God continues to guide this nation through every trial and triumph.

May we display our flag this June with gratitude. May we remember the hands that make it, the hearts that defend it, and the God who watches over the nation it represents.

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.



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!

 **AMERICAN
LEGION**

JOIN US FOR

LINE DANCING

NIGHT!



AT COLONIAL HEIGHTS POST 284

505 Springdale Ave, Colonial Heights, VA 23834

Saturday, June 13

Doors Open – 5 p.m.

Lessons by "Dancin' Cat" – 7 to 8 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



Harold Gresham, SVALR Post 284 member, is presented a flag by the Annin Flagmaker Director of Operations Mark Layne at the South Boston, Va., plant May 15. (Photo courtesy Elaine Grenier)

Post members visit South Boston flag manufacturer

By Dick Cole
Editor

Fourteen members of Post 284 visited Annin Flagmakers, May 15. Annin has been making our country's symbol since 1847 and are the oldest and largest flag manufacturer in the United States. They are a sixth-generation family owned and operated company. They have three manufacturing plants in the U.S.—Coshocton, Ohio; Cobbs Creek, Va. And South Boston, Va. The Post 284 members visited the South Boston plant. The company's headquarters is in Roseland, N.J.

Annin manufactured flags have been used at a number of important historical events including the inauguration of Abraham Lincoln, as well as the flag that draped his casket; the opening ceremonies of the Brooklyn Bridge in 1883; the arrival of Commander Robert E. Peary at the North Pole in 1909 and Rear Admiral Richard E. Byrd at the South Pole 21 years later; the flag raised by U.S. Marines atop Mt. Suribachi on Iwo Jima in 1945; the Apollo 11 historic mission to the moon in 1969 and many other NASA Apollo moon missions; America's 1976 bicentennial celebration and the Field of Remembrance at Battery Park, N.Y., for the 10th Anniversary of September 11th.

Annin also designed and manufactured the POW-MIA flag in 1979 in conjunction with the National League of Families of POW/MIA.

Annin gave the Post 284 members a tour of the facility where they were able to see the flags being manufactured.

The South Boston facility is the company's largest at 186,000 square feet. In this facility Annin dyes the fabric to make U.S. flags, prints the fabric to make state and foreign flags and stocks and ships orders daily to the Annin network of dealers in all 50 states.

In addition to giving Post 284 members a tour of the facility, they also provided them with lunch and several free flags, including the U.S.A. 250th birthday flag now proudly hanging on the wall of the Post.

In addition to the U.S.A. 250 flag given to the Post, a new SVALR flag was presented to the chapter by the Annin Director of Operations Mark Layne. Harold Gresham who organized the visit to the plant, accepted the flag on behalf of SVALR.

Post certificates of appreciation were presented to the Annin Director of Operations Mark Layne, Production Supervisor and Director of Human Relations.





Above: Attendees for the tour at Annin Flagmakers included (front, l. to r.): Mari Althouse; Rose Moore; Elaine Grenier and Post 284 Veterans Service Officer Lora Adkins; (back, l. to r.): Richard Milton; Post 284 VSO James Gill; Harold Gresham; John Knutson; Susan Knutson; Randy Grenier; Linwood Moore; SVALR Adjutant Sherry Merrill; SVALR Director Jon Merrill and Post 284 Chaplain William Gibson III. ***Below:*** Annin employees work on sewing U.S. flags. Distribution is also accomplished from the South Boston location. (Photos courtesy Elaine Grenier)





SAL NEWS



I want to thank you for the privilege and honor of being your commander for the past year (although we all know the only reason I got it was because no one else would do it). What a great group of men and the most enjoyable venture I have had of all the things I do at Post 284. Hopefully, you had a lot of fun – I sure did. We had many successes, from the July 4th picnic, to National Night Out, to very laborious but enjoyable Boston butt cooks, assisting with the VSO claims clinic, assisting with the Commander's breakfasts, to Family Legion Day, to Law & Order Night, and outstanding representation at conferences and the convention.

Two of our bigger achievements were an improvement in communications and in getting Legion members to become dual members and join our squadron. Appreciate all the Legionnaires who joined our group this year. Like any venture, we had failures too. Looks like we will not hit our 100 percent membership goal and we were not able to get current members more active in the squadron. It sure wasn't from lack of trying and hopefully we can continue to work on these with a more positive outcome.

I want to thank all the officers who served this past year – Bill Beatty, Carl Brandt, George Dimirack, Jeff Lee, and Luke Wheeler. Your efforts and commitment are greatly appreciated. A very special thank you to Linwood Moore! Thanks for all that you did for me personally to help make me a better commander and mentoring me on the Sons of the American Legion and the Detachment of Virginia. Thanks to Kevin Chaplin, Jeff Lee, and Joe Gallagher for their education on Detachment and guidance this past year. Really appreciate Kevin Chaplin's efforts and time in getting our CSR numbers together and submitting it for us – well done!

Our June meeting will be on Wednesday, June 10, with supper at 6:15 p.m. and meeting at 7 p.m. **THIS IS A CHANGE FROM OUR NORMAL THIRD WEDNESDAY OF THE MONTH MEETING TIME.** We will be having a joint meeting with Auxiliary Unit

284 and swearing in officers for 2026-2027 for both groups at this meeting.

It's never too late to pay your 2026 dues. Dues are \$30. 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.

Membership as of this writing is 164 members which is 80 percent of our 2026 goal of 205. We need 41 more members to renew or recruit to hit our goal.

May 5 saw a very successful Law & Order night! A great meal honoring the first responders of the year for their respective agencies in our community with our Rider brothers and sisters. HUGE thank you to Linwood and Rose Moore who literally prepared all day for this. Jim Rovinski worked just about all day as well. Thank you to squadron members, Jeff Lee, Kevin Chaplin, Tim Capps, Steve Bates, Carl Brandt, and George Dimirack for all your hard work and efforts to make this night a success.

Thanks to all who put out and picked up flags on Armed Forces Day, May 16, and Memorial Day, May 25. We will be putting out flags again on June 14 for Flag Day.

Thanks to all our squadron members who helped with and participated in our Memorial Day ceremony and festivities.

I had a blast being Squadron 284's Commander this past year and look forward to our continued success, comradery, and being part of a fantastic group. I'll be moving up to Detachment next year but will always do anything I can for Squadron 284. I wish the leadership for next year fair winds and following seas. Have a great summer everyone. See ya'll around the post. ROLL TIDE!

Kevin Jones

Commander, Squadron 284

TOPSIDE *Lounge*



SCUTTLEBUTT

We had a great May here at Topside! We had some visits from some of our favorite entertainers— Star Maker Karaoke and Nick Constantine. Thank you guys for coming out, we always enjoy having you here.

Happy Birthday to Aidan Harter! If you see him out and about, wish him well. He is no longer working at Topside as he has left to drive a tow truck for his dad at Horace's Towing. We sure are going to miss him, but wish him the best on his new adventure.

We are not going to have Karaoke in June or July. Karaoke will resume in August.

If you haven't already, sign up to receive our texts. Text al284 to 78859 so you don't miss out on knowing about our dinner specials and our entertainment.

We'll see y'all soon!



Aidan Harter has left his employment with Topside to drive a tow truck for his dad, Brad Harter, at Horace's Towing. (Photo by Brad Harter)

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

June 2026

- 1 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.
- 2 Southern Virginia American Legion Riders, 6:30 p.m.
- 4 Leadership and Calendar Coordination Meeting, 6 p.m.
- 8 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.
- 10 Joint Auxiliary Unit 284 and Sons Squadron 284 Meeting
 6:15 p.m. — Dinner
 7 p.m. — Meeting
- 11 General Membership Meeting
 6:15 p.m. — Dinner
 7 p.m. — Meeting
- 13 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.
- 14 Flag Day
- 15 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.
- 22 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.
- 25 Executive Committee Meeting, 7 p.m.
- 29 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.
 Topside Committee Meeting, 6 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, 2023 and 2026. 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.

Flag Day

June 14



BE THE ONE



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.



FROM THE
Editor

FAREWELL & THANK YOU!

Six Incredible Years!

As this is my last issue as editor and graphic designer of the *News and Views*, I wanted to take the opportunity to thank a few people.

I served as the Post's Public Relations Officer during the past six Post Commanders. All of them were extremely supportive of my efforts and most supplied me with the material for their "From the Commander" columns faithfully and, most importantly, on time. Thanks to Adrian "Skip" Klass, Jerry Chenault, Craig Ervin, Jon Merrill, Tonya Meunier and La Monte Thomas.

Thanks, too, to the Past Auxiliary Unit 284 Presidents, Sons of the American Legion Squadron 284 Commanders and SVALR Directors who faithfully provided their columns for each issue. Among these folks were: Lynne Norton, Christina Price, Robin Lee and Rita Feasenmyer from the Auxiliary; Kevin Chaplin, Adrian "Skip" Klaas, Jim Rovinsky and Kevin Jones from the Sons; and Brad Harter, Randy Grenier, Paul Jenkins and Tim Capps from the SVALR.

As a retired Air Force public affairs officer, and a retired civil service public affairs director with lots of education, training and experience in publications, communications and public relations, I took over the Public Relations Officer job for the Post with the

hope that I could improve the utility of the Post newsletter and improve the communication with our membership and the members of the Colonial Heights community.

Public Relations Officers prior to me were able to garner publicity support for Post events and activities from the weekly Fort Lee *Traveller* newspaper, and the *Progress-Index* daily newspaper. Unfortunately, not long after I assumed the PRO job, Gannett, the publishing company printing the *Traveller* since 2017, informed the installation in October 2020 that it was experiencing significant financial losses from the product due to the lack of ad sales in the midst of COVID-19. Printing of the newspaper terminated in January 2021. (The *Traveller*, had been in constant publication for 80 years when it was terminated.)

Likewise, Gannett (publisher of *USA Today*) bought the *Progress-Index* and severely cut the staff. Gannett was not interested in carrying much of the news from our Post and desired that we instead purchase advertising for events we were hosting. So, that communications channel dried up, too, even though I included *Progress-Index* community reporter Kristi K. Higgins in the distribution for our *News and Views*.

I succeeded in getting local TV stations out to the Post a couple of times during my tenure, but that too

was a hard sell.

So, the bulk of my efforts went into our *News and Views*. I must have been doing something right as we won the National American Legion Media Contest three times for newsletters produced by a large post (more than 750 members) in 2021, 2023 and again this year. I also managed to win a couple of writing awards from the American Legion, too.

I hope you feel you were well served as a Post member. I apologize that I must step away from serving as the Post PRO. I found that holding down multiple jobs in the Post and trying to continue the constant work as PRO was a certain recipe for burnout and exhaustion! During Craig Ervin's tenure as Post Commander, I served as both the PRO and the Post 3d Vice Commander. During Tonya Meunier's tenure as Post Commander, I served as both the PRO and the Post Historian. I am still serving now as PRO and Post Historian in addition to being the Chef de Gare (Commander) of the 40 and 8 Veterans Honor Society Voiture (Post) 1530, the Department's ALR Subcommittee Assistant Eastern Region Chair and the designer and editor of the Department's newsletter, *Virginia Legionnaire*. As soon as I step down from serving as the PRO, I am assuming command of the Sons of the American Legion Squadron 284.

I will continue to serve this Post and our community to the best of my ability, but after six years, I think it would be best to serve in a capacity other than PRO. I will also be stepping away from performing the duties of Post Historian as soon as I complete the Post's 2025-2026 history.

Thanks to all of you for your words of encouragement, praise, affirmation and support. Thanks for your cooperation in sustaining a quality communications product for our Post.

I hope someone will be willing to step into the position and keep the effort going. (I've got a portable hard drive full of six years worth of newsletters, photos, certificates, ads, and other public relations products that I will gladly pass along to my successor, and, I'm only a phone call away if a new PRO needs advice or assistance.

Richard M. "Dick" Cole

Public Relations Officer/Editor, *News and Views*



**SPAGHETTI
DINNER & SALAD!**

JUNE 12th at 5:30 PM

LOCATION:
469 N Battlefield Blvd
CHESAPEAKE, VA

"YOU'RE INVITED!"

Spaghetti
with meat sauce

Salad

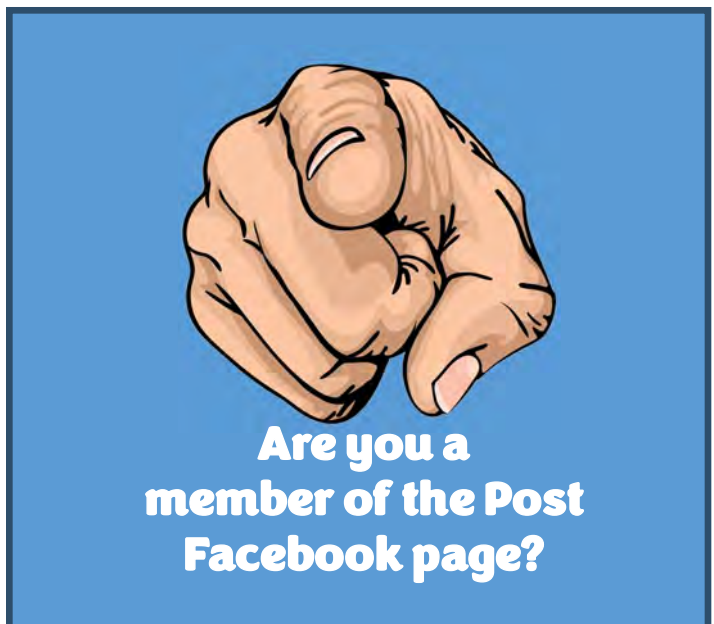
Garlic Bread

Drinks
Soft Drinks.

DINNER: \$12

AMERICAN
LEGION
RIDERS

Hosted by American Legion Riders Post 280



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



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



BE THE ONE



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 AMERICAN LEGION
IS NOT A
BAR**



**IT IS A VETERANS
SERVICE ORGANIZATION**

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

a few more hands for Monday Night Bingo. These nights are vital for funding our charitable programs—every bit of help counts!

Upcoming June Events

- June 11: Monthly Membership Meeting (Supper at 6:15 p.m. | Meeting at 7:00 p.m.)
- June 13: Country Line Dancing (7:00 p.m. – 10:30 p.m.)

Mission Mandate: S.T.R.I.V.E.

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.

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

La Monte Thomas, Sr.

Post Commander



Congrats to Membership Chair Bret "Maverick" Bordwell for getting Post 284 to 100 percent of our 2026 membership goal of 808!

VA Dist 0011
LGN

Post	Location	New	PUFL	Renewal	Totals	Goal	% of Goal	Renewal %
VA-0001	Richmond	0	10	22	32	38	84.21	84.21
VA-0087	Amelia	1	12	33	47	47	100.00	100.00
VA-0125	Richmond	0	7	24	31	40	77.50	77.50
VA-0136	Etrick	0	1	5	6	10	60.00	50.00
VA-0137	Richmond	0	18	53	71	82	86.59	87.65
VA-0144	Highland Springs	9	15	137	162	195	83.08	79.17
VA-0186	Midlothian	11	34	230	277	284	97.54	94.96
VA-0201	Powhatan	2	14	34	50	54	92.59	90.57
VA-0210	Richmond	2	2	13	17	10	170.00	150.00
VA-0233	Varina	51	4	162	217	170	127.65	99.40
VA-0242	Sandston	3	10	80	93	92	101.09	98.90
VA-0244	Glen Allen	7	9	66	85	68	125.00	110.29
VA-0284	Colonial Heights	52	147	604	811	808	100.37	94.11
VA-0354	Bon Air	22	12	171	206	201	102.49	93.85
Sum:		160	295	1634	2105	2099	100.29	93.28



NEWS FROM THE AUXILIARY

“Anyone can hold the helm when the sea is calm.”—Publius Syrus

As we come to the close of another fantastic American Legion Family year at Post 284, all I can say is wow. Since this will be my final submission to the *News and Views*, I want to express my sincere appreciation to everyone who supported the Unit. Our officers, chairmen, and especially our volunteers showed up in force and truly helped the Unit and Post shine.

Thank you to Post Commander La Monte Thomas for supporting the ideas and events presented by the Auxiliary, and to SAL Squadron 284 Commander Kevin Jones for the exemplary communication throughout the year. Together, we are stronger, and everything we accomplished was made possible through the continued support of our members and volunteers.

Please join me in congratulating incoming Unit 284 President Rose Moore and the new slate of officers. Although the sea is not always calm, I ask that you offer them the same support and enthusiasm you gave me throughout the past year.

We are here to strengthen this organization and our Unit while honoring the purpose that brought us all here: supporting and caring for our veterans, children and youth, our community, and our enlisted military. Each of us joined to honor someone who is serving now or has served in the past. Please keep them in mind, and consider how negative behavior would re-



Rose Moore will take over as President of Unit 284 at the June meeting.

flect on that service and sacrifice.

Our final meeting will be held on *Wednesday, June 10*, and this year it will be a joint meeting with SAL Squadron 284. Dinner will begin at 6:15, followed by the meeting at 7:00. During the meeting, both organizations will install new

officers, and the Unit will recognize scholarship winners and present a check to Crater Community Hospice.

This year's Department Convention will be held at the Holiday Inn Koger Center in Midlothian, with the 11th District serving as host. The golf tournament will take place on Thursday, along with other activities. Donations of door prizes and raffle items are also being requested.

MEMBERSHIP — We are very close to meeting our national goal. If you have not yet renewed for 2026, please contact me directly so I can help expedite your renewal.

EARLY BIRD DUES — As we celebrate America's 250th, we will also begin accepting 2027 dues at the reduced rate of \$45.00. Please be sure to place your payment in one of the membership

boxes located at the Post, as July 4 is the deadline.

For God and Country,

Rita Feasenmyer

Unit 284 President, 2025-2026



The Legion Rider's PTSD Awareness Poker Run Come Join in the Fun at Post 2

Registration 9:30
Last bike out at 10:30.

Best Hand
\$500
Worst Hand
\$100

50/50
Serving
Hamburgers/Hotdogs



Saturday 13 June 2026
American Legion Post 2, Petersburg, VA.
820 Winfield Rd. Petersburg, VA 23803

This year's ride is in support to raise money for PTSD Awareness. A portion of the proceeds will go to a 501C3 Organization that helps Combat Veterans and there families with PTSD.



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



OLD DOMINION HONOR FLIGHT PRESENTS

MISSION 11

OCTOBER 17, 2026

**Now accepting applications from
World War II, Korea, and Vietnam
War Era Veterans and Guardians!**

**Visit <https://olddominionhonorflight.org> for
more information**

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 stripes above the text 'AMERICAN LEGION' in a bold, blue, sans-serif font.

