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*Veterans Service Organizations like The American Legion offer various services for veterans, service members, dependents and survivors. In addition to claims, some may provide programs in their communities, such as job fairs; others may organize events to raise money for a select group of veterans, such as housing for homeless veterans. And some provide resources, support, education, and advocacy for veteran rights and benefits. (Legion Photo)*

## VA benefits claims backlog under 100K for first time since 2020

WASHINGTON (Feb. 23) – The Department of Veterans Affairs today announced that the backlog of VA disability compensation and pension benefit claims is consistently below 100,000 for the first time since May

2020, during the first Trump Administration.

Hitting this milestone means the department has now cut the backlog of Veterans waiting for VA benefits

*(cont'd on p. 3)*



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# FROM THE COMMANDER



## ✿ Words of Wisdom

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

— *Proverbs 1:5-6 (KJV)*

February was truly fantastic, and I extend heartfelt gratitude to Tony Reagan, Bill Feasenmyer, and the entire kitchen staff as we prepared a wonderful dinner for the Post Auxiliary prior to their February meeting—reviving a long-standing and prestigious tradition.

Their continued dedication to the Commander's/Community Breakfast has helped this program grow month after month, strengthening our connection with the community.

March brings tremendous excitement as we celebrate: 107 years of the American Legion, and 80 years of American Legion Post 284 The oak—symbolizing strength, wisdom, and endurance—represents the 80th year. Post 284 has truly blossomed, serving veterans and building a united Legion family. At 80, strength may wane, but endurance is honored.

Special thanks to 3rd Vice Commander Bradley Harter and Post First Lady Bridget Thomas for their work on the Post's American Legion Birthday and Past Commanders' Dinner, honoring Post 284 Past Commanders and celebrating the American Legion's 107th Anniversary. The event will be held March 14, at 6 p.m.

The **Commander/Community Breakfast** continues to be a meaningful opportunity to serve both members and the wider community. Please note, there will be no breakfast on March 14 due to the American Legion Birthday and Past Commanders' Dinner.

The Building and Grounds Committee, led by Bill Feasenmyer, deserves recognition for their outstanding work in maintaining and beautifying the Post. Their efforts continue to enhance our shared space.

A reminder that all fundraising and project proposals *must* be submitted to the Executive Board and membership for approval, in

*(cont'd on p.17)*

## **VA Claims (cont'd from p. 1)**

by 63 percent since Jan. 20, 2025, after it increased 24 percent under the Biden Administration.

A VA claim for compensation or pension is considered backlogged once it has been pending in the claims inventory for more than 125 days. In 2013, 70 percent of claims were older than 125 days — the most ever — compared to just 17 percent today.

Reducing the claims backlog is an urgent priority for Secretary Collins, as it was well above 100,000 from 2021 to 2024 and stood at 264,717 on Jan. 20, 2025. During President Trump's first administration, VA reached the lowest disability claims backlog Dec. 21, 2019, at 64,783 claims.

"Under President Trump, VA is providing Veterans, families, caregivers and survivors all of the benefits they have earned as quickly and conveniently as possible," said VA Secretary Doug Collins. "VA's claims processing productivity is the highest it has ever been, and we look forward to continuing to provide record levels of service to Veterans and VA beneficiaries."

This milestone is one of many landmark VA achievements during the second Trump Administration, including:

- Opening 33 new VA health care facilities, expanding health care access for Veter-



***"The first thing I did on Feb. 5 last year after I was sworn in, I made a statement, that here on out there will be one thing true at the VA, and it has not been true before," VA Secretary Doug Collins said March 2 in Washington, D.C.. "At the VA, the veteran will be first. Do not ever say I don't care about veterans, or say the VA does not care about veterans. ... It's over. It's done. We put it to bed." (VA Photo)***

**“ — Under President Trump, VA is providing Veterans, families, caregivers and survivors all of the benefits they have earned as quickly and conveniently as possible.**

**— Sec. Doug Collins**”

ans around the country.

- Processing more than 3 million disability compensation and pension claims in FY2025, an all-time high that shattered the previous record set in FY2024.
- Offering Veterans more than 2.2 million appointments outside of normal operating

hours, which give Veterans more timely and convenient options for care.

- Permanently housing 51,936 homeless Veterans across the country in FY2025, the highest total in seven years.

VA encourages all Veterans to visit [choose.va.gov](https://choose.va.gov) to learn more and apply for the care and benefits they have earned.

If you require assistance, do not hesitate to contact the Post Veteran Service Officers Lora Adkins or James Gill for an appointment.

Phone them at (804) 526-4167, option 4, or email them at [alpost284vso@gmail.com](mailto:alpost284vso@gmail.com). Information is available on the Post's website at <https://alpost284va.org/veteran-service-officer>.





Attendees at the Auxiliary's Valentine's Day paint party show off their completed works of art. Each attendee could choose one of three door hangers to paint—an Easter themed hanger, a welcome sign, or a St. Patrick's Day hanger.

## Auxiliary Unit 284 holds successful Valentine's Day Paint Party raising funds for Crater Community Hospice

By Dick Cole  
Editor

The membership of Auxiliary Unit 284 held a successful paint party at the Post on Valentine's Day. Those who attended the party paid \$40 each to paint a holiday door hanger. Attendees could select one of three options for their hanger—one for Easter, a welcome sign, or a St. Patrick's Day themed hanger. Food and beverages were included in the cost to participate.

Tina Price organized the event and reports that approximately \$1,000 was raised to benefit Crater Community Hospice. Because the event was such a success, another paint party is being planned for Fall.

"Every seat was filled, and the overwhelming support from attendees made it possible for us to donate \$1,000 to Crater Community Hospice. Appreciation also goes to Robin Lee, Sheila Abbott and Lisa Chaplin for ensuring everyone enjoyed plenty of food and beverages throughout the event," said Unit President Rita Feasenmyer.



Right: An attendee works on painting his St. Patrick's Day themed door hanger.

### 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!



# Photos by Rita Feasenmyer

1: Auxiliary member Robin Lee, left, and 1st Vice President Sheila Abbott, right, show off their door hangers painted and assembled at the party. 2: The party was well attended with lots of mothers and daughters working on door hangers. 3: This couple had a great time and were a little competitive with one another when working on their door hangers. 4: Auxiliary Unit 284 1st Vice President Sheila Abbott begins working on her door hanger.



*Post 284 member and Department ALR Director Randy “BB” Gunn kicked off the planning for the ninth annual Virginia Legacy Run at Post 146 in Hopewell, February 8. The room was packed with representatives of ALR Chapters across the Department. Dick Cole and Richard Milton attended the meeting as representatives of Post 284. (Photo by Dick Cole)*

### 2026 ALR riding season underway

## Department holds ALR meeting at Spring Conference

By Dick Cole  
Editor

**I**t may still be too chilly and wet from rain or snow to be out on their motorcycles, but the 2026 riding season is certainly underway for the ALR members across the Department.

Virginia Legacy Run Director and Southern Virginia American Legion Riders member Randy “BB” Gunn held the initial planning meeting for the ninth annual Virginia Legacy Run at Post 146 in Hopewell, February 8. The ride this year will be held at Post 148 in Colonial Beach, June 18-20. Registration forms for the ride are available on the Department

of Virginia’s website [here](#).

“We tried to make the registration process a little easier this year by making the registration form a fillable pdf; however we still need registrants to snail mail their forms to the VLR address rather than submitting them by email,” said Gunn.

It is also possible to make payment for the ride this year through Zelle in addition to being able to pay by check.

The Department’s first ALR Director, Chuck Talley of American Legion Battlefields Post 144 in Sandston, was named as the honorary road captain for this year’s legacy run. Being a Navy veteran, Talley selected navy

blue as the color for the t-shirts for this year’s ride.

“It’s important that participants register early as this year we are going to impose a financial penalty on those who register after June 1,” Gunn said. “This way we are able to ensure we have t-shirts for everybody and have their registration packages completed in time for the ride.”

On Saturday, February 28, the Department had an ALR meeting at the Spring Conference in Portsmouth. Gunn presided over the meeting with the other members of the Department ALR Committee present for the meeting.

Gunn discussed the newly created weekly “Chairman’s Chat” — a

document released every Monday with pertinent news for ALR members in the Department and a Department events calendar.

“The Chairman’s Chat goes to each of the Department’s regional ALR directors who, in turn, forward it to each chapter director in their region,” said Gunn. He encouraged people who were not seeing the Chairman’s Chat to contact their chapter director and encourage them to pass it along to the chapter membership.

Other items discussed at the conference included the National Legacy Run, the upcoming ALR Chaplain’s Retreat (via Zoom on March 14, 10 a.m. to noon), a two-day ride to Louisville to present the check to the National Commander of the proceeds of the Virginia Legacy Run, the Department’s Rider of the Year Program (and suspense dates for nominations), the High Mileage and Safety Awards Program, and the ongoing Quest Program. Members who have questions about any of these programs should contact SVALR Director Jon Merrill, or Department Eastern Region ALR Assistant Director Dick Cole.

Gunn announced that the Department ALR Rally this year would be held at Post 79 in South Hill, Va., on Saturday, September 26. More information will be forthcoming in the near future.

A number of chapters announced upcoming events. Among these were:

- April 4 — Post 290 in Stafford is holding a breakfast and bike blessing event. Breakfast will be from 8-9:30 a.m., with the bike blessing following immediately after breakfast.



**Virginia Legacy Run creator and Department of Virginia ALR Director Randy “BB” Gunn announced Navy veteran Chuck Talley—the Department’s first ALR Director in 2006—would serve as this year’s honorary road captain. Tally is from American Legion Battlefields Post 144 in Sandston**

- April 12 — Post 10 in Manassas, Va., is holding the Dan Frye Memorial BBQ Showdown. The charge for adults is \$10, ages 8-16 is \$5, and children under 8 are free. All proceeds are going to charity. If you are interested in entering the BBQ Showdown, you can get information [here](#).
- April 25 — The Carolina Cavalry of Post 221 will hold their annual bike blessing. More information will be forthcoming shortly. (There was no hint as to who this year’s “special guest” might be.)
- May 2 — Post 176 in Springfield is holding a Poker Run and bike blessing. Registration is from 8-9 a.m., the bike blessing is from 9-9:30 a.m. with the first bike out at 9:30. Registration for riders is \$25 and \$10 for passengers. Reg-

istration includes lunch and bucket tickets. The event promises to have music, bucket raffles, vendors, and two grand raffles. For more information, go [here](#).

- June 13 — Stafford Post 290 is hosting the Denver Steele Memorial Ride. The ride will go from Post 290 to Stonewall Harley-Davidson and end at Murlarkey Distilled Spirits. Breakfast will be provided. Check in and registration begins at 7:30 a.m. Breakfast is from 7:30-8:30 a.m. Kickstands up at 9 a.m. Registration and more information is available [here](#).

More events will be announced in the near future. As the information is received, *News and Views* will share it with you.





## FROM THE POST CHAPLAIN

*Rev. William H. Gibson III*

### A Message of Hope and Renewal

**A**s the shadows of winter fade and the first signs of spring emerge, we approach the sacred season of Easter. For many of us, this is a time of profound reflection on the journey from the darkness of the tomb to the radiant light of the Resurrection.

In our military service, we all experienced "dark hours" – times of isolation, uncertainty, or sacrifice. The Easter message reminds us that no matter how deep the darkness or how heavy the burden, there is a promise of **new beginnings** and **victory over trials**.

#### A Season to "Be the One"

This Easter, let us move from reflection into action. The American Legion's primary mission, [Be the One](#), is a concentrated effort to save the lives of veterans and service-members at risk of suicide. We believe that even **one life lost is too many**.

I encourage you to use this season of renewal to reach out. Conduct a **Buddy Check**, call a fellow Legionnaire, or simply ask, "How are you really doing?" By fostering camaraderie and talking openly about mental health, we bring the "darkness into the light."

#### How You Can Be the One This Easter

- **Ask and Listen:** Don't wait for someone to reach out. Be the one to ask the question and listen without judgment.
- **Encourage Support:** Remind your fellow veterans that it is "OK to not be OK" and that seeking help is an act of

courage.

- **Take Action:** If a veteran is in crisis, stay with them and help them connect to professional care.

#### Immediate Resources

- **Veterans Crisis Line:** Dial 988 and Press 1, text 838255, or chat online at the Veterans Crisis Line website.
- **Free Training:** Sign up for the [Be the One training](#) through Columbia University to learn how to identify warning signs and communicate effectively.

#### An Easter Prayer for Our Post Family

"Almighty and Eternal God, we thank Thee for this season of renewal and for the hope that was brought to light through the Resurrection.

We ask Thy special blessing upon the men and women of this Post. For those who are currently walking through a 'dark hour' or bearing the invisible wounds of service, we pray for Thy healing hand to reach them. Grant them the peace that passes all understanding and the strength to know they are never truly alone.

Help each of us to live out our commitment to 'Be the One.' Give us the courage to ask, the patience to listen, and the compassion to act when a fellow veteran is in need. May we be the torchbearers of hope for one another, ensuring that no comrade is left behind in the shadows. Guide us to serve with the same patriotic enthusiasm that inspired our time in uniform, so that we may continue to be mutually helpful to each other. **Amen.**"



### 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!



**THE AMERICAN LEGION  
107<sup>TH</sup> Anniversary Celebration**

**&**

**Past Commanders' Night**

**Saturday, March 14, 2026**

**6:00 PM - 11:30 PM**

**American Legion Post 284**

**Colonial Heights, Virginia**

**\$15 Per Person**



**CATERED BY;**  
Brock's BBQ

**ENTERTAINMENT BY;**  
100 Years From Now Band



**For Tickets:  
Topside Bar or  
any Leadership**



# NEWS FROM THE AUXILIARY

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

**W**e all encounter busy times, packed schedules, and situations we may not agree with. However, it's our response to these challenges that truly shape the outcomes. The well-known advice to "count to 10" before responding is a valuable practice that can prevent many misunderstandings. The same principle applies to gossip—unless you hear something directly from the person involved, it's wise to pause and consider before believing or passing it along. Remember, holding an opinion does not necessarily make it a fact. These are important thoughts to reflect on in our daily interactions.

We had a fantastic Valentine's Day afternoon creating door hangers together. Special thanks go to Fundraising Chair, Tina Price, for her outstanding efforts in organizing the event. Every seat was filled, and the overwhelming support from attendees made it possible for us to donate \$1,000 to Crater Community Hospice. Appreciation also goes to Robin Lee, Sheila Abbott, and Lisa Chaplin for ensuring everyone enjoyed plenty of food and beverages throughout the event. Due to the success of this occasion, we are planning a similar event in the Fall.

The Post 284 Past Commander's Dinner will also celebrate the American Legion's 107th Anniversary and Post 284's 80th Anniversary. The Auxiliary and Sons have been graciously invited to honor their past leadership at this special gathering. All Post members are encouraged to attend this evening of food, fellowship, and camaraderie. Tickets are \$15 each, which includes a cocktail hour with hors d'oeuvres and drinks starting at 6 p.m., followed by dinner and

a program. This cherished event pays tribute to our previous Post leaders and their contributions.

The next major event to mark on your calendar is American Legion Family Day, Saturday, April 25. Activities will begin at 9 a.m. with the "Be the One" 5K Run/Walk. Family-friendly events will continue throughout the day, with the Sons preparing lunch and a variety of activities planned for children. City officials and signature sponsor businesses will also be present. This event is a wonderful chance to show the community all that American Legion Post 284 does, both inside and outside the Post. Look for flyers in this issue of *News and Views* for more details and website links.

The Auxiliary nominating committee will be reaching out to members soon, as there are positions that need to be filled. The membership processing role will be transitioning to a new person, and training will be provided. This is a very easy position, and those interested are encouraged to get in touch to learn more about the process and schedule a meeting.

Scholarship information has been added to the Post Website. If you have any questions, please feel free to reach out for assistance.

For God and Country,

*Rita Feasenmyer*

Unit 284 President

# 1ST ANNUAL

 AMERICAN  
LEGION

# 5K

# BE THE ONE RUN/WALK

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

*Saturday, April 25  
9 a.m.*

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

ADULT REGISTRATION \$25 (18 and over)

STUDENTS/CHILD \$15 (17 and under)

**AMERICAN LEGION FAMILY DAY  
ACTIVITIES IMMEDIATELY AFTER**

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

**FREE TO THE COMMUNITY**

**REGISTER ON WEBSITE HERE**

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





# SAL NEWS



**A**s we slug it out here with Old Man Winter, do not forget the service and sacrifice to this great nation of the veterans—our fathers, mothers, grandfathers, grandmothers and step-parents from whom we are male descendants which make us eligible for membership in the Sons of the American Legion. And as always - **LET'S HAVE FUN!!!**

Our March meeting will be on Wednesday, March 18, with supper at 6:15 p.m. and meeting at 7 p.m. **If you have a 2025 membership card, your membership expired on December 31, 2025.** Dues for 2026 are \$30. Please pay now as it saves the Post, Detachment and National money in postage sending out reminders, but more importantly your membership is vital to our Squadron and Post so – **PAY YOUR 2026 DUES NOW.**

Membership as of this writing is 154 members which is 75.12 percent of our 2026 goal of 205 Squadron members. We need to recruit 51 new members or get that many renewals to hit our goal.

Thank you to all the Sons who volunteered to help out with the VSO Claims Clinic January 23-34. Your efforts were tremendous and your support was greatly appreciated in such a successful event.

Thanks to all who came out and supported Topside for the Super Bowl Party and the Mardi Gras Party. Thanks to all who put out and picked up flags on President's Day, February 16.

The Legion Birthday/Past Commanders' Dinner is being held March 14. Tickets are available from myself and at Topside. If you are a Past Squadron 284 Commander, you



**Among the attendees at Topside's Mardi Gras Party were (l. to r.): Post Commander La Monte Thomas, Sr.; SAL Squadron 284 Commander Kevin Jones; Post 1st Vice Commander Tim Capps and Post 3rd Vice Commander Brad Harter.**

should have gotten your invitation by now. Please be sure to RSVP. Absolute, drop dead cut off for attending is Tuesday, March 11 so the caterers can be certain to have enough food!

Our Spring Boston Butt Sale is well under way. We will be cooking them on March 28<sup>th</sup> for pick up that afternoon 4:00-6:00 p.m. so make sure your friends and family all get one. This is the second of our major fundraisers for the year so we'll need all hands on deck.

We will be putting out Flags on Sunday, March 29, for National Vietnam War Veterans Day.



# *Sons of the American Legion Squadron 284*



SONS OF THE  
AMERICAN  
LEGION

**Semi-Annual Fundraiser**  
**Saturday March 28, 2026**  
**Pick up 4 - 6 PM**

**\$40 each**  
**shredded or whole**

505 Springdale Ave  
Colonial Heights, VA

Contact any S.A.L.  
member for tickets  
or  
call Linwood  
804-240-3062



**Not responsible for unclaimed butts**

# TOPSIDE

Lounge



# SCUTTLEBUTT



**F**ebruary was one of the best months we have had at Topside! We celebrated Mardi Gras! Our Dinner Special consisted of some Creole inspired dishes. There was a Muffuletta sandwich, Jambalaya, Red Beans and Rice, and King Cake. We were so happy that so many of our favorite people came up to celebrate with us. If you missed out, we have pictures posted of everyone up at Topside. We had a blast....and we hope y'all did too.

We will continue to have Karaoke the first Saturday of each month.

We have tickets for sale for the Past Commanders' Dinner on March 14. The meal is being catered by Brock's BBQ, and entertainment will be supplied by the trio "100 Years from Now." Come by and purchase your tickets soon, it is going to be an awesome event!

*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

## March 2026

- 2 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.
- 3 Southern Virginia American Legion Riders, 6:30 p.m.
- 5 Leadership and Calendar Coordination Meeting, 6 p.m.
- 7 Karaoke at Topside, 6-10 p.m.
- 9 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.
- 11 Auxiliary Unit 284 Meeting  
6 p.m. — Meeting
- 12 General Membership Meeting  
6:15 p.m. — Dinner  
7 p.m. — Meeting
- 14 Post 284's American Legion 107th Birthday/Past Commanders' Dinner, tickets available at Topside and from Family organization officers, \$15 each  
6 p.m. — Drinks and hors d'oeuvres  
7 p.m. — Dinner and program
- 16 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.
- 18 Sons of the American Legion Squadron 284 meeting  
6:15 p.m. — Dinner  
7 p.m. — Meeting
- 21 Country Line Dancing with "Dancin' Cat," \$10 per person, doors open 5p.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.
- 23 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.
- 26 Executive Committee Meeting, 7 p.m.
- 28 SAL Squadron Pork Butt Sale, Butts whole or shredded for \$40, pick up 4-6 p.m.
- 29 Vietnam Veterans Day, SAL Squadron 284 putting out flags, set up 5:30 a.m., pick up 3 p.m.
- 30 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.

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

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



## **Backpack Blessings Program in Colonial Heights**

*Donna Goulder, coordinator for the Backpack Blessings Program in Colonial Heights, visited the Post's February general membership meeting to thank Post 284 for its financial support of the program, coordinated by United Methodist Church. The Backpack Blessings program in Colonial Heights provides over 80 bags of ready-to-eat snacks and food to local children in need each week, often distributed on Fridays to cover weekend hunger. Supported by community donations, this initiative ensures students have nutritious, easy-to-prepare food when school is not in session. (Photo by Dick Cole)*

## ***Congratulations!***

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

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

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

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

accordance with our Constitution and Bylaws.

A reminder, the Commander does **not** have authority to make independent financial commitments.

We are currently seeking dedicated members to serve as Legislative Officer, Public Relations Officer, and Historian. Further, we need committee chairpersons for the following committees: Children and Youth; ROTC/JROTC; and Oratorical. Interested members are encouraged to inquire about responsibilities and expectations.

Additional support is needed for Monday Night Bingo—a major source of funding for our charitable programs. Every volunteer makes a difference.

**Upcoming Events:**

- **Country Line Dancing**, Saturday, March 21, 7–10:30 p.m.
- **Monthly Membership Meeting**, Thursday, March 12; Supper: 6:15 p.m.; Meeting: 7:00 p.m.
- **American Legion Day**, April 25. Fun, food, and

games — more details to come!

As we move forward, let us unite as One Legion Family, under one flag, committed to progress and lasting positive impact.

*La Monte Thomas, Sr.*

Post Commander

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

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

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



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

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

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

Share your memories with your fellow Legionnaires!!

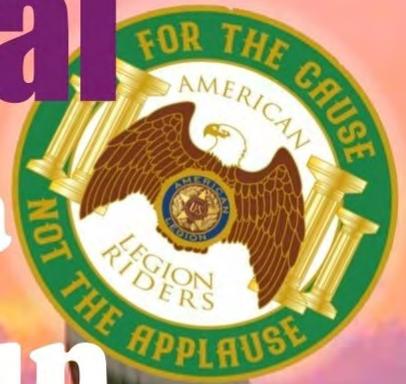
# 9th Annual

# Virginia

# Legacy Run

# Colonial Beach, VA

# 18 - 20 June 2026



*Riding for  
The Kids!*

All Riders Brief 6 pm - 18 June

KSU 8 AM 19 & 20

American Legion Post 148

**Further details:**

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

playground on The Potomac



KAA 12/25



# Come Join Us For Our 10th Annual Winter Biker BBQ



Proceeds will go to Military Personnel in need, VA Hospital Support, youth programs, the American Legion Legacy Run Fund as well as other worthy community programs.



**Saturday, Mar 14th 2026 Noon – 5 pm**

American Legion Post 2, Petersburg, VA  
820 Winfield Rd. Petersburg, VA 23805

**\$20 General Admin. \$15 Active Duty**

**Door Prizes, Fundraisers, Games**

**Bikers Brew**

**Welcome all**

POCS: ALR Director: Joe Polemeni 804-892-2907/  
Kim Grobarcik 804-894-1515 or at



**OLD DOMINION HONOR FLIGHT PRESENTS**



**APRIL 18, 2026**

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

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

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

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

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

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



# Guardians NEEDED!

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

**Interested in volunteering?**

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

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

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

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

# Join the Fun with Country **Line Dancing**

Easy Steps | Great Music | Good Vibes



Whether you're a beginner or just love to move, our line dance classes are for everyone, Doors open at 5 p.m. Instruction begins at 7 p.m. Food and alcohol available for purchase. Must be 13 or older to attend.

**\$10**  
per person



**Saturday, March 21**



**7-10:30 p.m.**

Lessons by



**Dancin' Cat**

505 Sprindale Ave., Colonial Heights ♦♦♦ (804) 526-4167

# YOU ARE INVITED



## COLONIAL HEIGHTS POST 284 AMERICAN LEGION FAMILY DAY



Celebrating 80 Years  
serving our Community,  
State, & Nation

**SATURDAY, APRIL 25TH**

**11:00 AM**

505 Springdale Ave  
Colonial Heights, VA

**FREE TO THE  
COMMUNITY**



**BE THE  
ONE 5K**



Scan to sign up  
for Race/Walk

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

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

Return Service Requested

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



## AMERICAN LEGION POST 284

*Serving Veterans*

*Community*

*Nation*

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

