

INSIDE

*From the
Commander 2*

*Legion Family Day
Pics 4*

*From the Post
Chaplain 6*

*News from the
Auxiliary 8*

SAL News 10

*Topside
Scuttlebutt 12*

*Monthly Post
Calendar 13*

Membership 14



Department of Virginia Commander Scott Maddrea helps lead the way during the Post 284 American Legion Family Day 5K Run, Saturday, April 25. The Post's activities that day got favorable coverage from National Headquarters. (Photo courtesy Rita Feasenmyer)

Post holds successful Legion Family Day attended by Department Commander

Rita Feasenmyer, the president of Auxiliary Unit 284, estimates that the Post's American Legion Family Day event brought in around 200 members of the community to learn about the Legion Family, take part in various activities and more. But Be the One, The American Legion's veteran suicide prevention

mission, also was on full display — something that was just as important to Feasenmyer.

Post 284's event included a Be the One 5K Run/Walk, which drew 45 participants and provided an opportunity to share the nation's veteran suicide issue with members of the community.

(cont'd on p. 3)



POST OFFICERS

Commander

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1st Vice Commander

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(804) 916-9976

2nd Vice Commander

Vacant

3rd Vice Commander

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Southern VA American Legion Riders

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Auxiliary Unit 284

Rita Feasenmyer, President
(804) 337-0905

Post Phone and Webpage

(804) 526-4167

<https://alpost284va.org>

FROM THE COMMANDER



"How long will you who are simple love your simple ways? How long will mockers delight in mockery and fools hate knowledge?" (Proverbs 1:22KJV)

Awesome April Recap What an incredible month! We kicked things off with our very first annual American Legion Day and the "Be The One" 5K run/walk. Seeing our community come together was a genuine thrill. We also hit a major milestone: celebrating 80 years of Post 284 serving this community.

As always, the Legion family hospitality was second to none. A special thank you to Auxiliary President Rita Feasenmeyer and Post Adjutant Bill Feasenmeyer for organizing such a wonderful day. To our family members working behind the scenes—your dedication is what made this success possible. And a huge shout-out to the Sons of the American Legion for the fantastic food!

Looking Ahead As this Legion year draws to a close, our membership is growing stronger than ever. Let's keep that light shining bright!

- **Community Breakfast:** Join us for our next Commander/Community Breakfast on **May 9th**. It's a great way to serve our members and neighbors alike.
- **Post Improvements:** Many thanks to Bill Feasenmeyer and the Building and Grounds Committee for their hard work on our recent beautification projects.
- **Volunteers Needed:** We need a few more hands for **Monday Night Bingo**. These nights are vital for funding our charitable programs—every bit of help counts!
- **Final Push: Membership Renewal** Let's spring into action! If you haven't renewed your membership for the year, please do so ASAP. If you need any assistance, please contact the Commander directly.

Upcoming May Events:

- **May 9:** Country Line Dancing (7:00 p.m. – 10:30 p.m.)
- **May 14:** Monthly Membership Meeting (Supper at 6:15 p.m., Meeting at 7 p.m.)

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

Together, we are stronger.

La Monte Thomas, Sr.

Post Commander

"Family Day (cont'd from p.1)

"It's just bringing awareness to The American Legion's Be the One mission," Feasenmyer said. "It was a lot of work, and we learned from this one. But it was just a great day."

Those who paid a registration fee to take part in the 5K received a Be the One shirt – which created a demand for the item. "Everybody loved (the shirts)," Feasenmyer said. "We even had people coming up during the festivities afterward wanting to know how to purchase one. So I think we're going to use that as a fundraiser."

The day's event also included food, activities for children and information about the Legion Family. A local youth from a military family also used the event to speak about his own mental health issues. "I had numerous people texting me, telling me he did such a wonderful job talking," said Feasenmyer.

Unit 284 also presented awards to local youth for their community service and veteran-support efforts as part of what was considered a very successful inaugural American Legion Family Day for the post.

"It was well-received," Feasenmyer said. "People commented on our Facebook page that they enjoyed the event and were looking to doing it next year. It was a wonderful day. It really was."

Right: Auxiliary Unit 284 President Rita Feasenmyer prepares to place the 5K participation medal around the neck of Department Commander Scott Maddrea as Past Department Commander and Post 284 Adjutant Bill Feasenmyer looks on. (Photo courtesy Rita Feasenmyer)
News and Views



Colonial Heights Mayor T. Gregory Kochuba, right, presented Post 284 Commander La Monte Thomas, Sr., with a proclamation declaring it "American Legion Family Day" in Colonial Heights. (Photo courtesy Rita Feasenmyer)



Department Commander Scott Maddrea addresses the crowd as Post Commander La Monte Thomas, Sr., left, and Auxiliary Unit 284 President Rita Feasenmyer look on. (Photo courtesy Rita Feasenmyer)



LEGION FAMILY DAY PICS



Above: Members of the Richmond Road Runners Club assisted with running the 5K race. **Right:** Bryson Doss, left, and Kolton Hersh were presented American Legion Auxiliary Youth Hero Awards at the Family Day event. **Below:** Robin Lee presented an American Legion Auxiliary Good Deed Award to Page Harris at the event. (Photos courtesy Rita Feasenmyer)





Top: There was facepainting and food for the kids who attended! **Above:** Past Post Commander Tonya Meunier greeted attendees as they came to the Post. **Right:** There were bounce houses and games for the kids who attended to keep them busy. (Photos courtesy Rita Feasenmyer)



FROM THE POST CHAPLAIN

Rev. William H. Gibson III

Memorial Day is not about the start of summer

Each year, Memorial Day calls us to pause and remember the men and women who laid down their lives in service to our nation. Their sacrifice is not abstract to us in the American Legion Family. Many of us served beside friends whose names are now etched in stone. Some of us carry the memory of a final salute, a folded flag, or a quiet moment on a distant flight line or battlefield. These memories stay with us, shaping who we are and how we live.

Memorial Day is not about the start of summer or a long weekend. It is a sacred moment in our national life—a time to honor those who never made it home. When we place flags on graves, attend ceremonies, or simply bow our heads in silence, we join a long line of Americans who refuse to let their stories fade.

As we remember the fallen, let us also hold close the families who continue to bear the weight of loss. Their courage, resilience, and love remind us that sacrifice does not end on the battlefield. It lives on in empty chairs, cherished photographs, and the quiet strength of those left behind.

This Memorial Day, may we recommit ourselves to living lives worthy of their sacrifice—serving our communities, caring for our veterans, and upholding the

values they defended: duty, honor, and love of country. May our remembrance be not only in words, but in the way we treat one another and the way we carry forward the legacy entrusted to us.

“Gracious God, We take time today to uplift the hearts of those whom Memorial Day is a time of reflection and enduring bereavement.

On this day we remember with compassion your children who have lost their lives to war; incline us to honor their memory, loving God, with sincere pledge to seek peace and nonviolent solutions to world conflict.

We pray for the safety of those in military service, and care for the many returning from combat with wounded bodies or minds, sickened by the sight and sounds of war. Our prayers also extend, Great Comforter, to those who still wait and pray day by anxious day for that moment of reunion with a distant family member, friend, or loved one.

And to others--whose reunion has been sorrowfully delayed until a heavenly homecoming we offer the gentle assurance of Your promise to all believers, ‘Blessed are those who mourn: for they shall be comforted.’”

May God bless the memory of the fallen, comfort their families, and guide us as we honor them.

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.

City of Colonial
Heights

American Legion Post
284

VFW Post 2239



HONORING OUR HEROES TOGETHER

Join us as we pay tribute to our **fallen heroes** and embrace the spirit of patriotism with family and friends.

COLONIAL HEIGHTS WAR MEMORIAL

May 25, 2026--10 a.m.

Lunch to follow at American Legion Post 284
505 Springdale Avenue

Ceremony will be held at American Legion Post 284 for inclement weather.



The logo for the American Legion Auxiliary. It features the words "AMERICAN LEGION" in a bold, blue, sans-serif font, with a stylized American flag (red, white, and blue horizontal stripes) above the word "AMERICAN". Below "AMERICAN LEGION" is the word "AUXILIARY" in a red, sans-serif font.

May is “Military Appreciation Month”

In honor of our fallen heroes-Unit 284 Colonial Heights American Legion Auxiliary will be distributing “**Memorial Poppies**” at the following locations:

Saturday, May 2nd---Petersburg Trading Outlet 10am-2pm
5927 Boydton Plank Rd, Petersburg VA 23803

Saturday, May 9th---Fort Clifton Festival 10am-4pm
5501 Conduit Rd, Colonial Heights VA 23831

Saturday, May 23rd---Chester Village Green Farmers Market 9am-1pm
11700 Chester Village Dr, Chester VA 23831

Saturday, May 30th---Mission BBQ, Colonial Heights 11am-3pm
1020 Temple Ave, Colonial Heights VA 23834

Please come by and learn more about the meaning of the Poppy. We will have coloring books, snacks, bookmarks, toy soldiers, Poppy cutouts to write the name of a fallen Veteran, drawing entry forms and much more!!

Donations accepted and allocated strictly for Veterans

“For those who leave never to return. For those who return but can never be the same.”

We remember and respect.





SAL NEWS



Thanks to everyone who supported our Boston Butt Sale, March 28. We completely sold out and cleared a profit of \$1,809. Thanks, too, to our Squadron members who came out to help us cook that day and raise money for the programs our Squadron supports throughout the year.

At our April meeting, we selected our officers for the coming Legion Year. Once approved by the Post Executive Committee, the following will be the leadership for 2026-2027:

- Commander — Dick Cole
- 1st Vice Commander — Robbie Price
- 2nd Vice Commander — Linwood Moore
- Adjutant — Carl Brandt
- Treasurer — Bill Beatty
- Chaplain — George Dimirack
- Sergeant at Arms — Luke Wheeler (supervised by Jeff Lee)

We will be working with the Southern Virginia American Legion Riders to hold Law and Order Night at the Post on Tuesday, May 5. We will prepare a outstanding dinner with salads and dessert for the Area Six Virginia State Troopers, The Colonial Heights Police Department, Colonial Heights Sheriff's Office , Colonial Heights Fire and EMS De-

partment, and the Telecommunications Officers.

The honorees for the evening are: Virginia State Police Trooper Andrew L. J. Coe; Supervisory Communications Officer Supervisor Tiarra Drewey; Master Deputy Jody Davis of the Colonial Heights Sheriff's Office; Colonial Heights Police Officer Rocky Navarro and Colonial Heights Firefighter Paramedic David Hickey.

Those who are going to help set up, work in the kitchen, etc., should be at the Post at 4:30. Those serving and busing tables should be there at 5:30 p.m. The ceremony and supper starts at 6 p.m.

This will be the 18th year that this event is put on by The Sons of the American Legion and the Southern Virginia American Legion Riders of Post 284.

We will be putting out flags on the Boulevard in Colonial Heights for Armed Forces Day, May 16, and Memorial Day, May 25. Anyone interested in joining us to put up the flags are welcome.

See you around the Post!

Kevin Jones

Commander, Squadron 284



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, MAY 9

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

TOPSIDE *Lounge*



SCUTTLEBUTT

We hope that everyone had a Safe and Hoppy Easter! We had a great time celebrating with some of our favorite visitors of Topside—the kids! We were so “eggsited” to have a visit from the Easter Bunny! He came out for some pictures as well as an Easter egg hunt. We also had some fun crafts for the kids to do while they waited for their pictures.

We want to thank all the parents, grandparents, and kids who came for our event. A special “shout out” to the Easter Bunny. He was a great sport (and his mom is very appreciative of his help). Love you Easter Bunny!

We had Nick Constantine up here several nights, playing that great music you all love. We were fortunate enough to have Nick, Stephen and Jeff Constantine out for a show with their trio, “100 Years From Now.” These guys always pack the house when they are here! They do a fantastic job, and if you missed the show, you missed out on a great night, with some great folks, some good food, and some phenomenal music. Nick has already booked several more dates with us. He will be here May 15, and May 29—both Friday nights. Mark your calendars, and come on up!

We are holding a Cinco de Mayo night, Tuesday, May 5.

We will have dinner and drink specials, as well as the opportunity for pictures. We keep the pictures displayed at Topside until our next event.

If you have pictures currently displayed, and would like to take them home, let one of the staff know and they will get them for you.

If you haven't already, join our Grover Gaming text messaging service. Text AL284 to 78859. We send out texts letting everyone know about dinner specials, musical guests, and all the Events that are happening at our Post. If you have problems signing up, one of us will be happy to help you.

A huge THANK YOU to everyone that comes out in support of our events. We appreciate you!

We'll see y'all soon!

The Topside Team

Topside Lounge

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

Hours of operation are as follows:

Sunday – Closed

Monday – Closed

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

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

Kitchen opens at 4 p.m. Tuesday through Saturday

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

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

Post 284 Events Calendar

May 2026

- 2 Karaoke at Topside, 6-10 p.m.
- 4 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.
- 5 Law and Order Night
4:30 p.m. — Setup and Kitchen Personnel Required
5:30 p.m. — Servers and table bussers required
6 p.m. — Dinner and Ceremony start
- 6 Southern Virginia American Legion Riders, 6:30 p.m.
- 7 Leadership and Calendar Coordination Meeting, 6 p.m.
- 9 Commander's Community Breakfast, 8-10 a.m.
Line Dancing with "Dancin' Cat," \$10 per person, doors open 5 p.m., instruction begins at 7 p.m. Food and drink available for purchase, Must be 13 or older to attend. Dancing 7-10:30 p.m.
- 11 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.
- 13 Auxiliary Unit 284 Meeting
6 p.m. — Meeting
- 14 General Membership Meeting
6:15 p.m. — Dinner
7 p.m. — Meeting
- 16 Armed Forces Day
- 18 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.
- 20 Sons of the American Legion Squadron 284 meeting
6:15 p.m. — Dinner
7 p.m. — Meeting
- 25 Memorial Day Commemoration, Colonial Heights War Memorial, 10 a.m. Lunch follows at Post 284. (If inclement weather, ceremony will be conducted indoors at Post 284.)
Topside Committee Meeting, 6 p.m.
- 28 Executive Committee Meeting, 7 p.m.

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

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

MEMBERSHIP

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	Ettrick	0	1	5	6	10	60.00	50.00
VA-0137	Richmond	0	18	52	70	82	85.37	86.42
VA-0144	Highland Springs	9	15	128	153	195	78.46	74.48
VA-0186	Midlothian	11	34	229	275	284	96.83	94.60
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	39	4	162	205	170	120.59	99.40
VA-0242	Sandston	3	10	80	93	92	101.09	98.90
VA-0244	Glen Allen	7	9	65	84	68	123.53	108.82
VA-0284	Colonial Heights	46	148	595	797	808	98.64	93.11
VA-0354	Bon Air	22	12	164	199	201	99.00	90.26
Sum:		142	296	1606	2059	2099	98.09	91.97



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



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 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, or call (804) 796-6250.

Share your memories with your fellow Legionnaires!!



NEWS FROM THE AUXILIARY

Family Day certainly demonstrated we are “stronger together”

“Stronger Together” is the theme introduced by National Commander Dan Wiley, and it has truly resonated throughout Post 284 this year.

As we approach the final months of the administrative year, I remind myself of the progress and accomplishments we have made together and are a source of great pride.

It is impossible to move forward without acknowledging the outstanding volunteers who have made these successes possible, most recently, The inaugural Be the One 5K Run/Walk, followed by our American Legion Family Day, which were standout events that brought our Post into the community, highlighting our programs and values in the most positive way.

If you were unable to attend, you missed an event that showcased our Post’s commitment to service and education. Information materials were available on Be the One, Membership, VA & R, Children & Youth, and Poppy programs, and the Freedom Flag Foundation display featured a piece of steel from the twin towers. We had Department Commander, Scott Madrea in attendance, Colonial Heights Mayor T. Gregory Kochuba presented a proclamation, Kendel Wells sang the national anthem, and Walter Taquan

While I do not want to overlook anyone, I must emphasize those who played integral roles in executing this successful event. Special thanks go to Post Commander La Monte Thomas, Sr.; SAL Squadron 284 Commander Kevin Jones; Past Department Commander and Post 284 Adjutant Bill Feasenmyer; 1st Vice Commander Tim Capps, Past Department Commander and Adjutant Emeritus Rick Oertel and his wife Sue; Susan and John Knutson (who persevered through a popcorn machine mishap); Robin and Jeff

Lee; Tina and Robbie Price; Bill and Annette Mace (who, along with their granddaughter Genevieve Almodovar, probably do not want to see a balloon for a while); Past Post Commander Tonya Meunier; Rachel Whitehurst; Teres DeRosie; Sandy Jones; Shelia Abbott; Mary Tingen; Pat Rainey; Mari Althouse; Amy and Ken Baricuatro; Kevin and Lisa Chaplin; Jim Rovinski; Linwood and Rose Moore; Brett “Maverick” Bordwell; Hannah Bordwell; Joe Gallagher and junior members Madison Barrett and Hannah Caddell. Many helped with setup on Friday and stayed for cleanup after the event. Thank you to everyone involved!

A heartfelt thank you goes out to Legionnaire Jeff Constantine and his band, “100 Years from Now,” for providing fantastic music. We also appreciate our sponsors and the Non-Commissioned Officer Senior Leadership Class from Fort Lee for their invaluable assistance with race logistics.

What made this event so successful? The answer is simple: we are **STRONGER TOGETHER!**

Please take time to review the schedule of Poppy distributions led by our Poppy Chair, Amy Baricuatro, throughout May. Remember, National Poppy Day falls on Friday, May 22nd.

For God and Country,

Rita Feasenmyer

Unit 284 President

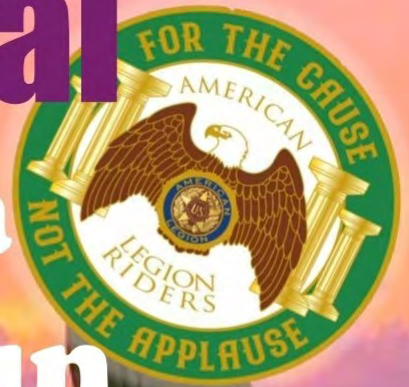
9th Annual

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

**AMERICAN
LEGION**
Colonial Heights Post 284



We are waiting for you at

Free Community Breakfast

Saturday, May 9

8-10 AM



*American Legion Post 284
505 Springdale Avenue
Colonial Heights, VA 23834*

(804) 526-4167

American Legion Post 77
 157 E. Washington Street
 Strasburg, VA 22657
 540-465-8167





May 16th 2026
 Registration – 9:00 – 10:00 AM
 KSU – 10:00 AM
 \$20.00/Rider \$10.00/Passenger




All Proceeds To Benefit
 “Heroes On The River”



RIDER: \$20
 PASSENGER: \$5
 ADDITIONAL HANDS: \$5

POKER RUN

MAY 23 - FIRST BIKE OUT 10AM
 PRESENTED BY:



TWO RIVERS CHAPTER
 AMERICAN
 LEGION RIDERS
 POST #146

217 E. CITY POINT ROAD,
 HOPEWELL VA 23860





50/50 DRAWING
 DOOR PRIZE DRAWING
 FOOD & DRINK AVAILABLE

BEST HAND WINS CASH PRIZE









ARMED FORCES DAY | MAY 16



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 words "AMERICAN LEGION" in a bold, blue, sans-serif font.

