

American Legion Post 284, Colonial Heights, Va. November 2025

*"Best Newsletter in the American Legion" (Large Post) — 2021, 2023*

*For God and Country*

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*Past Department Commander Bill Feasenmyer, American Legion Auxiliary Unit 284 President Rita Feasenmyer and Post 284 Commander La Monte Thomas, Sr., represented the Post at the 2025 Southern Virginia Chamber of Commerce "Best of the Best Awards," Oct. 16 at the Keystone Truck and Tractor Museum. (Courtesy Rita Feasenmyer)*

## Post 284 again selected to "Best of the Best" by SOVA Chamber of Commerce

By Dick Cole  
Editor

American Legion Post 284 was again named to the Tri-Cities "Best of the Best Awards."

The "Best of the Best Awards" for the Southern Virginia—SOVA—

Chamber of Commerce is a local awards program that celebrates businesses and individuals in the Tri-Cities area based on community votes. Businesses and organizations in the cities of Petersburg, Colonial Heights, Hopewell, Dinwiddie and Prince George were considered in the

*(cont'd on p. 3)*



## **POST OFFICERS**

### **Commander**

La Monte Thomas, Sr.  
(804) 926-3370

### **1st Vice Commander**

Tim Capps  
(804) 916-9976

### **2nd Vice Commander**

Vacant

### **3rd Vice Commander**

Bradley Harter  
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### **Adjutant**

William S. "Bill" Feasenmyer, Jr.  
(804) 337-8753

### **Chaplain**

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### **Finance Officer**

Kevin Jones  
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### **Judge Advocate**

Eric L. Wagner  
(804) 931-1203

### **Veteran Services Officer**

Lora Adkins  
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### **Membership**

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### **Historian**

Richard M. "Dick" Cole  
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### **Public Relations**

Richard M. "Dick" Cole  
(804) 796-6250

### **Athletic Officer**

William Shill  
(804) 218-1198

### **Sergeants-At-Arms**

Robert G. Emerick  
(804) 526-1874  
Harold Gresham  
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### **Sons of the American Legion**

Kevin Jones, Commander  
(804) 721-6405

### **Southern VA American Legion Riders**

Phil Vaughan, Director  
(804) 241-1277

### **Auxiliary Unit 284**

Rita Feasenmyer, President  
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### **Post Phone and Webpage**

(804) 526-4167

<https://alpost284va.org>

# FROM THE COMMANDER



*"The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction." Proverbs 1:7 KJV.*

I bring you greetings! October has been a busy month for Post 284. Our team's hard work and dedication to the community continues to demonstrate why our Post is truly a top-notch organization.

American Legion Post 284 was recognized as The Best Local Civic Organization, by the Tri-City People Choice Award Committee, October 16. Great work let's keep up the family PRIDE.

During the Free Community Breakfast, Oct. 18, the Legion Family served 56 meals to members of the Tri-Cities community! Thanks to all the Legion Family members who volunteered their time and hard work. Mark your calendar! The next breakfast will be held on November 8 Hope to see you there!

Our new administration building is moving along fast and steadily, thanks to 1<sup>st</sup> Vice Commander Tim Capps and his awesome committee.

We are fast approaching our Veterans Day Ceremony on Nov. 11. Let's prepare our hearts as we recognize living Veterans as well as currently serving.

A reminder the American Legion Department of Virginia's Fall conference is taking place October 31-November 2, at the Doubletree Hotel in Williamsburg Va. Come listen and learn more about the exciting things taking place in the Department Of Virginia and the Amerion Legion.

## **Fundraising & Projects**

All fundraising and project ideas must be submitted to the Executive Board and Membership for approval, in accordance with our Constitution and Bylaws. The Commander cannot make financial commitments independently.

## **Committee Openings**

We are looking for dedicated members to chair key committees, including: Boys State; Legislative; building and grounds; scholarship; oratorical; ROTC/JROTC support; athletics and children and youth. If interested, please reach out to learn more about the responsibilities.

*(cont'd on p.17)*

**Best of the Best (from p.1)**

competition which was broken down into 77 categories. Nominations and voting take place each year, with an awards night ceremony to honor the winners in a variety of categories, such as best auto body shop, best dental practice, or best plumbing service.

Unfortunately, at press time, the SOVA Chamber of Commerce has yet to post any information about who the nominees were in each category, or the percentage of the voting that each captured as they did for last year's contest.

So, it is not possible to tell you who our competition was in our category. The only thing we do know is that the final three organizations in the voting for best community organization were American Legion Post 284, Colonial Heights Kiwanis and Hopewell Moose Lodge.

No further information is available via the Internet and the SOVA Chamber of Commerce did not respond to our request for more information about the results.



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



**SAVE *the* DATE!**

**VETERANS DAY CEREMONY**

**"Welcome Home, Vietnam Veterans"**

**TUESDAY, NOV. 11, 2025 • 2 P.M.**

**CHESTERFIELD COUNTY FAIRGROUNDS**



**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!**





## FROM THE POST CHAPLAIN

*Rev. William H. Gibson III*

### **A Veterans' Day Prayer**

**O** God of Hosts, we bow our heads in thankfulness for the victories You have granted us—to us and to those peoples who have united with us—to stamp out the evils of aggression, intolerance and greed.

We beseech You to bring the blessings of understanding to the families and friends, here and in other lands, to those who have given their lives that people may live free. Grant, O God, that those closest to the fallen may consider the pain of their losses in the ennobling light of sacrifice for civilization and sacrifice for a better world for this generation and those yet unborn.

Grant us, too, O God, the courage to so live with the family of nations around the world that the end of strife will be the beginning of enduring peace. Grant us patience in planning with others a world in which nations may resolve their differences by peaceful means.

Touch the souls in every land with the enduring light of wisdom so that they may form a brotherhood of peoples that will strive to further the noble quest for peace under righteous laws and morality commanded by Your great love.

Grant us now Your continued blessing of unity and strength that makes victories possible in war, that we may win greater victories of peace.

Finally, bless and protect our nation. Be merciful to our honored dead, the memory of whose valor, courage, and heroism inspires us to noble action.



*U.S. Marines and guests bow their heads while the invocation is delivered during a ceremony at Camp Pendleton, Calif., Nov. 18, 2014. (U.S. Marine Corps photo by Cpl. Ismael Ortega, Combat Camera MCIWEST-MCB CamPen/Released)*

Grant us eternal vigilance in the preservation of our priceless liberty and the inalienable right to enduring happiness.

Guide and direct our minds to a thorough understanding of our duties to You, to our country, and to one another. Awaken in our hearts the desire and the will to accomplish the ideals for which this nation exists so that our through determination and our unwavering diligence there may emerge a better world: a world founded upon faith and understanding, a world dedicated to preserving individual rights and the dignity of each person, a world of tolerance and justice, a world intent on loving and serving You, our Lord and Master, in Jesus Name, Amen!



# CASCOM Business Systems Director named Colonial Heights Veterans Day Ceremony guest speaker

By Dick Cole  
Editor

Once again this year, American Legion Post 284 is partnering with Veterans of Foreign Wars Post 2239 to hold the Colonial Heights Veterans Day Ceremony on November 11 at 11 a.m. at the Colonial Heights War Memorial.

Keynote speaker for this year's ceremony is Col. Steven M. Dowgielewicz, Jr., Combined Army Support Command's Business Systems Director at Fort Lee, Va.

Dowgielewicz was commissioned a second lieutenant in the Army Transportation Corps following his graduation from Clarkson University, Potsdam, N.Y. in 1997. He graduated with a bachelors degree in biology. He also has masters degrees in national security and strategic studies from the Naval War College, and health sciences from Trident University.

His command experience includes: platoon leader, 25th Transportation Company (LMT), Schofield Barracks, Hawaii; Commander, Headquarters and Headquarters Detachment, 524th Corps Support Battalion, Schofield Barracks, Hawaii; commander, B



***U.S. Army Col. Steven M. Dowgielewicz (left), then deputy commanding officer, 1st Theater Sustainment Command, congratulates Command Sgt. Maj. Lachelle R. Wiggins, support operations sergeant major, 1st TSC, during her promotion ceremony at Fort Knox, Kentucky, Aug. 11, 2023.***

Company, 123rd Main Support Battalion, Dexheim, Germany; instructor-writer for the ordnance officer basic course, Aberdeen Proving Grounds, Maryland; division transportation officer, 1st Infantry Division, Ft. Riley, Kan.; battalion executive officer, 541st Combat Sustainment Support Battalion, Ft. Riley, Kan.; joint mobility and operations officer and joint transportation staff officer, U.S. Transportation Command, Scott AFB, Ill., and senior sustainment trainer at

the Joint Multinational Readiness Center, Hohenfels, Germany.

His deployments include Iraq with the 1st Armored Division in 2003, Iraq with the 541st Combat Sustainment Support Battalion in 2009, Iraq with the Office of Security Cooperation-Iraq in 2019 and Kuwait, 2022-2024.

He is married to the former Lori Spore and together they have two children and two grandchildren.



# MEMBERSHIP

## The Four Attitudes in Membership Conversations (Continued)

In July, I introduced acceptance, indifference, objections, and skepticism. We started with acceptance in July and moved on to the most difficult attitude, indifference, in September. To summarize these:

- For acceptance: Close.
- For indifference: Introduce features and turn them into benefits.

This month let's talk about skepticism.

The best way to respond to skepticism is to offer proof. It sounds simple, and it really is.

Recognizing this attitude is clear, they will use words like "I doubt," "Are you sure?," or "That doesn't sound right." Sometimes skepticism is wrapped in an attitude of objection. Try not to confuse the two. Learn to recognize them both and be prepared to handle each.

Take an example: someone says, "Does anyone even attend your events?"

If you handle this as an objection, you might reinforce or even introduce a new objection. If you treat it as skepticism, you recognize that they already like what you are saying they're just not convinced. This is an opportuni-

ty!

Skeptical people are often on the edge of acceptance. You are one step away from success. They want to believe you; they just need to see the evidence. That's where you "bring the receipts."

### Examples of Skepticism and How to Handle Them

- **"I doubt people my age would feel welcome."**  
*Response:* Share specific stories of members in their age group or mention an event where different generations connected.
- **"Are the dues worth it?"**  
*Response:* Show what their dues support: scholarships, veteran support programs, community projects, or a calendar of included activities.
- **"I've heard these groups don't really do much anymore."**  
*Response:* List recent accomplishments, such as fundraisers, local partnerships, or a packed events calendar.
- **"Do you actually help veterans, or is it just meetings?"**  
*Response:* Share direct proof: hours volunteered, funds

donated, or a testimonial from a veteran helped by the Post.

These are powerful benefits. Share them in real, personal terms because while skeptics want receipts, sometimes the strongest "proof" is the testimony of people living it.

**Pro Tip on Skepticism:** Don't argue - demonstrate. A skeptic doesn't need persuasion; they need proof. The faster you can show real examples, the faster skepticism turns into trust.

### Join Our PT/PE Program!

We're now up and running—literally—with our new PT/PE program:

- Saturdays at 7 a.m. (0700)
- Wednesdays at 6 p.m. (1800)

We meet at the Post or a TBD location. Wear a yellow shirt, we want people to see us out there. I'd love to see others help lead, vary the activity, and grow the group.

Contact me, [bret@bordwell.com](mailto:bret@bordwell.com) if you're interested.

*Maverick*

Membership Chairman





*Store your uniform in a cool, dark, and dry place. Wrap it with acid-free tissue paper, with extra tissue paper used to pad the folds and prevent creasing. Lay the uniform flat with as few folds as possible—stuff hats or other dimensional items with acid-free tissue to help them retain their shape. Finally, place the uniform in an acid-free archival box. Acid-free tissue paper and boxes are available at several online retailers. (Photo courtesy Gaylord Archival)*

### **Preserving a Legacy:**

## **Caring for Your or an Ancestor's Military Uniform**

By Jenny Ascraft

Fold3.com

**M**ilitary uniforms are much more than fabric and thread. They are a tangible reminder of service and sacrifice. Each uniform is woven with countless stories of courage and determination. If you are the custodian of one of these precious artifacts, special care should be taken to preserve this physical piece of history.

We are often asked for advice on how to properly care for a military uniform. To ensure we provide the best guidance, we consulted with our colleagues at The National WWII Museum. They have generously shared some expert tips. Here are their recommendations:

### **Cleaning a Uniform:**

- **Inspect:** Before cleaning a military uniform, inspect the garment for damage.
- **Dry Cleaning:** Dry cleaning is recommended for

the most stable and sturdy wool uniforms only.

Dry cleaning can potentially damage the garment due to the use of solvents and the tumbling action used to clean them. When dry cleaning a uniform, choose a reputable cleaner that specializes in vintage clothing, luxury items, or costumes. Delicate fabrics such as silk should not be cleaned to avoid color bleeding or structural damage. Remove all metal decorations beforehand. Uniforms should only be hand-pressed with a pressing cloth to prevent damage.

- **Hand Washing:** Some durable fabrics, such as vintage fatigues, may tolerate gentle hand washing if they are structurally sound. Use only cool water and a mild, pH-neutral soap specifically designed for delicate textiles. Support the uniform when wet, as wet fibers become weaker. Rinse thoroughly and lay flat to dry in a well-ventilated area, away from direct sunlight or heat. Avoid a washing machine, as the agitation

can damage the uniform.

- **Gentle Vacuuming:** Remove surface dust from the uniform with a hand-held vacuum on the lowest setting. Avoid using suction on loose threads, insignias, medals, and decorations. Vacuum all seams and pockets (inside and out) to remove debris that might harbor pests. Vacuuming can also remove insect eggs and larvae. Avoid using mothballs, as the naphthalene can cause health issues. Cedar is a deterrent to pests, but its effect is not long-term. Cedar should be sanded regularly to help refresh the aroma.
- **Soft Brushing:** A small, soft brush, such as a clean makeup brush, can remove dust from medals and decorations.
- **Contact a Professional Textile Conservator:** When the uniform is fragile or unstable, it is recommended that you consult or hire the services of a professional, certified textile conservator.
- **Storing a Uniform:** Store your uniform in a cool, dark, and dry place. Wrap it with acid-free tissue paper, with extra tissue paper used to pad the folds and prevent creasing. Lay the uniform flat

with as few folds as possible—stuff hats or other dimensional items with acid-free tissue to help them retain their shape. Finally, place the uniform in an acid-free archival box. Acid-free tissue paper and boxes are available at several online retailers.

- **Displaying a Uniform:** Uniforms can be displayed temporarily with padded hangers. However, we don't recommend hanging uniforms in the long term, as this can stress the fibers in the fabric.
- **Regular Inspections:** Inspect your uniform for any signs of pest damage, such as holes, webs, or dead insects.

Following these tips can help you preserve your ancestor's military uniform, allowing their service and stories to be passed down to the next generation.

Our special thanks to The National WWII Museum. If you haven't had a chance to visit the museum in New Orleans, it's a must-see for anyone interested in learning more about the American experience during World War II and the individuals who served.

To discover more about your ancestors' military service and stories, search [Fold3](#) today.



OLD DOMINION HONOR FLIGHT PRESENTS

**MISSION 10**

**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/>





# NEWS FROM THE AUXILIARY



*Members of Unit 284 who hosted American Legion Auxiliary National President Pam Ray, seventh from left, at the Post on Sept. 30.*

***“For the things we have to learn before we can do, we learn by doing.”— Aristotle***

**T**he Unit and with the support of the Post, had the honor of hosting National ALA President Pam Ray.

Pam was honored Sept. 30 for her contributions and dedication. In attendance for this special occasion was Colonial Heights Mayor Greg Kochuba whose presence highlighted the significance of the event.

He strengthened the relationship between Post 284 and the local community. He presented Pam with a city of Colonial Heights challenge coin. The Department of Virginia Auxiliary President, Carol Campbell, and Department Commander, Scott Maddrea were also present. Pam reportedly gave highly positive feedback about the Post at the National Fall

Meetings in Indianapolis.

Appreciation is extended to Robin Lee, Sandy Jones, Sheila Abbott, Sue Oertel and Tonya Meunier who contributed significantly to the success of this event. Gratitude is also expressed to the Post Commander, SAL Commander, and other Legionnaires and Sons of the American Legion who attended.

We remain actively engaged in initiatives supporting the four pillars of the American Legion organization. The October meeting commenced with the presentation of the Children & Youth Good Deed Award to Ashlynn Blankenship, recognizing her Gold Award community service project at the Colonial Heights Animal Shelter.

Veterans Assistance and Recreation Chair Tonya

Meunier coordinated the collection of over 150 cards for Honor Flight participants, with special thanks to member Kathy Kabala and her colleagues for contributing 100 of the cards.

Lakeview Elementary received candy for their "candy gram" project, an effort that enables students to raise funds for nonprofit organizations.

Legislative chair Sue Oertel provided guidance on subscribing to action alerts designed to benefit veterans.

Current Unit membership figures for 2026 indicate 215 paid members, representing 67 percent of our goal.

As the Holiday Season approaches, we have several initiatives that would benefit from participation by all members. Fundraising Chair Tina Price has commenced promotion of the Annual \$500 Raffle, and Morrisett Funeral Home has invited us to contribute to the "Stockings for Soldiers" campaign. Our objective is to exceed last year's achievement of filling 55 stockings for Soldiers at Fort Lee who are unable to be with family during Christmas. The list of requested items is available in this issue of *News and Views*. We encourage you to consider filling a stocking or providing the necessary items; alternatively, we will assemble the stocking on your behalf.

The Auxiliary will be providing support to the Post during upcoming events, and volunteers are requested. With nearly 800 members in this Post, it is important that participation extends beyond the usual group of 20 individuals.

Traditionally, the Auxiliary coordinates the Christmas decorating of the Post home, which will take place on Sunday, Nov. 30 (time to be announced). This activity will be followed by preparations for dinner served to the Legionnaires at their December



***The October meeting commenced with the presentation of the Children & Youth Good Deed Award to Ashlynn Blankenship, recognizing her Gold Award community service project at the Colonial Heights Animal Shelter.***

meeting.

Additional events include Breakfast with Santa on Dec. 13 from 9-11 a.m., the laying of wreaths at City Point National Cemetery, and the Army Navy Game on the same day, with doors opening at 2 p.m. The week promises to be active and engaging.

Each member of this Auxiliary Unit joined to honor the service of a loved one—whether a spouse, child, parent, or grandparent. Let us further their legacy and express our gratitude by maintaining dedicated support for our veterans and the wider community.

For God and Country,

***Rita Feasenmyer***

Unit 284 President

### **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](mailto:ritafeas@gmail.com)**





# SAL NEWS



**W**e hope everyone is having a great Fall. 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 allowing us to be part of the Sons of the American Legion. And as always - **LET'S HAVE FUN!!!**

Our November meeting will be on Wednesday, Nov. 19, with supper at 6:15 p.m. and meeting at 7 p.m. If you have a 2025 membership card, your membership will expire on Dec. 31. Please go ahead and pay your **2026 Dues - \$30.00** – now as it saves the Post, Detachment, and National money in postage if you go ahead and pay now.

October was a slow month for Squadron 284, no flags to put out and no sponsored events, which was a good chance to catch our breath as we came off a busy summer.

My wife and I had the pleasure of representing the Sons, along with the Post 284 Commander and his wife, and Auxiliary Unit 284 President, at the Crater Community Hospice 30<sup>th</sup> Anniversary Benefit Auction on Oct. 5. The Legion was the main sponsor and we all had a great time. It was a very well put on event.

In October we made donations to several organizations: The American Legion Veterans and Children's Foundation, The American Legion Child Welfare Foundation, The American Legion Operation Comfort Warriors, and Detachment Commander's project; Auxiliary Unit 284 for their Stockings for Soldiers program; and Troop 101 for Rylan Ehrenfeld's Eagle Scout project.

Squadron 284 has been awarded the 1919 Society bronze level membership for cumulative contributions to the Veterans & Children Foundation since October 2020. Thanks to all the members and Commanders (Jim Rovinski, Kevin Chaplin, Skip Klass and Jeff Lee) for their efforts in achieving this award.

The letter and pin received from the 1919 Society will be presented to the Squadron at our November 2025 meeting.

Our 2026 membership goal is a total of 205 members. As of this writing, we are at 110 members which is 53.66% of our 2026 goal. We need to have current members renew and we need to sign new members up. It's 95 to go to hit our 2026 goal and that goal is going to be a quite a challenge, but certainly attainable. Linwood Moore does one heck of a job on membership but he cannot do it alone. Renew if you have not, encourage members you know to renew, and recruit new members. If each of you will recruit just one new member then we'll hit our goal easily.

Membership eligibility and application can be found on our Post website: [alpost284va.org/sons-of-the-legion](http://alpost284va.org/sons-of-the-legion).

Squadron 284 is a vital part of our Post Family with many members being dual members serving in either American Legion Post 284 or SVALR Post 284 Riders.

November will be a busy month for us. Don't forget to exercise your right to vote that our forefathers fought so bravely for us to have. Election Day is Nov. 4. Commander's Community Breakfast is Nov. 8 and it's free! We will put out Flags on Veterans Day, Nov. 11. The Veterans Day ceremony will be at the Colonial Heights War Memorial at 11:00 a.m. with lunch to follow at Post 284. Squadron 284 will lay a wreath as part of the ceremony.

Our Boston Butt Sale will be on Nov. 22. We'll start around 4:30 a.m. and go all day. This is an excellent opportunity to get to know your fellow Squadron members and build some comradery. See Linwood Moore to get your tickets to sell and butts can be ordered from any Squadron 284 member.

It continues to be a real pleasure, lots of work and a lot of fun working with our Post 284 Family.

*Kevin Jones*

Commander, Squadron 284

# Southern Virginia American Legion Riders



**Sherry Merrill, wife of SVALR Assistant Director Jon Merrill, presented a donation of \$500 to the Morrisette Funeral Home's Stockings for Soldiers Program on behalf of the Riders, Oct. 29. (Photo by Jon Merrill)**

**T**he riders will be participating in a couple of significant rides this month.

First, SVALR will have a number of riders attending the sixth annual Chesterfield Parks and Recreation Veterans Day Motorcycle Rally, Sunday, Nov. 9. (In case of inclement weather, the ride will occur the following Sunday, Nov. 16.) SVALR member, and Department ALR Director, Randy Gunn is one of the coordinators for the event and the road captain.

The riders will also participate in the Colonial

Heights Veterans Day Ceremony on Tuesday, Nov. 11, at the Colonial Heights War Memorial. Former SVALR Director Randy Grenier and his wife, Elaine, will deliver the U.S. flag to the Post Honor Guard at the event. It is scheduled for 11 a.m. on Veterans' Day, weather permitting. In case of inclement weather, the ceremony will be moved to Post 284.

The Riders' meeting for November will be held on Wednesday, Nov. 5, to avoid conflicts with election day. The meeting will be held at 6:30 p.m.



# TOPSIDE

Lounge



# SCUTTLEBUTT

**H**appy Fall y'all! We are so excited for the cooler weather! And we loved "spooky season" up here at Topside.

A huge thank you to every one that came out for our Halloween Party! And thank you to Star Maker for the music!

We were able to have one, or all, of the Constantines here for live music three times in October. We hope you were able

to attend. We will have Nick here on Saturday, Nov. 8. Mark your calendar, you don't want to miss out.

We hope everyone has a safe, family filled, Thanksgiving.

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.

### Volunteer Needs

We need support for Monday Bingo Nights—a critical fundraiser for our charitable programs. Every helping hand makes a difference!

### Hurricane Season

Please review your emergency preparedness plans. Your safety is our top priority.

Your Vote matters please get out and vote if you haven't already done so on Nov. 4.

### Upcoming Events

- Army vs. Navy Game – December 13. Stay tuned for food, games, and fun!
- Annual Christmas Basket event. Please submit your nominations for families to receive the baskets soonest! Nomination forms are available in Topside and in this issue of *News and Views*. *Please limit the number of baskets you are nominating for a family to receive to two.* We want to be able to make our donations stretch to as many needy families as possible. Giving more

than two baskets to any family, regardless of the number of people in the household, severely constrains the number of area families we are able to assist.

As we move forward, let's unite as One Legion Family, under one flag, promoting progress and making a lasting, positive impact. Together, we are stronger.

Remember my motto: "Strive:" Set realistic goals; Treat others with respect; Recruit and retain members; Involvement in the community; Volunteer to make Post 284 the number one Post in the 11th District; and Enjoy all that American Legion Post 284 has to offer. Let's S.T.R.I.V.E. together to make this our most purposeful year yet.

With pride and service,

*La Monte Thomas, Sr.*

The Post is in need of several new committee chairs. If you are interested in becoming the chair of any of the following committees, please contact the Post Commander: Children & Youth; Athletics; ROTC/JROTC/Oratorical/Scholarships; and Buildings and Grounds. The longtime chairmen of these committees all wish to step down.

## 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!!



# **Post 284 Events Calendar**

## **November 2025**

- 1-2 Department Fall Conference, Williamsburg, Va.
- 3 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 Southern Virginia American Legion Riders Post 284 Meeting, 6:30 p.m.
- 6 Commander's Leadership Meeting, 6 p.m.
- 8 Commander's Community Breakfast, 8-10 a.m.  
Nick Constantine performing at Topside,
- 10 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.
- 12 Auxiliary Unit 284 Meeting  
6 p.m. — Membership Meeting
- 13 General Membership Meeting  
6:15 p.m. — Dinner  
7 p.m. — Meeting
- 17 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.
- 19 SAL Squadron 284 Meeting  
6:15 p.m. — Dinner  
7 p.m. — Meeting
- 24 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.

***There will be a combined November and December Executive Committee Meeting on Thursday, December 4!***

*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.



# HELP BRING HAPPINESS TO OTHERS!

**T**he Holidays are upon us again, a time for giving for the families and children in our community. The next few weeks will be busy as we all hustle around to ensuring that our families enjoy a wonderful holiday season.

You can help the Post bring happiness and joy to those less fortunate children and families in our community during their period of need and challenging times. As a member of the Post family, you can help us identify those less fortunate to enjoy the season's happiness. I hope you'll join us in this effort.

The Post will assist 72 families in having a brighter Christmas holidays by providing groceries to families in need. Each family receives seven grocery bags of food items including a turkey.

On Saturday morning, December 20 at 7 a.m., volunteers will be needed to pick up the food for the baskets at the Fort Gregg-Adams commissary and bring it to the Post. Volunteers to set up the tables and bags for distribution should be at the Post by 9 a.m.

On Sunday afternoon, December 21, from noon- 3 p.m., volunteers will distribute the groceries to the families. We need volunteers for the distribution and, in some cases, delivery of the groceries.

To nominate a deserving family, please complete the form provided in this *News and Views* on the next page. A computer-fillable version may also be available on the Post website.

If you have nominated someone previously, please confirm their information and resubmit a nomination

as the list changes every year. The requested information is critical in the event we have more nominations than baskets.

Regardless of the size of a household, please do not nominate a family to receive more than two baskets. The amount of funds we have for this annual project is limited and if we give more than two baskets to a single household, that results in the Post serving far fewer than our goal of 72 families. In the past, we've had some households nominated to receive a basket for every adult and child in the home, which depletes the number of baskets we are able to provide the needy. We want to serve as many as possible.

Grocery distribution is on a first requested received basis and **you may nominate only two households**. So get your nomination in early. We may attempt to contact nominees who did not make the lists if there are no shows. All information is kept confidential. **Sponsors, please be sure to include your name and phone number** to do any necessary follow-up. Nominations without a number may be disqualified.

Nominations can be left at Topside or submitted to Jerry Chenault, Acting Children & Youth Chair, (804) 263-0392.

Volunteer sign-up sheets for this event will be available at the membership meetings and the Topside Lounge. Remember, **"It is more blest to give than to receive."**

**GET YOUR NOMINATIONS  
IN BY DECEMBER 17!**



COLONIAL HEIGHTS AMERICAN LEGION POST 284  
CHRISTMAS BASKET NOMINATION

\*NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

\*Sponsor Delivers: \_\_\_\_\_

\*Individual Picks Up: \_\_\_\_\_

\*CONTACT PHONE #: \_\_\_\_\_ DATE: \_\_\_\_\_

\*# OF CHILDREN (IN THE HOME): \_\_\_\_\_ \*VETERAN AFFILIATED: YES \_\_\_ NO \_\_\_

ANY EXTENUATING CIRCUMSTANCES (examples – disabled, single parent, etc.):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*SPONSORED BY: \_\_\_\_\_ \*PHONE: \_\_\_\_\_

\* Information must be completed for consideration

COLONIAL HEIGHTS AMERICAN LEGION POST 284  
CHRISTMAS BASKET NOMINATION

\*NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

\*Sponsor Delivers: \_\_\_\_\_

\*Individual Picks Up: \_\_\_\_\_

\*CONTACT PHONE #: \_\_\_\_\_ DATE: \_\_\_\_\_

\*# OF CHILDREN (IN THE HOME): \_\_\_\_\_ \*VETERAN OR AFFILIATED: YES \_\_\_ NO \_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*SPONSORED BY: \_\_\_\_\_ \*PHONE: \_\_\_\_\_

\* Information must be completed for consideration

**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*

