

INSIDE

From the Commander 2

From the Chaplain 4

*Why do so few volunteer at
a Post of nearly 800 mem-
bers? 6*

*Post Public Relations Officer
records a song about the
American Legion Riders 8*

*News from the
Auxiliary 10*

SAL News 12

SVALR News 14

Topside Scuttlebutt 16

Monthly Post Calendar ... 18

*Christmas Food Baskets:
Help Bring Happiness to
Others 22*



Colonial Heights Police Department Master Patrol Officer Devin C. Marks and his family joined other police officers, fire fighters and community members at the Post's free community breakfast, Sept. 13. The next free community breakfast is Saturday, Oct. 18.

Post hosts its largest-ever free community breakfast during September

By Dick Cole
Editor

"It certainly kept us hopping," said Post Commander La Monte Thomas, Sr., of the free Community

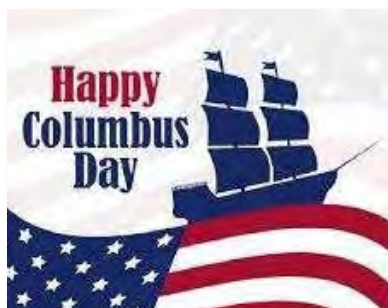
Breakfast held Saturday, Sept. 13.

It turned out to be the largest crowd hosted by the Post since the free breakfasts resumed in 2023 with 92 people served.

This month's breakfast also fed a number of on-duty Colonial Heights Police Officers, firefighters and their families.

The breakfasts have been conducted nearly every second Saturday morning of the month for the past two years. The menu had consisted primarily of pancakes, sausages, orange juice and coffee. Since Thomas

(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
(804) 712-4272

Adjutant

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

Chaplain

William H. Gibson III
(804) 536-1125

Finance Officer

Kevin Jones
(804) 721-6405

Judge Advocate

Eric L. Wagner
(804) 931-1203

Veteran Services Officer

Lora Adkins
(804) 452-0036

Membership

Bret Bordwell
(804) 712-8308

Historian

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

Public Relations

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
(803) 300-7055

Sons of the American Legion

Kevin Jones, Commander
(804) 721-6405

Southern VA American Legion Riders

Phil Vaughan, Director
(804) 241-1277

Auxiliary Unit 284

Rita Feasenmyer, President
(804) 337-0905

Post Phone and Webpage

(804) 526-4167

<https://alpost284va.org>

FROM THE COMMANDER



Last month, we honored the lives lost on September 11, 2001 (9/11). Never forget. Let their memory inspire us to stand united in hope and compassion for one another.

In remembrance, Post 284 proudly partnered with the Legion Family and the Veterans of Foreign Wars (VFW) to deliver pizza and wings to the Colonial Heights Sheriff and Police, Fire and EMS, and school resource officers. Special treat bags, generously prepared by our Unit Auxiliary, were also distributed to show our appreciation.

I was extended a warm welcome during the September Auxiliary meeting, which included a special presentation to a courageous young man who rescued his family from a house fire this past year. A heartfelt thank you to Unit 284 President Rita Feasenmyer for the gracious invitation and hospitality.

September marked the resumption of our free community breakfast events. The Legion Family served over 90 meals to members of the Tri-Cities community! Eggs were cooked to order by yours truly, pancakes were flipped to perfection by SAL Squadron 284 Commander Kevin Jones, toast was expertly made by Auxiliary Unit 284 President Rita Feasenmyer and bacon and sausages were prepared by Tony Reagan and Jim Rovinski. Topside manager Brandy Harter helped keep things humming and orders were taken by Post "First Lady" Bridget and 3rd Vice Commander Brad Harter.

Mark your calendar! The next breakfast will be held on October 18th (new date). Come out and enjoy great food and fellowship with fellow members and the community.

I was proud to represent Post 284 at Sips on the Skyline, September 12, at the Virginia War Memorial supporting the Virginia War Memorial Support Foundation. The Post leadership will be attending the 30th anniversary of Crater Community Hospice on October 5th — another local organization with which we have a partnership. Let's continue to shine in the community and keep our light burning strong.

A reminder that all fundraising and project ideas must be submitted to the executive board and our membership for approval, in accordance with the Post's constitution and bylaws. I do not have the authority to make financial commitments independently.

We are looking for dedicated members to join key committees and accept key positions, including: Boys State chair; legislative officer; buildings and grounds; athletic officer; scholarship chair; ROTC/JROTC support chair; oratorical chair and children and youth chair. If interested, please reach out to learn more about the responsibilities.

(cont'd on p.17)

"Free Breakfasts" (cont'd from p. 1)

has been Post Commander, bacon, eggs, and toast have been added to the menu.

"I enjoy cooking with the help of our vice commanders," Thomas said.

Auxiliary Unit 284 President Rita Feasenmyer also joined the usual crew in September making toast.

The usual crew for these breakfasts over the past couple of years have included Anthony J. "Tony" Reagan and Jim Rovinski with the frequent assistance of members of the Sons of the American Legion Squadron.

"We wanted to add more substantial foods to the menu since we're drawing so many kids to the breakfasts," said Thomas.

Of course the Post will continue hosting the free community breakfasts each month. The time has changed over the past couple of months. The breakfast is now being conducted on the main floor of the Post building from 8 to 10 a.m. — a half-hour later than it had been conducted in the past. Also, the October breakfast will be held on October 18 rather than the 11th.



The kitchen crew for the September free community breakfast included (l. to r.): Kevin Jones, Sons of the American Legion Squadron 284 Commander; Brandy Harter, Topside manager; Jim Rovinski; Post Commander La Monte Thomas, Sr.; American Legion Auxiliary Unit 284 President Rita Feasenmyer; Anthony J. "Tony" Reagan and, behind Reagan, is Post 3rd Vice Commander Bradley Harter.



Third Vice Commander Bradley Harter waits behind the bar with Bridget Thomas, while her husband, Post Commander La Monte Thomas, Sr., cooks pancakes on the griddle in the kitchen. The two took orders from attendees and then served them their meals.

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

Where did the word chaplain come from?

Last month, I wrote about the American Legion's "Service to God and Country" program and touched a little on whether Americans believed in God. I also discussed a little of my duties as the Post Chaplain. I thought this month it might be good to explore a little of the history and development of the American Legion's chaplaincy.

When the word "chaplaincy" is either seen or heard, most think of the military. That is true because of the significance and historic role the chaplaincy has long played in the military. That is still true. However, there are many types of chaplain's service, including that of The American Legion, available to those willing to serve in such a capacity. Each type of chaplain's service is distinct depending upon its purpose and those being served.

The chaplaincy has a long and honorable history, for it is as old as the story of military operations. The term goes back to a legend of the fourth century about Martin of Tours. It is said that on his way home from battle he met a shivering beggar. He cut his cloak into two parts and gave one to the beggar. Legend says that night he had a vision of Christ wearing the part given to the one in need. His part known as a "cappa" was kept in a shrine called "cappella," becoming an object of veneration. French kings applied the term "chapelains," which meant "keepers of the cloak," to those clergy who ministered to them.

In the years that followed, chaplains were found wherever men went to war. In Colonial America, the tradition was continued. The legal origin of the



Martin of Tours (c. 316–397 AD) was a Roman soldier turned monk and bishop who founded monasteries and churches. He is famous for cutting his cloak to give half to a freezing beggar, a selfless act that became a symbol of his generosity and is still celebrated on his feast day, November 11th. He is the patron saint of soldiers and conscientious objectors, and the words "chapel" and "chaplain" derive from the story of his cloak.

chaplaincy as part of the American military service dates from July 29, 1775, when the Continental Congress recognized the chaplaincy as being part of the army. From that date, the role and mission of the chaplaincy has grown. Now the chaplaincy plays a significant role in all branches of service.

One might well ask, "Is The American Legion chaplaincy important?" Our founding fathers must have thought so because an office of chaplain was established. From that day until now, the chaplain has been an integral part of the total program.

 **AMERICAN
LEGION**   
Colonial Heights Post 284

We are waiting for you at

Free Community Breakfast

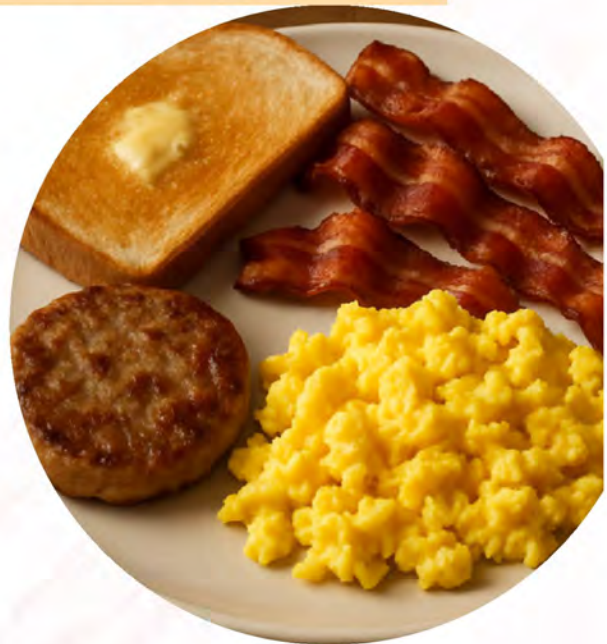
SATURDAY, OCTOBER 18

8-10 AM



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

(804) 526-4167





Why do so few volunteer at a Post of nearly 800 members?

By Dick Cole
Editor

I've been a member of Post 284 for more than six years. I transferred to this Post from Post 177 in Fairfax, Va., after moving to Chester in early 2019. I specifically transferred to this Post because it was the seventh largest in the Department of Virginia, and was a consistent award winner for the quality of its programs.

What I discovered after becoming a member here is that there is a core group of less than 20 volunteers out of more than 800 who are the ones actively getting things done in Post 284.

These individuals are the committee chairs, Post officers, Legion family leaders, workers at every event, working in the kitchen every time food is served, are members of the color guard, or the people always working Bingo. Nearly all of these individuals have been doing these activities steadily for five to 10 years or more.

Why, out of a membership of more than 800 to we always have to rely on the same 20, or so, people to keep Post 284 running to the benefit of so many?

I was unable to make it out to assist with the food deliveries to first responders on Patriot's Day this year. I had a situation at home that I simply couldn't

get away from. I wasn't the only one. It was true of several other members who, traditionally, have assisted with this event every year. The result? There were three individuals—the Post commander, and one other Post member and the President of the Auxiliary—who delivered all the food to two Police Departments, five fire stations, the Colonial Heights Emergency Communications and Sheriff's Departments, and five area schools. Three volunteers. Three.

Last year, the Southern Virginia Chamber of Commerce selected Post 284 as the Best Community Support Organization in the Colonial Heights, Prince George, Petersburg, and Hopewell area. We were nominated for this honor once again this year; however, the activities that have brought us to the attention of the SOVA Chamber of Commerce two years in a row are *always* accomplished by the same group of people.

We've run ads in the past couple of issues of the *News and Views* seeking people willing to be committee chairs. They are appearing in this issue as well. In nearly every instance, the committees needing new chairs have been chaired by the same person for at least the last five years or more and they are simply burned out. Each of them need to "take a breath," step away from their constant involvement

for such a long period of time, and reassess how much time they are presently able to dedicate to Post obligations in view of their other responsibilities to family, church, and home.

Why is it so hard to get people to volunteer in an organization with a large membership but few active volunteers? It is actually a common problem. The key is understanding why people don't volunteer and then removing those barriers while offering the right motivations and opportunities.

The key to getting volunteers in large organizations has four parts:

1. Engage and incentivize current and former members;
2. Offer different types of opportunities;
3. Implement a robust communication strategy; and
4. Build a culture of recognition and appreciation.

Lets take a look at each of these individually.

To engage and incentivize current and former members to volunteer works best when they are asked directly and personally.

Research shows the most effective recruitment method is a personal invitation from someone the member knows and respects.

Maintaining a database of past volunteers and their service history is a good way to find people with the necessary experience. Reaching out to them with a special message acknowledging their past contributions and highlighting new, relevant opportunities is a good recruiting tool.

It's also possible to attract new volunteers by providing unique perks. Examples include exclusive

merchandise, discounted rates for events and volunteer appreciation events.

When offering different types of opportunities, it helps to offer a variety of roles. This could range from high-commitment roles to low-commitment tasks known as "micro-volunteering."

Accommodate busy schedules with evening, weekend, or even virtual and short-term assignments. Flexible scheduling makes it easier for people with limited time to participate.

For each need, create clear job descriptions. Clearly outline responsibilities, required skills, and time commitment. This helps potential volunteers find a good fit and clarifies expectations.

Focus, too, on the volunteer's benefit not just how the organization will benefit from them volunteering. When making an appeal, emphasize what volunteers gain. Highlight opportunities for skills development, professional networking and connecting with a community of peers who share their passions.

One place where I've tried to assist Post 284 is with the implementation of a communications strategy. I'm trying to help spread the word through emails, newsletters, social media, our website, and online member communities.

I'm trying to use these tools to regularly showcase the tangible impact that volunteers have on the American Legion mission. Highlighting individual volunteers helps to make the experience more personal and inspiring.

That plays into building a culture of recognition and appreciation. Featuring volunteers on social media, on our website and in the *News and Views* makes current volunteers feel valued, but also shows potential volunteers that their conditions will be appreciated.

Personal thank yous are a core part of a good volunteer program. It can be as simple as an email or a personalized thank-you note.

Always solicit and implement feedback. Involve volunteers in the conversation by asking for their feedback on their experiences. Acting on their suggestions can make your program stronger and shows that you value their input.

I'm one of those people who tends to volunteer too much. I give up much of my personal time that could be spent on hobbies, making music, flying, or riding my motorcycle. I have always been a workaholic and enjoy staying busy when I can use my skills, knowledge and creativity; however, when I feel that my work, my time, my effort are no longer appreciated, I will not hesitate to back away.

I think it is a universal need for volunteers to be supported, not just used.

Let us see what we can do in Post 284 to better build a culture of support for our volunteers. Let's build friendships, work collaboratively to help our volunteers feel a sense of belonging and appreciation.

I certainly volunteer to assist with that!



Post Public Relations Officer records a song about the American Legion Riders

COLONIAL HEIGHTS, VA (Legiontown) — Richard M. "Dick" Cole, a 72-year-old member of The American Legion, Sons of The American Legion and American Legion Riders, was moved to write a song after participating in June's Virginia Legacy Run.

"I thought a rock song about participating in motorcycle rides with my Legion brothers and sisters would be a great way to bring attention to ALR and the efforts of the organization, nationwide, in fundraising for veterans' causes." Cole is a veteran of performing with several Virginia rock bands including "Point Blank," "OTR," "Riptide," "Fastrac" and "Four of a Kind."

His call sign while flying in the Air Force was "Cozy." "I sat in on the drums with a band performing at the Mather AFB Officer's Club while I was in undergraduate navigator training. One of my instructors knew of a famous drummer named Cozy Cole and gave me Cozy as a call sign. Now, I use it as my motorcycle road name with the American Legion Riders and the Combat Veterans Motorcycle Association," Cole said.

"Ride With the Wind" is being distributed by CD Baby and was made available to YouTube Music, Spotify, Pandora, and Deezer on Sept. 8. It is downloadable from Spotify [here](#). It will soon also be added to Apple Music and iTunes. As of press time, the song has been played 4,614 times, added to 200 playlists, and downloaded 139 times just on Spotify alone.

"I thought it would be something great that could be used under videos from ALR events. Any monetization that comes from playing or downloading the song will be donated to the American Legion Veterans & Children Foundation through the Legion Riders at my Post," Cole said.

Cole has been a musician, photographer and writer since high school. He served 20 years in the Air Force in a variety of jobs, retiring as a major in 1992. He also served as a government supervisory public affairs specialist, retiring in 2013 as a GS-15.



Dick Cole serves as American Legion Colonial Heights Post 284's public relations officer and historian, and as the Southern Virginia American Legion Riders' historian. He's also currently the editor of the American Legion Department of Virginia's newsletter, Virginia Legionnaire. He also previously served as the Post's third vice commander.

"Writing music and serving as my post's public relations officer and historian allow me to continue to be creative and keep me pretty busy," Cole said. "I'm not in gigging bands any longer but do get together weekly to jam with friends in the Richmond area, and they assisted with getting this song recorded."

This is Cole's first original song, but not his last. "My friends and I have recorded other songs, including one about my Vietnam experience, which are presently working their way through the CD Baby distribution process."



Cole at his kit performing with the Northern Virginia classic rock band, "Riptide."

AMERICAN
LEGION



Colonial Heights Post 284

Breakfast With SANTA CLAUS

Bring the whole family for a special *FREE* breakfast
where kids can share their wishes, snap festive
photos, and experience the joy of the season



13 DECEMBER 9-11 A.M.

505 Springdale Avenue, Colonial Heights

RSVP to :

membershipunit284@gmail.com

or use QR code below.





NEWS FROM THE AUXILIARY

The unit has been busy with exciting activities. Our first executive committee planning meeting was well attended, and we welcome our new chairs and officers. Past Post 284 Commander Tonya Meunier heads up our Veterans Affairs and Rehabilitation activities. Veterans Affairs and Rehabilitation—VA&R—is a program by The American Legion Auxiliary and The American Legion to support the wellbeing of veterans and their families through various services, including community support, volunteer services within VA healthcare facilities, promoting veteran adjustment to normal life, and assisting with VA claims and benefits. She fits perfectly in this position as a veteran herself.

Girls State Alumnus Kathy Kabala has joined us to spearhead our Virginia Girls State Program.

We welcome each of committee chairs as I know they will enhance and move these programs forward. Thank you to all returning chairs and I know you will continue your success in this new year.

What a fantastic first meeting to include a special guest, Ramir Parker. Twelve-year-old Parker saved lives on the morning of June 3.

Parker was upstairs talking with his grandmother when he noticed a strange crackling noise coming from below. At first, he thought his baby brothers—ages 1 and 2—had simply woken up from their naps downstairs. But when he stepped into the hallway, he saw smoke rising rapidly from the basement. Rather than panic, Ramir sprang into action.

He yelled “Fire!” to alert his grandmother, and without hesitating, ran into the thick smoke where his brothers were asleep on opposite ends of the couch.

Scooping them both into his arms, Ramir led them



Twelve-year-old Ramir Parker was presented with the American Legion Auxiliary's National Youth Hero Award, Sept. 10, by Lisa Chaplin who served as National Children & Youth Chair 2024-2025. (Photo by Dick Cole)

outside to safety—then turned back to make sure his grandmother got out too. Just minutes later, flames engulfed the Petersburg home at 2001 Burks Street.

Ramir was presented with the ALA National Youth Hero Award by Lisa Chaplin who served as National Children & Youth Chair 2024-2025.

In addition, we had a presentation on the Freedom Flag which serves as a great reminder of the horrific events that transpired into a tragic day. Thank you to Post 284 Leadership for sharing a few words. Each were presented with an Auxiliary Challenge Coin. Congratulations Kathy Kabala on winning the September Door Prize. These prizes will get better as the year progresses, and the attendees increase! You must be present to WIN!

Patriot Day was exciting as we delivered goody bags to the SRO's at each of the five schools in Colonial Heights. The Legionnaires delivered pizzas to the Police, Fire, and Sheriff's Department.

It was a pleasure being welcomed to the Legionnaires general membership meeting which afforded me the opportunity to share a few words about what the Auxiliary plans are for the year and how much we enjoy supporting the American Legion Post 284.

The monthly Commander's Breakfast brought out a combination of ninety-two hungry post and community members in September. I was told folks enjoyed the best toast they've ever had. The first responders and even the Colonial Heights Mayor paid us a visit.

We were honored to be hosting a meet and greet at Unit 284 welcoming our National President, Pam Ray.

We have upcoming events which need *volunteers!* This entire post is run by volunteers and as a member, we need you to do your part! If you are not receiving emails with information about our projects, please contact me directly! ritafeas@gmail.com.

Stay tuned for the annual fundraiser where you can win \$500 and by numerous requests, February 14, 2026, we are bringing back the Wine Gala!

Your 2026 membership dues can now be paid online or placed in the membership boxes at the Post.

Rita Feasenmyer

Unit 284 President



It was a pleasure delivering treats to the school resource officers on Patriot's Day, September 11. Here's Officer Eric Allen getting his bag.



Auxiliary Unit 284 hosted National American Legion Auxiliary President Pam Ray, seventh from left, for a visit to the Post, Sept. 30.



SAL NEWS



As the smell of firepits and leaves burning permeates the air, I hope everyone is having a great Fall. I hope your football favorite team is off to a great season.

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 allows us to be part of the Sons of the American Legion. And as always, **LET'S HAVE FUN!!!**

Our October meeting will be on Wednesday, October 15, 2025 with supper at 6:15 p.m. and meeting at 7:00 p.m. 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.

We put flags out the Boulevard on September 1st, Labor Day, and Sept. 11, Patriot Day. Thanks to Linwood Moore, Jeff Lee, Kevin Jones, George Dimirack, Carl Brandt, Kevin Chaplin, Jim Rovinski, and Mike and Susan Nauseff for volunteering to either put out flags or pick up flags.

The Southern Virginia American Legion Riders' Fish Fry on Sept. 6 was a huge success and one heck of a good time. Thanks to all the Sons who are also Riders and helped out or who supported our Riders chapter.

I attended Auxiliary Unit 284's September meeting and gave a little spiel about what the Sons due for the Post. Thanks to those Sons who participated in the delivery of pizzas and wings to our First Responders and School Resource Officers on Patriot Day. Thanks to all the Sons who helped out with the Commander's Breakfast on Sept. 13.

October is a light month for us and we have no days to put flags out. This month, the free community breakfast is on Oct. 18. Remember, IT'S FREE!

The last Country Line Dance of 2025 is Saturday, October 18, 2025 so volunteer to help out or come out



Post Commander La Monte Thomas, Sr., left, and Sons of the American Legion Squadron 284 Commander Kevin Jones attended the American Legion Auxiliary Unit 284 meeting, Sept. 10. They helped display the Patriot's Day flag while Lisa Chaplin explained the design and the meanings of the colors. (Photo by Dick Cole)

and learn a Boot-Scoot.

Our next big event is our Boston Butt Sale which will be on Nov. 22. See Linwood Moore to get your tickets to sell and butts can be ordered from any Squadron 284 member. Flyers for these events are enclosed in this issue of *News and Views*.

Bingo – we always need volunteers so please considering helping out on Monday nights as bingo is the Post's main source of revenue.

Topside – quite a few new things going on in our social quarters so support our club by coming to these events and getting something to eat or have a beer.

It continues to be a real pleasure, a lot of work, and a heck of a lot fun working with everyone in our Post 284 Family. See ya'll around the Post. ROLL TIDE (although their start seemed to be more like a swell)!

Kevin Jones

Commander, Squadron 284

Sons of the American Legion Squadron 284



Semi-Annual Fundraiser
Saturday, November 22, 2025
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

Southern Virginia American Legion Riders



Southern Virginia American Legion Riders members serve food to the attendees at the Sept. 6 Fish Fry. They are (l. to r.): Kevin Jones scooping coleslaw; Sherry Merrill serving mac and cheese; Jon Merrill serving baked beans; and Lynne Norton and Mari Althouse serving fish and hushpuppies. Getting his plate filled is Jack "JG" Barbour, ALR Director from American Legion Post 175 in Mechanicsville. (Photo by Dick Cole)

The Southern Virginia American Legion Riders conducted its fourth annual fish fry fundraiser on Saturday, Sept. 6. The event was well attended with riders coming from Post 2 in Petersburg, Post 175 in Mechanicsville, Post 146 in Hopewell, and the Caroline Cavalry of Post 221 in Caroline County. As of press time, a final accounting of the profit from the day's activities had not yet been computed. It is expected that this information will be provided to the membership at the October meeting.

The raffle prizes put together by committee members Sharron Vaughan, Joselyn Verdi, and Marilyn Brewer sold lots of tickets and seemed to make the winners quite happy. Rose Moore and Joselyn Verdi seemed to sell a lot of tickets!

The other two events that occurred in September

were Demo Days at Colonial Harley Davidson in Prince George, and the ALR Virginia State Rally in Front Royal, Sept. 26-27.

During the Demo Days, SVALR members led formations of riders who were test riding 2025 Harley motorcycles. The dealership specifically requested SVALR's participation in the two-day Demo Days event.

Some of the SVALR membership will be attending the Department of Virginia Fall Conference in Williamsburg, Va., Oct. 31 to Nov. 2.

Nominations for officers will be accepted at the October meeting, Oct. 7. Elections for officers for the coming year will be held during the November meeting and the newly elected officers will be installed at the SVALR Christmas Party, Dec. 20.

COUNTRY LINE DANCING NIGHT

JOIN THE DANCE PARTY!



**DANCE TO STAR
MAKER**



**LESSONS
FROM DANCIN'
CAT!**



**AGES 15 AND
OLDER
WELCOME**

ADMISSION \$10 PER PERSON

FOOD AND DRINK AVAILABLE FOR PURCHASE

7-10:30 p.m., Doors open
at 5:30 p.m.

505 Springdale Avenue,
Colonial Heights, VA 23834

 **AMERICAN
LEGION**

TOPSIDE

Lounge



SCUTTLEBUTT

Who's ready for Thursday Night Football? Topside is. We will be open and showing the games, every Thursday during Football Season. A HUGE shout out to Kelly from Grover, and Grover Gaming for our new, beautiful, 70-inch smart TV! The games look fantastic on the large screen! We will also offer a limited, after dinner hours, menu for Thursdays.

Who was at Topside for our first Pizza Possibilities Party, Sept. 13? We will continue holding them the second Saturday of the month. Everyone had a great time! We hope you will join us for the next one, Oct. 11.

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

Also, don't forget that the Constantines will be here in October. October 3rd we will have the trio, "100 Years From Now." October 10th and 17th we will have Nick here as a solo act. Mark the dates on your calendars, you don't want to miss out on these great shows!!

Don't forget our Halloween Party on October 31st! We can't wait to see everyone's costumes. We'll send out more information as the date gets closer.

Make sure you sign up for our texts. Text al284 to 78859.

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.

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

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

It's hurricane season. Please review your emergency preparedness plans. Your safety is our top priority.

The 2025–2026 school year is underway. Let's help ensure the safety of our children as they travel to and from school.

Upcoming Events:

- Line Dancing – Every 3rd Saturday through October
- Fall Conference – October 31 to November 2, Williamsburg, Va.
- Army vs. Navy Game – December 13. Stay tuned for food, games, and fun!

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.

For God and Country,

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, or call (804) 796-6250.

Share your memories with your fellow Legionnaires!!

Post 284 Events Calendar

October 2025

- 2 Commander's Leadership Meeting, 6 p.m.
NFL Football at Topside on the New 70-inch TV!—San Francisco 49ers vs LA Rams. Game starts at 8:15.
(Hotdogs \$2, Nachos \$3, domestic beers \$1.50, premium beers \$2. NO BUCKETS!)
- 6 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.
- 7 Southern Virginia American Legion Riders Post 284 Meeting, 6:30 p.m.
Karaoke at Topside, 8 p.m.
- 8 Auxiliary Unit 284 Meeting
6 p.m. — Executive Board Meeting
6:30 p.m. — Refreshments
7 p.m. — Membership Meeting
- 9 General Membership Meeting
6:15 p.m. — Dinner
7 p.m. — Meeting
NFL Football at Topside—Philadelphia Eagles vs NY Giants. Game starts at 8:15 p.m. (Hotdogs \$2, Nachos \$3, domestic beers \$1.50, premium beers \$2. NO BUCKETS!)
- 11 Pizza Possibilities Party, Topside, 6-9 p.m. Everyone present gets a ticket for the possibility of winning a free pizza. (Domestic beers \$1.50, premium beers \$2. NO BUCKETS!)
- 13 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.
- 15 SAL Squadron 284 Meeting
6:15 p.m. — Dinner
7 p.m. — Meeting
- 16 NFL Football at Topside—Pittsburgh Steelers vs Cincinnati Bengals. Game starts at 8:15 p.m. (Hotdogs \$2, Nachos \$3, domestic beers \$1.50, premium beers \$2. NO BUCKETS!)
- 18 Commander's Community Breakfast, 8-10 a.m.
Country Line Dancing with Dancin' Cat and Star Maker DJ, \$10 admission
5:30 p.m. — Doors open
7:30-10:30 p.m. — Dancin' Cat Instructing
11 p.m. — Event ends
- 20 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.
- 23 NFL Football at Topside—Minnesota Vikings vs Los Angeles Rams. Game starts at 8:15 p.m. (Hotdogs \$2, Nachos \$3, domestic beers \$1.50, premium beers \$2. NO BUCKETS!)
- 29 Bingo—Doors open at 5 p.m. Games and snack bar sales begin 5:30 p.m. Early bird games 6:30 p.m. Regular Games start at 7 p.m.
- 27 Topside Committee Meeting, 6 p.m.
- 30 Post Executive Committee Meeting, 7 p.m.
- 31-2 Nov. Department Fall Conference, Williamsburg, Va.

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.



"Volunteers are not paid – not because they are worthless, but because they are priceless."

—
SHERRY ANDERSON

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

WHY I CHOSE THE NAVY

**Share your story with us.
(We bet it's a good one.)**

Celebrate the Navy's 250th
with The American Legion.

Email service250@legion.org

WHY I CHOSE THE ARMY

**Share your story with us.
(We bet it's a good one.)**

Celebrate the Army's 250th
with The American Legion.

Email service250@legion.org

WHY I CHOSE THE MARINES

**Share your story with us.
(We bet it's a good one.)**

Celebrate the Corps' 250th
with The American Legion.

Email service250@legion.org



BE THE ONE





HELP BRING HAPPINESS TO OTHERS!

The 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.

Grocery distribution is on a first requested received basis and **you may nominate only two families**. 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 given to Melissa Napier. If you have questions, contact Melissa at (804) 898-1616.

Volunteer sign-up sheets for this event will be available at the membership meetings and the Topside Lounge. Please join us this year as a Legion Family volunteer.

**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

