

AMERICAN LEGION NEWS AND VIEWS

American Legion Post 284, Colonial Heights, VA September 2026

Post Officers

Commander
Ronald "Tim" Capps
804-916-9976

1st Vice Commander
Bradley Harter
804-712-4272

2nd Vice Commander
Harold Grisham
803-300-7055

3rd Vice Commander
Eric Wagner
804-931-1203

Adjutant
Tonya Meunier
804-526-4167

Chaplain
William H. Gibson, III
804-536-1125

Finance Officer
Kevin Jones
804-721-6405

Judge Advocate
Scott Hurley
804-432-4634

Veteran Service Officer
James Gill
804-526-4167

Membership
LaMonte Thomas, Sr.
804-926-3370

Historian
VACANT

Public Relations
VACANT

Athletic Officer
James Gill
804-526-4167

Sergeants At Arms
Robert "Bob" G. Emmerick
804-526-4167

Susan Knutson
804-691-6056

Sons of the American Legion
Richard M. "Dick" Cole
804-796-6250

Southern VA American Legion Riders
Jon Merrill, Director
804-695-2081

Auxiliary Unit 284
Rose Moore, President
804-240-3074

Post Phone Number & Website
804-526-4167

www.ALPOST284VA.ORG

!!!!HELP NEEDED!!!!

Public Relations Officer

Historian

Children & Youth Chairman



Annual National Night Out

SQUADRON 284 HOSTS NATIONAL NIGHT OUT WITH CHPD

Each year, our Squadron joins with the Colonial Heights Police Department and first responders and turns our post into one of many local National Night Out stations. Each year, the Squadron grill hot dogs and other tasty treats and encourages our neighbors to join us in meeting our first responders who help to keep our city safe. This year, during the rain, our post also had some new "guests" who decided to join in the fun. They waddled around the post home and quacked it up with all of our guests and neighbors. Fun was had by all who were in attendance.





A Message from the Commander

A massive thank you goes to James Gill for his outstanding dedication to our Post 284 baseball team. James provides exemplary leadership for these young men, teaching them teamwork, discipline, and sportsmanship. His impact on our youth extends far beyond the baseball field.

Our Country Line Dance nights have been a huge hit! The next dance is scheduled for Saturday, September 12, and the final dance of the season will take place on the second Saturday in October. Due to high demand, we are officially planning to bring line dancing back next year!

We are also launching our Honor Tile fundraiser this month. This is a beautiful way to permanently honor a veteran's service at our post. Please see 1st Vice Commander Brad Harter for more information, details, and order forms.

Don't forget to visit TopSide for wonderful food at a great price. Our staff works tirelessly every day to "Get 'er Done" for our members and guests, so please come out and support them!

To stay connected, text AL284 to 78859 to receive instant post updates. Finally, please take care of each other. Lending a listening ear can sometimes make all the difference to a fellow veteran.

For God and Country,

R. Tim Capps

Post Commander



“Wooden Nickel”

Did you recruit a new member?

Don't forget to hand them our wooden nickel.

These nickels are available from any Post officer and can be redeemed by the new member for food and/or non-alcoholic beverages 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 our exclusive social quarters. Make sure to get your “wooden nickel” and welcome to the Post!



Post 284 Events Calendar

September 2026

- 1-** Riders Meeting
- 9-** Auxiliary Meeting
- 10** General Membership Meeting
- 11-** Patriots Day
- 12-** Commander's Breakfast
- 12-** Country Line Dancing
- 16-** Sqaudron 284 Meeting
- 18-** POW/MIA Recognition Day
- 24-** Executive Meeting
- 15 -** Squadron 284 Meeting
- 30-**Post 284 Executive Meeting

October 2026

- 5-** Riders Meeting
- 8-** General Membership Meeting
- 10-** Commander's Breakfast
- 10-** Country Line Dancing
- 14-**Auxiliary Meeting
- 21-** Squadron 284 Meeting
- 29-** Post 284 Executive Meeting
- 31-** Halloween Party @ Topside



**LINE
DANCING**
SEPTEMBER 12, 2026
AMERICAN LEGION POST 284
505 SPRINGDALE ROAD,
COLONIAL HEIGHTS, VA
\$10.00 ENTRY FEE | 13 AND OLDER
DANCIN' CAT
DOORS OPEN AT 5:30 pm.
LESSONS BEGIN AT 7:00 pm.
FOOD AND DRINKS AVAILABLE
FOR PURCHASE.
CORNHOLE TOURNAMENT
50%/30%20% POT SPLIT.
EVERY TEAM IN THE TOURNAMENT WILL
RECEIVE A \$5.00 WOODEN NICKEL
TO BE USED AT OUR SOCIAL QUAR-
PUBLIC WELCOME, LET'S HAVE FUN
AND SUPPORT VETERANS.



INFINITE
COUNSELING & WELLNESS

**FREE
THERAPY
SERVICE**

Designed for service members,
veterans, and their families.

**Virtual and In-Person
Services:**

- Individual Therapy
- Child and Adolescent Therapy
- Couples Therapy
- Family Therapy

Contact Us

Call Number:
804-362-7271

Address:
**720 Moorefield Park Drive
Suite 101
North Chesterfield, VA 23236**

scan me!





The 4 Chaplains
Photo Courtesy of legion.org;
<https://www.legion.org/information-center/news/sons/2015/january/remembering-the-four-chaplains>

From the Post Chaplain Rev. William H. Gibson, III

POW/MIA Day

National POW/MIA Recognition Day is observed on the third Friday of September (September 18, 2026). It honors Americans who are prisoners of war or remain missing in action from all conflicts, plus their families. It is not a federal public holiday. The Flag displays according to Federal law, flying the POW/MIA flag at major locations like the White House, Capitol, and military bases on this day. Main events take place at the Pentagon and memorials like the U. S. Navy Memorial. Tributes to POW/MIAs are held in communities throughout the country, including various state capitols. There is an ongoing effort by the Defense POW/MIA Accounting Agency to recover missing service members.

Let us pray, "O Lord God, some of our comrades and companions are prisoners of war. Comfort them, we pray, in their isolation from their homes and loved ones. Supply their needs, and protect them from want and deprivation; strengthen and sustain them day after day that they may face discouragement with courage and hardship with resolution. Grant that they may find patience to endure, and peace in the knowledge of Your continuing presence.

Most importantly, O Lord, we earnestly plead for their early release and safe return. We also pray our comrades are being treated humanely with dignity and compassion. Hear us and help us; we humbly beseech You. In Your Precious Name. Amen."



**AMERICAN
LEGION
AUXILIARY**

Unit 284 President Rose Moore

WOW! Things are really heating up around Post 284, and it's not just the weather. We were able to have our executive board meeting to coordinate activities with the Legion Family. We are currently gathering supplies for school and for the Colonial Heights animal shelter. Please be on the lookout for collection boxes at Topside and in the lobby of our BINGO hall. The Auxiliary came out to support the Legion and Sons of the American Legion on National Night Out. Although the weather was a little wet, we had visitors from the City Council, Fire, Sheriff, and Police Departments. We also had some special guests that wanted to come in from the rain. (Quack Quack!)

By the time this is printed, many of us will have just come back from the National Convention. Unit 284 and the Department of Virginia will be well represented as we gear up for an EPIC year! Lisa Chaplin will be ramping up her campaign as the leading candidate for National President for 2027-2028. Let's all rally to support her!

The Auxiliary will be working with the Legion Family to remember our first responders and those we lost during 9/11. Never Forget!

Now is the time to get your membership renewals in. We have two collection boxes – one in the back foyer near the elevator and one at Topside. Drop your renewals and new member applications in these two locations.

Our first general membership meeting will be on Wednesday, September 9th at 6:30 PM. Let's all make it a point to attend these meetings and get involved with all the wonderful activities planned for this year! Mark your calendars for the second Wednesday of each month. We are happy to see you!

If you have any questions or want to become more involved, please feel free to contact me at rbmoorecmc@gmail.com or 804/240-3074. I also encourage you all to support the Topside Lounge. They have wonderful specials and activities. BINGO on Monday nights can always use more volunteers. Please consider giving a couple of hours to help our Legion with this main fundraiser.

Until we meet again - - - stay cool and be kind!

For God and Country,

Rose Moore

President, Unit 284-2026-2027

**AMERICAN
LEGION
AUXILIARY**

**DONATIONS
for the
COLONIAL HEIGHTS
ANIMAL SHELTER**

NEEDED ITEMS:
~Cleaning products (bleach,
blue dawn dish soap, and laundry detergent)
~Gently used towels
~Rubber dog toys
~Unopened bags of cat and dog food
~Canned dog and cat food

CONTACT INFORMATION: Sheila Abbott 757-739-6564

Drop off at the Topside or Post!
Monetary Donations also accepted~
Make check payable to: ALA Unit 284



**AMERICAN
LEGION
AUXILIARY**
Colonial Heights, Unit 284

**SCHOOL SUPPLY
DONATION DRIVE**

GIVE 20

Give 20 dry-erase markers Give \$20 Give 20 boxes of tissues

SOME OF OUR MOST NEEDED SUPPLIES

Plastic art boxes Dry-erase markers Sharpies Glue sticks Tissues Disinfectant wipes

Dropoff Location: 505 Springdale Ave, Colonial Heights
Contacts: Teresa DeRosie 804-895-2361
Rachel Whitehurst 804-898-0345



September is going to be a busy month for Squadron 284.

We will be putting out flags twice on the Boulevard in Colonial Heights during September. The first time will be September 7th. We will meet behind the Post at 6:30 a.m. All squadron members and members of the Legion family who wish to assist are welcome. The second time we will be putting out flags is on Friday, September 11—Patriots' Day.

This September 11 is the 25th anniversary of the attacks on the World Trade Center and the Pentagon. As we have for the past several years, Post 284 will partner with VFW Post 2239 to deliver lunch to first responders and school resource officers in Colonial Heights and Chester on Patriots Day. In years past, the VFW Post has provided pizzas, our Post has provided chicken wings, and our Auxiliary members have provided cookies or cupcakes. This year, the Squadron will be assisting with the desserts. We muster at the Post to cook and pack the wings before meeting up with folks from VFW Post 2239 to deliver the food to the Colonial Heights Sheriff's Department, the Colonial Heights Police Department, the Colonial Heights Emergency Communications Center, several fire stations in Colonial Heights, Dunlop Heights, and Chester, and a police station in Chester. Auxiliary members typically deliver the food to the school resource officers in Colonial Heights and Prince George. Sons members are welcome to join in preparing the wings for our first responders and school resource officers and are welcome to join in delivering the food. It usually takes about three hours to get the food together and travel from location to location, dropping it off around the area. If you are interested in participating in the Patriots Day effort, please let me know.

I want to thank our members for their prompt membership renewals. Remember, you have until the end of September to renew your membership at a reduced rate. See membership chairman Linwood Moore to pay your dues and to get your new membership card.

Finally, I'd like to wish a happy birthday to the U.S. Air Force. The Air Force was officially created on September 18, 1947, and is 79 years old this year. Of course, the Air Force is the youngest of our military services with the Navy, Army, and Marine Corps all having celebrated their 250th birthdays this year.

Thanks for all you do for Squadron and Post 284!
DICK COLE
Squadron Commander



TOPSIDE SCUTTLEBUTT

Lounge



August was a great month here at Topside. We have been fortunate enough to have several very talented bands, solo acts, as well as a duo:-). We hope that you all enjoyed listening to them as much as we did! We plan to have each of them back to play and sing for us again soon!

We had a new band this month. The East Coast Drifters, led by one of our favorite Artists, Nick Constantine. They had the whole place rocking!

We also celebrated the Bridal Shower of our favorite waitress, Harley Lancaster. Thank you to all who came out and celebrated with us.

With the holidays fast approaching, we are going to pause Karaoke until the beginning of next year. We will keep you posted as to when we will pick it back up.

If you haven't already, please sign up to receive our Texts. Text AL284 to 78859 to join and receive our texts about specials, entertainment, and events happening here at our Post!



PHOTO COURTESY OF NICK CONSTANTINE

**TOPSIDE IS SEEKING A COOK!
KNOW ANYONE WHO MIGHT BE
INTERESTED?**

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.



Greetings from the Riders,

It is finally here. Our 5th Annual Fish Fry is August 29th. Cost is \$15.00 and includes fish or pulled pork, slaw, beans mac and cheese and a drink. Additional drink tickets are available.

You may have seen some Riders and Topside staff wearing blue T-shirts with our 20th

Anniversary logo. If you would like one of the shirts, they are \$25.00. Simply ask a Rider and we can set you up. Thank you to Joselyn for the fantastic design.

Look for more exciting events next month as we are fully into our riding season. Please remember to watch out for motorcycles. We don't have any "minor" accidents.

Thanks,

JON

Veterans Crisis Line



**DIAL 988 then
PRESS 1**





Post 284
PO Box 57

Colonial Heights, VA 23834

