

AMERICAN LEGION NEWS AND VIEWS

American Legion Post 284, Colonial Heights, VA

July 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
804-840-2708

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
804-695-2061

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

Boys State Chairman



250th Birthday Celebration

ANNUAL 4TH OF JULY CELEBRATION

This year, Post 284 celebrated its 80th

Annual 4th of July cookout celebration with its members. Celebrating America's 250th Birthday Celebration, The American Legion Post 284 Family came out in full force. There was great food, fun for all, including the youthful members of our great post. We encouraged Early Bird Membership registrations, while enjoying great comradeship. The new leadership of The American Legion Post 284 Family all came together to welcome their members and their families as they celebrated this great day! The leaders of our great post are eagerly looking forward to a great 2026-2027 membership year this year. And if the turnout of this event was an indication, it will be a great year for all of The American Legion family here at Post 284.



Left to Right: The Sons of The American Legion, Squadron 284 Commander, Richard M. "Dick" Cole, The American Legion Post 284 Commander, Tim Capps, The American Legion Auxiliary Unit 284 President, Rose Moore and The Southern VA American Legion Riders Director, Jon Merrill.



A Message from the Commander

It is truly an honor to serve as the Commander of American Legion Post 284 in Colonial Heights. I want to sincerely thank each of you for placing your trust and confidence in me. Having the opportunity to lead this outstanding Post is something I do not take lightly, and I am grateful for the support and encouragement you have shown me.

I am also fortunate to have an incredibly talented leadership team standing beside me. Our First Vice Commander, Brad Harter, Second Vice Commander, Harold Gresham and Third Vice Commander, Eric Wagner, each bring their own experience, dedication, and ideas to the table. I know I can count on them, and together we look forward to serving the members of American Legion Post 284 throughout the coming year. Leadership is never about one person—it is about a team working together toward a common goal.

As we begin this new Legion year, I am filled with optimism about what we can accomplish together. Post 284 has a long tradition of serving veterans, supporting our community, and standing for the values of service, patriotism, and sacrifice. I believe our greatest accomplishments are still ahead of us, and I look forward to working alongside each of you as we continue to grow and strengthen our Post.

One of the highlights of the past month was sending 13 outstanding young men to Boys State. Watching these future leaders learn about government, citizenship, and leadership was inspiring. By all accounts, they had an incredible week, and I know the experience will stay with them for years to come. Programs like Boys State remind us that investing in our youth is one of the most important things we do as Legionnaires, and I thank everyone who helped make this opportunity possible.

While the American Legion is the foundation of our organization, our success is only possible because of our entire Legion Family. I am excited to work closely with our Riders, the Sons of the American Legion, and our Auxiliary. Each organization brings its own strengths, talents, and dedication to serving veterans, their families, and our community. Together, we can accomplish far more than any one group could on its own. I also hope we will continue to welcome new members, encourage fresh ideas, and develop programs that bring more veterans through our doors. Whether it's expanding our youth programs, supporting fellow veterans, strengthening our community partnerships, or creating activities that appeal to veterans of all generations, every member has something valuable to offer. I encourage everyone to get involved, share their ideas, and help shape the future of our Post.

As your Commander, I promise to lead with honesty, respect, and an open mind. I may not have all the answers, but I will always listen, value your input, and do my best to make decisions that benefit our Post and the veterans we serve. Together, we can build on the strong foundation that has already been established while creating new opportunities for growth, fellowship, and service.

Thank you again for the confidence you have placed in me. I am proud to serve alongside each of you and excited to see what we can accomplish together. Here's to a year of service, friendship, and bigger and better things for American Legion Post 284. Together—with our members, our leadership team, the Riders, the Sons of the American Legion, the Auxiliary, and our community—we will continue making a positive difference in the lives of veterans and help ensure our Post remains a place where veterans are proud to belong.

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

July 2026

- 4- Legion Family Cook-Out
- 7- Riders Meeting
- 9-12- Department Convention
- 9 - **CANCELLED** General Membership Meeting
- 11 - **CANCELED** Country Line Dancing
- 15 - Squadron 284 Meeting
- 30-Post 284 Executive Meeting

August 2026

- 4- Riders Meeting
- 8- Country Line Dancing
- 13- General Membership Meeting
- 19- Squadron 284 Meeting
- 27- Post 284 Executive Meeting



American Legion Post 284 Buccaneers

Date	Day (Time)	Opponent (Games)	Location
2026			
June 10	Wednesday (1830)	Post 280, Chesapeake (1 game)	AWAY -- Chesapeake Virginia (RAINED OUT)
June 14	Sunday (1700)	Post 39, Williamsburg (2 games)	AWAY -- Williamsburg Virginia
June 21	Sunday	POST 273 Poquoson (2 games)	AWAY -- Poquoson, Virginia
June 23	Tuesday	TBD (1 game)	Away
June 24	Wednesday (1830)	Post 39, Williamsburg (1 game)	AWAY -- Williamsburg, Virginia
June 28	Sunday (1700)	Post 280, Chesapeake (2 games)	HOME -- Shepherd Stadium Colonial Heights (2) (RAINED OUT)
June 30	Tuesday (1830)	Post 273, Poquoson (1 game)	HOME -- Shepherd Stadium Colonial Heights (1)
July 01	Wednesday (1830)	Post 273, Poquoson (1 game)	AWAY -- Poquoson, Virginia
July 06	Monday (1830)	Post 39, Williamsburg (1 game)	HOME -- Shepherd Stadium Colonial Heights (1)
July 07	Tuesday (1600)	Post 280, Chesapeake (2 games)	HOME -- Shepherd Stadium Colonial Heights (2)
July 11	Saturday (1500)	Post 280, Chesapeake (2 games)	AWAY -- Chesapeake Virginia
July 12	Sunday	TBD (2 games)	AWAY
July 14	Tuesday (1830)	Post 39, Williamsburg (1 game)	HOME-- Shepherd Stadium Colonial Heights (1)

ALB Playoffs: Virginia Districts: July 17, 18, 19 (TBD); **State: July TBD; ** Regionals: August 5 – 6 (TBD); **World Series: August 13 – 18 (Shelby NC)

James Gill, Athletic Officer - American Legion Post 284 - 505 Springdale Avenue, Colonial Heights, Virginia. Email: jgill.legion284@gmail.com



To all Members of the Post 284 Family:

The ad link to purchase an ad in our two-year (2026-27) athletic program is still active. The program will be distributed by pdf and hard copies through December 2027. Please see the link below. The goal is for the program to generate its own revenue and to be self-sustaining.

<https://www.zeffy.com/en-US/ticketing/american-legion-post-284-two-year-2026-27-athletic-program-book-ads>

Also please see our team t-shirt and cap. They are both for sale but we have limited supply. The t-shirt is \$25 and the cap is \$30, Buy both as a set for \$45. The caps are flex (XS to S; S to M; and L to XL) for a comfortable fit. The shirts come in white and grey and are a lightweight 50/50 blend (perfect for this heatwave).

We also have caps with adjustable backs (and the same logo on front) for \$25 each

Thank you for your assistance in providing your support in a GREAT Legion Program!

James Gill
Athletic Officer





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

250th Independence Day

"In this month, our country's 250th birthday, we turn to You, Heavenly Father, in gratitude and thanksgiving, for making us a free and independent nation. We thank You for freeing us from an autocratic government, for making self-government possible, with liberty and justice for all. We confess that we are unworthy of all Your mercies, and ask You to pardon our sins and lead us in the way of righteousness. Help us to keep in mind the ideals for which we offered our lives in war, and also our obligations to the community, the state, and the nation. Protect our country from subversive elements that would destroy our government and deprive us of our freedom, and from selfish interests that would weaken us. Ward off all foes that threaten us from without and from within. Help us always to remember that America owes her very life to You, and that her future rests in Your counsel. We dedicate and consecrate ourselves anew to the preservation of our country and our way of life, and ask Your blessing upon us. Amen!"

This is a prayer not just for our nation, but for our post. Let us pray together that God's Will be done. Happy 250th Birthday!!!



 **Veterans
Crisis Line**
DIAL 988 then **PRESS 1**

POW★MIA

YOU ARE NOT FORGOTTEN

**AMERICAN
LEGION**



LEARN HOW TO HELP

BE THE ONE

BeTheOne.org

**AMERICAN
LEGION**
AUXILIARY

Unit 284 President Rose Moore

Happy 250th Birthday AMERICA!

I would like to take this opportunity to thank everyone for your love and support on becoming the new president of Unit 284! Our first official event took place at our post home on Saturday, July 4th. What a turn out!!

There was fun had by all! The auxiliary supplied the patriotic cupcakes and thanks to Tina Price and Rita Feasenmyer, the USA display came out perfect. Many of our members came for the early bird sign up and enjoyed food, fun and entertainment with our children's activities. As I am currently transitioning into this leadership role, I want you all to know that I will do the best job possible for continued success as we implement our programs towards the 4 pillars!

I look forward to your input as we take this journey together. If there is a committee that is near and dear to your heart, please let me know. I encourage you to reach out to me if you have any questions. Thank you again for all your calls, texts and visits with your words of encouragement. FYI – REMINDER – There is no monthly general membership meeting during July and August. I will be sending out a request for executive board meeting some time in August.

For God and Country,

Rose Moore
President, Unit 284





Welcome fellow Sons of Squadron 284!

Thanks to the members of Auxiliary Unit 284 who held a joint meeting with us in June. Our kitchen crew prepared steaks and the Auxiliary provided some of the side dishes and desserts. If you missed it, you missed a great meeting and meal!

Thanks to those of you who supported the Post's Dig-nified Flag Retirement Ceremony on Flag Day, June 14. I'm afraid family obligations precluded my attendance at this year's ceremony. Thanks, too, to those of you who put out the flags on the Boulevard that day.

Thanks, too, to those of you who participated in the sixth annual "Hill of Heroes," Friday, June 26, at the Virginia War Memorial. You will recall that we voted to support this ceremony where nearly 12,000 American flags were placed at the War Memorial—one for each Virginian who sacrificed their lives for our country from WWII until now. Governor Abigail Spanberger also participated in the event. Next on our agenda is putting out flags again for July 4. Since the nation's birthday falls on a Saturday this year, we will muster at 6:30 a.m. to put the flags out on the Boulevard in Colonial Heights. All members of the Legion family are invited to attend. You need not be a member of the Sons to participate, and your assistance is truly welcome and appreciated.

Of course, we will be participating in the Post's July 4 festivities. We're in need of volunteers to assist in cutting up the lettuce, onions and tomatoes for the ham burgers the Post will be serving to commemorate the day. Volunteers are also needed to assist in serving food to members of the Post and the community who join us for the celebration of our Nation's birthday.

The Legion family will also be offering a reduced dues rate to those of you who renew your SAL memberships for the 2026-2027 membership year. You can renew at the July 4 event for \$25. (After October 1, dues return to \$30 for the year. This is your opportunity to save a few bucks and to help the Squadron get a fast start on reaching our membership goals for the new Legion year!)

Our regular monthly meeting will be held at the Post on Wednesday, July 15. Dinner at 6:15 with the meeting starting at 7 p.m. I hope to see you there!

Dick Cole

SQUADRON 284 COMMANDER



Squadron 284 participated in the "Hill of Heroes" event at the Virginia War Memorial, June 26, helping to place nearly 12,000 flags on the hill to honor those servicemembers who lost their lives from World War II until now.

TOPSIDE *Lounge* SCUTTLEBUTT



June was a great month at Topside. We enjoyed some good music, great food, and fantastic company. We were excited to celebrate the 4th of July, and we thank everyone that came out to support our event.

The month of July will bring us more live music and great specials! We hope everyone is staying cool and enjoying their summer ❤️.

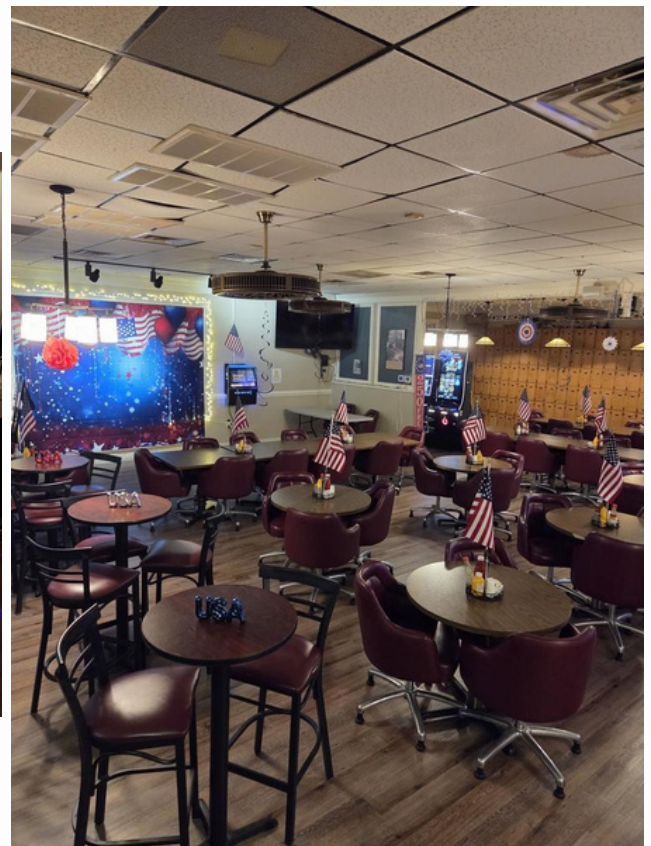
If you haven't already, please sign up to join our text group. **Text AL284 to 78859**. Keep up to date with the events scheduled at Topside, as well as events for our Post.

We'll see y'all soon:-).

The Topside Team



**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.



20 YEARS AND COUNTING

20 years ago, a group of Legionnaires with an interest in Motorcycle riding decided to start the Southern Virginia American Legion Riders Post 284. To celebrate the occasion, we will be hosting a members only party with the ones who started all this. So if you are around the Post in September, and you see some people you haven't seen in a while wearing vests, you know why.

The Riders have been busy the past few months. .

We all participated in Law & Order Night with the Sons. Great turnout Harold Gresham arranged a ride to visit Annin Flag Company in South Boston. We were given a lunch and a full tour of the facility. After we were all given a miniature stand with the US, 250 and Riders flags. In addition, we were gifted a new American Legion Riders flag, a 250 Flag, and banners. A great ride and fantastic visit.

We also visited Post 2 for their Poker Run. It was a ride to Charles City, Hopewell, and back to Petersburg. As usual, SVALR outnumbered everyone else. And Elaine Grenier won the worst hand.

Several members participated in the annual Instate Legacy Ride. The ride made a total of just over \$70,000.00 this year. All funds are going to the National Commander at a presentation at the National Convention.

And don't forget our Annual Fish Fry on August 29th at the Post. All are invited, it doesn't matter if you are a member of the Post or not. It is open to everyone. So please tell your friends and neighbors. More to follow as we get closer.

We are fully into our riding season, and we all ride for the pure joy of riding. So please, please, please look out for motorcycles. We don't have anything called a minor incident.

HOPE TO SEE YOU ALL AROUND THE POST.

JON

**Veterans
Crisis Line**



**DIAL 988 then
PRESS 1**



June 14th Honoring our Flag





OLD DOMINION HONOR FLIGHT PRESENTS

MISSION 11

OCTOBER 17, 2026

**Now accepting applications from
World War II, Korea, and Vietnam
War Era Veterans and Guardians!**

**Visit <https://olddominionhonorflight.org> for
more information**