AMERICAN LEGION

NEWS AND VIEWS

American Legion Post 284, Colonial Heights, VA October 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
804-695-2061

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

Post Phone Number & Website

804-526-4167

www.ALPOST284VA.ORG

!!!!HELP NEEDED!!!!!

Historian

Children & Youth Chairman



HONORING SERVICE, PRESERVING MEMORY: AMERICAN LEGION POST 284 & VFW POST 2239 DELIVER GRATITUDE ON 9/11 ANNIVERSARY

Article by: Susan Knutson, Americanism Chair

On Friday, September 11th, members of American Legion Post 284 and VFW Post 2239 joined together for a mission rooted in remembrance, gratitude, and community. In recognition of the 25th anniversary of the events of September 11, 2001, volunteers from both organizations delivered lunch to local firefighters, police officers, School Resource Officers, and emergency personnel throughout Colonial Heights and parts of Chesterfield County.

A quarter-century has passed since that tragic day, yet the commitment to never forget remains unwavering. This joint effort served as a heartfelt reminder that while the world has changed, our appreciation for those who protect and serve our community endures.

Each stop on the route received pizza, wings, dessert, and a note signed by both Commanders expressing thanks for their daily service. Deliveries were made to every school in Colonial Heights, local Fire and Police Departments, the Sheriff's Office, and the 911 Call Center.

The meal itself was a true team effort. The VFW purchased pizzas from Colonial Italian Restaurant. Jim Rovinski and Kevin Smith prepared fresh wings in the American Legion kitchen on the morning of the event. The Sons of the American Legion contributed cookies and muffins, baked by Luke Wheeler and Lexie Meunier.Cupcakes were provided by the VFW.

Every visit was met with gratitude and warm appreciation. First responders and officers expressed how meaningful it was to be remembered on such an important anniversary.

This collaborative outreach may have been a small gesture, but it carried a powerful message: our community remembers, and our community cares. Through shared service and partnership, AL Post 284 and VFW Post 2239 continue to honor the legacy of 9/11 by uplifting those who stand ready to protect us each day.

From the Commanders' note:Your service strengthens our communities, your bravery inspires us, and your sacrifices will never be forgotten.



October is Breast Cancer Awareness Month, and we're going to PINK OUT THE POST! We will also be pinking out our next Country Line Dance to help raise awareness and show support for those who have been affected by breast cancer. Break out your pink shirts, hats, and boots, and join us as we come together for this important cause!

Please don't forget that we are always collecting donations of dog and cat food for animals in our local shelters. Our four-legged friends need our support, too, and every donation helps make a difference. Whether it's supporting our veterans, our community, or animals in need, Post 284 continues to demonstrate what service is all about.

Finally, I want to remind everyone to continue doing those buddy checks. Reach out to your fellow veterans, friends, and neighbors. Sometimes a simple phone call or a few minutes of conversation can mean more than you realize. I truly enjoy serving alongside all of you, and I appreciate the time, effort, and dedication you put into making Post 284 a place we can all be proud of. Thank you for everything you do. Please be safe, look out for one another, and I look forward to seeing you around the Post!

For God and Country,
Tim "Screwdriver" Capps
Commander





More Photos from Patriots Day 2026!











"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

October 2026

6- Riders Meeting
8- General Membership Meeting
10- Commander's Breakfast
10- Country Line Dancing
14- Auxiliary Meeting
21- Sqaudron 284 Meeting
29- Post 284 Executive Meeting
31-Halloween Trunk-or-Treat

November 2026

3- Riders Meeting
11- Auxiliary Meeting
12- General Membership Meeting
Post Everlasting
18- Squadron 284 Meeting
19-Post 284 Executive Meeting







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

Buddy Checks

I want to talk about “Buddy Check”. You might be asking what is a buddy check? It is a structured, intentional practice of looking out for the safety, health, and well-being of a peer. Rooted heavily in the military, public safety, and outdoor recreation; it operates on a simple principle: no one goes it alone, and we are all

Depending on the context, a buddy check serves an important purpose.

In the veteran and military community, a buddy check is an informal yet vital wellness check-in. It is a proactive effort to combat isolation, depression, and suicide by intentionally reaching out to former battle buddies, friends, or local veterans.

The Goal of the Buddy check is to ask an honest question; “How are you really doing?” It provides an opportunity to listen without judgment, and bridge the gap to professional resources or VA assistance if a peer is silently struggling.

The Mindset: It moves the burden of asking for help away from the person who is hurting, placing the responsibility on the community to notice, reach out, and intervene early.

Why It Matters: Checking in on an old friend, a fellow Legionnaire, or a veteran in the community helps to assess their state of mind, or need for intervention. The buddy check shifts safety from an individual’s responsibility to a shared community support system. It is a tangible expression of camaraderie that saves lives by catching red flags that may signal emotional distress or health crisis.

“We didn’t leave anyone behind on the battlefield, so why are we leaving them drift away at home.”









AMERICAN LEGION AUXILIARY

Unit 284 President
Rose Moore

AUXILIARY UNIT 284 ROCKS THE PINK FOR THE MONTH OF OCTOBER!!!

This year is going by so fast. Fall is here! Cool mornings – warm days – cool nights! The season is bringing on changes in the weather as we can tell by the leaves changing colors and falling to the ground! October is BREAST CANCER AWARENESS MONTH! Keep a check on those TA TA's! Self-breast exams and mammograms are essential tools for our survival! Our Community Service and Education Team have really been working together to gather school supplies, food and pet supplies. This is a never-ending project as the needs of the community are constant. The Commander will be resuming his community breakfast on Saturday, October 10th. Country Line Dancing is that evening! We ask that you attend and ROCK THE PINK! The Pink Squad will be raising funds for Breast Cancer Awareness Month by painting nails for generous donations! Please be on the lookout and support our Pink Squad! Our next general membership meeting is Wednesday, October 14th. Please show up in your finest PINK SUPPORT! I am also asking all members to please remember to bring a donation of school supplies, non-perishable food and pet supplies with you at our meetings or if you happen to visit the Topside for dinner. I was informed by some members that with the school supplies, there are items that never make the list which is much needed. Items such as clean socks, underwear, sweatpants, shirts, feminine supplies for those surprise days. Please consider bringing some of these items as well. November 8th will be the Auxiliary's Paint Party fund raiser. We also have our annual raffle ticket fundraiser beginning. See Tina or Rita for tickets. Plans are still under way for Halloween Trunk or Treat and events for the Legion Family. Please stay tuned for more information. Now that all the dust has settled down from National Convention and transition with the new Department Leadership, we will be concentrating on our ROAR citations and membership goals for our units. Thank you to all of you who have come together to make this an exciting and non-stop year!Lots more to come!

For God and Country,

Rose Moore
President, Unit 284-2026-2027











THE DEPARTMENT OF GUESSWORK TAKES THE WIN AT AMERICAN LEGION POST 2

ARTICLE BY: SUSAN KNUTSON, AMERICANISM CHAIR

Our trivia team, ***The Department of Guesswork***, delivered a standout performance at American Legion Post 2 on Wednesday, September 23. With a wide range of categories on the board, our crew—Richard Milton, Elizabeth Capps, Dick Cole, Jason Knutson, and Susan Knutson—proved that a mix of knowledge, quick thinking, and a little guesswork can go a long way.

The competition was lively, the questions were all over the map, and our team covered them with confidence and teamwork. With questions ranging from history and pop culture to science and a tiny bit of sports, everyone brought something to the table, making the victory a true group effort.

The evening also came with a special moment: it was Jason Knutson's birthday and the trivia hostess surprised him by playing Happy Birthday. Everyone sang along, adding a fun touch to an already memorable night.

A big congratulations to ***The Department of Guesswork*** for bringing home the win and making the night one to remember. Post 2 is planning to host this event every other month - check out their Facebook page to learn more.

On February 2, 2006, 36 Legionnaires who were also motorcycle enthusiasts, started what became the Southern Virginia American Legion Riders Post 284. On September 26, 2026 the current members of the SVALR gathered for a dinner to honor the charter members. Charter Member, Mr. Ray Blythe attended with his lovely guest Denise. All of the Charter Members and their spouses were invited, but Ray was the only Charter Member to attend. Mari Althouse represented he r husband, Jim Althouse who was also a Charter Member.

Rose Moore prepared a fantastic spaghetti and meatball dinner, complete with salad made by Elizabeth Capps. The Hall was decorated by Mari Althouse, Sherry Merrill, Sue Rose, and Bill Rose.30 SVALR members were in attendance. Rose Moore also provided a slide show of the past 20 years. Thank you Bob LaRue for providing the photos, and a big thank you to all the current members who took the time to come out and honor our Charter Members. If you were not there, you missed a great party!

As you may be aware, SVALR sponsors wreaths every year for Wreaths Across America. We take donations and purchase wreaths to be laid at City Point National Cemetery in Hopewell during the Christmas season. Wreaths are $17.00 each, and for every wreath sold, the SVALR receives $5.00 back. Instead of keeping the retuned funds, the SVLAR then takes the money and purchases more wreaths. We do not make any money off the sales. If you wish to purchase a wreath or wreaths, and support SVLAR's totals, go to www WreathsAcrossAmerica.org. In the upper left corner, you will see a drop-down menu. Select About and then select the Location & Group Search. Once there, change the box to Group Search, then simply type in SVALR 284 and we will appear. You can purchase as many wreaths as you wish. Please help with this worthy cause. We hope to one day have enough wreaths to place one on every grave.

Please look our for motorcycles. We don't have minor crashes. Especially with cars.

JON
SVALR Director









TOPSIDE Lounge SCUTTLEBUTT



September was another fantastic month here at Topside. We had some Great Specials and some Awesome Live Music!
We also had a Brunch one Saturday, hosted by our Topside Committee. Thank you to those that came out to eat. And Thank You to our Topside Committee for their continuous support. We appreciate you all! We will continue to pause Karaoke until after the New Year.
If you haven't already, sign up to receive our Texts. We send out important information about the events and meetings that are happening here at our Post, as well as information on closings, or delays. We also send out our Dinner Specials, and events here at Topside. Text AL284 to 78859 to join. We'll see y'all soon:-)

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!



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.

A MESSAGE FROM THE JUDGE ADVOCATE

Recommendations to change the American Legion Post 284 Constitution or By-Laws

The window for a five-year review of the 2021 Post Constitution and By-Laws is Open.

The Constitution and By-Laws can be found on the Post website under "Scholarships and Forms" at: Your paragraph text

Proposals to update the Constitution or By-Laws should be submitted preferably by e-mail to the Post Judge Advocate, Scott Hurley at: scott.allen.hurley@gmail.com or paper copies will be accepted at the October General Membership Meeting, October Executive Board Meeting and the deadline will be the November General Membership Meeting.

Proposals should include:

Which document is the proposal for

What paragraph/section the proposal refers to

Current verbiage

Recommended verbiage

Discussion/reason/logic behind the recommended change

References/minutes/precedents, (either included in the proposal or attached).

Name(S) and contact information for the recommended change.

If any proposals are received, a By-Laws Committee will be formed and all proposals will be addressed.Results should be available by the December General Membership Meeting.

Any questions or if you'd like to be on the By-Laws Committee, please contact the Judge Advocate preferably at the email address above or via text 804-432-4634.

Copies of the constitution and By-laws can be located on our website at www.alpost284va.org



★ AMERICAN LEGION POST 284 ★

MILITARY HONOR TILE ORDER FORM

Honoring those who served ournation

No. 00001

1 PURCHASER INFORMATION *Contact information for the person placing this order*

Name: _____

Address: _____

City, State, ZIP: _____

Phone Number: _____

Email: _____

2 TILE INSCRIPTION & DETAILS *Use one form per tile*

Text is centered and printed in uppercase by default. A space, punctuation mark, or symbol counts as one character. Please print clearly. Choose no more than four inscription lines from the options below; each line is limited to 16 characters.

VETERAN / HONOREE INFORMATION

Full Name: _____

Branch of Service: _____
Rank / Title:

Years of Service / Conflict: _____

_____

INSCRIPTION CHARACTER GRID *(Maximum 16 characters per selected line)*

Rank / Name															
Branch															
Rank / Title															
Years Served															
Conflict 1															
Conflict 2															
Conflict 3															





AMERICAN LEGION POST 284 • MILITARY HONOR TILES

ORDERFORM - PAGE2

2 TILE INSCRIPTION & DETAILS - CONTINUED

Military Emblem: ☐ Military emblem requested ☐ No emblem requested

Emblem(s): _____

Examples may include Army,MarineCorps,Navy, Air Force, Space Force, Coast Guard, National Guard, service insignia, or other approved military emblem.

Veteran Photo: ☐ Photo included with order form ☐ Photo will be emailed ☐ No photo

Photo File Name:

For the best reproduction, submit the highest-quality original photo available. Do not write on or staple through an original photograph.

3 ORDER SUMMARY & PAYMENT

Order Item	Details
2 ft. x 2 ft. Military Honor Tile	
Military Photo Tile	Email photo or attach to order form
TOTAL AMOUNT ENCLOSED	**$_____**

Payment Method: ☐ Cash ☐ Check

PAYMENT INSTRUCTIONS

Please make checks payable to: AMERICAN LEGION POST 284
Write in the memo line: HONOR TILE

MAIL OR DROP OFF THIS COMPLETED FORM AND PAYMENT TO:

American Legion Post 284
c/o 1stVice Commander BradleyE.Harter

P.O. Box 57
Colonial Heights, VA 23834-0057

Questions may be emailedto: bradleyharter@msn.com

Purchaser Signature Date

FOR OFFICEUSE ONLY

Date Received		**Payment Received**	
Proof Approved		**Tile Installed**	

2027 American Legion Department Mid-Winter Conference
DoubleTree Williamsburg,VA
22 January – 24 January 2027

DISTRICT: _____ POST: _____ UNIT: _____ SQUADRON: _____ CHAPTER: _____

REGISTRATION INFORMATION: (Please PRINT CLEARLY on this form and complete it in its entirety)

	Please circle your Legion Family Affiliation:						Please circle Meal Option – 1 or 2	
1.Name: _____	Legion	Auxiliary	S.A.L.	Riders	Junior	Guest	1	2
2.Name: _____	Legion	Auxiliary	S.A.L.	Riders	Junior	Guest	1	2
3.Name: _____	Legion	Auxiliary	S.A.L.	Riders	Junior	Guest	1	2
4.Name: _____	Legion	Auxiliary	S.A.L.	Riders	Junior	Guest	1	2

Contact Person's Information: Membership ID# _____

Address: _____ Email: _____

City/State/Zip: _____ Phone: _____

Conference Events: You must Present your Registration Badge to attend all events and meetings!!

Registration:	$15 Each	#'s Registered: _____	Registration Total: $_____
Registrations received after 12/22/2026 will incur a late fee of $10 Each		#"s Late: _____	Late Fee Total: $_____
Friday: Casino Night 8pm	$15 Each	#'s Registered: _____	Casino Night: $_____
Saturday: Bingo	$15/ 5 sheets	#'s Registered: _____	Bingo Night: $_____
Saturday Banquet: $65 Each		#'s Registered: _____	Banquet Total: $_____

Banquet Meal Selections: (Note: No banquet tickets are available for late registrants.

1 Grilled Pork Chop 2 Shrimp and Grits

Total Amount Due: $_____

Please make check payable to: American Legion Department of Virginia
Please mail registration and payment to:
A.L. Dept. of Virginia, PO Box 11025, Richmond, VA 23230
Or email registration and credit card payment to: eeccleston@valegion.org

Credit Card Information: __ __ __ __- __ __ __ __ - __ __ __ __ - __ __ __ __ Exp: __ __/__ __ SEC: __ __ __

Hotel Information: DoubleTree by Hilton Hotel, Williamsburg, 50 Kingsmill Road, Williamsburg, VA 23185
After 12/22/2026, regular rates will apply.

1. Under "Upcoming Events", there will be a link to the hotel reservation system. Or you can scan the QR code for the link.

For Questions or Assistance, please contact: Rick Ward – at 804-695-4567/wlfmn53@hotmail.com or Tonya Meunier-804-840-2708/TLMEUNIER77@gmail.com

Post 284
PO Box 57
Colonial Heights, VA 23834