

American Legion Post 74

Charlottesville & Albemarle, Inc.

3025 Louisa Road, Keswick, VA 22947-2155

434-977-1050 Fax 434-977-1049



Website: <http://www.legionpost74.com> E-mail: legionpost74@legionpost74.com

Commander's Report:

Welcome American Legion Family! Winter has arrived with a fury! I hope everybody is safe and in good health. We are all aware of many of our brothers and sisters who were without power for a long time. We appreciate all the "Buddy Checks" and members who continue to provide this level of support for one another.

Post 74 held a Middle School Essay contest; "I like living in America because...". The essay is to be handwritten. Our first-place winner is Ellie Cannon of Walker Upper Elementary. She will receive the "Gold Essay medal", Certificate of Appreciation and a monetary check. Her essay will be available for review in the Post library.

A thank you also goes out to our Food Committee Team for an outstanding job preparing and serving the meal for January; Roberta and Bob Humphreys, Dawn and Lowell Badgley, Connie Critzer and Randy Wood.

February is Black History and Legion Americanism month. We also celebrate two of our former President's birthdays, Abraham Lincoln and George Washington. On 6 February we will have the Four Chaplains Memorial at the Post. Start time is 2pm.

I received confirmation concerning flying the Blue Stars Service Flag. Administration policy 19 (AP-19) was signed in effect 8 Dec 2021; *"the service flag may be flown under the Commonwealth of Virginia State Flag, on the same halyard at the County Office Buildings (COB) McIntire location to honor the members of the organization...serving on active duty during a period of war or hostilities, to include honoring the local National Guard, 1st BDE, 116th Infantry members when deployed."*



In January, the Ceremonial Unit was called on to conduct services for three of our Post Members; Larry Tyler- Airforce, and David Bingler- Army. Our prayers and condolences go out to their family and friends.

In closing, please continue to make "Buddy Checks" not only to members of the Legion Family but your own families and friends.

For God and Country

Commander Bill Napier



DINNER MENU \$12.00 RSVP: 7 Feb 2022

Spaghetti with meat sauce, garlic bread, salad bar with fixings, strawberry pretzel salad

Tea/lemonade to drink.

Sign-in roster, ticket required to receive meal.

First time members eat free!

Please RSVP, 434-977-1050. Presented by Post 74 Ceremonial Unit and Legion Riders

If you would prefer to receive the Newsletter by e-mail, please contact us by phone or at legionpost74@legionpost74.com with a current e-mail address. Also, please keep us apprised of any changes in your e-mail address to prevent interruptions in receipt of newsletters.



American Legion Post 74
 Charlottesville & Albemarle, Inc.
 P.O. Box 6566
 Charlottesville, VA 22906-6566
 Electronic Service Requested

Non-Profit Organization
 U.S. Postage PAID
 Charlottesville, VA
 Permit No. 6



February 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|----------------------------------|---|------------------------------------|
| National Heart Month National Bird Feeding | | 1 National Freedom Day | 2 Exec mtg Ground Hogs Day | 3 DAR mtg USO Incorporated | 4 World Cancer Day | 5 |
| 6 Four Chaplains | 7 | 8 Auxiliary mtg 6:30 National Boy Scout Day | 9 Dinner 6pm Gen Member 7pm DAV 530pm | 10 | 11 | 12 Chili Cook-off in Orange |
| 13 DAVA 2pm Super Bowl | 14 Valentines Day Blood Drive at Double Tree | 15 National Bagel/ Singles Awareness Day | 16 V-Day Brunch at Eastwood Farm & Winery | 17 Marine Corps League mtg 630pm | 18 National Caregivers Day LOL Comedy at Boars Head | 19 Northern Region Oratorical 10am |
| 20 National Muffin Day | 21 | 22 | 23 Battle of the Alamo | 24 Chili Day | 25 National Pancake Day Oscar Nominated Short Films at The Paramount | 26 |
| 27 Persian Gulf Cease-fire Day | 28 | 2- Army Nurse Corps Established (1901) 13- Marine Corps Women's Reserves Established (1943) 14-19 National Salute to Veteran Patients 17-23 Random Acts of Kindness Week | | | | |



Shoveling Snow Safely

Did you know that blizzards, and even minor snowstorms, come with a **risk of death** by shoveling? It's true! Nationwide, snow shoveling is responsible for thousands of injuries and as many as **100 death each year**. So, why do people die shoveling snow? Shoveling snow seems like just another simple household chore, or so we thought.

The American Heart Association states that while most people won't have a problem, shoveling snow can put some people at risk of heart attack. Sudden exertion, like moving hundreds of pounds of snow after being sedentary for several months, can put a big strain on the heart. Pushing a heavy snow blower also can cause injury. And there's the cold temperatures. **Cold weather can increase heart rate and blood pressure.** It can make blood clot more easily and constrict arteries, which decreases blood supply. This is true even in the healthiest people. Individuals over the age of 40 or who are relatively inactive should be particularly careful.

National Safety Council recommends the following tips to shovel safely:

- Do not shovel after eating or while smoking
 - Shovel only fresh, powdery snow; it's lighter
 - If you do lift it, use a small shovel, or only partially fill the shovel
 - Do not work to the point of exhaustion
- Take it slow and stretch out before you begin
 Push the snow rather than lifting it
 Lift with your legs, not your back

Know the signs of a heart attack, and stop immediately and call 911 if you're experiencing any of them, every minute counts. Don't pick up that shovel without a doctor's permission if you have a history of heart disease. A clear driveway is not worth your life.

Have a safe, warm, and dry rest of the winter! God Bless!

If you know of someone, or you yourself are ill or in the hospital, feel free to contact Chaplain Mike James at 309-825-2851.
 Veterans Crisis Line: 1-800-273-8255 and press 1, Chat, or Text 838255

Post 74 Officers

Commander: Bill Napier
804-512-5527
Email: btb866251@gmail.com

First Vice: Vacant

Second Vice: Roberta Humphrey

Third Vice: Vacant

Chaplain: Mike James

Finance: David Drayer

Adjutant: Phil Grimm

Historian: Al Underwood

Judge Advocate: Pat Kelly

Sgt. At Arms: Mary Sue Garrison

Athletic Officer: Solomon McCauley

Service Officer: Gary Hegemier

Rental Agent: Anita Hamric

At Large Officers:

Lowell Badgley George Shadma
Bellamy Brown Boyd Knott
W. Bruce Eades

Legionnaire of the Year:

HELP WANTED & NEEDED

One of the goals Commander Bill Napier would like to establish is Legion members and our affiliates volunteering in maintaining the Post Home and Activities. Some things have to be contracted, i.e. electrical, sewer, and IT security. No one currently working at the Post is on our payroll, we are all volunteering our time and skills. Listed below are things we currently need help with:

1. Basic building maintenance— light bulbs, sweep of porches, clean hand rails, windows, shovel the walkways and deck when it snows.
2. Help with our food service in the kitchen— monthly dinner meals, taking out the trash after meetings ended.
3. Cleaning the post home monthly/twice a month— bathrooms, sweep/mop/ toilets/sinks, vacuum rugs, dust sweep upstairs floor, sanitize tables and chairs.
4. Assist the Ceremonial Guard, flag folding/rifle squad, for local veteran funerals.
5. BINGO— Manager, needs to be present for all games, callers, at least 2 in order to have a back up. **This is a paid position.**

Proposed changes in By Laws (1st reading)

1. Currently read: Section 6 – Duties of Finance officer, last sentence: “The Post will have an external audit of the financial records each year.”
Recommend this sentence be removed.

Reason: superseded by the American Legion Department of Virginia Constitution.

2. Judge Advocate: Currently reads: Last sentence: “The judge advocate commonly has the duty, with other, of auditing post financial accounts. This is done annually, usually before the election of officers, or more frequently at their discretion.”

Recommend this sentence be removed.

Reason: superseded by the American Legion Department of Virginia Constitution.

Recommend the following new paragraph be added from the Department of Virginia Constitution:
Post Audit

“The post commander shall appoint a 3 person audit team comprised of general members of the post to conduct an annual post finance audit to be completed before June 30th of each year and before new officers take office.”

“A report of the audit will be made at the general membership meeting and recorded in the meeting minutes.”

To help those less fortunate and to help with membership, donations are being accepted in increments of \$35. We need 21 renewals/new to reach current goal of 85% by Feb 6th. A letter went out to all members who were in good standing but did not pay their 2021 membership dues. These members qualify for the National Commanders *New Membership Engagement Initiative*.

MEMBERSHIP THROUGH Jan 2022

| Renewals | PUFLs | New Members | Transfers | Total Membership | Goal for the Year | Percent of Goal Met |
|----------|-------|-------------|-----------|------------------|-------------------|---------------------|
| 398 | 145 | 9 | 4 | 556 | 678 | 82% |

NEW MEMBERS

Werner Gstattenbauer: Army, Pat Kelly
Burlin Prater JR: Marines, Burlin Prater SR

Shawn Shreves: Army, Marry Garrison

For those who have not renewed for 2022, please consider remitting your dues now of \$35.
Your membership is the life blood of American Legion Post 74



The American Legion Auxiliary Unit 74
 Unit President Ruthann Brown
 rsk8mom@aol.com

Meetings are held at the Post Home, 2nd Tuesday of the month, at 630PM. Meet and Greet at 6PM

Check out Departments web site for upcoming activities and surveys being asked from Department. Girls State is just around the corner and we need to put into action ways to fundraise. I am saddened in the passing of Roberta Hildebrand, long time member and friend. Please mail membership renewal to PO Box 364, Crozet, VA 22936.



S.A.L. (Sons of American Legion) Squadron 74
Commander Lowell Badgley

General Meeting, 3rd Tuesday of the month, dinner at 6pm, meeting at 7pm

Membership cards for 21-22 are in. Dues are \$15.00 per member.



American Legion Riders Chapter 74

Website: www.al74riders.com Email: info@al74riders.com

Director: Bob Humphrey , wrench58@embarqmail.com

Greetings Post 74 ALR members! I hope members continue to practice healthy and safe precautions for 2022 as it relates to COVID and riding. Even though May is National Motorcycle Safety Awareness Month, we're all responsible in making **EVERY** month safety Awareness month. This is a good time to review your owner's manuals regarding servicing your ride. It may require addressing very important maintenance recommendations. This sure beats a preventable breakdown as well as keeping you safe and your ride roadworthy. Thank you for your time and support.
 For God and Country, RIDE ON MY FRIEND, RIDE ON!!



Blue Star Families of Central Virginia

Martha Horsfall, horsfalljm@comcast.net

Mailing Address: Blue Star Families Of Central VA, PO BOX 5182
 Charlottesville, VA 22905-5182 **Website:** www.bsfcv.avenue.org

Our next Pack-out is Thursday, 17 Feb, 6pm, at Post 74. We are collecting Valentine's cards for **Valentines for the Troops** to put with the boxed goodies. Drop off sites are **Fluvanna County Library, Z95.1 radio station, Tubby's** thru 11 Feb, and **Post 74**, thru 16 Feb. If you know of anyone deployed at this time, please let us know so we can include them in the Feb 2022 shipment.



Disabled American Veterans Chapter 33

Meets 2nd Wed. of the month 5:30pm

DAV Commander: Bob Clouser

Disabled American Veterans Auxiliary

Meets 2nd Sun. of the month at 2:00pm

DAVA Commander Steve Durad



January was National Blood donation Month, please let the Post know if you were able to donate in January or any month. Donating falls under one of our Four Pillars as it supports our community.

New law makes free national parks access for veterans permanent. In 2020, the National Parks Service granted veterans and Gold Star Families free access to parks and sites across the country. Over the holidays, the **policy became law with the signing of the NDAA**, which included the Alexander Lofgren Veterans in Parks (VIP) Act. Planning a national park visit? Another tip: Check the website for your state parks service—some offer free or reduced access for veterans. How to access this benefit: [Free Entrance to National Parks for Veterans and Gold Star Families \(U.S. National Park Service\) \(nps.gov\)](https://www.nps.gov/visiting/veterans)