



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. June is membership month and renewals for 2023 are just around the bend. **First Vice Mary Garrison will contact members** who have not renewed for 2022 in hopes to not have a break in their continuous years.

Thank you Hillary Bennett LCSW from McGuire VA for speaking on **Suicide Awareness and Prevention**. A thank you also goes out to the Food Committee for preparing and serving the May meeting dinner; Roberta and Bob Humphrey, Dawn and Lowell Badgley, and Connie Critzer. A Special thank you to Gary Hegemier and Lowell Badgley for the area beautification around the marque, wine shop and Post home, in addition to removing a dying tree.

In May, Members for the Executive positions, 2022-2023 were voted in. Department Judge Advocate, A.B. Brown, will conduct the **installation process at the June General Meeting**.

BINGO is on the calendar for **Sunday, 5 June**. Doors open at 12:30pm, games start at 1:30pm and games should be done around 5:30pm. For more information, check Post 74 website.

Our intention is to resume Post activities within and outside of the Post home. Under consideration are activities new to the Post; **karaoke** on Friday nights, **lunch socials**, and of course more **dances**. We desperately need volunteers to make this happen. All help is greatly appreciated. If available, contact me at 804-512-5527, 2nd Vice Roberta Humphrey, at 434-591-0927 or leave a message at the Post, 434-977-1050. These events will be open to all members and their families, the community (unless otherwise specified). We strive to build a rapport within our community in letting people know what the Legion stands for, the resources we have available for veterans and their family, and any assistance we can offer.

In closing, please continue to make **"Buddy Checks"** not only to members of The American Legion, but your own family and friends.

For God and Country
Commander Bill Napier

Got ideas? Improvements?

We now have a **Suggestion Box** located upstairs, on the table, inside the double doors.

The wooden box has a lock on it and the contents will only be emptied and reviewed by the Commander or Adjutant.



DINNER MENU \$12.00 RSVP: 4 June 2022

BBQ Chicken, Potatoes w/ butter & parsley
Salad w/ Fixins' Pound Cake w/ strawberries
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.

Post 74 Officers

Commander: Bill Napier
804-512-5527

Email: btb866251@gmail.com
First Vice: Mary Sue Garrison

Second Vice: Roberta Humphrey

Chaplain: Mike James

Finance: David Drayer

Adjutant: Phil Grimm

Historian: Robin Riddle
bbopnrobin@yahoo.com

Judge Advocate: Pat Kelly

Sgt. At Arms: Bob Humphrey

Athletic Officer: Solomon McCauley

Service Officer: Gary Hegemier

Rental Agent: Anita Hamric

At Large Officers:

Lowell Badgley
George Shadman

Legionnaire of the Year:

**FOR THE GOOD OF
THE LEGION**

Thank you so much for honoring him.

*Sincerely,
Gene Beck*

4/12/22

American Legion Post 74 was very special to Gene Beck, & Jessica & I want to thank you for the military honors for Gene at Monticello Memory Gardens. Gene proudly served his country for 8 years active duty in the Air Force & our country meant everything to him.

-Phil Grimm was asked to present scholarships to Christopher Pellissier at Albemarle H.S. on 26 May; 4 year Army ROTC from Virginia Tech, \$8000 for Emerging Leadership from Corps of Cadets and an Appointment to attend United States Military Academy West Point. Post 74 provided the path to last years Boys State and assisted with this years applicants orientations.

-Members Pat Kelly, Mary Garrison, Lettie Bien and Robin Riddle spoke about their military service at the JROTC class held at Monticello H.S.

JROTC Dinning Out held at the Post on 21 May 22. CDR Bill Napier and ADJ Phil Grimm present Scholastic Achievement awards to seniors Cadet Jake Krouse and Cadet Rose Ellerbe. Also pictured here is 1SG Wilcox and LTC Monteiro who oversee the program at Monticello H.S.



MEMBERSHIP THROUGH 26 May 2022

We need 66 renewals/new to reach current goal of 100% by 1 Jun. Phone calls were made during May month to all members who have not paid the 2022 membership dues. **To help those less fortunate and to help with membership, donations are being accepted in increments of \$35.**

Renewals	PUFLs	New Members	Transfers	Total Membership	Goal for the Year	Percent of Goal Met
455	145	11	5	610	678	89.97%

NEW MEMBERS

70 members currently have not renewed for 2022. We need 66 members to reach 100%

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 held at the Post Home, 2nd Tuesday of the month, at 7pm.
Kathy Smith distributed Poppy's 12 & 22 of May, raising \$355 in donations.
Memorial Day weekend tally will be posted next month. We are sending 8 to attend Girls State; paid in full. We need to put **into action** ways to fundraise. One consideration is "Trunk" sale in the parking lot, with help from the Legion. All organizations involved will profit. We are at **75% (63/84)** for membership. 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 5pm.** Membership cards for 21-22 are in. Starting 1 June dues for the 22-23 year are increased to \$20.00 per member.



American Legion Riders Chapter 74

Website: www.al74riders.com Email: info@al74riders.com
Director: Bob Humphrey at wrench58@embarqmail.com

Hello Post 74 ALR. Sure hope everyone remains healthy and safe. Even though May is National Motorcycle Safety Awareness Month, keep in mind, we are all responsible to make **EVERY month a Safety Awareness month.** Be honest with yourself regarding your abilities/attitude. Expect the "other guy" to make the worst possible decision, at the worst possible time and do your best **NOT** to be there should it happen. **Drivers frequently do NOT anticipate a motorcycles movement;** the drivers view is obstructed (often in their blind spot), **Motorcycles are relatively small, drivers "don't see them", and/or the driver is distracted.** Things to consider **EVERY TIME** you ride; bright colors, good lighting, safe driving habits, vehicle awareness and not competing with bigger vehicles. **Our primary goal is safety first.** Enjoy the good riding days and **STAY SAFE!** **There will be a "Blessing of the Biker/Bikes" at our June 11 ALR meeting at 10 AM.** Thank you for your time, interest 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

Blue Star Families of Central Virginia is going strong. Thank you to everyone at the Post for helping make this possible. Join us at our next **meeting/pack-out, Thurs., 16 June 2022, 6:30pm, at the Post.** ALL ARE WELCOME. If you know of anyone who will be deployed at that time, please let us know so we can include them on the list for CARE Packages. There is no cost involved.

Please join us, Saturday, June 4 at Panorama Farms, Earlysville, **4 Our Freedom 5K** sponsored by **Parade Rest.** We are one of the beneficiaries. Runners/walkers can register at [4 Our Freedom 5K \(runsignup.com\)](http://4OurFreedom5K.com)



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 Durand









The **Auxiliary is building a dollhouse** to be raffled off at Legion Department Convention, **July 2022.** Proceeds go to **Veterans Affairs and Rehabilitation (VA&R) program.** **"The Legion Home" on 1 LEGIONWAY** will be on display at the General Membership meeting/dinner in June. Additional donated furniture/accessories will be provided to the winner if requested. Contact Robin or Ruthann for tickets **\$3/ 1 ticket, \$5/ 2 tickets.**



June 2022

Non-Profit Organization
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 Charlottesville, VA
 Permit No. 6

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PTSD Awareness Month Homeownership Month National Safety Month	13-19 National Men's Health 19-25 Boys and Girls State 25-30 National Girls & Boys club		1 Exec mtg	2 Carter Mountain Orchard "The Jack-wagons"	3	4 
5 BINGO!!!! Start 1:30, doors open 12pm	6 D-Day Saving Private Ryan 2pm&7pm Wayne Theater	7	8 Dinner 6pm Gen mbr 7pm DAV 5:30pm	9 Carter Mtn "Midlife Crises Bd Red Shoe Fundraiser Patch Brew	10 Fri after 5: We are Star Children	11 Botanical Garden Bird walk 13th District, Mechanicsville
12 DAVA mtg 2pm Girls State Orientation	13 Dine out 4 Charity Sedona Taphouse	14 Auxiliary mtg 7pm U.S. Flag Day	15	16 Blue Star Packout 6:30pm	17 National Cherry tart/apple strudel Day Fish Fry 4:30-6:30 RSVP 15 June	18  Go!
19 Fathers Day 	20 American 	21 SAL mtg 5pm, dinner 6pm	22 Cville Band concert-Scottsville	23 Coast Guard Auxiliary B-Day Builders Bash @ Elks Club	24 	25 Korean War Start (1950) AL Rider Madison pancake
26 The Blues Brothers Paramount 2pm	27  and Take Your Child to Work Day	28	29 National Hug Day	30 National Meteor watch Day	1st – 7 to 9pm, Living Free, Bingo & Burgers Fundraiser, Riverside Grill North JULY 14 thru 17– Dept Convention	

Day June is PTSD Awareness Month

Did you know that there are currently about **8 million** people in the United States with PTSD? Even though PTSD treatments work, most people who have PTSD don't get the help they need. Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events needs to know that treatments really do work and can lead to a better quality of life.

What is PTSD? Posttraumatic Stress Disorder is a **mental health problem that some people develop after experiencing or witnessing a life-threatening event; like combat, a natural disaster, a car accident, or sexual assault.** It's normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. At first, it may be hard to do normal daily activities, like going to work, going to school, or spending time with people you care about. But most people start to feel better after a few weeks or months. If it's **been longer than a few months and you're still having symptoms**, you may have PTSD. For some people, PTSD symptoms may start later, or they may come and go over time. If thoughts and feelings from a life-threatening event are upsetting you or causing problems in your life, you may have PTSD. **You can get treatment for PTSD, and it works.** For some people, treatment can get rid of PTSD altogether. For others, it can make symptoms less intense. Treatment also gives you the **tools to manage symptoms**, so they don't keep you from living your life. PTSD treatment can turn your life around even if you've been struggling for years.

Why get treatment for PTSD? Treatment works. There are many treatment options for PTSD. There are different talk therapies and medications that are proven to help people with PTSD. For many people, these treatments can get rid of symptoms altogether. Others find they have fewer symptoms or feel that their symptoms are less intense. **After treatment, most people feel they have a better quality of life.**

Where can I go to get help? If you're a **Veteran, check with the VA** about whether you can get treatment there. Visit <http://www.va.gov/directory/guide/PTSD.asp>

Mike James, Chaplain

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, or dial "988" press 1.

