



**AMERICAN
LEGION**



American Legion Post 1995 **November 13th, 2025 - Defender Newsletter**

Monthly Military Quote

For we know this: no military victory, no diplomatic triumph, no precision-perfect foreign policy of our own can mean very much for very long--if it does not bring hope to hundreds of millions of people who live today in fear or need or hunger. As surely as we seek lasting peace, we shall find it only as these people come to have faith in their own future in freedom. (President Dwight D. Eisenhower, Radio Report to the American People on the Achievements of the Administration and the 83d Congress, 8/6/1953)

Military Photo of the Month



The U-Hawk on a UH-60L Black Hawk airframe replaces the cockpit with clam-shell doors and a loading ram...Lockheed Martin (See this [link](#) for more)

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Commander's Corner

Department Fall Conference — From October 31st through November 2nd, I represented our Post at the Department of Virginia Fall Conference in Williamsburg. This is a period of transition for the Legion in Virginia and a lot of new initiatives or changes to old practices were announced. I attended sessions about Membership and New Posts, Oratorical competition, Americanism, and the Legion Family College. Because so much of this represents significant **changes**, I am going to alter my Commander's Corner article a bit to get the big news out here first.

Legion Family College – In the past the Legion College was held in Midlothian near Richmond as a three-day event in August and was one event for the whole department. **Changes:** We are going to a “distributed education” model with three college dates in March 2026; ours will be on March 14th at Post 176 in Springfield just 12 miles down the Fairfax County Parkway. It will be free! One day only. This is a huge benefit for us as it is so close. However, enrollment may fill up fast. I encourage our new and active members to sign up right away to get a seat. Much more will be found later in the newsletter.

Legion Baseball – Change: We are getting our own team! By that I mean a locally based team drawn from Centreville, Chantilly, and Westfields High Schools. The 17th District is reorganizing the map within our boundaries. The team from Arlington that we have sponsored for the last two years will go back to their original home at Post 139. I have asked for more games to be played in western Fairfax County, so they are easier to attend. More to come on this welcome change in the spring.



Post 1995 - Centreville Legion Baseball Team Hat

Conferences and Department Convention – Each year at the Department (Virginia) level we attend one Convention in July, and two Conferences: one in the fall in Williamsburg and one in the spring down in Portsmouth. **Changes:** The Convention will still be in July but is moving to Richmond. We will only have one Conference in January – February at a location in the center of the state to encourage attendance from the far distant districts.

Post Operations – Posts will still exercise considerable autonomy in how they serve their membership. For many years, the Ad Hoc 21st Century Committee has been studying how society and the Veteran community has changed since the attack on 9/11. **Changes:** At the National level, the Legion is looking at modernizing its operations and serving our membership. There is an awareness that the composition of our membership has changed and so has their motivation to join the Legion. We must understand that we are a multi-generational organization. The old post-World War II stereotype is long gone. Our Post has Vets from Vietnam, Grenada, Desert Storm, and the Global War on Terrorism. Those Vets do not join the American Legion; they join their local Post. Younger generations are not joiners and do not want to join the drunks at the end of the bar to tell war stories. They want to contribute to their communities and make a difference. Department Commander Scott Madrea told us we are not a membership organization; we are a Veterans Service organization. He wants to emphasize member retention. And he says the way to keep them around is to have programs that Legionnaires want to support and participate in.

BE the ONE – There is some **change** here and it is some good news. Recent reports show that the daily rate of Veteran suicide has gone down from the shocking number of 22 per day. Lately we have heard it has dropped to 17 per day. A terrible number still, but perhaps we can draw some comfort that perhaps all our efforts are having some beneficial effect. So, LISTEN when a Veteran needs to talk. Remember: dial 988 then #1 to ask for help for yourself or another Vet.

Post December Meeting and Holiday Dinner

The Post and Auxiliary will host its annual family holiday dinner after a shortened business meeting on December 9th. The meeting will start at 6:30 pm instead of the usual start time of 7:00 pm to accommodate the dinner. Attendees are requested to bring something to share with the membership and a few invited guests.

Please sign up using the link below.

<https://www.signupgenius.com/go/20F0E4BACA728A5FE3-60428992-american>

Click on “Sign Up” in whichever category you wish. Then scroll to bottom and click on “Save & Continue.” The category you chose will be displayed, under “My Comment” type what you plan to bring. Next type in your first & last name and email address. Finally, click on “Sign Up Now.”

Buddy Check Calls/Emails

Post officers are conducting our annual “Buddy Check” calls to see how members are doing and if the Post can be of any assistance. If you have not yet received a call and/or email, expect to get one or both in the very near future. If the caller leaves a voice mail, please call back. We really want to reach as many Post members as possible. If in addition to the call, the caller also sent you an email, you may reply to it instead, but an actual conversation is preferred. An update as to the number of members contacted will be provided in the December newsletter.

Wreaths Across America

Support this yearly effort to honor Veteran and their final resting sites... Linda Noguchi, Post 1995

Use this QR code to support WAA and Post 1995.

 **HELP US HONOR OUR HEROES**
WREATHS ACROSS AMERICA 

As a disabled veteran and proud member of American Legion Post 1995. I'm asking for your help in supporting one of the most meaningful causes of the year— Wreaths Across America.

🎯 WHAT IT MEANS TO SPONSOR A WREATH
Sponsoring a wreath is more than a donation—it's a personal act of gratitude and remembrance for someone who served our country so that we can live free. Each wreath is placed on a grave of a fallen hero on National Wreaths Across America Day, and their name is spoken aloud so they are never forgotten.

🎯 Our Mission:

- Remember the Fallen
- Honor Those Who Serve
- Teach the Next Generation

 So far in 2025, 29,238 wreaths have been sponsored—only 11 % to goal. Let's change that together.

"A person dies twice—once when they take their last breath, and again when their name is spoken for the last time."

Let's keep their names alive.  

The following is from Wreath's Across America email for Veterans Day.

Through our Group Sponsorship Program, we partner with Veteran Service Organizations (VSOs) and other community groups to help them raise funds for their local programs. For every \$17 wreath sponsored, participating groups earn \$5 back — not just helping

to remember veterans in December, but also supporting vital initiatives in their own communities. Since 2007, this program has given back more than **\$28 million** nationwide!

We maintain a **veteran resources page** on our website, updated regularly with information from trusted partners to ensure veterans and their families can easily find the support they need. To learn more, please click [here](#).

Through **Wreaths Across America Radio — A Voice for America’s Veterans**, we share stories of service, sacrifice, and success from veterans and Gold Star Families across the country. [Tune in live](#) anytime, anywhere, or listen on the iHeart, TuneIn, or Audacy apps.

And perhaps most importantly, we are teaching the next generation about those who have served and sacrificed. Our **free, downloadable curriculum** for educators and youth organizations focuses on service, character, and citizenship. As Executive Director, Karen Worcester says:

“It is the greatest tribute we can offer our veterans who fought for us all — to teach our children love of country and responsibility for preserving our way of life.”

Centreville Day

Post 1995 participated in the 33rd annual Centreville Day on October 18th in Centreville’s historic district. The Post organized the American Legion parade which included 17 units. The Sons of the American Revolution won the most patriotic award with their decorated float, and the Southwest Youth Association (SYA) cheerleaders won the most enthusiastic award. One each Legionnaire and Auxiliary member along with a police officer served as parade judges. Each winner received a check for \$50 from the Centreville Day Historic Association which sponsors the daylong event. A Post member served on the planning committee and in addition to the parade facilitated the Safety Expo and placing signage for the event. See The Connection [article](#) in The November 5-18th issue, pages 12-15.



Post members staffing the booth...Joe Burke, Linda Noguchi, Mark Miller, Jim Robison, Randy Young, and Karen Hunter (Photo courtesy of Bonnie Hobbs, The Connection newspaper)



2025 Post booth display

Flag Retirement

Post 1995 in collaboration with FCFD Station 38, FCPD Honor Guard/police recruits and Scout Troop 1995 conducted a flag retirement ceremony on November 9th from 10:00-14:00. An estimated 1,350 flags were retired and/or placed in temporary storage for a future retirement at the Lorton waste to energy plant in early December. Our Post's Sgt-at-Arms (Mark Miller) led the effort to organize this event. The Magic Hand Orchestra provided musical support during the ceremony and played the Star-Spangled Banner," Sweet Caroline" and "Smoke on the Water." If you would like to see how we retire flags at the Lorton facility, let the adjutant know.



Folded flags ready to be retired



FCPD Honor Guard and Police Recruits



Magic Hand Orchestra



Post Judge Advocate Mike Reilly and Sgt-at-Arms Mark Miller



Flag Retirement Opening Ceremony

Department Commander's Homecoming

Post Adjutant (Steve Hunter) and Auxiliary Treasurer (Karen Hunter) attended the Department Commander's (Scott Maddrea) Homecoming in Glen Allen, Virginia, Post 244 on the 18th of October. This annual event is to honor the Commander and is typically held at their home Post. The food was great, and a good time was had by all. A few fun roast type stories were told of the Commander, but most speakers spoke of his commitment to the

Legion and its programs and the excellent job he is doing as the Department Commander. Steve's invitation was due to his being this year's Department Sgt-at-Arms.



Steve and Karen holding the Legion Family Strong coffee cups each attendee received.

Legion website for Legislative: <https://www.legion.org/advocacy/legislative>

Auxiliary Grassroots Action Center: <https://www.legion-aux.org/grassroots-action-center>

National Membership Impact Report for October 2025]

Access any 2025 reports at this link:

<https://www.legion.org/about/reports/membership-impact>

Legion Family USA 250 Challenge

The American Legion Family is honoring the nation's 250th birthday with a commitment to embracing physical activity, supporting mental health, and serving its communities. The USA 250 Challenge encourages American Legion Family members, other veterans, and all Americans to participate, and even raise additional money to support our disabled veterans and families in need through The American Legion Veterans & Children Foundation.

American Legion National Commander James LaCoursiere launched the USA 250 Challenge on July 3, 2025. The year-long initiative offers three categories — fitness, mental wellness, and community service — in order to engage more American Legion Family members and others to participate.

Participants may engage in one, two or all three activities as an individual or as part of a team like an American Legion post, American Legion Auxiliary unit, Sons of The American Legion squadron and/or an American Legion Riders chapter.

For a \$30 registration fee, participants will receive their choice of a USA 250 Challenge tech shirt. The proceeds will go to the Veterans and Children Foundation (VCF).

Register [HERE](#)

To learn more about this challenge/Fund raiser, see this [Link](#)



Learn more here: <https://www.veteranscrisisline.net/get-help-now/military-crisis-line/>

News You Can Use:

Veterans and Current Service Members: Get Free Tickets Thanks to Vet Tix

Military life is hard work. So, when the work day is done, it is a nice break for the members of our military community -- whether currently serving or veterans -- to head out on the town with family or friends to see a concert or catch a ball game. Events like this are a great way to spend much-needed time with family or re-integrate after a deployment.

Unfortunately, tickets to these events are not cheap.

That's where Vet Tix comes in. Veteran Tickets Foundation, or Vet Tix, is a national nonprofit that supports the veteran and military, and first responder community (via 1st Tix) with free community-based event tickets ranging from concerts to professional sports games. It kicked off in 2008 when U.S. Navy veteran, founder, and CEO Mike Focareto noticed several empty seats around him at Super Bowl XLII in Arizona and thought about how the men and women serving our country could enjoy being there. Since then, Vet Tix has distributed more than 31 million free event tickets to the military community.

For more information: [Vet Tix](#) (Shared from Post 176's Legion News, 9 Oct 2025)

Five ways to help you cut down on unwanted calls

If you feel like you get more than your share of unwanted calls, you are not alone. To slow down these persistent calls — some of which lead straight to scams — take a few simple steps. [LINK](#) (Source: FTC, BCP Staff, August 21, 2025)

Plead Note: Whenever an officer from Post 1995 calls you, if you do not answer, we will leave a short message about why we are calling. Most often it is a Buddy Check” call, but more rarely we may call or to verify information. Typically, we will use your email address to communicate with you for other than Buddy Check calls unless we only have your phone number and not email address.

Recruiting at the CGX

On December 7th (Pearl Harbor Day) the Post will conduct our fall recruiting event at the Centreville Coast Guard Exchange from 10:00-17:00. If you wish to help recruit members for our Post, please let the adjutant know. We only need 2-3 Legionnaires or Auxiliary members during any two-hour block. All materials will be provided. It is a great venue to show the Legion flag and talk with Veterans about our programs that support children and youth, Americanism, Veterans Affairs and Rehabilitation.

TIME	LEGIONNAIRE	LEGIONNAIRE	LEGIONNAIRE
09:30-10:00 Set Up	Steve Hunter		
10:00-12:00	Steve Hunter		
12:00-14:00			
14:00-16:00			
16:00-17:00 Take Down*	Steve Hunter		
Coast Guard Exchange Recruiting Sunday, December 7th			

Membership Update

As of November 13th, we are currently at 85.20% of our 2026 membership goal of 196 members with 167 countable members.

The third batch of renewal notices from National are being mailed between November 8th - 14th. The cutoff date was October 15th. Therefore, those who renewed after October 15th will still receive a renewal notice. This impacts a few so, please disregard any new renewal notices if you have already renewed for 2026.

I thank all those who have renewed for 2026 already as we are off to a great start. We are still in third place within the District for membership and in the top 10% for the Department. If you have not renewed, you may renew by sending back one of the renewal letters National sends out or going online at [Renew \(mylegion.org\)](https://mylegion.org). It is your choice, but doing so online is quick, simple, and saves you the cost of a stamp and you get your new membership card a bit faster. Should you have any questions about your membership, please call or email the Post's adjutant/membership chairperson.

Multi-Year Memberships Are Now Available - As some are aware, the Legion now has a three-year renewal option. The benefit of renewing for three years and paying in advance is that you avoid any dues increase over the next three years and getting renewal notifications. While there is no discount for the multi-year membership, you are locked in at the current dues amount, even if the fee increases during this time. For details on this new option visit this Legion website:

<https://www.legion.org/membership/260621/american-legion-multiyear-membership-here>

PUFL Memberships - PLFL members pay a one-time fee for a lifetime American Legion membership. You never have to pay yearly dues and future increases, which will come over the years. For those considering getting a Paid Up For Life membership, an added incentive would be a \$100 discount, but you must call National and request availability of it. The kicker, however, is that you must pay all of it with a credit card or check in a single payment. This option is not available with their payment plan. If you are interested in a PUFL membership, call 1-800-433-3318. Also be aware that it still may not be an option throughout the year.

Annual Post Reports

Requesting all Post members keep a running tally document recording your daily volunteering in your community. We combine all input into our annual reports each Spring that are submitted to the Department of Virginia who in turn combines all submitted Post reports within Virginia to National who uses the reports in its advocacy with Congress.

These help to tell the story of how American Legion members are contributing to making our country better and how we support fellow Veterans. Reports are broken out in three areas: (Americanism, Children and Youth, and Veteran Affairs and Rehabilitation. A fourth report is a numbers tally from the three form/narrative reports. Post 1995 have won the Department's Americanism Report three years in a row. I would like to continue that effort, but we need more members to report. I will request your volunteer hours and charitable contributions next April (2026) covering the period from May 1 2025 to 31 April 2026.

To assist you in keeping a record of what you do during the coming year I have also added an updated spreadsheet. Keeping this on your desktop allows you to quickly access it for updating as you go throughout the year.

Final Thought:

*The belief in the possibility of a short decisive war appears to be one of the most ancient and dangerous of human illusions....*Robert Lynd (writer journalist, 1879-1949, Ireland)

Free Flags - The Post has a considerable number of lightly used U.S. flags of assorted sizes from 3"x 5" to 5'x 9'-5" available to any Post member who needs to replace their house flag. All you need to do is let the Adjutant know what size you need and attend the next meeting after your request. These flags were turned in for retirement by community members for our annual flag retirement ceremony this past November and previous years, however due to their good condition they are not yet ready for retirement. The Post's collection (not giveaways) also includes some unique flags such as 45- and 48-star flags (possible museum donations), and copies of the Grand Union, Bennington, and Betsy Ross flags.

Comments/Submissions to the Editor - Comments about this newsletter relative to its contents and/or presentation style are always welcomed. We also encourage submissions from Post members relative to anything related to the American Legion and/or what we as Legionnaires are doing to serve our communities. If you have missed previous issues of the Post's newsletters, let me know and I can forward any month you want.

Editor's Note: Some of the links to articles are here due to the editor's opinion of their importance to veterans relative to News You Can Use, of interest to veterans, and/or to inform membership of the post's activities/meetings/events. The following is always at the bottom of each newsletter.

Department of Virginia Facebook Page: <https://www.facebook.com/VirginiaLegion/>

Post 1995's Facebook Page: Currently down

1995 Centreville webpage Post: <https://americanlegionpost1995.org>

17th District X (aka Twitter) Account: <https://twitter.com/va17thdistrict>

Facebook: 17th District's Facebook page (<https://www.facebook.com/VALegion17/>), is synchronized to its Twitter page and posts to the 17th District Facebook page are tweeted to the 17th District's Twitter page.

Comments/Submissions to the Editor - Comments about this newsletter relative to its contents and/or presentation style are always welcomed. We also encourage submissions from Post members relative to anything related to the American Legion and/or what we as Legionnaires are doing to serve our communities. If you are not active, now would be a good time to learn more about what your Post is doing and how you and we could do more. If you have missed previous issues of the Post's newsletters, let me know and I can forward any month wanted.

Calendars - To view the **National Legion calendar**, visit this website:
<https://www.legion.org/information-center/calendar>

Post Calendars for November and December are on the next pages.

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10 Marine Corps Birthday	11 Post Meeting Veterans Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Thanksgiving	28	29
30						

December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 Pearl Harbor Day	8	9 Post Meeting	10	11	12	13 National Wreaths Across America
14	15	16	17	18	19	20
21	22	23	24	25 Christmas	26	27
28	29	30	31 New Years Eve			

Link Source: Veteran.com