



 **AMERICAN  
LEGION**



## American Legion Post 1995

April 8<sup>th</sup>, 2025 - Defender Newsletter

### Monthly Military Quote

*"A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent"...Douglas MacArthur*

### Military Photo of the Month



Serco North America

### USX-1 Defiant

This new warship will be autonomous with no crew or even space for them. Read its story here:

<https://newatlas.com/military/usx-1-defiant-the-warship-without-crew-any-place->

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## Commander's Corner

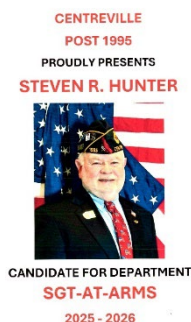
**And So It Begins** – America 250 is a nationwide rolling commemoration of the 250<sup>th</sup> anniversary of the American revolution. The first opportunity for significant public participation will take place on April 18<sup>th</sup>, called the Two Lights event. Every statehouse, County courthouse, Schools, and private homes are encouraged to put two lights in a window. This is to recall the signal from Boston's Old North Church to Paul Revere that the "Redcoats are coming." The next day, April 19<sup>th</sup> commemorates the battles of Lexington and Concorde and the "shot heard around the world." I encourage all Post 1995 Legionnaires to put up two lights on April 18<sup>th</sup> and begin our multi-year remembrance of the struggle that led to our independence.

**No Host Social Honoring Female Legionnaires** – It has been suggested to me that we use our six<sup>th</sup> Social Hour to recognize the female members of Post 1995. "What a brilliant idea," I said. "Glad I thought of it," I said. We will discuss this at the April membership meeting on April 8<sup>th</sup>. To make this a success we need input from the female veterans who are members of our Post. Please either come to the meeting to pitch in your two cents or write to me at [rsyoung47@gmail.com](mailto:rsyoung47@gmail.com). I really want this to be a success and need the female Veterans perspective. What kind of venue, what flavor of menu, and what timing works best for you. You female Vets can help make this a signature event for your Post.

**17<sup>th</sup> District Spring Conference** – On February 9<sup>th</sup>, the "Strategic" 17<sup>th</sup> held their spring Conference at Post 176 in Springfield. Over 20 committee reports were presented and the proposed amendment to the By Laws for assessing dues to the Posts was discussed. The issue will be presented for a vote at the June 1<sup>st</sup> District Convention. Vice Commander Young made an appeal to the attendees to call their Senators and Congressman to protest the massive, proposed staff reductions to the Veterans Administration. The 50-50 Raffle raised \$60 for the District coffers.



**Standing for Election** – You are invited to serve in an elected officer position in Post 1995. We will hold elections at the May membership meeting and swear in the new slate of officers in June. Our Adjutant, Steve Hunter, is the leading candidate for Department Sergeant-at-Arms and will stand for that position at the Department Convention in July. At the March membership meeting Vice Commander Jim Robison read a resolution nominating Post Commander, Randy Young, for reelection to the post of 17<sup>th</sup> District Vice Commander. After a brief discussion, the resolution was passed, and it has been published to all posts in the 17<sup>th</sup> District.



**Boys State Interviews** – Under the Chairmanship of Mark Miller, Sergeant at Arms, three local High Schools; Centreville, Chantilly, and Westfields, nominated boys to be interviewed by Legionnaires of the Post. We met at the Sully District Government Center on March 22<sup>nd</sup>. Six youth were approved as Delegates to attend this year’s Boys State convention at Radford University in June. Funding has been secured for the students to attend, and we are sure they will benefit from the experience and represent Post 1995 well.

**BE the ONE** – If you are wondering how to educate yourself to be involved effectively in the Be the One campaign all kinds of information and instruction can be found at **betheone.org** Look for opportunities to LISTEN to the Veterans in your life to learn how they are doing. Remember: dial 988 then #1 to ask for help for yourself or another Vet. **We**

**Need Help with Baseball** – Last call for baseball! “If you have any experience coaching or managing a ball team or having a son who plays ball at any level we want you. I will mentor you and give you guidance for this rewarding position. Please write me at [rsyoung47@gmail.com](mailto:rsyoung47@gmail.com). I still need someone to take this truly easy job. Planning began in February so please raise your hand and “pitch” in. Coach Jason Muccio is excited to return

as the Skipper of the Arlington-based team and the games will start at the end of May. We will publish the season schedule in the next issue of the Defender.



**ROTC Awards** – On April 5<sup>th</sup>, Post 1995 continued its tradition of presenting awards to cadets at the Air Force Junior ROTC Pass in Review ceremony at Chantilly High School. Two cadets were recognized for academic excellence and military proficiency with customized American Legion certificates and Legion ROTC medals. The recipient of the scholastic award was Cadet Neel Sawant, and the general military excellence award was given to Cadet Jiya Gunasekaran. The Pass in Review Ceremony is organized and conducted by the senior cadets and is the major event of the year for the program. Many civic and Veteran's organizations participate and recognize the cadets. The ceremony is open to the public and all Legionnaires are encouraged to attend.



Cadet Jiya Gunasekaran, Commander Young, Cadet Neel Sawant, and 1VC Jim Robison



General Military Excellence – Cadet Jiya Gunasekaran



Scholastic – Cadet Neel Sawant

## Focus on Women Veterans

### American Legion Podcast Series: Trailblazing Women Veterans

<https://www.legion.org/information-center/news/honor/2024/march/new-podcast-series-trailblazing-women-veterans>

### American Nurses in World War I

An interesting read on how women nurses served in WWI...hopefully we have come a long way from that experience though it took another world war and several years to complete the full integration of nurses into the services with commissions.

[https://www.pbs.org/wgbh/americanexperience/features/the-great-war-american-nurses-world-war-1/?utm\\_source=Iterable&utm\\_medium=email&utm\\_campaign=campaign\\_10547973](https://www.pbs.org/wgbh/americanexperience/features/the-great-war-american-nurses-world-war-1/?utm_source=Iterable&utm_medium=email&utm_campaign=campaign_10547973) (Source: {PBS, American Experience, Marian Moser Jones, 24, July 2024}).

### Women Veterans Engage Conference 2025

This in-person and virtual event is on May 31. Click on the link to learn more about connecting Women Veterans from across the nation. It promises to be 'Engaging, Inspiring, & Motivating for Professional Development and Personal Growth.'

- Open to women veterans, active duty, guard, reserve, spouses, and supporters who can watch online or join in person.
- Learn about organizations' programs and events.

<https://veteran.events/event/women-veterans-engage-conference-2025/>

### Army veteran inspires new song from country singer, a tribute to women in the military.

You Can't Spell Hero Without Her - Coffey Anderson

<https://www.youtube.com/watch?v=ATQCGpYoAXE>

Here's the story behind this song: [https://www.stripes.com/living/entertainment/2025-03-14/coffey-anderson-song-military-women-](https://www.stripes.com/living/entertainment/2025-03-14/coffey-anderson-song-military-women-17131016.html?utm_source=Stars+and+Stripes+Emails&utm_campaign=0e6f494ddd-Newsletter+-+Veterans+news&utm_medium=email&utm_term=0_0ab8697a7f-0e6f494ddd-296765370)

[17131016.html?utm\\_source=Stars+and+Stripes+Emails&utm\\_campaign=0e6f494ddd-Newsletter+-+Veterans+news&utm\\_medium=email&utm\\_term=0\\_0ab8697a7f-0e6f494ddd-296765370](https://www.stripes.com/living/entertainment/2025-03-14/coffey-anderson-song-military-women-17131016.html?utm_source=Stars+and+Stripes+Emails&utm_campaign=0e6f494ddd-Newsletter+-+Veterans+news&utm_medium=email&utm_term=0_0ab8697a7f-0e6f494ddd-296765370)

(Source: Stars and Stripes, 14 March 2025)

### Annual Post Reports

Now is the time when we (Post) need your annual submissions to draft our Post's annual reports. **These reports are due to the Department by May 16<sup>th</sup>.** To compile these reports, I am requesting that you send your **input to the Adjutant not later than May 5<sup>th</sup>** to give him time to organize and draft the reports. Your submissions covering all the community



service you performed, Legion activity, donations to charities, etc. If you served on your HOA board, donated blood, coached youth sports, picked up trash, helped with the marching band at your kids' high school, provided food and/or transportation to those in need, or ushered at church. If you helped make another Veteran's life better, let us know. We want to know about it all. Give us a few lines telling us what you did, and who benefited. Summarize how many hours you put in, how much money you spent, and how many miles you drove. Estimates are fine.

Our combined efforts in these reports are submitted to the Department of Virginia which takes reporting from Posts throughout the state to create Department reports that are sent to National. The narrative reports are divided up between Americanism, Children and Youth, and Veterans Affairs and Rehabilitation (VA&R). Virginia has won the Americanism report 16 times in the Legion's 104-year history, which is 15.38%, not bad...it demonstrates an outsized impact Virginia Legionnaires make each year. A fourth report(Consolidated Post Report of CPR) is essentially a tabulation of what each Post has done during the year and includes mostly yes/no type questions and numbers of things/events the Post did and/or money spent in support of Legion programs.

To meet the **Department's timeline for submitting reports by the middle of May**, the Adjutant **needs your individual reports NLT than the May 5th**. In addition to the previously mentioned reports, there are additional reports the Post must submit, so they all take time to draft too. Submit your information in whatever form that works best for you. I just need it to be clear and have your totals tabulated to facilitate drafting the reports. Adjutant, Steve Hunter, [geoshunter@aol.com](mailto:geoshunter@aol.com))

### **National Membership Impact Report for March 2025**

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

### **30 Year Post Anniversary – Yorktown**

Post 1995 will celebrate its 30th Anniversary by sponsoring a Staff Ride to the Yorktown Battlefield Friday- Sunday (May 2-4, 2025). The game plan to date is to meet Friday at the Yorktown visitors center in the afternoon, time TBA. Saturday will encompass a tour of the battlefield and museum, followed by an anniversary dinner at a tavern. Sunday will be a tour of Colonial Williamsburg and departure.

I have not booked any hotels, but there are plenty in the area that offer Military/Veteran discounts. To date I have 10 members including spouses interested. I welcome all who want to join us, the more the merrier. Coordinator: Chris Torelli, [cgt548@gmail.com](mailto:cgt548@gmail.com)

## American Legion's Testimony to Congress

LinkedIn Posting on the American Legions's testimony before the Joint "Session of the Senate and Veterans Affairs Committees on March...open this hyperlink to view the posting. [link](#) (To view the link you will need a LinkedIn account)

This document outlines the Legion's 2025 Legislative Priorities: [22LEG0125-Legislative-Agenda-Booklet \(9\).pdf](#)

**2025 Washington Conference - The Legion's Agenda for Congress** - Open this link to review the top level issues the Legion's legislative office advocated for on our behalf: <https://www.legion.org/information-center/news/legislative/2025/january/the-legions-agenda-for-congress> To learn more you can also download the Legislative Agenda for the 119<sup>th</sup> Congress. Karen Hunter, a member of the Post's Auxiliary, attended as the Department of Virginia's legislative chair. She spoke directly with Senator Warner and several other legislators out of our area to advocate for the Legion's legislative priorities to include the federal workforce which include many Veterans.

The American Legion Identity verification system one of only two that Veterans can use to access VA websites and apps. Get all the details on this Legion webpage:

<https://www.legion.org/information-center/news/veterans-healthcare/2025/march/resources-available-for-veterans-needing-to-create-idme-account> (Source: The American Legion, March 4, 2025)

## New legislation to help prevent Veteran suicides.

This link takes you to the U.S. Senate Committee on Veterans' Affairs webpage and specially to this article. <https://www.veterans.senate.gov/2025/3/chairman-moran-introduces-legislation-to-improve-efforts-to-prevent-veteran-suicide>

## Military History:

### Military Trivia Question of the Month:

Approximately what percentage of Veterans are millionaires?

Please send your best guess to David Benson at [warren.d.benson@gmail.com](mailto:warren.d.benson@gmail.com). The first correct response or the closest by Tuesday, April 8th will receive a challenge coin.

### Medal of Honor Museum

[Rare Collection: New Medal of Honor Museum Brings Tales of Heroism to Life - Army.mil](#)

## National Museum of the U.S. Army (NMUSA)

NMUSA will host a symposium titled “Revolutionary War 250, The Early Years”, focusing on the first two years of the American Revolution, on Friday, May 30, 2025, from 8:30 am to 5:00 pm. The symposium highlights the 250<sup>th</sup> anniversary of our nation’s founding, and the opening of a new special exhibit, “Call to Arms: The Soldier and the Revolutionary War”. The symposium will be held in Veterans’ Hall, on the 3<sup>rd</sup> floor of the Museum, and will also be broadcast on Zoom. The symposium includes a sneak preview of the new exhibit which opens in June.

There will also be a panel discussion, “America at 250: Toward an Inclusive Commemoration” broadcast via Zoom on Thursday, May 29, from 7:00 pm to 8:00 pm.

There is no charge for either the symposium or the panel discussion, however registration is required.

You may register on the NMUSA website at [National Museum of the United States Army](https://www.theNMUSA.org).



## Veterans - Statistics and Facts

This is NOT a government website, but it does contain a significant amount of statistical data on the U.S. Veteran population.

<https://www.statista.com/topics/1279/veterans/#editorPicks> (Source: Statista Research Department, July 3, 2024)



## Veteran Volunteer Drivers Needed

One of the groups we talked with at the State of Centreville meeting several months ago was this organization that helps to find drivers for Veterans who need rides to medical appointments. It seems well organized in that they have a website that lists the needs



from which volunteer drivers select which they can support. All are local to your location, and none require trips to the VA medical center in DC or elsewhere out of the area. This is a great way to support other Veterans in need in our area, so please consider volunteering. Volunteering with this program supports Veterans Affairs and Rehabilitation reporting for the Post. Your hours and mileage are reportable for this annual Post report, and you will be helping fellow Veterans.

The Veterans Connect program recruits Veteran volunteer drivers to provide transportation to elderly Veterans in Fairfax, Loudoun, and Prince William Counties. Volunteer drivers, Veterans, and military supporters alike, use their own vehicles to offer “*more than just a ride*” to nearby veterans in need. The program works closely with NV Rides and many local service organizations who receive ride requests from local Veterans. Far too many Veterans in Northern Virginia need help with rides to access healthcare, food banks/grocery stores, and other important appointments. With the help of volunteer rivers, we can combat this growing transportation crisis and help those veterans most in need.

Thank you for your support helping to promote this program, and for sharing our critical need for volunteer drivers.

To learn more, please contact: **Luke Frazza** - Program Outreach Manager  
**lfrazza@datatrans.org** or **703-819-3459**.

## Flag Day (June 14<sup>th</sup>) Education Proposal:

Attached to this newsletter is a proposal to conduct a community flag education event in Centreville to promote Americanism, flat etiquette, provide basic flag history facts, and display various historical flags. Additional event ideas are welcome to include location.

## News You Can Use:

### Common scams and tips to avoid fraud | The American Legion

You Post newsletter tries to keep members aware of ongoing and new scams particularly those that target Veterans. See this Legion link to learn about some of the threats you need to be aware of to protect your family and finances.

<https://www.legion.org/information-center/news/news/2025/april/common-scams-and-tips-to-avoid-fraud> (Source: The American Legion, posted April 1, 2025)

## New ID Rules for Flying begin on May 7<sup>th</sup>, 2025.

Be sure your driver's license or other government issued ID card used for flight travel is acceptable at TSA checkpoints:

<https://www.tsa.gov/travel/security-screening/identification>

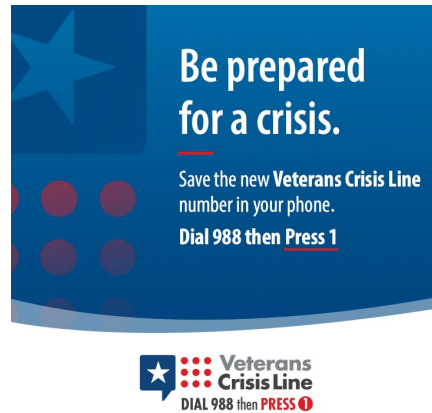
## Travel and Hotel Discounts Available to Veterans

**Suggest checking out this site and comparing it to other sources to get the best travel deals.** Veterans get exclusive deals on hotels, flights, rental cars, cruises, packages, and event tickets on a DoD online leisure travel website managed by the moral, Welfare, and Recreation. <https://www.americanforcestravel.com/> (Source: VA newsletter)

## Helmets for Heroes

This is the Department of Virginia's Commander's project this year to raise funds for the Legion's Veterans and Children Foundation. The helmets are actually "piggy banks" for donations. This is a yearlong effort with the collected funds being donated to National at the 2025 National Convention in Tampa. A helmet will be at all Post meetings/events. If you have a location that would support this project, let me know as I have ten. A helmet will be at all Post events for your contributions.





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

## Membership Update

We currently are at 95.45% of our 2025 membership goal of 198 with 189. Our renewal rate is over 102.22%, which is significantly higher than all but one Post in the District.

I thank all those who have renewed for 2025. 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) to renew. 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 chairman.

If you wish to verify your membership status, you may either contact me or review your profile on [mylegion.org](https://mylegion.org).

**Multi-Year Memberships Are Now Available** - The Legion now has a three-year renewal option. The benefit of renewing it for three years and paying in advance is that you avoid any dues increases 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> Four out of the last six online renewals with the post have taken advantage of this new membership renewal option.

**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 interested in a PULF membership, call 1-800-433-3318.

## Final Thought

**Harden's Law: "Every time you come up with a terrific idea, you find that someone else thought of it first"** How true....(Frank Harden, WMAL morning show radio host who teamed up with Jackson Weaver for the Harden and Weaver Show from 1960-1992 in Washington, DC)  
*These guys were with me every morning on my drive to work for their last ten years.*

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

**Post 1995's Facebook Page:** <https://www.facebook.com/pg/LegionPost1995/posts/>

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

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

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

**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.

**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.

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

## April 2025

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

## May 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Annual Report Inputs Due to Post	6	7	8	9 Military Spouse Day	10
11	12	13 Post Meeting	14	15	16 Annual Reports due to Department	17 Armed Forces Day
18	19	20	21	22	23	24
25	26 Memorial Day	27	28	29	30	31

**Auxiliary News – No news this month**