



## American Legion Post 1995

### November 12<sup>th</sup>, 2024 - Defender Newsletter

#### Monthly Military Quote

"Then join hand in hand, brave Americans all! By uniting we stand, by dividing we fall"...*John Dickinson (a Founding Father of our Nation)*

#### Photo of the Month:



Military service members salute as fire and rescue workers unfurl a huge American flag over the side of the damaged Pentagon, Sept. 12, 2001, during rescue and recovery efforts following the previous day's terrorist attack. More on this story later in this newsletter. Navy photo by Petty Officer 1st Class Michael W. Pendergrass

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## Commander's Corner

### Commander's Corner

**Veteran's Month** – If the 11<sup>th</sup> is Veteran's Day, then November is Veteran's Month. Make it your month and celebrate it with friends, Legionnaires, and colleagues. For example, this will be the third year I have been invited to a wonderful celebration of Veterans at Oakton Elementary School. My granddaughter, Claire, and I teach a mini lesson on the Flag Code to her class, and we hand out poppies and flags to the students. Claire's teacher gets a poppy pin. This happens on Friday the 8<sup>th</sup>, but you can observe Veteran's Day any day in November to remind our fellow citizens about Veterans who made and are making contributions to the community. Wear something that will let people know the Legion is still here and still serving. Donate, wear a poppy, or wear an "I'm a Veteran" ballcap. Make it your month.



Commander Young in the classroom teaching about the flag.

**Buddy Checks** – During the third week in October we began our 100% wellness check of our entire membership. Five of us signed up to call 50 members of our Post just to see how they are doing. I enjoy talking to Legionnaires, most of whom are "doing fine." We offer to connect our members with Legion resources if they need access to assistance. We appreciate it when you call or text us back as most of the time we get sent to Voicemail. Take a minute to respond to the Buddy at the Post who reached out to you.

**Baseball 2025 Edition** - Mike Farabaugh, 17<sup>th</sup> District Baseball Commissioner, has asked us to continue to sponsor the wonderful lads from Arlington that did us so proud during this year. The Post needs a Legion Baseball Point of Contact to manage the Post's sponsorship of the team next year. This is a very light lift, not requiring a lot of time or effort once the season begins in May. We have a wonderful coach, Jason Muccio, who has committed to returning to

the dugout for next year. If you have any experience coaching or managing a ball team or have 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).



**Five Year Plan Progress** – Under the leadership of 1<sup>st</sup> Vice Commander Dave Benson, your executive committee held a fun and informal gathering at Sedona Tap House in Chantilly on October 23<sup>rd</sup> to update the plan. We had a full turnout with only one officer absent and held a lively discussion about fleshing out the first two years in greater detail. Dave does not want this to be “shelfware” but a living document organizing and prioritizing our efforts as our Post grows in membership. If you have ideas for our Post’s future, we want to hear about them so please send them in or better yet come to a membership meeting.

**Department Fall Conference** – On November 2<sup>nd</sup>, Steve Hunter and I represented our Post at the annual Fall Conference of the Department of Virginia in Williamsburg. We attended sessions covering membership, Americanism, oratorical, fundraising, officer duties, and Post operations. We also attended the Northern Region assembly where we heard reports from four other Districts on what their Posts were doing. We were addressed by the Department Commander, Gene Malinowski, and the prospective incoming National Commander, Dan Wiley of Kansas.



Pictured from L to R Dan Wiley, leading candidate for National Commander 2025-2026, Linden Dixon, Post 176 – Springfield, leading candidate for National Commander 2026-2027, and the current National Commander James LaCoursiere Jr.

**17<sup>th</sup> District Fall Conference** – The District will hold its own conference on Sunday, November 17<sup>th</sup>, at Fairfax Post 177. All Legionnaires are welcome to attend and find out the status of District activities and hear reports from several committees. The general session will start at 1 PM and refreshments will be served after the meeting. If you are following the recently revived Washington Commanders, please note they will not be playing on that Sunday! The coast is clear.

**BE the ONE** – As we approach the holiday season it is a time when many Veterans, especially the older among us may feel isolation and despair. The contrast between their situation and the family activities they may be missing could provoke a sense of hopelessness. This is why we do our Buddy Checks at the end of October. So especially during the holidays REACH out when a Veteran is struggling. Remember: dial 988 then #1 to ask for help for yourself or another Vet.

### **National American Legion Commander on Why Veterans Day is important to our nation.**

The American Legion helped redefine Armistice Day as Veterans Day, the first of which was celebrated 70 years ago this year.

Dear American Legion Family members and friends,

This Veterans Day marks 70 years since the holiday was changed from Armistice Day, which came about because of a push by The American Legion starting in 1920.

Armistice Day — “dedicated to the cause of world peace” — was first held in 1929.

But as we know all too well World War II and the Korean War soon silenced that world peace.

In response, The American Legion envisioned a new version of the holiday in 1953. That year in Emporia, Kan., it led to an “All Veterans Day” celebration — which eventually gave life to the new holiday.

But it was not without a struggle. Following more than three years of American Legion support for a change in the federal holiday’s name, President Dwight D. Eisenhower signed a proclamation Oct. 8, 1954, making it official. It read in part.

:

*“(I) call upon all of our citizens to observe Thursday, November 11, 1954, as Veterans Day. On that day let us solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air, and on foreign shores, to preserve our heritage of freedom, and let us reconsecrate ourselves to the task of promoting an enduring peace so that their efforts shall not have been in vain. I also direct the appropriate officials of the Government to arrange for the display of the flag of the United States on all public buildings on Veterans Day.*

*"In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations, and the entire citizenry will wish to join hands in the common purpose."*

It's telling that the only American holiday honoring a specific occupation is for veterans. We've served our nation with pride, sacrifice, and honor. Some may argue that every day should be Veterans Day. For The American Legion, it is. Our volunteers and staff work tirelessly every day on behalf of our nation's veterans. And they will do so again today, hosting Veterans Day events, honoring those who made the ultimate sacrifice and performing Buddy Checks. But what makes today truly special is how our nation pauses, reflects, and expresses gratitude to all who served. And allow me to share my own sense of gratitude, from me to you: Happy Veterans Day, especially today.

National Commander, James LaCoursiere Jr

## **No-Host Social**

Post 1995 held its fifth no host social at the ONO Brewery in Chantilly on Thursday, November 7<sup>th</sup>. Ten Legionnaires and spouses from the Auxiliary attended the festivities. Thanks to all those who braved the nice weather to attend. We will be having another Social post New Years, more to follow on that.

## **30th Anniversary Yorktown Battlefield trip**

As previously stated, the Post will have its 30th anniversary trip to Yorktown in either late March or middle April. More information will be coming out in the months ahead. Spouses are welcome and we are looking at a two-day trip with field/museum visits and a dinner. To help me along with planning please let me know if you are planning to attend at that time frame and how many.

## **Membership Impact Report for October 2024**

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

## **Centreville Day 2024**

Post 1995 supported Centreville Day (CD) by organizing the parade and Safety Expo and staffing an information/recruiting booth. CD is the largest community event outside of large school events in the Centreville area, this year's attendance was estimated at nearly 4,000 attendees. The parade featured Miss Virginia, Himanvi Panidepu who is Centreville native. Centreville Dance won the most Enthusiastic group award and





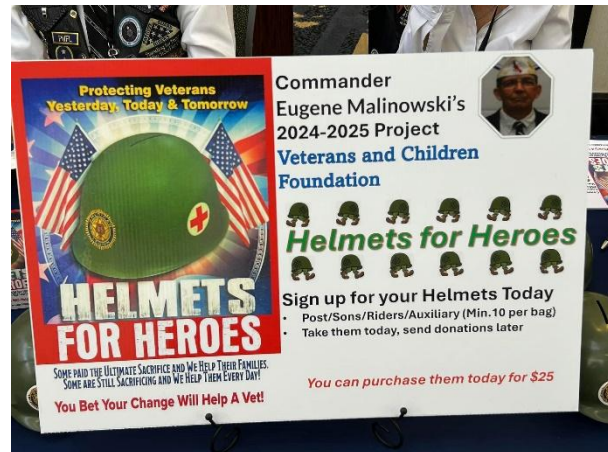
Miller, McGruff, Joe Burke and Al Schenck, Joe Burke  
Chris Torelli, and Joe Burke



Steve Hunter, Rand Young, Mark Miller .

## 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 donate 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.



## Hurricane Helene Relief Supplies

Post 177 in Fairfax spearheaded a collection effort for supplies to support relief operations in North Carolina disastrous flooding in the western part of the state. 17<sup>th</sup> District Posts supported this effort with cash and food, water, and other essential items to include Post 1995. Three truck/trailer loads were delivered to the NC National Guard who directed the supplies to needed areas. More than \$50,000 was raised to support the effort.



**Pictured are members of the NC National Guard and Eric Parkhurst, Commander of Post 1977 with his puppy who safeguarded the delivery.**

## **Flag Retirement Ceremony and Pentagon 911 Flag Story**

Post 1995 conducted its annual flag retirement ceremony on November 10<sup>th</sup> at FCFS 38. Judge Advocate Mike Riley served as the master of ceremony. Included in his remarks was some history of FCFS 38's role in placing the second flag to fly on the side of the Pentagon. The December newsletter will include more photos of the ceremony, disposition of the flags not retired, and the total flag count. A special thanks to the Fairfax County Police Department's Honor Guard for collecting many of the flags at all police stations/county government centers, and FCFS 38 for hosting the event and supporting the folding/retirement of the flags. We had more than 13 Scouts and 14 fire/police personnel, six Legionnaires and more parents/scout leaders attending. It was great to see so many community members supporting the ceremony and help to fold flag.

This is the story of the flag draped over a portion of the Pentagon immediately after the 911 attack. <https://www.defense.gov/News/News-Stories/Article/Article/603220/> However, it is not the whole story.

Here is the story of Fairfax County's Fire Department Support to include FCFS 38, our partners in flag retirements. <https://ffxfirerescue.wordpress.com/2024/09/10/september-11-flag-raising-at-the-pentagon/>

Where is the flag now: <https://americanhistory.si.edu/explore/stories/you-asked-we-answer-what-happened-pentagon-flag-september-11-2001>



Scouts helping to fold a Garrison Flag (20 x 38 feet)  
More photos will be included in the December newsletter

## **VA Benefits:**

### **Are You Aware of VA's Three Skilled Home Health Care Benefits**

<https://www.legion.org/information-center/news/veterans-healthcare/2024/november/understand-vas-three-skilled-home-health-care-benefits>

### **November VA Veterans Benefits Newsletter**

<https://content.govdelivery.com/accounts/USVAVBA/bulletins/3bd94ea>

### **Veteran Health Identification Card**

If you are enrolled or If you want to find out how to enroll or already have in the VA Health System and use their VHIC for Post/Base access and shop at the Exchange and Commissary, here is an article about renewing. The VA rolled the new VHIC out to us in 2015, so we are coming up on the 10-year renewal for 1.5 million veterans. In addition to being used for VA Healthcare, since Jan 2020, veterans who are service connected, Purple Heart recipients, or former POWs can shop on base and use MWR facilities with this card, like a retiree uses the USID. Source: Information provided by Post member Joe Burke.

See this link for this article and other VA news: <https://news.va.gov/>

### **For Veterans Day, share how you spot and avoid scams**

“Every November, people put out social media posts to honor family and friends who’ve served in the military. But did you know that servicemembers and veterans reported losing more than \$350 million to fraud last year? Chances are that fraud has happened to someone you know. This year, make sure your Veterans Day tribute includes ways to help veterans, servicemembers, and military families spot scammers.” Source: FTC, Samuel Levine November 8, 2024)

### **Veteran Day Deals:**



## **Military Wallet lists Restaurants giving Veterans free food/discounts**

[https://themilitarywallet.com/veterans-day-free-meals-and-discounts/?utm\\_source=ActiveCampaign&utm\\_medium=email&utm\\_content=Early%202024%20Veterans%20Day%20Freebies%2C%20Discounts%2C%20Free%20Meals%20%26%20More&utm\\_campaign=Early%20Veterans%20Day%20Free%20Meals%202024%20%2B%20Restaurants%20%2B%20More](https://themilitarywallet.com/veterans-day-free-meals-and-discounts/?utm_source=ActiveCampaign&utm_medium=email&utm_content=Early%202024%20Veterans%20Day%20Freebies%2C%20Discounts%2C%20Free%20Meals%20%26%20More&utm_campaign=Early%20Veterans%20Day%20Free%20Meals%202024%20%2B%20Restaurants%20%2B%20More)

## **2024 Veterans Day Discounts, Freebies, Retail Deals and Special Offers**

This page lists a variety of Veterans Day offers for our nation's servicemembers - past and present. These offers include free haircuts, oil changes, car washes, retail discounts, and more.

## **2024 Veterans Day Free Activities, Events and Attractions**

Find special ceremonies, parades, and events to celebrate this year's Veterans Day.

This listing was compiled by Legion's National Headquarters:

<https://www.legion.org/information-center/news/veterans-day/2024/november/2024-veterans-day-deals-and-discounts>

Don Louis Mexican Cantina at 5127 Westfield Blvd, Centreville is offering a free meal to all Veterans on Monday. <https://donluisrestaurant.com/>

**Insure you have proof of military service to obtain food, access, or service.**

## **Membership Update**

**Recruiting New Legionnaires at the Coast Guard Exchange on November 9<sup>th</sup>.**



L>R: Commander Young, Tom Joplin, Kevin May, Steve Hunter, Joe and Ann Burke.

Three new Post members were recruited at the CGX and the Auxiliary collected \$197 donation dollars to benefit Veteran causes.

Our official current membership status as of November 7<sup>th</sup> are 98 renewals, and 51 PULFs for a total of 198 (75.76%) of our 198-member 2025 goal. The numbers will increase due to three new members and up to 10 transfers from the Department's holding Post 141. Another seven will transfer but since they have already paid for 2025, their numbers will not count towards our 2025 goal.

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.

### **Military Trivia Question of the Month**

This month's newsletter trivia question was submitted by Kevin May.

The president's plane is called Air Force One when the president is on-board, what is the nickname for the president's helicopter when the president is NOT on-board?

- a. Marine One
- b. HMX-1
- c. White Tops
- d. Comanche

The first to email Kevin at [kdmay48@msn.com](mailto:kdmay48@msn.com) with the correct answer will receive a challenge coin related to the question.

**Multi-Year Memberships Are Now Available** - 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 increases (for 2025) and getting renewal notifications. If you do not want the inconvenience of renewing annually, you now have the option of a three-year renewal. While there is no discount for the multi-year membership, you are locked in at the current dues amount, even if the fee increases in subsequent years. 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 nor dues again or 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 the

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:**

*"Strive not to be a success, but rather to be of value"... Albert Einstein and in value as you define it brings success as a byproduct.*

**Free Flags** - The Post has a considerable number of lightly used U.S. flags of many sizes from 3'x5" to 5'x9'-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 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 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 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/>

**Website: The American Legion – Centreville, Virginia Post 1995**

<http://centrevillevapost1995.org/contact/> (Webmaster needed)

**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 we could do more. If you have missed previous issues of the Post's newsletters, let me know and I can forward any month want.

**Calendars** - To view the National Legion calendar, visit this website for the year 2024:  
<https://www.legion.org/calendar/2024/>

## November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Dept	2 Conference
3 Williamsburg Daylight Savings Time Ends	4	5	6	7	8	9 CGX Recruiting Flag Retirement
10 Marine Corps Birthday	11 Veterans Day	12 Post Meeting	13	14	15	16
17 17 <sup>th</sup> District Conference Post 177	18	19	20	21	22 Winter Solstice	23
24	25	26	27	28 Thanks- giving	29	30



## December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 <b>Pearl Harbor Remembrance Day</b>
8	9	10 <b>Post Meeting</b>	11	12	13 National Guard Birthday	14
15	16	17	18	19	20 Space Force Birthday	21
22	23	24	25 <b>Christmas</b>	26	27	28
29	30	31 <b>News Years Eve</b>				

### **American Legion Auxiliary Unit 1995**

November is a very busy month for us. We will have Toys-for-Tots boxes at a few locations. We also have our 17th district meeting on November 17th.

Please bring Holiday cards for deployed troops to the meeting. Also please bring ideas for the bake sale to the meeting. This will be our final meeting before the bake sale.

Patty

