



American Legion Post 1995

June 9th, 2026 - Defender Newsletter

Monthly Military Quote

“Every gun that is made, every warship launched, every rocket fired signifies in the final sense, a theft from those who hunger and are not fed, those who are cold and not clothed. This world in arm is not spending money alone. It is spending the sweat of its laborers, the genius of its scientists, the hopes of its children. This is not a way of life at all in any true sense. Under the clouds of war, it is humanity hanging on a cross of iron.”

Dwight D. Eisenhower, 34th President and Commanding General of D-Day, June 6, 1944.

Military Photo of the Month

This month's photo is a video of Jonathan Banks giving Pearl Harbor survivor Earl J.

“Chuck” Kohler's story at this year's Memorial Day Concert:

<https://www.facebook.com/reel/1541843827371725>

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Please see the Auxiliary News section and support its annual food drive in support of Western Fairfax Ministry's Food Pantry.

Commander's Corner

Memorial Day in Wilcox, Pennsylvania

Near the nation's capital we have a special view of Memorial Day with Arlington Cemetery and all our beautiful memorials. They do it differently in Wilcox, Pennsylvania, my wife's small hometown. There is a parade with the local drum and bugle corps, old military vehicles, and lots of fire trucks. The old Veterans carry the flags and are cheered by the crowd. Maybe ten minutes tops. Then everyone walks up the hill to the Honor Roll and there is a speech asking us to never forget the valiant dead from the area who fought in our wars. Civil War, Spanish American War, World War I, World War II, Vietnam, the Gulf War and the wars in Iraq and Afghanistan. Just reading the names of the departed from World War II was a list of 246 men and women. My wife knew many of them in life and was shedding many tears in their memory. The local Legion Post, Edward Lehman Post 457, does the honors, and they do it well. Maybe they do it better.

Presentation of Legion Scouter of the Year Award

For the last four years Post 1995 has presented a Certificate of Recognition to an outstanding Scouter in the Sully, now the Cub Run District, of the National Capitol Area Council. This recognizes an adult Scouter who renders outstanding service at the district level but has not yet received the District Award of Merit. I tell the audience of over 100 about the Legion and how long we have sponsored Scouting units. It has been 106 years this year. I remarked how impressed we are by the quality of the nominees the Cub Run District nominates and the extent of their service to Scouting youth. This year's honoree is Elias El Hage, Cubmaster, Assistant Scoutmaster and Religious Emblem coordinator for the Eastern Orthodox faith in the DMV area. He was presented with a custom Legion certificate, calligraphed, and framed along with a Legion Thank You coin.

Female Veterans Wine Tasting Social

Again, this year we had a wine tasting event at the Winery at Bull Run on Wednesday afternoon June 3rd from 4 to 7 PM. This event is meant just for our female Vets and ladies who may be prospective members of Post 1995. Last year we had 5 of our lady Vets in attendance. Unfortunately, this year our Assistant Finance Officer, Linda Noguchi was the only lady in attendance. We had a great time talking and tasting and were joined by Adjutant Steve Hunter. But the absence of our other female members was disappointing. Now I will have to step back and re-assess how we can offer events our lady Legionnaires will enjoy enough to turn out.

Officer Swearing-In Ceremony

Every May we elect our slate of officers for the next Legion year and swear them in during the June membership meeting. On Tuesday, June 9th, we will conduct the installation of your Post 1995 officers for the Legion year 2026-27. We are honored to have as our presiding officer a friend of Post 1995, and the presumptive Department of Virginia Commander Mike Kimlick. Please join us for the ceremony and to enjoy home baked cake in honor of the Army's 251st birthday.



2025-2026 Officer Installation

America / Virginia 250 – Sail 250 Virginia – As part of these semi quincennial celebrations there will be a festival of tall ships on the Chesapeake with a contingent coming to Alexandria. This is called Sails on the Potomac and will moor at Waterfront Park off King Street from June 12th through the 14th. Participating tall ships will be the Providence (Continental Navy), Gazela (Portugal), Sultana (Royal Navy), and my hometown favorite the Kalmar Nyckel (Sweden but homeported in Wilmington, Delaware). Full information can be found at AlexandriaVA.gov.

You can learn more on how to get involved at <https://www.america250.org>



BE the ONE

In the American Legion magazine this month offered an article about the importance of brain health for Veterans. It emphasized that Veterans have much more and serious stressors than the general population. PTSD, traumatic brain injury, and depression following separation from active duty are obviously much more prevalent for Vets. Families can play a major support role in helping the Veteran they love cope with the challenges. So, REACH out when a Veteran is struggling, especially if they are alone at home. Remember: dial 988 then #1 to ask for help for yourself or another Veteran.



BE THE ONE TRAINING IN JUNE

The American Legion is committed to reducing veteran suicide through its Be the One initiative by empowering individuals to end the stigma surrounding mental health to save lives. To support this effort, The American Legion and Columbia University Lighthouse Project provides free suicide prevention training by using the Columbia Protocol, the leading evidence-based tool for suicide risk screening.

The training is a 90-minute virtual session on Zoom that provides a simple, clear framework to identify suicidal thoughts and behaviors, enabling anyone to confidently ask the right questions and take action.

The next two training sessions are as follows:

Thursday, June 25, 2:30-4 p.m. ET [REGISTER](#)

Wednesday, June 10, 5:30-7 p.m. ET [REGISTER](#)

For future training sessions visit the [Be the One training page](#).

17th District Communicator

Check out the 17th District's newsletter, the Communicator, attached to this month's email, for information on the National Oratorical Contest winners, Post 270's Veterans Resource Day (June 24th), the District's middle school essay contest winner, District baseball games schedule, and highlights of what other Posts have done in the past month.

250 Celebration American Legion Baseball Game

Here is an excellent opportunity to see a good baseball game, no charge between select players from the District Posts teams. What better way to start the 4th of July?

Where: George Washington University's Tuck Field at Barcroft, 4240 S. Four Mile Run, Arlington, Virginia.

When: July 4th

Time: 10:00 am

Post Everlasting

Diane Carlson Evans, founder and spearhead of the Vietnam Women's Memorial in Washington, D.C., a member of American Legion Post 2 in Helena, Mont., passed away May 20, 2026, after a courageous battle with cancer. She was 79.

Carlson Evans was a proud member of The American Legion, who constantly credited the organization for supporting her efforts to honor women who served in the Vietnam War with a permanent memorial on the National Mall. A member of The American Legion Centennial Honorary Committee, she received the Legion's Distinguished Service Medal in 2021 and

the Patriot Award in 2018. See part of her story here: <https://www.legion.org/information-center/news/honor/2026/may/vietnam-war-combat-nurse-leader-in-honoring-women-veterans-passes> (Source National Adjutant Rodney K. Rolland)

It's The Soldier by C.M. Province...<https://www.facebook.com/reel/1133728772289001>
as spoken by Barry Mathews (Be sure the audio is turn on)

Legislative News:

Often, we talk about how your Legion membership is important relative to the National and State organizations' advocacy on veterans/military behave with Congress and the Virginia State House. Here is where you can learn more about the impact the Legion has and what you can do to further support our collective effort to promote Veterans issues.

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

American Legion Legislative Handbook:
<https://www.legion.org/advocacy/legislative/about-the-national-legislative-division>

Auxiliary's Grassroots Weekly Newsletter

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

Flag Retirement/Recycling

Earth911 is an environmental organization that promotes recycling. This link is to an article it posted on January 30, 1926, concerning the need to update the U.S. flag code. The Legion can lead this update to develop more environmentally friendly ways to retire U.S. flags in a respectful manner other than burning nylon and polyester flags in burn barrels.

<https://earth911.com/how-to-recycle/how-to-recycle-your-american-flag/>



Need a flag?...contact the Post, as we have many in various sizes available for FREE!

Annual Post Reports - 2026-2027

Requesting all Post members keep a running tally documenting your volunteer hours and expenses and charitable contributions. 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 roll. 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 (2027) covering the period from May1, 2026 to 31 April 2027.

National Membership Impact Report for April 2026

<https://files.constantcontact.com/5070738e401/9746ed98-38d9-40e1-9b74-878d8764380e.pdf>

Department of Virginia Convention

The 2026 American Legion Department of Virginia Convention will be held July 9–12, 2026, at the DoubleTree Richmond-Midlothian Hotel in Richmond, Virginia. Here is the link to pre-register: [Upcoming Events - The American Legion Department of Virginia](#) Book rooms directly with the Hilton DoubleTree Richmond-Midlothian.

Opportunity to win (raffle) a collection of past Department Commanders' coins and support Linden Dixon's candidacy for National Commander at the Convention.



The Veterans Connect Program

Looking for a way to volunteer to help fellow veterans...then consider this organization.

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 drivers, 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**.



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

News You Can Use:

Who are the Nation's Veterans?

Discover a wealth of facts about U.S. veterans: <https://usafacts.org/articles/who-are-the-nations-veterans/>

Find a Veteran with VetFriend's Military Buddy Finder

Looking to reconnect with a long-lost military buddy, check out this website. finder.” There is a cost for their “premium” membership, but its basic membership is free.

[Reconnect With Your Military Community](#)

Together We Served

Here is another website that may be of interest: There are five separate Military Service Branch websites where you can link up with other veterans and provide various reflections on your service. You can also create a unique service plaque, with ribbons, awards, primary unit, etc. Find Source: Post Member Bruce ‘Rooster’ Ianacone

AARP's Watchdog Alert Handbook – Veterans Edition

I attended the AARP ScamJam last month at the Fairfax County Government Center. Attending were representatives from the Security Exchange Commission (SEC), FBI, Postal Service, Secret Service, and Fairfax County police. The last four participated in a question-and-answer round table session after a brief mission introduction by each. Additionally,

the county had numerous offices/agencies present to discuss their responsibilities and how they can up to prevent scams and fraud particularly as they relate to older residents. I picked up a hardcopy the AARP Watchdog Alert Handbook – Veterans Edition, but you can access it here: [watchdog-alert-fraud-handbook-veterans-aarp.pdf](#) It well worth your time to become better education on scams/frauds targeting military members and veterans.

You can also learn more about local scams at the Sully District Community (SCAC) meeting on June 10th between 6:00-7:00 pm. I encourage all area veterans to attend this informational meeting with the station's crime prevention/outreach officer. Following this pre-meeting the regular SDAC meeting will feature a Sully Station crime update and presentation by the police department's Child Exploitation Unit from 7:00-8:00 pm.

Are you ready for hurricane season?

Hurricane season starts today. Wherever you live, scammers follow whatever weather emergencies may strike. So as this hurricane season gets started, check over your family's [emergency plan](#) and restock your [supply kit](#). And then check out the FTC's [Dealing with Weather Emergencies](#) article so you're prepared to avoid scams in case a hurricane (and scammers) cross your path. (Source: Federal Trade Commission (FTC), Military Consumer, BCP staff). https://www.militaryconsumer.gov/blog/are-you-ready-hurricane-season?utm_source=govdelivery

World War I Genealogy Research Guide

Have an interest in researching your family's history related to the first world war, if so check out this Doughboy Foundation's guidebook to get started or to offer additional guidance on where to find information. https://doughboy.org/education/wwi-genealogy-research-guide/?utm_medium=email&utm_source=govdelivery

Want a compilation of the best WWI movies?...check out this roster of 40 films. <https://www.theshot.com/movies/best-movies-about-ww1>

Membership Update

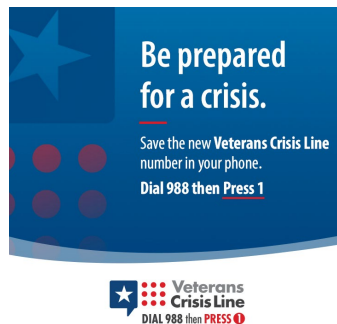
We currently are at 105.59% of our 2026 membership goal of 196 members with 207 countable members.

National will start sending out renewal notices in July for 2027. If you are a single year renewal member, you may wish to consider renewing for three years or becoming a Paid Up for Life member.

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 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> 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 you are interested in a PUFL membership, call 1-800-433-3318.



Military History:

RADM Robert Shumaker – Vietnam POW

Shumaker was the guest speaker at the Puller Veteran Care Center’s monthly “Combat Coffee” on April 24th. He was held captive at a number North Vietnamese prisons to include the [Hỏa Lò Prison](#) aka “Hanoi Hilton” which he coined for eight years and one day. He also developed the tap code used by the POWs to communicate with one another between the 4 x 8 concrete cells. Learn more about his captivity and career following his repatriation on this Wikipedia page. [Robert H. Shumaker - Wikipedia](#)



Captured February 11, 1965 - RADM (RET) Robert Shumaker - PVCC Quest Speaker April 24, 2026

If you want to learn more about the PVCC and its programs such as Combat Coffee and volunteer opportunities to support the Center, contact the Adjutant.

Post 1995 - Centreville, VA baseball hats are now available.

Purchase your distinctive Post 1995 hat in either blue or black. Twelve each are available for \$25.00, which is a savings of \$4.99 off the catalog price before shipping. Hats will be available at our monthly meetings until they are all gone. We also have a few plastic (translucent) zippered cap covers for your uniform hat at \$4.00.



Final Thought:

Though the day has passed for this year, I felt it fitting to use this poem as this month's final thought.

'Ode for Memorial Day'

*Done are the toils and the wearisome marches,
Done is the summons of bugle and drum.
Softly and sweetly the sky overarches,
Shelt'ring a land where Rebellion is dumb.
Dark were the days of the country's derangement,
Sad were the hours when the conflict was on,
But through the gloom of fraternal estrangement
God sent his light, and we welcome the dawn.
O'er the expanse of our mighty dominions,
Sweeping away to the uttermost parts,
Peace, the wide-flying, on untiring pinions,
Bringeth her message of joy to our hearts.*

*Ah, but this joy which our minds cannot measure,
What did it cost for our fathers to gain!
Bought at the price of the heart's dearest treasure,
Born out of travail and sorrow and pain;
Born in the battle where fleet Death was flying,
Slaying with sabre-stroke bloody and fell;
Born where the heroes and martyrs were dying,
Torn by the fury of bullet and shell.
Ah, but the day is past; silent the rattle,
And the confusion that followed the fight.
Peace to the heroes who died in the battle,
Martyrs to truth and the crowning of Right!*

*Out of the blood of a conflict fraternal,
Out of the dust and dimness of death,
Burst into blossoms of glory eternal
Flowers that sweeten the world with the breath.*

*Flowers of charity, peace, and devotion
 Bloom in the hearts that are empty of strife;
 Love that is boundless and broad as the ocean
 Leaps into beauty and fullness of life.
 So, with the singing of paeans and chorals,
 And with the flag flashing high in the sun,
 Place on the graves of our heroes the laurels
 Which their unfaltering valor has won!*

Written by Paul Laurence Dunbar in 1896 for those who gave their lives in the service to the U.S. in the civil war.

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

Post Calendars for February and June and July 2026 are on the next pages.

June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 17 th District Convention	8	9 Post Meeting	10	11	12	13
14	15	16	17	18	19	20

21	22	23	24	25	26	27
28	29					

Link Source: <https://veteran.com/military-calendar-holidays-events-observances/>

July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 Independence Day
5	6	7	8	9 Department	10 -----	11 -----
12 Convention	13	14 Post Meeting	15	16	17	18
19	20	21	22	23	24	25
26	27 Korean War Veterans Armistice	28 Buffalo Soldiers Day	29 Army Chaplain Corp Anniversary	30	31	

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Link Source: <https://veteran.com/military-calendar-holidays-events-observances/>

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 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.

Auxiliary News



The Annual WFCM Food Drive is here!

All Post and Auxiliary members are asked to participate.

Remember that Summer is a time when food is limited at the food bank and demand is higher since kids are out of school. Please consider paying it forward in the community and making a difference! Thank you in advance for your generosity!

Please bring your donations to the Post's June or July meetings and/or contact the Post Adjutant or the Auxiliary to make other arrangements. All items will be delivered to WFCM after the July meeting.

CURRENT MARKET NEEDS:

Food & Beverages

White or Wheat Flour (5 lb. bag or less)
Sugar (1 lb. or 2 lb. bag)
Oil (canola, vegetable, olive)
Oatmeal (Quaker Oats)
Cereal (low sugar preferred)
Shelf Stable Juice (apple, cranberry, grape)
Canned Meat (tuna, salmon, Vienna sausages, sardines)
Canned Tomatoes (crushed, whole paste)
Canned Vegetables (spinach, potatoes, beets)
Canned Fruit (pineapple, mandarin oranges, pears, peaches)
Pasta Sauce (no glass jars)
Refried, Garbanzo, and Kidney Beans
Dried Beans (lentils, pinto, black beans)
Mashed Potatoes
Boxed Macaroni and Cheese
Pancake Mix
Flavored Rice (Rice-A-Roni) and Flavored Pasta (Knorr)

Toiletries NOTE: Toiletry items cannot be purchased by our clients with SNAP

Feminine Hygiene Products (Pads preferred)

Tissues (Family Size)

Toilet Paper

Baby Wipes

Body Wash

Toothpaste

Lotion

Shaving Cream and Disposable Razors

Pull-Ups Size 4T/5