



**AMERICAN
LEGION**



American Legion Post 1995

October 14th, 2025 - Defender Newsletter

Monthly Military Quote

A leader leads by example not by force... Sun Tzu, 5th century BC, from the Art of War

Military Photo of the Month

The U.S. Navy birthday is October 13th



The Dwight D. Eisenhower Carrier Strike Group sails alongside the Gerald R. Ford Carrier Strike Group in support of operations in the Mediterranean Sea, November 2023.

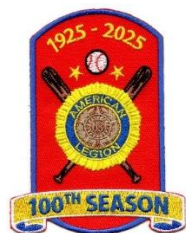
Photo by Navy Petty Officer 3rd Class Janae Chambers.

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Commander's Corner

Baseball End of Season Review — In order to thank our coaches Jason Muccio and Joe Trentin for their service to the boys on our team for the 2025 season, I treated them to dinner at the Yardhouse restaurant in Springfield on October 10th. We reviewed how the season unfolded, and their plans for 2026. They mentioned issues and ideas to improve the league such as using double headers for make-up games, a home run derby to kick off the season, push back the start date of the season, and more use of synthetic fields. All these ideas will be forwarded to Mike Farabaugh, 17th District Baseball Commissioner.



9/11 Patriot Day Observance – The Town of Vienna and Post 180 once again partnered to host an observance of the attacks on America 24 years ago. In attendance on the anniversary were the Mayor, Chief of Police, Chief of the Fire Department, and many elected representatives of the Town of Vienna. Attending from the Legion were our Department Commander, Scott Madrea, our 17th District Commander, Guillermo Guillen, and myself in the role of Vice Commander of the District. Post 180 Commander, Dave Wallace was MC and delivered a keynote address. This was a respectful and uplifting service with music provide by the Vienna town band and support from the town Parks and Recreation department. I recommend you consider attending next year.

William Denham Funeral – One of our own fellow Legionnaires was called to the Post Everlasting last month. At our September membership meeting Adjutant Steve Hunter proposed we pass a post resolution recognizing the life of William Denham. The resolution was passed unanimously and was presented to his widow by Joe Burke at the reception after the internment at Quantico National Cemetery on the 16th of September. Attending the funeral were Steve and Karen Hunter, representing the Post and Auxiliary, Joe Burke and his wife as well as Chaplain Al Schenck. Post 1995 expresses our condolences to the Denham family during their time of mourning for a loved one taken too soon. Say his name: William O. Denham.

Buddy Checks Coming Soon – At the end of October Post 1995 will conduct the annual wellness check of our members by calling or emailing everyone on our roster. This is just to check on how each Legionnaire is doing and to ask if we can connect you with Legion resources. We will not be asking you to renew your membership or buy anything. I enjoy the opportunity to speak with fellow Veterans and let them know what the Post is doing. So, if you get a voicemail saying “How ya’ doing, Buddy?,” give us a call back.



Video Productions Skills Still Needed – This is my third appeal for help. Fairfax County runs both a TV and radio station. This public access TV and radio is available to us as a county based non-profit to get the message of our activities out to the public. This could also be a valuable and low-cost recruiting outlet for us. However, we need someone with TV production skills to lead this effort. We would mostly use professionally prepared content produced by the national headquarters and we can add very simple and brief content about Post 1995. Fairfax Public Access would provide most of the help to get us on the air. We just need someone to be our point of contact for two hours per quarter to get us on the air. If you have video productions experience, please write to me at rsyoung47@gmail.com so I can provide you more information.

Coffee with a Cop – On October 1st three Post 1995 Legionnaires met with our local police leadership at the Chantilly Chick Fil-A for coffee and munchies. Representing Post 1995 were Chaplain Al Schenck, Adjutant Steve Hunter, and myself. We met with Assistant Chief (Detectives) F. K. Chambers, Major Jane Russell, Captain Chambers and MPO Jon Kaminski, and Patrolman Maria Rivera. MPO Kaminski is the new Community Outreach Officer at Sully Station, and we will be coordinating with him on numerous joint ventures in the near future.



Chaplain Al Schenck with FCPD Patrolwoman Rivera

BE the ONE – One of the reasons that Veteran's suicide rate is higher than the national average is that they have access to firearms in the home at a higher rate than the civilian populace. The Legion is stressing safe storage of firearms as a way to buy time and create space. We are partnering with the National Shooting Sports Foundation (NSSF) to deliver resource toolkits to assist Veterans and their families in coping with this issue. You can email to magazine@legion.org to learn more. You can also search

“legion.org/betheone/resources.” Then ASK a Veteran in your life how they are doing. Remember: dial 988 then #1 to ask for help for yourself or another Vet.

Centreville Day – October 18th, 2025

Centreville Day is the areas (Centreville-Chantilly) largest community event each year. Post 1995 organizes the American Legion parade and the safety expo and otherwise helps to plan the day long (10:00 am -4:00 pm) event in the Centreville Historic District. The kick-off ceremony is at 10:00 with the parade starting at 11:00. Activities include tours of the old Stone Church which was used as a hospital during the Civil War, Mount Gilead which once served as a tavern in the 18th century, and the 1936 Sears house and Saint John’s church. There will be activities for children to include a bounce slide and climbing wall, opportunities to ride on the tracker pulled train, the Sheriff’s Department will be making onsite child IDs, walk across a Boys Scout erected rope bridge, participate in the trick or treat trail, and of course learn some local history for the “history guy”. Miss Virginia will attend along with the Sons of the American Revolution, and a number of vintage Corvettes will be on display. There will be food trucks, county government office representatives, local/state politicians, and vendors with a variety of products for sale. The Post’s booth will display a number of Legion literature handouts about membership and programs. We will have U.S. American flags from small handheld to 3’ X 5’ flags (slightly used) to hand out.

Volunteers are needed to help set up early, staff the booth during the day, and particularly to help take down the booth and secure the gear from 4:00 to 5:00 and general clean up. Requesting volunteers sign-up for a 2–3-hour shift. Set up starts at 7:00 am.

See the attached Centreville Day flyer.

Centreville Volunteer Fire Station 17 – Open House

The purpose of fire station open houses across the county is to promote fire safety and to serve as an outreach opportunity to learn more about your local fire stations, equipment, and opportunities to learn about volunteering at the county’s volunteer stations like 17th. The county has a mix of volunteer, hybrid (mix of volunteer and county firefighters), and stations with full county staffs such as station 38 where we retire flags each November. The open house included a giant blow up fire truck slide, face painting, other youth activities, and food.

Adjutant Hunter supported the station’s annual open house on October 11th with the county’s Civilian Emergency Response Team (CERT) program. He staffed a table with information about the program and answered questions with another CERT member. This is an all-volunteer nationwide program to better prepare local communities to response to disasters. The county provides all the training (basic and more advanced) and supplies basic equipment. The program includes opportunities to participate in training exercises with first responders to improve skills and response planning/coordination. Youth as

young as 13 may take the training along with a parent. There is no required time commitment beyond the basic training. If this sounds interesting contact the adjutant or visit this website for more information: <https://www.FairfaxCountyCERT.org>



Adjutant Hunter with the “Fire Dog” and CERT colleague at FCFS 17

Adopt a Fire Hydrant Program

Here is an easy way to support your community and help to make it bmore fire safe. Fairfax County’s Fire Department has an adopt a Fire Hydrant program where community members adopt a hydrant near their home. Your responsibility would be to ensure the hydrant is clearly visible and free of vegetation or other obstructions that might make it difficult for first responders to quickly locate in a fire emergency. The county does have a separate contract to repaint the hydrants every few years so that would not be part of the volunteers’ responsibility. My hydrant was given a fresh coat of paint this month (September). To sign up to be a volunteer click on this [LINK](#). Every few years the FD will request that you reconfirm your continued commitment.



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 May1 2025 to 31 April 2026.

National Membership Impact Report for September 2025

<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 — 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](#) Click on this [LINK](#) to learn how you can track your activities on the challenge website:

Wreaths Across America 2025

Wreaths Across America - Arlington Wreath Project is looking for Key Volunteers and has kicked off annual Key Volunteer registration. It takes hundreds of Key Volunteers to run Wreaths Across America - Arlington Wreath Project at Arlington National Cemetery each year. Below are the key volunteer roles needed and details for this year's event.

Event Dates:

- Family Passholder Day: Sunday, December 7, 2024
- Trucks In: Friday, December 12, 2024
- Wreaths Across America Day: Saturday, December 13, 2024
- Wreaths Out: Saturday, January 11, 2025

Key Volunteer Roles and Duties: Zone Crew Chiefs (ZCC) (~ 7 volunteers are needed): Oversee 7-10 trucks and public Wreath Layers. Required to assist with Trucks In and manage the zone during the event.

- Beach Masters (BMs) (~ 9 volunteers are needed): Communicate the mission of Wreaths Across America, support check in and check out of all Key Volunteers, answer wreath layer questions about ANC
- Truck Crew Chiefs (TCC) (~ 100 volunteers are needed): Recruit and manage a team of 12-15 individuals on WAA Day, distribute wristbands to team in advance of event, offload the wreaths, guide safe and efficient wreath laying in designated area, participate in Trucks In and Wreaths Out.
- Ambassadors (~ 200 volunteers are needed): Communicate the mission and answer questions throughout the Cemetery.
- Gate Greeters (~ 100 volunteers are needed): Direct visitors and provide information at the gates.

Key Volunteer Requirements: Zone Crew Chiefs and Truck Crew Chiefs must attend a one-hour in-person (in the DC metro area) to be held in November, while Ambassador and Gate Greeter training will be held virtually in early December. Attendance at training is required to participate.

- Trucks In: Friday, December 12, 2024 (Zone Chiefs and Truck Crew Chiefs only meet their truck driver(s), 11 am–4 pm).
- Wreaths Across America Day: Saturday, December 13, 2025 (All Key Volunteers, 5:00 am – mission complete, usually around 2 pm).
- Wreaths Out: January 10, 2025 (All Zone Chiefs and Truck Crew Chiefs or a truck crew representative must attend).

Registration: Please register using the Google Form below. If your American Legion Post would like to field a Truck Crew, you will need two TCCs and 12 - 14 other volunteers. Truck Crew Chiefs, will need to sign up now and wait for further instructions to sign up the rest of your truck crew. To register as a Key Volunteer: <https://forms.gle/KwQCACrNGfFdevTU9>
If you have any questions, please reach out to Joe Burke at email: joemburke@icloud.com or phone: (571) 228-5129.

News You Can Use:

DD214: What You Need to Know

This [LINK](#) covers the basics of the importance of your DD214.

(Source: Military.com, <https://www.military.com/benefits/records-and-forms/dd214.html>
28 August 2025, Tiffini Theisen)

DD214-1 Update

All Services now Issue Form DD214-1 to departing Reservists. See this [LINK](#) for an update on this new DD214 variant designed specifically for Reservist of all branches.

(Source: Military.com, 27 August 2025)

Do Veterans Benefits Expire?

See this [LINK](#) for an article that covers many Veterans benefits and associated time limits for access/usage.

(Source: Military.com, September 19, 2025, Jim Absher)

Your 2025 State Veteran Benefits

For a list with links to benefits all States' offer to their resident Veterans, see this [LINK](#).

(Source: Military.com, January 13, 2025, Jim Absher)

Virginia Department of Veterans Services

See this [LINK](#) for the October 7th, 2025 edition of The V3 Transition Connection Newsletter for all those looking for a new employment and/or transitioning out of the service.

Small Business Administration Support to Veteran-Owned Businesses

See this [website](#) for the SBA's page with information on how it can help your business. If you do not have a business, pass it along to a Veteran you know who does and may not be aware. Resources include funding options, training programs, contracting assistance. There are more than 1,000 small business development centers across the country; to find one here you, use this [LINK](#).

Vietnam War Exhibit Coming to Northern Virginia

See this [LINK](#) is to a Connection newspaper article on the exhibit at the Fairfax Museum and Visitor Center in Fairfax City. Here's is a direct [LINK](#) to the museum. The exhibition is available for viewing between September 17th to October 27th. The paper article includes a photo of a "Blood chit." These were typically used by air crew members who were downed in hostile territory to facilitate their repatriation to friendly forces. They offered a financial incentive. Here is an [example](#): (Source Connection newspaper, August 20, 2025)

Membership Update

We currently are at 77.55% of our 2026 membership goal of 196 members with 152 countable members. Some transfer Post members are not countable for 2026 as they renewed before being transferred.

New Post Members:

I am happy to report that 27 former members of Post 141 (administrative) in Richmond have transferred to our Post. I wish to welcome our newest members: Matthew Robi, William, Mueller, and James Leidenberg. We will be holding a recruitment event at the Centreville Coast Guard Exchange in late November or early December, details will be included in the November newsletter.

Membership Renewals:

I thank all those who have renewed for 2026 already as we are off to a good start. We are in third place in 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.



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

<https://www.maketheconnection.net/>

Final Thought:

The two most important days in your life are the day you were born and the day you find out why. Mark Twain

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.

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

U.S. Army Center of Military History

U.S. Army Birthday and Rev War Commemorative Events 2025 – 2026 [Calendar Events](#)

Post Calendars for September and October are on the next pages.

Auxiliary Information follows the calendars

October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7 Post Meeting	8	9	10	11 FCFS 17 Open House
12 Army 10-Miler DC-VA	13 Navy Birthday	14	15	16	17	18 Centreville Day
19	20	21	22	23	24	25
26	27	28	29	30	31 Halloween	

Link Source: Veteran.com

November 2025

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

Link Source: Veteran.com

ALA Centreville 1995 News:

Karen Hunter along with the Post's Adjutant escorted the Department Auxiliary President, Carol Campbell, Post 10, Manassas, to Post 284 in Colonial Beach for a reception honoring the National Auxiliary President, Pam Ray, on September 30th.



Department President, Carol Campbell,
with Auxiliary Unit 284's Poppy Display



National Auxiliary President
Pam Ray



Debra Branch, ALA Department Vice President; Ethel Carson,
Past ALA Department President; Pam Ray, National ALA President;
and Carol Campbell , ALA Department President



Patty Caggaino, Fran Robison, Karen Hunter, Nancy Ward, and Ann Burke with some of the Birthday Party Bags.

Birthday Party Bags in Support of the Western Fairfax Ministries

At the September ALA meeting, Birthday Bags were collected for donation to the WFCM Food Bank. Contents included the birthday gift bag, cake mix, frosting, candles, banner, plates, napkin, an aluminum pan or cupcake liners, and a small toy/gift. A total of twenty-five bags were donated.

Recipes were also collected at the September meeting. Plans are to create a small recipe book for distribution & donations at the upcoming December Bake Sale.