



**AMERICAN  
LEGION**



## American Legion Post 1995

August 12<sup>th</sup>, 2024 - 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 are not clothed. This world in arms is not spending money alone. It is spending the sweat of its laborers, the genius of its scientists, the hopes of its children. The cost of one modern heavy bomber is this: a modern brick school in more than 30 cities. It is two electric power plants, each serving a town of 60,000 population. It is two fine, fully equipped hospitals. It is some 50 miles of concrete highway. We pay for a single fighter plane with a half million bushels of wheat. We pay for a single destroyer with new homes that could have housed more than 8,000 people...This is not a way of life at all, in any true sense. Under the cloud of threatening war, it is humanity hanging from a cross of iron." Dwight D. Eisenhower*

### Photo of the Month: Military Academies 2024 Graduation Celebrations



Air Force Academy  
[af.mil/news/Justin Pacheco](https://af.mil/news/Justin_Pacheco)



Naval (Annapolis) Academy  
P.O. 3<sup>rd</sup> CL/William Bennett



Army (West Point) Academy  
West Point Assn of Graduates

### Newsletter Index

- Commander's Comments - Pages 2-4
- August Post Social – Page 5
- National Night Out – Pages 5-6
- Reporting a Death to the VA – Page 7
- 2025 Anniversary trip planning - Page 4
- Membership Update – Page 6
- Views on Joining the Military – Page 7
- Sully District Scam Alert – Page 7

- Post contact information/links – Page 8
- Post Calendars July-August – Pages 8-9

### Commander's Corner

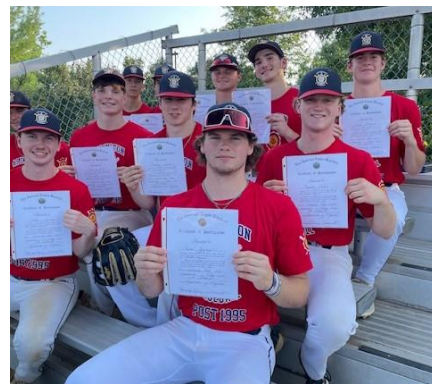
**Mission BBQ is catering our Post dinner** – At this month's membership meeting we will begin with a BBQ feast provided by our friends at Mission BBQ. Be at the membership **meeting at 6:30 on Tuesday August 13<sup>th</sup>** and bring your appetite.



**Legion Baseball** – The team we sponsored from Arlington this year peaked at just the right time. What started as a mission of mercy for the youth from Arlington turned out to be an exciting end of the season. In the All-Star Game one of our players hit the game ending run and another was voted the MVP. After an up and down start to the season we made it into the 17<sup>th</sup> District playoffs and the championship game against Vienna Post 180. We lost but qualified for the Department (State) Tournament. We played two very good teams very close but bowed out with the confidence we belonged there. What I want to stress is that these young men and their families are very good people and grateful to Post 1995 for sponsoring a truly fun season.



Post 1995 - 2024 American Legion Baseball Team



Players with participation certificates

**Department Convention** – The Department of Virginia's 106<sup>th</sup> Convention was held at the Dulles Airport Hilton from Wednesday July 10<sup>th</sup> through Sunday, July 14<sup>th</sup>. In coordination with Post 176, we helped man the registration table on Friday and half of Saturday. The most important day was Saturday the 13<sup>th</sup>, when almost all the statewide business affecting 36,000 Legionnaires in our Commonwealth was conducted. We were represented by Steve Hunter, Randy Young, Dave Benson, Chris Torelli and Mark Miller.



Commander Young with new  
Department Commander  
Eugene Malinowski



Group photo of Post 1995 members attending

**Firefighter of the Year** – We are recognizing Firefighter Christopher Wolf, of West Centreville Station #438 as our Post honoree. FF Wolf is a five-year veteran of the Fairfax County Fire Department. He is dual qualified as a Firefighter and Emergency Medical Technician. He will be presented with a formal Legion certificate and coin at our August membership meeting.

**District Organization Meeting** – On July 21<sup>st</sup> at Post 1976 in Annandale the 17<sup>th</sup> District under the new leadership of Commander Jeff White held our organization meeting. We discussed charging dues to each post to fill the District's coffers to benefit awards we present at the Oratorical contest. The motion was tabled for future consideration. The Vice Commanders were assigned Posts to liaise with and I will cover Posts 180, 184, and 177, all in western Fairfax County.

**Legion Family Leadership College** - The Department of Virginia held its annual leadership college in Midlothian, Virginia, a suburb of Richmond on August 3<sup>rd</sup>. Over two hundred members of the Legion family attended with the goal of learning how to carry out the mission of the Legion in our local communities more efficiently and effectively. The keynote speaker was Daniel Brewer, the chief of the FEMA Integration Team to the Virginia Department of Emergency Management. Classes were offered to all branches of the Legion family in Core and Essential categories. Chris Torelli and I divided the options to cover the most essential knowledge. Also attending were Karen Hunter and Peggy Caggiano for the Auxiliary. Any Legionnaire can and is encouraged to attend.



Commander Young, President Patty Caggiano, Karen Hunter, and Vice-Commander Tortelli

**BE the ONE** – The Legion Family Leadership College offered a class about Veteran suicide prevention. The major points to be made were: 1) for Veterans under 45 years of age, it is the second leading cause of death, and 2) for Veterans over 65 the primary contributing factor is that they feel they have nothing to live for anymore. Posts must have a Safety Plan that: 1) recognizes the warning signs and, 2) encourages the use of internal coping strategies like the Columbia University questioning triage method. REACH out to a Veteran when they are struggling. Remember: dial 988 then #1 to ask for help for yourself or another Vet.

### **American Legion Post 1995 30<sup>th</sup> Anniversary 2025 trip**

Next year Post 1995 will be celebrating its 30<sup>th</sup> Anniversary. As a commemoration of this event, the Post Commander has asked me to put an overnight group trip together to either Gettysburg Battlefield, which was the battle that saved the Union, or to Yorktown to visit the battlefield where George Washington won independence for our country. We are considering the first or second quarter of the New Year 2025 for this trip to avoid crowds and keep the price down.

The concept of Operation would be to drive to one of the venues in our vehicles, take a tour of the battlefield and visitor center/museum, stay overnight and return the next day.

I would like to ask the Post members to give me their suggestions for which trip would be the most interesting for the group by the October monthly meeting. If you cannot make the meeting, please email me at [cgt548@gmail.com](mailto:cgt548@gmail.com). Once we have decided on where to go, I will be able to flesh out the rest of the overnight trip/costs and give you all more details. (Vice Commander, Chris Torelli)

### **Military Question is in honor of the Coast Guard's 234th birthday.**

Name the Department(s) the U.S. Coast Guard (and all of its "ancestor" components) has operated under since 1790.



Email your answer/best guess to David Benson at [warren.d.benson@gmail.com](mailto:warren.d.benson@gmail.com).

The first correct answer received via email is the winner and will receive a military-themed challenge coin. The answer and winner will be announced in the next newsletter.

### **Post 1995 Rosemary Thyme No-Host Social**

On Thursday 1 August, Post 1995 held their fourth no-host social at Rosemary Thyme in Clifton. It was very well attended with over 20 Legionnaires, spouses and American Legion Auxiliary in attendance. We will have another one this Fall and look forward to seeing more of you there. (Chris Torelli)



Some of the attendees at our August Social

### **National Night Out**

Chaplain Al Schenck and Adjutant Steve Hunter participated/organized their HOA community's "National Night Out" two-hour event on the evening of August 6<sup>th</sup>. Attending the event were numerous local police officers and civilian staff, the Sully District Supervisor (Kathy Smith), and community residents for a meet and greet. Games were provided for the kids with refreshments. Everyone had a good time with the kids enjoying sitting inside a police car and turning on a rather loud siren several times.

Adjutant Hunter with a representative from the U.S. Attorney's Office for the Virginia Eastern District.

<

Supervisor Smith, with HOA President, and Sully District Asst Cmdr CPT Ryan Low

>



## Membership Update

Our current membership status as of 10 August is 77 renewals (online/mail) and 51 PULFs. National set our membership goal for 2025 at 198 which is a 9% increase over 2024 of 180. We are current at 64.64% of that goal. I thank all those who have renewed for 2025 already. 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.

National did raise its dues by five dollars, therefore the Post's dues amount included that increase, so all the increase goes to National. The Post retains \$11 dollars of the \$45. The rest is divided between supporting the Department and National.

**Multi-Year Memberships Are Now Available** - As mentioned in previous newsletters, the Legion now has a three-year renewal option. If you do not want the inconvenience of

renewing annually, this option may be worth considering. For details on this new option visit this Legion website: <https://www.legion.org/membership/260621/american-legion-multiyear-membership-here>

**PUFL Memberships** - PUFL members pay a one-time fee for a lifetime American Legion membership. You never have to pay yearly 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.

If you have any membership questions, please contact me. Steve Hunter, Adjutant, and membership chairman at [geoshunter@aol.com](mailto:geoshunter@aol.com) or 703-830-1734.

**Report says Most Americans Would Discourage Young People from Joining Military as Enlisted Service Members** **What are your thoughts on this?**

[https://www.military.com/daily-news/2023/12/14/most-americans-would-discourage-young-people-joining-military-enlisted-service-members-report-says.html?ESRC=eb\\_231215.nl&utm\\_medium=email&utm\\_source=eb&utm\\_campaign=20231215](https://www.military.com/daily-news/2023/12/14/most-americans-would-discourage-young-people-joining-military-enlisted-service-members-report-says.html?ESRC=eb_231215.nl&utm_medium=email&utm_source=eb&utm_campaign=20231215)  
(Source: Military News, December 15, 2023)

## **How to report a Veteran's death to VA**

The passing of a Veteran is a solemn time that deserves to be recognized and reported with the utmost respect. Veterans have served their country and worked hard for their well-deserved benefits.

However, after a Veteran passes away, family members should report the death of the Veteran to VA as soon as possible to stop current benefits payments. If the death is not reported promptly, survivors or executors of the Veteran's estate may have to repay any overpayments received. Payments the deceased Veteran received may include compensation, pension, education or Veteran Readiness & Employment benefits.

VA encourages loved ones of deceased Veterans to follow the guidance provided within the website link on reporting Veteran deaths to avoid falling victim to benefit scams.

For more information: <https://news.va.gov/133173/how-to-report-a-veterans-death-to-va/>  
Source: VA News, July 18, 2024, Monica Cabrera, program Analyst, VBA Office of Financial Management

**Scam Alert – Sully District**

Stay informed about the latest scams and fraud tactics circulating in our area. Visit AARP's Scams & Fraud Site (You do NOT have to be a member) to keep up to date with new scams - <https://www.aarp.org/money/scams-fraud/>. Additionally, you can sign up for their Watchdog Alerts - <https://states.aarp.org/virginia/aarp-watchdog-alerts-sign-up>. If you suspect a scam or have fallen victim to one, report it immediately to the appropriate authorities. You can file a report with FCPD's Financial Crimes Unit through their online portal <https://bit.ly/fcpdfinancialcrimesreport>

Source: Fairfax County Police Department, Sully District, Officer Meg Hawkins, 29 July 2024, Nexdoor posting.

### **Final Thought:**

*"The basis of our political system is the right of the people to make and to alter their Constitution of government. But the Constitution which at any times exists, 'til changed by an explicit and authentic act of the whole People, is sacredly obligatory upon all." George Washinton*

**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://centrevilleapost1995.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.

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



This Month in History: No report for August

## August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Legion	3 College
4 Legion College	5	6	7	8	9	10
11	12	13 Post Meeting	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day	3	4	5	6	7

8	9	10 <b>Post Meeting</b>	11 <b>Patriot Day</b>	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					