



**AMERICAN  
LEGION**



## **American Legion Post 1995**

**July 11<sup>th</sup>, 2024 - Defender Newsletter**

### **Monthly Military Quote**

*“Let us by wise and constitutional measures promote intelligence among the people as the best means of preserving our liberties.” James Monroe*

### **Photo of the Month:**



Boston Navy Week, photo courtesy of Petty Officer 1s Class Kenneth Robinson,  
Defense Imagery Management Operations Center

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## Commander's Corner

**A Successful Year** – The Legion year of 2023-2024 was a highly successful one for Post 1995. In recruiting we took the post membership rolls to new heights and an overall goal of 107% due to the efforts of our Membership Chair, Steve Hunter. Under the pillar of Americanism, we expanded our efforts with Oratorical, Law Enforcement Officer of the Year and Chaplain nominations. This was our first year for Wreaths Across American participation and commemoration of the Battle of Chantilly. We justly took credit for thousands of hours of community support in our strongest Consolidated Post Report ever. I believe our CPR is one of the most impressive for a small post in the entire Department of Virginia. We are nominated for the National Commanders Post Excellence Award. I mention this to the membership to let you know you belong to a Post that matters, but also, all of this requires volunteer hours. Your participation matters. If you have any skills to contribute, we want you!

**Officer Swearing-In Ceremony** – Our swearing in ceremony took place at the Chantilly Regional Library on June 11<sup>th</sup> during our regular membership meeting. Presiding over the ceremony was former Northern Region Commander Glenn Yarborough. In honor of the Army Birthday, we served cake and punch to celebrate the 249<sup>th</sup> anniversary of the Army.



(L to R) Randy Young Commander, Jim Robison 1<sup>st</sup> Vice, Steve Hunter Adjutant, Gene Griffe Service Officer, and Mark Miller Sgt-at-Arms

**Donating Blood to the Red Cross** – On June 21<sup>st</sup>, Post Commander Randy Young pumped out two units of Power Red at the American Red Cross blood donor center in Fairfax, Virginia. Power Red is one of three categories of blood collected by the Red Cross: platelets, whole blood, and Power Red. This is a method using apheresis to withdraw two units of red blood cells and return platelets and plasma back to the donor. I encourage all members of Post 1995 to make individual donations throughout the upcoming year. As a Post we encourage you to contribute to the agency who normally collects your life-giving

donation for the security of record keeping, which I learned is important. Just donate where it is easy for you and let us know about it!



Randy Young donating “Power Red” blood at a Red Cross Blood Donation Center during Military Appreciation month.

**Department Convention Support** – The Department of Virginia’s 106<sup>th</sup> Convention will be 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 will help man the registration table on Thursday, Friday and half of Saturday, July 11 through the 13<sup>th</sup>. We are asking our members to volunteer two to three hours to welcome our fellow Legionnaires at the Hilton Dulles Airport Hotel. We will post a sign-up roster soon. However, I want to stress that the convention is not just for officers, it most definitely welcomes all Legionnaires to attend. Yes, there is a registration fee of \$15 that you can pay when you get there. The most important day is Saturday the 13<sup>th</sup>, when almost all the statewide business affecting 36,000 Legionnaires in our Commonwealth is conducted. You are all welcome to come out to see how the state level business of the Legion is conducted. It is just up Route 28, and it cannot be any easier to attend this year. If this will be the first Department Convention for you, come see me, and I will have a small gift for you.

**BE the ONE** – The American Legion has provided leadership nationally in forming partnerships with a variety of agencies fighting the scourge of isolation leading to Veteran suicide. The VA has programmed \$100 million dollars to deal with the stigma and that is partly due to the Legion’s advocacy. Our advocacy at the national level and our action at the Post level can have an impact. LISTEN when a Veteran needs to talk. Remember: dial 988 then #1 to ask for help for yourself or another Vet.

### **The Columbia Protocol**

“More than 1,700 American Legion Family members have taken the Columbia Protocol suicide prevention training since February. The Columbia Protocol training “was fantastic because it’s a partnership with The American Legion that includes the Be the One mission, it is evidenced-based and we’re able to take it and directly apply it right into the world by which we live in with the American Legion Family,” said American Legion Department of

Utah Commander Ninzel Rasmuson, who took the training during May Spring Meetings in Indianapolis.”

“If everybody felt comfortable asking the (six) questions, as a whole we would be in a better place because we would identify people who might not otherwise come forward,” said Dr. Keita Franklin, a suicide prevention expert who conducts the Columbia Protocol classes. “At the end of the day we know that suicide is preventable. When we can identify these small subtle signs in people, when we know people well enough and we are approachable, and we ask them the right questions, it is 100 percent preventable.”  
(Source: Weekly Membership Report, May 31, 2024)

### **Mental Health Resources:**

<https://www.verywellmind.com/how-to-tell-if-someone-is-lying-2795917>

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

The NMUSA is sponsoring a VA Claims Day on July 18, from 10:00 AM to 2:00 PM. Counselors from the Virginia Department of Veterans Services will be on hand to advise Virginia veterans on current federal, state, and local veteran’s programs, entitlements, and referral services. Registration is required. You can register on the NMUSA website [US Army Museum - Booking \(thenmusa.org\)](https://www.thenmusa.org/booking)

### **The Nation’s First Veterans and How Military Service Has Changed**

The US Census Bureau’s 1840 Census was the first to collect data on veteran status. It took another 50 years for the next census to include veterans. Men who served in peacetime, or who did not experience combat or service overseas, were not counted as veterans until the . One fact is clear in the article, only men were considered veterans through most of the nation’s history. To learn more about how veteran’s status has changed over the years, click on the link:  
[https://www.census.gov/library/stories/2023/11/veterans-history.html?utm\\_campaign=20231107msacos1ccstors&utm\\_medium=email&utm\\_source=govdelivery](https://www.census.gov/library/stories/2023/11/veterans-history.html?utm_campaign=20231107msacos1ccstors&utm_medium=email&utm_source=govdelivery) (Source: US Census Bureau, Jonathan Vespa, November 7, 2023, email distro)

### **VA Outreach to Women Veterans**

The VA has a Women Veterans hotline (1-855-VA-WOMEN) to answer questions from women veterans, their families and/or caregivers concerning available services and resources.

### **What Americans Think About Veterans—and Why It Matters**

[What Americans Think About Veterans—and Why It Matters | RAND](https://www.rand.org/pubs/working_papers/20230701)

### **American Perspectives on Veterans**

[American Perspectives on Veterans: A July–September 2021 American Life Panel Survey About Americans' Support for Veterans' Benefits and Services | RAND](#)

## **What Americans Think About Veterans and Military Service**

[What Americans Think About Veterans and Military Service: Findings from a Nationally Representative Survey | RAND](#)

### **July is Military Consumer Month - Fraud/Scam Awareness**

No matter what stage of life you are going through, you could encounter an imposter scam where someone pretending to be your bank's fraud department, the government, a relative in distress, a well-known business, or a technical support expert. Want to protect yourself and the people you care about? Let the FTC help.

Scammers tell different stories to steal your money or your personal information. Staying current on how scammers operate can help you stay a step ahead of them. Here is some BLUF (bottom line up front) advice to start: Got an unexpected call from your bank saying there's suspicious activity on your account? Check it out first — it could be a scammer. Did a "recruiter" message you on a job site about a high paying, work from home job? Look it up before you apply — it might be a hijacked job posting. Found a great deal on an apartment through a social media page? Do your research before you pay a deposit. Scammers often post made-up rental listings for places that are not actually available to rent. Learn more at [ftc.gov/imposters](https://ftc.gov/imposters).

During the month Military Consumer will post information to help protect you from scammers. Share it with your family, friends, and buddies. Tell them to follow Military Consumer on [Facebook](#) and [Twitter](#) to be part of the conversation. To keep up with what is happening related to scams, sign up for email updates at [MilitaryConsumer.gov](https://militaryconsumer.gov). Source: FTC, Military Consumer, July 1, 2024, email distro

### **This Month's Military Question:**

What are four main differences between a Corps of Cadets ROTC programs (The Citadel, Norwich University, Texas A&M University, Virginia Military Institute, University of North Georgia, Virginia Tech) and other ROTC programs?

1. Corps of Cadets programs require cadets to live in military-style dorms with a regimented military lifestyle, while non-Corps programs allow students to live in standard student housing with a typical college lifestyle [Editorial note: the latter would be my preference!].
2. Corps of Cadets programs fully immerse cadets in military culture and training throughout their college experience, whereas non-Corps programs integrate ROTC training into a more conventional college schedule.



3. Corps of Cadets programs enforce strict military discipline and customs, while non-Corps programs follow standard college disciplinary policies with military customs observed mainly during ROTC activities.
4. Both programs commission upon graduation and meet all other requirements, but the CoC programs guarantee a regular, not reserve, commission.

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.

## Membership Update

Our current membership status as of June 28<sup>th</sup> is 73 online renewals, 50 PULFs, 74 renewals by mail, and 9 new members for a total of 193 (107.22%) of our 180-member 2024 goal. I thank all those who have renewed for 2024. If you have not renewed, yes there are a few, your membership has now lapsed. 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 will soon be sending renewal letters for 2025. Expect to see a five dollar increase in yearly dues UNLESS you are a PUFL member or have already renewed using the three-year option plan in which case you have already paid for 2025.

**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.

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.

### **Final Thought:**

*"The great athletes focus on things like their training regimen, nutrition, and preparation - not the decisions of the referees, the actions of their opponents, or the people in the stands." Paul Rabil*

**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.

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

**July 2024**

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

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

**This Month in History** by Jim Robison, 1<sup>st</sup> Vice-Commander

**July 1, 1862** - President Abraham Lincoln signed the first income tax bill, levying a 3% income tax on annual incomes of \$600-\$10,000 and a 5% tax on incomes over \$10,000. Also on this day, an Act of Congress established the Bureau of Internal Revenue.

**July 1, 1863** - The Battle of Gettysburg began.

**July 1, 1893** - President Grover Cleveland underwent secret cancer surgery to remove a cancerous growth in his mouth. A second operation was performed on July 17th. The secrecy was intended to prevent panic during the economic depression of 1893.

**July 1, 1898** – In combined assaults on San Juan Hill and Kettle Hill, that together formed San Juan Heights, U.S. forces, including the 1<sup>st</sup> U.S. Volunteer Cavalry (Rough Riders), 10<sup>th</sup>

Cavalry (Buffalo Soldiers) and the 24<sup>th</sup> and 25<sup>th</sup> Colored Infantry, attacked and drove off the defending Spanish forces.

**July 1, 1962** – The Army established the Military Intelligence Branch.

**July 2, 1776** - The Continental Congress in Philadelphia adopted the following resolution, originally introduced on June 7, by Richard Henry Lee of Virginia: "Resolved, That these United Colonies are, and of right ought to be, free and independent States, that they are absolved from all allegiance to the British Crown, and that all political connection between them and the State of Great Britain is, and ought to be, totally dissolved. That it is expedient forthwith to take the most effectual measures for forming foreign Alliances. That a plan of confederation be prepared and transmitted to the respective Colonies for their consideration and approbation."

**July 2, 1788** - Congress announced the United States Constitution had been ratified by the required nine states and that a committee had been appointed to make preparations for the new American government.

**July 2, 1881** - President James A. Garfield was shot and mortally wounded as he entered a railway station in Washington, D.C. He died on September 19th.

**July 2, 1964** - President Lyndon B. Johnson signed the Civil Rights Act of 1964, prohibiting discrimination on the basis of race in public accommodations, publicly owned or operated facilities, employment and union membership and in voter registration.

**July 3, 1775** – George Washington took command of the Continental Army at Cambridge, Massachusetts.

**July 3, 1863** – The Battle of Gettysburg ended.

**July 3, 1988** - Iran Air Flight 655 was shot down while flying over the Persian Gulf killing all 290 passengers aboard, after the U.S. Navy Warship *Vincennes* fired two surface-to-air missiles. A subsequent U.S. military inquiry cited stress related human failure for the mistaken identification of the civilian airbus as an enemy F-14 fighter jet.

**July 4, 1776** - The Declaration of Independence was approved by the Continental Congress.

**July 4, 1863**- Vicksburg, the last Confederate stronghold on the Mississippi River, surrendered to General Grant and the Army of the West after a six week siege.

**July 4, 1882** - The "Last Great Buffalo Hunt" began on Indian reservation lands near Hettinger, North Dakota as 2,000 Teton Sioux Indians in full hunting regalia killed about 5,000 buffalo. By this time, most of the estimated 60-75 million buffalo in America had

been killed by hunters who usually took the hides and left the meat to rot. By 1883, the last of the free-ranging buffalo were gone.

**July 5, 1775** - The Continental Congress adopted the Olive Branch Petition expressing hope for a reconciliation with Britain. However, King George III refused even to look at the petition and instead issued a proclamation declaring the colonists to be in a state of open rebellion.

**July 5, 1950** - Task Force Smith engaged and delayed advancing NKPA forces at Osan in the first U.S. ground action of the Korean War.

**July 7, 1898** - President William McKinley signed a resolution annexing Hawaii. In 1900, Congress made Hawaii an incorporated territory of the U.S., which it remained until becoming a state in 1959.

**July 8, 1776** - The first public reading of the Declaration of Independence occurred as Colonel John Nixon read it to an assembled crowd in Philadelphia.

**July 9, 1868** - The 14th Amendment to the U.S. Constitution was ratified. The Amendment defined U.S. citizenship and prohibited individual States from abridging the rights of any American citizen without due process and equal protection under the law. The Amendment also barred individuals involved in rebellion against the U.S. from holding public office.

**July 10, 1943** – During the night of 9-10 July, the Allied invasion of Italy began with an attack on the island of Sicily (Operation Husky). General Dwight D. Eisenhower labeled the invasion "the first page in the liberation of the European Continent."

**July 12, 1862** – The Medal of Honor was established.

**July 13, 1787** - Congress enacted the Northwest Ordinance establishing formal procedures for transforming territories into states. It provided for the eventual establishment of three to five states in the area north of the Ohio River, to be considered equal with the original 13. The Ordinance included a Bill of Rights that guaranteed freedom of religion, the right to trial by jury, public education, and a ban on slavery in the Northwest.

**July 15, 1918** - During the Battle of the Marne, German General Erich Ludendorff launched Germany's fifth, and last, offensive to break through the Chateau-Thierry salient. However, the Germans were stopped by American, British, and Italian forces. On July 18, General Foch, Commander-in-Chief of the Allied troops, launched a counter-offensive. The Germans began a retreat lasting four months until they requested an armistice in November.

**July 16, 1769** - San Diego was founded as the mission San Diego de Alcalá by Father Junípero Serra.

**July 16, 1945** - The experimental atomic bomb "Fat Boy" was set off at 5:30 a.m. in the New Mexico desert, creating a mushroom cloud rising 41,000 ft. The bomb emitted heat three times the temperature of the interior of the sun and wiped out all plant and animal life within a mile.

**July 16, 1969** - The Apollo 11 Lunar landing mission began with a liftoff from Kennedy Space Center at 9:37 a.m.

**July 17, 1882** - The U.S. Congress passed two statutes allowing for the enlistment of African-Americans but official enrollment occurred only after the effective date of the Emancipation proclamation on January 1, 1863.

**July 18, 1863** - During the Civil War, Union troops made a second attempt to capture Fort Wagner near Charleston, South Carolina. The attack was led by the 54th Massachusetts Colored Infantry, commanded by Colonel Robert Gould Shaw, who was killed along with half of the 600 men in the regiment.

**July 18, 1947** - President Harry Truman signed an Executive Order determining the line of succession if the president becomes incapacitated or dies in office. This became the 25th Amendment to the U.S. Constitution, ratified on February 10, 1967.

**July 19-20, 1848** - A women's rights convention was held at Seneca Falls, New York. The convention marked the beginning of an organized women's rights movement in the U.S.

**July 20, 1969** - A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon. As he stepped onto the moon's surface he proclaimed, "That's one small step for man, one giant leap for mankind".

**July 21, 1861** - The First Battle of Bull Run began.

**July 21, 1898** - Guam was ceded to the United States by Spain.

**July 24, 1945** - At the conclusion of the Potsdam Conference in Germany, Winston Churchill, Harry Truman and China's representatives issued a demand for unconditional Japanese surrender. The Japanese, unaware the demand was backed up by an atomic bomb, rejected the Potsdam Declaration on July 26.

**July 25, 1898** - During the Spanish-American War, the U.S. invaded Puerto Rico, which was then a Spanish colony. In 1917, Puerto Ricans became American citizens and Puerto Rico

became an unincorporated territory of the U.S. Partial self-government was granted in 1947 allowing citizens to elect their own governor. In 1951, Puerto Ricans wrote their own constitution and elected a non-voting commissioner to represent them in Washington.

**July 26, 1944** - The U.S. Army began desegregating its training camp facilities. Black platoons were then assigned to white companies in a first step toward battlefield integration.

**July 26, 1945** - The U.S. Indianapolis arrived at Tinian Island in the Marianas with an unassembled atomic bomb.

**July 26, 1948** – President Truman signed Executive Order 9981 officially ending segregation in the Armed Forces.

**July 27, 1775** – Birthday of the Army Medical Department and Medical Corps.

**July 27, 1953** - The Korean War ended with the signing of an armistice by U.S. and North Korean delegates at Panmunjom, Korea.

**July 28, 1932** - The Bonus March eviction in Washington, D.C., occurred as U.S. Army troops under the command of General Douglas MacArthur, Major Dwight D. Eisenhower and Major George S. Patton, attacked and burned the encampments of unemployed World War I veterans. About 15,000 veterans had marched on Washington, demanding payment of a war bonus they had been promised. After two months' encampment in Washington's Anacostia Flats, forced eviction of the bonus marchers by the U.S. Army was ordered by President Herbert Hoover.

**July 29, 1775** – Birthday of the Army Chaplain Corps and Judge Advocate General Corps.

**July 31, 1776** - Francis Salvador became the first Jew to die in the American Revolution. He had also been the first Jew elected to office in Colonial America, voted a member of the South Carolina Provincial Congress in January 1775.

**July 31, 1790** - The U.S. Patent Office first opened its doors. The first U.S. patent was issued to Samuel Hopkins of Vermont for a new method of making pearlash and potash. The patent was signed by George Washington and Thomas Jefferson.

**July 31, 1942** – The Army Transportation Corps was established.