



**AMERICAN  
LEGION**



## **American Legion Post 1995**

### **September 10<sup>th</sup>, 2024 - Defender Newsletter**

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



National WWII Museum – New Orleans

"War is mankind's most tragic and stupid folly; to seek or advise its deliberate provocation is a black crime against all men. Though you follow the trade of the warrior, you do so in the spirit of Washington -- not of Genghis Khan. For Americans, only threat to our way of life justifies resort to conflict." Dwight D. Eisenhower, USMA Graduation, 1947

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## Commander's Corner

**Mission BBQ catered our Post dinner** – At last month's membership meeting we began with a BBQ feast provided by our friends at Mission BBQ of Chantilly. Feeding over 20 hungry Legionnaires and Auxiliary, we enjoyed barbeque with all the fixings, and several side dishes. The host was Mission BBQ's outreach ambassador Maddy Farmer. She gave the Post an update of all the upcoming 911 memorial and veterans recognition events they have planned. Of note, Mission BBQ was a generous contributor of a gift basket and 20 sandwich vouchers in support of the Department's Convention in July.

**Post Recognizes Firefighter of the Year** – We had the honor of recognizing Firefighter of the Year Christopher Wolf of Western Centreville Station 438. A firefighter and EMT with five years' experience he is dual qualified, but also certified on a variety of heavy equipment and is trained in additional skills. He was singled out because of his community outreach and personal skills in dealing with the citizenry of Fairfax County. Chris' entire Watch and many members of his family attended the presentation of a Certificate of Commendation and a Legion Thank You coin by our Judge Advocate Mike Reilly.



Mark Miller, FF Christopher Wolf, Mike Reilly

**Five Year Plan** – Under the leadership of 1<sup>st</sup> Vice Commander Dave Benson, your executive committee is beginning the process of mapping out the next five years for your post. We are reviewing membership, community engagement, internal engagement, infrastructure, and leadership. Our recruiting may take us over 200 members and transform us into a medium sized post per the metrics of the Department of Virginia. We are thinking about what that should mean for us and what we should do about that. This next year will be our 30<sup>th</sup> anniversary and we are planning special and commemorative events for that birthday. We are also looking for a “home base”, not a post home, but a place where we can belong and have access to social quarters on an ongoing basis. If you have ideas, we want to hear about them so please send them in or better yet come to a membership meeting.

**Boy Scouts Recognize Post** – Each year in the spring, the Sully District of the National Capital Area Council of the Boy Scouts recognizes outstanding district Scouters at a desert

banquet and awards ceremony. This year Post 1995 was recognized as the Outstanding Chartered Partner of the Sully District (out of 20 + partner organizations) for our long-term support of Troop 1995 and the establishment of Troop 1995 G. Our 3<sup>rd</sup> Vice Commander, Jim Robison, attended and presented our Legion Citation of Appreciation to an outstanding Scouter for service at the District level. This year's honoree was Ron Campbell, Chair of the District Eagle Scout Board.



Sully District certificate

**105<sup>th</sup> National Convention** – As they say way down yonder in New Orleans, they are “Built to Host”. The Big Easy played wonderful hosts to our National Convention for seven days at the end of August. Post Commander Randy Young served as an Alternate Delegate from Virginia from 23 to 28 August 2024. He attended the Nation Security Conference, which was personally addressed by National Commander Seehafer, the Patriotic Memorial Service, and the Virginia Delegation’s caucus. At the caucus we were addressed by incoming National Commander Jim LaCoursiere of Connecticut. The general session on Tuesday featured our national youth champions in baseball, Scouting, oratorical, the Boy’s State National President, and our outstanding marksmen (young women actually). These young people all were shiny pennies, which gives us tremendous hope for the country’s future. Junior enlisted members were recognized for community service. Among the speakers were the Chief of Space Operations, two Medal of Honor recipients, and the Governor of Louisiana. Neither candidate for President attended or gave prerecorded remarks. What makes New Orleans a special venue in addition to the cuisine is the world class World War II Museum. The Legion family held a special social event and tour on Sunday evening. We were entertained by an excellent 40-piece band from Minnesota and the Victory Belles, a harmonious trio of ladies harkening back to Big Band music of the era. If you have a chance to attend the National Convention in Tampa during August next year, please go. It will be worth your time.



**BE the ONE** – The Commander of Post 177 in Fairfax will announce soon a suicide prevention seminar to be held at the Fairfax Post on Sunday, September 29<sup>th</sup> at 2 PM. Our new National Commander, Jim LaCoursiere of Connecticut has reaffirmed his commitment to maintain the Legions Be the One campaign as a long-term initiative that he will fully support. ASK a Veteran in your life how they are doing. Then ask how they are doing today. Remember: dial 988 then #1 to ask for help for yourself or another Vet.



Join Post 177 and Be Smart for a screening of the short impact film Merit x Zoe followed by a discussion about suicide and mental health.



Merit and Zoe, two female veterans and best friends from the Army, who are at odds but inexorably connected. We see how their words and actions have profound impacts on each other's lives. And how something as simple as talk therapy can make the difference between life and death.



**September 29, 2024**  
**2:00 pm**  
**3939 Oak St**  
**Fairfax, VA 22030**



Light refreshments following the program

**Please RSVP**

at <https://www.signupgenius.com/go/10C0A4CA4A62EABF9C70-51143927-betheone>

### **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)

### **Women in Military Service for America Memorial Foundation**

The president of the foundation, Phyllis J. Wilson, spoke to the 105th **American Legion** National Convention in New Orleans on Aug. 28 about its mission and the Military Women's Memorial. To learn more visit the foundation's website here:

<https://womensmemorial.org/> To learn how you can add to its database with your story visit his link: <https://womensmemorial.org/make-herstory/>

### **Ox Hill Battlefield Wreath Laying**



Randy Young, Jim Robison, and Bob Barrs

### **American Legion National Membership Impact Report – August**

[https://www.legion.org/sites/legion.org/files/legion/membership-impact-report/AUGUST24\\_Impact%20Report.pdf](https://www.legion.org/sites/legion.org/files/legion/membership-impact-report/AUGUST24_Impact%20Report.pdf)

To review the impact report archives back to November 2018, see this link:

<https://www.legion.org/membership/impact>

The Auxiliary's Girls State program in Indiana was featured on the CBS Sunday Morning program (August 25<sup>th</sup>). Jane Pauley attended the Hoosier state's Girls State program in 1968.

## Boys State/Girls State

One of our sponsored attendees to the 2024 Boys State was Narayana Sundarajan – Westfield High School. He provided an overview of his experience and answered questions. He felt it is a very worthwhile and educational program and was happy to have had the opportunity to learn more about our political system and how laws are formulated.



Jane Pauley at Hoosier (Indiana) Girls State



Narayana Sundarajan – Westfield HS

YouTube Link: <https://www.youtube.com/watch?v=7vpMNNyyDhg&list=UULFVT1tPkR-fUVIO652EcO3ow&index=13>

Facebook/Instagram Links:

[AMERICAN LEGION AUXILIARY HOOSIER GIRLS STATE - Home \(alahgs.org\)](https://www.alahgs.org)

## American Legion Baseball – 2024 World Series

The 97<sup>th</sup> American Legion World Series was held last month (August 15-20<sup>th</sup>) at Veterans Field, Keeter Stadium in Shelby, N.C, the permanent home of the series since 2011. Shelby is Chaplain Al Schenck's hometown, and he attended several games this year. A team (Post 1) from Delaware made history by being the first team from that state to win the title. <https://www.legion.org/baseball>



Entrance to the American Legion Keeter Stadium (photo Al Schenck)

## Coast Guard Birthday – August 4<sup>th</sup>

Created in 1790, the Coast Guard is not only one of the oldest organizations of the federal government, but it was also the [first naval service](#) until the Navy was established eight years later. Semper Paratus (Always ready) [militarybyowner.com](#) blog



Coast Guard veteran and Post Vice-Commander David Benson with celebratory CG birthday cupcakes.

## A Walk in Walney Park



Chaplain Al Schenck with Sully District Supervisor Kathy Smith during her annual “Annual Walk in the Park” at Walney Park in Centreville. The two-mile walk’s purpose is to inform attendees about the Park’s history, upcoming events, and the new Woodlands Stewardship Education Center. Approximately 20 residents participated in the walk.

## VA Sets Up Fraud-Watch Call Center

The Department of Veterans Affairs has established both a web site – [VSAFE.gov](https://www.vsa.gov) – and a toll-free telephone number – 1-833-38V-SAFE (1-833-388-7233), to educate veterans and their families about scams targeting their benefits, and serve as a clearinghouse to report fraud or suspected fraud. To learn more click on this link: <https://www.fedweek.com/armed-forces-news/va-sets-up-fraud-watch-call-center/> (Source FEDweek, August 29, 2024)

## Membership Update

Our current membership status as of September 5<sup>th</sup> is 82 renewals (online/mail) and 51 (Paid Up for Life) PULFs. National set our membership goal for 2025 at 198 which is a 9% increase over 2024 of 180. We are current at 67.17% 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, plus 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 raised 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.

## National Commander's Incentive Program

Every Legionnaire is a recruiter...to get your National Commander's "Be the One" dog tag coin, just recruit three new members for 2025. This a link to the form:



[https://www.legion.org/sites/legion.org/files/legion/documents/LACOURSIERE\\_THREE%20ONE%20MEMBER%20INCENTIVE%20FORM.pdf](https://www.legion.org/sites/legion.org/files/legion/documents/LACOURSIERE_THREE%20ONE%20MEMBER%20INCENTIVE%20FORM.pdf)

## **Military Question of the Month**

In all of history, what was the most feared army of all time?

Please send your response (guesses not Googling!) to David Benson at [warren.d.benson@gmail.com](mailto:warren.d.benson@gmail.com). The winner will receive a military-themed challenge coin.

## **dcmilitary.com**

<https://www.dcmilitary.com/>

I encourage you to check out this website for military related guides, events, newsletters, and general information of interest to veterans and local military families.

## **National Emergency Preparedness Month**

Do you have an emergency and recovery plan? If not get started or update as this is National Preparedness Month. With more powerful and frequent natural disasters — even affecting areas where they weren't typical — you might have something like “update or make my emergency plan” on your to do list. The FTC has information and tools to help you avoid fraud as you prepare and recover from an emergency. And this National Preparedness Month we're partnering with FEMA to bring you free webinars in English and Spanish with step-by-step guidance to get ready. [Do you have an emergency and recovery plan? Get started or update it this National Preparedness Month | Consumer Advice \(ftc.gov\)](#)  
(Source FTC, August 30, 2024, Gema de las Heras)

### **Additional Suggested Resources:**

**Ready.gov:** <https://www.ready.gov/september>

### **National Weather Service:**

<https://search.usa.gov/search?v%3Aproject=firstgov&query=Virginia&affiliate=nws.noaa.gov>

**EPA:** <https://www.epa.gov/natural-disasters/september-preparedness-month>

**FEMA:** <https://www.fema.gov/locations/virginia>

Information on how to protect/restore possessions after a disaster impacts your home:  
<https://www.fema.gov/disaster/recover/save-family-treasures>

**Virginia Department of Health:** <https://www.fema.gov/locations/virginia>

<https://www.vdh.virginia.gov/emergency-medical-services/national-preparedness-month/>

**Virginia Department of Emergency Management:** <https://www.vaemergency.gov/>

**Veterans Administration:**

<https://news.va.gov/108579/national-preparedness-month-now-is-the-time/>

**Fairfax County:** <https://www.fairfaxcounty.gov/neighborhood-community-services/september-national-preparedness-month>

**Final Thought:**

*“Happiness depends more upon the internal frame of a person's own mind than on the externals in the world.” George Washington*

**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/>

**Access the Emblem Sales store here: Catalog:** <https://emblem.legion.org/pdfs/2024-catalog.pdf> Online Store: <https://emblem.legion.org/>

**This Month in History:**

September 2024

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

## October 2024

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



## **Auxiliary News**

2025 Dues can be collected now. \$45 in the form of a check to ALA Centreville Unit 1995 or cash please. Thank you.

We will start planning our bake sale items. Bring recipes, decoration ideas, other items we can sell. We will also decide who the funds will benefit.

The 17<sup>th</sup> District Leadership Workshop will be held at Vienna Unit 180 on Saturday, October 19<sup>th</sup> from 10a.m.-12 p.m.

We are also collecting food donations for the Western Fairfax Christian Ministry Food Bank. See attached list of needed items. Bring items to meeting with you.

### **CURRENT MARKET NEEDS--**

#### **Food & Beverages:**

Flour   Canned Chicken   Vegetable Oil   Pancake Mix   Pasta  
Sugar (1 or 2 lb. bags)   Cereal (low sugar preferred)   Pasta Sauce  
Family Sized Snacks (pretzels, crackers, etc.)

#### **Toiletries:**

Body Wash   Toothpaste   Hair Shampoo   Toilet Paper   Baby Wipes  
Bar Soap   Large size Pull-ups (4T/5T for Toddlers)   Size 6 Diapers

**NOTE: Toiletry items cannot be purchased by our clients with SNAP. Only size 6 diapers and large pull-ups are needed.**