



 **AMERICAN
LEGION**



American Legion Post 1995

April 23rd, 2026 - Defender Newsletter

Monthly Military Quote

“If everyone is thinking alike, then somebody isn’t thinking.” Patton’s warning against groupthink particularly as it relates to battlefields and predictable tactics...*General George S. Patton.*

Photo of the Month



Revolutionary War reenactors preparing for the George Washington parade in Alexandria.

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Commanders Corner



"Th' hell this ain't th' most important hole in the world. I'm in it."

Annual Reporting Time – This is the time of year we are required to report all the good stuff we have done for Veterans and our communities. Take a minute to jot down what you did, even if it was not directly related to Legion business and send it in. Adjutant Steve Hunter will provide more guidance later in the newsletter. You have done the work now to help us get a little credit.

Female Veterans Wine Tasting Social — Again this year we will have a wine tasting event at the Winery at Bull Run on Wednesday afternoon June 3rd from 4 to 7 PM. This event is just for our female Vets and ladies who may be prospective members of Post 1995. More on this from 1st Vice Commander Chris Torelli in the near future.



Post Veterans attending our first Women Veterans Social in 2025

Officers Needed for Vice Commander – Our 1st Vice Commander Chris Torrelli will be retiring to South Carolina very soon. Our Post needs a willing Legionnaire to step into his flip flops. The 1st Vice coordinates our social calendar arranging social events at Veteran friendly venues each quarter. I know some of you can do this so please contact me to do this service to our Post. Write me at rsyoung47@gmail.com to get the information you need to make a decision.



Social at a local restaurant

District Spring Conference – The Stormin’ 17th District held their spring conference at Post 176 in Springfield on Sunday March 15th. Department Sergeant-at-Arms and Post Adjutant, Steve Hunter, gave the Americanism report. I gave the Scouting report and also reported on my activities as Vice Commander for Posts 177, 180 and 184. The Stormin’ 17th continues to lead the Department in membership recruiting and retention.

Junior ROTC Awards Presented – On Saturday, April 11th the Chantilly Academy conducted their annual pass in review and awards ceremony at Chantilly High School. Post 1995 presented calligraphed, framed certificates and medals to two cadets. The award for general excellence was given to Cadet Major Adam Carroll and the award for scholarship went to Cadet Captain Julia Hyun. This impressive ceremony is open to the public and all of you are welcome to attend.



Commander Youth with Cadets Adam Carroll and Julia Hyun

District Nominating Convention – On April 13th at Post 180 in Vienna the Stormin’ 17th held its annual district officers nominating meeting. Nominated for three positions of Vice Commander were Eric Parkhurst (177 Fairfax), Kevin Gaddis (176 Springfield), and Randy Young (1995 Centreville). Nominated for Senior Vice Commander was Marty Pfeiffer (24 Alexandria). Nominated for District Commander was Henry Dorton (24 Alexandria). All nominees were accepted by the delegates in attendance and will be on the ballot for the District Convention in June.

No Host Social at Mission BBQ – Planned by 1st Vice Chris Torrelli, we held our quarterly social event at Mission BBQ in Chantilly on March 19th. Our host Tim and his staff took great care of us. We transacted almost no business, told war stories, and had a great time enjoying each other's company. The Auxiliary and spouses were in attendance and enjoyed a night out with no cooking or cleanup. All members of the Post 1995 Legion family are invited and welcome.

BE the ONE – In the American Legion magazine last month a Veteran wrote about transitioning from active duty to civilian life. He emphasized the immediate isolation of Vets experience when separating from the structure of military service. He emphasized this is a major stressor leading to suicidal ideation. They are cut off from the routine and comradery military life and thrust into a civilian world where no one is counting cadence and where many Vets report feeling invisible. They do not call it separation anxiety for nothing! We need to be mindful that this is a perilous time for the recently retired Veteran. So, REACH out when a Veteran is struggling. Remember: dial 988 then #1 to ask for help for yourself or another Veteran.



American Legion National Commander

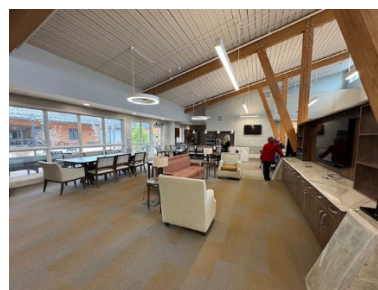
Listen to National Commander Dan K. Wiley's message celebrating the Legion's 107th birthday. [Message](#)

Puller Veteran Care Center (PVCC)

The PVCC is one of three state Veteran nursing homes in Virginia and is Located at the former Vint Hill Army base between Warrenton and Gainesville. Here is a direct [link](#) to the center's webpage. Auxiliary Unit 1995 coordinated a tour of the facility in March with several Legionnaires attending. This is a state-of-the-art care facility with a capacity for 128 residents.



Entrance sign to the Puller Veteran Care Center



Lounge and dining area



Carol Campbell Dept of VA Auxiliary President, Patty Caggalino, Fran Robison, Nancy Ward, Lenor Given, Tammy Parks, Karen Hunter, Judy Farabaugh, and Steve Hunter (photographer Mike Farabaugh)

Col. William H. Dabney (Son-n-law to LTG Chesty Puller)

The Puller's family history is extraordinary which is one reason why the new Virginia Veterans Care Center is named after them. In addition, Dabney earned his own recognition to add to their family history of service as a Marine. Learn more about his service [here](#). (Source: Military.com, January 26, 1926)

Post 1995's Presentation and Nomination to Department for Police Officer of the Year Award



Randy Young, Patrolman Blain Benner and family, Major Jane Russell, Cpt Anthony Stancapiano, and Department Commander Scott Maddrea

Post Everlasting

David “Mark” Sather, a former Post member and neighbor to several Post members passed to Post Everlasting. His obituary may be found [here](#).

American Legion Online Training - [American Legion Extension Institute \(ALEI\) Online](#)

Learn more about the Legion with this online, “Basic Training” self-paced course. It covers the Legion’s history and organization, Veterans Affairs and Rehabilitation, National Security, Americanism, Children and Youth, how all these pieces fit together. There are mini quizzes after each section and an exam at the end to test your learning, which is all good. So, go ahead and challenge yourself!

News You Can Use:

Protecting your personal information: Which documents to keep and which to shred

<https://consumer.ftc.gov/consumer-alerts/2025/06/protecting-your-personal-information-which-documents-keep-which-shred> (Source: Federal Trade Commission (FTC), June 10, 2025, BCP Staff)

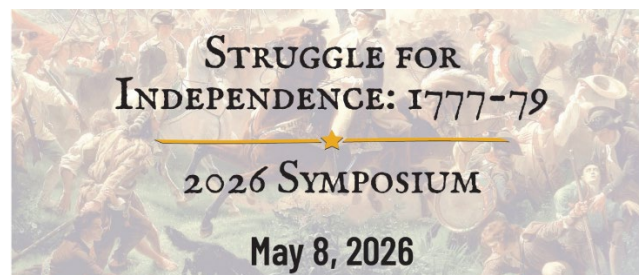
Scam of the Month

Each month a scam alert will keep you updated on current scams to be aware of: This month’s feature is about a scam text of a traffic violation. https://www.militaryconsumer.gov/blog/text-about-traffic-violation-probably-scam?utm_source=govdelivery (Source: April 14, 2026, Military Consumer/FTC, BCP Staff)

SS, VA, and IRS Ends Paper Checks – If you are still getting paper checks from these agencies....prepare now!

Starting Sept. 30, Social Security, veterans benefits and IRS payments will only be sent electronically. Most folks already use direct deposit, but if you’re still getting checks, you’ll need to either [open a bank account](#) or request a Treasury-issued debit card by calling 800-967-6857.

Military History



The Army's National Museum will be presenting a one-day symposium focused on the Revolutionary War from 1777 to 1779. Scheduled presenters include notable authors and historians—Kevin Weddle, Gary Ecelbarger, Rick Herrera, Mark Malloy, Iris de Rode, William Griffith, Michael Harris, and Larrie Ferriero.

This free symposium and the special exhibition, "CALL TO Arms: The Soldier and the Revolutionary War," are part of the museum's commemoration of the Army 250 and America 250 anniversaries. At this link [Learn More](#) you will also find information about other learning opportunities on May 7th and May 9th. The latter includes a walking tour of Alexandria.

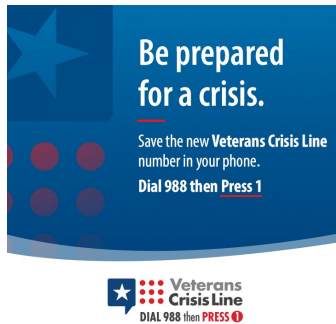
Membership Update

We currently are at 104.59% of our 2026 membership goal of 196 members with 205 countable members. I thank all those who have joined, transferred into, and/or renewed for 2026.

If you have not renewed, you may renew by mailing the renewal letter or preferably 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 chairperson.

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 get 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.



Final Thought:

"The day the power of love overrules the love of power, the world will know peace."
- Mahatma Gandhi

Free Flags - The Post has a considerable number of lightly used U.S. flags of assorted sizes from 2'-5"x 3' to 6'x 10' available to any Post member who needs to replace their house flag or need one for a special occasion. 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, among others.

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.

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

April 2026

April* is the Month of the Military Child: [Month of The Military Child 2025](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9 National POW Recognition Day	10	11
12	13	14 Air Force Reserve Birthday	15 Purple Up Day*	16	17	18
19	20 Easter	21	22 Earth Day	23 Post Meeting Army Reserve Birthday	24	25

26	27	28	29	30		
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Link Source: <https://veteran.com/military-calendar-holidays-events-observances/>

May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 National Day of Prayer	8	9
10 Mother's Day	11	12	13	14	15	16
17 Armed Forces Day	18	19	20	21	22	23
24	25 Memorial Day	26	27	28	29	30

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

