



American Legion Post 1995

May 13th, 2025 - Defender Newsletter

Monthly Military Quote

“However [political parties] may now and then answer popular ends, they are likely in the course of time and things, to become potent engines, by which cunning, ambitious, and unprincipled men will be enabled to subvert the power of the people and to usurp for themselves the reins of government, destroying afterwards the very engines which have lifted them to unjust dominion”....George Washington (an excerpt from his farewell address, September 17, 1796) Here’s the complete farewell address:

<https://founders.archives.gov/documents/Washington/05-20-02-0440-0002>

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Please note the Auxiliary’s Summer Food Drive

Commander’s Corner

Memorial Day – Unlike Veteran’s Day which recognizes all Vets, or Armed Forces Day which recognizes those currently serving, Memorial Day recognizes all those who lost their life in service to our country in all wars. This day makes me think always about a young Marine Lieutenant, David J. Bruggeman, with whom I served on MACV Advisory Team 155 in Quang Tri, South Vietnam. During a hasty evacuation under fire Dave gave his helmet to one of his Marines who had lost theirs. And, yes, David soon after suffered a fatal head wound and died in the line of duty being a good Marine officer. Let us remember all those we knew who are no longer answering the muster roll. Also see Memorial Day weekend events/activities noted later in this newsletter.

District Nominating Convention – On April 14th the “Strategic” 17th held their annual nominating convention at Vienna Post 180 to select a slate of qualified officers to lead the District in Legion year 2025 – 26. A slate of officers will be brought to a vote at the District Convention on June 1st at Post 177 in Fairfax where all active Legionnaires present will elect their fellows to lead them next year. Guillermo Guillen of Post 180 is nominated to be the next District Commander and Henry Dorton to be the Senior Vice Commander. Resolutions from four Posts were read for three positions of Vice Commander. When the votes were counted by our Credentials Chair, Linden Dixon, your Post Commander was reelected to serve another term. With the addition of Dave Wallace from Post 180, Randy will no longer have the honor of running the 50-50 Raffle! All Legionnaires are invited to attend the District Convention.

Post 1995 Elections – As I wrote here last month, you are invited to serve in an elected officer position in Post 1995. We will hold elections at the membership meeting on May 13th at the Sully Government Center. The slate of officers who have served you this past year have agreed to continue to serve in their same positions for Legion year 2025-26. Please come out to cast your vote for your leadership or bring your own nomination to the floor.

This table lists the Post officers nominated for 2025-2026

POSITION	NOMINEE	WRITE IN	YES	NO
COMMANDER	Randy Young			
ADJUTANT	Steve Hunter			
1 ST VICE COMMANDER	David Benson			
2 ND VICE COMMANDER	Chris Torelli			
3 RD VICE COMMANDER	Jim Robison			
FINANCE OFFICER	Tom Joplin			
SERVICE OFFICER				
JUDGE ADVOCATE	Mike Reilly			

You must attend the May General Membership Meeting to vote in person.
Ballots will be available at the meeting.

Youth Cadet Law Enforcement Academy – Every June right after school lets out 50 young people gather from all over the commonwealth at the Virginia State Police Academy in Richmond. These rising seniors must have an interest in a law enforcement career and this year Post 1995 has a candidate! Jeff Otero of Herndon High School has applied and been accepted by the YCLE Academy Director, Bill Feasenmyer. Jeff was nominated by his teacher at the Chantilly High School law enforcement career program, Phil Leger. Phil is an alumnus of American Legion baseball in his native New York and was quick to support our search for a candidate. Mr. Otero is already enrolled in the Fairfax County Police Public Safety Cadet Program. Jeff is well qualified and very excited to attend the 2025 Academy.

Our Boys of Summer – We have just received the season schedule for the 17th District Legion Baseball league. Once again, this year Post 1995 will sponsor a team from Arlington for this competitive 21 game season. An All-Star Game is planned for the 4th of July. Please come out and support these fine young men when you can and introduce yourself as a Legionnaire to Coach Jason Muccio, and his staff. The first pitch will be thrown out at Lake Braddock High School field at 3 o'clock on June 1st. The entire schedule can be found in this issue of the Defender. Suggest printing the schedule for a ready reference. We wish our team all the best and hope they win one more game than last season when they were the runner-up to the District champions of Post 180. This year is the 100-year anniversary of American Legion Baseball!



BE the ONE – I have written in this article in the past the sad statistic that more veterans have died of suicide than from combat in our recent wars in Iraq and Afghanistan. As we think about the fallen on Memorial Day let us rededicate ourselves to prevent any more losses after the fight. All kinds of information and instruction can be found at **betheone.org** Look for opportunities to REACH out when a Veterans is struggling. Remember: dial 988 then #1 to ask for help for yourself or another Vet.

Women Were Vietnam Veterans Too

The author of this article is a member of American Legion Post 24 in Alexandria.

<https://thezebra.org/2025/03/03/women-were-vietnam-veterans-too/>

Source: Zebra New, March 3, 2025, Donna Reuss

Women Veterans No Host Social (This is a women's only Veteran event)

On Tuesday 3 June, there will be a Post 1995 Women's Veterans No-Host social at Bull Run Winery in Centreville (off route 29S), from 1600-1900. Depending on the weather, we will set up in the main inside area, or on the outdoor covered patio. Food is available, but you can bring your own nosh if you like. Wine may be had by the glass, or you can do a tasting at the bar. We hope to see as many women Veterans as possible at this event to share camaraderie and good wine.

The next all-hands social will be announced in the June Post newsletter.



Bull Run Winery

Recruiting at the Coast Guard Exchange

The Post will hold its Spring recruiting effort on Armed Forces Day, May 17th from 10:00-17:00 at the Coast Guard Exchange in Centreville. It should be a busy day as the exchange will be holding a 20% off coupon sale. Some high end items, alcohol, guns/ammo are excluded. Coupons are available now in the store for pickup, but are only valid on the 17th. We need volunteers throughout the day to help support recruiting new members to the Post. Everything needed will be provided, all we need is you and your Legion hat/polo shirt, if you have one. A staffing spreadsheet will be available for sign-ups at the May meeting or you may email me with what two-hour block you can help. geoshunter@aol.com



Flag Day (June 14th) Educational Outreach

The Flag Day educational event will be held on June 14th (Flag Day) at the Chantilly library (4000 Stringfellow Rd, Chantilly, VA 20151) from 10:00-13:00. It's also the Army's 250 birthday, so we will have an Army flag prominently displayed along with the other smaller service flags. The plan is to do everything outdoors, but should it rain, we also have the large meeting room in the library reserved. Joining us to educate the public about our American flag will be staff from the library, Daughters of the American Revolution, and Auxiliary Unit 1995. To staff this even we need Legion volunteers to help to demonstrate how to properly raise and lower the flag on poles typically found at most schools, how to properly fold the flag, how to care and clean flags. I will bring flags of many sizes to give away plus have some historical flags to fly as well. The library will advertise the event through its media channels and I will submit news releases for the Patch, Nextdoor, and the Connection one to two weeks ahead to promote the event. A sign up roster will be available at both of our May and June meetings. Your help is needed to help make this a success and determine if this should be an annual flag education activity.

The American Legion's Government Affairs Office in D.C. continues extensive work on behalf of our Nation's Veterans

<https://www.legion.org/information-center/news/commander/2025/may/acting-with-resilience-and-persistence-for-veterans> (Source: The American Legion, May 1, 2025)

National Membership Impact Report for April 2025

<https://www.legion.org/about/reports/membership-impact>

Veterans Connect

One member of the Post has recently started volunteering with this group and has found it rewarding...maybe it could be of interest to your too.

The Veterans Connect program recruits veteran volunteer drivers to provide transportation to elderly Veterans in Fairfax, Loudoun, and Prince William Counties. Volunteer drivers, Veterans, and military supporters alike, use their own vehicles to offer "*more than just a ride*" to nearby veterans in need. The program works closely with NV Rides and many local



service organizations who receive ride requests from local Veterans. Far too many Veterans in Northern Virginia need help with rides to access healthcare, food banks/grocery stores, and other important appointments. With the help of volunteer drivers, we can combat this growing transportation crisis and help those veterans most in need.

Thank you for your support helping to promote this program, and for sharing our critical need for volunteer drivers.

To learn more, please contact: **Luke Frazza** - Program Outreach Manager
lfrazza@datatrans.org or **703-819-3459**

Military Appreciation Week

Chick-fil-A Military Appreciation Night

Chick-fil-A's military appreciation night is Wednesday, **May 14th** at the Dulles Expo Center and the Chantilly store on Route 50. The event is scheduled for **17:00-20:00**. All active duty and veterans to include family members are encouraged to stop by for a free meal. These stores will not host a parking lot event as they have done in years past.

Mission BBQ

Mission is offering FREE sandwiches **May 12-16**, between **11:00-14:00**...see the flyer attached to this month's email for details. This offer is **ONLY** for the sandwich, sides and drinks will cost you, but it is still a very good deal!

This YouTube video is of a Family (Mom) Sponsor to military academy cadets and how her service has impact one woman with a Mission BBQ connection:

<https://www.youtube.com/watch?v=DTZdofjE2Ng>

Six Flags America (Baltimore/Washington, DC)

Memorial Day Events Around the Commonwealth

The Virginia Department of Veterans Services is hosting four 2025 Memorial Day Ceremonies at Virginia State Veteran Cemeteries. <https://pcpatriot.com/virginia-department-of-veterans-services-to-host-four-2025-memorial-day-ceremonies/>



(Source: Pinterest)

American Legion Post 139 Arlington hosts Memorial Day weekend art exhibit

American Legion Post 139 in Arlington is sponsoring an art exhibition on Memorial Day weekend. Attached to this email is the press release for the event along with a flier. If you or you know of any Veterans who is an artist and may be interested in participating, please contact Patrick Sergeant (phone number is on the press release). He will be able to answer any question you may have related to the exhibition. You should have another week or so to contact him and register for the event. <https://www.arlnow.com/2025/04/23/american-legion-post-plans-new-memorial-day-art-exhibit-in-va-square/>

Rolling to Remember 2025 (Patriot Harley Fairfax)

https://www.fxva.com/events/rolling-to-remember/?WVTT=PPC&utm_source=Fairfax&utm_medium=Email&utm_campaign=Locals&goal=0_7ce30ef6ad-da83edeccc-125558187

Colonial Williamsburg

On either Memorial Day weekend or Veterans Day weekend, Colonial Williamsburg offers complimentary admission once annually for active-duty military, Reservists, National Guard personnel, retired military and veterans and up to three direct dependents.

Busch Gardens (Also in Williamsburg)

Busch Gardens parks will honor Military Appreciation Month with free one-day admission for U.S. military veterans and up to three guests. Veterans can register for this offer through May 11 and have until July 6 to visit the parks with their free tickets.

Department of Virginia Convention July 9-13 / Hilton Washington Dulles Hotel

The Department's annual convention is where the new Department and District officers are installed for the 2025-2026 year. The convention is located just a short drive-up Route 28 to the hotel. If you have never been to one, please consider attending at least on Saturday when most of the action occurs.

Here's the link to registering and signing up for some of the extra events:

<https://valegion.org/tools-and-media/upcoming-events/>

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

NMUSA will host a symposium titled "Revolutionary War 250, The Early Years", focusing on the first two years of the American Revolution, on Friday, May 30, 2025, from 8:30 am to 5:00 pm. The symposium highlights the 250th anniversary of our nation's founding, and the opening of a new special exhibit, "Call to Arms: The Soldier and the Revolutionary War". The symposium will be held in Veterans' Hall, on the 3rd floor of the Museum, and will also be broadcast on Zoom. The symposium includes a sneak preview of the new exhibit which opens in June.

There will also be a panel discussion, "America at 250: Toward an Inclusive Commemoration" broadcast via Zoom on Thursday, May 29, from 7:00 pm to 8:00 pm.

There is no charge for either the symposium or the panel discussion, however registration is required.

You may register on the NMUSA website at [National Museum of the United States Army](https://www.armymuseum.gov/).

Military Photo of the Month



As the saying goes...don't try this at home!

Here's a YouTube video of the operation:

[Check Out This Marine CH-53K Carrying An F-35C While Refueling From A KC-130T](#)

Annual Reports

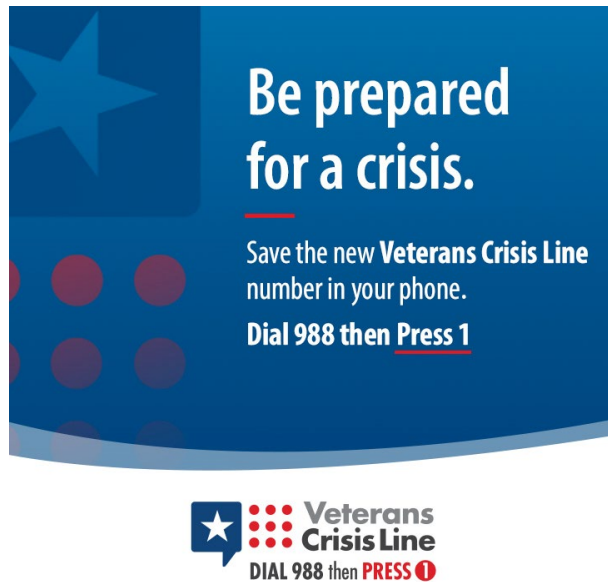
Annual Reports will be emailed to the Department on May 15th to meet its suspense. That means I still have time to add your volunteer hours and donations you made over the past year. The more we capture your support to fellow Veterans and our communities the better our reports will be. These reports, when combined with all the other Posts throughout the country demonstrate the impact the Legion has to the benefit of our country and to Veterans as a whole. But to do that your submissions are critical, even if it's just one thing you did or charity you contributed too. I will be standing by for you emails.

2025 Washington Conference - The Legion's Agenda for Congress - Open this link to review the top level issues the Legion's legislative office advocated for on our behave: <https://www.legion.org/information-center/news/legislative/2025/january/the-legions-agenda-for-congress> To learn more you can also download the Legislative Agenda for the 119th Congress. Karen Hunter, a member of the Post's Auxiliary, attended as the Department of Virginia's legislative chair. She spoke directly with Senator Warner and several other legislator's out of our area to advocate for the Legion's legislative priorities to include the federal workforce which include many Veterans. Karen's picture and quotes are in the May issue of the Auxiliary's magazine.

Helmets for Heroes

This is the Department of Virginia's Commander's project this year to raise funds for the Legion's Veterans and Children Foundation. The helmets are actually "piggy banks" for donations. This is a yearlong effort with the collected funds being donated to National at the 2025 National Convention in Tampa. A helmet will be at all Post meetings/events. If you have a location that would support this project, let me know as I have ten. A helmet will be at all Post events for your contributions.





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

News You Can Use:

It is Tick Season

Your Guide to Tick Prevention: <https://www.fairfaxcounty.gov/news/your-field-guide-battle-ticks> This Fairfax County guide is your go to source for information on ticks, what they look like, ways to prevent bites, how to remove them, how to keep ticks out of your yard, what tick-borne disease symptoms to look for and other medical information. (Source: Fairfax County, May 9, 2025, Email Alert)

Virginia's Department of Veteran Affairs

If you or you know of a Veteran looking for a new job, check out the May Connection Newsletter at this link:

https://lp.constantcontactpages.com/cu/OJ0TNlz/TransitionConnection?source_id=2b1ea37b-cae4-4e8d-a01a-6043f3f39c56&source_type=em&c=ceWf8oHkufp8DLoFpqOmpuw_cnEkt2rqo94_s6Alyl0EdNRWPf0nzA==

The American Legion Identity Verification System

The American Legion Identity verification system is one of only two that Veterans can use to access **VA** websites and apps. Get all the details on this Legion webpage:

<https://www.legion.org/information-center/news/veterans->

[healthcare/2025/march/resources-available-for-veterans-needing-to-create-idme-account](#) (Source: The American Legion, March 4, 2025)

A New Vietnam War Documentary Series from Apple TV+ Gets Personal with Veterans and Civilians

https://www.military.com/off-duty/television/2025/01/21/new-vietnam-war-documentary-series-apple-tv-gets-personal-veterans-and-civilians.html?ESRC=eb_250122.nl&utm_medium=email&utm_source=eb&utm_campaign=20250122

As REAL ID Enforcement Approaches, TSA Says Military IDs Still Valid for Domestic Airline Travel

https://www.military.com/daily-news/2025/04/28/real-id-enforcement-approaches-tsa-says-military-ids-still-valid-domestic-airline-travel.html?ESRC=mr_250505.nl&utm_medium=email&utm_source=mr&utm_campaign=20250505 (Source: Military.com, May 5, 2025)

Hearing Aid Manufacturer ReSound Develops New App to Relieve Tinnitus Symptoms

https://www.military.com/veteran-jobs/hearing-aid-manufacturer-resound-develops-new-app-relieve-tinnitus-symptoms.html?ESRC=mr_250505.nl&utm_medium=email&utm_source=mr&utm_campaign=20250505 (Source: Military.com May 5, 2025)

Citizens Advisory Committee Meeting

Attend monthly CAC meetings to learn more about the FCPD and get to know the police leadership for the Sully District and get the most current information about crime in the District. This is a reportable event for our annual Americanism report.

This month's meeting will feature a presentation by the FCPD **Threat Assessment and Management Unit (TAM Unit)**. This unit assesses individuals progressing towards targeted violence or terrorism using a multidisciplinary approach. Comprising law enforcement, mental health professionals, legal advisors, and community service personnel, the team evaluates threats, coordinates resources, and develops interventions to mitigate risks. By modeling national best practices, the unit ensures effective, evidence-based strategies.

COMMUNITY ADVISORY COMMITTEE



WEDNESDAY, MAY 14

7 P.M. - 8 P.M.

SULLY POLICE STATION
4900 STONECROFT BLVD
CHANTILLY

JOIN US TO LEARN ABOUT THE
THREAT ASSESSMENT
& MANAGEMENT UNIT (TAM)

Membership Update

We still stuck at 95.45% of our 2025 membership goal of 198 with 189.

I sent personal letters to 29 Post 1995 members who have not renewed for the past two years on April 21st. Membership is critical to our Post and our National organization to continue to advocate for Veterans and make a meaningful impact within our local communities, which we (Post 1995) do in the Centreville-Clifton-Chantilly area.

I thank all those who have renewed for 2025. 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) 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.

Multi-Year Memberships Are Now Available - The Legion now has a three-year renewal option. The benefit of renewing it for three years and paying in advance is that you avoid any dues increases 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> 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 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 interested in a PULF membership, call 1-800-433-3318.

Military Trivia Question of the Month:

What was Memorial Day originally known as? Hint: the term Memorial Day wasn't used until after World War II.

Please send your best guess to David Benson at warren.d.benson@gmail.com. The first correct response received by Monday, May 26th (coincidentally Memorial Day) will receive a challenge coin.

Local Military History

The Army's Secret Program to Interrogate German POWs During World War II

Fort Hunt Park is location along the George Washington Memorial Highway in the Mount Vernon area. While most of the WWII buildings are gone, there are some ruins from an earlier era designed to protect Washington from foreign (Spanish) ships on the Potomac.

https://www.military.com/history/armys-secret-program-interrogate-german-pows-during-world-war-ii.html?ESRC=eb_250122.nl&utm_medium=email&utm_source=eb&utm_campaign=20250122 (Source: Military.com, January 27, 2025)

Here is the National Park Service's (NPS) history of the fort:

<https://www.nps.gov/gwmp/learn/historyculture/fort-hunt-history-and-culture.htm>

NPS's Fort Hunt Oral History Project:

https://www.nps.gov/museum/exhibits/fohu_oral_history/index.html

Final Thought:

"Hopefully one – day Wars will only be fought in movies. And may the best producer win!"
Stanley Victor Paskavich, Air Force Veteran and author

Free Flags - The Post has a considerable number of lightly used U.S. flags of assorted sizes from 3'x 5' to 5'x 9'-5" available to any Post member who needs to replace their house flag. 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.

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 links are 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

<https://americanlegionpost1995.org>

Post 1995's Facebook Page: <https://www.facebook.com/pg/LegionPost1995/posts/>

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>

Post Calendars for May and June are on the next pages

May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Silver Star Banner Day	2	3
4	5	6	7	8	9 Military Spouse Appreciation Day	10
11	12	13 Post Meeting	14	15	16	17 Armed Forces Day/ Recruiting at CGX
18	19	20	21	22	23	24
25	26 Memorial Day	27	28	29	30	31
30	31					

June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 D-Day Anniversary	7
8	9	10 Post Meeting	11	12	13	14 Flag Day/Army Birthday
15	16	17	18	19	20	21
22	23	24	25	26	27 National PTSD Awareness Day	28
29						

Auxiliary News



Summer Food Drive

The Auxiliary/Post 1995 Food Drive this year will take place from the May meeting to the June meeting. Shelves at the Western Fairfax Ministry Food Bank have limited supplies during the busy summer months when students are out of school.

This food drive replaces the December Reverse Advent Calendar food drive we have done in the past where each day an item was donated for 25 days. Please consider making an equally generous donation during this Food Drive to help those community members in need. It is helpful to keep track of the in-kind dollar donation amount **and** report it with your yearly report in 2026. Bring your donation to the June Meeting or plan to drop off at the Hunter house before then by calling 703-314-6294.

Current Food Needs are:

Food & Beverages

Flour	Sugar (1 or 2 lb. bags)	Vegetable Oil
Kidney Beans	Garbanzo Beans	Diced Tomatoes
Tomato Sauce	Tomato Paste	Hot Cereal
Cereal (low sugar preferred)		
Pasta Sauce (no glass containers please)		
Canned Fruit (Peaches, Pears, & Pineapple)		
Family Sized Snacks (Pretzels, crackers, nuts, seeds, etc.)		
Hot Beverages (ground coffee, tea bags, etc.)		

Toiletries

NOTE: Toiletry items cannot be purchased by Food Bank Clients with SNAP

Body Wash Toothpaste Hair Shampoo Hair Conditioner
Baby Wipes Feminine Hygiene Products (Pads Preferred)



Girls State Orientation

This article was posted by ALA 176 and is reposted below with edits pertaining to ALA Unit 1995.

Unit 176 was honored to host District 17 Virginia Girls State Orientation this past Sunday, May 4 in the Banquet Hall of Post 176. There were 47 student delegates accompanied by their parents. **Four of the delegates are sponsored by Unit 1995.**

A panel discussion headed by District 17 Girls State Chair, Mandy Moore, included Auxiliary District 17 President, Karen Hunter, Unit 176 Treasurer/Girls State Committee Chair, Krystle Bransky, Unit 176 President, Kim Palmer, and Unit 180 member/Girls State Counselor, Maggie Reidy. Girls State Director, Emily Gregory answered questions via Zoom. Two former student delegates described their experiences attending Girls State.

A YouTube video segment on Girls State from CBS Network Sunday Morning with Jane Pauley, herself a past Girls State delegate, was shown to the students. There was a breakout session where the girls were divided into groups and got a chance to meet one another before they head off to Longwood University in June. Snacks and refreshments were provided. An assortment of Girls State items were raffled off, including sweatshirts, t-shirts, note pads and jewelry.

Since the inception of the American Legion Auxiliary Girls State program in 1937, nearly one million young women nationwide have had the opportunity

to learn firsthand how their state and local governments work. The program has grown to some 20,000 participants annually. ALA Girls State provides participants an opportunity to learn, in a few days, the mechanics, objectives, and ideals of democracy. "Learning by doing" is the keynote to the success of this program. This adventure in Americanism is sponsored annually by the American Legion Auxiliary with the cooperation of many civic clubs, school groups, and community-minded businesses.

We thank Unit 176 member/District Vice President, Carol Harlow and Unit 176 Member/District 2nd Vice President/Department Education Chair Judy Farabaugh, who assisted in welcoming students and parents. Immense gratitude and thanks to Mandy Moore, who coordinated the Girls State program for our District.

If you would like to know more about this amazing program and its history, we encourage you to visit www.vagirlsstate.org. We would love our Auxiliary members to become volunteers and assist in future Girls State orientations. You will be inspired by these amazing and gifted young ladies who may become future leaders!

Kim Palmer, Unit 176 Auxiliary President & Edits by Karen Hunter

Weekly Quote: "There is no force more powerful than a Girl determined to rise!



Photo & formatting credit: Karen Hunter, Judy Farabaugh, Letty Byrum