



District 17 Communicator

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Legionnaires:

We are sorry to report **It has pleased Almighty God, The Great Commander, to summon to the immortal legions our beloved comrade,**
Past District 17 Commander,
John Price

We ask that you please keep his wife Sandy and family in your thoughts and prayers

Commander's Corner

Legionnaires,

As we move into the second half of the 2023-2024 Legion year, mild temperatures, flowers in bloom and the promise of Spring. As Legionnaires, we are grateful for the opportunity to serve our fellow veterans. Please continue to call upon our experienced Vice Commanders to assist with any concerns or questions. I remain available and look forward to any post visit or event I am invited to,

So, feel free to contact me and I'll be honored to attend.

I'd like to encourage posts to continue Buddy Checks. I experience a feeling of satisfaction in knowing that I have routinely communicated with fellow comrades to hear their concerns and to keep them informed of upcoming events.

District Adjutant Jim Glassman is extremely knowledgeable and remains

available to assist with and questions regarding membership.

District Officers and Elections

The District Officer nominations meeting will be held on April 15th at Post 180 Vienna from 7:00-8:00 pm. Nomination resolutions should be drafted/updated for the new year and sent to all District posts. Any 17th District Legionnaire in good standing is eligible for nomination to any elective office. Elected District officers include the Commander, Senior Vice-Commander, and three other Vice-Commanders of equal rank. Officers will be elected at the District Convention in June. All other District officers are appointed by the new Commander within 30 days after assuming office with concurrence of the Executive Committee. Now is the time to update/draft your nomination resolution, get your post's support with several post officers' signatures, and sent to all District posts well before the nomination meeting in April. For additional information on 17th District elections and/or other operating guidance please review our by-laws. A copy will be available at the Nomination meeting.

For God and Country,

Warm regards,
Shirley D. Buchanan
17th District Commander

Adjutant's Corner

Department still leads at National as #1.

District 17 is 4th in the state and 1st in the Northern Region.

The Legion Birthday award goes to Posts that reach the 90% mark by March 6th.

Congratulations to the posts who have made or exceeded the goal.

It is pass time for others to step up.

| | |
|-----------------------|------------|
| Post 24 Alexandria | -- 100.70% |
| Post 44 Arlington | -- 92.11% |
| Post 85 Arlington | 82.68% |
| Post 123 Springfield | 100.00% |
| Post 130 Falls Church | 79.15% |
| Post 139 Arlington | 111.79% |
| Post 162 Lorton | 83.93% |
| Post 176 Springfield | 99.08% |
| Post 177 Fairfax | 95.22% |
| Post 180 Vienna | 100.00% |
| Post 184 Herndon | 90.53% |
| Post 194 Arlington | 93.88% |
| Post 270 Mc Lean | 79.26% |
| Post 1775 F T Belvoir | 110.81% |
| Post 1976 Annandale | 92.71% |
| Post 1995 Centreville | 101.11% |
| SUM: | 95.58% |

Here's a letter I recently sent to all the non-renewals at Post 24. Feel free to use it.

Because of its dedicated members, The American Legion is the nation's largest and most powerful veterans service organization.

Strength in numbers allows us to fight for – and win – legislation benefitting veterans on Capitol Hill. Our large membership fulfills vital missions on behalf of veterans and active-duty service members in every community across our great nation. It is the strength of the Legion that honors those who served in ways no one else can – from laying flowers at gravesites to raising funds to help military families in need. Our programs to support veterans, mentor youth and provide for military families facing hardships would not be as successful without a strong and vibrant membership.

Your membership plays a critical role in sustaining American Legion programs, such as those that provide comfort items for wounded service members, scholarships and programs for young people, as well as immediate financial assistance for veterans coping with the aftermath of natural disaster or economic trouble. Our ability to continue doing what we do – one family and community at a time – depends entirely on you and your continued membership.

Your continued membership is so very important to keep our programs and services strong. Please take the time to reinvest **now**. We all know that everyone cannot volunteer to support the many programs that we are involved with; however, the one program that that you can support is MEMBERSHIP in helping us make our 100% goal.

Thank you for your service to The American Legion and our country.)

Again, if you need help, just let me know or reach out to you assigned District Vice Commander. We are here to help you!

Consolidated Post Reports

It's that time of the year. We will be receiving our forms shortly from Department.

Here is what I send to all the members in Post 24 every year to ask for their input for our Consolidated Post Report. Feel free to use it with your membership.

We are getting close to Consolidated Report time. The Consolidated Post Report (CPR) was established in 1975 in order to assist Departments in the documentation of the various activities a specific post has done during the twelve-month reporting period June 1, through May 31. The Consolidated Post Report may be the most important document our post will complete this year.

Our Post's information, combined with that of other posts, is used when the National Commander and others testify on Capitol Hill on behalf of all veterans. Each post has a story to tell, and when we speak collectively our strength is magnified. Now IS THE TIME TO TOOT YOUR OWN

HORN AND LET US KNOW WHAT YOU HAVE DONE. So please start adding up all your community service hours that you have accumulated over the year since last June.

Examples are volunteering for school programs such as coaching, participating in a “Vet’s in the Classroom” program, programs on flag etiquette; volunteer hours spent on Boy Scouts or Girl Scout programs; if you did any pro bono work; volunteer hours spent as a firefighter, paramedic, rescue personnel, volunteer policeman, etc.; volunteer hours spent at the post for fundraising activities; volunteer service at a local hospital (to include driving patients to and from their medical appointments); have you helped a neighbor around their house with yard work or repairs; have you given blood (let us know how many times and how much blood you donated); have you given any monetary contributions to local charities, how about donations to Toys for Tots? If you have any doubts as to what you may report, ask yourself this question: “Does the program that you spent time and/or money on pertain to the good of the community, state, or nation?”

Submit what you did, who you did it for, how many hours, how many miles you traveled to do it, and, if your donated money – how much and for what cause.

Please e-mail your information to me at _____ and let us know how you served. Everyone has done something for his or her community so now is the time to let us know.

Legislation (Bill Aramony)

Progress is being made on veteran bills in the Virginia General assembly that will assist veterans with employment, professional licenses, and education. Other Virginia employment and education resources already exist. If you know an active duty service member or one leaving the military, please tell him or her to look at: [Education & Employment - Virginia Department of Veterans Services](#) (and ask them to join The American Legion)

Education & Employment - Virginia Department of Veterans Services

Thank each of you who visited with Senator Tim Kaine's staff and personally with Senator Mark Warner February 27, 2024. Very positive feedback that the meeting was productive.

For you, personally, The American Legion needs your voice. Take **THREE** minutes please. Go to [Action Center](#) 2nd red button at top is sign up for alerts. Please sign up

CHAPLAINS CORNER - Chaplain McComb

CHAPLAIN's CORNER

*Thank you for everyone who participated in the February 4th Four Chaplains Memorial Service.

*We pray for our military members and their families, especially those military deployed overseas. Lord, bless them and provide them your constant companionship, comfort and protection.

*St Patrick's Day (March 17, 2024). St. Patrick's Day observes the death of St. Patrick (5th century Ireland), patron saint and national apostle of Ireland, credited with bringing Christianity to Ireland and probably responsible in part for the Christianization of Ireland. A St Patrick's Day prayer: May the Strength of God pilot us. May the Power of God preserve us. May the Hand of God protect us. May the Shield of God defend us. May the Host of God guard us, Against the snares of the evil ones, Against temptations of the world. This day, O Lord, and evermore. Amen.

*The overwhelming message of Passover, Holy Week, and Easter is of God's deep love for humanity. Easter reminds us of God's never-ending love for us. For the Spring and the Easter season find ways to make that love visible in the world. That might mean planting a garden, bringing

groceries to someone who shut-in, donating to those in need, making calls and sending emails to check on friends, family, neighbors, and fellow veterans; or finding ways to center yourself in love.

Blessings to you and your family.
Happy Easter!

Paul McComb, District 17 Chaplain



What's Going on at your Post

Alexandria Post 24 – Commander Mike

FEBRUARY—What Happened?

George Washington Birthday Virtual Run, Walk, & Roll

Challenge. On February 1st, Post 24 kicked off its month-long annual George Washington Birthday Virtual Run, Walk, & Roll Challenge event. Participants ran, walked, and/or rolled 24 miles during the month of February. This event was designed to pay tribute to George Washington, encourage physical activity, and raise needed funds for Post 24 programs. A wrap-up celebration is planned for March 17th; details will be forthcoming via email and Facebook.

Challenge participants will receive custom challenge coin pictured below.



George Washington Birthday Parade. On February 19th, Post 24 participated in the City of Alexandria's George Washington Birthday Parade. Additional participation came from the following: Department Commander Sonny Dickerson, Department Adjutant Dave Stein, Past Department Commander A.B. Brown, Department Vice Commander Mark Stein, Department-level Color Guard, Legionnaires from around District 17, and various Legion Riders, Sons of the American Legion, and Auxiliary members. It was a great day for Post 24 and The American Legion. I thank everyone who supported and participated. Special shout outs to Henry Dorton, Scott Allen (and Clubroom volunteers), Carol Myers, and Wendy Driver for the essential roles they played in making Parade Day a success. Photos below.



Post 24 Marching Unit (including area Legionnaires, Sons, and Auxiliary members) with Legion Riders Trailing



(L-R) Past Department Commander A.B. Brown, Department Adjutant Dave Stein, Department Vice Commander Mark Stein, and Department Commander Sonnie Dickerson



Department Level Color Guard from Stafford Post 290 augmented with military members.

Covanta Plant (Waste-to-Energy Company) Tour.

Covanta in Alexandria was a new sponsor for our 2024 George Washington Birthday Virtual Run, Walk & Roll Challenge. Covanta invited members of Post 24 for a tour. Photo taken after the tour shows participants from Post 24 and the Covanta Community Relations representative Carolyn Cruz who received a challenge coin from Commander Mike Mixon.



(L-R) Sandy Sanor, Bob Scott, Immediate Past Commander Henry Dorton, 2nd Vice Commander Donna Reuss, Carolyn Cruz, and Commander Mike Mixon

Veterans Discussion Group Meeting at Elance Senior Living Residence.

The theme for Post 24's inaugural Veterans Discussion Group meeting at Elance was "Presidents Day—A Patriotic Holiday". Fourteen residents joined three Post 24 discussion group leaders for an informative talk about this special holiday. This discussion group plans to meet quarterly at Elance. Photo below captures some of the attending residents and the three Post 24 discussion leaders.



(L-R) Post 24 Members included 2nd Vice Commander Donna Reuss, Immediate Past Commander Henry Dorton, and Post Commander Mike Mixon. Henry Dorton is holding Fidget—Post 24's honorary mascot.

MARCH—What's Coming?

Saint Patrick's celebration on Friday, March 15th in the Clubroom. George Washington Birthday Run, Walk, & Roll wrap up celebration on Sunday, March 17th at the G34.3 brewery. And a Women's History Month Celebration on Saturday, March 23rd in the Clubroom. Details for these events to be disseminated by email and Facebook.

Greenspring Post 123 – Commander Vance Morrison

On February 12 our post hosted "Veterans Having Coffee," a monthly coffee klatch open to all veterans residing at Greenspring Village, a senior living community of 2,000

residents where our post is located. Ten residents participated.

The program at our post's February 12 meeting was Vance presenting on his experience as a destroyer captain given the mission to locate the Soviet aircraft carrier Minsk should she depart the port of Vladivostok to approach an allied exercise in Korean waters. The Minsk did not come forth, but a Soviet destroyer that was larger and more heavily armed than Vance's ship appeared and tailed him! Before she broke contact, the Soviet warship pulled alongside. The captains exchanged salutes.

Prior to the meeting, members of the executive committee had contacted each member by telephone, combining a buddy check with a personal invitation to the coffee klatch and the post meeting. Nineteen members attended the meeting – a 25% attendance rate!

Springfield Post 176 – Commander Kevin Gaddis

While February was a short month, it proved to be another full productive month for Post 176. One of the most important functions Post 176 performs for the community and to some extent, national security, is the blood drive. On February 13th, under Theron Patrick's leadership along with his able partner Rosemary, the Post collected 65 units. While the Red Cross forecasted 56 units

collected, once again we exceed expectations. A tremendous congratulation to Legionnaire Theron Patrick and his team of volunteers who perform this valuable community service. We encourage everyone to come out and donate at Post 176. If you wish to donate, go to www.redcrossblood.org and search by sponsor code: AMERICANLEGION176, or call 1-800-RED-CROSS to speak with a representative. Please tell the Red Cross representative you want to donate at blood drive sponsor code: AMERICANLEGION176.

Post 176 was honored to host the Northern Region Oratorical contest on Saturday, February 10th. Contestants were first place winner Helena Hosseini, 10th Grade; second place winner, Sophia Bongiovi; 12 grade, and third place Francisco Rodriquez, 12th grade. We wish Helena well at the Department Oratorical contest at Portsmouth on March 1st.

Post 176 hosted Boy Scout Troop 1518 Court of Honor on February 12th. Troop 1518 is one of three Boy Scout Troops that Post 176 sponsors.

The Post 176 Sons, Squadron 176, held their annual Chili Cook Off fundraiser on Saturday, February 24th. Twelve contestants competed for bragging rights, and first place went to the team of Chuck Seward and Amelia Galloway, Kevin Campbell took second place, and Linda-Sue

Campbell took third place. Well done by Squadron Commander Linwood Jones and the rest of the Sons for putting on another great event and making the Sons an integral part of Post 176's success.

The Post 176 Legion family was honored to host National Commander Daniel Seehafer on Wednesday, February 28th for a luncheon in the Post 176 Banquet Hall. All members of the Post Legion family participated and were able to socialize with National Commander Seehafer. A big thanks to the Post 176 Legion Riders for escorting National Commander Seehafer from Post 176 to Colonial Heights. The Colonial Heights Riders escorted National Commander Seehafer to Portsmouth for the Department Convention. Well done.

Upcoming Events:

Saturday, March 16th Post 176 Squadron will host a Saint Patrick's Day fundraiser.

Tuesday, April 9th Blood Drive

Upcoming Events

Sunday, March 24th Women's History Month ceremony

Fairfax Post 177 – Commander Eric Parkhurst

February was a fun month at Post 177! A great time was had by all at the SAL Bull & Oyster Roast despite the Daytona 500 being postponed. We enjoyed delicious roast beef,

oyster shooters, fried oysters, and all the fixins and sides. 17 February, the Post 177 Honor Guard had the honor and privilege to present the colors for Glenn Ward's 100th Birthday. Glenn is a veteran of WWII, Korea and Vietnam. He was surrounded by friends, family and veterans at his favorite restaurant, Hooters. Britney Lee, musician and Hooters Girl, sang an amazing rendition of the National Anthem. Post 177 Legionnaires, SAL, Auxiliary and Riders attended the event.



Post 177 Commander Eric Parkhurst congratulates 3-war Veteran Glenn Ward at his 100th birthday party

We kick off March with our Second Sunday Breakfast Buffet, 10 March, 0930-1100, with all your favorite breakfast buffet items and made-to-order omelets and pancakes. Our General Membership meeting is 13 March. Every Tuesday is Taco Tuesday at Post 177 followed by Wild Wing Wednesday. Karaoke 20 & 27 March, 1930-1100. Stop by and check our evening menu including soft pretzels with beer cheese, burgers, chicken tenders, wings, pizza and more. Every Friday night we serve dinner 1730-2000 with the

option of a meat or seafood complete with salad bar, sides and dessert.



Post 177 Honor Guard presents the colors for the National Anthem at 3-war veterans Glenn Ward's birthday party

Herndon Post 184 – Commander David Womack

Post 184 Herndon – Post Commander Dave Womack – Post 184 has stayed busy during the cold month of February. The Post visited veterans at the Harmony at Chantilly Senior Living Facility for “Donuts with Vets”. About a dozen veterans met with about 8 Post members for a morning of conversation and “swapping war stories”. On February 28th, Post conducted their interviews for Boys State selecting two excellent candidates from Herndon High School to attend Boys State this June.

McLean Post 270 – Commander Lois Wilson

As we step into the new year, American Legion McLean Post 270 is buzzing with activities and initiatives aimed at enriching our community and supporting our veterans. Our commitment to embodying the

American Legion's value principles has never been stronger, with a keen focus on recruitment, fostering partnerships with local organizations, and enhancing our presence within the community.

In recent months, Post 270 has seen significant contributions from our members, including our service officers who have diligently supported veterans in need. Our dedication to selfless service was exemplified by Chaplain Ed Davis, who continues to inspire us all. The Americanism and Children & Youth programs, led by Bob Molepski and Tony Sarver respectively, have advanced American values through initiatives like Boys State and the Youth Cadet Law Enforcement Program, providing scholarships and nurturing future leaders.

Our community engagement efforts have been robust, highlighted by our participation in local events and our Book and Film Club, which offers monthly high-level military talks. This enhances our community presence and fosters a deeper connection with local veterans and residents.

The leadership and vision of Mike and Judy Kigin with Boy Scouts of America Troop 829 stand as a testament to our commitment to mentoring the next generation, despite the challenges posed by the pandemic. Their efforts ensure that the legacy of

service and patriotism continues to thrive.

Moreover, our innovative programs like the Silver Fit and Sit exercise class and Monthly Friday Open Houses have brought new life to our post, offering members engaging ways to connect and stay active.

As we continue our journey in 2024, Post 270 remains devoted to strengthening America by supporting our veterans, their families, and our community. Our resolve to achieve our membership goals and make every member's contribution count has never been more vital. We look forward to a year filled with achievements, camaraderie, and service, embodying the mission of the American Legion in every endeavor.

Centreville Post 1995 – Commander Randy Young

Legion Baseball – For the first time in ten years Post 1995 will sponsor a team. As I reported last month, Post 1995 and District leadership were exploring a way to sponsor the Arlington team previously sponsored by another Post. A memorandum of Agreement has been approved and we are set to go forward under the leadership of long time Manager Bob Romano. We look forward to cheering on this team of fine athletes for another successful season.

Boys State Interviews – On February 3rd Post 1995 conducted interviews with 17 Juniors from Centreville, Chantilly, and Westfields High Schools. All these young men acquitted themselves well, and we are determining an order of merit of the candidates. Currently we are waiting for a final quota from the Department Boys State leadership and arranging sponsorships for them. Our Chairman, Gene Griffe has been holding bi-weekly teleconferences with the boys and their parents to keep them informed as to what comes next.

Be the One Guest Speaker – On February 13th at our monthly membership meeting we held a joint session with our Auxiliary to hear a suicide prevention presentation by Dr. Elizabeth Brent. Elizabeth is a veteran, retired colonel in the Army medical corps, has deployed to Iraq, and is a board-certified psychiatrist. To quote her, she has seen it all, twice! At our request, she concentrated on identifying potential warning signals a Veteran may be considering for ending their life, and how to accurately assess their state of mind using the Columbia University survey triage. Patty Cagianno, Auxiliary President, presented a thank you coin to her with our sincere gratitude for the enlightening and empowering presentation.

Support for Department Convention – Several members of the Post and Auxiliary attended a

planning meeting chaired by Past National Commander Lindon Dixon. The meeting was held on Sunday, 18 February, at Post 176 in Springfield. We discussed how we can support registration, welcome the Legion family in attendance, plan popular activities, and help raise funds at the convention.

Visit with Senator Duckworth – On February 28th, in the Hart Senate Office Building, three Post 1995 Legionnaires got together to talk about the founding of the Post. One of them was U.S. Senator Tammy Duckworth, (D) Illinois who is a founding member of our Post. The occasion was to present her with a framed copy of the Post's temporary charter issued in January 1995. Two additional Duckworths were on that roster, Senator Duckworth's father and her brother. Post Commander Randy Young presented the certificate and a Thank You Legion coin. Steve Hunter, Post Adjutant, presented her with the application for the Post charter dated December 1994. We discussed her support for her fellow veterans, and she offered the support of her office relative to veteran's benefits. It was a great day to be a Legionnaire and a veteran.



Senator Duckworth with Commander Randy Young and Adjutant Steve Hunter

Presentation of New Scouts BSA Troop Flag – That same evening Post 1995 presented a new Troop flag to recently founded Troop 1995G at their quarterly Court of Honor. Post Commander Randy Young presented the young ladies with their new custom flag, and Steven Hunt, presented Troop 1995B with their Journey to Excellence streamer for 2023. The troop has a very successful outdoor and camping program. A total of 36 merit badges were earned and 24 Scouts were promoted one rank on their trail to Eagle.



Boy Scout Troop 1995G with Steve Hunt and Commander Randy Young

Legion Auxiliary – President
Tamara Parks

To all the Auxiliary members,

Spring is around the corner! The Conference has concluded in Portsmouth, VA. Hope all those that attended learned a lot from the chairman's reports.

Remember to get a head start and start accumulating hours, mileage from all events/protects from the last year.

Friendly reminder that reports are due in April. Also keep in mind that the 17th District will be hosting the yearly conference in July at the Dulles Hilton. We are having planning meetings with Linden Dixon and Nancy Harting as chairs. Volunteers are welcome and needed.

Come join us!

The Annual meeting is in July.

Lots to do over the next few months!

Tamara Parks
17th District President