



District 17 Communicator

Volume 5 – Issue 11

MAY 2024

Commander's Corner

Legionnaires,

In his welcome to the National Convention in August 2023, National Commander Troiola starts his statement with *“Priority No. 1 for the American Legion is to save veterans lives. Our Be The One message to prevent veteran suicide is making a difference. VA is now required by law to conduct an annual Buddy Check Week to encourage peer support and outreach to vulnerable veterans.”*

Personally, I couldn't agree more, particularly if Buddy Checks are also a good tool to share information on upcoming events and also to remind members of any delinquent dues, etc. Again, let's make a goal of meeting our 100% membership at all our 17th district posts. I hope you share my pride and enthusiasm in veterans working together for the good of the legion.

For God and Country,
Warm regards,
Shirley D. Buchanan
17th District Commander

Adjutant's Corner

CONGRATULATIONS!!! District 17 meets our goal with 100.13% just behind District 16 with 100.75%

Seven posts have reached the 100% goal. Good job!

- Post 24 – 106.86%
- Post 44 – 97.37%
- Post 85 – 86.61%
- Post 123 – 100%
- Post 130 – 91.49%
- Post 139 – 122.56%
- Post 162 – 91.43%
- Post 176 – 101.23%
- Post 177 – 98.80%
- Post 180 – 103.09%
- Post 184 – 92.90%
- Post 194 – 95.92%
- Post 270 – 89.14%
- Post 1775 – 110.81%
- Post 1976 - 95.55%
- Post 1995 – 103.89%

Several are close to 100%. There is still time to reach your goal.

Remind your membership that our annual dues will increase for 2025. Now is the time to push PFUL's. If

you do it before July, your dues will be grandfathered in!!!

Let's keep it going!!!

As a reminder, during summer weather, remember to crack your windows or Mother Nature will crack them for you!!!

Jim Glassman

CHAPLAIN's CORNER

May 14th is Mother's Day! Happy Mother's Day to all the mothers across the American Legion Family. Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society. God bless all mothers.

The end of May brings Memorial Day. Memorial Day honors the country's military members who died in service. The holiday offers the American Legion and all Americans a chance to reflect on the countless individuals who served and lost their lives and come together with the families and communities left behind. We are forever grateful for those who paid the ultimate sacrifice for America. May they rest in peace.

A memorial day prayer:
 "Almighty God, let us pause to pay tribute to our dearly departed. Let us honor the memory of the valiant

servicemen and women who made the supreme sacrifice so that we may live in a country that is free. Cause us never to take for granted their devotion to liberty. In the memory of the fallen, let us dedicate ourselves anew to you, Almighty God, and our country. Amen."

Blessings to you and your family.

Paul McComb, District 17 Chaplain,
pmccomb98@gmail.com



Blessings,
 Paul McComb
 District 17 Chaplain
pmccomb98@gmail.com

Legislation (Bill Aramony)

CAMP LEJEUNE AND OTHER VETERAN CLAIMS. Watch for bad actors and exercise due diligence before agreeing to representation for your veteran's claim. The Department of Justice warns against being overcharged for Camp Lejeune administrative claims or litigation <https://www.justice.gov/civil/camp-lejeune-justice-act-claims> If you have the Camp Lejeune claim, let The American Legion help you through your claims officer or through the Legion law firm. See—

www.camplejeunelitigationteam.com/al/ – for an online form for Legionnaires and their family members. The law firm also has a 24-hour phone number – 800-898-9450.

LAW FIRM. And other VA accredited law firms exist. If you prefer legal representation, honest attorneys do exist (Gasp!). Do your homework before hiring them, and make sure that the fee is reasonable. The Department of Justice position is that any fee should be 20% or less for administrative claims and 25% or less for court litigation. Or use Virginia Department of Veteran Services or the American Legion service representatives for free.

YOUR CONTRIBUTIONS. Please let your post commander know what you do for Americanism and your volunteer work. If you are helping your neighbors or are active in the community, you are more than a vote. You're another example of veterans making the community better. Your delegates, senators and federal representatives need to know.

YOUR VOICE. But also let them know you have a vote and voice. **SIGN UP** for <https://www.votervoices.net/AmericanLegion/home>. Your spouse, friends, and others can sign up, any friend of the Legion. We need your voices.

What's Going on at your Post

Alexandria Post 24 –Commander Kelly Niernburger

Post 24 held its 'Spring Cleaning' day on April 13. Third Vice Commander Scott Allen led volunteers in projects that ranged from landscaping and planting flowers to deep cleaning the Post kitchen and other Post spaces.

Post 24 held a Disability Claims Clinic on Saturday, April 20. Fourteen veterans came to get advice on their situations and another six requested appointments because of schedule conflicts that day.

Our first Adopt a Block clean-up for this year was held on Sunday, April 21. Representatives from all services were there in spite of the almost blustery weather. This event is a great way for the Post to be a visible community contributor and allow Post members to meet and support our neighbors (and members) who live on the streets that we patrol.

Our first big May social event is the Derby/May the Fourth Be With You/Cinco de Mayo event on Saturday, May 4. Social Quarters open at 2 pm and the patio will be available as well. See the Post 24 website, events calendar and social media for more information.

Post 24 invites you to join us at the Alexandria National Cemetery (1450 Wilkes St, Alexandria, VA 22314) for our annual Memorial Day observance,

Monday, May 27, at 11 am. The Post Social Quarters will be open for a post-ceremony reception.

Greenspring Post 123 – Commander Vance Morrison

Our April 9 post meeting featured two interesting presentations. First, Ben Turney, the student that we sponsored at the 2023 Boys State, related his experiences there. Second, Stan Johnson told the story of the Battle of Attu (Aleutian Islands), 1943.

A Greenspring Village resident who attended the meeting told us that her father was a regimental commander in that battle and shared a nearly complete set of issues of the *Attu Snafu/Tarfu*, the mimeographed newsletter produced by and for servicemembers on the island in 1943. Another resident related that her uncle was also in the Aleutians then, at Dutch Harbor, which experienced Japanese bombardment.

Also on April 9, thirteen residents of Greenspring Village attended Veterans Having Coffee, a coffee klatch open to all resident veterans of Greenspring Village that Post 123 sponsors monthly.

Post 123 organized a carpool for Greenspring Village's Vietnam veterans to celebrate lunch together at the Mission BBQ restaurant in Alexandria on Vietnam Veterans' Day, March 29."

Falls Church Post 130 – Commander Jamie Carl

Post 130 Hours of Operation are Monday - Saturday Opens 12:00 noon to 22:00 Hrs. (12 PM to 10 PM)

Sunday Opens 13:00 Hrs to 22:00 Hrs. (1 PM to 10 PM)

EVERY FIRST FRIDAY OF THE MONTH POST 130 HAS 8 BALL POOL TOURNAMENT DOUBLE ELIMINATION. We play singles with low turnout. With high turnout, we have luck of the draw for partners So come on down show us what you got Pool Players.



MAY 4TH

BEER BRAT BUFFET-10.00 PERSON

4PM TILL GONE

50/50'S



KARAOKE 6:30

AMERICAN LEGION POST 130
400 N OAK ST, FALLS CHURCH

Lorton Post 162 Commander Chris Warner

American Legion Post 162
Lorton VA Upcoming May Events:

May 5th - Cinco de Mayo the Post will have live music by Ron Thayer, tacos, and margaritas to celebrate, hosted by Ladies Auxiliary from 1-4 pm.

TRIVIA May 16th and KARAOKE May 18th. Memorial Day weekend we will host 40&8 all weekend long! Memorial Day Ceremony will be held Sunday May 26th 11am along with our brick laying installation to memorialize our members. Our Memorial Day Picnic will be Monday May 27th starting at 1pm.



We have a lot of renovations happening to the Post in April, after the fire we have been slowly rebuilding and we can't wait for everyone to see how beautiful our post is becoming! We have brand new walk-ins being installed. To honor our volunteer bartenders, we will be closed on Mother's Day so they can enjoy the day with their families.

Springfield Post 176 – Commander Kevin Gaddis

As April is the Month of the Military Child, Post 176 Axillary sponsored a Military Child celebration on Sunday, April 14th. This special event featured a panel of four military children sharing their experiences of what it is like to be part of a military family. Special thanks to event moderator Karla Pfleeger. Karla is a Navy veteran and both a Legionnaire and Auxiliary member. Moreover, there were many activities for the children to participate in such as face painting, a presentation on the colors of our country and how to properly fold the American Flag, and a physical fitness testing area. Numerous vendors participated and contributed to this great event.

On Saturday, April 20th, the Post 176 Legion Riders held their 3rd Annual Poker Run. After months of planning by the committee, and with the help of volunteers and the participation of many riders, the 3rd Annual Poker Run was a huge success!

The day started with donuts and coffee, followed by a blessing of the bikes and prayers for safety by Post Chaplain, Deacon Mark Arbeen. The participants were divided into three platoons, both bikes and cages (cars), who started the run at intervals. The first stop was at the Wawa in Fredericksburg, TD & D Unlimited in Goldvein, the Moo Thru in Warrenton, American Legion Post 10

in Manassas, and the final card came from the Greater Springfield Volunteer Fire Department, before everyone returned to Post 176.

Many raffle prizes were donated, and upon returning to Post 176, participants reviewed the items to see if they had won, then went on to enjoy a lunch of hot dogs, hamburgers, sides and desserts.

Best poker hand was won by Jack Emerson and the worst hand was won by Jessica Esparza-Jones. The gun and crossbow drawings took place, with Craig Hendrickson and Adam Reeves being the lucky winners, followed by the 50/50 raffle, which had reached nearly \$300. Jack Emerson was the luckiest Rider, with his second big win of the day, and he generously donated to each of the three veteran organizations represented: Warrior Canine Connection, Order of the Purple Heart Ch. 353, and Hope for The Warriors. The Riders wish to thank everyone who supported their efforts to support veteran charities, and hope you'll be involved with the 4th Annual Poker Run!

As always, Post 176 Second Vice has been busy with Boys State and screening applications. Post 176 will sponsor 25 Delegates this year. Well don Randy!

Upcoming Events:

SAL Squadron 176 is hosting a Kentucky Derby event on Saturday,

May 4th and the annual SAL Cinco de Mayo celebration fundraiser on Sunday, May 5th. Come out and support the Sons.

Tuesday, June 11th, is the next blood drive at Post 176. If you would like to donate at this drive please go to www.redcrossblood.org and search for sponsor code:

AMERICANLEGION176 or call 1800 RED CROSS and tell the representative you want to donate under the sponsor code AMERICANLEGION176.

Herndon Post 184 – Commander David Womak

Post 184's focus in April is our preparation for our Memorial Day Ceremonies which will make for a busy weekend. We will raise the 68 Casket Flags at Chestnut Grove Cemetery for the Avenue of Flags. We will host a Memorial Day Ceremony at Harmony at Chantilly on that Saturday at 2pm for the residents. Our penultimate event will be the Post's execution of the Town of Herndon's Memorial Day Ceremony on Memorial Day at 10am at Chestnut Grove Cemetery. Throughout the weekend, we will be distributing poppies at the North Point Giant. Post 184 remains focused on honoring and remembering our fallen veterans during this sacred weekend.

Arlington Post 194 – Dewanda Mintz

APRIL - The Month of the Military Child

The Call for the Arts
The MCEC Call for the Arts program invites military-connected children from all over the world, representing every branch of service, to share interpretations through art of what it means to be a military-connected child

2024 Military Child Education Coalition® (MCEC®)



2023 winning artwork by Everleigh M. | Grade 2 | Cache Intermediate School | Fort Sill, OK | Army

We held a joint Post/Auxiliary ‘Executive Board Meeting’ on April 18th, to discuss & plan future post events –Arlington County Career Center Awards Night, Memorial Day Poppy Drive, Annual Fundraiser Cabaret, June Installation Ceremony, Arlington County Fair, National Convention, Green Valley Community Day Fish Fry, & Dorie Miller Birthday Celebration

MAY - honoring and remembering the U.S. military personnel who died while serving in the United States Armed Forces.

A few Legionnaires will attend the American Legion Department of Virginia and 20&4 Echelon 24 3rd Annual Women Veteran Conference, which celebrates and empowers our incredible female veterans in person on May 4th @ Post 177

The Post has officially agreed to Colonel Scott Dierlam's invitation to present the VA-821 awards to two ROTC cadets during Award Night on May 14th @ the Arlington County Career Center

The Auxiliary will commence our Poppy distribution(s) starting May 17th at Giant Food Store located at 2901 Glebe Rd, Arlington.

Join us for the Annual Spring Cabaret Fundraiser, benefiting Veterans & their families on May 31st @ Post 176. Your attendance is eagerly anticipated. If you’re unable to join us, please consider contributing to this noble cause



Participate in the 'Be the One' Campaign study aimed at lowering the rate of veteran suicide. Join us in the STRIVE initiative - The Suicide & Trauma Reduction Initiative For Veterans.

“American Legion members are invited to participate in a research study to compare the effectiveness of two non-medication psychotherapies for reducing suicide attempts, suicidal ideation and other quality-of-life indicators.

To see if you might be eligible for this study, [visit this link](#) to answer a series of questions. These pre-screening questions will take approximately 10 minutes to complete.

Study results will improve interventions and treatments to reduce suicide risk and improve quality of life among military personnel and veterans, which ties into The American Legion’s [Be the One mission](#) to reduce the number of military-affiliated people lost to suicide.”

Happy Memorial Day 

Centreville Post 1995 – Commander Randy Young

Chantilly HS Junior ROTC Awards
– On April 13th the Chantilly Academy Junior ROTC Corps of Cadets at Chantilly High School conducted their annual Pass in Review. Led by Lt. Col. Tim Lambert

and CMSGT Al Clemmons, this is their annual parade and awards ceremony. A cadet run event, in ranks were over 130 cadets from 14 high schools. Post 1995 annually presents an award certificate and medal to two cadets. Cadet Kaden Borello received the award for scholastic achievement and Cadet Viviaan Dutt received the award for general military excellence. In attendance were Steve Hunter, Post Adjutant and Past District Commander, Randy Young, Commander, Jim Robison 1st Vice-Commander, and Sgt-at Arms Mark Miller who coordinated the Post’s participation with the JROTC.



Commander Randy Young, Cadet Kaden Borello, Cadet Viviaan Dutt, Adjutant Steve Hunter and 1st Vice-Commander Jim Robison, photographer Sgt-at-Arms Mark Miller

17th District Nomination Meeting – On April 15th several members of Post 1995 journeyed to Post 180 for the 17th District Nomination Meeting for elective offices for this coming year.

Post Commander Randy Young was nominated for one of the District Vice Commander positions by Post Adjutant and Past District Commander Steve Hunter who read the nominating resolution. Lending support was Sgt-at-Arms Mark Miller. All the nominees were accepted for nomination and passed in a general vote of all Legionnaires present. The elections will take place at the District Convention to be held next month.

Legion Baseball Meeting – At the invitation of the District Baseball Commissioner, Mike Farabaugh, Post Commander Randy Young attended an organization meeting at Post 176 on April 20th. In attendance were the managers of each of the eight teams in this year's league. A new manager for Post 1995's Arlington based team, Jason Moccia, has been named. He coaches the Thomas Jefferson High School varsity team. The first pitch will be thrown out at Wakefield High School on Thursday, May 30th. We look forward to a fun and competitive season.



Post Social Hour – Post 1995 invites all Legionnaires and their ladies on May 2nd, to a no-host social hour at

Rosemary's Thyme Bistro at the Colonnade Shopping Center in Centreville. This will be our third social hour event and because the Bistro is a full-service restaurant we encourage Legionnaires to bring their dates and make an evening of it. We will commence at 4 PM and wrap up at 7 PM. Rosemary's Thyme is a Mediterranean themed restaurant and offers a full menu of Turkish, Italian, and Greek foods from handmade pizzas, through small plates to full entrees. There is beer on tap, and a full bar will supply refreshments.

Legion Auxiliary – President Tamara Parks

In April Springfield Unit # 176 held an event in Honor of the Military Child. Members of Unit 176 with the American Legion provided activities with food/snacks. Vendors had been invited to participate to show support of Military children. Wearing their Purple up shirts the Auxiliary members were happy to show all the joy of hosting this event.

Thank you to all the Auxiliary members who submitted their reports to the Department and the 17th district chairmen. I know many hours were spent compiling, filling out and forwarding the reports to all of the chairmen. Great job ladies!!

Now we can begin to get ready for the American Legion Auxiliary annual meeting the first Sunday in June at Fairfax Post # 177. I look forward to hearing all of the end of year reports from the chairmen. It is always exciting to hear what the Auxiliary has been busy doing over the last year in support of the Veterans, their families and our communities. Make sure to read all the information the District Secretary has sent out to the Unit Presidents to be ready for the Annual meeting in June. Thanks in advance.

Memorial Day is the last Monday in May. This honors the men and women who have died while serving in the United States Armed Forces. Once known as Decoration Day (1866) after the Civil War, a grateful nation decorated the graves with flowers and flags. After the end of the World Wars I & II Decoration Day became Memorial Day in remembrance of all those who had died. Congress made it an official Federal holiday. On Memorial Day we observe a Moment of Remembrance at 3:00 pm local time for 60 seconds wherever we might find ourselves, to honor all who died in pursuit of peace and freedom.

All the best,

Tamara Parks
17th District President

SAL – Tyler Vanice

Dear SAL Members,
It's that time of year again where we need you to reach out to us with the annual forms that due. First, I would like to remind everyone that the [Consolidated Squadron Reports](#) are due to me and the Detachment by May 15. Please turn them in before then! If you need assistance with how to fill out, we created [Explanation Guide](#) to help people through it. Likewise, you can just reach out to me and I will help you where I can! To clarify, this CSR must be turned in to the Detachment and is separate from the one your post does.

We will also need your [Squadron Data Report](#) as well as the [Squadron Officer List](#) as soon as possible. If your squadron changed (or plans on changing their dues) then the SDR is crucial to be turned in immediately upon the change or your members who renew online will be paying the old price. Likewise, if you never submitted this report before, your squadron may be losing income as members who join/renew online are paying the minimum per capita to be a member (which no money will go to the squadron).

In an effort to promote programs, which encourage its members to seek higher education, the Sons of The American Legion, Detachment Of Virginia, is proud to continue its [Annual College Scholarship Competition](#). This Scholarship is

open. to graduating High School Seniors who is a member of the Sons of The American Legion in Virginia. **As of April 17, there have been no applicants!** Please share this great opportunity with your Posts/ Squadrons/ Units/Riders so that one of our family members may win. Deadline for submissions is June 3, 2024.

You can find all these documents and more on www.vasons.org. You can mail them or email them to me. Please reach out if you have any questions.

Online Suicide Prevention Training

The American Legion has partnered with Columbia University to host free training classes that provide the tools we need to safely intervene when a veteran is demonstrating troubling signs. There are virtual classes scheduled, as well as opportunities for in-person training at Spring Meetings, National Convention, Fall Meetings and at other times. **[Learn more and register for a 90-minute training session](#)**

https://www.legion.org/betheone/training?utm_campaign=Source+Code+Here&utm_content=Learn%20more%20and%20register%20for%20a%20session%20at%20this%20link&utm_term=newsletter&utm_medium=email&utm_source=Adestra

. The page will be regularly updated as more classes are scheduled.