



LEADERSHIP

Commander
Warren Rice
(804) 852-8108

1st Vice Commander
(Membership)
Marty Martin
(804) 445-4709

2nd Vice Commander
(Hall Rentals)
William (Bill) Todd
(804) 402-6636
(Rental Line)

Adjutant
Robert (Bob) White
(804) 240-4220

Building & Grounds
Anthony Nelson
(804) 295-2673

Chaplain
Arthur (Art) Aumock
(631) 807-2979

Finance Officer
Raymond Lewter
(804) 357-2800

Historian
Doug Snell
(804) 441-4114

Judge Advocate
George Navas
(804) 368-0100

Legion Riders
Jack Barbour
(804) 690-1863

Sergeant-at-Arms
Myrtle Starling
(540) 809-2861

Service Officer
Vacant
Seeking Candidate

Sons of The American Legion
(S.A.L.)
Jim Oliver
(804) 754-5860

THE AMERICAN LEGION POST 175

8700 Bell Creek Road, Mechanicsville, VA 23116-3867
Phone: (804) 789-8667 **Web: www.post175.org** E-Mail: info@post175.org
January and February 2025

VETERANS SERVING VETERANS

News Highlights:

Happy New Year !

Our Post "Technology Upgrade" is now complete. 'Tony' Nelson has propelled us into the 21st century with high speed internet and Wi-Fi connections, at a lower cost than our previous services provider.

We continue "updating" and "redecorating" our Post home. [Come see the changes in person !](#)

SEEKING CANDIDATES: Our Post is in need of a new Service Officer. If you wish to help your fellow veterans and their families, especially with their claims with Veterans Affairs (VA), please contact Post Commander Warren Rice for more information. Our Department of Virginia Service Officer Committee Chair is Joseph (Joe) Shine. He has posted information for Service Officers on the Department website at: <https://valegion.org/services/service-officers>. (There is a training curriculum to become an Accredited Service Officer.)

Post Community Breakfasts resume on Saturday, 25 January, at 7:30 am. Come enjoy our buffet. Our breakfasts are fundraisers and anyone may stop by and enjoy our culinary delights. (They are public events.) So... bring along everyone you know!

Reminder: We are a 'family friendly' Post. Meaning: you may bring your spouse, children, or other family members to any of our events. You may even wish to bring a friend or neighbor. All are welcome.

The calendar year 2025 membership year begins on January 1st. Don't forget to renew your membership by January 31, or you will become 'delinquent'. In other words, you may no longer be 'in good standing' and may even have a break in your continuous years of membership. You can always **renew online** through **MyLegion.org**. Just select "Renew Membership" in the "Members" column at the bottom of the page. All you need is your member ID number and last name.

If you have a "MyLegion" account, you can update your contact information (address, telephone, email) yourself, and view your Legion membership record, and even print a membership card. You can also designate Emergency Contacts, and more. Check it out: **www.MyLegion.org**.

If you have an e-mail account, are not receiving our electronic messages but would like to, send a message to: **info@post175.org** to be added to the distribution list.

Due to new message rules, both gmail (Google), Comcast, and others are "throttling" our messages. Meaning: limiting the number of addressees per message. If you have the capability, we would request you "white list" our domain (**@Post175.org**) so our messages are not labelled "spam" and get through to you versus being sent to your 'trash' or 'spam' folder. Thank you.

The American Legion Riders (ALR):

Our American Legion Riders (ALR) had a great 2024. Selected highlights of events in which they participated include: the Department of Virginia and National Legacy Runs; escorting of Old Dominion Honor Flights; participating in the Mechanicsville Christmas parade, and leading the charge for our Wreaths Across America (WAA) program.

They already have several events 'on the docket' for 2025, to include another iteration of their most wonderful Brunswick Stew. Yummy... The Chapter expects to continue their charitable work in 2025, participating in even more events as we move into prime riding season.

The Sons of The American Legion (SAL):

I would like to thank the Williamson Family, Colin, Janet, Greg, and Anthony for the generous \$1,000 donation to the SAL for the Junior Shooting Sports Program (JSSP). The SAL executive committee and the JSSP coaches will be meeting to decide how best to use these funds going forward.

If you know of any youth, ages 10 to 18, that would like to participate in our Junior Shooting Sports Program, have them contact Jim Oliver. His contact information is on the Post website.

We will also have our next Flag Education visit at South Anna elementary school on 7 January 2025. Thank you to those members that have already volunteered to help with the program.

Children and Youth (C&Y) Committee:

High School Juniors: Post 175 and Post 90 want to sponsor intellectual high school junior boys to attend the 2025 Boys State to be held on June 15-21 at Radford University. (Boys State is the Legion's premier youth leadership training program.)

We also want to sponsor athletic high school junior boys and girls to attend the Virginia Youth Cadet Law Enforcement Academy to be held on June 15-20 at the Virginia State Police Training Academy. Contact Doug Snell at 804-441-4114 if you have a candidate for either program.

New Year: Gearing up for our busiest season

Our busiest 'season' for service and support to our community, at least at the Post level, begins in November and goes through June - especially for our children and youth (C&Y) programs..

We begin with the Middle School Essay Contest in late November and December. The theme is: "I like living in America because..." Public and private schools, and home-schooled children in grades 6,7, and 8 participate.

That is followed by the High School Oratorical Contests. (Local, District, Region and Department contests.) These are Constitutional speech contests. Youth in grades 9 through 12 (public, private and home-schooled) participate. Top prize: \$25,000.00 scholarship for our national winner.

These contests are followed by interviews and selection of candidates to attend Boys State and Girls State and the Youth Cadet Law Enforcement Academy (YCLEA) programs. Both are one week in-residence summer programs. The 'State' programs are the premier leadership development programs of the Legion and Auxiliary for rising High School Juniors.

We also sponsor county Junior Reserve Officer Training Corps (JROTC) programs. We 'host' their pass in review, judge drill team competitions, and present awards (military and academic excellence) at their Change of Command Ceremonies, usually in May.

The entire Legion Family supports our Sons of The American Legion (SAL) Americanism efforts in Flag Education for first graders, with the bulk of school visits starting in January through the end of the school year.

These are just some examples of our ongoing community support programs.

Why do we mention these? Because we are always in need of Post members that would like to participate and support one or more of these programs. There are also many other programs and ways of helping the community... and our Post as well.

So... please consider giving a bit of your time to our Post and community. Thank you.



From Our Auxiliary:

From Unit President Fayth Heath:

Welcome to a New Year ! As we move forward, I would like to highlight the following events:

Winter Fest is coming. Volunteers are still needed. We will set up for the event on Friday, January 17th, from 9:00 am to 4:00 pm. Winter Fest will be on Saturday, January 18th from 10:00 am to 2:00 pm. There will games, prizes, and more. Volunteers should plan on being at the Post from 9:00 am to 4:00 pm on Friday and Saturday.

We are planning on hosting a spring bazaar. Vendors are welcome. Looking forward to your suggestions and recommendations.

“Ladies Who Lunch” will meet on Tuesday, January 21st, beginning at 11:30 am, at Marty’s Grill. Marty’s is located in the Rutland Commons Shopping Center at 9357 Atlee Road in Mechanicsville. Every Tuesday is “Burger day” at Marty’s.

The “Crafty Ladies” will meet for Creative Cards on Thursday, February 6th starting at 1:00 pm in the Post Social Quarters.

From Unit Chaplain Janice White:

As the dawn breaks on a new year, let us give thanks for all we hold dear: our family and friends, our health and our many blessings.

Let us live each day in loving ways, keeping God in our hearts. Let us remember those in need, and serve as we can.

May your year be filled with peace, love, and prosperity. May God’s blessings shower upon you with a bright, healthy and peaceful New Year.

May God bless The American Legion Family of Post 175.

Year in Pictures 2024

President
Fayth Heath
(540) 809-2454

Vice President
Janice White
(804) 730-1775

Chaplain
Janice White
(804) 730-1775

Historian
Patricia Edmunds
(804) 401-3423

Membership
Lynn Barbour
(804) 614-5085

Secretary
Lynn Barbour
(804) 614-5085

Sergeant-at-Arms
Carolyn Nicholas
(804) 382-2552

Treasurer
Jeannie Rummel
(804) 310-7200

**IN
THE
SPIRIT
OF
SERVICE
NOT
SELF**



The American Legion Auxiliary Unit 175, June-Dec 2024

American Legion Post 175
8700 Bell Creek Rd.
Mechanicsville, VA 23116



Serving Our Community,
State and Nation

CALENDAR HIGHLIGHTS:

January 2025:

- 01 - Wednesday: **New Year's Day Lunch** has been cancelled.
- 08 - Wednesday: Pot Luck Dinner. 6:00 pm. Family event. Member Social Quarters..
- 18 - Saturday: **Winter Fest**. Public Event (Free). 10:00 am to 2:00 pm. Activities, games, prizes, and more.
- 20 - Monday: Presidential Inauguration Day.
- 25 - Saturday: **Post Community Breakfast**. Public event. 7:30 am to 10:00 am. \$10.
- 28 - Tuesday: **Membership Meeting**. 7:00 pm. Main Hall.

February 2025:

- 12 - Wednesday: Pot Luck Dinner. 6:00 pm. Family event. Member Social Quarters.
- 14 - Valentine's Day.
- 17 - Presidents Day Holiday.
- 22 - Saturday: **Post Community Breakfast**. Public event. 7:30 am to 10:00 am. \$10.
- 25 - Tuesday: **Membership Meeting**. 7:00 pm. Main Hall.

March 2025:

- 08 - Saturday: **13th District Conference**. Post 175 is Host. All Legion Family members should attend. 9am - 2pm.
- 09 - Daylight Savings Time (DST) begins. (Spring forward.)
- 12 - Wednesday: Pot Luck Dinner. 6:00 pm. Family event. Member Social Quarters.
- 25 - Tuesday: **Membership Meeting**. 7:00 pm. Main Hall.
- 29 - Saturday: **Post Community Breakfast**. Public event. 7:30 am to 10:00 am. \$10.
- 29 - Saturday: National Vietnam War Veterans Day.

27 February (Thursday) to 02 March (Sunday): **Department Spring Conference**, Portsmouth, Virginia.

Tuesday mornings: 9:00 am to 11:00 am, Coffee and Doughnuts. Member Social Quarters. Bring a friend.