



**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**  
Tom Livsie  
(804) 937-6953

**Chaplain**  
Thomas Bynum  
(804) 982-0044

**Finance Officer**  
Raymond Lewter  
(804) 357-2800

**Judge Advocate**  
Robert Marsland  
(804) 337-3633

**Legion Riders**  
Jack Barbour  
(804) 690-1863

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

**Service Officer**  
Thomas Bynum  
(804) 982-0044

**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](http://www.post175.org)** E-Mail: [info@post175.org](mailto:info@post175.org)  
May and June 2024

## VETERANS SERVING VETERANS

**News Highlights:**



**ELECTION TIME: Post elections will be held on May 28th, from 4pm to 6pm.** Regular membership meeting will follow at 7pm. **Members will also vote on the revised Constitution and Bylaws (C&B) of 2024.** Both the C&B are available for download on the Post website, at the bottom of the main page. If you do not have electronic access, you may also obtain a paper copy of both C&B by visiting the Post on any Tuesday morning coffee (9am to 11am), during Saturday Community Breakfast, at a Pot Luck Dinner or at a regular Executive Committee (ExCom) or membership meeting. (See: Calendar Highlights.)

**Building and Grounds (B&G):** After several years of faithful and honorable service, Tom Livsie is stepping down as Chair of our Building and Grounds (B&G) Committee. **The Post is now searching for a member to 'step up' and assume the B&G Chair position.** If you are interested in ensuring our Post home remains the wonderful place it is, wish to help keep it in pristine condition for your fellow Legionnaires and community renters, and can work with contractors, please see either Tom Livsie or Post Commander Warren Rice.

**Three-year memberships** are now available. You can renew online (at current dues rate) by visiting: **[www.legion.org/renew](http://www.legion.org/renew)** by May 31st. Selecting "Renew Today" will take you to the renewal page for The American Legion, which also provides links to the Sons of The American Legion (SAL) and The American Legion Auxiliary (ALA) online renewals. (If you avail yourself of the online three year membership offer you will be paid through December 2027.)

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](http://www.MyLegion.org)**.

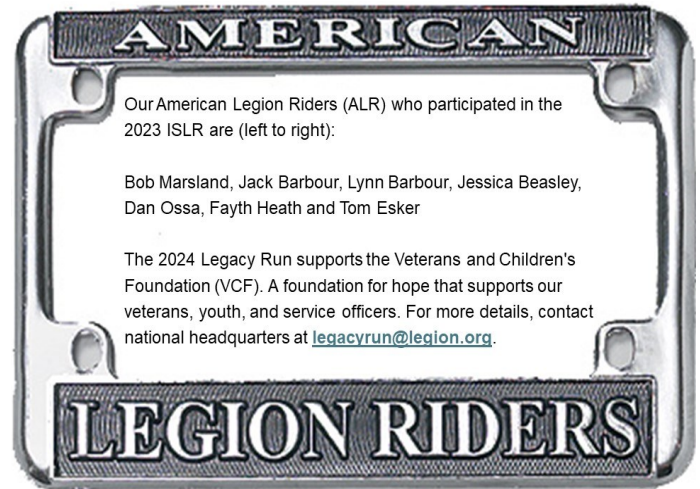
**Firearms Raffle tickets are now on sale.** Three firearms, pistol, rimfire rifle, and shotgun are available. One ticket gets you three chances to win. Tickets are ten (10) dollars each. See Post website for details, or visit us to get your tickets. Drawing will be held at the October 22nd membership meeting. Need not be present to win. (Winners may use the "cash equivalent" of the prizes to purchase items other than the firearms at Green Top Sporting Goods.)

Due to new message rules, both gmail (Google) and Comcast are "throttling" our messages. Meaning: limiting the number of addresses per message. If you have the capability, we would request you "white list" our domain (**[@Post175.org](mailto:@Post175.org)**) so our messages are not labelled "spam" and get through to you. Thank you.

We are now posting to our web page summer community events that may be of interest to you. All posted events are free to attend, and are within Hanover County.

## American Legion Riders:

Hope this finds everyone getting ready for warmer weather. The Riders are preparing for the 2024 In State Legacy Run (ISLR). Our goal this year is \$159,000. If you would like to donate to this cause, there are Donation Forms in the Social Quarters. We still have 50/50, Harley Quilt, Gun Raffle Tickets, plus we still have several quarts of Brunswick Stew available for sale. Pictured below are the Riders that participated in the 2023 ISLR, helping to raise \$121,000 for the cause!



## Sons of The American Legion (SAL):

Many thanks to all the post members that supported our recent fish fry; and special thanks to those that helped with the event. It was another success and please look for an announcement about our next fish fry soon. 100% of the proceeds from these events support our youth flag education and shooting sports programs. I hope you will consider supporting Cap't Greg's seafood and Kroger in Mechanicsville as they support our dinners with discounted prices on the food.

By the time you read this newsletter, volunteers from the post family will have visited five of our county schools to distribute flag education materials and talk about our flag with the first graders in these schools. Two more schools are scheduled for May. The shooting program continues with members of our team competing in the Department of VA Legion air rifle competition in April.

## Americanism:

**Boys State:** The 2024 session will be held on the campus of Radford University in Radford, Virginia from June 16th to the 22nd. This session marks the 81st session of our program.

Virginia Boys State provides the opportunity to gain hands-on experience in one of three areas of government. At Boys State, participants are exposed to the rights and privileges, the duties and the responsibilities of a franchised citizen. The training is objective and practical with city, county and state governments operated by the students elected to the various offices. Activities include legislative sessions, court proceedings, law enforcement presentations, assemblies, bands, chorus and recreational programs.

**Youth Cadet Law Enforcement (YCLE):** The Youth Cadet Law Enforcement Program is an American Legion sponsored program designed to present the opportunity for boys and girls to learn about law enforcement responsibilities and training from representatives of various city, county, state and federal agencies. The YCLE Program is an intensive five-day session in which young men and women are exposed to almost every facet of law enforcement.

In Virginia, The Virginia State Police Training Academy has been hosting this week. Our annual session will take place Sunday, June 16 to Friday, June 21, 2024. During the instruction at the academy, the students will receive orientation to criminal investigation, patrol techniques, accident and crime scene investigation, firearms safety and marksmanship.

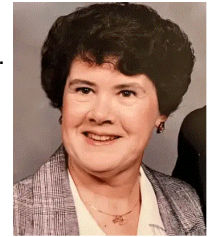
**Flag Replacement Program (FRP):** Our Post Auxiliary Unit has a Flag Replacement Program that identifies old, tattered, faded and worn U.S. flags and provides a free replacement. If you see a U.S. flag that needs replacing, please inform the Auxiliary Unit President. Our Auxiliary Unit will need the address of the flag needing replacement, and will deliver a new flag to that location and offer to retire the damaged flag.

Note: We have a drop-off box for flags needing retirement on the right-hand side as you enter the Post property.



**President's Message:**

First, Long-time unit member Janet Ford Phifer went to be with her Lord and Savior on Sunday morning, April 7, 2024. Janet was ill for some time, but her daughter Barbara read our news to her every month, and she was with us in spirit. Janet's visitation was attended by another long-time member and friend Shirley Smith. To commemorate Janet's membership and mourn our loss, we will Drape the Charter in May. This draping will remain for 30 days. Please join us in saying goodbye to our friend.



**President**  
Elizabeth Navas  
(804) 368-0100

**1st Vice President**  
Diane Lewter  
(804) 357-4377

**2nd Vice President**  
Joanne Meek  
(804) 307-3437

**Chaplain**  
Janice White  
(804) 385-5123

**Historian**  
Patricia Edmunds  
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**Membership**  
Fayth Heath  
(540) 809-2454

**Secretary**  
Fayth Heath  
(540) 809-2454

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

**Treasurer**  
Jeannie Rummel  
(804) 310-7200

**IN  
THE  
SPIRIT  
OF  
SERVICE,  
NOT  
SELF**

**Personal Message:** As the outgoing President I want to thank everyone who participated and supported the Auxiliary in the last three years. We have had continued successes and promoted new programs in that time and I have had a wonderful time working with you. I have gotten to know some of you better and hope to continue to contribute successfully in the future as the VA&R Chair. I hope you will show the new President all the same encouragement you showed me and continue your good works in the community.



**What's coming up?**

We are reaching the end of the 2023/2024 fiscal year and that means we are ready to elect a new slate of officers to lead us into 2024/2025. Nominations were closed at the April meeting but we will be accepting write-in votes at the May meeting. Please make sure you are there to show your support for the future of the Unit. Final voting will be held May 28th at 7pm at the membership meeting.

President: Fayth Heath  
Vice President: Janice White  
Treasurer: Jeannie Rummel  
Secretary: Lynn Barbour  
Sergeant-at-Arms: Carolyn Nicholas  
Chaplain: Janice White  
Historian: Pat Edmunds

May 24th is **NATIONAL POPPY DAY** and we are continuing to sign up people to man our 4 locations. If you have time to hand out our symbol of remembrance to the public, to speak to veterans about their experiences or enjoy the comradery of your fellow Post, Auxiliary, ALR and SAL members, please contact Joanne Meek or Elizabeth Navas and we will fit you in. It is a few hours well worth spending with us.



Available times: 10:00am-12:30pm and 12:30pm-3:00pm.  
Locations: Cold Harbor Restaurant, Anna's Restaurant, BJ's Warehouse and Bass Pro Shop.

**Girls State** selection was a success again this year. Chair Jeannie Rummel and the Committee have chosen three fabulous candidates. I am sure they are looking forward to their adventure as much as we are looking forward to their return and listening to their experiences. Stay tuned for information on the Cocktail Party in September.

**Welcome one and all**

As always, join us for the Commander's Coffee each Tuesday and enjoy the fellowship of family and friends.



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



Serving Our Community,  
State and Nation

## **CALENDAR HIGHLIGHTS:**

### **May 2024:**

- 08 - Wednesday: Pot Luck Dinner, 5:00 pm social, 6:00 pm dinner. Member Social Quarters.
- 14 - Tuesday: Post Executive Committee (ExCom) Meeting, 7:00 pm. Member Social Quarters.
- 25 - Saturday: **Post Community Breakfast** (Public Welcome), 7:30 am to 10:00 am. Main Hall.
- 25 - Saturday: ALR and SAL Meetings, @11:00 am (Following Post Community Breakfast).
- 27 - Monday: Memorial Day, 10:00 am, County Veterans Memorial Day Ceremony (Wayside Park, Route 301)
- 28 - Tuesday - **Post Elections (C&B vote)**, 4 pm to 6 pm, Post Main Hall.
- 28 - Tuesday: **Membership Meeting**, 7:00 pm. (Election results announced.) Main Hall.

### **June 2024:**

- 11 - Tuesday: Post Executive Committee (ExCom) Meeting, 7:00 pm. Member Social Quarters.
- 12 - Wednesday: Pot Luck Dinner, 5:00 pm social, 6:00 pm dinner. Member Social Quarters.
- 25 - Tuesday: **Officer Installations / Membership Meeting**, 7:00 pm. Main Hall.
- 29 - Saturday: **Post Community Breakfast** (Public Welcome), 7:30 am to 10:00 am. Main Hall.
- 29 - Saturday: ALR and SAL Meetings, @11:00 am (Following Post Community Breakfast).

### **Other Legion Events of Interest:**

- 01 June - Saturday: 13th District Convention and Elections, Post 156, Orange, VA (Web: [www.alpost156.com](http://www.alpost156.com))
- 10 to 14 July - Department of Virginia Convention, Hilton Hotel, Washington-Dulles Airport
- 02 to 04 August - American Legion Leadership College, Department of Virginia, DoubleTree Hotel, Midlothian

Every Tuesday morning, 9am to 11am, Coffee and Doughnuts (Free). Member Social Quarters.

For a full calendar of events and more information, visit our home page at: [www.Post175.org](http://www.Post175.org).