

LEADERSHIP

Commander

Daniel Ossa
(804) 366-7944

1st Vice Commander

Marty Martin
(804) 445-4709

2nd Vice Commander

George Bayer
(804) 402-6636

Adjutant

Bert Butterfield
(804) 746-2514

Building & Grounds

Tom Livsie
(804) 937-6953

Chaplain

Tom Bynum (Acting)
(804) 982-0044

Finance Officer

Ray Lewter
(804) 357-2800

Historian

Doug Snell
804-441-4114

Judge Advocate

Warren Rice
(804) 564-8451

Legion Riders

Jack Barbour
(804) 690-1863

Sergeant-at-Arms

Myrtle Starling
(540) 809-2861

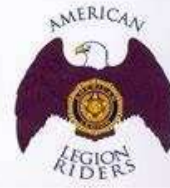
Service Officer

Tom Bynum
(804) 982-0044

Sons of the Legion

Jim Oliver
(804) 754-5860

THE AMERICAN LEGION FAMILY



THE AMERICAN LEGION POST 175

8700 Bell Creek Road, Mechanicsville, VA 23116-3867

Phone: (804) 789-8667 Web: www.post175.org Email: info@post175.org

JUNE-JULY 2023

VETERANS SERVING VETERANS

It has been a fast and fun filled year. We still have many events to plan and execute in June. Tuesday morning coffees, Second Wednesday Pot-Luck Dinner, Friday Night (before Community Breakfast) Game Night, and last Saturday breakfast. We have the District Meeting at Goochland Post 215 on June 10 and the In State Legacy Run on June 22-25 on the Eastern Shore. Congratulation to all of the new officers. Dan Ossa.

The membership elected a new Commander at the May General Membership Meeting. Congratulations to the New Commander: Warren Rice (effective in July 2023). Warren is our Judge Advocate and was the Post 175 Commander in 2015. We still need volunteers to serve as Second Vice Commander (Rentals) and Chaplain.

Warren's Goals: To provide improved consistent leadership, guidance, and oversight of Post operations. To serve as an example for members to follow as we strengthen our Legion Family and share our resources in support of our four pillars: Americanism, Children and Youth, National Security, and Veteran Affairs and Rehabilitation.

Thank you for your support. Warren Rice, Commander Elect



Poppy Day table at Kroger (left-right)
Tom Esker, Diane Lewter, Bob Marsland,
Ray Lewter.

Photo by Fayth Heath

Americanism: A Bell Creek Middle School student won the 2022-23 Post 175 Essay Contest of “I like Living in America because...” (and the essay took Third Place in the Department of Virginia). Post 175 is sponsoring four juniors (from Hanover, Mechanicsville, and Orange High Schools) for Boys State, to be held at Radford University on June 18-24. We thank United Bank, Mechanicsville Lions Club, Woody Funeral Home, Monaghan Funeral Home, Charlie’s Barbershop, and Virginia National Bank for their financial support.

Post and ALA members continued their mission of flag education for the first graders at Washington-Henry, Battlefield Park, and Laurel Meadow Elementary Schools.

Color Guard: The Post 175 Color Guard performed flag folding and taps at the funerals of Ralph Cook Jr. and Terry Brown. Color Guard was honored at the Ashland AARP meeting.



American Legion Riders (ALR): The Riders participated in the Blessing of the Bikes and the Battlefield Poker Run on May 13. ALR/Aux member Rev. Lynn Barbour blesses a bike and a rider.

Support the Riders in their Virginia In-State Legacy Run on Virginia’s Eastern Shore on June 22-25. Donations go to the National American Legion Legacy Scholarship Fund.

Chaplain: Terry Brown was promoted to Post Everlasting on April 6, 2023. Post members attended the funeral; the Color Guard rendered honors.

Please keep James White and the family of Doug Stansbury in your prayers.

Sons of The American Legion (SAL): The 4-H shooting education club, The Mechanicsville Marksmen, placed 4th in the American Legion Eastern Region Air Rifle Competition in Yorktown, VA, on April 30.

Old Dominion Honor Flight (ODHF): Aux Pres. Elizabeth Navas and Legionnaire George Navas pose for a picture with Representative Rob Whittman at the VFW Post 9808 ODHF Departure Ceremony on April 22, 2023. AL Riders joined the escort detail. Thomas Rummel and Robert White enjoyed the trip to Washington DC. The next ODHF is scheduled for November 4, 2023 (departing from Post 175). Invite a veteran to ride on the next mission.



AMERICAN LEGION AUXILIARY UNIT 175



President's Message: I wish to thank everyone for a wonderful year and thank you for the support of the leadership team. Your continued support in re-electing us has furthered the continuity of programs and allowed us to build on the initiatives we began in 2022/23. We want to welcome Janice White to the team for 2023/24 as Chaplain.

We've had much success in our programs focusing on Veterans, the community, and children and youth.

President
Elizabeth Navas
(804) 368-0100
(717) 586-1074
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Your generosity donated over \$500 in food to the Norfolk food bank, which inspired us to do so in our community. In two short weeks, we collected enough to make our first donation to Ashland Emergency Services (ACE) <https://aceshanover.org/donations/>.

Next month we will donate to another pantry to do the most good in the Mechanicsville/Ashland/Hanover County Community.

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

Once again, this year, we will work in the community to assist children with Backpacks in the new school year and continue supporting our SAL with the Flag Education Program.

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

Our Girls State Program was a huge success. We sent five young ladies off to learn more about the government and how to make a positive difference in their future. We have other opportunities to work with youth in the Civil Air Patrol (CAP) and to partner with the Post to assist with the Middle School Essay Contest. Our donations to scholarships such as Verna Vance Scholarship and the Frances B. Updike Nursing Scholarship are a staple in support of higher education for our deserving youth. Veterans and the Veteran Community is always a priority as we support the Sitter & Barfoot Veterans Care Center and McGuire VA Medical Center, Liberation Veteran Services, and more. We will have quarterly Bake Sales and Quilt raffles, to mention a few.

Chaplain
Janice White
(804) 385-5123

Historian
Betty Flippo
(804) 746-3440

Membership
Fayth Heath
(540) 809-2454

We will continue the Monthly Pot Luck Dinners and weekly Commander Coffee and Donut get-togethers as a family. Our Membership meetings will continue in the summer months in the evenings and winter to the morning hours if requested to accommodate our older members best.

Secretary
Fayth Heath
(540) 809-2454

If there are things you would like to see or initiatives you would like to champion, please feel free to bring them up at a meeting, and as always...

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

For God and Country, Service not Self, Elizabeth Navas, President

Treasurer
Jeannie Rummel
(804) 310-7200



Elizabeth Navas, Jeannie Rummel & Diane Lewter handcraft a wreath for the Hanover County Veteran's Memorial.



Director of Parks and Recreations for Hanover County, Aaron Reidmiller accepts the donation from the ALA Unit 175

A Poem for Remembrance Day

"The inquisitive mind of a child"

Why are they selling poppies, Mummy?

Selling poppies in town today.

The poppies, child, are flowers of love.

For the men who marched away.

But why have they chosen a poppy, Mummy?

Why not a beautiful rose?

Because my child, men fought and died

In the fields where the poppies grow.

Why are the poppies so red, Mummy?

Why are the poppies so red?

Red is the colour of blood, my child.

The blood that our soldiers shed.

The heart of the poppy is black, Mummy.

Why does it have to be black?

Black, my child, is the symbol of grief.

For the men who never came back.

But why, Mummy are you crying so?

Your tears are giving you pain.

My tears are my fears for you, my child.

For the world is forgetting again.

Author Unknown

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



Serving Our Community,
State and Nation

CALENDAR HIGHLIGHTS:

June 2023

- 06 - Tuesday 9:00 am to 11 am: Coffee Social
- 13 - Tuesday 9:00 am to 11 am: Coffee Social
- 13 - Tuesday: 7:00 pm to 8:00 pm: Executive Committee Meeting
- 14 - Wednesday: 5:00 pm to 8:00 pm: Monthly Pot Luck Dinner (Member Lounge)
- 20 - Tuesday: 9:00 am to 11:00 am: Coffee Social
- 24 - Saturday: 7:30 am to 10:00 am: Community Breakfast (Public Welcome)
- 27 - Tuesday 9:00 am to 11:00 am: Coffee Social
- 27 - Tuesday: 6:00 pm: Social Hour
- 27 - Tuesday: 7:00 pm to 8:00 pm: The American Legion Auxiliary General Meeting
- 27 - Tuesday: 7:00 pm to 8:00 pm: The American Legion General Membership Meeting

July 2023:

- 04 - Tuesday: Coffee Social canceled
- 11 - Tuesday: 9:00 am to 11:00 am: Coffee Social
- 11 - Tuesday: 7:00 pm to 8:00 pm: Executive Committee Meeting
- 12 - Wednesday: 5:00 pm to 8:00 pm: Monthly Pot Luck Dinner (Member Lounge)
- 18 - Tuesday: 9:00 am to 11:00 am: Coffee Social
- 25 - Tuesday: 9:00 am to 11:00 am: Coffee Social
- 25 - Tuesday: 6:00 pm: Social Hour
- 25 - Tuesday: 7:00 pm to 8:00 pm: The American Legion Auxiliary General Meeting
- 25 - Tuesday: 7:00 pm to 8:00 pm: The American Legion General Membership Meeting