

# POST 177 LEGION NEWS



**The American Legion  
Post 177**

3939 Oak Street  
Fairfax, VA 22030-3725

(703) 273-2250  
[www.fairfaxpost177.org](http://www.fairfaxpost177.org)  
[info@fairfaxpost177.org](mailto:info@fairfaxpost177.org)

*FOR GOD AND COUNTRY*

**Aug/Sep/Oct 2024**



Sonnie Dickerson (left), 2023-2024 Commander American Legion Dept Of VA, presents Fairfax County Firefighter & Post 177 Legionnaire, Sean Hodgson, the American Legion Dept of VA Firefighter of the year.

**AMERICAN  
LEGION**

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# MESSAGE FROM THE COMMANDER

Greetings!

Its been a busy summer at your post! I have been so pleased to see the amount of volunteers we've had supporting the post. We've had quite a few opportunities and folks have stepped up. In the past few months, volunteers have re-decked the trailer, decorated the 4th of July float, cleaned up the patio and grilling deck, 2nd Sunday breakfasts, and more. I am so thankful for a great group of members that see a need and volunteer to make things happen!

As we transition into the fall months, membership renewals are rolling out in the mail. As Gerry mentions in his article on page 3, the dues for 2025 are \$45.00. American Legion National erroneously sent out mailers with the incorrect amount. A new, corrected mailer has gone out but I'm sure it has caused some confusion. Yes, dues are for 2025 and we're asking for your renewal early; often times, folks put off renewing and then forget by the end of the year. I encourage you to pay now while it's fresh on your mind.

I'm looking forward to the Post 177 family picnic September 1. I know many can't get out as much as they used to so it's great seeing you at the picnic. We will have all the fun and games that we had last year with maybe a few additions and surprises tossed in. The Take 3 Band will be providing the entertainment as well as this is your one chance each year to drop RJ into the dunk tank!

As you know, the Legion theme for the past few years has been "Be The One" to end veteran suicide. I have struggled with this as it's close to my heart and I'm at a loss on how to prevent such a tragedy. I had a friend that I saw the evening before he took his life. I had no idea that he was at the point of ultimate despair and didn't pick up on any signs or indicators. We hear the good intentions of notice changes of behavior or habit and be there to listen, but my question is, is that enough? Is there more that we can be doing? Are we doing the suggested things to do or are we doing the things the professionals say not to do? How do we know? I will be delving into these questions and more as we move into the fall months so Post 177 can take "Be The One" from a slogan to a meaningful action that makes a difference. I will be providing some informative events, seminars and messages on how to Be The One. Stay tuned on our social media, web site and text messaging so you don't miss any of these important topics.

For God and Country,  
**Eric Parkhurst, Commander**

# First Vice Commander

The year is going by very quickly. Pretty soon the weather will be cooling off and our kids will be Trick-or-Treating and we'll be celebrating Thanksgiving and Christmas. But in the meantime, we have the Family Picnic to look forward to on September 1st and then the EARLY BIRD Dinner in October. Speaking of Early Bird...we try to get as many members to renew their memberships as soon as possible before the Early Bird dinner so we can get renewals complete to get to our 100% quota. We did not get that done for 2024 until the last minute but we did reach 101% because of you, our members. Plus, we did get about 90 new members in 2024. We appreciate everyone who renewed. However, we still have about 30 members who have fallen off the rolls and I am actively trying to get them back in good grace. Please renew for 2024 and 2025 if you fall into that category.

You should have received a 2025 renewal notice by now. In fact, 2 notices were sent out. Just to let you know that National erroneously sent out the first notice at \$40 when it should have been \$45. Please disregard the first notice and use the second at \$45. For those who have already sent in a check for \$40 it would be greatly appreciated if you would write a make-up check for \$5 and send it into the post.

For God and Country

**Gerry Lemnah, First Vice Commander**

## American Legion Department of Virginia Legislative Update

Your department legislative committee has been hard at work. Numerous bills supported by the legion are being worked and/or passed. For a full report as presented at the American Legion Department of Virginia 2024 Convention, [click here](#).

## Community Day September 7, 2024

- ◆ Shredding Event
- ◆ Auxiliary Yard Sale
- ◆ SAL Cookout

Stay in touch on our [web page](#), [social media](#) and text messaging as more events for Community Day are announced!

## Post Officers

### Post Commander

Eric Parkhurst  
703-254-8375  
Commander@FairfaxPost177.org

### 1st Vice Commander

Gerry Lemnah  
glemnah@yahoo.com

### 2nd Vice Commander

Joe Boyd  
2ndvice@fairfaxpost177.org

### 3rd Vice Commander

Brian Burns  
Rugf16@gmail.com

### Adjutant

Jason Mann

### Finance Officer

Jeff White

### Chaplain

Chelbi Cole

### Sergeant-At-Arms

Earl Seay

### Service Officer

Advaith Thampi

### Judge Advocate

Tony Osborne

### Historian

Eric Herzog

### Executive Committee

#### Members at Large

Kerry Kirk  
Larry Snyder  
Bruce Mersereau

#### Corporate Board

Jonathan Thatcher  
Hank Waters  
Gary Welschenbach  
Eric Parkhurst  
Jule Szabo  
Anthony Osborne  
Jeff White  
Kathleen Brady

#### Sons of the American Legion

Jim Price, Commander

#### American Legion Post 177

##### Riders

Tom Pike, Director

#### American Legion Post 177

##### Auxiliary

Sandra Price, President

## New Members

John W Bellflower  
Frank Cayer  
Nathaniel Clark  
Matthew P Cook  
James Creel  
Richard Denell  
Joseph Duble  
Kenneth L Dull  
Lynne M Giodano  
Douglas A Johnson  
Edward S McGinley III  
Paul Nanko  
Melinda L Patrick  
Chris Prentiss  
Jamie Price  
Jeremy W Radvany  
Alice D Rood  
Gaither Saunders  
Joyce Saunders  
Michael E Sham  
Kevin L Shifflett  
Jack L Stem  
Douglas E Sturm  
Peter M Thompson

## Auxiliary

Debra Abramczyk  
Anne Carey  
Julie D'Ambrosio  
Joanne Darnell  
Lori Frazier  
Kimberly Frye  
Pamela Guffain  
Vicki Nix  
Deborah Trainer  
Helen Williams

## Honorary Life Members

William Anderson  
Alvin Doehring  
Edward Heitchev  
Michael Kimlick  
George Lamborn  
Anthony Osborne  
Robert Sussen  
Jeff White

## The Adjutants Corner

This year the Department of Veterans Affairs announced that it has granted benefits to 1.1 million Veterans and their survivors, an all-time record. In total, the VA has awarded \$137B in Benefits, to Veterans and their Survivors this year.

To reach this milestone, The VA has processed more than 2 million claims in 2024, on pace to surpass last years record by more than 27%. The grant rate for these claims is 64.6% and the average overall disability rating granted to Veterans this year to date is 70%, equating to over \$20,000 per year in disability compensation for each Veteran.

I have learned that the best way to navigate this complicated, daunting process, filing for Veterans Benefits through the VBA is with self-education and awareness. For me, books on the process as well as You Tube is a fabulous source to learn about and participate in the Benefits process. While there are many Veteran Service Officers (VSO's) available to us, it generally is the Individual who fully understands and appreciates his or her own claim history that will develop and defend its merit. Once you understand the Claim process, you must then be prepared to wait months, and sometimes longer depending on the circumstances, and if you do not agree with the outcome, the wait time will continue, up to years if you take your appeal to the US Court of Appeals for Veterans Claims.

As Veterans, these are our Benefits and most will never utilize them. Educate yourself on all that is available to you and your family. Veterans Benefits, Veterans Healthcare and Veterans Discounts are there for us all so make the most of them.

**Jason Mann, Adjutant**



# Historian

Greetings Post 177!



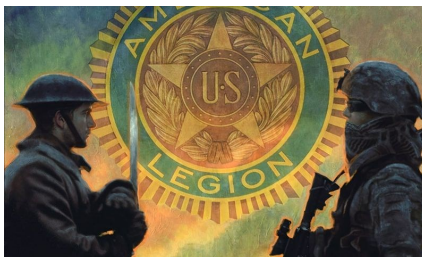
Let me take this opportunity to introduce myself as your new post Historian. I am Erica Herzog; an Army Veteran and actively serving Reserve Officer currently stationed at the Pentagon. I work full-time for the MITRE Corporation supporting the Army Programs Division where I collaborate with Army Futures Command on the future of warfighting. I also support the Army Historical Foundation at Ft. Belvoir as their Board Secretary. In the little spare time that remains, I enjoy listening to music (Classical and 80's), playing and singing music and reading books. Spending time in my kitchen brings me joy as well as supporting church activities when time allows. You can also find me on special occasions indulging in a cigar (seasons allowing) with an appropriate drink in hand.

Post Historian is a key role that I take seriously. I am excited that you voted me into this new role and will do my best to find creative ways to communicate our post's history and our service's military history with you at regular meetings, in newsletters, and other opportunities, currently unforeseen. I ask for your patience and grace as I learn about the position, ask questions, and gain insights into how I can mold and shape this work to best educate our post and its members.

I welcome all ideas from your wealth of knowledge and experiences. Please do not hesitate to reach out to me in person at an Executive Committee meeting, a General Member meeting or online ([erica\\_herzog@yahoo.com](mailto:erica_herzog@yahoo.com)) or by telephone, (703) 618-3017 to share a thought or idea. You can help bring history to life – please share your ideas and we will cultivate them together!

Lastly, I want to extend my gratefulness and sincere thanks to Earl Seay for making this a smooth transition. Earl eagerly shared his personal notes with me and spent time explaining many aspects of the Historian role. Earl, thank you for your time and your years of dedication and commitment to educating and promoting history within the ranks of Post 177 and beyond!

**Erica Herzog, Post Historian**

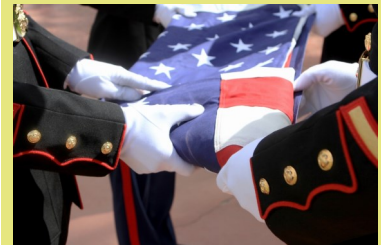


## Post Everlasting

Robert L Dillon (Bob)

Bernie Golitz

Marshall (Dick) Truslow



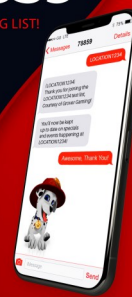
**TEXT**

# ALPOST177 TO 78859

TO JOIN OUR TEXT MESSAGING LIST:

Stay up to date with everything happening at Fairfax AL 177.

(Standard Message & Data Rates May Apply - to opt out of notifications text STOP ALPOST177 to 78859)



**GROVER GAMING**

## Announcements

\*Friday Night Dinner Every Friday  
1730—200

7 Aug—Executive Committee,  
1900

8 Aug—Corporate Board, 1900

14 Aug-General Membership,  
dinner 1800, mtg 1900

11 Aug—2nd Sunday Breakfast  
Buffet, 0930

1 Sep—Family Picnic, 1300-1700

4 Sep—Executive Committee,  
1900

5 Sep—Corporate Board, 1900

7 Sep—Community Day

8 Sep—2nd Sunday Breakfast  
Buffet, 0930

11 Sep—General Membership,  
dinner 1800, mtg 1900

2 Oct—Executive Committee,  
1900

3 Oct—Corporate Board, 1900

9 Oct—General Membership,  
dinner 1800, mtg 1900

13 Oct—2nd Sunday Breakfast  
Buffet, 0930

*See Calendar (page 7) for more  
events! Check [fairfaxpost177.org](http://fairfaxpost177.org)  
and social media for up-to-date  
announcements.*

## AUXILIARY NEWS



**SCHOOL  
SUPPLIES  
NEEDED**

The Main Street Child Development Center is asking if we could help them again this year with school supplies. They are very much in need of the following items.

- Backpacks
- Boxes of 24 crayons (Crayola) if possible
- Boxes of Crayola colored pencils (12 count)
- Boxes of Crayola markers (washable)
- Sharpened #2 yellow pencils
- Glue sticks & Washable glue
- Yellow highlighters
- School Safety Scissors
- 3 X3 Yellow Post-it Notes
- Pink erasers
- Black Composition Notebooks
- Pencil pouch and boxes 8X5 inches
- Boxes of Tissues
- Clorox disinfecting wipes
- Pump bottles of hand sanitizer
- Gallon and Quart sized Ziplock bags
- Plastic pocket folders (red and blue)
- Plastic pocket folders with prongs
- Spiral notebook
- Headphones (not earbuds)

If you wish to contribute, please bring your items to the post

**No Later Than August 12.**

Monetary donations are also accepted. Please leave them with the bartender. We will be shopping to make up what is needed.



# August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				4:30pm Wild Wing Wednesday 7:00pm Charityoke	5:30pm Friday Night Dinner	
4	5	6	7	8	9	10
		4:30pm Taco Night	4:30pm Wild Wing Wednesday 7:00pm Executive Board Meeting	7:00pm Corp Board Mtg	5:30pm Friday Night Dinner	
11	12	13	14	15	16	17
9:30am Second Sunday Breakfast Buffet		4:30pm Taco Night	4:30pm Wild Wing Wednesday 7:00pm General Membership Meeting		5:30pm Friday Night Dinner	
18	19	20	21	22	23	24
		4:30pm Taco Night	4:30pm Wild Wing Wednesday 7:00pm Karaoke		5:30pm Friday Night Dinner	
25	26	27	28	29	30	31
		4:30pm Taco Night	4:30pm Wild Wing Wednesday 7:00pm Karaoke		5:30pm Friday Night Dinner	

# September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	
177 Family		4:30pm Taco Night	4:30pm Wild Wing Wednesday 7:00pm Executive Board Meeting	7:00pm Corporate Board Meeting	5:30pm Friday Night Dinner	
8	9	10	11	12	13	
2nd Sunday Buffet		4:30pm Taco Night	4:30pm Wild Wing Wednesday 7:00pm General Membership Meeting		5:30pm Friday Night Dinner	
15	16	17	18	19	20	
		4:30pm Taco Night	4:30pm Wild Wing Wednesday 7:00pm Karaoke		5:30pm Friday Night Dinner	
22	23	24	25	26	27	
		4:30pm Taco Night	4:30pm Wild Wing Wednesday 7:00pm Karaoke		5:30pm Friday Night Dinner	
29	30					

# October 2024


Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		4:30pm Taco Night	4:30pm Wild Wing Wednesday 7:00pm Executive Board Meeting	7:00pm Corporate Board Meeting	5:30pm Friday Night Dinner	
6	7	8	9	10	11	12
		4:30pm Taco Night	4:30pm Wild Wing Wednesday 7:00pm General Membership Meeting		5:30pm Friday Night Dinner	
13	14	15	16	17	18	19
9:30am Second Sunday Breakfast Buffet		4:30pm Taco Night	4:30pm Wild Wing Wednesday 7:00pm Karaoke		5:30pm Friday Night Dinner	
20	21	22	23	24	25	26
		4:30pm Taco Night	4:30pm Wild Wing Wednesday 7:00pm Karaoke		5:30pm Friday Night Dinner	
27	28	29	30	31		
		4:30pm Taco Night	4:30pm Wild Wing Wednesday 7:00pm Charityoke			



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**THIS NEWSLETTER IS PRODUCED BY VOLUNTEERS OF THE POST.**

*"The #1 Legion newsletter in the Nation!"*

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# THE AMERICAN LEGION FAMILY

