

233 Happenings

Scout Troop Meetings on Mon @ 6:30 & 7pm ,
Scout Troop Special Project Sunday 13 October 12-4PM

Warrant Officer Volunteer Renovations Oct 19th & Nov 2nd

Ductless HVAC system found more on installation to follow

11th District Meeting Monday 7 October at Dept HQ 7 PM

Executive Board Meeting and Vice Commander's Meeting Combined this month due to Bylaws Review and Update. All Officer's Input for Bylaws due NLT 6 October 2024,
Meeting Tuesday 8 October 7pm by teleconference

ALA Unit 233 Meeting Roberto's Restaurant 9 Oct @ 6pm

October Regular Monthly meeting In- Person & y zoom **9 Oct 7pm**. Zoom Link for those who are not in town. Check Email.

Varina Post 233 Post Sneaker Awards Banquet moved to 26 October 2024. Legion Cap IS NOT A REQUIREMENT. By Invitation Only Event. No Cost Donations Accepted.

Yard Sale Fundraiser 14 Sept raised \$803 to support vets and residents of area Nursing facilities. Also collected coats, clothing, and warm weather gear for Women Veterans. **Extending Coat Drive through Oct 14th**

Post Audit Completed 20 September 2024

Varina Youth Sports Football Homecoming 28 September was successful collaboration. Blinded Vets, volunteers, and family members were present

Commander's Corner

At home, at work, in friendships, in families, in life -----contentment is hard. As we look around to see what we can do better, we sometimes miss what we already have. The quickest route to contentment is gratitude.
Kenneth Harvey, Post Commander



**VARINA
POST 233
IN THE KNOW
Newsletter**

Conventions & Legion College Info

ALR College (FREE 10am-3pm Lunch provided) 12 Oct Post 330 Culpepper (Walk-ins welcome) To register Email ALR Vice Chairman Don Forshey donff24@verizon.net

2024 American Legion Virginia Department Fall Conference Double Tree Williamsburg, VA 1 – 3 November 2024

To download registration form, click below
<https://valegion.org/wp-content/uploads/2024/08/Fall-Conference-2024-Registration.pdf>

Contact Varina Post 233 message center **804-859-1359** with questions. Take action as early as possible please. ****Emergencies handled on a case-by-case basis.**

TECHNOLOGY & INFORMATION MANAGEMENT

Did you know Final steps have been made to apply for an official American Legion Website? Once we get the website approved ALL competing Varina Post 233 social media sites will be removed and re-created to prevent confusion. We thank our new Jr. IT Manager Malachi Gary, and the Gary Family for extensive assistance in this matter.

CONDOLENCES and MEDICAL RECOVERY

Varina Post 233 offers sympathy in the loss of a family member of Legionnaire Chaplain Gregory Bennett. We wish the family peace and comfort. We also wish continued blessings and healing in the recovery of Legionnaires Chaplain Gregory Bennett, Assistant Judge Advocate Rhonda Wright, ALA Unit 233 Member/Volunteer Post Historian Sandy Small, Post Administrative Assistant Charlene Burchett, and VSD Bonnie Griffith. God

Reminder.....American Legion Sponsoring Army Navy Game

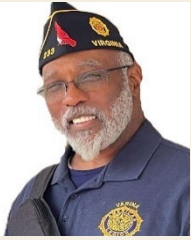
AL Varina Post 233 was proudly represented by the Post Commander and Adjutant at the **National Convention** this year. It's a big deal that The American Legion is sponsoring the Army Navy Game. If you are interested in going, it may be too late to get a ticket other than "nose bleed" seats. However, be advised that others may be making a special effort to attend this year. What about you?

In the Spotlight

*Legionnaire Paul Whitfield
Prepares to Sing National Anthem
At Varina Youth Homecoming Game*



The weather before Homecoming made parents and players very nervous. The risk of being rained out was a heavy weight. Thank goodness Mother Nature cooperated and the sun came shining through to support the Blue Devils' Homecoming on the 28th of September at McGeorge field in Varina. **Legionnaire Paul Whitfield** is among the faithful Varina Post 233 volunteers who support Varina Youth sports. He blessed the spectators with a soulful rendition of the National Anthem that will not soon be forgotten. After he belted his final note, there was a loud show of appreciation for his voice. The crowd cheered, whistled, and stomped enthusiastically. Thank you, Legionnaire Whitfield, for showing up for Varina Post 233 and Varina Youth Sports. Most of all thank you for your dedication for God and country. Legionnaire Whitfield is also a member of the Blinded Veterans Association (BVA), and is totally Blind. He shares his time and singing talent to show that we all have something to give back; even when we have disabilities.



Ask The Commander(s)

Question from Legionnaire A. Williams (Claims Support Client) Received by Phone Call Center: 804-859-1359 Why is so difficult to receive the Caregiver's benefit? My spouse does a lot and we have been denied several times. Is there a magic formula?

Answer by Post Commander Harvey: This is a question that causes frustration for a few veterans and their families. It should be about what you "the veteran," can or cannot do for yourself. The reality is this is a difficult mountain to climb without help. There are a lot of moving parts. Evaluations require an assessment of your ADLs (activities of daily living). This is not to say ADLs are the only baseline for approval. There are also medical and legislative rules. The rules do not always match up with what Uncle Sam promised us for our service. It's trickier than VA math. Doctors and social workers are just part of the puzzle. Forms will make you go dizzy if you let them. The strategy besides keeping an open mind is to be patient. The answers you get tend to generate more questions and.....Yes more forms. My recommendation is to start with the va.gov website. Everyone's journey starts the same, but is different when it is all said and done. Address your primary care provider with initial concerns as they will have to support your intent. Also find out who your social worker is. They will most definitely have to be involved for the process to go smoothly. Again, even before that go to the va.gov website and read up on Caregiver Support. It's such an important topic. Thank you for your question. The website is below for your convenience.

<https://www.caregiver.va.gov/>

THANK YOU ALL FOR YOUR SERVICE, SACRIFICE, AND SUPPORT!!!

Write us at:
American Legion
Varina Post 233
8088 Recreation Road
Henrico, VA 23231

Donate to Virginia Legacy Run. It's never too late to give!!! Please email Randy at randybbgunn@comcast.net or call Varina Post 233 at 804-859-1359

Do you have Publication Input, Ideas, Ask the Commander Questions, or stories? Please contact us no later than the 25th of each month at 804-859-1359 or al233varinapost@gmail.com

Over 80 Patches and Merit Badges Earned By Scouts!!!

Congratulations Scout Troops 500 and 501!!! Hard Work Pays Off!!

Post 233 Legion Family & Scouts

September gave Scout Troops 500 and 501 a lot be proud of. The dedicated Scoutmasters held Courts on Honor to recognize the accomplishment of many of the young men and women in Scout Troops 500 and 501. The Awards were distributed for the young men of Troop 501 on the 9th, while the young women were honored on the 23rd. The ceremonies jointly yielded over 80 patches and badges for the scouts. To say we are ecstatic about the leadership and grit these young people exhibit is an understatement. Patches and awards are too many to name. World Conservation, First Aid, Electronics, Wood Carving, Nuclear Science and Summer Camp represent a

small sampling of the activities needed to earned patched and badges . The young people make being a Scout look easy.

The Scouts of Troops 500 and 501 were also busy helping Varina Post support the Community color guard detail for Varina Youth Sports, and they also assisted with the Post yard sale.

September was without a doubt a lot for the Scouts to do, but they did it with a courteous, kind, and cheerful mindset. This is part of the Scout Law. *Varina Post 233 is so proud to have Troops 500 and 501 on board* We salute ALL.



Team work makes the dream work. Legion and scout mom work together to support the Varina Sports Homecoming on 28 September Ms. Levia (rear on the left) was able to sell a few bags of popcorn and peanuts for Scout Troop 500. Ms. Sandy Small (front) is an Auxiliary Unit 233 member. She did a wonderful job taking pictures and manning the Legion Family table. Legionnaire Vice 4 Lawrence Roberts assisted Sergeant-At Arms Kai Ellison in managing Blinded Veterans Association Information Table.

Virginia American Legion Middle School Essay Contest.
Title: "I like living in America because..."
<https://valegion.org/programs/middle-school-essay-contest-2/>

1st Annual Sneaker Awards Banquet
Saturday, 26 OCT 2024
6pm Sharp
8088 Recreation Road
Henrico, VA 23231



Did You Win?
Dress To Impress
***Comfy Feet Mandatory**
By Invitation Only

Rsvp By 15 Oct 24
804 859-1359 or
al233varinapost@gmail.com

Donations Accepted

****Surprise Keynote Speaker**

MEMBERSHIP NEWS

DON'T FORGET DUES FOR 2025
OUR POST PROCEDURE

Remember we voted to pay \$10 per month. The Post will pay your Annual dues out of that, so you do not have to pay any \$\$ when you get the slip in the mail. JUST SEND IT TO THE POST.

If you decide to renew for 3 years your local dues are \$85 for year to help with operational costs at the post. Questions??? Call or email the post.

Varina Post 233 Claims Support
By Appointment on Wednesdays call or email Us!
Call 804-859-1359 In-person and telephone support

On Behalf of Commander Harvey, the Varina Post 233 Executive Board, and members;
a hearty welcome is extended to ALL 233 Legion Family.