

233 Happenings

Scout Troop Meetings on Mon @ 6:30 & 7pm , Campout 3/8/25

Warrant Officer Volunteer Renovations will recommence as the weather permits. Announcements to follow.

Toys for tots and Nursing Home Community Service for December went well 12/14 and throughout December

Ductless HVAC working well costs are down significantly

CDCE VA Veterans – Civic Development Community Engagement Xmas Card Project 23 December

11th District Meeting planned for 6 Jan 25 at Dept HQ 7 PM

14 December will be very busy for Varina Post. Holiday Social Wreaths Across America & Big Toy Parade

Remember Buddy Checks this holiday season.

Regular Post Meeting 7:30 after ALA meeting Until further notice every 2nd Wednesday

ALA Unit 233 Meeting 11 Dec 2024 @ 6 pm Robertos in person

Let us support our dual ALA members attending ALA meetings.

Executive Board Meeting and Vice Commander's Meeting Combined to the maximum extend where possible all year.

Firestone offering 10 % discount with membership card

Warm clothes project for Ashland Home Veterans and Residents will be ongoing. Please see adjutant for details

Valentines Day Project in collaboration with scouts on the calendar tentatively for Feb 2025 Salute Week 9-14 February

Commander's Corner

Sometimes the heart of a lion can be found in the smallest warrior. It does not take a big person to take a stance.

Kennith Harvey, Varina Post Commander



**VARINA
POST 233
IN THE KNOW
Newsletter**

Conventions and Upcoming Events

Keep your eye on the Department page for convention updates and registrations. Must be registered by January 27, 2025.

Convention - Portsmouth Feb 28 – 2 Mar 2025

Hold down ctrl button and click link to register

<https://valegion.org/tools-and-media/upcoming-events/>

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

Virginia American Legion Middle School Essay Contest.

First 4 to sign up and complete application process potentially will receive a gift card for \$20, \$40, \$60, or \$80 from the Commander

Title: "I like living in America because..."

<https://valegion.org/programs/middle-school-essay-contest-2/>

TECHNOLOGY & INFORMATION MANAGEMENT

THE VARINA POST 233 WEBSITE IS UP
AND RUNNING!!! WE ARE OFFICIALLY ONLINE

Check the Calendar Regularly

<https://varinapost233.org/>

MEDICAL RECOVERY and CONDOLENCES

Varina Post 233 wishes V2 Harry Wallace, V3 Angel Ramirez, Chaplain Bennett, Chaplain Charles Marshall, Legionnaire O'Neda Manning, & all others who are ailing a speedy recovery. For any one who lost a loved one, we hold you and your family up in prayer. Amen!

Boys & Girls State
Ready for **BOYS STATE** & **GIRLS STATE** 2025??

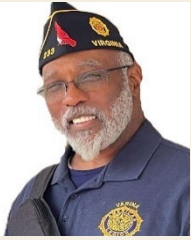
Post Interviews Are Complete,

Young men & ladies did you complete your application and get it to the Post yet??? You are cutting it close if not! Contact Us! The clock is ticking. We have to contact District yesterday!

**In the Spotlight
Varina Post Leaders
Are All Smiles
At Noel Knock Out Wrestling**



Post Commander Ken Harvey, Vice 3 Angel Ramirez, Adjutant Dr. Vee Harvey, Event Coordinator Destiny Ramirez, and Vice 1 Charley Faniel stand by the wrestling ring just before the Noel Knock Out wrestling event began on 28 December 2024. This was the **third time** Varina Post welcomed Ace Montana and Commonwealth Championship Wrestling to the Post. The community is loving the entertainment. Commander Harvey believes this is something that will go on because it is something different. Way to 233 Family!!!



Ask The Commander(s)

Anonymous Question from 3rd Vice Commander Angel Ramirez When you are new to the Legion, What do you recommend Legionnaires should focus on in learning how to become a good Legionnaire?

Answer by Post Commander Harvey: This is a very good question and one that is never fully answered because we are all volunteers. The first thing any new Legionnaire needs to do is seek out information. A good place to start is Legion.org and my legion websites. Each legionnaire can use the information online to go at a pace that is comfortable for them to learn about The American Legion in general. The Legion is good about putting classes online and good about doing Legion college. Another good tactic is to attend conferences when you can. The Post Commander is just one source of information and no person knows everything. The bylaws of the post *are* a guide for what should be happening at the post but there is no cookie cutter answer to what each individual will do at the post other than a description of general duties of a particular position. When I specifically ask Legionnaires and/or leaders to tell me what they can do, the meaning behind that is to ONLY take on what you can handle and not take away from you family life. The Legion is volunteer work in support of the pillars we live by. The work we do in not intended to supersede real life. We support our communities in the name of God and country with values in mind. There is not intent to overwhelm.

One Team One Fight !!!

WE want to hear from you. Write us at:
American Legion
Varina Post 233
8088 Recreation Road
Henrico, VA 23231

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

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

Commonwealth Championship Wrestling – Noel Knock Out At Varina Post 233 Welcomes Henrico’s Finest

Commander Harvey and Leaders are happy Wrestling is loved by community!!!!



Varina Post 233 is beyond excited that CCW Wrestlers came back to entertain the community this holiday season. Ace Montana brought in the talent a few days after good old Saint Nick made his rounds. Once again, the place was packed, and families joined Commander Harvey and Varina Post Legionnaires for a night of fun-filled wrestling magic.

One of Henrico’s finest made an appearance, and vowed to come out for the festivities in the New Year. Varina Post 233 leaders were amazed at the joy the crowd displayed. This event is indicative of the of the intensity that is on the horizon in 2025.



Wrestling champions did not let the holidays slow down their fever.

MEMBERSHIP NEWS

DUES FOR 2025 OUR POST PROCEDURE

Post dues are \$10 per month, \$40 quarterly \$60 twice a year, or \$120 Annually. Reminder: Membership voted. **Anyone in receipt of National dues statement contact the Post. Mail National Dues Statement to Varina POST 233. If you decide to renew for 3 years your local dues are \$85 for the year Questions???** Call or email the post.

Varina Post 233 VSD Claims Support

By Appointment Only 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.