

Sons Of The American Legion—Detachment of Virginia



FOCUS



Volume 7, Issue 3 July 2016

Detachment Officers

- Detachment Commander – Richard Pregnall
- Detachment Vice Commander—Willie Morgan
- Detachment Vice Commander—Johnny Baker
- Detachment Vice Commander—David Tuck
- Detachment NEC—Linwood Moore
- Detachment Alt-NEC– Robert Borkovich
- Detachment Adjutant—Scott Williams
- Detachment Finance Officer- HB Hall, Jr.
- Detachment Chaplain-Robert Wilson Sr.
- Detachment Historian-Vacant
- Detachment Sgt At Arms- James Logan
- Detachment Judge Advocate- Steve Gower

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Boulder Crest—Wounded Warrior Wellness Retreat



Boulder Crest Wounded Warrior Retreat provides our nations veterans a place to re-acclimate themselves back to the civilian world and heal from their wartime experiences abroad. Most of the illnesses dealt with at Boulder Crest are PTSD and TBI (Traumatic Brain Injury).

Boulder Crest is the nations first privately funded woun-

ded warrior retreat. Boulder Crest hosts about 700 veterans with their families each year.

Boulder Crest is located on a 37 acre site in Bluemont, Virginia. There is a community building, four Alpine-like cabins(can house 4 to 6 people each), a stocked fishing pond, 2 retired horses, archery, a Heroes Garden (country's second hand-

icapped accessible garden, and other features.

In the picture above, Squadron 293 Adjutant, Scott Williams (Center), Vice Commander, George Phillip (Left), present a \$2,040 donation check to Boulder Crest's Founder, Ken Falke (Right), and Dusty Bak-

About This Issue

This issue will be the final issue for the 2015—16 year.

This will issue will be a snapshot of the year we completed as a Detachment.

We will look at a local Wounded Warrior Retreat in Bluemont.

With the warmer months now on us, we will take a brief look at American Legion Baseball, one of our prime Americanism Programs.

Our Commander will share his final thoughts on his year

As Commander.

We will give a preliminary snapshot on the Consolidated Reports turned in, so far (as of June 4), a snapshot of our membership, and a photo collection of the 2016 - 16 year. We hope you will enjoy this issue.

Commander's Corner—Rick Pregnell



I would like to say 'thank you all' for the opportunity to serve as your Commander. It has brought me the opportunity to see a vast amount of Virginia. It also has given me the opportunity to meet some great people along the way who will become great leaders for the Detachment of Virginia. The year has been filled with some great memories that will last a lifetime. A special 'thank you' from Patrick Henry Family Services and myself for the support of my commanders'

Project this year.

As the year comes to an end we need to focus on our membership to make sure that the light stays illuminated for the future of the Sons Of The American Legion. Membership may seem like dark times, but we need to take a moment to change the light bulb to make sure the light shines brightly across the community.

I also ask that we take time to reflect on our senior members. They are the ones that will tell the stories of our history. As it is our obligation to preserve the our priceless heritage we should take the time to learn from them. It's like the lighthouse keepers' job carrying oil up hundreds of steps towards the sky, just to make sure the light doesn't go out. Now we simply

Flip the light switch but must insure the bulbs are changed regularly, to make sure our light doesn't go out.

Remember that the hard work of every member illuminates the Detachment of Virginia. **Richard Pregnell, Detachment Commander.**



Detachment Commander, Richard Pregnell installs 2016 Squadron 320 Officers in June 2016.

Adjutant's Blog—July 2016

We had a strong year this year. As of June 4, we had 36 consolidated Reports turned in for judging. That is over 50% to be judged. Thanks to all of those Squadrons turning in Consolidated Reports, so far this year. We will show preliminary Detachment Results, as of June 4, at the end of this issue.

We have had 20 plus Squadrons turn in Officer Lists for the 2016-17 year. If you have not turned yours in, please do so, as soon as possible so your Squadron can get their 2016 -17 Cards. This information is necessary for our Detachment Directory and for our Detachment Officers to contact our Squadrons throughout the year. This also helps us send out important Detachment Information throughout the year.

We are hoping to have great representation at the State Convention coming up in a few days. We will be presenting membership awards, detachment awards, and recognition of our Son of

The Year Award. We also will be holding our election of Detachment Officers for the 2016-17 year. Hope to see you there!!

Legion Leadership College is coming up next month, please plan to send someone from your Squadron. This is a great opportunity to learn more about our organization.

We are going to leave the contact information that was included in the last issue of the focus in this space. If your Squadron has any questions, please feel free to contact one of our Past Detachment Commanders. It is also an honor for any of us to install new officers for the upcoming year. If we can assist, please let us know.

Here are some of those Past Detachment Commanders and their email addresses. Linwood Moore—NEC (woodman989@

Aol.com), Bob Borkovich—Alternate NEC (vapittfan959@yahoo.com), HB Hall, Jr.—Detachment Finance Officer (hbhall55@comcast.net), Steve Gower—Detachment Judge Advocate (stevegover@cox.net). Scott Williams—Detachment Adjutant (SonsVADetADJ@comcast.net), Clint Bolt—Detachment Scholarship Chairman (sonscdbolt@aol.com), and Jeff Evans—Detachment Membership Chairman (vacobblers@cox.net). We are here to serve and to help in anyway possible. We all want the same things. We want our organization to be successful and for all of our Blue Cappers to be successful in their support of our programs. So, please feel free to reach out to any of our Past Detachment Commanders for assistance. **Scott Williams—Detachment Adjutant**

America's Pastime—Baseball

Warm weather is among us...one can hear the smack of a baseball against a bat, an umpire shouting 'strrrrrrike!!', the smell of hot dogs, popcorn and others. Yes, its baseball season in America or more important to the American Legion Family, American Legion Baseball.

American Legion Baseball had its modest start in 1925. It was founded to teach young men sportsmanship, good health, and citizenship. Legion baseball promotes team work and equality among its players. Legion baseball players come from all economic levels and does offer some scholarship opportunities for its players.

To quote the American Legion Website, "American Legion Baseball has been, and continues to be, a stepping stone to manhood for millions of young men who have gone on to serve their country or community, raise families or play the sport at the highest level. "

Several Major League Baseball Players started their careers in American Legion Baseball. Some of those players include—Justin Verlander, Ryne Sandberg, Roy Campanella, Dusty Baker, Albert Pujols, Greg Maddux and Chipper Jones.

There are some scholarship opportunities through American Legion Baseball. These opportunities include - "the league annually awards a total of \$25,000 - \$500 for a player selected from each department based upon leadership, character, scholarship and financial need. Recently, the Legion passed a resolution allowing corporate sponsorship, in the hope of creating more financial aid for college. Diamond Sports already funds \$25,000 in scholarships for the Legion Baseball Player of the Year and the eight regional players of the year. Eight players receive a \$2,500 scholarship and the "Captain" of the All Academic Team receives a \$5,000 scholarship. "

It costs a post thousands of dollars to sponsor a Baseball team. Some of those costs include insurance and uniform costs. So, how can we as Sons help support Legion Baseball? First, do what we do best, help the post raise funds to sponsor the Post' Team, volunteer to help out at American Legion Baseball Games, and lastly support your post' team by going to some of their games during the season.

The American Legion Baseball World Series for 2016 will be held in Shelby, North Carolina from August 11 to 16. Some of the games will be televised on ESPN.

Scott Williams, Detachment Adjutant and American Legion Website.

Membership...By The Numbers 2015—16 Year

Western Region	96.46%
Northern Region	94.23%
Eastern Region	85.52%
Renewal Rate	80.2%

Squadrons 100% and Higher: Squadron 327 (103.87%), Squadron 25 (103.03%), Squadron 67 (101.05%), Squadron 49 (117.65%), Squadron 120 (100%), Squadron 55 (105.56%), Squadron 74 (104.44%), Squadron 156 (125%), Squadron 215 (100%), Squadron 53 (101.79%), Squadron 166 (130%), Squadron 28 (108.7%), Squadron 85 (100%), Squadron 130 (116%), Squadron 162 (105.43%), Squadron 176 (110%), Squadron 177 (130%), Squadron 270 (109.38%), Squadron 8 (100%), Squadron 99 (113.33%), Squadron 29 (100%), Squadron 325 (102.27%), Squadron 1097 (102.4%), Squadron 7 (105.26%), Squadron 164 (Grundy), Squadron 104 (100%), and Squadron 217 (100%).

Squadrons 90 to 100%: Squadron 56 (93.33%), Squadron 48 (90%), Squadron 146 (98.77%), Squadron 144 (90%), Squadron 284 (92.86%), Squadron 188 (92.05%), Squadron 21 (90.32%), Squadron 77 (93.33%), Squadron 72 (91.07%), Squadron 290 (96.83%), Squadron 330 (92.5%), Squadron 364 (99.01%), Squadron 1976 (99.02%), Squadron 79 (96.33%), Squadron 68 (Narrows), Squadron 16 (95.6%), and Squadron 274 (92.45%).

Congratulations and Thanks to all for your efforts in Membership this year!!

The above information is based on the Department Membership Report, as of June 29, 2016.

Boulder Crest—con't

Er, Executive Director. \$.90 on every dollar donated to Boulder Crest goes back to the veterans who participate in the programs at Boulder Crest. The veteran does not pay for his or her time at Boulder Crest.

Boulder Crest uses different types of experience based therapies to include - Archery, Equine therapy, The Labyrinth, Horticulture, Culinary Therapy, Fishing, Hiking, Kayaking, Music, Journaling, and many others.

Boulder Crest offers PATHH - Progressive and Alternative Training for Healing Heroes. PATHH covers five main programs - Warrior (7 day free program) for combat veterans - separate programs for male and female veterans.; Family (5 day free program) for combat veterans and their families;

Couples PATHH (3 day free program) for the combat veteran and their spouse; Caregiver PATHH (3 day free program) focused on those providing care to the spouse or child who was wounded in combat; and Career PATHH for those transitioning or transitioned service members with the clarity they need to live the life they deserve here at home.

In addition to PATHH, Boulder Crest offers Family Rest and Reconnection Retreats for veterans and their families to rest, reconnect, and recharge together for 2 to 7 nights at the retreat.

Boulder Crest relies heavily on the local community for its support. The Gary Sinise Foundation and Hilton Hotels are supporters of the Retreat.



Boulder Crest Retreat—
Heroes Garden.



Boulder Crest Retreat—
Alpine Style Cabin.

Leadership College 'Developing Future Officers'

Each year, The Sons Of The American Legion holds a Leadership College in conjunction with the American Legion Leadership College, in August. The 2015 Legion College was held at the Doubletree Hotel in Midlothian from August 7 to 9.

We had a full class and covered topics from Membership 'How To's', Programs, Reporting, and Ambassador's Training for Squadron Officers. This year's Spirit Award Winner was Paul Gemmer from Squadron 1 (Richmond). Mr. Gemmer was a first time attendee to this year's Legion College.

The 2016 SAL Legion College will be from August 12 to 14 at the Doubletree Hotel in Midlothian with a room rate of \$109. Stay tuned for more information in the coming months. It would be strongly suggested to plan to send someone from your Squadron in August. This is a great

place to exchange ideas, learn more about our programs, and strengthen our great organization.

We will probably cover some areas like programs and membership. However, we would like to hear from you. What topics would you like to see us cover in our SAL Legion College? What information can we provide that will help your Squadron? Please let Steve Gower (stevegower@cox.net) or Scott Williams (SonsVADetADJ@comcast.net) know.



Squadron Everlasting

2015—16 In Review

Please keep the families of these Squadron members in your thoughts and prayers. Milton Fore (Squadron 16), Randolph Broadway (Squadron 180), Calvin Casper (Squadron 25), Mas-tin Kitchen (Squadron 2), and Mickey Renner (Squadron 77), Robert Compton (Squadron 28), Michael Pearson (Squadron 148), Ronald Perrin (Squadron 320), David Boyette (Squadron 146), Harold McLemore (Squadron 53). Please keep these members in your prayers.

If your Squadron has any mem-bers who have passed away, please email Linda Hardwick (membership@valegion.org), Scott Williams (SonsVADetADJ@comcast.net), and Detachment Chaplain, Robert Wilson, Sr (robertwilsonsr54@gmail.com)



2015 State Convention (Roanoke) - then SAL National Vice Commander, Jeff Evans installs the 2015-16 Detachment Officers.



SAL Legion 2015 Legion College—Dept Mbrshp, Linda Hardwick talks about membership; Det. Cdr. Rick Pregnaal with Doug Ramos; bottom photo Kylan James Johnson-Carr who is on the SAL Youth Handbook cover.



Photos far right from 2015 National Convention. Detachment Delegation—Steve Gower, HB Hall, Jr., and Kevin Chaplin. Bottom photo—SAL Nat't Vice Cdr., Jeff Evans, gives his final report at the



Det. V. Cdr. Willie Morgan presents Squadron 5 their 100% Membership Ribbon for the 2014-15 year.



Det. V. Cdr. Willie Morgan presents Squadron 280 with their 100% Membership Ribbon for the 2014-15 year.



Fall Conference 2015-Det. Mbrshp. Chr., Jeff Evans gives the Det. Mbrshp report. SAL Nat'l VA & R Chairman, Clint Bolt-gives National VA & R report at Fall Conference. SAL 284 Member, Kevin Chaplin presents donation at Fall Conf.

Upcoming Dates

Legion College (Richmond, Virginia)

National Convention (Cincinnati, Ohio)

Fall Conference (Williamsburg, Virginia)

August 12—14, 2016

August 26—28, 2016

October 21—23, 2016

2015 - 16 In Review



Squadron 67 - Bottom left photo, Squadron 67 donated \$1,000 of Christmas gifts to needy families in the Hampton community.

Day On Hill - Bottom Center Photo - Squadron 99 Members along with Detachment Chaplain, Frank Carr were in attendance at Day On The Hill, in Richmond, in January 2016.



Squadron 8 - along with American Legion Riders from Halifax County donate Christmas Gifts to needy children in Halifax County. In the photo above, Santa Claus is taking these gifts to needy Children on Christmas Day.

Law and Order Night - American Legion Department of Virginia Family at Law And Order Night at AL Post 327 in January 2016.

Fall 2015 NEC - Detachment Commander, Rick Pregnall is presented with his Certificate for Detachment Commander's School. Bottom photo - Detachment of Virginia—Clint Bolt, Rick Pregnall, Scott Williams, and Jeff Evans.



Mid Winter Meeting - Detachment Executive Committee and SAL Sub Committee at the Mid Winter Meeting at AL Post 320, in February 2016.



SAL 162 - Junior Member, Jeremy Wallace lays a wreath at Wreaths Across America at Arlington Cemetery, in December 2015.

Detachment Vice Commander - Willie Morgan presents AL Post 368 Oratorical Competition winner, Khalil Russell, his award, in January 2016.



Washington Conference— Detachment of Virginia along with SAL National Commander, Kevin Collier at the Vietnam Wall.



**2015—16 In Review - Consolidated Reports
As Of June 4, 2016**



**Detachment of Virginia
2016 Accomplishments**



Americanism

27	# of Boys sponsored at Boys State
\$ 11,195.00	Cost
12	# of Girls sponsored at Girls State
\$ 4,064.00	Cost
4	# of Squadron Color Guards
80	Total # of appearances
\$ 300.00	Cost
840	# of Flags presented
\$ 634.00	Cost
35	Flag Education Programs
\$ 425.00	Cost
276	Hours
40	Flag Retirement Ceremonies
3,087	Flag presented (Cemeteries & Parades)
\$ 1,689.00	Cost
\$ 9,050.00	In Scholarships Awarded
1644	Hours for Educational Programs
37,039	Community Service Hours
\$ 17,674	Community Service Donations
\$ 3,083.00	National Emergency Fund (N.E.F.)
74	# of Blood Drives
88	# of Pints Collected
5	American Legion Baseball Teams
\$ 2,025.00	Sponsorship Cost
0	Boy Scout Troops Supported
\$ 1,286.00	Sponsorship Cost
15	5 Star / 10 Ideals Program
\$ 55.00	Sponsorship Cost
\$ 57,286	Overall Total Cost of Support for Americanism Programs
40,338	Overall Service Hours for Americanism Programs

Veterans Affairs & Rehabilitation

454	# of Visits to Homes/Centers
1338	Hours of Service
\$ 1,310.00	Cash Donations
\$ 9,700.00	Cost of Items Donated
52	# of Veterans helped (VA Day)
102	Hours of Service
\$ 1,650.00	Cost
\$ 5,810.00	Support the Troops
695	Service Hours
\$ 6,050.00	Fisher House - Donations
435	Hours of Service
\$ 26,660.00	Other Misc. Donations
19007	Other Misc Hours of Service

Children & Youth

\$ 15,802.00	CFW Donations
1058	CFW Hours of Service
0	# of Josh Dogs given away
\$ 3,094.00	CMN Donations
228	CMN Hours of Service
\$ 2,488.00	Special Olympics Donations
658	Hours of Service
\$ 40,695.84	Other C&Y Projects Donations
6344	Other C&Y Projects Hours

Overall Totals of Hours & Dollars Donated from Virginia Squadrons

\$ 303,181	Overall Cost of Donations for all Programs
73,564	Overall Service Hours for all Programs

WANT TO ADD A SQUADRON?

If your post does not have a Squadron and is interested in starting up a Squadron, you need 10 members to charter a Squadron. It also needs to be approved by the sponsoring American Legion Post.

If you need more information about starting a Squadron, please feel free to contact Detachment Commander Richard Pregnall, Detachment Vice Commander, Willie Morgan (Eastern Region), Detachment Vice Commander, David Tuck (Western Region), Detachment Vice Commander, Johnny Baker (Northern Region), or Detachment Adjutant, Scott Williams. We would be glad to help you in any way to get a Squadron started.

THE FOCUS

The Focus is the Detachment of Virginia, Sons Of The American Legion's E-Letter or newsletter . This is a great tool for our Squadrons to promote their activities and accomplishments. Every Squadron does something within the Detachment. It can be putting flags on veterans graves to a Fisher House Fundraiser to having a Squadron Member who is an Eagle Scout to a Child Welfare Foundation Fundraiser. We want to hear what your Squadron is doing.

It does not take that much time to put a simple article together for The Focus. A few of our Squadrons contributed articles to this issue. The basic points or questions the article needs to answer are as follows: 1. What was the event? Dinner, Raffle, etc. 2. Who held the event? 3. What was the event for? 4. When was the event held? 5. Where was the event held? 6. Other highlights from the event... 7. What were the results from the event? How much did you raise?

We are in REAL need of getting articles from our Squadrons on their various activities. We received over 35 Consolidated Reports this year. We know Squadrons are active. We want to hear from you!

Please send your articles to Scott Williams at SonsVADetADJ@comcast.net

Find us on 

Like us on Facebook - Sons Of The American Legion Detachment Of Virginia. We currently have 277 likes. With our membership at 4,500, we should have 450 likes on our Facebook Page. This is one great way to promote our activities and accomplishments. Please like us today to keep up with our Detachment Activities.

Founded in 1932, Sons of The American Legion exists to honor the service and sacrifice of Legionnaires.

SAL members include males of all ages whose parents or grandparents served in the U.S. military and were eligible for American Legion membership. Members of The American Legion, [American Legion Auxiliary](#) and Sons of The American Legion comprise the Legion family, which has a combined membership of nearly 4.2 million.

Although Sons has its own membership, the organization is not a separate entity. Rather, SAL is a program of The American Legion. Many Legionnaires hold dual membership in SAL.

****PLEASE NOTE****

Please send all email correspondence to the Detachment Adjutant at SonsVADetADJ@comcast.net. I have been told that there have been email messages sent to the Detachment Adjutant which were never received. However, we do not check the old email account—SonsVADetADJ@yahoo.com. Please do not use this email address anymore. We rarely check that email account. Thank You!!

Detachment Officers and Committee Members Needed - If you are interested in serving at the Detachment Level—either as an officer, committee chairman, or committee member, please contact Detachment Commander, Rick Pregnall, NEC, Linwood Moore, Alt NEC, Robert Borkovich, or Detachment Adjutant, Scott Williams. It is a great honor to serve and represent your Squadron.

Help Wanted!

The Detachment is looking for an Assistant Detachment Adjutant. We are looking for someone to help compile, maintain, and distribute the Detachment Directory in Microsoft Access or another Database program.

If interested, please contact Detachment Adjutant, Scott Williams at 571 236-4831 (Cell), 703 687-4775 (Home), or by email at SonsVADetADJ@comcast.net.

Sons Of The American Legion Detachment of Virginia

"The Focus"

Articles and information contributed by: Detachment Commander Richard Pregnall, Linda Hardwick (Department Headquarters), Detachment Adjutant, Scott Williams, **Photographs provided by:** Scott Williams, Detachment Commander, Richard Pregnall, Past Detachment Commander, Doug Ferrell, and various other SAL members.

Edited By: Scott Williams