

Virginia SAR Update

October 2026

President's Message

Dear Compatriots,

Initiative #3 and Historic Endview was a big success! We have a commitment to place an interpretive sign with the Virginia SAR name and logo at the property for all to see. Installation will be late next year, so stay tuned!

The Virginia Society hosted PG Allen Greenly and his Lady Diane at Yorktown Day, another memorable event. The French military marched with the SAR again this year in their period uniforms.

The year continues to bring new and interesting events. Join us for workshops on The Revolution on the Pennsylvania Frontier and America 250: The Cherokee War of 1776 as well as the anniversaries of the Skirmish at Kemp's Landing and the Battle of Great Bridge Commemoration.

In Patriotic Service,
Darrin M. Schmidt, Virginia SAR State President





Witness To History: sarwitnesstohistory@gmail.com

Keep sending in pictures and a print-ready caption so we can amplify your chapter's activities!!



Designed for ALL chapters to participate.

- Sarwitnesstohistory@gmail.com
- Every event: 1-4 pictures with single 2-3 sentence caption
- Include meetings
- Posting on social media & repost local press coverage

Every single chapter can participate in this Presidential Initiative throughout the year.

Virginia Society Workshops

2026 Virtual Workshops on the Virginia SAR Website

Upcoming topics – Watch the calendar for details!

- **29 October (7:00 PM) - The Revolution on the Pennsylvania Frontier -** Compatriot Chris Yohn (Calendar and Zoom Link)
- **12 November (8:00 PM) - America 250: The Cherokee War of 1776 -** Compatriot Walter Bailey (Calendar and Zoom Link)
- **January (Date TBD) - SAR SMART Report 2027 Updates -** Compatriot Dale Corey

If you have presentations that could have a state-wide interest, please contact Carl Loveland or president@virginiasar.org

Yorktown Day - October 19, 2026

The annual wreath laying at the grave of Thomas Nelson, Jr. was held on a beautiful October morning. Thanks to Gary Hodges and the Thomas Nelson, Jr. Chapter for excellent work planning the event.



So many wreaths and honors were presented at the ceremony this year. Thank you to everyone who participated!









The Parade was back on after last year's cancellation. High School Bands, Military units, lineage organizations and community groups celebrated with a parade to the Victory Monument.







A post-parade photo of the SAR Color Guard and marching participants. At center: President General Allen Greenly, Virginia C.A.R. State President and SAR Compatriot Christopher Hopkins, Virginia SAR State President Darrin Schmidt. *Photo: Vickie Bryant*

It's Dues Time!



Dues collection is underway! Please submit dues through MemberClicks (using the link you received via email) or contact your chapter treasurer to submit your dues today!

Save the Date: Virginia SAR Annual Meeting Feb 5-6, 2027

Mark your calendars now! The Virginia SAR Annual Meeting will be held February 5-6, 2027 at the Hilton Richmond Hotel & Spa/Short Pump. Friday and Saturday will have events for everyone!

We'll hear committee chairmen reports and make sure there's time for fellowship. Don't forget the Youth Awards Event - including the Orations Contest and State Contest Honors for all youth contests! *Oh – Darrin says that the Awards Banquet promises some fun times to top off a busy year!*

Applause, Medals, & Recognitions, Oh My!

Your State Awards Committee is seeking nominations and suggestions for recognitions at the State Conference. Please send recommendations to State Awards Chairman Ken Hawkins at drklhawkins@gmail.com .

A full list of state level medals and criteria for award are in Handbook 4 as posted on the Virginia SAR Members site .

Keep the Invitations Coming!!

Your State Officers want to connect with your chapter members – Especially for Chapter Officer installations!

Email president@virginiasar.org as soon as dates are known!



Initiative #3: Historic Endview

October 17th was a *very* rainy day, but we received a warm greeting from Historic Endview in Newport News! Thanks to the chapters represented at President Schmidt's Initiative event where we announced our collaboration on an interpretive sign for later installation.



Virginia SAR is pleased to announce approved plans for an interpretive sign to share how Endview has been a ***Witness To History.***



EVENT RECAPS AND SNAPS

Colonel James Wood II helped Darrin and Holly Lynne celebrate their birthday (10/10) with a reading of the Declaration of Independence, Musket Demonstration, and Flag Retirement at the Festival of Leaves in Front Royal. The Color Guard teamed up with the JROTC to parade the Colors into the festival area.









Abraham Brown Chapter participated in the New Kent Fall Festival "Trunk or Treat" where they passed out candy to hundreds of children. Candy leftovers went to a local fire station! Win-Win!!





Colonel George Waller President Andy Doss presented a program to a Commander in Chief's Guard Descendants reunion.





(Above) More than 50 people attended the General Daniel Morgan Chapter's multi-Patriot grave-marking ceremony at Rockfish Presbyterian Church on October 10, 2026, honoring four Patriots. Virginia Society 2nd Vice President Randy Atkins offered greetings, and Recording Secretary Chris Yohn also participated.



(Right) Fall Leadership in Louisville

(Below) Dan River Chapter presented the Patriot Chest to 5th graders from Cluster Springs Elementary School at the South Boston - Halifax County Museum of Fine Arts and History.





NSSAR Surgeon General Health Minute

by Matthew S. Bowdish MD, NSSAR Surgeon General 2026-2027

Obstructive sleep apnea (OSA) is a common condition where muscles in the throat relax too much during sleep. This causes the soft tissues in the throat to collapse, leading to airway obstruction that interrupts breathing during sleep. Symptoms of OSA include loud snoring, breathing pauses noticed by partners, morning headaches, dry mouth, decreased concentration and excessive tiredness throughout the day.

Risk factors for sleep apnea are obesity, male sex, older age, alcohol use, smoking, and certain anatomical features like small jaw, large tonsils, and enlarged tongue. If left untreated, OSA can lead to increased blood pressure, heart disease, cardiac arrhythmias, cognitive problems including dementia, stroke, type 2 diabetes, and accidents from drowsiness.

Diagnosis is made by performing a sleep study, either at home or in a specialized sleep lab. During the study, a sleep technologist attaches multiple sensors with tape that will measure brain waves, eye movements, muscle activities, breathing effort, heart rates, and blood oxygen levels during sleep. This test can also diagnose other sleep disorders as well.

Treatment of obstructive sleep apnea include machines that keep the airway open with pressurized air, oral appliances, positional therapy, weight loss, and even surgery. Proper treatment improves sleep quality and reduces the long-term diseases associated with OSA. Ask your partner if you have any of the features of sleep apnea. Diagnosis and treatment could add years to your life.



