

# CANNON NEWS

Francis Cannon VFW Post 7589  
Manassas, Virginia  
April 2024

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Commander-in-chief Duane Sarmiento testified on the hill — See page 7

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## Commander's Message



**Wayne Moore**

**Women Veterans: The Journey to Mental Wellness**

Much is written about the veterans as a group and as with most things the generalities often overlook the unique individual, specific groups, or gender specific. We are all people but not monolithic in our situations or plights. The integration of women into combat roles and many decisions made about war, the human consequences are afterthoughts and lost soul to mental wellness.

“The VA is uniquely positioned to deliver the best and most comprehensive health care to our women veterans, especially those who have suffered injury or illness as a result of their military service,” said DAV National Legislative Director Joy Ilem. The Veterans Administration is commended for its progress in physical/mental care (slow as it is), yet many lives and families remain devastated by loved ones traumatized from their military experiences.

It has long been noted that suicide among veterans is high, however, they often fail to make the distinction between genders. DAV advocates examining mental health among women veterans found data from the VA noting women's suicide for 2020-21 was not only on the rise but surpassed that of their male counterparts by over 24%. Besides combat-related issues, other stressors include military sexual trauma (MST), reproductive health, social support, substance abuse, and gaps in care.

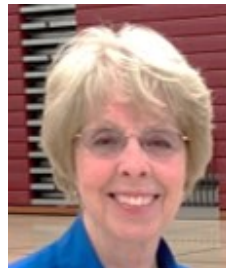
An even more vulnerable time for women veterans is during menopause. According to the report, this period corresponds to the highest rates of suicide in U.S. women. Usually beginning between ages 45 and 55, menopause comes with fluctuations in hormone production and is often accompanied by a variety of symptoms, including hot flashes, sleep disruption, body aches, weight gain, incontinence, and memory problems.

Women veterans are twice as likely to attempt suicide than male veterans and are about twice as likely to die by suicide than their civilian counterparts. Among women veterans who use VA care, around 1 in 3 report experiencing MST. Veterans with a history of MST experience a higher prevalence of substance abuse and are at an increased risk for suicidal thoughts and behaviors.

As with many of our veterans' issues, it is an all-hands-on-deck requirement. Not simply a woman's problem. We need to educate and advocate!

Excerpt from DAV Magazine March/April 2024

## Auxiliary President



**Mary Corkhill**

This year, Easter falls on Sunday, March 31, 2024. While many other holidays have fixed dates, Easter's date changes from year to year. Based on the cycles of the moon, the holiday might occur on any Sunday between March 22 and April 25.

At the VFW Legislative Conference on March 4, 2024, the recipients from across the Nation attended the Voice of Democracy parade of winners. It has been announced that the themes for 2024-2025 Voice of Democracy will be: **“Is America**

**Today Our Forefathers' Vision?”** and for Patriot's Pen: **“My Voice in America's Democracy?”**. We will be starting our promotion for both contests in the coming months.

There are three importation events scheduled for April. The District meeting at Fredericksburg on Saturday, April 6<sup>th</sup> starting at 10:00 AM. Election of new District officers is on the agenda. The Auxiliary 7589 election on the 8<sup>th</sup> with PDP Lorrie Allen Smith installing the new Officers. And the Auxiliary will hold a pizza party for the children after the flag retirement event on April 13<sup>th</sup>.

A spaghetti dinner for the comrades will be on May 6<sup>th</sup> at 6:30 PM before their meeting. On May 27<sup>th</sup>, with the Post, two wreath laying ceremonies will be at the Manassas Veterans Memorial (8:30 AM) and Francis Cannon's grave (9:00 AM). Flag replacements will follow after Francis Cannon's wreath ceremony.

It's that time of the year when the Auxiliary is getting ready for the Department Convention. We would like to thank the post for their support and the Buddy Poppies donated to complete our display. Just a reminder of the two candidates running for Department Guard: Jamie Stewart and Bettina Lane. We wish both candidates the best of luck.

I hope you take this opportunity to sign up for the Life Membership of \$50, purchase a personalized Tribute Brick or donate funds to assist with the daily operation of the National Home. The email to sign up is: <https://vfwnationalhome.org/you-can-help/membership/>. Thank you for your support.

Please keep in your prayers all of our members and their family who are facing medical issues, illness, hospitalization and/or have gone to their Heavenly home.

Respectfully,  
Mary Corkhill  
VFW Auxiliary President



## Youth Committee



Lou Filippone

The Youth Committee wishes everyone happy holidays and a pleasant spring. Our last meeting was held on 21 March at the Post. Comrades Lamar Baker, Alex and Tina Bliem, Auxiliary President Mary Corkhill and myself were present. Comrade Peter Macleod participated by phone conference. Various topics were covered at the meeting. We started with Scouting and a short discussion by Alex and Tina

caught us all up to date on the Post’s Scouting activities. Some of these include mulch and coffee fundraising, landscaping in front of our Post and painting of the Post bathrooms by the Scouts. Camping trips were also mentioned. As usual I will defer to Alex and Tina to provide the details in their Scouting Report.

Unfortunately our Post, and the District for that matter, had a rather disappointing year with our Scout of the Year contest. Typically each Post receives multiple entries and collectively the District contends with multiple entries at District level judging. Only Posts 3103 and 12218 provided submissions for District and unfortunately the entry from Post 12218 had to be disqualified, since the Scout had not achieved their Eagle Scout rank at the time of the contest. After a thorough discussion it was determined that not many Scouts made their Eagle rank, or its equivalent, during this year’s contest. The good news is that we should have multiple candidates at the Post level for next year’s contest.

I know I have mentioned this repeatedly in the last few newsletters, but I feel I must remind everyone one more time that the deadline for the art contests and the National Anthem singing contest was 31 March. Please forward any entries that you might have immediately to Auxiliary President Mary Corkhill. She and the Auxiliary sponsor these contests and the applicants compete all the way up to the Department and National level just like our VFW Educational contests such as Patriot’s Pen and Voice of Democracy. Artwork involving all media submitted by students at all grade levels are eligible for the contest. Again, get with Mary Corkhill quickly if you have a submission by a student.

I would be remiss if I failed to give you a final report on the Department Patriot’s Pen and Voice of Democracy winners performance at the National level. I am pleased to report that the Department Patriot’s Pen winner, Samantha Schillo from Stafford, Virginia, placed an astounding fourth place out of 52 contestants at the National Scholarship competition and was awarded the \$2,750 Alaine Benson Memorial Award. Andrew Miller, our Voice of Democracy Department winner, was a recipient of the \$2,000 Department of Georgia R.D. “Bulldog” Smith, Jr. Scholarship & Department of Ohio

Chester J. Koch Memorial Scholarship. We are all so very proud of our Department winners’ success at the National level. Next year’s theme for the Patriot’s Pen contest will be “My Voice in America’s Democracy?” And for Voice of Democracy it will be “Is America Today Our Forefathers’ Vision?” These are two very rich and provocative themes. I’m sure we will have some very passionate and spirited entries as a result and am excited about our prospects for the upcoming year.

No new developments this month regarding the Paul Chase Youth Fund. Last month, Alex and Tina assembled nine survival kits, sewing kits and backpacks for eligible Scouts supported by the fund. When more requests for youth related expenses are requested and approved, I will report them to you. If you know of any worthy youth related cause that qualifies for a donation from Comrade Paul Chase’s endowment please present a request to us. We will seriously consider it if the request has merit as a youth related expense.

Our next Flag Retirement Ceremony is scheduled for Saturday, 13 April at the Post at 10:00 AM. If you plan on volunteering please arrive at 9:30 since setting up is required for the event. After the ceremony a noon time Pizza Party will be held for the Scouts and the adult volunteers. The Flag Retirement Ceremony is both impressive and somber and should not be missed. Troop and Pack 1372 conduct the ceremony in a very respectful and professional manner, although Scouts from other area Scout units are invited. We also invite the Daughters of the American Revolution as well as all VFW Comrades and Auxiliary members. In the event of bad weather our backup date will be the following Saturday, 20 April.

We finally have dates and names for our Civil Air Patrol and JROTC Awards this Year.

22 April 6:00 PM	Osborn Park High School	Cadet Alexandria Delk
25 April 6:00 PM dinner 7:00 PM Awards Ceremony	Battlefield High School	Cadet Gabriella Brown
2 May 2:30 PM	Unity Reed High School	
21 May 7:00 PM	Manassas National Guard Armory	Prince William Composite Squadron Civil Air Patrol.

(See **Youth** on page 4)

## Scouting Report



**Alex & Tina Bliem**  
Post 7589 Scouting  
Representatives

March was a calmer month for our scouting units.

One highlight, however, is that we held another Eagle Scout board of review this past week for a scout in our girl troop. Her answers to our questions including some of the harder leadership questions were spot on and near perfect. This was the best board of review I have sat on to date. Unfortunately, she will be off to college this summer and aging out of our troop.

Our troops worked on various merit badges, and as I am writing this, are getting together to get their merit badge selections put in for summer camp this summer. Our troops had a day trip to the Air and Space Museum this month and will be performing their service project with the Adopt a Road program cleaning up all of Signal View Drive. The first week of April will be their yearly Spring Trout-o-ree (Camporee) at Graves Mountain. This is a large district wide fishing and camping trip that they have been holding for many years.

Our pack continues to meet every week. They continue to learn and work towards their ranks and Adventure loops. The scouts that place top five performed in the District level Pinewood Derby at the Manassas Mall. The cubs as usual had a great time at the derby. They look forward to this all year.

Our Venturing Crew held very successful coffee and mulch fundraisers to help offset the cost of their High Adventure Trip (Sea Base) this summer. They still have a long way to go so will have additional fundraisers in the near future. Our crew also got together as two different teams and had a cooking competition where they each made a different soup that then had to be judged by the adults. They had a great time and it was a good team building exercise while it was cold outside at night.

With the weather warming up our scouts and leaders are also continuing on with the beautification projects of our own Post hall. Over the next month we will have four trees planted out front, with numerous other perennial flowers and shrubbery. Additional mulch will be put down and should look very nice when finished. We took a tour of a local nursery, spoke with an advisor there and got some good ideas of what to plant.

Be safe,

Alex & Tina Bliem  
VFW Post 7589  
Pack, Troops, Crew 1372

*(Youth Continued from page 3)*

If you would like to be a presenter at any of these award ceremonies in the upcoming weeks please let either myself or Auxiliary President Mary Corkhill know. We will be happy to include you in the awards presentation activities.

We were supposed to meet with Kimberly Sparke of the Prince William Human Rights Commission and hear her presentation but she was unable to attend our meeting so I will report on her briefing in the next newsletter. Comrade Lamar Baker, one of our newer Youth Committee members contacted Kimberly in hopes of collaborating and coordinating youth related activities between the VFW and the county. I will report more about this after Kimberly's presentation.

Our next Youth Committee meeting is scheduled for Thursday, 18 April at the Post at 7:00 PM. Please join us at the Youth Committee and help instill patriotism and Americanism in our youth. They are our Nation's future leaders and depend on us for guidance. Will you rise to the occasion?

With best regards,  
Lou Filippone  
Youth Committee Chair



**Comrades of VFW**  
**Post 7589**

You are cordially invited  
to a Spaghetti & meat  
sauce/meatball dinner  
provided by the Auxiliary  
on  
May 6, 2024 at 6:30PM



## VFW Now Accepting Applications for its Annual Youth Scholarship Contests

*Middle and high school students compete for share of awards totaling nearly \$3 million*

**KANSAS CITY, Mo. (March 18, 2024)** – The Veterans of Foreign Wars (VFW) is now accepting entries for its 78th annual 2024-2025 Voice of Democracy and Patriot’s Pen youth scholarship competitions. This year’s themes ask America’s high school students “Is America Today Our Forefathers’ Vision?” while middle school students will have the opportunity to contemplate, “My Voice in America’s Democracy?”

Established in 1947, the VFW’s Voice of Democracy and Patriot’s Pen essay competitions help encourage a better understanding and appreciation for America and work to foster patriotism among today’s youth. The programs also offer friendly competition as well as reward success in the form of individual scholarships and awards totaling more than \$3 million at the national, state and local levels.

The Voice of Democracy audio-essay competition is open to high school students in ninth-12th grades, with the national first place prize scholarship totaling \$35,000. The first place Department (state) winners receive a special Parade of Winners trip to Washington, D.C., sponsored by Twisted X, where they compete for more than \$170,000 in national scholarship awards. Nearly 22,000 high school students worldwide compete in the competition each year. This year’s winner, Sophia Lin, is a junior at BASIS Scottsdale in Scottsdale, Arizona, and was sponsored by Scottsdale VFW Post 3513. [Listen to her read her award-winning audio-essay](#) during the 2024 Parade of Winners ceremony at the VFW’s annual Washington Conference.

Open to middle school students in sixth through eighth grade, nearly 55,800 students participate annually in the Patriot’s Pen essay competition. Bryant Day, the 2023-2024 Patriot’s Pen first place winner, was sponsored by VFW Post 9943 and its Auxiliary in Mansfield, Ohio. [Listen as he delivered his award-winning essay.](#)

Student entries may be submitted (along with a completed entry form) to their local participating VFW Post. The deadline for both contests is **Oct. 31, 2024.**

[Read more about the contests](#), or submit your essay and entry form at your local participating [VFW Post](#).

## POST ELECTIONS APRIL 1

2024-25 Post Officer Nominations to date:

Commander	Wayne Moore
Senior Vice Commander	Lou Filippone
Junior Vice Commander	Ron Link
Quartermaster	Rick Raskin
Chaplain	Monti Zimmerman
3 Year Trustee	Tina Bliem

Nominations remain open until the election.

**The VFW National Home for Children**

The VFW National Home for Children offers a once in a lifetime **opportunity** for military and veteran related families.

If you know of a family in your community that could use our help, please encourage them to call!

We are currently accepting new resident families into our program.

Most qualify to apply. Caring staff will help families to determine eligibility.

**A Great Place to Call Home!**

**800-313-4200**

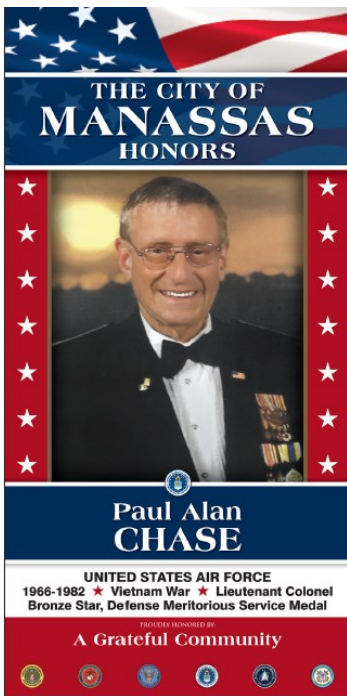
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[Read more about the contests](#), or submit your essay and entry form at your local participating [VFW Post](#).

# City of Manassas Memorial Day Veterans' Banners

By Jerry Martin

Beginning in 2022 Francis Cannon VFW Post 7589, along with American Legion Post 10 and the Freedom Museum, initiated a Memorial Day Veterans' Banner Program in the City of Manassas. The purpose of the program is to memorialize deceased veterans who have either given or dedicated their lives in service to our community. The inaugural program funded a total of eleven banners by the three organizations. To date, twenty-one banners have been displayed on Center Street during Memorial Day week. The Francis Cannon Post continues the effort to memorialize veterans by funding additional banners. Among those honored have been the founder of our Post John Gregory, Post namesake Francis Cannon, WW2 Veterans and Past Commanders who fought as part of the Greatest Generation. In 2024 the names of Manassas City Police Officer John D. Connor III, the first officer in Manassas killed in the line of duty and Post benefactor Paul A. Chase are to be remembered with banners. Comrade Paul Chase, a longtime life member, was responsible for starting a recycling program that provided revenue for Post charities. Paul generously gave his time and financially supported many of our ongoing activities including a generous grant for scouting and youth scholarships.



# FLOWERS OF REMEMBRANCE DAY ABOUT THIS DAY

The third annual Flowers of Remembrance Day pays homage to the 4,000 Unknown Soldiers interred throughout Arlington National Cemetery.

On Sunday, May 26, cemetery visitors will have the honor to walk the Plaza and place a flower before the Tomb of the Unknown Soldier.

After exiting the Plaza, registered visitors who have sponsored a tote bag of flowers are asked to stop by the Memorial Day Flowers Foundation table to pick up their sponsored flowers for placement throughout the cemetery.

Register below to let us know when you plan to arrive at the Tomb of the Unknown Soldier. Please consider sponsoring a tote bag of flowers.

Since 2011, the Memorial Day Flowers Foundation has worked with the Arlington National Cemetery administration to provide flowers to families, visitors, and volunteers for placement throughout the cemetery. In 2021, the Foundation had the honor to organize the flower tribute at the Tomb of the Unknown Soldier, commemorating the 100 years since its inauguration.



<https://memorialdayflowers.org/register-flowers-of-remembrance-2024/>



## Congressional Statement of VFW National Commander Duane Sarmiento on Claims Sharks

March 6, 2024

Over the past year, the VFW has ramped up its advocacy against bad actors who seek to build a lucrative business model on the backs of veterans and their families who are eligible for service-connected disability compensation and pensions. With the passage of the PACT Act, the VFW has observed an increase in online advertisements from predatory claims consultants we call “Claim Sharks” who target the Department of Veterans Affairs (VA) benefits earned by veterans. These groups promise to increase veterans’ VA disability ratings. They argue that the high fees they charge make them more effective in assisting veterans than the free services offered by VA-accredited Veterans Service Organizations (VSOs). Under VA regulations, fees charged for claims assistance are capped and usually apply only to a percentage of retroactive benefits. However, many of these unaccredited consultants use contracts that include a commitment by the veteran to pay them all or a significant portion of their increased benefits. This practice of assigning benefits to Claim Sharks is illegal. If a veteran receives a disability percentage increase years later, these companies often return seeking more money.

Several of these predatory companies have made statements that there is no avenue for them to seek VA accreditation, but this is false. There are no restrictions for these consultants to be accredited by VA, but they refuse to do so because they would no longer be able to charge exorbitant fees. They would also be subject to oversight by VA’s Office of General Counsel. Currently, these predatory companies have no accountability, no oversight, and no penalties. Companies that prey upon veterans and flagrantly disregard congressional oversight authority should be held accountable, not rewarded with legislation to legalize their predatory behavior.

The VFW believes that unaccredited claims consultants should be subject to penalties in the same way as accredited representatives. We strongly support H.R. 1139 / S. 740, *Governing Unaccredited Representatives Defrauding VA Benefits Act*, known as the *GUARD VA Benefits Act*, which would reinstate penalties for charging veterans and survivors unauthorized fees related to claims for VA benefits.

For Duane Sarmiento’s complete address to Congress visit:

<https://www.vfw.org/advocacy/national-legislative-service/congressional-testimony/2024/3/congressional-statement-of-vfw-national-commander-duane-sarmiento>

## VFW VA Legislative Team on Capitol Hill



FROM FACEBOOK

(L-R) Tom Levitt, Alexander Thymmons, Cara Buckley, Jill Lynch, Kelli Levitt, and State Commander Gary Adams



VFW.ORG

VFW National Commander presents the challenges facing veterans during a joint hearing on Capitol Hill

## Commissioner's Corner



It is a privilege to address you as Commissioner of Virginia's Department of Veteran Services (DVS). It conjures a very similar feeling of purpose, pride, honor, and challenge to my nearly 30 years of Service. Like those days, we work with a committed

and trained team anxious to Serve others. In this case, we serve our nation, but more specifically our brothers and sisters in arms – our Veterans, their families, their survivors, and our service members soon to be transitioning to a new career, and hopefully a new and successful life journey.

In my short two months aboard, I have seen many challenges that face you:

The industry that supports Veterans is large, complex, and difficult to navigate. I can imagine that it would seem exhausting and discouraging to all of us. We have accepted as our mission to take this on, every day. We at DVS will work to help make it work for you.

While each of you have earned benefits with your Service, our VA is still working with old technology and processes (appointments, telephones, and one-on-one meetings & interviews) to get you served. I can only imagine how many failed calls, hang-ups, or times put on hold can be tolerated.

The Commonwealth of Virginia has invested in this organization to directly aid you through all your needs. We are working hard to deliver new technologies and programs to expedite the timelines to get support. We are working on a better transition assistance program to coach and mentor you/your spouse through career change, education, and training. We have experts that can work with you to prepare your benefits claims for what I believe is the highest success rate in the country.

We have a focused team of professionals trained on services facing the most distressed in our Veteran community: addiction counseling, suicide prevention options, avenues to access low-cost housing, food, clothing. We help you navigate healthcare and access to a broad range of providers across the state and nation. And we know the full range of grants and policy benefits for you and your family members, and how you can make application.

BUT, we can't serve and support you if we don't know you. Here in Virginia, like most states (and the federal VA), it is assessed that roughly 30% of our veterans, let alone family members, are known. So, in this first newsletter, I want to share later this spring we will be unveiling a new portal called the Virginia Veterans Network that will connect you to:

- Thousands of Vet-friendly businesses, healthcare providers, and services;
- Programs that honor our history, Servicemen and Women;
- Veteran directed community programs across the state;
- New capabilities and service offerings at our skilled nursing facilities, VA hospitals and community-based outpatient clinics;
- Podcasts that explain our programs how you can leverage them for your benefit; and
- Upcoming events at our memorials, cemeteries, and museums

We want you to know specifics on the new services we are working on, and the new laws and policies our Governor and our General Assembly are working to help our Veterans. Registering in this new portal will give us the opportunity to do just that while connecting you to additional statewide resources available to you and your families.

While we're on events, I want to highlight we are in the midst of celebrating Virginia Women's Veterans Week (17-23 March). This is the seventh year Virginia is celebrating the service of our women veterans. A capstone event will be held at at our Virginia War Memorial and recognize the approximately 108,000 distinguished women veterans from each of our services, multiple wars, conflicts who call Virginia home. In addition, a new Women's Veteran license plate will be unveiled and displayed.

In ending, I look forward to getting to meet and speak with each of you over the coming weeks, months, and years. While I am familiar with your honored history, your – and your family's – sacrifice, I want to know you. We at DVS want to know you. We want this to be a forum for you to give us your feedback; the good, the bad and the ugly. Only then can we truly see you ... and serve you.

My commitment to you is that we will work every day to serve you and your families. We will listen to understand you and your experience, and especially your frustrations. We will listen to you to measure our successes, but also our areas for improvement. For those who have not been served well, we will work to re-earn your trust. And we will never fail to give our best.

Thank you for your significant service to our Nation and may God bless you, your families, and your loved ones.

Chuck Zingler, Commissioner  
Virginia Department of Veterans Services



## National Council of Administration Update

By Ken Wiseman  
Member, National Council of Administration

Hello Comrades,

As I always do, I want to report to you on the recent meeting of the National Council of Administration for sake of items voted on and our workshop meeting for sake of policies discussed and actions being taken by your National HQs.

From the workshop, I have the following items:

We will be freezing the pay of the top three officers for the 2024-2025 year. This was based on a motion I joined several Council members in crafting, and I provided the second for, at the August 2023, Council meeting.

Our national leadership sees the importance of this issue and we will have a draft budget in August for the 2024-2025 year including this freeze. I will keep you updated on this moving forward, but I am proud of the work we are doing on this important issue and the way many of us work hard to keep this academic and unemotional so we can do what is best for the organization.

We are renaming the March conference to be the Washington Conference instead of any title with the word "legislative" included. Obviously, our work on Capitol Hill is the major focus and that is unchanged. However, we have a number of business functions that happen during the conference, and we want to reflect that. Additionally, some of our DOD partners are unable to attend legislative conferences and some corporate partners have more ability to be involved as sponsors of conferences not named as such. Overall, a name change that allows more opportunities.

An IT replacement for the Online Membership System (OMS) is beginning. It will take about two years to roll out, and this will replace an aging system that is becoming hard to operate. The company we have selected is an American company based in Oklahoma that is also contracted with several major companies, including the VFW Auxiliary, Greyhound bus company, several elements of Microsoft, Staples, H&R Block, Wyndham Hotels, and more.

Our annual audit was completed without issue.

Our pension fund, which is frozen, is in great shape and we will not need to put money into it this year. A special thanks to Past State Commander Tom Gimble, who is moving from Chairman to Vice Chairman of that committee, for his report to the Council.

Support for the accredited Service Officer program managed by the Military Order of the Purple Heart (MOPH) will be something we make a limited offer on. We will offer 12 slots to

MOPH to train and accredit their Service Officers, but with the requirement that MOPH cover the cost of each slot (\$2,100). MOPH has secured a donation to cover that, but also needs to secure funds for the salaries and benefits for those employees. As such, we cannot predict how long before all 12 Service Officers to make the training.

The VFW will incur no additional costs under the training plan, and this is literally the only option MOPH has as their situation is so bad that VA will no longer allow them to accredit people like the VFW can. While I will support offering seats that MOPH pays for, I will continue to oppose the VFW paying for any costs associated with the MOPH program as long as we have continued needs within our own program and this is a sentiment commonly heard within the Council.

This will be the last year that every Post has a paper election report mailed to them. Starting in 2024-2025, you will have to request a paper copy while all other intake of election reports will remain online through OMS otherwise. This will save on postage, which is becoming one of the easiest costs to manage and also one of the fastest growing costs.

We will be scrapping the rule that banned the 1<sup>st</sup> place winner at the state level for Voice of Democracy and Patriot's Pen from competing again in future years in the same program. More details will be in the 2024-2025 materials being published in the next few months.

We are studying hard the use of AI in Voice of Democracy and Patriot's Pen entries. Many of us consider this cheating, while others point to how schools are using it because it is the modern version of technology. More will come of this, and it is a sensitive subject.

We received updates on the disasters in north Texas and Maui (Hawaii). Hawaii's Council member is a close friend of mine, and I could hear the emotion in his voice as he thanked the VFW for returning the Aloha spirit that we know Hawaii shows everyone. Accountability in how the funds were dispersed was explained and I am confident the help got where it needed to be. The aid totaled nearly \$250,000 just from the VFW, which truly speaks of the the ability of our organization to help our own. I am also impressed with the emergency deployment of VFW accredited Service Officers to support that effort and roughly 100 claims were conducted on the island in the weeks following the disaster.

Participation in Voice of Democracy, Patriot's Pen, and Teacher of the Year is down from last year and the number of Posts with no entries (vice one or more) is growing. That is not good for these three programs.

Donations, especially from non-members, are up. We had a rough year last year for our budget, and we hope to end better than that in the current year. Expenses across the board are overwhelmingly in line with the budget, but the big expenses are still ahead of us, especially with the National Convention.

*(Continued on page 10)*

(Continued from page 9)

Motions considered in the meeting of the National Council of Administration include:

We adopted a motion confirming that we will only have an additional day of the National Convention in the years we have candidates for the Presidency. A day for the National Convention costs roughly \$125,000 and just adding days for other reasons is not a place we can afford to be right now. I supported this motion, and it will start with the 2025 convention.

The amounts we will pay in 2024-2025 for lifetime members was set based on the health of the investment and actuarial advice. I supported this motion, and you will likely see the numbers posted for your Post in the later summer like normal. However, two of the three payment types are lower than the max while the third is at the max (max amounts are noted in the National bylaws). Overall, our fund is healthy, and we continue to monitor the deceased list to ensure it stays that way.

We adopted three motions for our pension fund. One fills a vacancy caused by the end of a term for the pension board. The other two approved reviews of the policies relating to the pension fund and the credit our employees receive if there are still enrolled in the fund (overwhelmingly, most are locked out). I supported all of the motions.

We reviewed the costs associated with our CPA as the contract is ending and found another firm with the same services at a better price. I supported hiring the new firm, which is actually a firm we have done other business with in the past.

We also handled motions relating to filling a vacancy on the awards committee and appeals from disciplinary cases. For sake of space, I will just say I supported the motions made after reviewing all of the materials relating to these motions. Please let me know if you have any questions about these items.

Additionally, I was able to directly ask the VA Secretary about a rumor some of you have asked me about. It seems that a certain U.S. Senator and a certain news channel have been saying that the VA provides health care to illegal immigrants. The Secretary stated, in a room full of VFW members who listened to his speech, that the VA **DOES NOT** provide care to illegal immi-

grants.

Instead, they do provide VA mental health support to our military veterans who are officers with Customs and Border Patrol (CBP). VA is also tasked with processing payments for some Immigration and Customs Enforcement (ICE) contracts, but that processing is done with less than 10 employees, in just one VA office in Texas that itself is not associated with healthcare, and the contracts are paid for with ICE funding, not VA.

Normally, when one agency has another agency process payment for a contract for the first agency, it is because the first agency does not have the ability to do that themselves and it would be more expensive to do it themselves. It is somewhat common for agencies to help each other, and other examples include small agencies having their payroll handled by larger agencies or getting IT software by joining the contract another agency already has (VA got a large accounting program from an USDA contract several years ago).

The VA **DOES NOT** provide care to illegal immigrants. It does provide VA mental health support to our military veterans who are officers with Customs and Border Patrol (CBP).

As such, I ask that you share with your members how I was able to get this clear answer from the VA Secretary that VA **DOES NOT** provide care to illegal immigrants. It is just the opposite, they are supporting CBP officers who are veterans, and they are processing payments for ICE. **NONE** of that impacts veterans getting health care in any way.

Our next meeting will be in July at the National Convention. We will vote on some awards by email prior to the meeting, and I participate in all email votes as part of my responsibility as a Council member. If you ever want to know about those, you only have to ask and I will happily share the information.

Please let me know if you have any questions about any of this material.

Thanks!

Ken Wiseman  
Member, National Council of Administration  
District 10 Commander  
All-American Past State Commander  
VFW Department of Virginia

### VA to limit deposits to only one bank account

Starting April 20, 2024, VA will no longer send a veteran's or family members' benefit payments to more than one bank account.

**This will require all veterans and beneficiaries who receive GI bill payments and other benefit payments across multiple banking accounts to select one account by April 20, 2024.**

For example, if a veteran receives GI Bill payments to one of their bank accounts and disability compensation payments to another, they will need to consolidate and select one account for all payments by April 20, 2024.

## 'Full Metal Modine' transports Marine Corps museum visitors to Kubrick's set

[By Cameron Delean, cdelean@insidenova.com](mailto:cdelean@insidenova.com)



PHOTO PROVIDED

The "Full Metal Modine" exhibition opened at National Museum of the Marine Corps on March 2.



PHOTO PROVIDED

The "Full Metal Modine" photo exhibition opened at National Museum of the Marine Corps on March 2 and features photos by actor Matthew Modine.

A new temporary exhibit at the National Museum of the Marine Corps in Triangle is giving museum-goers a rare opportunity to see behind the scenes of a movie set.

"Full Metal Modine" is a photographic exhibition of images captured by actor Matthew Modine during the filming of 1987's "Full Metal Jacket." The show will be on display at the museum from March 2 through September 2025.

"Full Metal Modine" offers a glimpse into the making of a war film.

A Vietnam War drama directed and produced by famed director Stanley Kubrick, "Full Metal Jacket" is based on Marine Corps veteran Gustav Hasford's 1979 novel "The Short-Timers."

The exhibition includes dozens of images captured during the filming of the movie and printed on metal.

Modine, who played war correspondent Private J.T. "Joker" Davis in the movie, captured the black and white images on a Rolleiflex camera given to him by a friend.

While Kubrick seldom allowed photography on set, his response upon seeing Modine with the Rolleiflex was, "Listen, if you're going to take pictures on my set, this is the camera you need to get ...," according to Modine.

"He told me about a state-of-the-art 35mm camera and which lens I should get. He even told me what kind of camera bag to purchase," Modine said in an interview with museum officials. "The important part of this story is that he said, 'If you're going to take pictures on my set.' That was something unheard of. And I took full advantage of that invitation."

Modine continued, "I can look back at those days as being part of another person's life, this young kid who went on a journey to work with the legendary filmmaker, Stanley Kubrick."

Modine made the images available to the museum for display, and the Marine Corps Heritage Foundation paid to have them printed on metal and framed.

The National Museum of the Marine Corps is a public-private partnership between the corps and the foundation, which preserves and exhibits the material history of the Marine Corps.

Similar to the other rotating photography and artistic exhibits, "Full Metal Modine" is intended to help visitors view the Marine Corps from different perspectives.

The "Full Metal Modine" exhibition opened at National Museum of the Marine Corps on March 2.

## What to know before you click on a “free” computer security scan

By

Gema de las Heras

Consumer Education Specialist, FTC March 14, 2024

With all the security threats out there, you might be tempted to click on a pop-up or ad for a “free” scan to keep your computer safe. Especially if you see a Windows logo. The problem? They’re impersonating well-known companies and scaring you into paying to fix computer problems that may not exist.

Lying about finding security threats on your computer — to sell you a service to repair your computer over the phone — is illegal. But that’s how the FTC says Reimage and Restore convinced people — many of them older adults — to pay tens of millions of dollars for software and services to repair made-up problems.

The FTC says the companies charged people \$27-\$58 to “repair” the fake computer threats and warnings, but it didn’t end there. They often told customers that the problem couldn’t be fixed and then recommended services by a technician that cost \$199 to \$499 more. To settle the lawsuit brought by the FTC, the company agreed to pay \$26 million in refunds to affected customers. The settlement also prohibits the defendants from making false statements about the performance and security of a computer and using deceptive telemarketing.

To avoid tech support scams:

- Know that legitimate tech companies won’t contact you by phone, email, or text message to tell you there’s a problem with your computer.

Never click a link or call a number in a pop-up warning. Honest tech companies won’t contact you unexpectedly and ask you to do that.

Submitted by Gunny Lewis

## Don’t throw away your old laptop or computer.



**TECH FOR TROOPS** Bring it to the Post and  
 we’ll take it to **TECH**  
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Sorry, we cannot take CRT monitors or Printers.

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These devices go to in-need Veterans after data destruction.


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VFW Post 12202 and  
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*Food Trucks,  
Local Beer and Wine Vendors  
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Kids Games and More!*

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the 501<sup>st</sup> Legion*



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**Monti Zimmerman**

**703-223-2211**

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**Veterans  
Crisis Line**

**1-800-273-8255 PRESS 1**

.....

Confidential chat at [VeteransCrisisLine.net](http://VeteransCrisisLine.net)  
or text to **838255**

## Upcoming Events

April 1	Post Meeting — 7:30 PM — Election and Installation of Post Officers
April 6	District 8 Convention—Post 3103 — Fredericksburg — 10:00 AM
April 8	Auxiliary Meeting — 2:00 PM — Election and Installation of Auxiliary Officers
April 13	Flag Retirement — 10:00 AM
April 18	Youth Committee Meeting — 7:00 PM
April 22	OPHS Awards — 6:00 PM at OPHS
April 25	Battlefield HS Awards — Dinner at 6:00 PM, Awards Ceremony at 7:00 PM at Battlefield HS
May 2	Unity Reed HS Awards — 2:30 PM at Unity Reed HS
May 6	Post Meeting — 7:30 PM — Dinner by the Auxiliary at 6:30 PM
May 13	Auxiliary Meeting — 2:00 PM
May 16	Youth Committee Meeting — 7:00 PM
May 21	Pr. William Composite Squadron CAP Awards — 7:00 PM at Manassas NG Armory
May 25-26	Memorial Day weekend activities
May 27	Wreath Laying Ceremonies — Manassas Veterans Memorial and Cemetery

### **ANNUAL MEMBERS PLEASE RENEW YOUR MEMBERSHIP**

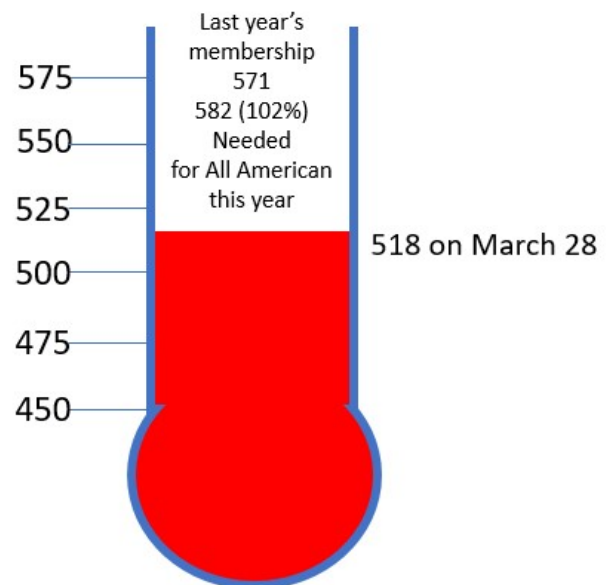
#### Legacy Life membership

This prestigious program is available to all Life members and is now available in memoriam for past Life members. There are three levels of membership; each offer their own package of exclusive member benefits. Financial contributions to the Legacy Life member program are tax deductible to the maximum extent allowed by law.

Enrollment Cost:

Annual Payouts:

<u>Levels</u>	<u>Posts</u>	<u>Departments</u>	<u>National</u>
Gold-	\$1,200.00	\$18.00	\$18.00
Silver-	\$800.00	\$12.00	\$12.00
Bronze-	\$400.00	\$6.00	\$6.00



### 2023-24 Post Officers

Commander	Wayne Moore
Senior Vice Commander	Lou Filippone
Junior Vice Commander	Bobby Knight
Quartermaster	Rick Raskin
Chaplain	Ron Knowles
1 Year Trustee	Tina Bliem
2 Year Trustee	Chris Morgan
3 Year Trustee	Lamar Baker
Adjutant	Ron Link
Service Officer	Monti Zimmerman
Judge Advocate	Bobby Knight
Surgeon	Alex Bliem

### 2023-24 Auxiliary Officers

President	Mary Corkhill
Senior Vice President	Ellie Smith
Junior Vice President	Cindy McIntyre
Secretary	Ann Mitchell
Treasurer	Elanor Doczi
Chaplain	Cookie Cullen
Conductress	Janet Raskin
Guard	Patsy Gough
Trustee 1	Janet Raskin
Trustee 2	Yvonne Sullivan
Trustee 3	Jan Germain
Historians	Jan Germain
	Patsy Gough
	Yvonne Sullivan
Patriotic Instructor	Lorrie Allen Smith

### Virginia Department of Veterans Services

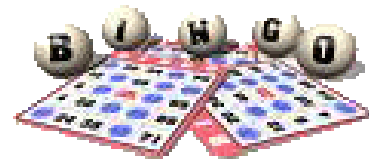
#### Manassas Office

9300 W. Courthouse Rd.  
Suite 305  
703-479-7437

Monday – Friday 8 a.m. – 4:30 p.m.  
Appointments only 8:30 – 11:30 a.m. & 1 – 3 p.m.  
Closed for lunch daily from 12 - 1 p.m.

CLOSED on the last business day of the month.

<https://www.dvs.virginia.gov/dvs/locations/manassas-benefits-office>



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Tim Kaine		202-224-4024
VIRGINIA REPRESENTATIVES		
Rob Wittman	1st District	202-225-4261
Jennifer Kagans	2nd District	202-225-4215
Bobby Scott	3rd District	202-225-8351
Jennifer McClellan	4th District	202-225-6365
Bob Good	5th District	202-225-4711
Ben Cline	6th District	202-225-5431
Abigail Spanberger	7th District	202-225-2815
Don Beyer	8th District	202-225-4376
Morgan Griffith	9th District	202-225-3861
Jennifer Wexton	10th District	202-225-5136
Gerry Connolly	11th District	202-225-1492



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Please email articles to [quartermaster@vfw7589.org](mailto:quartermaster@vfw7589.org) no later than the 28th of the month.  
 We reserve the right to edit submitted articles for timeliness, clarity and syntax.