

# CANNON NEWS

Francis Cannon VFW Post 7589  
Manassas, Virginia  
January 2014



Gabriel Helms reads his winning Voice of Democracy essay at the Post's Educational Awards ceremony on December 15th.

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## Commander's Report



### **It being a great year for our Post:**

- The building renovation was completed.
- Rental income is up
- Bingo revenue is doing great
- Once again, 100% membership goal attainment
- The Department awarded our newsletter as among the best publications with the Clair B. Poff Award
- Great participation in the educational programs
- Again this year, the Ladies Auxiliary had a Department winner in the Patriotic Art Contest
- The Post provided the Commonwealth of Virginia Veteran Services office space twice a month
- Setting records on our November Poppy Drive
- Comrade Joel Chase receiving his second Purple Heart after a 43-year wait
- The appointment of two additional Service Officers—Comrades Wayne Moore and Stephen Meade
- The refurbishing of the Post sign by Comrades Paul Chase and Warren Ewell
- The thousands of hours spent in community volunteerism by our members

None of the above accomplishments could have been completed without a great membership body. I thank each and every member of our Post family.

I wish everyone a Happy, Healthy and Successful New Year.

### Auxiliary President's Report



A big "Thank You" 10-12, 2014. If you can attend this to the members of event, it will be worth your time.

the Ladies Auxiliary We are still collecting the Campbell for providing food and assisting with soup labels for the VFW National setting up the Post Home for Children so they can purchase a new bus. for the 8<sup>th</sup> District meeting on Decem-

ber 1<sup>st</sup>. The members were: Nancy Dazzo, Elanor Doczi, Patsy Gough, Ginger Harvey, Susie Ince, Ann Mitchell, Janet Raskin, Yvonne Sullivan, Pat Sutton and Kay Yeager. For individuals or family members who are ill or hospitalized, you are in our prayers.

Also, special thanks to Johnnie Lynn Stever for preparing the lasagna and other duties for the Auxiliary. You all **ROCK!!!!** Respectfully,  
Mary Corkhill  
Ladies Auxiliary President

The Ladies of the Auxiliary would like to thank the public for assisting us with the Wreaths Across America fundraiser. Without your participation, our fundraiser would not have been successful. On December 14<sup>th</sup>, our Post and Auxiliary participated in the Wreaths Across America at Quantico National Cemetery. After the seven official Wreaths were laid, the attending spectators placed over 4,000 wreaths in four different sections.



This year proved to be another successful year for the Voice of Democracy, Patriots Pen and National Citizenship Education Teachers. The winners attended the awards ceremony on December 15<sup>th</sup> at the Post. Again, thanks to the Auxiliary members for providing the refreshments.

The Winter Council will be at Fort Magruder Hotel and Conference Center in Williamsburg, VA from January

## Service Officer's Report



2014 is now beginning for Post 7589 and our Veteran Service Officer (VSO) team. We are beginning the year with new and recurrent training at the VFW Winter

Council meeting in mid-January. This will enable us to further provide the best possible service to our Post members as well as other veterans seeking help here in the Manassas/Prince William region.

As the Service Officers for Post 7589, we are the first line of support and service for our Post and other veterans seeking help. We can provide assistance to anyone seeking to file a VA claim or receive information about nearly any aspect of your VA benefits; be they housing, education, vocational rehabilitation, medical coverage under VA healthcare, homeless veterans, female veteran needs, emergency assistance for rent, food, medical and/or life needs and other areas.

Please feel free to contact our Service Officer Team at any time for questions, suggestions or other needs you may have at: [so7589@verizon.net](mailto:so7589@verizon.net) or call us at 1-703-659-0849 or just pull one of us aside and tell us a suggestion of service that we can provide.

Our number one goal is providing the best service to our veterans and their families.

Enjoy your New Years and we will see you in 2014!

Please do not hesitate to speak to any of our Veteran Service Officers and find out just what they can do for you! They are:

Wayne Moore 1-703-361-5554  
Email: [mgr7590@verizon.net](mailto:mgr7590@verizon.net)

Stephen Meade 1-703-408-0875  
Email: [SO2-7589@hotmail.com](mailto:SO2-7589@hotmail.com)

Our goal is simple here. We want to take care of all our veterans with the greatest level of service that our resources will allow. Thank you for your service!

If you have any questions please feel free to reach us at our VSO phone line of: 1-703-659-0849 or Email: [SO7589@verizon.net](mailto:SO7589@verizon.net).

Thank you,  
**Steven M. Botello**  
Post Service Officer  
Veteran of Foreign Wars Post # 7589  
(Office) 1-703-659-0849  
(FX) 1-703-991-0677  
Email: [SO7589@verizon.net](mailto:SO7589@verizon.net)

**Need help with filing VA claims?**

**VA DVS AGENT SERVICE**  
**2nd & 4th THURSDAYS**  
**0900 - 1500**

**Post 7589**  
**9304 Centreville Rd.**  
**Manassas, Virginia**

**APPOINTMENTS PLEASE**  
**Walk-ins Accepted**  
**703-359-1210**

## Youth News and Notes

The VFW Post 7589/Ladies Auxiliary essay contests are over for this school year. It is always interesting and uplifting to go back over some of the winning essays and look at their thoughts about freedom and democracy.

Corey Shepard, 8<sup>th</sup> grade at Parkside Middle School: "One of the greatest acts of patriotism was when 56 men signed the Declaration of Independence back in the summer of 1776." He goes on to talk about the courage it took to go up against the King of England and the most powerful empire in the world at the time.

Audrey Allman, 12<sup>th</sup> grade at Seton School: "I believe in the future of America. We have always been a country of resilience. When times are tough the people of our nation have always banded together and persevered through the hard times. We came back from the Great Depression; we comforted each other after 9/11."

Anastasia Tohill, 12<sup>th</sup> grade at Seton School: "The greatest hope of this country is the people. Of all the people, no one has done more for this

country than veterans." And she goes on to pay special tribute to the veterans of World War Two: "World War II Veterans are members of the Greatest Generation who survived both the Great Depression and one of the most devastating wars of all time."

And finally a simple tribute to the guys who fought in Vietnam, many of whom were never even welcomed home. Connor Mackert, 8<sup>th</sup> grade at Parkside Middle School: "About two years ago I went to visit my grandfather who is a veteran of the Vietnam War. About three days into my visit, I asked him what it was like to fight for our country. What he described to me was both moving and inspirational. He described his way through boot camp up to officer status. He described Americans coming together to fight and defend our country. That was the moment when I realized what true 'Patriotism' means to me."

These are some thoughts from young Americans as we enter 2014.

Pete MacLeod  
VFW Post 7589 Youth Chair



**Francis Cannon Post 7589**

**P.O. Box 10206**

**Manassas, VA 20108**

## VFW helps heal—A letter to the Washington Post

There has been some talk that Veterans Groups serve little purpose these days. I'll quote the Dec 5, 2013 WP Letter to the Editor which explains why Veterans Groups, especially the VFW have a vital role in assisting veterans:

### Comrades in Arms and Lifeprogram for service members.

"Thank you for Bernard Trainor's moving and important Dec 1 Sunday Opinion commentary, 'How veterans heal'. Gen

*The most powerful force for healing war's trauma is the closeness and support of others who ... 'have supped from the same bitter cup'.*

Trainor highlighted the psychological truth that warriors have always known: The most powerful force for healing war's trauma is the closeness and support of others who as he wrote 'have supped from the same bitter cup'.

Too often, however, military and Department of Veterans Affairs clinicians ignore the truth and embrace a narrow medical model that focuses on individual symptoms and treatment. One-on-one therapy is believed optimal; drugs are too readily prescribed. Most traumatized active duty

soldiers and veterans avoid the offices of these treating physicians and therapists. Those who do go often feel isolated, mistrustful and misunderstood, as well as stigmatized.

As a psychiatrist, I know that many therapeutic approaches can be helpful, but the emphasis should be on giving former combatants tools to help themselves. Even more important is the context of care, a group where veter-

ans can relax with one another, learn together and share in the knowledge that their confidences will not go in their records".

The Author: James S. Gorman is the director of the Center for Mind-Body Medicine and heads the center's program for service members and veterans

What the author said is something we already know: **The VFW provides Comradeship** which is a very healing thing.

Comrade Paul C

## VFW Legislative Alert: Help Us Continue to Fight to Remove COLA Penalty

**Background:** Congress passed a budget deal that includes a provision that penalizes working age military retirees younger than 62 by cutting a full one percent from future cost of living adjustments (COLA). VFW calculates that a Gunnery Sergeant or Sergeant First Class (E-7) with 20 years of service would lose more than \$80,000 in income by age 62. This also unfairly punishes those who have been medically retired as a result of their wounds defending our nation. This is totally unacceptable and will have a devastating impact on retirement benefits for retirees and survivors and jeopardizes the future value of military career benefits, while also adversely affecting recruitment, retention and our national security.

The VFW is now working with members in both the House and Senate to find a bipartisan solution that will replace this unacceptable provision. We are urging all of our members and advocates to contact their legislators and demand they find a solution that

doesn't balance the budget on the backs of our military retirees.

**Action Needed:** Call, email and schedule appointments with your legislators today. Tell them this should be the first priority when they return to Washington after the New Year, and that the solution cannot penalize veterans, military retirees, or jeopardize the future value of military career benefits. Asking those who have given the most to shoulder the burden of reducing government spending is unacceptable.

To locate your member in their DC or district office:

<http://capwiz.com/vfw/dbq/officials/>

To send them an email, use the sample letter:

<http://capwiz.com/vfw/issues/alert/?alerid=63034211&queueid=10064338916>

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## Post to pay dues for WWII Post annual members

Last year the Post authorized the Quartermaster to pay the annual dues for our WWII annual members. Accordingly I searched our database and identified several comrades whose dues have been paid.

703-361-5554 (leave a message) or send an email to m7589@verizon.net. Alternately you can mail me at:

VFW Post 7589  
P.O. Box 10206  
Manassas, VA 20108-0668.

If you are an annual member who served in WWII and your dues have not been paid by the Post we need to hear from you. Please contact me at

Rick Raskin  
Quartermaster

## Post will purchase a VFW cap for annual members who convert to life membership

Now is a good time to consider converting your membership to life. With the pending dues increase it is only a matter of time before life membership fees will likely increase. Currently there is no plan to increase life membership fees but given past history, one can count on it happening.

Any annual member who converts to life membership will receive a free VFW cap from the Post. The caveat is you have to attend a post meeting to be recognized.

This policy is retroactive to July 1, 2013, the beginning of the current membership year.



Please contact the Quartermaster if you have any questions or need additional information.

Also, you will need to know your hat size before we can place the order. The cap will include a Life Member patch.

Installment life plan participants will be eligible for a cap after they achieve life member status.

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## UPCOMING EVENTS

- January 9** VFW Day on the Hill—Richmond
- January 10 - 12** 2014 Winter Council of Administration meeting - Williamsburg
- February 23** District 8 Meeting - Post 3103 - Fredericksburg - 1300
- March 15** St. Patrick's Day Parade
- April 19** Department Commander's Homecoming— Post 9808, Mechanicsville
- April 27** District 8 Convention - Post 2524 - Culpeper - 1300
- May 23 - 26** Memorial Day Activities
- June 5-8** Department Convention—Williamsburg

## Education Awards—December 15, 2013



Peter MacLeod—Youth Committee Chair



Guest speaker Manassas City School Board Chair Scott Albrecht



(Above) Patriots Pen Winners with Commander Ron Link, Youth Committee Chair Peter MacLeod and Auxiliary President Mary Corkhill. (L-R) Alhassan Buhisi, Joseph Lavigne, Sebastian Cotto and Conner Mackert



(Left) Voice of Democracy Winners: (Front L-R) Seshasayan Ekambarapu, Anastasia Tohill, Audrey Allman, (Rear) Benjamin McCuen and Gabriel Helms



Teacher's of the Year: Linda Bare, Patricia Good and Daniel Maher

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**Cannon News**  
2013 Clair B. Poff  
Public Relations Award  
Most Outstanding Post  
Publication/Newsletter  
VFW Department of Virginia