CANNON NEWS

Francis Cannon VFW Post 7589 Manassas, Virginia January 2022



The Military Doll (Hallie Wilde) from Manassas Ballet Theatre's production of "The Nutcracker" visited our Post on December 1.

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CANNON NEWS—2015, 2018 & 2020 National VFW Publications Silver Award 2013, 2014, 2015 and 2017 Clair B. Poff Public Relations Award for Most Outstanding Post Publication/Newsletter, VFW Department of Virginia

Commander's Message



Happy New Year! I wish you all good health and a productive year. The Post rebounded from some of the COVID 19 setbacks. Membership remains a focus as fewer places are allowing recruiting opportunities. Each member is a recruiter. Please remember to renew in a timely and/or forward interested parties to us as needed

Wayne Moore

As previously mentioned, participating comrades stepped up and did a herculean job in our communities' activities and youth programs. We were fortunate to donate over \$700 in food and toys to the community and Bingo players; thanks to Senior Vice Filippone's introduction of Ms. Joyce Ammen, Executive Director of Operation Care.

For 2022, let's live the creed of our goals and mission statement: country, comrades, and community. Words are only as good as the accompanied action. We are here for you and ask that you offer help to comrades without hurting yourself and your family. Call and leave a message if there's a need for the Post's assistance or intervention.

Be safe and extend the respect and courtesy you'd expect others to give to you.

Yours truly,

Post Commander Wayne Moore

Important message from the Commander in Chief

On behalf of the Commander-in-Chief, with the likelihood of increased concerns in the Washington DC Capitol region regarding the impact of the highly contagious Omnicron variant, in order to protect the health and welfare of our students, staff, and others involved in the program, we are cancelling the in-person February/March 2022 Voice of Democracy Parade of Winners and are moving it to a virtual format similar to last year.

We regret having to take these actions and look forward to the opportunity for an in-person event next year and beyond.

Please let me know if you have any questions.

Thanks.

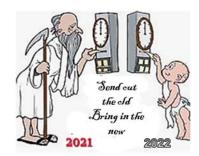
Kevin C. Jones

VETERANS OF FOREIGN WARS.

Adjutant General VFW National Headquarters 406 W. 34th Street Kansas City, Missouri 64111 816.968.1110

Auxiliary President





Mary Corkhill

As the 2021 year comes to a close, I trust you, your family and friends are safe and in good health.

I'm wishing you an Irish Blessing:

"May the road rise up to meet you. May the wind be ever at your back. May the sun shine warm upon your face and the rains fall soft upon your fields. And until we meet again, may God hold you in the palm of his hand."

The Auxiliary members wish you and yours the very best in the coming year.

Respectfully,

Mary Corkhill VFW Auxiliary President





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Youth Committee Update



Lou Filippone

We at the Youth Committee hope all members have had a joyous and healthy holiday season. We held our last meeting on 16 December at the Post and it was attended by Comrades Alex and Tina Bliem, Peter MacLeod, President Mary Corkhill from the Auxiliary and myself. Most of the discussion involved the various award ceremonies for our students and teachers. Our most recent event was the Annual Post Educational Awards Ceremony which was held on 5

December at the Post. This successful event was well attended and was a wonderful celebration of the accomplishments of our winning students and teachers. Page 6 of the newsletter displays photos of the event provided by Past Department Commander Rick Raskin. The photographs show the general assembly during the ceremony and also include images of the City of Manassas Mayor Michelle Davis-Younger, our guest speaker, as well as Post Commander Wayne Moore, Auxiliary President Mary Corkhill, Auxiliary Sr. Vice President Ellie Smith and myself. Lastly, photos of the first place Voice of Democracy winner, Catherine Griffin reading her winning essay, and group shots of all the winning students and teachers are included. It was indeed an honor to emcee the event with such a talented group of individuals and a real privilege to have Mayor Davis-Younger participate.

At the Department level I am pleased to inform you that Voice of Democracy judging was conducted at Post 9808 in Mechanicsville on 18 December and was well attended. We had six judges in attendance and made our selections for 2021. As expected all candidates were extremely competitive and talented and the scoring margin was extremely tight. Listed in alphabetical order are this year's Department Voice of Democracy winners:

- Anjali M. Ghafoerkhan-District 10-Sponsored by Dale City Post 1503
- Clifford T. Krieger-District 8-Sponsored by Morrisville Post 7728
- Isabel G. Spielberger-District 2-Sponsored by Norfolk Post 3160

Congratulations to the winners and to all the participants in this year's essay and teacher contests. We are truly blessed to have so much talent in our midst. It is also reassuring to know patriotism and Americanism is alive and well with our youth as we go forward. The Department winners will be recognized and awarded at the Awards Banquet at the Winter Council meeting in Portsmouth, Virginia on 8 January 2022. During the actual ceremony the ranking of the three winners will be announced. We hope our members can attend and participate in this exciting event.

There will also be another awards ceremony honoring our District 8 student and teacher winners at the next District meeting

on 12 February at Post 3103 in Fredericksburg. The District winners were announced in the December newsletter and many of them were from Post 7589. Please consider attending this event as well and showing your support for the winners and our Post. This was a very successful year for our Post with our contests and with the Youth Committee in general. I would like to thank all those who made this possible, especially Comrade Peter MacLeod who works tirelessly recruiting candidates. I would also like to acknowledge Comrades Alex and Tina Bliem, Past Department Commander Rick Raskin, Post Commander Wayne Moore, Post Adjutant Ron Link, Auxiliary President Mary Corkhill and all the other VFW and Auxiliary members who helped us.

We are still waiting on notification on our sign project from Life Scout Ethan Williams from Troop 1372. As you recall he currently plans to replace the Post sign in front of our building and also do some landscaping and stone work for his Eagle Scout project. He is currently awaiting approval from the B.S.A. and will let us know when he gets it and can begin the project. I know all the Scouts were busy in December with their various Christmas parties, the Stonewall Wreaths Across America program and with the Manassas Park Christmas Light Parade. We should be hearing more in the future about Scouting from Alex and Tina Bliem, who are heavily involved with Troop and Pack 1372 activities, as adult Scout Leaders for our Post.

Just a reminder about our upcoming Scout of the Year and Patriotic Art contests in March. Each year we recognize our top Eagle Scout with the Post Scout of the Year Award. The competition then advances up to the National level. The Post deadline for the Scout of the Year contest is 1 March 2022. The deadline for the Patriotic Art Contest, as well as the Illustrating America Art Contest and the Get Excited for the Red White and Blue National Anthem Contest, is 31 March 2022. If you need more information or applications for these contests you can either contact Auxiliary President Mary Corkhill or myself. More information on them will be forthcoming in the next newsletter. We will also have more information for everyone regarding our Spring Flag Retirement Ceremony and our CAP and JROTC award ceremonies with the local area high schools in the upcoming newsletters as well.

Our next Youth Committee meeting is scheduled for Thursday, 20 January 2022 at the Post at 7:00 PM. Please join our committee and attend the meeting. There is nothing more rewarding than mentoring our youth, this nation's greatest asset. In the meantime stay safe and healthy and have a Happy New Year!

With best regards,

Lou Filippone Youth Committee Chair CANNON NEWS January 2022 Page 4



Past Commander in Chief John Gwizdak

With a heavy heart, the VFW salutes the life and service of past VFW National Commander John F. Gwizdak [who passed away December 26].

John was elected as the organization's national commander on Aug. 25, 2000, at the 101st VFW National Convention in Milwaukee, Wisconsin.

Born in Revloc, Pennsylvania, and raised in Carrolltown, he enlisted in the U.S. Army in 1958. In 1968, he attended Officer Candidate School and was commissioned a second lieutenant. He retired in 1978 in the rank of captain.

His service career included three tours in Germany, including a rotational tour in Berlin, and in Vietnam with Co. E, 4th Bn., 12th Infantry, 199th Light Infantry Brigade. Starting out as a heavy mortar platoon leader, he eventually assumed command of Company E based at Long Binh. The unit operated out of Camp Frenzell-Jones. He held the distinction of having served in all leadership positions from squad leader to company commander of an infantry company. He was inducted into the United States Army Officer Candidate School Hall of Fame.

John's military awards and decorations include the Legion of Merit, Meritorious Service Medal, four awards of the Bronze Star Medal (including one for valor), Purple Heart, Vietnam Cross of Gallantry with palm device, Army Commendation Medal (3), Army of Occupation Medal (Berlin), Vietnam Campaign and Service Medals, Good Conduct Medal (3), Armed Forces Reserve Medal, National Defense Service Medal, Combat Infantryman's Badge, Parachutist Badge and Drill Sergeants Badge.

He joined the VFW in 1977 and established a distinguished record of service at the Post, District and Department levels. In 1988, he attained the status of All-American Department Commander, VFW Department of Georgia.

Recognized as a leader in veterans affairs, John received numerous appointments to national VFW positions and was elected to the VFW National Council of Administration in 1990, representing the Departments of Georgia and Alabama. In addition to other VFW positions, he served many years as the VFW Department of Georgia Adjutant/Quartermaster, December 1992 to October 1998 and again from March 2004 through June 2006. He held the position of Assistant Quartermaster to the Department at the time of his passing.

John left an indelible mark on the VFW and was a friend to all. He will be deeply missed.

Contributions Desired for the Community Service Book

As you may or may not know I am working on the Community Service Book this year which covers 1 May 2021 thru 30 April 2022. The guidelines for the book are detailed in minutiae - this makes it more challenging.

NO Post events such as elections, installation, meetings, dances, etc. shall be included in the book or mentioned. ONLY COM-MUNITY SERVICE to include monetary donations and the cost of any projects for the community.

The book shall be divided into tabs:

Tab 1, Community Involvement

Tab 2, Cooperation with Others

Tab 3, Aid to Others

Tab 4, School & Church Assistance

Tab 5, Safety

Tab 6, Americanism/Loyalty Day

Tab 7, Youth & Voice of Democracy

Many of our community service events fall into several categories but only one can be chosen.

I am respectfully requesting each and every one of you to send me any and all info on the above to include photographs, newspaper articles, money expended, etc. Again, no internal events. Dates to be included are listed above. I am currently reviewing monthly **CANNON NEWS** editions but there must be more that has not been included in the newsletters.

Thank you in advance for your cooperation and assistance. Remember the CSB will reflect on us!

V/r SS SF Gunny Lewis

gysgt mc@yahoo.com

Note: The Community Service Book is required for the Post to achieve All-State. — Ed.

Post receives grant IMO Bill Pulsipher Options to honor Bill's memory will be discussed at our January 3 meeting

On December 9 our Post received a \$2000 donation from Betty Jean Pulsipher in memory of our late comrade Bill Pulsipher. This is in addition to the \$10,000 donation we received from them shortly before Bill's passing. We are extremely grateful that Ms. Pulsipher considered us for this generous gift. In recognition, we will discuss how to appropriately honor Bill's memory at our January 3 meeting.

Toys donated to needy families

Received too late for Toys-4-Tots, the Post & Auxiliary made toys available at our December 22 Bingo. Our thanks to Joyce Ammen from Operation Care for the donation.







Aluminum tab collection update

Seven years ago Post 7589 undertook a campaign to collect aluminum can tabs in support of Shriner's hospitals which provide cost free medical services for needy individuals, most of whom are children. The tabs are sold to metal recyclers, the proceeds of which go to the Shriners. We've lost count of the number of tabs we have collected but it is in the millions. The value of high quality recycled aluminum has gone through the roof since the Chinese have been attempting to corner the recycled aluminum market. This makes our program even more valuable to the Shriners and our national security. The most recent donation of 50,000 tabs came from Chester Smith through his contacts with the Manassas Baptist Church. Chester is not a Veteran. Despite that fact he has been hugely supportive of veterans' needs. He was too old for Vietnam and too young for Korea. If you know anything about volunteerism in Manassas you have to know Chester Smith.

Paul Chase Post 7589 Aluminum Can Tab Coordinator

Holiday Party



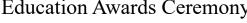
Jeanie West and Janet Raskin



Ron Knowles

About 35 people attended the holiday party on December 18. The Post supplied ham and turkey and our members brought dishes to share. There was an abundance of food, so no one went away hungry. In fact, there was so much that folks were encouraged to take home leftovers. The best part was the opportunity to visit with other comrades and auxiliary members. Many people commented how much they enjoyed the event.

Education Awards Ceremony











Photos by Rick Raskin

Youth Committee Chair Lou Filippone

Manassas Mayor Michelle Davis-Younger







Auxiliary President Mary Corkhill and Post Commander Wayne Moore



First Place Voice of Democracy winner Catherine Griffin reads her winning essay







Patriot's Pen Winners **Voice of Democracy Winners**

Teachers of the Year

VFW National Home for Children in Eaton Rapids, MI Announces Michael Wilson as New Executive Director



(Eaton Rapids, MI DEC 7, 2021) The Board of Trustees has selected Michael Wilson as the Executive Director of the VFW National Home for Children, Michael succeeds Fred Puffenberger, who retired in October 2021. Michael will begin this new role on January 3rd, 2022. Michael is a retired Army National Guard Command Sergeant Major with many years of leadership experience in civilian and military organiza-

tions. Michael most

recently was the CEO and Principal Consultant for Pro Leader Consulting LLC, supporting non-profit agencies and organizations in organizational leadership and development.

Michael is a veteran of Desert Storm and Iraqi Freedom and has

spent much of his time over the last several years working with veterans and veteran organizations in efforts to increase veteran services and support throughout the state.

"Veterans and their families are often underserved, and the issues they face while transitioning home can be difficult," says Wilson, "it's been my passion to support them and increase awareness of their needs within our communities."

Michael holds a Bachelor of Arts Degree in General Studies with a focus on Business and Organizational Development from Spring Arbor University and was the Distinguished Graduate of the Lou Holtz Master of Science in Organizational Leadership from Trine University in May of 2021. He is also a graduate of the United States Army Sergeant Major Academy.

"It's an honor for me to be selected for this opportunity," Wilson says, "I have worked with the VFW National Home on many occasions and know this place is magical, it's helped so many families over its 96 years, and I am proud to be able to bring my talents to the team."

The VFW National Home for Children has been a place of healing, support, and refuge for families and children of veterans, military, VFW, and Auxiliary members since 1925. The National Home is a 501(c)(3) non-profit that supports the needs of these families and children challenged with transition, reintegration, and other issues creating disadvantages to sustainable living in the community.

Located in Eaton Rapids, Michigan, the National Home is a unique, comprehensive program that is predominantly funded by individuals and organizations (such as the VFW, its Auxiliaries) as well as businesses and corporations that support veteran causes. For more information, please call toll-free (800)424-8360 or visit http://www.vfwnationalhome.org/.



Sen. Moran's Bill to Expand Education Benefits for Surviving Family Members Signed into Law

WASHINGTON – [November 30], the *Colonel John M. McHugh Tuition Fairness for Survivors Act* –

legislation introduced by U.S. Senators Jerry Moran (R-Kan.) and Jon Tester (D-Mont.), ranking member and chairman of the Senate Veterans' Affairs Committee – was signed into law. This law expands in-state tuition eligibility for the families of certain servicemembers who died while on active duty and veterans who die from service-connected disabilities.

"Today we were able to deliver more certainty to families who lose a loved one due to their military service," **said Ranking Member Moran.** "Military service is family service, and this country has made a commitment to care for the families of fallen servicemembers. This sensible law will allow the surviving families of fallen servicemembers to receive the education benefits their family earned through their service to this nation and greatly lessen the financial burden on their dependents, to attend school."

"Today marks a huge step forward for surviving family members in Montana and across the country who will now have expanded access to affordable, in-state tuition in return for their sacrifices," said Chairman Tester. "This new law is a testament to what Congress can accomplish when we row in the same direction, and I'm proud to have worked alongside Ranking Member Moran and veterans' advocates to deliver this critical support to the families of our nation's fallen heroes."

"We can't thank Senators Moran and Tester enough for their



Sen. Moran and Sen. Tester join Kelly McHugh, daughter of Colonel John McHugh, at the bill signing ceremony in Washington, D.C.

work in getting this bill passed," **said Kelly McHugh**, **daughter of Colonel John M. McHugh**. "Education was important to our father, so having his name attached to a bill that will assist other Gold Star families as they pursue their college educations is a huge honor."

"TAPS is grateful for the passage of the Colonel John M. McHugh Tuition Fairness for Survivors Act, which passed the

Senate in June and was signed into law this morning," **said Bonnie Carroll, TAPS President and Founder.** "The law will ensure that the over 150,000 Chapter 35 recipients will be able to afford to attend the college of their choice, by guaranteeing instate tuition for all surviving spouses and children."

The Dependents Education Assistance (DEA) program provides VA education benefits, including tuition, housing and book stipends, to the children or spouse of a servicemember who is permanently and totally disabled due to a service-connected disability, died while on active duty prior to 9/11, or dies as a result of a service-connected disability.

While any veteran, servicemember or survivor qualifying for the Fry Scholarship, or any dependent using transferred entitlement under the Post 9/11 GI Bill, is eligible for in-state tuition at any state school in the country, DEA recipients are currently excluded by law from receiving the same in-state tuition benefit.

The Colonel John M. McHugh Tuition Fairness for Survivors Act requires public colleges and universities that receive GI Bill benefits to provide in-state tuition rates for students using DEA. Named after U.S. Army Colonel John McHugh, this legislation helps reduce the out-of-pocket education costs for surviving spouses and children.

U.S. Army Colonel John McHugh was killed in Kabul, Afghanistan, in 2010 while he and his family were stationed at Fort Leavenworth. His daughter was attending Kansas State University at the time of his death. While children whose parent died before August 1, 2011 have access to both the Fry Scholarship and DEA, this law makes certain families, like Colonel McHugh's family, are eligible to receive the in-state tuition rate when using DEA benefits.

https://www.moran.senate.gov/public/index.cfm/news-releases? ID=9F8D161F-7A7F-4454-88B2-450BB9736192

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Use camera mode to scan code



or Text "VFW" to 50457 or Visit vfw.org/JoinActionCorps

Study: Veterans need better coordinated services

By Paul Lara / Inside Nova

Elderly and disabled military veterans have never had a particularly easy time getting around and obtaining services, but the pandemic showed local support organizations that it could get worse.

The NOVA Veterans Association surveyed the veterans it assisted during the pandemic and found that medical appointments were canceled, volunteer transportation programs were not running, and the veterans were increasingly concerned.

Many organizations switched to online platforms for intake, but a lot of older veterans don't have a smartphone or the capability to understand how to make a telehealth appointment, said Melissa Dargis, chief operations officer for NOVA Veterans, a local nonprofit that connects underserved veterans with a comprehensive suite of services.

"We quickly found out that our stories and situations with our veterans were not unique; they were pervasive across the organizations," Dargis said.



Angela McConnell Courtesy NOVA Veterans

After surveying 131 community partners representing 68 organizations, the association identified three primary and urgent barriers to local veterans' wellbeing, especially those who are elderly or underserved: information technology, transportation and healthcare access. NOVA Veterans, founded in 2015 by Dr. Angela McConnell, a retired Air Force major, published a white paper on those topics last month.

Information Technology

Information technology is a multi-faceted barrier to veterans accessing and receiving services and resources, according to the study. Along with this, veteran service organizations may have IT infrastructure and website challenges that can create additional barriers.

NOVA Veterans cited an Air Force veteran who is 73, lives alone on a limited income and uses a cell phone provided by the local area agency on aging. That phone has a limited number of minutes each month, and every time he calls the Veterans Administration hospital to schedule an appointment, he can be put on hold for 30 minutes or more, which burns through his available time, McConnell said.

"You have a ton of services and resources, but they're not organized and they're not easy to define once you find them," McConnell said. "Trying to find that specific program that's going to support the needs of your specific veteran is even more cumbersome."

Additionally, veterans must own or have access to a computer or device, must understand how to use it and keep it up to date and must have internet service. Without all three of those elements, the group said, veterans can feel frustrated and helpless.

To lessen the negative effects, NOVA Veterans said an information technology program should be developed to manage and coordinate the multiple IT services and available resources. One organization should be able to ensure these barriers are identified and removed and that a comprehensive solution is created and sustained for veterans and their families.

Transportation

Numerous factors prevent reliable, safe transportation to and from medical appointments at both Veterans Administration and civilian hospitals and clinics, the organization wrote. These include the lack of immediate services or weekend service, geographic limitations of public services, a cap on the number of trips available in a certain time period, an ability to serve only ambulatory veterans and a limit on the number of drop-offs at specific stops.

Even though there are more than 57 transportation organizations in Northern Virginia and the District of Columbia, many of them require a one- or two-week advance reservation, and most have limited service hours, which leave large gaps in local mobility needs.

The Dulles Area Transportation Association has worked with NO-VA Veterans to provide free transportation to healthcare and vaccine appointments, but that is limited by a grant to a specific region of Northern Virginia.

According to 2017 data, out of the almost 200,000 veterans living in the local 10-county service area, more than 30% are vulnerable to transportation issues because of poverty, disability or age. NOVA Veterans contends that a viable transportation solution would reduce the number of missed medical appointments and improve the overall health and well-being of veterans.

The organization's study proposes developing a business to manage and coordinate mobility needs for underserved, elderly and disabled veterans, as well as a business to manage coordination among the 57 available services.

Healthcare Access

The study initially focused on the lack of health clinics and available appointments due to the pandemic, but the group realized that the real issues may be lack of transportation to in-person appointments and computer and phone capabilities for virtual visits.

The solution, the group said, is more regional, comprehensive organizations such as NOVA Veterans that work with government and veteran agencies and have skilled case managers and advocates who can provide the time, focus and follow-up required for elderly and disabled veterans.

NOVA Vets did say that the state's Medicaid system, with funds from the American Rescue Plan Act, may soon be able to support home and community-based services, as well as behavioral services.

John Maxwell, commissioner of the Virginia Department of Veteran Services, agreed that greater coordination is needed.

"If a veteran has the ability to reach us, then we can certainly connect them to resources," he said. "If we're not able to directly help them, I think ... there has to be some larger organizations, whether they're at the federal, state or community level, for-profit or non-profit, that are seen and known to be credible organizations that a veteran is aware of."

NOVA Vets said the solution is to fund organizations that help veterans access services, as well as provide direct coordination and continuous follow-up. Many grantors fund programs to alleviate specific issues such as homelessness, food insecurity or unemployment but don't fund critical infrastructure and required overhead.

"Comprehensive case management and advocacy is the lynchpin that does away with short-term Band-aid fixes, like paying an overdue utility bill or providing veterans a single ride or getting a meal on the table," McConnell wrote. "The comprehensive approach truly considers the whole veteran approach ... so sustainable long-term support can be established."

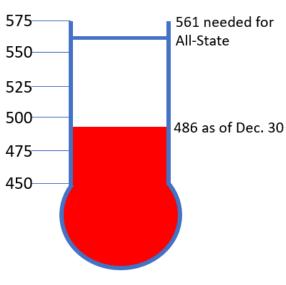
Paul Lara covers the military beat. Reach him at $\frac{plara@insidenova.com}{\$Rappahannock\ Media-Reprinted\ with\ permission}$

2020-21 Post Officers

2020-21 Auxiliary 7589 Officers

Commander	Wayne Moore	President	Mary Corkhill
Senior Vice Commander	Lou Filippone	Senior Vice President	Ellie Smith
Junior Vice Commander	Bobby Knight	Junior Vice President	Cindy McIntyre
Quartermaster	Rick Raskin	Secretary	Ann Mitchell
Chaplain	Ron Knowles	Treasurer	Elanor Doczi
1 Year Trustee	Tina Bliem	Chaplain	Cookie Cullen
1 Teal Trustee	I IIIa Dileili	Conductress	Debbie Baxter
2 Year Trustee	Dave Mattingly	Guard	Patsy Gough
3 Year Trustee	Heidi BruMar	Trustee 1	Yvonne Sullivan
Adjutant	Ron Link	Trustee 2	Jan Germain
Service Officer	Ron Link	Trustee 3	Janet Raskin
Judge Advocate	Bobby Knight	Historians	Patsy Gough Yvonne Sullivan
Surgeon	Alex Bliem	Patriotic Instructor	Bettye Montgomery





Upcoming Events

2022			
January 3	Post meeting — 7:30 PM		
January 7—9	Winter Council, Renaissance Portsmouth-Norfolk Waterfront Hotel, 425 Water Street, Portsmouth, VA		
January 10	Auxiliary meeting at 2:00 PM (in person and teleconferencing)		
January 13	Joint Leadership Council's Virtual Day on the Hill		
January 20	Youth Committee Meeting — 7:00 PM		
January 22	Recruiting School — 10:00 AM — Register in advance (Mandatory) https://us02web.zoom.us/meeting/register/tZwoc-mpqDspHtUGYU2ml4EzbY7uYsFXHcOZ See January General Orders at https://vfwva.org/uploads/Documents/GeneralOrders/January2022.pdf		
February 7	Post Meeting — 7:30 PM		
February 12	District 8 Meeting — Post 3103, Fredericksburg — 10:00 AM		
February 14	Auxiliary Meeting — 2:00 PM (in person and teleconferencing)		
February 17	Youth Committee Meeting — 7:00 PM		
February 27 - March 3	Legislative Conference, Washington, DC (Voice of Democracy Parade of Winners will be in a virtual format)		
March 7	Post Meeting — 7:30 PM		
March 14	Auxiliary meeting at 2:00 PM (in person and teleconferencing)		
March 17	Youth Committee Meeting — 7:00 PM		

	KNOW YOUR VIRGINIA REPRESENTATIV	'E
Rob Wittman	1st District	202-225-4261
Elaine Luria	2nd District	202-225-4215
Bobby Scott	3rd District	202-225-8351
Donald McEachin	4th District	202-225-6365
Denver Riggleman	5th District	202-225-4711
Ben Cline	6th District	202-225-9681
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





CANNON NEWS

The official publication of Veterans of Foreign Wars of the U.S. Francis Cannon Post No. 7589
P.O. Box 10206
Manassas, VA 20108-0668

Cannon News is emailed to Post and Auxiliary members with email addresses on file.

Cannon News is also available on our website www.vfw7589.org



Editor: Rick Raskin Copy Editor: Janet Raskin

Please email articles to quartermaster@vfw7589.org no later than the 28th of the month.

We reserve the right to edit submitted articles for timeliness, clarity and syntax.