

# CANNON NEWS

Francis Cannon VFW Post 7589  
Manassas, Virginia  
January 2024

---



PHOTO BY RICK RASKIN

December 7: Post Commander Wayne Moore presented a \$75 donation for the Freedom Museum to Captain Jim Porter (USN Ret). Captain Porter was the featured speaker at our December 3<sup>rd</sup> Youth and Teacher awards ceremony.

---

## In This Issue:

- Department Patriot's Pen and Voice of Democracy finalists Announced
- District 8 Teacher of the Year advances to VFW National competition
- JLC Update
- Annual Education Awards Photos
- Vietnam Women's Memorial
- First two of many unmarked veteran graves finally unveiled
- Don't Feed the Sharks
- Scammers hide harmful links in QR codes
- Claim Sharks Position Paper for the Legislative Session
- Computer Recycling to Tech for Troops
- Veteran's Claim Clinic January 20th

## Commander's Message



**Wayne Moore**

Wishing All a Healthful and Peaceful New Year

The New Year is here!

Our comrades and Posts have been busy throughout the holidays. Post 7589 Newsletter Team has posted the National Commander's Goal for the coming year. Please take the time to read, because your numbers and efforts contribute mightily to all we accomplish.

In 2024, Post 7589 intends to improve the organization, Post, and the community. While we could always benefit from more active participation, our single most driving force in getting the politician's ear is your membership. Here I beg for renewing your annual membership ASAP and to recruit/forward information to the Post on interested prospective members.

This is your Post. Do not hesitate to reach out and see if we have the knowledge and expertise to assist you on veterans' issues. Nothing we do for Vets comes with a charge. Often omitted is the assistance and support provided by our outstanding Auxiliary (Aux) members. If a family is in need or wishes to be active in that area, please call and Auxiliary President Corkhill will be most welcoming.

The Veterans of Foreign Wars (Virginia) has been pressing the flesh with a purpose and accomplished some beneficial legislative things over the last few years. Read our newsletter articles posted on the website or call. The record may be broken, but this horse cannot die as long as a veteran lives. Renew, and Recruit. Our strength is your numbers. Peace and safety!

Comrade Moore  
703-361-5554

## Auxiliary President



**Mary Corkhill**

Congratulations to the Post, Auxiliary and Scouts for making 2023 a very successful year. As we travel into the future, I know your efforts will make the next year just as successful.

My wish for you: "To have a great year filled with immense happiness and luck!! Stay in good health and achieve greater heights of success. Wishing you a wonderful year ahead!"

Respectfully,  
Mary Corkhill  
VFW Auxiliary President

*Happy New Year*  
**2024**

## Youth Committee



**Lou Filippone**

The Youth Committee wishes you the best and hopes you had a wonderful holiday season and a Happy New Year. Due to the time of year, and the holiday schedule, we deferred our December Youth Committee meeting until January. Since our last newsletter the Post held our Annual Educational Awards Night. It was on Sunday, 3 December at 4:00 PM and was well attended by students, teachers, guests, and VFW members. The winners

were recognized and awards were presented in all three categories, specifically Patriot's Pen, Voice of Democracy and Teacher of the Year. A complete list of the winners for both our Post and the District can be found in last month's newsletter.

The District Awards ceremony will be held on Saturday, 3 February prior to the District 8 meeting at the Great Mane Brewery in Haymarket, Virginia. It is also the meeting place of VFW Post 12218 in Haymarket. The ceremony will start promptly at 10:00 AM and all post members are encouraged to attend and show your support for our winners. Both second place Voice of Democracy winner Walter G. Saffian, from Seton School, and 9-12 Grade Teacher of the Year TSgt Tina Laing, from the Unity Reed High School AFJROTC program won at District level competition and are from Post 7589.

The Department judging for both Patriot's Pen and Voice of Democracy was held on Saturday, 23 December at Post 9808 in Mechanicsville. Past State Commander Geoff Lyster, the Department VOD Chair, and I as the Department Patriot's Pen Chair efficiently conducted Department judging with the assistance of our judges. The Teacher of the Year judging was conducted separately by Chris Birch in another location. District 8 grade 6-8 Teacher of the Year winner Lisa St. Ledger, from Post 9835 won at the Department level and will advance to National competition! We are proud of her accomplishment and wish her much success at National. The Department Educational Awards Ceremony will be held in Williamsburg on Saturday, January 13th and will be a spectacular event. Please attend this event if you are already attending the Winter Council in Williamsburg.

Alex and Tina Bliem are both immersed in Scouting activities and have many events scheduled in the upcoming months. They also completed many Post improvement activities such as landscaping, sign repair and shed repainting. We owe them much appreciation for these projects and for all the work they do for Troop and Pack 1372. I will let them update you on all the Scouting events in their report.

Our next meeting is scheduled for 18 January at the Post at 7:00 pm. Please join us and meet some great people, help promote patriotism and Americanism with our youth, and feel rewarded at the same time. Happy New Year!

With best regards,  
Lou Filippone  
Youth Committee Chair

# Scouting Report



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

December shifted our scouts into the holiday spirit. They performed service projects and had a couple of holiday parties to have some fun with their friends and families.

Our younger cubs led the way with a Holiday party where they built gingerbread houses and created tree ornaments to take home and hopefully keep for many years to come. During and after the activities the scouts got to enjoy some food and snacks and played some games.



Our BSA troops had a Holiday party at our post where they enjoyed a lot of different types of food, snacks, and desserts. After the food they played games and participated in a white elephant gift exchange where they had a blast.

The troops also enjoyed a lock-in at George Mason’s Freedom Center which one of the parents helped to arrange. Here they had the center entirely to themselves all night and into the next morning. They swam in the pool, played different games in the gym, had some food and later relaxed. They all had a great time.

Before the parties, however, they first participated in a Community Service event that has been a yearly tradition for many years now. The scouts participated in the Wreaths Across America event where they very respectfully placed wreaths on veterans grave sites. They do this by placing the wreath, saying a thank you to the veteran, and a salute. After this year’s wreath laying they also went and observed the first dedication of grave markers at Stonewall Memorial Gardens. They observed with other VFW and Legion members. We had a large turnout this year which I am very grateful for.



All of our scouting units also participated in the Manassas Park Light Parade. Here they decorated a float and the younger scouts got to ride for the length of the parade. Some of the older scouts and parents chose to walk the entire route. They got to wave to and hand out candies to thousands of people that lined the parade route.

Some of our scouts also participated in a holiday light display as judges. The city asked our scouts if they would go around to specific houses that signed up and judge their light display. There were many different categories and the scouts chose the top ones in each. They did a great job and were later recognized by the city for their help.

Our older Venturing Crew went out for a fun night of caroling. They went to several of our veterans houses, sang Christmas Carols, and handed out very nice hand painted Christmas cards which our own Tina Bliem made.

Hope everyone had a Happy and Safe Holiday season!

Be safe,

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



## Department Patriot's Pen and Voice of Democracy finalists Announced

We held our Department Patriot's Pen and Voice of Democracy selection boards Saturday 23 December 2023 at Post 9808 in Mechanicsville, Virginia. Winners will be announced at the Winter Conference in Williamsburg Virginia on 13 January 2023. The top three finalists are listed in alphabetical order below:

### PATROIT'S PEN

Riley Ann Dallas  
District 7  
Sponsored by Post 2447 in Front Royal, VA

Hayden S. Hudson  
District 4  
Sponsored by Post 7819 in Crewe, VA

Samantha C. Schillo  
District 8  
Sponsored by Post 3103 in Fredericksburg, VA

I would like to thank all of those who worked on, and with, the Youth Committee and made this year so successful.

With best regards,

Louis Filippone  
Department Patriot's Pen Chair

### VOICE of DEMOCRACY

Landen M Higgins  
District 11  
Sponsored by Post 7814 Staunton

-Andrew W. Miller  
District 7  
Sponsored by Post 2447 Edinburg

-Silas S. Whitson  
District 6  
Sponsored by Post 1841 Daleville

Congratulations to our finalists! I would like to thank all of the VoD Board Members; Ben Guinan for IT Support; and Post 9808 for hosting and for lunch.

Sincerely and Respectfully,

Geoffrey D. Lyster  
Chair, Voice of Democracy Program

## District 8 Teacher of the Year advances to VFW National competition

We are happy to inform you that our District 8 Middle School Teacher of the Year **Lisa St. Ledger** won at the Department level and is now heading to National.

Lisa teaches 8th grade at Marshall Middle School in The Plains and was sponsored by Warrenton Post 9835.

She is accomplished both inside and outside her classroom. She promotes citizenship education, civic responsibility and pride in our nation. This shows she cares deeply about America and its greatest resource, our children.

Again, congratulations to Lisa St. Ledger. We are looking forward to seeing her at the Educational Awards Ceremony in Williamsburg on 13 January 2024.

Lou Filippone  
District 8 Youth Committee Chair

## JLC Update

The Joint Leadership Council of Veteran Service Organizations (JLC) met on Thursday, December 14, 2023. Initiatives for the upcoming 2024 legislative session were discussed and prioritized. As the Department representative to the JLC, JVC Doug Hoffman had previously brought the issue of Claim Sharks to my attention. Resolutions Chair Connie Agresti and I then drafted a position paper which I presented at the meeting. I am pleased to announce that the VFW's position on Claim Sharks was approved as an initiative and will be included in the legislative packet. This is a major win for our veterans.

Additionally, charitable gaming was discussed. A JLC letter, drafted by the VFW, was sent to legislators in October. JLC alternate Joanne Smith and I will prepare a list of talking points for our teams to discuss with our legislators during the JLC Day on the Hill, January 17. Joanne also serves as vice-chair of the Virginia Gaming Board.

The VFW is welcome to participate in the Day on the Hill. We will meet at Mechanicsville Post 9808 at 7:00 AM for a briefing prior to bussing to the Capitol. Anyone interested in participating should contact either Joanne or myself.

Rick Raskin  
PSC  
VFW JLC Representative



Annual  
Education  
Awards  
2023



Event Schedule  
December 3, 2023

**Opening**  
Lou Filippone, Senior Vice Commander

**Presentation of the Colors**

**Greetings**  
Wayne Moore, Post Commander  
Mary Corkhill, Auxiliary President

**Guest Speaker**  
Captain James Porter, U.S. Navy (ret)  
Introduced by Lou Filippone, Senior Vice Commander

**Patriot's Pen Awards**  
Essay reading by Guransh Sabharwal

**Voice of Democracy Awards**  
Essay reading by Twisha Sinha

**Teacher of the Year Awards**

**Closing Remarks**  
**Group Photos**

The Comrades and Auxiliary of Francis Cannon Post VFW 7589 wish to congratulate the Students for the achievement and to the parents for their encouragement. Also, we wish to thank the Educators for their guidance with the Youth of Today.



## Vietnam Women's Memorial

By Jeanne Tomlinson

The Vietnam Women's Memorial was established to honor the 265,000 military and civilian women who served around the world during the Vietnam War. Nearly 10,000 of these women served in Vietnam during the conflict. It is the nation's first and still its only memorial to military women on the National Mall.

Not all women were nurses. Barred from combat, military women served in health care, communications, as air traffic controllers, intelligence and administrative positions. All had to be volunteers who for a variety of reasons served: duty to one's country, a desire to help those serving overseas and some an interest in advancing their military career. Civilian women volunteered and served as foreign nurses, correspondents while others worked for such organizations as the American Red Cross, Army Special Services, USO, Peace Corps and various religious groups.

Eight nurses made a difference by giving their lives. Their names are listed on the Vietnam War Memorial Wall along with 58,000 other military casualties of that war. Seven nurses were killed in airplane or helicopter crashes, one nurse was killed during a rocket attack on a hospital in Vietnam that exploded killing her and her patients.

The Vietnam Women's Memorial was established not only to honor those women who served, but also for the families who lost loved ones in the war, so they would know about the women who provided comfort care and a human touch for those who were suffering and dying. The Vietnam Women's Memorial was dedicated on November 11, 1993. This year on Veterans Day, festivities were held to celebrate its 30<sup>th</sup> anniversary.

As an extension of Maya Lin's Vietnam Memorial Wall, the Vietnam Women's Memorial is a statue of three uniformed women caring for a fallen soldier. The 2000-pound bronze statue was designed by sculptor Glenna Goodacre and stands 15 feet tall. The statue is located just north of the Reflecting Pool.



# First two of many unmarked veteran graves finally unveiled

Article and Photos By Rick Raskin

In a joint effort with the Haymarket American Legion Post 1799 and VFW Posts 7589 (Manassas) and 12218 (Haymarket) the first two of 30 unmarked veteran graves at Stonewall Memory Gardens finally received proper marking. Leading the effort Post 1799 Commander Carlos Collat and Post 7589 Commander Wayne Moore were able to secure enough funding to mark the two graves. Post 12218 also participated.

On Saturday, December 16 the families of the two veterans and representatives from the VFW and American Legion along with Scouts from BSA Troop 670 (Manassas, Grace UMC) gathered to unveil the two markers.

Post 1799 Chaplain Chuck Berge offered prayers and Post 1799 Commander Carlos Collat was the MC. Past VFW State Commander Rick Raskin also offered comments. VFW Auxiliary President led the placement of wreaths on the two graves.

The goal is to continue to raise funds until all of the unmarked graves are identified and marked.



Clockwise from top left:

- Crowd gathers for the ceremony
- Mary Corkhill escorts family of Harold Bowers
- MC Carlos Collat
- Members of Post 12218
- Marker for Harold Bower
- Scouts unveiling a marker
- Marker for Delbert Adkins
- Scouts from Troop 670





# DON'T FEED THE SHARKS



[DontFeedTheSharks.org](https://DontFeedTheSharks.org)

## What is a "Claim Shark"?

- A Claim Shark is an individual or company that charges hefty fees to "assist" or "consult" veterans with filing their VA benefit claims – this practice is illegal!
- Claim Sharks are not VA accredited, meaning they aren't required to adhere to the well-established professional and ethical standards of VA accreditation, so their advice can often be misleading or even fraudulent.
- Like a "Loan Shark," once you're in, you can't get out, and may be subject to new and hidden fees whenever you get a new rating, no matter who does the work.

## Some of their predatory practices are:

- Promising or guaranteeing an increased disability rating or percentage increase.
- Advertising expedited VA claims decisions.
- Requesting login credentials to access a veteran's personal information through secure VA websites like eBenefits or VA.gov.
- Using confusing tactics or ambiguous language to mislead claimants or coerce them into signing a contract.
- Telling veterans to forego VA exams and offering health consultations within their own network of doctors.

## Who are the Claim Sharks?

- |                      |                         |
|----------------------|-------------------------|
| ✦ Trajector Medical  | ✦ Patriot Angels        |
| ✦ Vet Benefits Guide | ✦ Veteran Care Services |
| ✦ Veterans Guardian  | ✦ VetComm               |
| ✦ VA Claims Insider  | ✦ VA Claims Academy     |
| ✦ Telemedica         | ✦ Vet Assist            |

## Veterans can protect themselves by:

- Always working with VA accredited representatives.
- Attending all exams ordered by VA.
- Not signing contracts.
- Not agreeing to fees or payments from future benefits.
- Not agreeing to pay for medical consultations or opinions.
- Not providing access to Protected Health Information or Personal Identifiable Information.

## Who is NOT a Claim Shark?

- VA accredited veterans service organization representatives, like the VFW
- VA accredited claims agents
- VA accredited attorneys
- Attorneys assisting with Camp Lejeune lawsuits who do not charge excessive fees



**VFW**  
VETERANS OF FOREIGN WARS.





## Scammers hide harmful links in QR codes to steal your information

By Alvaro Puig , Consumer Education Specialist, December 6, 2023

QR codes seem to be everywhere. You may have scanned one to see the menu at a restaurant or pay for public parking. And you may have used one on your phone to get into a concert or sporting event, or to board a flight. There are countless other ways to use them, which explains their popularity. Unfortunately, scammers hide harmful links in QR codes to steal personal information. Here's what to know.

There are reports of scammers covering up QR codes on parking meters with a QR code of their own. And some crafty scammers might send you a QR code by text message or email and make up a reason for you to scan it. These are some of the ways they try to con you:

- they lie and say they couldn't deliver your package and you need to contact them to reschedule
- they pretend like there's a problem with your account and you need to confirm your information
- they lie, saying they noticed suspicious activity on your account, and you need to change your password

These are all lies they tell you to create a sense of urgency. They want you to scan the QR code and open the URL without thinking about it.

A scammer's QR code could take you to a spoofed site that looks real but isn't. And if you log in to the spoofed site, the scammers could steal any information you enter. Or the QR code could install malware that steals your information before you realize it.

So how can you protect yourself?

- **If you see a QR code in an unexpected place, inspect the URL before you open it.** If it looks like a URL you recognize, make sure it's not spoofed — look for misspellings or a switched letter.
- **Don't scan a QR code in an email or text message you weren't expecting — especially if it urges you to act immediately.** If you think the message is legitimate, use a phone number or website you know is real to contact the company.

**Protect your phone and accounts.** [Update your phone's OS](#) to protect against hackers and [protect your online accounts](#) with strong passwords and multi-factor authentication.

Submitted by Gunny Lewis

The following position paper was written by Rick Raskin and Connie Agresti (VFW) and Bill Aramony (American Legion) to address the issue of Claim Sharks preying on veterans attempting to file for VA benefits. It will be included in the 2024 legislative package the JLC will present at the January 17th Day on the Hill in Richmond.



101 N. 14<sup>TH</sup> ST., 17<sup>TH</sup> FLOOR  
RICHMOND VA 23219

*Air Force Association  
Air Force Sergeants  
Association  
American Legion  
AMVETS  
Association of the United  
States Army  
Disabled American  
Veterans  
Fifth Baptist Church Veterans  
Ministry  
Fleet Reserve Association  
Legion of Valor of the  
U.S., Inc.  
Marine Corps League  
Military Officers Association  
of America  
Military Order of the  
Purple Heart  
Military Order of the  
World Wars  
Navy Mutual Aid Association  
Paralyzed Veterans of  
America  
Reserve Organization of  
America  
Roanoke Valley Veterans  
Council  
Veterans of Foreign Wars  
Vietnam Veterans of America  
Virginia Army/Air National  
Guard Enlisted  
Association  
Virginia National Guard  
Association  
Women Marines Association  
Wounded Warrior Project*

## COMMONWEALTH OF VIRGINIA JOINT LEADERSHIP COUNCIL OF VETERANS SERVICE ORGANIZATIONS

### Position Paper

#### Protect Veterans from “Claim Shark” and Unaccredited Companies

**Objective:** That persons in Virginia filing claims for veteran benefits have notice of the opportunity to obtain no charge services from accredited veteran claims representatives and be protected from predatory actors.

**Background:** Passage of The Sergeant First Class Heath Robinson Promise to Address Comprehensive Toxics (PACT) Act of 2022 and the Camp Lejeune Justice Act of 2022 are bipartisan legislation championed by Congressionally-chartered Veterans Service Organizations meant to provide benefits to millions of veterans and family members made ill by toxic exposures. For-profit organizations advertise and contract with veterans and service members to file claims for a percentage of recovery. Some of these for-profit organizations are predatory taking high percentages of the veteran’s recovery and not being accredited by the U.S. Department of Veterans Affairs.

**Discussion:** Before assisting veterans with claims for benefits, U.S. Department of Veteran Affairs (VA) accredited veteran service officers (VSO) must pass an exam and background check and take continuing-education courses to make sure they’re providing the most up-to-date information. The Virginia Department of Veteran Services provide accredited VSOs, for no charge. JLC members provide accredited VSOs throughout Virginia and for no charge; such as the Veterans of Foreign Wars The American Legion, AMVETS, Paralyzed Veterans of America, Marine Corps League, Fleet Reserve Association, Legion of Valor of the USA, Inc., Disabled American Veterans, Navy Mutual Aid Association, and the Vietnam Veterans of America. <https://www.ebenefits.va.gov/ebenefits/vso-search>. Virginia HB2077 (2023) mandated that attorneys who hold accreditation from the U.S. Department of Veterans Affairs to assist veterans with VA-related claims and appeals processes to provide a written disclosure informing all clients of the free services provided by the Department of Veterans Services for service members, veterans, and their families. But not that non-attorney and unaccredited actors provide such notice.

For profit organizations take a percentage of veterans’ compensation from veterans service-members. Television advertisements for such services are ubiquitous. JLC seeks to let each person filing for veteran benefits know that no charge and accredited VSOs are available. JLC also seeks to safeguard veterans from unaccredited actors and from fraud, abuse, and bad actors who seek to take advantage of veterans as they seek disability benefits by requiring that persons doing business in Virginia and be accredited by the U.S. Department of Veterans Affairs.

**Recommendation:** That any organization or person doing business in Virginia and offering services to file veteran’s claims for benefits must disclose the availability and location of JLC VSOs and the Virginia Department of Veterans Services as providing free services for such claims; AND That it be a violation of the consumer fraud act for persons to receive compensation for advising or assisting or referring any individual to another person to advise or assist, with any veterans benefit matter, except as permitted by federal law.

Approved 12-14-2023

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



**Bring it to the Post and we'll take it to TECH FOR TROOPS.**

Sorry, we cannot take CRT monitors or Printers.

What T4T needs the most are laptops, desktop computers, tablets, and cell phones.

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

T4T guarantees Data Destruction for all devices that could contain data.

## VETERANS CLAIMS CLINIC

Hosted by: American Legion Post 10  
Manassas, VA

January 20, 2024

12:00 Noon — 3:00 PM

All veterans and their families and survivors and active duty military.

Any qualified Veterans, their dependents, and survivors will be able to help file disability claims (VA claims) and speak with a Service Officer.

Location: American Legion Post 10 (Rental Hall)  
9950 Cockrell Rd. Manassas, VA 20110

Please contact: Ginger Harvey  
Post 10 Service Officer

[ginger.c.harvey@gmail.com](mailto:ginger.c.harvey@gmail.com)

All are Welcome!!

**Post 7589 Service Officer**

**Monti Zimmerman**

**703-223-2211**



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

## Upcoming Events

January 8	Auxiliary Meeting — 2:00 PM Post Meeting — 7:30 PM
January 11-14	Winter Council of Administration Meeting — Fort Magruder Hotel, Williamsburg
January 17	JLC/VFW Day on the Hill — Meet at Mechanicsville Post 9808 at 8:00 AM
January 18	Youth Committee Meeting — 7:00 PM
January 20	Veteran’s Claim Clinic at American Legion Post 10
February 3	District 8 Meeting — Post 9:00 AM, Post 12218 Haymarket, 6620 James Madison Hwy
February 5	Post Meeting — 7:30 PM
February 12	Auxiliary Meeting — 2:00 PM
February 22	Youth Committee Meeting — 7:00 PM
March 4	Post Meeting — 7:30 PM
March 11	Auxiliary Meeting — 2:00 PM
March 17—19	Auxiliary National President Carla Martinez visits Virginia
March 28	Youth Committee Meeting — 7:00 PM

**SIGN UP TO JOIN  
VFW ACTION CORPS**

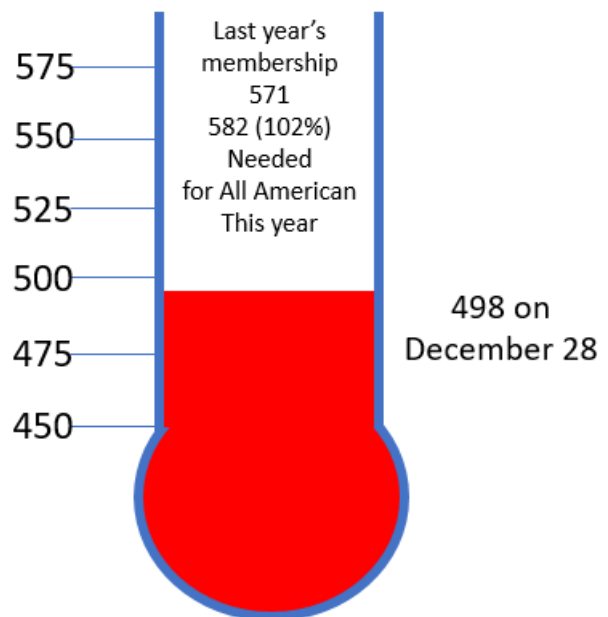
RECEIVE OUR WEEKLY E-NEWSLETTER  
AND ACTION ALERTS

Use camera mode to scan code



or  
Text “VFW” to 50457  
or  
Visit [vfw.org/JoinActionCorps](http://vfw.org/JoinActionCorps)

### **PLEASE RENEW YOUR MEMBERSHIP**



**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



**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**



Virginia Department  
of  
Veterans Services

Manassas Office

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

**30 Games Including:**

**\$750 Jackpot**  
(Starts with 51 numbers)

**Lucky 7 Progressive**

**90:10 Jackpot**  
(Prize = 90% of sales)

**Pull Tabs & Hard Cards**

**\$10.00 Bingo Book**  
(includes Early Birds)

**WEDNESDAY MORNINGS**

**OPEN TO THE PUBLIC**

**DOORS OPEN 7:30 AM**

**GAMES START AT 9:15 AM**

**SPECIAL**  
**BUY 2 BOOKS**  
**GET A 1/2 BOOK FREE**

VIRGINIA SENATORS		
Mark Warner		202-224-2023
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



# 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](http://www.vfw7589.org)



Editor: Rick Raskin  
 Copy Editor: Janet Raskin

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.