

CANNON NEWS

Francis Cannon VFW Post 7589
Manassas, Virginia
February 2021

February 1 Post meeting will be a video teleconference.

Zoom available starting 7:15 PM

<https://us02web.zoom.us/j/89743201629?pwd=Yi9saGxWVDMwbi92NnIrTS9mVlQ4dz09>

See Page 12 for additional access information.

February 8 2 PM Auxiliary meeting will be a teleconference



SUBMITTED PHOTO

State Teachers of the Year

K-5 Gabrielle Patterson (L) from District 8, Submitted by Post 7589

6-8 Elizabeth Stone (R) from District 8, Submitted by Post 7589

9-12 Michael K Summers II - District 6, Submitted by Post 12179 (Lynchburg)

[See Article on Page 7](#)



SUBMITTED PHOTO

- Sedition and Insurrection in Seat of Democracy
- Commander-in-Chief Hal Roesch's Homecoming Rescheduled
- UPDATE! Vital COVID vaccine information (Rob Wittman)
- Post receives generous mortgage reduction donation
- Post 7589 Department winners of 2020 Educational Programs
- The State Commander's and State President's homecoming cancelled
- State Officer Changes
- Scam: "US Trading Commission" website is not the FTC
- 2021 JLC Initiatives
- Gulf War Registry Health Exam for Veterans
- Study of post-mortem brain tissue yields new insights on PTSD
- Virginia Veterans Foundation flier

Commander's Message



Wayne Moore

The following article is submitted in recognition of Black History Month.

Black Dispatches

It has been 70 plus years since President Truman's recommendation and the Uniformed Armed Services' acceptance of an integrated military. However, as far back as the Revolutionary War (1775-1783) and into the American Civil War (1861-1865), enslaved Negroes decided to

participate. They chose the colonies over Britain, then the North over the South. People not considered humans choosing slavery and oppression.

The Civil War (Negro Espionage)

Negroes, Blacks, African Americans, or the vernacular of the time /place, played an essential role in the Civil War outcome. Slaves and freed Negroes were an invaluable resource to the Union, providing information on the Confederate forces. They became known as the "black dispatches."

Black Dispatches was a common term used by the Union military during the American Civil War for intelligence on Confederate forces provided by Negroes, who often were slaves aiding the Union forces. They knew the terrain and could move within many areas without being noticed; their information represented a prolific and productive category of intelligence obtained and acted on by Union forces throughout the Civil War.

The negro, widely thought of as sub-human and unintelligent, now relied heavily upon for espionage on the enemy (An oxymoronic twist). Negroes involved in menial tasks moved about without suspicion. Working behind enemy lines and operational places, they relayed vital information that the Union incorporated into strategic and tactical action. So memorable was the endeavor that slaved maneuvered and worked within the White House of Confederate President Jefferson Davis. Prolific was the slave intel network that the Union military knew within hours of the Confederate plan of actions.

Both males and females undertook this endeavor. Whether working as a field hand or in-house, fears of being caught posed nothing more dangerous than the whim of any White. Being hung, bludgeoned or dismembered was just as open and slightly more commonplace. Virginia and D.C. were hubs spy vs. spy and considered significant in the Battle of Bull Run, one of the first major battles of the Civil War.

Some Negroes re-enslaved themselves during the Civil War to spy on the Confederate leadership meetings. In a White world where Europeans did not acknowledge Negroes' intelligence, depriving them of education made sound reasoning. That failed concept proved costly as many of the slaves were self-taught, and some found to have had photographic memories. The Confederacy never found out that Black folks were intelligent and had great memories. From information collected from Hari

(See Commander on page 4)

Auxiliary President



Mary Corkhill

Valentine's Day, is a day when lovers express their affection with greeting cards, flowers, candy and/or gifts with origins in the Roman festival of Lupercalia held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the paring off of women with men by lottery. At the end of the 5th century, Pope Gelasius I replaced the Lupercalia festival with St. Valentine's Day. It came to be celebrated as a day of romance from about the 14th century. Valentine's Day is celebrated this year on Sunday, February 14, 2021.

A holiday in the United States, Presidents' Day, is celebrated on the third Monday in February, popularly recognized as honoring George Washington and Abraham Lincoln. The day is sometimes understood as a celebration of the birthdays and lives of all U.S. presidents. Presidents' Day is celebrated Monday, February 15, 2021.



The joint February 5 - 6, 2021 Homecoming for Department President Maggie Myers, State Commander Eric Mallett and MOCA Supreme President Jennifer Winn has been **cancelled**. The National President Sandi Onstwedder is still planning on visiting the Department on the above dates.

The 8th District meeting will be February 13th at 10:00am at Fredericksburg Post 3103. The District President will provide information in the coming days.

There are three National contests the Auxiliary members are working on for the children: First, **Illustrating America** art contest for grades 1-8, second; the **Patriotic Art** contest for grades 9-12 and the **Red, White & Blue** contest – A National Anthem singing contest for ages 6-16. All contest deadlines are March 31, 2021.

Since there are limitations for public and private gatherings, I do apologize for the amount of information from the Auxiliary. **PLEASE** stay safe and follow the guidelines set forth by local and state authorities.

Respectfully,

Mary Corkhill

VDW Auxiliary President

Youth Committee Update



Lou Filippone

The Youth Committee hopes everyone is safe and healthy as we navigate through the Pandemic and await a return to normalcy. The committee held our last meeting by Zoom video conferencing on Thursday, 21 January 2021. The participants included comrades Alex and Tina Bliem, Dave Mattingly, Peter MacLeod and myself. This year Post 7589 had an incredible accomplishment! Our Post took 1st place at the Department judging for Teacher of the Year in both

categories K-5 and 6-8. This is truly remarkable and to my knowledge it may be a record for any single Post to place two winners at the Department level. The winners are listed as follows:

K-5 Gabrielle Patterson
4th Grade
Baldwin Elementary School
Manassas, Virginia

6-8 Elizabeth Stone
6th Grade
Baldwin Intermediate School
Manassas, Virginia

Both teachers will be recognized, along with the other winners, at the District Eight Educational Awards Ceremony, COVID permitting, at Post 3103 on 13 February 2021. They will be honored in separate award ceremonies. This accomplishment is an honor to everyone in Post 7589 and District 8 and is a true testament to the high caliber of educators we are fortunate to have in our midst. Incidentally, Elizabeth Stone was nominated by Comrade Jerry Martin. We would like to express our appreciation to him for entering Elizabeth in the contest.

Now that the 2020 Youth Essay and Teacher contests are concluding I would like to take this opportunity to thank all those who participated on the Youth Committee and gave us such a successful year. The list is a long one because many individuals contributed. Please let me thank Commander Wayne Moore, Quartermaster Rick Raskin, Junior Vice Commander Ron Link, Auxiliary President Mary Corkhill, Auxiliary Members Janet Raskin and Jean MacLeod, Comrades Alex and Tina Bliem, Dave Mattingly, Peter MacLeod and my staff members, and Auxiliary Members, Francine Filippone and Jennifer Little Torres. Without their help, and that of others, the youth programs and our Post would not be as successful as they are. Peter and Jean MacLeod are currently distributing 124 pens and certificates to all the Patriot's Pen and Voice of Democracy participants from our Post and again a big thank you to them.

Just a reminder about our VFW Scout of the Year contest which is coming up quickly. We are looking for nominations from our Post for Scouts who have completed their Eagle Scout Rank and want to participate. We have a few possible contestants at this time but no applications have yet been submitted. The deadline

for the Scout of the Year contest is 1 March 2021. Again, if you know of any Eagle Scouts and want to nominate them please let us know as soon as possible. Also please don't forget about the Auxiliary sponsored Art contests which conclude at the end of March. We are looking for artwork submissions from high school students for the Patriotic Art Contest and, from 1st to 8th graders, for the Illustrating America Art Contest. There is also a national anthem singing contest, Get Excited for the Red, White and Blue which is new for this year. Please let us, on the Youth Committee, know if you have any contestants and we'll be sure to provide you with the necessary applications for your applicants. You can also obtain the applications for all these contests online on the VFW Auxiliary site.

We are planning our next Flag Retirement Ceremony in the spring and are considering a few dates in April. This event will most likely be held on a Saturday morning from 9 AM to noon. Once the date is finalized we will notify you in the next newsletter. We can always use a hand with all our Youth activities. If you are interested in participating please let us know. Our next Youth Committee meeting is scheduled for Thursday, 18 February 2021 via Zoom at 7:00 PM. Please attend and join our committee. Working with our Youth programs is immensely rewarding and of utmost importance in these turbulent times.

Please stay healthy and follow all the precautions, get your vaccine when you are eligible, and together finally defeat this miserable COVID-19 virus.

With best regards,
Lou Filippone
Youth Committee Chair

Scouting Report



Alex & Tina Bliem
Post 7589 Scouting
Representatives

Scouting has been very quiet over the Holidays and into January. All the activities they would normally be doing have either been cancelled or are heavily restricted. The Scouts, however, have been meeting virtually every week per the State's COVID restrictions. The girl's Troop and the boy's Troop are continuing to work on their merit badges virtually. The Cub Scouts are trying to do a mixed virtual/in-person Pinewood Derby race this year, but it all depends on how the State is doing with COVID at the time. The Pinewood Derby is a very fun annual tradition for the younger Cubs but at the same time we want to keep the Scouts safe. Every Scout and leader out there is itching for the day when they can safely get back to monthly camping and having their meetings in person once again with their friends.

Thanks,

Alex

(Commander from page 2)

Jones of the African American Civil War Museum.

Sad but true to the Negro contributions to The United States of America, documentation is omitted or scarce at best. Historically, most successful spies have no desire to be known publicly, and this was true for many negroes because they continued to live near people still loyal to the South.

Excerpt 1/1/21: <https://www.cia.gov/.../black-dispatches/index.html>

Legislative Update

By Monti Zimmerman

The Virginia State senate passed the enabling legislation to allow one motor vehicle for a veteran with a 100% service-connected, permanent and total disability that was approved by the voting population by 86% in the November 2020 general election.

So far, this is the only piece of veteran related legislation that has made it through. I am tracking our military and veteran related bills. I will provide updates if any assistance is needed.

Commander-in-Chief Hal Roesch's Homecoming Rescheduled

The Homecoming for our own Commander-in-Chief, Hal Roesch, is officially moving to the weekend of July 8-11, 2021. We will be in the same hotel and have the same plan for the weekend as well as the same activities. Some major considerations for everyone include:

- 1) You will need to remake your hotel reservations. The link for this, and phone number as an alternate, is in the registration packet attached to this newsletter. Make sure you use the appropriate group name.
- 2) If you registered for the event and activities, it will carry over to the new dates. Registration was done with the official packet, but just the earlier version.
- 3) If you have not registered, the deadline is June 7th for all parts (event, hotel, etc.). Registration is done with the official packet attached and we ask that you use this new version.
- 4) We have plenty of shirts to sell and can do large orders for any Post, etc. who want more than a few (they make great Valentine's Day gifts!!!).

We are looking forward to how modern medicine with a proven vaccine for COVID will make this happen. This has been a rough year and we cannot say enough how we want to send off our own Hal and his awesome wife Beth with this event just a few days before the start of the convention he will run in Baltimore. So, get registered and come on down to Portsmouth for a weekend of fun in the sun!

Sedition and Insurrection in Seat of Democracy

By: Wayne Moore

It is not my desire to pontificate, but on January 6th, 2021 we witnessed the horror of rioters storming the Capitol. What I found most disheartening was the participation of military active-duty and veteran members. Those men and women have pledged allegiance to the American Constitution. The consequences of their actions are not uniform and vary based on how long/type of service. I feel the American Legion and Veterans of Foreign Wars must admonish or make a statement condemning their actions. Most of these people still recite the oath of commitment regularly. Standing side by side with someone brandishing a Confederate battle flag in Congress's halls, desecrating an institution that has maintained peace and stability worldwide is unacceptable.

Much discussion is taking place about the ease by which the rioters overran the Capital's ill-prepared defense. These individuals' sense of "patriotic values" resulted in rabid marauders, which caused mayhem and destruction. Hopefully, the lesson learned from their actions is that anarchy will not reign by listening to delusional rhetoric. What thought process brings an individual to beat a police officer with the American Flag or plant Improvised Explosive Devices (IEDs) in a crowd of Americans? While I would not say I liked the prominent chatter on social media and some so-called news outlets, I am primarily concerned with veterans' unconscionable behavior.

Our nation's foundation is built on Democracy and Equality. However, the scabs of hypocrisy were laid bare and displayed cracks in our unstable democratic experiment. I believe and embrace, as the forefathers stated, "All men are created equal." America's future lies in inclusion, for without it, we leave our children /grandchildren a living hell, segregation will not prosper. Though somewhat dry reading, I recommend "Common Sense" by Thomas Paine and "The Newburgh Address" by George Washington.

No one person makes us great. Thomas Payne stated, "In America, THE LAW IS KING, for as in absolute governments the King is the law. So, in free countries, the law ought to be King, and there ought to be no other. A long habit of not thinking something as wrong gives it a superficial appearance of being right and raises, at first, a formidable outcry in defense of custom. And that makes America great!"

I question no one's political inclination. Without exception, no true patriot would deliberately undermine the precepts of our democracy in a seditious manner or by insurrection.

As a country of immigrants, wars fought, alliances made, one would think that we should grow into an understanding of our uniqueness. However, to proudly espouse your heritage is commendable. However, acknowledging that others sadly were denied that opportunity is also a necessity. The disenfranchisement or suggestion that any American return to another country is unbecoming. An immediate thought of one's ancestors' struggles to call America home could have been very different had they failed to make a better life for their children.



UPDATE! Vital COVID vaccine information

Friend–

The Commonwealth of Virginia announced this week, that Virginia would follow federal guidelines issued earlier this week and move adults aged 65 and older from Phase 1c into Phase 1b. This change also moves people aged 16 through 64 years with a high-risk medical condition or disability that increases their risk of severe illness from COVID-19 into Phase 1b.

[Click here for comprehensive information on the COVID-19 vaccine rollout and status in Virginia](#)

I encourage you to check with your local health department to see their status on accepting requests for vaccination. Note, as of now these will only be accepted from only people who are in the Phase 1a and Phase 1b vaccination priority groups. At this time, supplies of vaccine in the Commonwealth remain limited. There are significantly more requests for vaccine than there are vaccine doses available. Please keep this in mind when checking on availability in your locality.

[Click here for comprehensive FAQs on the COVID-19 vaccine and vaccination in Virginia](#)

See more information on the [vaccine in Virginia here](#), and scroll below for specific information on eligibility.

Sincerely,

Rob

Who is Eligible in Phase 1b as of January 15?

Phase 1b now includes front-line essential workers, persons aged 65 years and older, and people living in correctional facilities, homeless shelters and migrant labor camps, people aged 16 through 64 years with a high-risk medical condition or disability that increases their risk of severe illness from COVID-19. Please note that while the Centers for Disease Control and Prevention (CDC) has indicated that teens aged 16 to 18 who have underlying medical conditions are eligible, local health departments may only be accepting pre-screening vaccination surveys from adults 18 and older because the Health Department's supply of vaccine—Moderna COVID-19 Vaccine—is approved for only those 18 and older.

In addition to those 65 and over and those age 18 to 64 with medical conditions, your local Health Department will schedule appointments—when available—for members of the 1b front-line essential worker group in the following order, which is required by the Virginia Department of Health (VDH):

1. Police, fire and hazmat workers
2. Corrections and homeless shelter workers
3. Child care/K-12 teachers/staff
4. Food and agriculture workers
5. Manufacturing workers
6. Grocery store workers
7. Public transit workers
8. Mail carriers (USPS and private)
9. Officials needed to maintain continuity of government

[Click here for comprehensive FAQs on the COVID-19 vaccine and vaccination in Virginia](#)

Concurrently, people aged 65 and over and adults 18 and over with high-risk medical conditions are also included in Virginia's Phase 1b. This population is prioritized to receive vaccine at the same time as the front-line workers listed above.

Local health departments may be coordinating special vaccination events for law enforcement, fire and hazmat, corrections and homeless shelter workers, public schools employees, and local government workers. Contact your local Health Department to check availability of these events.

- [Learn more about the vaccine priority groups on the VDH website.](#)

Stay Vigilant in Slowing the Spread of COVID-19

Before and after Virginia residents receive a COVID-19 vaccine, everyone is encouraged to continue taking the steps that help prevent the spread of the disease, including washing hands frequently, wearing face coverings, social distancing, avoiding large gatherings of people and staying home when sick.

[Click here for comprehensive information on the COVID-19 vaccine rollout and status in Virginia](#)

[Click here for comprehensive FAQs on the COVID-19 vaccine and vaccination in Virginia](#)

Post receives generous mortgage reduction donation

By Rick Raskin

One of our members has donated \$10,000 to help our Post pay down the mortgage that we took out to remodel the Post home. This generous donation has made it possible for us to clear the mortgage in 2021.

We had also received a \$3000.00 donation from another member in 2019.

Several years ago the Post voted to remodel our Hall to improve it's usability as a rental venue. We removed the partition that divided the space into an office and meeting room thus increasing the usable space to 1200 square feet. We also expanded the building out the back side to include an office and conference room. All of this cost approximately \$125,000 for which we financed \$100,000.

The remodeling resulted in our rental space being in high demand and has been a great revenue source for us. However, due to Coronavirus restrictions rentals have all but ceased.

With the approval of the membership we have been overpaying the mortgage and had significantly reduced the principle. This \$10,000 donation was applied in December 2020 and has reduced the principle to just over \$11,000. At the rate we are paying we expect to clear the mortgage before the end of 2021.

Anyone interested in assisting with a donation can contact Quartermaster Raskin. Each donation will be restricted to mortgage reduction, a tax letter will be provided and donors will remain anonymous.

Department winners of 2020 Educational Programs

Two Post 7589 sponsored teachers among winners

Voice of Democracy

- 1st place Hope C Frost - District 2, Post 993
- 2nd place Hannah L Nardini - District 3, Post 9808
- 3rd place Tyler Thomas Kelley—District 8, Post 9835

Patriots Pen

- 1st place Justine Chan - District 3, Post 1426
- 2nd place Alayna Brooke Hillman - District 7, Post 2447
- 3rd place Addy Phillips from District 9, Post 2719

Teacher of the Year

- K-5 Gabrielle Patterson from District 8, Post 7589
- 6-8 Elizabeth Stone from District 8, Post 7589
- 9-12 Michael K Summers II - District 6, Post 12179

Congratulations to all of these winners and to all who participated in these programs.

The State Commander's and State President's homecoming scheduled for February 5-6 has been cancelled.

State Officer Changes

In December the State Junior Vice Commander resigned his position due to personal reasons. Elections were held at the January 9th Council of Administration meeting to fill the vacant position. As a result, each line officer moved up one position. Mitch Rubenstein from Edinburgh, VA who had previously announced his intent to run for Surgeon was elected to fill that position. The following are the current line officers:

- Commander: Eric Mallett
- Senior Vice Commander: Butch Shupaska
- Junior Vice Commander: Geoff Lyster
- Judge Advocate: Gary Adams
- Surgeon: Mitch Rubenstein
- Adjutant/Quartermaster: Ed Mann
- Past Department Commander: Rick Raskin



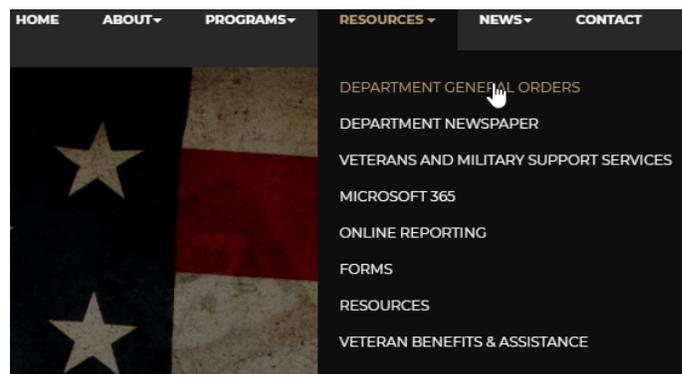
RICK RASKIN / POST 7589

State Commander Eric Mallett installs new State Surgeon Mitch Rubenstein at the Council of Administration meeting on January 9.

Department General Orders

Monthly updates from VFW Virginia

Available at www.vfwva.org



Scam “US Trading Commission” website is not the FTC

January 25, 2021

By Seena Gressin

Attorney, Division of Consumer & Business Education, FTC
It’s often said that imitation is the sincerest form of flattery, but we are not flattered at all by a scam website designed to look like a Federal Trade Commission site and steal your money.



The imposter calls itself the US Trading Commission and uses the FTC’s seal and address. It claims it operates a “personal data protection fund” to compensate people whose personal information has been exposed on the web. The site says you can “instantly receive” a cash payment by clicking on some links and giving the site your personal data and bank account or electronic wallet information. Of course, if you do that, your money will be gone, you may download malware onto your device, and scammers can misuse your personal information to steal your identity.

The site pops up as a YouTube link and has used several different URLs. It promises that payment “is available to residents of all countries of the world.” People as far away as Russia, Ukraine, Belarus, Kazakhstan, and Latvia have reported the site to the FTC, and several have reported losing money.

Here’s what you need to know. The FTC does shut down scams and return money to people who lost it to dishonest or unfair business practices. But we will never ask for money, or for your bank account, credit card, or Social Security number so that you can get a refund. If the FTC needs to get money to you, we usually send a check through the mail. You can learn about our refund programs at [FTC.gov/refunds](https://www.ftc.gov/refunds).

If you’ve encountered this scam or any other, tell us at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud) so we can warn others. If you’ve given your personal information to someone you don’t know, you may be at risk for identity theft. Visit [identitytheft.gov](https://www.ftc.gov/identity-theft) to learn what to do. And, to learn more about imposter scams of all sorts, visit [ftc.gov/imposters](https://www.ftc.gov/imposters).

Submitted by Gunny Lewis /Post 7589

A tale of 2 teachers: Gabrielle Patterson and Elizabeth Stone.

By Pete MacLeod

4th grade teacher Gabrielle Patterson and 6th grade teacher Elizabeth Stone, both teachers in the city of Manassas school system, have been named Virginia VFW State Teachers of the Year for 2020-2021. Both were sponsored by VFW Post 7589 in Manassas. Post 7589 has not had a state teacher of the year since Anne Carroll, Principal of Seton School, won the prize back in 2011. Gabrielle Patterson is in the K-5 Division and Elizabeth Stone is in the grades 6-8 Division.



Meet Gabrielle Patterson. She teaches 4th grade at Baldwin Elementary School in Manassas. This is a teacher who loves her state! Melissa Neal, Curriculum Specialist at Baldwin, says Gabrielle is the “go to” person for Virginia state history. On her own, she toured Mayfield Fort and Liberia Plantation in Manassas. Gabrielle is also a regular at the Manassas Museum programs for educators. She already has a Masters Degree in

Education but keeps on learning. Ms. Neal says her knowledge goes right to her students and that on class projects she makes sure each student contributes equally in areas they are strong in. She has been an instructional team leader in Manassas and has devoted time to helping students who have limited proficiency in English.



Say hi to Elizabeth Stone, a 6th grade teacher at Baldwin Intermediate School in Manassas. One incident, chosen by a person nominating Ms. Stone, tells you all you need to know about the dedication of this educator. Ms. Stone loves history, but she was teaching a Science lesson to her students one day. It was close to Veterans Day, Nov. 11th and in the classroom conversation she was alarmed at

the lack of knowledge her students had about the meaning of Veterans Day, World War I, and the sacrifices of so many veterans. She stopped the Science class and spent the remaining time on the history of World War I and why the War and the soldiers who fought it are so important. The person nominating Ms. Stone was observing the class and was amazed at how quickly this teacher shifted gears.

These two teachers have won the VFW Teacher of the Year competition in Manassas, in VFW District 8 and in the state of Virginia.



101 N. 14TH ST, 17TH FLOOR
RICHMOND VA 23219

- Air Force Association*
- American Legion*
- AMVETS*
- Association of the United States Army*
- Disabled American Veterans*
- Fifth Baptist Church Veterans' Ministry*
- Fleet Reserve Association*
- Iraq & Afghanistan Veterans of America*
- Korean War Veterans Association*
- Legion of Valor of the U.S., Inc.*
- Marine Corps League*
- Military Order of the Purple Heart*
- Military Officers Association of America*
- Military Order of the World Wars*
- Navy Mutual Aid Association*
- Navy Seabee Veterans of America*
- Non-Commissioned Officers Association*
- Paralyzed Veterans of America*
- Reserve Officers Association*
- 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*

Adopted Oct 21, 2020
Revised Nov 20, 2020

COMMONWEALTH OF VIRGINIA
JOINT LEADERSHIP COUNCIL OF
VETERANS SERVICE ORGANIZATIONS

Summary of 2021 JLC Initiatives

*Policy papers for each initiative can be accessed on the JLC webpage at:
<https://www.dvs.virginia.gov/dvs/joint-leadership-council-veterans-service-organizations-2>*

Initiative	Recommendation
JLC 2021-01 <i>Income Tax Subtraction for Certain Low-Income Disabled Veterans</i>	That the Governor and General Assembly approve an individual income tax subtraction for 100% service-connected disabled veterans with a federal adjusted gross income, not exceeding 150% of the federal poverty level for a four-person household, who have not already claimed another exemption.
JLC 2021-02 <i>Promote Hiring of Virginia National Guard and Reserve Members</i>	That the Governor and General Assembly approve \$50,000 to create a grant program to incentivize small to medium-sized Virginia employers to hire members of the Virginia National Guard and Armed Forces Reserves.
JLC 2021-03 <i>Expand Tax Relief for Surviving Spouses of Military Members</i>	That the Governor and General Assembly amend the Code of Virginia to provide a real estate property tax exemption to both the surviving spouses of service members who were "Killed in Action" and those who "died while serving or from a service connected injury or illness."
JLC 2021-04 <i>Disabled Veteran State Park Passport</i>	That the Governor and General Assembly expand the Virginia Disabled Veteran's Passport to any Virginia veteran who has been found to have a service-connected compensable or non-compensable disability.
JLC 2021-05 <i>Reduced Price Annual Passes to Virginia State Parks for Guard Members</i>	That the Governor and General Assembly grant a 50% reduced price annual passes to Virginia State parks to members of the Virginia National Guard.
JLC 2021-06 <i>No Cost License Plates for guard Members</i>	That the Governor and General Assembly further reduce the cost of license plates to recognize the service and commitment of our National Guard members, by changing the current 50% reduced price for a maximum of two license plates per household and registrations to 100% reduction for a single (1) license plate and registration.

COMMONWEALTH OF VIRGINIA
JOINT LEADERSHIP COUNCIL OF VETERANS SERVICE ORGANIZATIONS

<p>JLC 2021-07 <i>Partial State Tax Exemption for Military Income</i></p>	<p>That the Governor and General Assembly support changes to the current Virginia tax laws for a partial exemption of military retirement pay to reduce state tax on military retirement income.</p>
<p>JLC 2021-08 <i>Support for the Department of Veterans Services' Programs and Services</i></p>	<p>That the Governor and General Assembly take action to restore the funding for critical DVS programs and services.</p>
<p><i>Letters</i></p> <p><i>At the October 21, 2020 meeting, the JLC voted to address two policy proposals with letters. These are also posted on the JLC webpage at https://www.dvs.virginia.gov/dvs/joint-leadership-council-veterans-service-organizations-2</i></p>	
<p><i>Revision to the Code of Virginia Ensuring VSO honor Guards, Color Guards, and Rifle Teams are Exempted from Inadvertent Impacts of State Statutes</i></p>	<p>The 2020 General Assembly amended §18.2-433.2 of the Code of Virginia to make a person guilty of unlawful paramilitary activity punishable as a Class 5 felony, if he:</p> <ul style="list-style-type: none"> <i>“1. Teaches or demonstrates to any other person the use, application, or Making of any firearm...</i> <i>2. Assembles with one or more persons for the purpose of training with practicing with, or being instructed in the use of any firearm...</i> <i>3. Violates subsection A of § 18.2-282 while assembled with one or more persons for the purpose of and with the intent to intimidate any person or group of persons.”</i> <p>The JLC’s concern is that a VSO honor guard, color guard, or rifle team member may be inadvertently be identified as a member of a paramilitary organization and held liable. The JLC requests that the Code be amended to provide a specific exemption for these activities.</p>
<p><i>Support for Annual State Sponsored Life Insurance (SSLI) program briefings for National Guard Members</i></p>	<p>The JLC supports efforts to ensure Virginia National Guard members receive an annual briefing on the SSLI program, facilitated and coordinated through the Adjutant General.</p>

Gulf War Registry Health Exam for Veterans

VA's Gulf War Registry Health Exam alerts Veterans to possible long-term health problems that may be related to environmental exposures during their military service. The registry data helps VA understand and respond to these health problems more effectively.

Contact your local [VA Environmental Health Coordinator](#) about getting a Gulf War Registry health exam.

Coronavirus (COVID-19) and your risk

Veterans have the same risk for Coronavirus infection and COVID-19 illness severity as the general population, based on the current understanding of this virus. According to the Centers for Disease Control and Prevention (CDC), those who are at higher risk for more severe complications from COVID-19 include older adults, smokers, and those with certain health conditions. Find the CDC's full list of [health conditions](#) that increase the risk for more severe complications from COVID-19. Based on the best available science, Veterans without underlying health conditions listed by the CDC are not at an increased risk for illness severity. Learn about [prevention](#), including wearing a mask, hand-washing and social distancing. Find the [latest information about COVID-19](#) from VA. If you have specific health concerns, please contact your primary health care team.

For more information related to airborne hazards and burn pit exposure, see the [VA Airborne Hazards and Burn Pits Center of Excellence statement on COVID-19](#).

About the Gulf War Registry health exam

This comprehensive health exam includes an exposure and medical history, laboratory tests, and a physical exam. A VA health professional will discuss the results face-to-face with the Veteran and in a follow-up letter.

Important points about registry health exams

- **Free** to eligible Veterans and **no co-payment**
- **Not a disability compensation exam** or required for other VA benefits
- Enrollment in VA's health care system **not necessary**
- Based on **Veterans' recollection** of service, not on their military records
- Veterans can receive **additional registry exams**, if new problems develop

Veterans' family members are not eligible for registry exams

Eligibility for Gulf War Registry health exam

Veterans who served in the Gulf during Operation Desert Shield, Operation Desert Storm, Operation Iraqi Freedom, or Operation New Dawn are eligible for the Gulf War Registry exam.

You do not need to be enrolled in VA health care to take part.

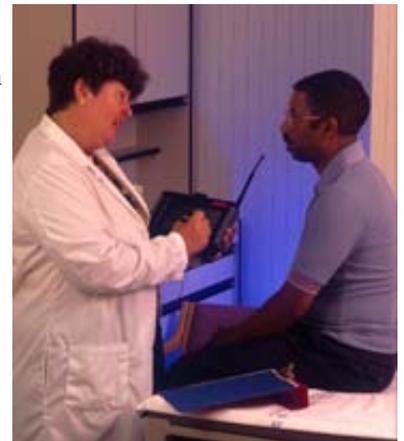
Burn Pit Registry

Veterans who are eligible for the Gulf War Registry may also join the Airborne Hazards and Open Burn Pit Registry, which includes additional data related to airborne hazards.

[Check your eligibility and sign up](#) through an online questionnaire.

Reprinted from: [Gulf War Registry Health Exam for Veterans - Public Health \(va.gov\)](#)

Submitted by Bill Pulsipher / Post 7589



Study of post-mortem brain tissue yields new insights on PTSD

January 6, 2021

By Peggy Willoughby

VA National Center for PTSD



"We have advanced our understanding of the cellular and molecular alterations in PTSD brains, and this brings us closer to designing more effective treatment strategies."

The most rigorous study to date examining post-mortem brain tissue from those with PTSD has identified molecular changes in the brain that may lead to new ways to diagnose and treat the disorder.

The study appeared online in the journal *Nature Neuroscience* on Dec. 21, 2020. Researchers with the VA National Center for PTSD, VA's National PTSD Brain Bank, and Yale University School of Medicine carried out the study.

A study carried out with the help of VA's National PTSD Brain Bank has yielded new insights on changes that occur in the brain of those affected by PTSD. (Photo courtesy of VA Boston Healthcare System)

"This is a historic step in PTSD research that will mean better treatment for Veterans with PTSD," says study coauthor Dr. John Krystal, director of NCPTSD's Clinical Neuroscience Division and chair of

psychiatry at Yale University. "We have advanced our understanding of the cellular and molecular alterations in PTSD brains, and this brings us closer to designing more effective treatment strategies."

PTSD develops in some people who have experienced or witnessed a life-threatening event, and includes intrusion, avoidance and hyperarousal symptoms as well as negative thoughts and mood. Besides psychotherapy, current treatments include medications that researchers say are helpful in minimizing—but not eliminating—PTSD symptoms.

The study, led by Dr. Matthew Girgenti of VA and Yale, is the first to pinpoint genetic changes related to PTSD that are specific to gender, and to certain brain subregions.

Understanding how PTSD differs within the brains of men and women is important, because women are more likely to develop PTSD after experiencing trauma. Also, there may be differences in how men and women respond to treatment. The finding underscores the need to develop different treatment strategies for men and women.

The study also showed major differences in how PTSD and depression look in the brain. Some symptoms overlap between the two conditions, and researchers say that about half of those diagnosed with PTSD are also diagnosed with depression. The finding could potentially help clinicians better distinguish between the conditions and offer more effective treatment.

The findings come from the first major research study using brain tissue from the National PTSD Brain Bank. The bank is led by study co-author Dr. Matthew Friedman of the NCPTSD and Geisel School of Medicine at Dartmouth. The program collects, processes, and stores human research specimens and provides them to qualified researchers to learn more about illness in Veterans.

Reprinted from: [Study of post-mortem brain tissue yields new insights on PTSD \(va.gov\)](#)

Submitted by Bill Pulsipher / Post 7589

2020-21 Post Officers

Commander	Wayne Moore
Senior Vice Commander	Lou Filippone
Junior Vice Commander	Bobby Knight
Quartermaster	Rick Raskin
Chaplain	Ron Knowles
1 Year Trustee	Pete MacLeod
2 Year Trustee	Tina Bliem
3 Year Trustee	Dave Mattingly
Adjutant	Ron Link
Service Officer	Ron Link
Judge Advocate	Bobby Knight
Surgeon	Alex Bliem



Meeting information:

Topic: VFW Post 7589
Time: Feb. 1, 2021 07:15 PM Eastern Time

ZOOM ONLY — NO IN PERSON ATTENDANCE

Join Zoom Meeting
<https://us02web.zoom.us/j/89743201629?pwd=Yi9saGxwVDMwbi92NnIrTS9mVlQ4dz09>

Meeting ID: 897 4320 1629
 Passcode: 135283

Dial by your location
 +1 301 715 8592 US (Washington D.C)
 +1 312 626 6799 US (Chicago)
 +1 929 205 6099 US (New York)
 +1 253 215 8782 US (Tacoma)
 +1 346 248 7799 US (Houston)

Find your local number:
<https://us02web.zoom.us/u/kbvGY7WNIN>

Annual members...
 Upgrade to Life membership and receive a \$50 gift certificate for the VFW store.
 This offer also applies to those signing up as life members or Installment Life when they complete their membership agreement.

Virginia Department of Veterans Services Manassas Office
 9300 W. Courthouse Rd.
 Suite 305
 703-479-7437

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.

800-313-4200

A Great Place to Call Home!

Upcoming Events

February 1	Post Meeting — 7:30 PM — Video teleconference only
CANCELLED	State Commander's and State President's Homecoming, Virginia Beach
February 8	Auxiliary Meeting — 2 PM — Teleconference only
February 13	District 8 Meeting — Post 3103, Fredericksburg — 10:00 AM
February 18	Youth Committee — 7:00 PM — Video teleconference only
March 1	Post Meeting — 7:30 PM — Video teleconference only
March 8	Auxiliary Meeting — 2 PM — Teleconference only
Rescheduled to July 8-11	National Commander-in-Chief Hal Roesch's Homecoming, Portsmouth, Virginia
March 22	Americanism Committee — 7:00 PM
April 5	Post Meeting — 7:30 PM — Video teleconference only
April 12	Auxiliary Meeting — 2 PM — Teleconference only
April 17	District 8 Convention — Post 2524, Culpeper — 10:00 AM

KNOW YOUR VIRGINIA REPRESENTATIVE

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

[\[Click Here\]](#) To be added to our email distribution.

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.

How you can help

Your donation goes directly to the veterans and their families that we help. No salaries are paid, our foundation's board of directors are volunteers and members of the VFW. All donations to the foundation are tax deductible in accordance with the law.



Mail Checks payable to
Virginia Veterans Foundation



Online
Email adj@vfwva.org



Phone
540-886-8112



The Virginia Veterans Foundation is the
official 501c3 foundation for the VFW
Department of Virginia.

Virginia Veterans Foundation
403 Lee Jackson Hwy Staunton Virginia 24401
540-886-8112 · adj@vfwva.org



**“To Honor Our Fallen
Through Care for our Living”**

Who we are

The Virginia Veterans Foundation is the official 501c3 foundation for the VFW Department of Virginia.

Mission

The VFW Department of Virginia Foundation is a charitable Veterans Service Organization that raises funds from the general public to support: Virginia Veterans and their families who are distressed or needy, Community Service Projects and Education, Scouting and Youth Education Programs, Veteran and Community Safety Programs, Educational Patriotic Events, and Hospital Service programs.

- › In 2019, the foundation spent over \$50,000 in support of its mission.
- › \$10,000 to support VFW grants for the U.S. Coast Guard who did not get paid during a government shut down.
- › \$30,000 in grants annually for youth scholarships and support for teachers.
- › 2020 will see the foundation on track to spend nearly \$100,000 on programs!

AID • ASSIST • COMFORT

Services we provide

- › Aid, assistance, relief, and comfort to needy or disabled veterans and members of the Armed Forces, including their dependents, widows and orphans of deceased veterans.
- › Support the VFW National Home for Children
- › Expenses for hospitalization
- › Veterans rehabilitation, welfare, and service work.
- › Educational programs, ceremonies, and scholarships including:
 - Voice of Democracy
 - Patriots Pen
 - Teacher of the Year
 - Community Service ceremonies
 - Scout of the Year
 - Law Enforcement of the Year
 - Firefighter of the Year
- › Grants to VFW posts and Auxiliaries
- › Scholarships to student veterans
- › Support troops and their families in need of financial assistance



Service officers

VFW Virginia Service Offices' mission is to help service members, veterans, and their eligible family members receive their earned VA benefits.

- › 3 offices serve over 6,500 Virginia veterans
- › In 2019 over \$32 million were recovered for Virginia veterans

How do you feel you have made a difference in a veteran's life?

“ George served 30 year in the US Army. Despite retiring from the militay 20 years ago, he had never filed a VA claim. In review of his military medical records I found quite a few medical conditions that should have been claimed. He honestly thought he might see 10% for his tinnitus, but was very surprised when his overall combined benefits came back at 90%. He has now referred approximately 23 Veterans to this office. ”
- Claims Consultant
Tami Brown

“ I want to ensure the last thing the service member worries about is filing their VA Claim. When all is said and done, most service members breathe a sigh of relief when leaving my office and are extremely appreciative. I tell them it is a service the VFW provides to everyone who is eligible. ”
- Assistant State Service Officer
Kelly Pearson

Hal Roesch
VFW Commander-in-Chief 2020-2021
Homecoming



July 8-11, 2021
Renaissance Portsmouth-Norfolk Waterfront Hotel
425 Water Street Portsmouth, VA 23704

Hotel Information

**DEADLINE FOR HOTEL RESERVATIONS IS June 7, 2021
USE NORFOLK INTERNATIONAL AIRPORT FOR ALL FLIGHTS**

LINK TO MAKE RESERVATIONS:

[https://www.marriott.com/event-reservations/reservation-link.mi?id=1611690097306&key=GRP
&app=resvlink](https://www.marriott.com/event-reservations/reservation-link.mi?id=1611690097306&key=GRP&app=resvlink)

CALL TO MAKE THE RESERVATION: 1-800-839-1775 (Say you are with the “Hal Roesch” group to get the special rate)

We have the dates of the event plus more both before and after for the same price. Make sure you book accordingly.

The Department of Virginia has used this hotel for several years for our conventions and conferences. With beautiful views of the harbor, U.S. Navy warships, and historical and vibrant surroundings, this is the ideal location for a homecoming! The hotel is newly renovated with all rooms ready to welcome you in comfort and style. A modern, sleek approach to the well-known “Virginia Hospitality” awaits your arrival!

Rooms are \$135, plus tax, per night. Parking is \$10 per day. The rooms include complimentary Wi-Fi, a pool and exercise room, and the rate is good for three days before and three days after the event for those who want to stay longer. In addition to the hospitality provided by the Department of Virginia, a full restaurant and bar are available in the hotel.

**DEADLINE FOR HOTEL RESERVATIONS IS June 7, 2021
USE NORFOLK INTERNATIONAL AIRPORT FOR ALL FLIGHTS**

Homecoming Agenda

Thursday, July 8th

11am-6pm: Registration

3pm: Hospitality room opens (open bar)

Friday, July 9th

645am: Golf tournament departs from the hotel

10am-5pm: Registration

Tour groups depart

12pm: USS Wisconsin and Nauticus Museum

12pm: Tour of the General of the Army Douglas MacArthur Memorial Museum

12pm-3pm: Hospitality room open (open bar)

630pm: Reception with a “Tailgate Party” theme. Guests are encouraged to wear the jersey of their favorite sports team (casual otherwise).

Hospitality continues until late (open bar).

Saturday, July 10th

11am-4pm: Registration

Tour groups depart

915am: 2-hour narrated Naval Base cruise (on a pleasure boat, 100-person max)

11am: Shopping at Norfolk Premium Outlets

12pm-3pm: Hospitality room open (open bar)

630pm: Dinner with guests encouraged to wear Hal’s homecoming shirt (casual otherwise).

Hospitality and entertainment continue until late (open bar).

Sunday, July 11th

All Day: Guests depart

Event Descriptions

ALL EVENTS INCLUDE ROUND-TRIP TRANSPORTATION

Thursday

“The Local Nightlife”: Our hotel is conveniently located near a pedestrian-only ferry (literally, beside the hotel) that takes you to the Norfolk side of the water where bars, restaurants, and entertainment goes late into the night. Maybe you catch an Uber into the historical Ghent neighborhood of Norfolk, just a few miles away, and enjoy amazing food. Within walking distance of the hotel is Portsmouth’s Old Towne district with local establishments, history, and easy to navigate streets. As you fly in and unpack, an easy night or a fun filled night are all at your disposal!

Friday

USS Wisconsin and Nauticus Museum: 12pm departure for approx. 3 hours at a cost of \$5 for transportation plus whatever admission fee you select (average of \$16). Visit the “Big Whiskey” and the museum dedicated to the rich history of Hampton Roads and the U.S. Navy. Our region is forever tied to the Navy and we are proud to showcase that inside a massive museum. Situated with the battleship tied to the pier connected to the museum, it is a “one-stop shop” for all of the Navy history, pride, and fun you could ever imagine! While some parts of the battleship are not handicap friendly, parts of it are and the entire museum is.

Tour of the General of the Army Douglas MacArthur Memorial Museum: 12pm departure for approx. 3 hours at a cost of \$5 plus whatever other costs you incur (museum admission is free). Come and learn about General of the Army Douglas MacArthur and those wars he served in, including WWI, WWII, and Korea.

Saturday

2-hour narrated Naval Base cruise on a pleasure boat (100-person max): 915am departure from the hotel. \$30 per person. Set sail on the Victory Rover with a climate-controlled main cabin, large picture windows, and ample comfortable seating. More seating is available on the open-air bow and top deck. A large portion of our top deck has an awning to provide shade. In the main cabin are restrooms as well as a fully stocked ship store and bar with all your favorite refreshments and souvenirs

Shopping at Norfolk Premium Outlets: 11am departure for approx. 3 hours at a cost of \$5 for transportation plus whatever you spend at the mall. With nearly 70 stores, this is a chance for some deals!

Homecoming Registration Form

(Deadline June 7th, 2021)

REGISTRATION FEE: \$100 PER PERSON

Registration includes:

Welcome packet

Friday dinner and entertainment

Saturday dinner and entertainment

Hospitality all weekend

PLEASE PRINT LEGIBLY

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

ALL DOCUMENTS WITH "FORMS" IN THE TITLE SHOULD BE MAILED OR EMAILED:

**VFW Department of Virginia
ATTN: HAL'S HOMECOMING
403 Lee-Jackson HWY Staunton, VA 24401
adj@vfwva.org
Call for payments: 540-886-8112**

Airport Transportation Form

USE NORFOLK INTERNATIONAL AIRPORT FOR ALL FLIGHTS

Name(s): _____

State/Department: _____

Cell phone number: _____

Number of passengers: _____

Arrival Date: _____ Airline: _____ Arrival time: _____

Departure Date: _____ Airline: _____ Departure time: _____

Transportation will be available using this form for the period of July 8-11. We are unable to handle travel outside of those dates.

DUE TO THE EXPECTED NUMBER OF FLIGHTS, THIS FORM MUST BE RETURNED TO ENSURE TRANSPORTATION.

ALL DOCUMENTS WITH "FORMS" IN THE TITLE SHOULD BE MAILED OR EMAILED:

**VFW Department of Virginia
ATTN: HAL'S HOMECOMING
403 Lee-Jackson HWY Staunton, VA 24401
adj@vfwva.org
Call for payments: 540-886-8112**

Homecoming Payment Form

(NOT INCLUDING FEES AND COSTS AT THE EVENT WHICH YOU PAY SEPARATELY)

Name of those attending: _____ State: _____

Homecoming Registration Fee: Number of people _____ x\$100 per person = _____

USS Wisconsin & Nauticus Museum: Number of people _____ x\$5 per person = _____

MacArthur Memorial Museum: Number of people _____ x\$5 per person = _____

Shopping at Norfolk Premium Outlets: Number of people _____ x\$5 per person = _____

Naval Base cruise on a pleasure boat: Number of people _____ x\$30 per person = _____

HOMECOMING SHIRTS \$35

(WOMEN SHOULD GET ONE SIZE LARGER THAN NORMAL DUE TO DESIGN OF THE SHIRT)

POSTAGE FOR SHIRTS \$9 REGARDLESS OF ADDRESS

GENDER		SIZE	QUANTITY	COST	SHIP?	COST W/ POSTAGE	TOTAL DUE
M	F	S			Y N		
M	F	M			Y N		
M	F	L			Y N		
M	F	XL			Y N		
M	F	2XL			Y N		
M	F	3XL			Y N		

Are you picking up this shirt at homecoming? _____

If you want it mailed, what is the address? _____

Make all checks payable to VFW Virginia c/o "Hal's Homecoming"

ALL DOCUMENTS WITH "FORMS" IN THE TITLE SHOULD BE MAILED OR EMAILED:

VFW Department of Virginia
ATTN: HAL'S HOMECOMING
403 Lee-Jackson HWY Staunton, VA 24401
adj@vfwva.org
Call for payments: 540-886-8112

Hal's "Battle of the Fairway" Golf Tournament
Where the Shankopotamus runs wild!



Friday, March 26th 8am

Captain's Choice, shotgun start, with teams of 4 (make your own team or get partnered)

\$50 per person gets 18 holes, cart, and lunch

Suffolk Golf Course Suffolk, VA

Name: _____

Address: _____

Phone: _____

Email: _____

Names of your partners (if known): _____

Deadline for registration is June 7th, 2021

Checks payable to "VFW Department of Virginia" earmarked "Golf Tournament"

Mail check and form to 403 Lee Jackson HWY Staunton, VA 24401

Transportation to/from the course will be provided from the Renaissance

Portsmouth-Norfolk Waterfront Hotel and will leave at 645am

adj@vfwva.org

Call for payment 540-886-8112

Hal's "Battle of the Fairway" Golf Tournament
Where the Shankopotamus runs wild!



Support Hal's Homecoming by sponsoring a hole!

Make checks payable to "VFW Department of Virginia" and earmark "Hole Sponsor"
All holes available and only \$75 per sign
Payment due by June 7th, 2021

Person/Post/District/State sponsoring the hole: _____

Address: _____

Phone: _____

Mail this form and payment to 403 Lee Jackson HWY Staunton, VA 24401

adj@vfwva.org

Call for payments: 540-886-8112