

# CANNON NEWS

Francis Cannon VFW Post 7589  
Manassas, Virginia  
March 2021

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**March 1 Post meeting will be a video teleconference.**

Zoom available starting 7:15 PM

<https://us02web.zoom.us/j/88120908799?pwd=bGN0V04wWjN0bE5aRTBiM1BUYVpFQT09>

See Page 11 for additional access information.

**March 8 2 PM Auxiliary meeting will be a teleconference**

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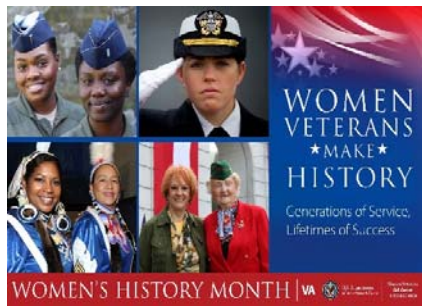
## In This Issue:

- Bill Pulsipher
- Senators want to extend grace period for reinstating tens of thousands of retirees' lost Tricare Select coverage
- Commander-in-Chief Hal Roesch's Homecoming Rescheduled
- Airborne Hazard Exposures
- Dehydration, and mental confusion in the elderly
- Looking for Korean War Veterans
- A new SSA website
- Commissioner's Corner
- To Understand a Military Veteran
- March Meeting information

## Commander's Message



Wayne Moore



### Women Veterans History Month

Since the United States military was established, many women have accomplished unimaginable feats of courage and fortitude that have distinguished them within the ranks, ranging from saving lives as battlefield nurses to defending fellow soldiers in armed combat. The eight women highlighted below were able to not only achieve success within their respective branches of the military but also positively impacted the U.S. military as a whole.

#### Lieutenant General Patricia Horoho

Soldiers often encounter physically traumatic events, and military nurses, like Patricia Horoho, are at the forefront of offering aid to casualties of war. As a career military nurse, Horoho went on to become the first nurse and first woman to ever be nominated and confirmed as Army Surgeon General in December 2011. As a foundation for her career as a military nurse, Horoho earned a bachelor's degree in nursing and two master's degrees, one in clinical trauma nursing and one in national resource strategy. With this educational experience under her belt, Horoho was able to participate at every level of army medicine, providing innovative, precision health care to soldiers suffering from a variety of ailments.

Before being nominated to become the Army's Surgeon General, Horoho received several honors, such as being recognized as a Nurse Hero after administering first aid to 75 individuals following the September 11, 2001, terrorist attacks. She also quickly advanced through many esteemed positions, which allowed her to perform tasks like overseeing military care facilities and assisting in the creation of federal health care management policies at the Pentagon in Washington D.C. As Surgeon General, Horoho fully integrated public health, medical care, dental care, and warrior care into one overarching approach, allowing army medicine to offer more effective treatment and care options for soldiers.

#### Margaret Woodward

Having logged nearly 4,000 hours flying various military aircraft, in March 2011, Margaret Woodward took a historic step forward for women in combat when she led the opening eleven days of the air war against Libya, making her the first woman to ever direct an air-based military campaign. This campaign earned her a spot in Time Magazine's 100 most influential people of 2011, as she quickly became a role model

(See Commander on page 3)

## Auxiliary President



Mary Corkhill



The following information about St. Patrick was taken from the Internet. "Every March 17th, thousands of people wear their greenest garb to observe the death of St. Patrick, the patron saint of Ireland. The holiday has evolved into a celebration of Irish culture with Irish pride parades, eating special foods and green clover-shaped cookies, music, dancing, and quaff

frosty mugs of green beer. Many stories are told in connection with St. Patrick. The three-leaf clover was said to be used by the saintly bishop to explain the Trinity to the pagans, which is why it is such a common St. Patrick's Day symbol today. Another legend has St. Patrick driving all the snakes out of Ireland; snakes were a popular symbol among the Irish pagans. The Leprechaun, is a diminutive supernatural being in Irish folklore, classed by some as a type of solitary fairy. They are usually depicted as little bearded men, wearing a coat and hat, who partake in mischief. In later times, they have been depicted as shoe-makers who have a hidden pot of gold at the end of the rainbow. By the 1950s green beer became a holiday staple". This year's celebration will be Thursday, March 17, 2021.

Due to heavy snow in February, the National President's visit was cancelled and rescheduled for March 4-6, 2021. I will keep you informed about any cancellation. The VFW Commander-in-Chief Hal Roesch's 2020-2021 Homecoming is scheduled for July 8-11, 2021 at the Renaissance Portsmouth-Norfolk Waterfront Hotel, 425 Water Street, Portsmouth, VA 23704.

The deadline for the three National Auxiliary contests is **March 31, 2021**. The **Illustrating America Art** contest is for students from grades 1-8 and the **Patriotic Art** competition is for high school students grades 9-12. New this year is the **Red, White & Blue** singing competition where children from ages 6-16 sing the National Anthem.

According to Gov. Northam, who made an announcement at Wednesday, February 24, 2021's press conference, some major changes will go into effect on March 1, 2021. Social gatherings: up to 25 people will be allowed at outdoor social gatherings, with the number of people allowed at indoor gatherings remaining at 10. Entertainment venues, dining and overnight summer camps were some of the topics he touched on.

**Just a note: the March and April meetings will be a teleconference.** A reminder that the April meeting will be the election and installation of new 7589 Officers. Please consider holding a position in your Auxiliary. We can't do it without you. That is the schedule at this time. I will inform you if things change.

I just received word that Valerie Nealey's husband Sam is facing a medical issue. Please keep them, along with other individuals who are ill or hospitalized, in your prayers.

Respectfully,  
Mary Corkhill  
VFW Auxiliary President



*(Commander from page 2)*

for women around the world.

Woodward made history again when she led the reform of the U.S. military's sexual assault prevention and response protocols. She assembled a task force of expert lawyers, researchers, investigators, and advocates who are now responsible for addressing the issue of sexual assault within the military. This effort, in collaboration with a larger effort by the Air Force to vigorously prosecute sexual offenders in the military, has helped increase the likelihood of sexual assault victims reporting their cases to military officials. At the time of her retirement in April 2014, Woodward had become renowned within the U.S. Air Force, and the impact she made during her career continues as efforts to identify and properly address instances of sexual assault in the military are now making more progress than ever.

**Maria Urso**

Maria Urso has distinguished herself as a top scholar and scientist while serving at the U.S. Army's Research Institute of Environmental Medicine (USARIEM). In July 2012, Urso received the Presidential Early Career Award for Scientists and Engineers for her contributions to the study of cellular mechanisms of musculoskeletal injury and repair, the results of which have positively impacted both soldiers and civilians. Although Urso served four years in the U.S. Army as a captain at USARIEM, she chose to stay on as a civilian after her military commission ended. Through her research, Maria Urso continues to expand therapeutic methods of relieving skeletal-muscular injuries caused by severe strain, ischemia reperfusion (trauma brought on by surgical procedures or tourniquets), and blast injuries, opening new innovative avenues for injured soldiers and civilians to receive effective medical treatment and improve recovery.

**Navy Admiral Michelle Howard**

In anticipation of a career in military service, Michelle Howard attended the U.S. Naval Academy to prepare herself to join and graduate from the Army's Command and General Staff College with a master's degree in military arts and sciences. While participating in military operations like Desert Shield and Desert Storm, Howard rose through the ranks of the Navy as she advanced her knowledge of military command and leadership. Upon taking command of the USS Rushmore on March 12, 1999, Howard made history when she became the first African-American woman to ever command a U.S. Navy vessel. Several firsts followed this, as she eventually became the first African-American woman to reach a 3-star ranking in any branch of the U.S. military, and most recently she became the first ever female 4-Star General. Before her retirement in 2016, Howard was an increasingly important contributor to the U.S. Navy, leading several sensitive naval operations during her career, including the 2009 rescue of Captain Phillips, a cargo ship captain who was abducted by Somali pirates.

**Sergeant Leigh Ann Hester**

In March 2007, Sergeant Leigh Ann Hester and her National Guard unit were escorting a supply convoy through enemy territory in Iraq when insurgents launched a surprise attack.

Hester used her seven years' worth of military training and experience to lead her team through the kill zone and into a more advantageous flanking position, giving her unit the upper hand against the insurgents. Following this event, Hester was granted the Silver Star medal, making her the first female soldier to receive this honor since World War II.

**Annie G. Fox**

Annie G. Fox was the first woman in American military history to ever receive a Purple Heart. As Head Nurse of the Station Hospital at Hickam Field, Hawaii in 1941, Fox was responsible for a team of nurses who worked frantically to treat hundreds of victims of the Japanese airborne attacks on Pearl Harbor. During the attacks, Fox is said to have displayed ceaseless courage, leadership, and efficiency as a military nurse, saving the lives of many American soldiers at a time when the ranks of Army Nurse Corps consisted of fewer than 1,000 members. Though the Purple Heart she was awarded after the attack was soon rescinded when the criteria for receiving the award changed, Fox was granted a Bronze Star Medal in October 1944 to commemorate her acts of heroism during the Pearl Harbor attacks.

**Lieutenant Reba Whittle**

On September 27, 1944, Reba Whittle, an air nurse, was aboard a C-47 medical evacuation plane that was shot down over German territory, leaving her and her fellow survivors to be captured and interned by German soldiers. As a result, Whittle became the only American female prisoner of war in Europe during World War II, though not granted formal status as such. During her internment, she was allowed to provide critical medical care to patients at a number of POW hospitals throughout the region. The State Department was eventually notified of her circumstances by International Red Cross workers, and her release was negotiated. Once she was back home, Reba Whittle received the Purple Heart for the injuries she sustained during the 1944 crash and an Air Medal for her service as an air nurse.

**Cathay Williams**

In November 1866, Cathay Williams made the brave decision to enlist in the U.S. Army, becoming the first documented African American woman to ever serve in the U.S. military. Williams remained enlisted for two years while disguised as a man using the pseudonym "William Cathay." Williams's short-lived military career saw her assigned to an all-African American unit, although she quickly contracted a case of smallpox that left her hospitalized several times. A surgeon eventually discovered that Williams was a woman, leading to her immediate discharge.

Throughout American history, there have been countless women who served the U.S. military, whether directly as combatants during physical conflicts or in supportive roles in essential services. Through a mixture of tact, skill, leadership and willpower, the aforementioned women achieved their personal goals and also had a positive impact on the U.S. military as a whole.

Retrieved 2/7/2021: [www.norwich.edu/academic-programs/resources/eight-women-in-the-military-who-have-made-history](http://www.norwich.edu/academic-programs/resources/eight-women-in-the-military-who-have-made-history)

## Youth Committee Update



Lou Filippone

The Youth Committee hopes this newsletter finds you well. We held our last meeting via Zoom on 18 February. The participants were Comrades Alex and Tina Bliem, Peter MacLeod, Dave Mattingly and myself. The topics discussed were the Scout of the Year contest, current Post Scouting activities, the VFW Auxiliary art contests, and the spring flag retirement ceremony. There will be a pause in our committee activity once summer

approaches, which gives us a well needed rest before the 2021 essay contests resume in the fall. If you want to become involved with our youth and want to feel that you are making a significant contribution to our nation's future, please join us at our next meeting.

We are currently completing our Scout of the Year program at the Post level and although I thought we had several prospects early on in the program, we have only one candidate this year. Without tipping my hand let me just say this Scout is super competitive and should represent us well in District and hopefully Department competition. More will be disclosed about this individual once the March deadline passes and we are certain no other Scouts are in the competition. In the event a late entry appears then I will call for Post judging, otherwise this Scout will represent us by affirmation. If you have any other entries please let me know immediately and we'll proceed with our selection board.

Alex and Tina Bliem mentioned some recent activities with the Scouts from Troop and Pack 1372 at our meeting. So we stay in our lane I'm going to let Alex discuss those activities in this month's Scouting report.

Remember the deadline for the Auxiliary Art Contests is on 31 March. As mentioned in previous newsletters the two main contests are the Illustrating America Art Contest for grades 1-8, and the Patriotic Art Contest for grades 9-12. Multiple media are permitted in the competition. Our Post has had some Department winners in the past and hopefully we can continue our legacy. Another new contest this year involves singing the National Anthem and is called Get Excited for the Red White and Blue. For information and applications to all these contests please contact Auxiliary President Mary Corkhill or you can go on the VFW Auxiliary website and download the same documents.

Our next flag retirement is scheduled for the Spring and will be held on Saturday, 1 May at the Post at 9:00 AM. We expect a

good turnout for this event and would welcome any and all volunteers to help us conduct this solemn ceremony. Our Fall flag retirement was a resounding success with the retirement of over 700 flags. Although it is unlikely we will exceed that in May we still have a good number of flags to retire. Again consider joining us and save the date.



Gabrielle Patterson



Elizabeth Stone

Our Post has the distinct honor of placing two teachers in both the District and Department Teacher of the Year Competition with first place winners. They are K-5 teacher Gabrielle Patterson from Baldwin Elementary School, Manassas, Virginia and grades 6-8 teacher

Elizabeth Stone from Baldwin Intermediate School also Manassas, Virginia. They will be recognized in a special ceremony along with the Voice of Democracy Department third place winner Tyler Kelley from Post 9835. The event will include officers from Department, District, and Post levels and will be held at Post 7589 on Sunday, 21 March at 3:00 PM. More details will be announced in the upcoming weeks. This has indeed been a truly successful year for our Post Youth Committee in spite of the Pandemic.

Because of the magnitude of the State level recognition for our two teachers, media coverage of the event has already occurred. Comrade Peter MacLeod was instrumental in writing and coordinating a news report in the Bull Run Observer featuring our two teachers. In addition the Manassas City Public Schools is planning an article of their own. I can't thank Comrade Jerry Martin enough for nominating one of the teachers, Elizabeth Stone, for the contest. Our Post with all our activities and winners is certainly receiving a lot of attention. Let me congratulate all of us for a job well done!

Our next Youth Committee meeting is scheduled for Thursday, 18 March at 7:00PM via Zoom. Please look out for an email with the Zoom link and join us. We welcome all your interest and assistance. In the meantime stay safe and if you are medically capable get your vaccine.

With best regards,  
Lou Filippone  
Youth Committee Chair

# Report on Scouting



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

This past month the Scouts have continued to meet and are doing what Scouts do. Unfortunately because of the State restrictions that means meeting over Zoom still. The Troops continue to work on their Crime Prevention, Game Design, Personal Management and First Aid merit badges. There is also a plan to take a handful of Scouts out skiing in March. They will also be getting together shortly and performing their service duty and cleaning up their adopted road.

With the Governor increasing the outdoor gathering numbers I see camping in the Scouts future pretty soon. Camping is an activity the Scouts (and adults/parents) always look forward to. I had been planning a high adventure trip in Canada with the Scouts for over two years and it has now been canceled again because of the border closures. I decided to change gears and take the Scouts to another high adventure base in WV this summer instead. We will now have a week long white water kayaking trip to look forward to down the New River Gorge. Another leader will take over the planning for the high adventure trip to Canada in 2022.

Our younger Cub Scouts did manage to have some fun this month; they got to race their Pinewood Derby cars. The Pinewood Derby is the main event all cubs look forward to every year. Because of Covid, the Scouting Council allowed for the free use of the Marriott Center at Camp Snyder for the first time. This allowed the derbies to continue and also helped to keep everyone safe. Even with the large open hall they still followed Covid protocols and ran a hybrid in-person/streaming race. This was also the day of the big ice storm so some families decided to watch their cars race from home.

The Cub Scouts also have a couple of activities coming up shortly. They have a small Arrow of Light and crossing over ceremony at our Post Hall scheduled. The ceremony is where the Cub Scouts will be leaving the Cub Scout Pack and joining a Scout Troop. They will be greeted and accepted by representatives of the Scouting Troop that they chose. They also have a H.O.S.T. hike in DC planned. This is a BSA run history of DC scavenger hunt type hike. They will learn about or see all of the memorials and a lot of historically important buildings. We have done this several times and they will put many miles on their hiking boots/shoes. If they answer all of the scavenger hunt questions correctly they will earn a surprise at the end.

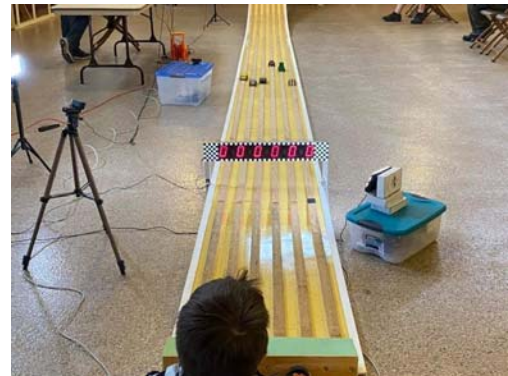
All of the Scouting units are now huddling together and getting some plans made for when the weather turns nice and hopefully the Covid restrictions ease.

Until next time Stay Safe, Stay Healthy, and Stay happy!!

Alex & Tina Bliem  
Troop COR and Scoutmaster

# The Pinewood Derby

Photos by Alex Bliem



## Senators want to extend grace period for reinstating tens of thousands of retirees' lost Tricare Select coverage

Two senators have introduced legislation to extend the reinstatement period for tens of thousands of military retirees who have lost their health care coverage because they didn't set up their payments for the new enrollment fee.

By law, in order to continue coverage under Tricare Select, retiree sponsors were required to start paying new monthly enrollment fees as of Jan. 1, and they were required to set up a payment plan with their Tricare contractor by the end of 2020 by allotment, bank account or credit card. If they didn't take this action, their coverage was dropped as of Jan. 1, and some may not realize it until they seek medical care and a claim is denied.

The proposal introduced Tuesday by Sen. Steve Daines, R-Mont., and Sen. Joe Manchin, D-W. Va., would extend the grace period from June to the end of 2021 to allow retirees to reinstate their coverage. Defense Health Agency officials had previously extended the grace period to six months, but military advocates have asked for one year's grace period.

"This extension helps ensure no retired service member is left without health care coverage, especially during the COVID-19 pandemic," said Manchin, in a statement announcing the proposal.

In 2021, for the first time, retirees and family members enrolled in Tricare Select must pay enrollment fees in order to continue their coverage. This doesn't apply to retirees and family members enrolled in Tricare for Life. Nor does it affect active duty families on Tricare Select, survivors of deceased active duty members, or medically retired retirees and family members.

The new enrollment fees are:

- for individuals: \$12.50 per month or \$150 a year
- for families: \$25 per month or \$300 per year

Anyone who is dropped from Tricare Select will have access to direct medical care only at a military treatment facility, and only if space is available. Claims for medical treatment after Dec. 31, 2020 will be denied, but coverage can be reinstated if back enrollment fees are paid. Tricare will then pay the claims that were denied back to Jan. 1 because of the coverage termination.

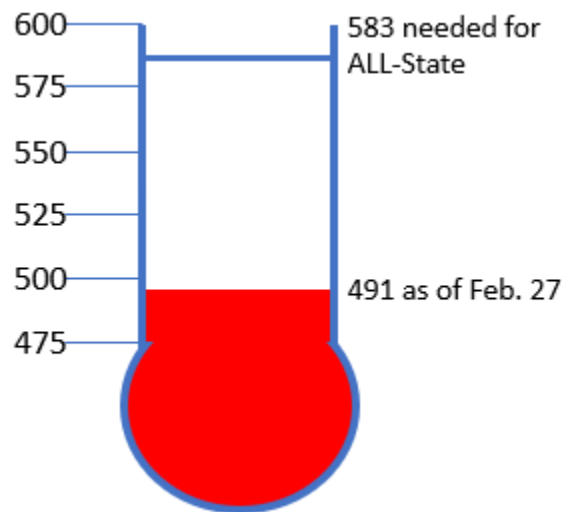
The grace period is currently through June. Officials previously said that at the end of January, regional Tricare contractors would start sending out letters to these beneficiaries notifying them about their disenrollment. Contractors have also started sending emails to those who haven't yet paid.

Tricare has released instructions on how to reinstate health insurance coverage, but retirees must make any necessary payments by June 30 or risk losing coverage for the remainder of the year. They also must make payments retroactive to the beginning of the year to reinstate their lapsed insurance coverage.

Tricare has two coverage groups, Group A and Group B. Members in Group A saw active service prior to Jan. 1, 2018; Group B is for those whose first active service was on or after that date.

Submitted by Wayne Moore

## Post Membership Statistics



PLEASE RENEW

## Legislative Update



**Monti Zimmerman**

The 2021 Virginia State legislative session ended with some level of success for veterans and military retirees.

The VFW watched two bills closely.

The constitutional amendment, SB 1130, that was approved by a vote of 86% of Virginians, will allow a tax free vehicle for 100% VA disabled veterans effective January 1st, 2021.

HB 2308 increased the amount of land that VFW and other VSOs can have for their use from 75 to 200 acres of land that the VSO can own.

SB 1127 changed charitable gaming, and with VFW help, the bill is close to what we would have wanted to protect the VFW and our charitable gaming proceeds.

General veteran legislation included:

Changes to Veteran and Virginia National Guard License Plate purchase by type was approved (HB 1796, HB 2069, and HB 2261).

A veteran unemployment bill, SB 1279 passed, bills to protect military spouses SB 1150 & SB 1410 also passed. Finally, a bill to protect military members from discrimination, HB 2161, passed.

## Bill Pulsipher

We are saddened to learn of the passing of Gold Legacy Life member Bill Pulsipher. Bill suffered a coronary attack on February 24th while playing golf and passed away shortly thereafter. This past December Bill made a generous donation of \$10,000 to help the Post reduce our mortgage. Additionally, being a Legacy Life member, the legacy payment from the VFW to our Post will continue as long as there is a Post 7589. Arrangements are pending.

## 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.

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!

## Airborne Hazard Exposures

For Veterans who served in Iraq, Afghanistan, or other areas of Southwest Asia, exposure to airborne hazards like burn pits is a concern. Even if you don't think you were exposed to a specific hazard, you can take steps to proactively monitor your own health and help other Veterans.

We all interact with thousands of substances in our daily lives. Some substances are only harmful if they get into our bodies in large quantities. Others are toxic even in the smallest amounts. Determining whether potentially harmful substances have a negative impact on our health requires understanding the amount, frequency, and intensity of the exposure.

How an exposure occurred – whether it was ingested, inhaled or touched your skin – can also be a factor. Because people rarely stay in one place, do just one job or engage in the same activities throughout their lives, it can be hard to determine with certainty that exposure to any one substance directly causes a given health condition.

This is also true of exposure to airborne hazards. Many health conditions related to these hazards are temporary and should disappear after the exposure ends. Other longer-term issues may be caused by a combination of hazardous exposures, injuries or illnesses, including: Smoke and fumes from burn pits; Fuel, aircraft exhaust, and other mechanical fumes; Sand, dust, and particulate matter; General air pollution common in certain countries; Fuel, aircraft exhaust, and other mechanical fumes; Smoke from oil well fires; Blast or noise injuries.

VA established the Airborne Hazards and Open Burn Pit Registry in 2014 to put data to work for Veterans and help us better understand the potential health effects of these exposures. By joining the registry, you can provide information that supports ongoing research and helps VA provide better care to all Veterans. It can also help you identify health concerns, discuss them with your provider and get follow-up care. You can even submit a copy of your registry questionnaire to support your VA claim if you choose.

VA also encourages all Veterans concerned about toxic exposures during their military service to talk to their health care provider, apply for VA health care, and file a claim for compensation and benefits. Once enrolled, your VA care team will work with you to understand your health concerns and connect you with the care and services you need to get – and stay – healthy.

Sign up. Get care. Help others. Learn more at [www.publichealth.VA.gov/airbornehazards](http://www.publichealth.VA.gov/airbornehazards)

Submitted by Gunny Lewis

## Dehydration, and mental confusion in the elderly

By: Arnaldo Liechtenstein

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's". I answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes;
- urinary infection;
- dehydration

It may sound like a joke, but it isn't. People over 60 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

**\*Conclusion:\***

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) Get into the habit of drinking liquids. The important thing is that, every two hours, you must drink some liquid. Remember this!

2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Arnaldo Liechtenstein is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).

## Looking for Korean War Veterans

The Post has received four gift packages from the Embassy of South Korea which we would like to present to our Korean War Veterans. So if you are in the Manassas area and served in Korea between June 27, 1950 - July 27, 1954 please contact Post Commander Wayne Moore so that we can make arrangements.



Securing today  
and tomorrow

Dear Colleague,

We have created a new website, Information for People Helping Others, [<https://www.ssa.gov/thirdparty/>] which provides helpful resources in one place for anyone in a position to help another person access our programs and services. We are asking you to use the new website as a resource, and share it with those you serve and your extended network.

As you know, the COVID-19 pandemic continues to cause hardships, especially for those who have historically relied on face-to-face meetings to get the help they need. Over the past year, we have worked closely with you and other advocates to improve service to vulnerable populations. We have also engaged Federal, State, and local agencies, as well as private industry, to help raise public awareness on accessing our services during the pandemic.

With your continued help, we can ensure that the people most in need know about and apply for our programs.

I encourage you to share this information with your members, colleagues, affiliates, and other interested parties.

Sincerely,

Lizna Odhwani  
Public Affairs Specialist  
Social Security Administration

SSA.gov

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## Commissioner's Corner

During February, we commemorated Black History Month by noting the many accomplishments and contributions of African-Americans who have worn the cloth of our Nation. In this edition of our eNews, we are honored to profile Veteran Service Representative and Army veteran Celestine Love, and Marine veteran Eric Christophe. We also feature interviews with WWII veteran Jimmie Morgan, and V3 Partner Employer Claxton Logistics and their CEO Ray Johnson. In addition, we are also excited to present to you the new members of citizen boards who will serve in a variety of capacities in support of Virginia's veterans.



The Virginia War Memorial honored African-American veterans with an onsite exhibit and on February 17 virtually presented a livestream program: *"Eyewitness to History: An Interview with Tuskegee Airman Dr. Harry Quinton"* which was featured in the *New York Times* and attracted over 206 attendees from throughout the U.S. and abroad. Please click [here](#) if you would like to see the recording of this highly informative interview.

Upcoming in March, for the fourth consecutive year, Governor Ralph Northam has proclaimed the third week of March (March 14-20, 2021) as Virginia Women Veterans Week. Women have served alongside their male counterparts in every conflict since the beginning of our Nation. From Concord to Valley Forge and from Bull Run to Gettysburg, women played and continue to play a vital part in our military operations.

The role of women in the military ramped up with America's entry into World War I with special units enlisting women and with more than 35,000 serving from 1917 to 1918. In 1941 as America entered World War II, the number of women volunteering for military service swelled to more than 350,000.

Women worked as codebreakers and female pilots took on the dangerous job of ferrying new bombers and fighters from the United States to airfields in England and the Pacific. Many also served as nurses and in administrative positions throughout the war zones and on the home front.

More than a thousand women served during the Korean War and over 7,500 throughout the combat zones of Southeast Asia during the Vietnam War. As the Armed Forces realized that women deserved recognition and equal opportunities, the numbers of those enlisting in every branch increased dramatically over the next decades and, in fact, more than 41,000 women were deployed in Operation Desert Storm.

The number of women who serve continues to grow. Women are always among the top graduates of our service academies and have been promoted to major command positions in every branch of the military.

There are currently more than 108,000 women veterans living here in Virginia – the highest percentage of women veterans per population percentage of any state in the U.S.

I am also proud that Virginia continues to "lead the way" in recognizing the unique challenges and opportunities faced by women veterans and has developed specific programs and services for them. We were one of the first states to create a Women Veterans Program and appoint a woman Army veteran to direct it. For the past six years, VDVS has worked with partners in the private and public sectors to host our annual Virginia Women Veterans Summit, which attracts upwards of a 1000 participants.

I encourage everyone to join me in commemorating Virginia Women Veterans Week. Participate in programs and events honoring women veterans, such as those being presented at the Virginia War Memorial in Richmond and online. Show your appreciation to the women veterans in your family, in your workplace, in your neighborhood and community with a call, a note, an email, or just a simple "thank you for your service."

To those of you who are women veterans, I hope you will learn more about and take advantage of the many programs, services and assistance available to you through our Virginia Women Veterans Program. Connect with your sister veterans. We're here for you. Together, Virginia women veterans can continue to "lead the way."

Thank you. As always, we look forward to your ideas, comments, and suggestions as to how we can continue to serve you, our veterans, and assure that Virginia remains the #1 state for veterans in America.

A handwritten signature in black ink that reads "John Maxwell".

John Maxwell, Commissioner  
Virginia Department of Veterans Services

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## TO UNDERSTAND A MILITARY VETERAN, YOU MUST KNOW - - -

We left home as teenagers or in our early twenties for an unknown adventure.

We loved our country enough to defend it and protect it with our own lives.

We said goodbye to friends and family and everything we knew.

We learned the basics and then we scattered in the wind to the far corners of the Earth.

We found new friends and new family.

We became brothers and sisters regardless of color, race or creed

We had plenty of good times, and plenty of bad times.

We didn't get enough sleep.

We smoked and drank too much.

We picked up both good and bad habits.

We worked hard and played harder.

We didn't earn a great wage.

We experienced the happiness of mail call and the sadness of missing important events.

We didn't know when, or even if, we were ever going to see home again.

We grew up fast, and yet somehow, we never grew up at all.

We fought for our freedom, as well as the freedom of others.

Some of us saw actual combat, and some of us didn't.

Some of us saw the world, and some of us didn't.

Some of us dealt with physical warfare, most of us dealt with psychological warfare.

We have seen and experienced and dealt with things that we can't fully describe or explain, as not all of our sacrifices were physical.

We participated in time honored ceremonies and rituals with each other, strengthening our bonds and camaraderie.

We counted on each other to get our job done and sometimes to survive it at all.

We have dealt with victory and tragedy.

We have celebrated and mourned.

We lost a few along the way.

When our adventure was over, some of us went back home, some of us started somewhere new and some of us never came home at all.

We have told amazing and hilarious stories of our exploits and adventures.

We share an unspoken bond with each other, that most people don't experience, and few will understand.

We speak highly of our own branch of service, and poke fun at the other branches.

We know however, that, if needed, we will be there for our brothers and sisters and stand together as one, in a heart-beat.

Being a Veteran is something that had to be earned, and it can never be taken away.

It has no monetary value, but at the same time it is a priceless gift.

People see a Veteran and they thank them for their service.

When we see each other, we give that little upwards head nod, or a slight smile, knowing that we have shared and experienced things that most people have not.

So, from myself to the rest of the veterans out there, I commend and thank you for all that you have done and sacrificed for our country.

Try to remember the good times and make peace with the bad times.

Share your stories.

But most importantly, stand tall and proud, for you have earned the right to be called a VETERAN.

**I'M PROUD TO BE A VETERAN!**

Submitted by Gunny Lewis

### 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: Mar. 1, 2021 07:15 PM Eastern Time**

**ZOOM ONLY — NO IN PERSON ATTENDANCE**

Join Zoom Meeting  
[https://us02web.zoom.us/j/88120908799?](https://us02web.zoom.us/j/88120908799?pwd=bGN0V04wWjN0bE5aRTBiM1BUYVpFQT09)  
 pwd=bGN0V04wWjN0bE5aRTBiM1BUYVpFQT09

Meeting ID: 881 2090 8799  
 Passcode: 841138  
 One tap mobile  
 +19292056099,,88120908799#,,,,\*841138# US (New York)  
 +13017158592,,88120908799#,,,,\*841138# US (Washington DC)

Dial by your location  
 +1 929 205 6099 US (New York)  
 +1 301 715 8592 US (Washington DC)  
 +1 312 626 6799 US (Chicago)  
 +1 669 900 6833 US (San Jose)  
 +1 253 215 8782 US (Tacoma)  
 +1 346 248 7799 US (Houston)  
 Meeting ID: 881 2090 8799  
 Passcode: 841138  
 Find your local number: <https://us02web.zoom.us/j/88120908799?pwd=bGN0V04wWjN0bE5aRTBiM1BUYVpFQT09>

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

March 1	Post Meeting — 7:30 PM — Video teleconference only
March 4—6	National President's visit — Virginia Beach / Norfolk / Hampton <a href="https://mailchi.mp/ce95f50cc557/vfw-auxiliary-dept-of-virginia-april-4486353?e=5ba4e29821">https://mailchi.mp/ce95f50cc557/vfw-auxiliary-dept-of-virginia-april-4486353?e=5ba4e29821</a>
March 8	Auxiliary Meeting — 2 PM — Teleconference only
March 18	Youth Committee video teleconference — 7:00 PM
March 21	Department Teacher of the Year and Educational awards — 3:00 PM
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
May 1	Flag Retirement — 9:00 AM
May 3	Post Meeting — 7:30 PM — Video teleconference only
May 10	Auxiliary Meeting — 2 PM — Teleconference only

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

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