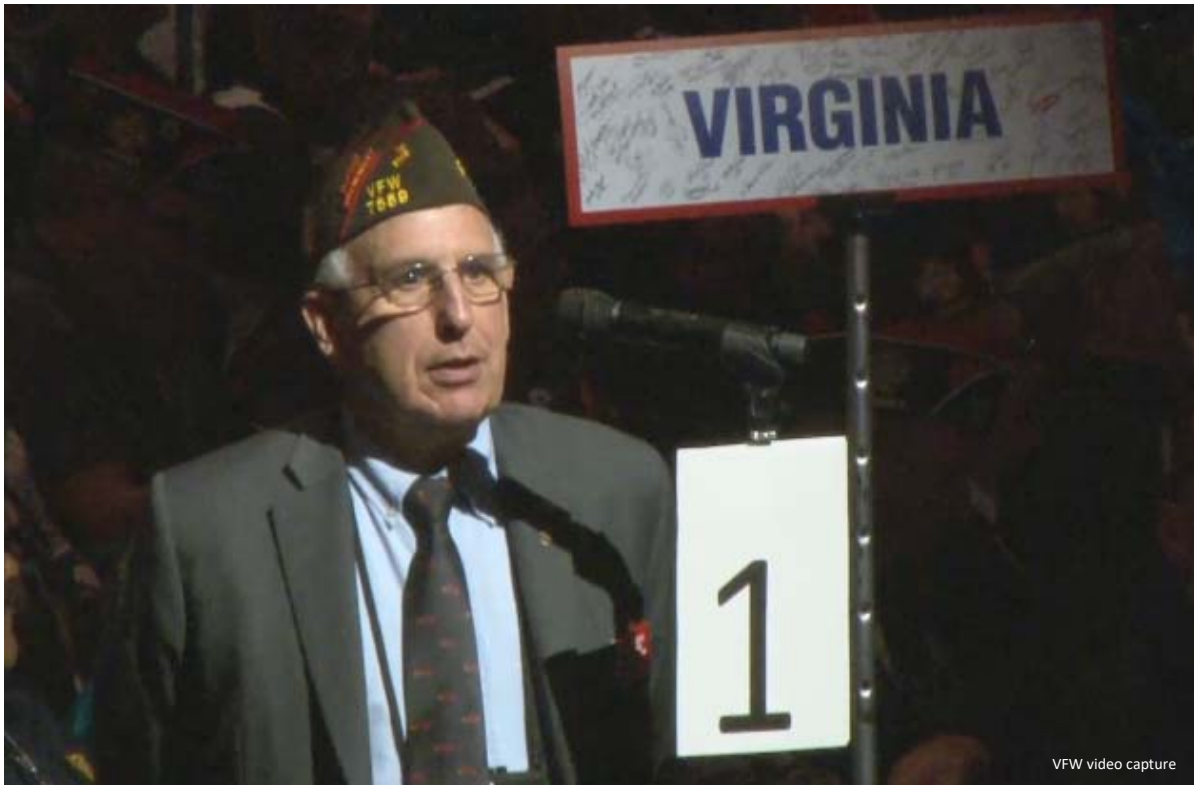


# CANNON NEWS

Francis Cannon VFW Post 7589  
Manassas, Virginia  
August 2019

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The Winter COA scheduled for Blacksburg in January, 2020 has been moved to Portsmouth .



State Commander Rick Raskin speaks to a motion at the 120th VFW National convention. More convention pictures on Pages 6 & 7.

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## *In This Issue:*

- Comrade Rod Gillette passes after a courageous battle with ALS
- Passage of the American Legion Act
- Past Department Commander Charlie Absher passes away
- Doc Schmitz elected Commander in Chief
- 120th National Convention—Orlando, Florida
- VFW Names 2019 Scout of the Year Winners
- VA MISSION Act — *Answers to the top five questions about urgent care*

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

## Commander's Message



**Wayne Moore**

The Military Widow's Tax Elimination Act of 2019 as reported by VFW Past National Commander B.J. Lawrence

The Senate recently passed S. 1790, the National Defense Authorization Act for Fiscal Year 2020, by a vote of 86-8. The Bill, which must still be conferenced with the House of Representatives, provides \$750 billion in total defense spending and a

3.1 percent military pay raise, and reforms the Military Housing Privatization Initiative for military families, among many other enhancements, to include the adoption of 93 bipartisan amendments.

Sadly missing, however, was an amendment offered by Sens. Doug Jones (D-Ala.) and Susan Collins (R-Maine) to end the "widow's tax," which continues to financially penalize some 65,000 military survivors from simultaneously receiving two benefits they paid for and deserve.

With 75 bipartisan Senate co-sponsors, passage of S. 622, the Military Widow's Tax Elimination Act of 2019, should have been a guarantee. Yet, its 10-year, \$5.7 billion price tag continues to prevent Congress from passing this important Bill, which would ensure the survivors of those who have made the ultimate sacrifice for our nation have the ability to live a modest quality of life. Instead, the Senate allowed those who have already sacrificed so much to continue to sacrifice more.

However, unlike the Senate, the House of Representatives has overwhelmingly supported ending the Widows Tax. As of the beginning of July, 365 Representatives have co-sponsored H.R. 553, the Military Surviving Spouses Equity Act, which surpasses the 290 co-sponsor threshold that mandates a stand alone floor vote. The House is expected to pass H.R. 553 in mid-July, but it is still expected to be held up in the Senate.

Similar to life insurance, the Defense Department's Survivor Benefit Plan is purchased by a military retiree and is intended to provide a maximum of 55 percent of the veteran's retirement pay to their surviving spouse. If the veteran dies from a service-connected wound, illness or injury, the Department of Veterans Affairs pays surviving spouses a modest Dependency and Indemnity Compensation (DIC) benefit of (currently) \$1,319 per month. Yet, despite the two payments being paid for two different reasons from two different federal departments, all monthly Survivor Benefit Plan retirement payments incur a dollar-for-dollar offset by the DIC payment. This aptly named "widow's tax" currently impacts some 65,000 surviving military spouses from receiving both payments.

*(Commander Continued on page 3)*

## Auxiliary President



**Mary Corkhill**

The Auxiliary members would like to **congratulate** Rick Raskin for becoming the new Commander for the Department of Virginia. He will serve under National Commander-in-Chief "Doc" Schmitz from New York.

At the 106<sup>th</sup> National Auxiliary Convention in Orlando, FL, President Peggy Haake (Department of Hawaii), was elected and installed as the new National President on July 24. The other National Officers are: Sr. Vice President Sandra Onstwedder (Department of Michigan), Jr. Vice President Jean Hamil (Department of Florida), National Secretary/Treasurer Ann Pantelakos (Department of Connecticut), National Chaplain Jane Reape (Department of New York), National Conductress Carla Martinez (Department of Utah) and National Guard Brenda Bryant (Department of Missouri). We, the Department of Virginia and Auxiliary 7589, wish all the National Officers a very successful 2019 - 2020 year.

Next year the Southern Conference has the opportunity to have the 2020-2021 candidates for National Guard. They are: Ms. Lois Callahan from Arkansas, Ms. Janey Feher from Kentucky and Ms. Janice Holm from North Carolina.

We would like to thank Ms. Sarah Kim for her art work that appeared at the National Convention. The first place winner was from the Department of Alabama. I would like to thank the members of Auxiliary 7589 for the hard work they did on the Buddy Poppy display. We will be participating in the Buddy Poppy display next year. At the National Convention, several resolutions were brought before the Convention floor and the results will be on the National website soon.

Now that the new Auxiliary year has started, the National MALTA system is able to receive your dues for 2020. National is encouraging annual members to pay their dues through MALTA. If you need assistance with paying your dues, please let us know and thank you for taking the time to pay your dues in advance.

The main focus for the Post and Auxiliary is veterans and their families. We have several programs that we will be working on this year. They are: Americanism, Buddy Poppies/National Homes, Historian, Hospital, Legislative, Membership, Scholarship, Veterans & Family Support and Youth Activities. If you have participated in any of the above programs, please let us know. If there is anything we can do to assist you in your needs, just call on us.

This year's theme for both Voice of Democracy and Patriot's Pen is "**What Makes America Great**". The deadline for both contests **including** the Smart/Maher VFW National Citizenship

*(Auxiliary President Continued on page 3)*

*(Commander Continued from page 2)*

Air Force veteran and VFW life member Jeremy Kitzhaber served on active duty for 22 years, where he was exposed to countless environmental, chemical and radiological hazards. At the age of 43, less than two years after his military retirement in 2012, he was diagnosed with Stage IV pseudomyxoma peritonei, a rare cancer that spreads through the abdomen. In the seven years since, he has undergone two major surgeries where doctors have removed several organs to remove tumors throughout his peritoneal cavity. Kitzhaber has undergone a hemicolectomy, endured inner belly hot chemotherapy, completed 20 rounds of traditional chemotherapy, and 35 rounds of immunotherapy. Despite all of that, the cancer has returned.

Jeremy points out that, "If I die from the cancer, which will likely be the case, my wife would only receive about 20 percent for my retirement paycheck. But, if I were struck by lightning or hit by a car walking across the street and die, the death would not be service-connected, and my wife would receive my retirement without offset. Nevertheless, after I am gone, my wife and three kids are going to have to make very hard financial decisions, even having to consider selling our home just to make ends meet."

Sadly, Jeremy's circumstance is not an anomaly. This offset threatens the financial well being of 65,000 families who have lost a loved one due to military service. Military spouses sacrifice their own careers by moving every two to three years and enduring multiple deployments. They have dedicated their lives to serving the military community and selflessly bear the burden of not just being husbands or wives but household caretakers, all in service to their country. Without them, the fabric of our fighting force would dissolve.

Abraham Lincoln notably stated, "As God gives us to see the right, let us strive to finish the work we are in; to bind up the nation's wounds; to care for him who shall have borne the battle, and for his widow, and his orphan." Instead of caring for those who have sacrificed so much for our nation, Congress continues to balance the budget on the back of the widows and orphans, which is a disgrace.

Surviving spouses and veterans like Jeremy do not have the luxury of waiting for Congress to do its job. The Veterans of Foreign Wars of the United States again calls on all of its members and advocates to demand Congress end this injustice now.

*(Auxiliary President continued from page 2)*

Education Teacher of the Year is **October 31**. The awards ceremony will be at the Post on December 1 at 4:00 PM. Refreshments will be provided by the Auxiliary. The Auxiliary has two contests which are Continuing Education Awards (for Auxiliary immediate family members 18 years of age or older) with a deadline of **February 15, 2020**, and the Young American Creative Patriotic Art contest (which expresses patriotism through art) which has a deadline of **March 31, 2020**.

The Department's School of Instruction will be held on August 17<sup>th</sup> at the Department Headquarters in Staunton, VA. Only the District President and Chief of Staff are scheduled to attend. The 8th District meeting will be held on August 18 at Post 3103 in Fredericksburg, VA with lunch to be served at 12:00 (noon). The joint session will start at 1:00 PM. If you have any questions, please let me know.

Please add the following dates to your calendar: September 11<sup>th</sup> Patriots Day when we will be distributing Memorial Buddy Poppies and on September 20<sup>th</sup>, POW/MIA Day we will be attending memorial services. More information about future dates will be forthcoming.



We are requesting your participation in our annual fundraiser with the assistance from the not-for-profit Wreaths Across America (WAA) organization. This fundraiser provides us the opportunity to raise funds for our organization's needs as we assist WAA in gathering sponsorships for the wreaths. For several years, we have worked to place wreaths on veterans' graves at Quantico National Cemetery. This year's event will be on Saturday, December 14. Sponsorships are \$15 per wreath with \$5.00 returning to the Auxiliary. Forms can be printed from our website at [www.vfw7589.org](http://www.vfw7589.org). You can also contact Ginger Harvey at 571-285-6243 or [gchl130@aol.com](mailto:gchl130@aol.com). To learn more about WAA or to pay for your sponsorship with a credit card, please visit <https://www.wreathsasscrossamerica.org/> and remember to include our Sponsoring Group ID No. **VA0040P** and Cemetery ID No. **VAQNCT**. DEADLINE is **November 30, 2019**. Thank you in advance for your support.

The National Home for Children community is open to families of active-duty military personnel and veterans. The family can be one or both parents with one or more children. The Life Membership is \$50.00. If you wish to become a Life Member, please forward your application and funds to the National Home for Children.

Our continued support for veterans overseas is ongoing. So far we have collected coupons totaling \$13,319.60. Just a reminder that the coupons are good for six months after the expiration date here in the states. Please assist us with this task for our veterans and thank you so much for your support.

Please keep any individuals or family members, who are ill or hospitalized, in your prayers.

Respectfully,  
Mary Corkhill  
Auxiliary President

## Youth News & Notes



**Lou Filippone**

### VFW Youth News and Notes August 2019

I hope this newsletter finds everyone well and cool. The Youth Committee held our last meeting on Thursday, 18 July at the Post. Those in attendance were Alex and Tina Bliem, Dave Mattingly, Peter MacLeod, and myself. Our discussions at the meeting were primarily a strategy for recruiting applicants for our upcoming essay contests. For those of you who are unfamiliar with them, there are two major

VFW contests involving students and one for teachers.

Patriot's Pen is the contest for 6th-8th graders and Voice of Democracy covers grades 9-12. Students are asked to write an essay about a patriotic theme and the Voice of Democracy applicants must also submit an audio recording of the essay. This year the theme for both contests is the same, "What Makes America Great".

The Teacher of the Year contest recognizes school teachers who promote patriotism and Americanism from elementary, middle school and high school.

The deadline for all three contests is 31 October. Consequently, now is the time to recruit students and teachers. Historically, we have concentrated on local area private schools who seem to be the most responsive. We will be placing additional emphasis on home schooled children and on high school JROTC programs. In addition, I have a very convenient recruitment base at my place of employment. I am an orthodontist, with offices surrounding our Post in both Centreville and Gainesville. Every day I see hundreds of school children and also deal with parents, some of whom are school teachers. This affords me the opportunity to recruit from work. Other members of the Youth Committee are also recruiting for the contests. This is a team effort and the more participants we have the more successful the results. The more applicants we have the greater the chance of a winner from our Post advancing to the District or Department competition. Should any of you comrades be interested in joining our efforts please let me, or any of the Youth Committee members, know and we'll include you in the activities.

Our awards ceremony for this year's contests is scheduled for Sunday, 1 December at 4 PM at the Post. Even though that seems far off it will be here before you know it. I'm mentioning this because we are looking for a guest speaker for this year's award ceremony. The speaker is required to talk to the award winners and their families in a relatively engaging and entertaining manner for 15 to 20 minutes. The talk should be both patriotic and inspirational and can even be autobiographical in nature. If any of you are interested in speaking for us, or know of someone who might be, please let the Youth Committee know as soon as possible.

Not much else is pending for the month of August which is

historically the case. We will pretty much be consumed during the month with the essay contests. Brochure applications are currently on order and will be distributed to all interested parties once they are received. After the summer, upcoming Scout activities involving our Post are the Wednesday, 11 September Flag Retirement ceremony scheduled for 7:00 PM and the Scout Pizza Party and Court of Honor ceremony which is being held on Monday, 23 September at 6:00 PM. Both events will be held at the Post.

Our next Youth Committee meeting is scheduled for Thursday, 15 August at 7:00 PM at the Post. Please join us at the meeting and help instill patriotism and American values in our next generation of young people.

With best regards,  
Lou Filippone  
Youth Committee Chair

## The 2019-20 theme for both essay contests is:

### *"What Makes America Great"*

#### Rod Gillette



We are saddened to hear of the passing of comrade Rod Gillette.

Rod was an active Post member and a member of the Post's Color Guard and Youth Committee.

Rod passed on Friday, July 26 after a courageous battle with ALS (commonly known as Lou Gehrig's disease). Even as he found his mobility to be increasingly more difficult he never failed to attend Post meetings and keep current with activities.

Rod was a real inspiration to everyone because of how he faced his challenges. He never failed to convey a positive attitude.

He will be missed. Arrangements are as follows:

Viewing: 6 - 8 PM, Tuesday, July 30, Pierce Funeral Home  
Service: 5:00 PM, Wednesday, July 31, Pierce Funeral Home  
Burial: 10:00 AM, Thursday August 1, Quantico Cemetery

### Legislative Update



Monti Zimmerman

Passage of the American Legion Act will make all military service since Dec 7, 1941 eligible for American Legion membership.

This may affect VFW Auxiliary members who were previously deemed ineligible for American Legion membership.

The LEGION Act — Let Everyone Get Involved in Opportunities for National Service Act — fills in the gaps of war eras and redefines The American Legion’s membership eligibility dates, beginning with the bombing of Pearl Harbor and continuing until it is determined the United States is no longer in a state of war.

President Trump is expected to sign Senate bill S.504 into law later this week. When it becomes law, the legislation opens the door for hundreds of thousands of veterans to access American Legion programs and benefits for which they previously had not been eligible.

The American Legion Commander-in-Chief is Virginia’s own Brett Reistad. He has been focusing on this piece of legislation. The gaps in the war era were largely during the Cold War, a time when threats to U.S. national security was real, especially to the men and women serving in uniform. Overall, estimates show that about 1,600 U.S. service members were killed or wounded in hostile operations during periods that were not previously recognized as times of war by the federal government.

On Feb. 14, Sen. Kyrsten Sinema, D-Ariz., introduced the LEGION Act, along with Sen. Thom Tillis, R-N.C. Reps. Lou Correa, D-Calif., and Ben Cline, R-Va., introduced a similar measure in the House.

### Past Department Commander Charlie Absher passes away



2015 photo by Doc Crouch

After a long illness, Past Department Commander Charlie Absher passed away on July 3, 2019. Charlie served as State Commander for the 2011-2012 VFW year and was a Gold Legacy Life Member of VFW Post 9808 in Mechanicsville. He was a Marine Corps veteran and saw service in Vietnam.

I got to know Charlie when I was a District Commander and he was coming up through the chairs. I remember his cool approach to dealing with issues. He never seemed to get overly excited but had the knack for finding solutions. I saw Charlie’s approach as teaching moments and viewed his tenure as a mentorship for myself. We offer our deepest sympathies to his wife Laura and his family. Charlie was a good person and he will be missed.

—Rick Raskin—

**The VFW National Home for Children**



The VFW National Home for Children offers a once in a lifetime **opportunity** for military and veteran related families.

If you know of a family in your community that could use our help, please encourage them to call!

We are currently accepting new resident families into our program.

Most qualify to apply. Caring staff will help families to determine eligibility.

**A Great Place to Call Home!**

**800-313-4200**

**BINGO WORKERS NEEDED**  
**WEDNESDAY MORNINGS**  
**AT**  
**POST 7589**



**WE WILL TRAIN YOU**  
**PLEASE BE THERE BY 8:00 AM**

## New York Veteran Elected New VFW National Commander

*Schmitz takes office during a time of great momentum for the organization*



**KANSAS CITY, Mo. (July 29, 2019)** — William J. “Doc” Schmitz, of Corning, N.Y., has been elected the new leader of the 1.2 million-member Veterans of Foreign Wars of the United States, a congressionally-chartered veterans service organization comprised of eligible veterans and military service members from all five branches of the armed forces.

Schmitz’s election to VFW Commander-in-Chief occurred at the conclusion of the organization’s 120th national convention in Orlando, Fla., which drew approximately 10,000 veterans, and military family members.

Each year, VFW members from around the globe representing a myriad of conflicts converge at the event. Their mission during the weeklong convention is to approve new national priorities to guide the organization in its advocacy and business efforts throughout the ensuing year.

Schmitz takes office during a time of great momentum for the organization which recently announced its first increase in

membership numbers in 27 years, reached a milestone achievement of more than \$8.3 billion in benefits and compensation collected from the VA on behalf of veterans, and fought for the successful passage of the *Blue Water Navy Vietnam Veterans Act of 2019*. Through donations and corporate partnerships, the VFW has also surpassed \$11 million in financial grants and \$6.5 million in scholarships awarded to veterans, and is celebrating 100 years of its National Veterans Service and National Legislative Service programs which advocate for the best possible quality of life solutions and benefits on behalf of America’s veterans, service members and military families.

Aiding the VFW’s corporate relationships is its VFW Foundation, an IRS 501(c)(3) charity which maintains a coveted four-star rating by Charity Navigator, setting the VFW Foundation apart from its peers and demonstrating to the public its trustworthiness.

VFW membership eligibility requires honorable service in a war or expedition on foreign soil or in hostile waters. Schmitz served in the United States Navy from 1966 to 1970, with deployment to Vietnam as a corpsman attached to United States Marine Corps infantry and artillery. He then joined the VFW in 1971 at Post 524 in Corning, N.Y., where he has served the VFW in many vital leadership positions at the local, state and national levels.

During his tenure as national commander, Schmitz will log thousands of miles across the U.S. and abroad to promote the many objectives of the VFW. His charge to members and supporters the \$102 million nonprofit organization over the next year is to **“Dare to Care,”** calling on individuals to help confront the challenges that hinder America’s service members and families from living their best lives.



# 120th National Convention—Orlando, Florida



SECRETARY OF STATE MIKE POMPEO



JVC BUTCH SHUPSKA READY TO CHOW DOWN



AT THE PATRIOTIC RALLY



WILLIAM "SHEP" SHEPARD PRESENTED A \$19,000 CHECK FROM VIRGINIA'S RIDERS



PART OF THE VIRGINIA DELEGATION



RICK RASKIN DONATED BLOOD AT THE CONVENTION



WILLIAM "DOC" SCHMITZ  
COMMANDER IN CHIEF



JANET RASKIN AND PAST COMMANDER IN CHIEF  
JOHN SMART



VIRGINIA'S OWN HAL ROESCH  
SENIOR VICE COMMANDER IN CHIEF

All American winners from District 8 and Department of Virginia



**RUSS CLaar**  
ALL AMERICAN POST COMMANDER  
POST 7728—SOUTHERN FAUQUIER COUNTY



**GEOFF Lyster**  
ALL AMERICAN DISTRICT COMMANDER  
DISTRICT 8 VIRGINIA



**JEFF DUMBROFF**  
ALL AMERICAN POST COMMANDER  
POST 9835—WARRENTON



**KEN WISEMAN**  
ALL AMERICAN DEPARTMENT COMMANDER  
VIRGINIA



## VFW Names 2019 Scout of the Year Winners

### California Gold Scout takes top national prize of \$5,000

**KANSAS CITY, Mo. (July 9, 2019)** – The Veterans of Foreign Wars of the U.S. is proud to announce the selection of the top three winners of its 2018 - 2019 Scout of the Year scholarship competition.

Enacted in 2001, the Scout of the Year competition was designed to reward eligible members of the Boy Scouts, Girl Scouts, Venturing Crew or Sea Scouts who have risen above their peers in exemplifying standout citizenship, patriotism and love of country with college scholarships of up to \$5,000.

This year’s first-place winner, Elizabeth Bock, was sponsored by VFW Post 3208 in Sierra Madre, Calif. She was selected for her activism with local youth and government programs, dedication to serving others and her work advocating for women’s issues and gender equality. As the first-place recipient, Elizabeth will receive a \$5,000 college scholarship.

Owen Sumter, sponsored by VFW Post 9675 in Bellevue, Neb., was selected as the second-place winner for his notable community service work, his work supporting the homeless community through food and dental hygiene drives, and for his history of work within the Boy Scouts. Owen will receive a \$3,000 college scholarship.

Sponsored by VFW Post 8466 in Wake Forest, N.C., Megan Rogers was selected as the third-place winner for her work combating the gender disparity in science-related fields, dedication to serving and improving her local community, and her positive leadership skills. Megan will receive a \$1,000 college scholarship.

—VFW—



(L-R): 2019 VFW Scout of the Year first-place winner Elizabeth Bock, second-place winner Owen Sumter, and third-place winner, Megan Rogers

## VA MISSION Act

### Answers to the top five questions about urgent care

Urgent care is one of the new benefits offered as part of the VA MISSION Act to give Veterans greater choice in their health care. The benefit is offered in addition to the opportunity to receive care from a VA provider, as VA also offers same-day services. We are working to ensure Veterans understand how to use the new urgent care benefit as part of VA’s comprehensive benefits package. In this article, we answer some common questions about the new urgent care benefit. For additional information about the VA MISSION Act, visit <https://missionact.va.gov/>

**What is urgent care?** Urgent care is a type of walk-in health care for situations where you need help but don’t have an emergency, such as colds, ear infections, minor injuries, pink eye, skin infections, and strep throat.

**Why are there different urgent care locations?** There are two types of urgent care network locations: Retail and Urgent.

Retail locations such as CVS or Walgreens are places where you can get care for minor ailments like a sore throat or earache.

Urgent care locations provide more comprehensive walk-in care for illnesses or injuries that are not life-threatening, like splinting, casting, lacerations, or wound treatment.

Both retail and urgent locations are staffed with healthcare professionals who are licensed and credentialed.

**Are there urgent care providers near me?** VA launched the urgent care benefit on June 6, 2019, and we are working to expand our network of urgent care providers, adding more every week. Urgent care providers are vetted and must meet strict standards of care and other requirements before they are added to VA’s network. To find a location, use the VA facility

(Continued on page 10)

(Continued from page 9)

locator at <https://www.va.gov/find-locations/>. Select the link entitled “[Find VA approved urgent care locations and pharmacies near you](#)”. If you arrive at an urgent care network location and have difficulty receiving care, call 866-620-2071 for assistance. More information: [https://www.va.gov/COMMUNITYCARE/programs/veterans/Urgent\\_Care.asp#UrgentCare](https://www.va.gov/COMMUNITYCARE/programs/veterans/Urgent_Care.asp#UrgentCare)

How do I get prescription medication with the urgent care benefit? You can get up to a 14-day supply of prescription medication through VA, a VA-contracted pharmacy, or a non-contracted pharmacy. If you choose to fill an urgent care prescription at a non-contracted pharmacy, you will be required to pay for the prescription when you pick it up and then file a claim for reimbursement at your local VA medical facility. Prescription medication for longer than a 14-day supply must be filled by a VA pharmacy. More information: [https://www.va.gov/COMMUNITYCARE/programs/veterans/Urgent\\_Care.asp#Medication](https://www.va.gov/COMMUNITYCARE/programs/veterans/Urgent_Care.asp#Medication)

Do I have to make copayments for urgent care? Copayments for urgent care depend on your assigned priority group and the number of times you visit any urgent care provider in a calendar year. Urgent care copayments are not charged when you receive care from an urgent care provider, but are billed separately by VA. More information: [https://www.va.gov/COMMUNITYCARE/programs/veterans/Urgent\\_Care.asp#Copayments](https://www.va.gov/COMMUNITYCARE/programs/veterans/Urgent_Care.asp#Copayments)

**Virginia Department of Veterans  
Services Manassas Office**

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

## Upcoming Events

<b>2019</b>	
August 5	Executive Meeting 7 PM, Post/Auxiliary Meeting 7:30 PM
August 15	Youth Committee — 7 PM
August 17	Auxiliary SOI — State HQ Staunton
August 18	District 8 SOI & Meeting — Fredericksburg
August 29—31	Doc Schmitz Homecoming—Albany, NY
September 9	Executive Meeting 7 PM, Post/Auxiliary Meeting 7:30 PM <span style="color: red;">(2nd Monday because of Labor Day)</span>
September 11	Troop 1372 Flag Retirement Ceremony — 7 PM
September 14	Front Royal Post car raffle drawing — 2 PM Shenandoah Ford, Front Royal
September 21	Wills for Veterans kickoff meeting 10:00 AM—3 PM—Manassas Senior Center
September 23	Pizza party welcoming the Scouts to our Post followed by Court of Honor Ceremony — 6 PM
September 28	Fall Council of Administration meeting — Staunton
September 27—29	Nation’s Gun Show Recruiting—Chantilly (District 8 covers Sunday)
October 5	Manassas Fall Jubilee 10:00 AM—5:00 PM
October 7	Executive Meeting 7 PM, Post/Auxiliary Meeting 7:30 PM
October 12	State Commander and State President’s Homecoming — Mechanicsville Post 9808
October 17—20	Southern Conference — Baton Rouge, LA

## **Post 7589 members can enjoy 2 complimentary beverages courtesy of Commander Wayne Moore**

### **American Legion Post 10 Dining**

*Menu items and prices are subject to change without notice.*

Whether you are stopping by for one of our lunch specials or looking for a reasonably priced dinner, we're sure you'll find something at Post 10 to satisfy your appetite!

We are open for lunch during the weekdays from 11:00 a.m. to 2:00 p.m. Among our regular items are burgers, sandwiches, soups, salads, wings, and other items. We often have lunch specials in addition to our regular menu.

Wednesday nights feature Wings & Ribs from 5:30 - 8 PM

Grill specials on Thursday evenings (during summer months).

**Friday Night is Seafood Night**, with an a la cart seafood menu highlighting steamed shrimp and crab legs, fried seafood baskets, pizza, chicken tenders, and our fantastic funnel cake! All served from 5:30 – 7:45pm.

**Saturday Night is Carnivore Night!** We usually have New York Strip and T-Bone steaks along with a "non-red-meat" selection. The third Saturday of each month we replace the steaks with Prime Rib. Served from 6:00 - 8:00pm.

As always a selection of beer, wines, and soft drinks are available during all operating hours.

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

Editor: Rick Raskin  
Copy Editor: Janet Raskin

Please email articles to [quartermaster@vfw7589.org](mailto:quartermaster@vfw7589.org) no later than the 28th of the month.  
We reserve the right to edit submitted articles for timeliness, clarity and syntax.

Tax ID: 20-8362270

**Wreath Sponsorship Form**

Sponsored wreaths are placed on the grave markers at state, and national cemeteries as well as local cemeteries each December. Wreaths may be purchased online at [www.WreathsAcrossAmerica.org](http://www.WreathsAcrossAmerica.org)

If you wish to make your sponsorship with a credit card please visit our website for a secure online transaction.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_ ZIP \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Please make checks payable to:  
**Wreaths Across America TM**  
 PO Box 249  
 Columbia Falls, ME 04623  
 Question? Please Call 877-385-9504  
 Thank you for your sponsorship and joining us in our mission to **Remember, Honor and Teach**

(To receive our FREE email newsletter)

**\*\*SORRY — WE CANNOT TAKE GRAVE SPECIFIC REQUESTS\*\***  
 Please note that all sponsorships are sent directly to the location and no wreaths are sent to the individuals purchasing sponsorships.

Sponsorship	Price	Quantity	Total
Individual = 1 Wreath	\$15.00		
Mailed "In Honor Card" = If you wish to send a mailed honor card telling someone of your sponsorship, see "In Honor" section below. Card will not be mailed if the \$2 fee is not included.	\$2.00		
Family = 4 Wreaths	\$60.00		
Small Business = 10 Wreaths	\$150.00		
Corporate = 100 Wreaths	\$1500.00		
		<b>Grand Total</b>	

**In Honor of:**

\_\_\_\_\_

Please provide email or "in Honor of" recipient mailing address so a card can be sent notifying them of your sponsorship in their honor, (if you have a specific message, please write it on the back of this sheet and we will include it.)

\_\_\_\_\_

Email or Mailing address

**In Memory of:**

\_\_\_\_\_

This name will be listed on our online memory wall. Please provide name, rank, branch of service and state resided.

Branch of Service \_\_\_\_\_ Rank \_\_\_\_\_

State: \_\_\_\_\_

Location ID: **Quantico National Cemetery VAQNCT** Fundraising Group ID: **VA0040P**

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**FOR OFFICE USE ONLY:**

Cash: \_\_\_\_\_ Total \$ \_\_\_\_\_ Date: \_\_\_\_\_

Total # Checks: \_\_\_\_\_ Reconciled: \_\_\_\_\_

MO \$: \_\_\_\_\_

Entered: \_\_\_\_\_

GEN:



### **SPONSOR A WREATH FOR A VETERAN'S GRAVE**

Since 2007, Wreaths Across America carries out its mission **REMEMBER** the fallen, **HONOR** those that serve and **TEACH** our children the value of **FREEDOM** in part by placing wreaths on veterans' graves during the holiday season.

The **Francis Cannon Auxiliary to VFW Post 7589** is working with Wreaths Across America to help place more wreaths than ever before on Veterans' graves at **Quantico National Cemetery**. **Deadline Date is November 30, 2019.**

On **Saturday, December 14, 2019**, Wreaths Across America ceremonies will take place at over 1200 locations in the USA and beyond.

**Sponsorships are \$15 each.** We are participating because we think it is a great program and \$5 of every sponsorship will support the Francis Cannon Auxiliary to VFW Post 7589 directly so we may continue to assist veterans and families as well as our community.

**PLEASE JOIN US** -- All wreaths will be placed by volunteers on **Saturday, December 14, 2019 at 12 Noon at Quantico National Cemetery**. This is a moving experience that you should make part of your holiday tradition. With your help our local heroes will be remembered this Holiday Season. **How many sponsorships can we count on you for?**

For more information visit [www.WreathsAcrossAmerica.org](http://www.WreathsAcrossAmerica.org), or call 877-385-9504.  
You can also email [infor@wreathscrossamerica.org](mailto:infor@wreathscrossamerica.org)