CANNON NEWS

Francis Cannon VFW Post 7589 Manassas, Virginia August 2023



At the 124th National convention Al Lippardt, a Vietnam War veteran from the Department of Georgia, was elected Senior Vice Commander-in-Chief, Duane Sarmiento, an Operations Desert Shield/Storm veteran from New Jersey was elected Commander-in-Chief and Carol Whitmore, an Iraq War veteran from the Department of Iowa, was elected Junior Vice Commander-in-Chief.

In This Issue:

- How to Report Online
- Commissioner's Corner
- Scam Alert Credit Card Scam in Hotels
- Wills for Vets
- VFW National Convention Photos
- Auxiliary Patriotic Arts Contest 1st place winner is from Dale City Post 1503
- National Anthem Singing Contest winners
- VFW Elects Duane Sarmiento as New National Commander
- Post 3103 comrade seeks input for book on Vietnam
- Another Scam Alert Fake Invoices

CANNON NEWS—2015, 2018, 2020 & 2021 National VFW Publications Award Winner 2013, 2014, 2015 and 2017 Clair B. Poff Public Relations Award for Most Outstanding Post Publication/Newsletter, VFW Department of Virginia

Commander's Message



Why are we Killing Ourselves?

Several news articles decry that military veterans are taking their lives at a rate of 1.5 times that of our civilian counterparts. WHY? That's rhetorical because I don't have an answer and neither does the system. Post-Traumatic Stress Disorder (PTSD) appears at a crisis level among veterans. The Veterans Health Admin-

Wayne Moore

istration (VHA) has an annual budget of \$120 billion and operates the largest integrated care system in the U.S. with 171 medical centers, and 1,113 outpatient clinics serving 6.2 million veterans (Wash. HQ Exec Dir. Randy Reese). Medical care on the battlefield has improved over the years, with a greater number of veterans returning with disabling conditions rather than dying in a conflict. However, no resource adjustment appears to have been established for this fact.

Wars are fought because of politics and politicians, these same people espouse love of country, gratefulness, and respect for those who sacrifice life and family. Promises made are seldom kept or taken away by changes in political ideology and ignorance. Hence funding doesn't always result in quality care for veterans. Rather a cookie cutter template misses the uniqueness of veterans' complaints or woes. Manifestation of war illness usually takes time and people are lost or fall through the cracks during the compilation and documentation process. However, the men and women whose physical and mental conditions are daily nightmares are left feeling hapless against the bureaucracy.

Most service members were trained to man up, grin, and bear it, have gonads, and a bag full of clichés we internalized to the grave. What may have started as wittingly or unwittingly machismo became a full-blown, unrecognized mental issue (s). As someone who for the better part of 10 years contemplated the relief of death I can sympathize if not empathize. I never thought of taking my life, my illness was doing an excellent job of letting me know the battle for my next breath was just that.

I realized the overwhelming loneliness and waves of despondency that creep into your psyche. The things some of us endured (combat, loss, killing, death, physical or mental anguish) weigh heavily on you. Even in a room full of perceived friends, you could feel alone. However, the military offered a commonality of shared experience and understanding (BS relief sessions). Comradery often offered a sense of belonging to something greater than ourselves and a temporary release of troubles. Mission accomplished and recognition provided a sense of self-worth. The

(See Commander on page 3)

Auxiliary President



The United States Coast Guard (USCG), is a military service within the U.S. armed forces that is charged with the enforcement of maritime laws. It is under the jurisdiction of the Department of Homeland Security. In time of war, it functions as part of the U.S. Navy and is under the direction of the President. On August 4th, let's give the U.S. Coast Guard the love it deserves.

Mary Corkhill

The National Purple Heart Day is celebrated each year on August 7th. It offers Ameri-

cans a special opportunity to say "Thank You" to the nearly two million brave men and women who fought for our nation's freedom, and bear the physical scars of war.

I just returned from the National Convention and I am very happy to report that Virginia did well with the National programs. Our new National President is Carla Martinez of Layton, Utah. She will be traveling to all the Departments in the coming months to visit with the members of the Auxiliaries.

Upcoming events:

- The District 8 meeting on August 5th at Fredericksburg Post 3103 at 10:00AM.
- The Department School of Instruction is 10:00AM on August 19th at Post 637 in Hopewell.
- The POW/MIA Remembrance Day is September 15th.
- The Celebrating America's Freedom Event (CAFÉ) is September 18th at Promontory, Utah.
- A 10:00AM District School of Instruction on September 30th at Fredericksburg Post 3103.
- The Manassas Fall Jubilee is October 7 from 10:00AM to 5:00 PM.
- Deadline for the VOD, Patriots Pen and Teacher of the Year contests is October 31.
- The 15th annual Northern Virginia Veterans Parade is Saturday, November 4th in Old Town.
- The District 8 meeting will be Saturday, November 4th at Haymarket Post 12218 at 10:00 AM at Great Mane Brewery, 6620 James Madison Hwy.
- Sponsorship deadline for Auxiliary's Wreaths Across America program is November 30.

For 98 years the VFW National Home has supported veterans and families of the United States Armed Forces, the VFW, and the VFW Auxiliary. In October, the National Home was able to cut the ribbon on the Veteran and Family Resource Center in the basement of the Health and Education building. Another way to

(See Auxiliary on page 7)

How to Report Online

There are five categories of required reports:

- Americanism
- Community Service
- Safety
- Youth Activities
- Hospital

A Post must submit the above reports at least once during the first half of the year (May 1 - October 31) and once during the second half (November 1—April 30).

Anyone can submit a report and here's how to do it online:

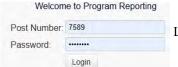
Go to www.vfwva.org and click on Resources. Then click Online Reporting from the dropdown menu.



For Post 7589, the login information is:

Username: 7589 Password: post7589

Then click on: Click here to view/add reports



Login to Online Reporting

Click Submit Reports



Submit Report

Americanism
Community Service
Safety
Youth Activities
Hospital

Continue

Select the report type and click continue

You will be taken to a screen from where you enter pertinent information.

Note: Cost is mileage @ 14¢ per mile (round trip) plus any expense you encounter.

Hours are computed from the time you left home to when you returned.

When you are finished click SUBMIT and you are done.

That's all there is to it.

(Commander from page 2)

thought of helping a less fortunate country or people, the travels, and the experiences are gratifying.

Some comrades leave the services not properly prepared for the transition, and others encounter difficulties navigating obscure civil paths to success, yet others may not be mentally available due to health challenges caused by their service. The military structure despite being arduous created a path for growth, guardrails (boundaries), and daily accountability providing direction.

Understandably, there are no simple answers to this problem; our woes can be as varied as we are individuals. As a Veteran of Foreign Wars and a member of said organization, I continue to serve to make sure that I do all within my power to assist any veteran in need. The people taking their lives are members of our elite group and NO, we may not have the expertise, but we do possess some shared experiences that could bring about a better understanding or relatability (whether combat-related, loneliness, love loss, or illness).

Let's not be politicians by saying what is expedient but give truth to our ethos that no comrade is left behind. Extend your hand. They may not understand, and you never know the life you save by a random act of kindness! A UNIT UNDER FIRE IS ONLY SUSTAINABLE AS LONG AS THE WEAKEST POINT HOLDS!

WE'LL DO ALL THAT WE CAN, DO NOT HESITATE TO REACH OUT!



Youth Committee



Lou Filippone

The Youth Committee hopes everyone is having an enjoyable summer and are well.

We held our last meeting on Thursday, 20 July at the Post. Several members of the Youth Committee were unable to attend due to other obligations making it a small group of participants. Alex and Tina Bliem, and myself were present accompanied by Peter MacLeod via

conference call. We are currently ramping up for our youth essay contests in the fall and spent the first part of our meeting reviewing the schools and procedures necessary for recruiting students and teachers. Just to review the three premiere VFW contests are Patriot's Pen, Voice of Democracy and Teacher of the Year. Scholarships and prizes are available for all three contests.

The first two are for students and require participants to write an essay based on a patriotic theme. Patriot's Pen is for grades 6-8 and requires the student to address the theme "How are you Inspired by America?". The length of the essay must be between 300-400 words. Voice of Democracy is a high school contest. In addition to writing an essay the student is also required to submit an audio recording which must be 3-5 minutes in length. This year's theme for Voice of Democracy is "What are the Greatest Attributes of our Democracy?". Lastly, our Teacher of the Year Contest recognizes teachers at the elementary, middle and high school level who instill Americanism and patriotism in their students and teach subjects such as Civics, American History and Flag Etiquette. The deadline for our contest applications is 31 October 2023. Students who attend both public and private schools are eligible, as well as home schooled children. Should you know of any student or teacher who is interested in participating please let the Youth Committee know and we'll get the applicant an application. You can also refer the contestant directly to the VFW website where they can download an application directly from vfw.org.

Some of you may have noticed the improved appearance of the Post sign. It's restoration was originally supposed to be a Scout project but it got derailed by permitting and participation issues. The project was abandoned and fell by the wayside until Alex and Tina Bliem came to the rescue. They have been tirelessly refurbishing and painting the old sign and have replaced the sign decals, which has restored the sign to its former glory. The wooden posts still require replacement since the existing posts are rotted beyond repair. They plan to replace the posts in the fall when the cooler weather arrives and would welcome any assistance you would care to offer. A big thank you to Alex and

Tina for all their hard work and dedication.

Two Venturing Crew Scouts may be eligible to receive funding from the Paul Chase Youth Fund for Scout related activities. We'll let you know more about that when it happens. No other requests for funding have been made at this time. As you all know Comrade Paul Chase who passed in March of this year left the Post a considerable sum for the purpose of supporting youth and youth related activities including Scouting. His legacy lives on through his generous contribution to our cause and we will never forget him.

Lastly the 9-11 Flag Retirement Ceremony was discussed. The committee has decided to hold the ceremony either on Saturday, 9 September in the morning or on Monday, 11 September in the evening. The final decision is still pending and we'll release the event information in the next week or so. It is most appropriate to have the ceremony Monday evening, the actual 9-11 date, however we will have better attendance with a Saturday morning ceremony and will have more time to conduct it. Also we can hold our traditional Scout Pizza Party afterwards with the morning ceremony. This is impossible to do in the evening because of limited daylight and because it is a school night.

We hope to see you at our next Youth Committee meeting scheduled for Thursday, 17 August at the Post at 7:00 PM. Please join us on the Committee. You'll be mentoring the next generation of Americans and, by getting involved, will work with some great people at the same time.

With best regards, Lou Filippone Youth Committee Chair



Scouting Report



Alex & Tina Bliem Post 7589 Scouting Representatives

July was a good and busy month for all of our scouts.

We had a good sized group of scouts go to summer camp at Camp Shenandoah. Here they worked on a myriad of different merit badges, enjoyed their time in and on the water, enjoyed the campfires and just being together in the great outdoors.

We have another good sized contingent that are currently at the National Jamboree at Summit Bechtel Reservation in West Virginia. A lot of these scouts also went

to summer camp and two days after getting back went to Jamboree. This is a ten day trip with scouts from all over the country. It only comes around every four years and it is an unstructured camp where they can participate in whatever activities they want whenever they want to. A lot of the scouts even take patches with them to trade with other scouts throughout the country. The ones that go always have a great time and continue to talk about it for years.

We also have another scout going to the World Jamboree in South Korea this week. I hope to get some pictures from the scout and the family that I can share in the next newsletter.

Two of the scouts that went to summer camp were able to do so because of the generous contribution from our Post into a campership fund for those families that cannot afford to pay the full amount. Camps have gotten very expensive for scouts and adults to attend. The families were very appreciative of the financial help that we gave them.

Our youngest unit (Cub Scouts) went on a family fishing trip together at Silver Lake in Haymarket. Here they got to catch some fish, have fun with their families and fellow scouts, and learn the ins and outs of fishing responsibly.

Our older venturing crew members continue to plan for the Seaase trip next summer. The scouts are planning everything on their own from the travel, fundraisers, paperwork...everything. They have been doing a great job with it so far.

On the Community Service side, we had a group of scouts and families that went into Manassas after the fireworks show to assist in cleaning up the city afterwards. There was a lot of trash left all over that our scouts helped to clean up.

The troops also had their trailer covered in a vinyl wrap to show off some of the different activities that they do and to advertise it as a BSA trailer. Hopefully this will also help to dissuade anyone from attempting to steal it.

Our post sign was also renovated this month. This included sanding and cleaning it up real well, applying wood filler and hardener, then giving the sign and posts a fresh coat of paint and new decals. It is extremely visible and nice looking now. Later in the summer the scouts will look at cleaning and painting our shed as well.

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









SUBMITTED PHOTOS



Commissioner's Corner

Since Virginia Governor Glenn Youngkin began his run for office, he has made it clear that one of the most important goals of his administration is to ensure that Virginia is the #1 state for veterans and military families to "live, work and, raise a family".

Virginia is home to one of the largest percentages of veterans of any state – 1 in 10 Virginia adults is a veteran! Virginia is also home to many major military installations including the Pentagon, Marine Corps Base Quantico, Joint Base Langley-Eustis, Fort Gregg-Adams, Fort Barfoot, Naval Base Norfolk and more. This means that

thousands of Active Duty, Guard, and Reserve service members also transition to civilian status within our borders each year. We also want our Virginia veterans who leave military service elsewhere to return home!

This is why one of the main missions of the Virginia Department of Veterans Services is do everything possible to assist veterans in finding gainful employment in our civilian workforce.

Each year in July, we commemorate *National Hire A Veteran Day* to bring attention to the importance of making sure our veterans and transitioning service members are employed. On July 25, we will be working to spread the word of why hiring veterans makes good business sense. Veterans are highly trained, have noteworthy leadership skills, and make loyal and trusted employees.

I am proud that Virginia has led the way nationally in veteran employment programs for more than a decade. Ten years ago, the General Assembly authorized the creation of the Virginia Values Veterans (V3) program – a unique public-private partnership dedicated solely to recruiting, hiring and training veterans in virtually every profession or job.

V3 works with employers throughout the state – large manufacturers, utilities, tech companies, and retailers; small and mid-sized service providers and construction firms; hospitals and medical care facilities; state and local government agencies; and many more – to help them learn the best practices to attract, hire, train and retain veteran employees. V3 has been such a success that other states have emulated our program to create similar programs.

How successful? The V3 program has resulted in nearly 123,000 veterans hired. Over 3,000 employers in every corner of the state have become V3 Certified Employers...and this number continues to grow.

We are blessed to live in a state with a veteran unemployment rate of 2.9% which is .8% less than the national average. The V3 program and the thousands of Virginia employers seeking to hire veterans, their spouses, and family members are a big reason for these great statistics. Our ultimate goal is that every veteran who seeks a job finds one that not only fulfills them but affords them the opportunity to experience an excellent quality of life in the Commonwealth.

I hope you will join us in commemorating *National Hire A Veteran Day* on July 25. If you are already a V3 Certified Employer, thank you for your commitment to our veterans. If you're not a V3 Certified Employer, I invite you to join now! There is no cost to your company or organization to join V3 and it's easy to do. Not only will you be helping our veterans, you will also be finding some of the best and most productive employees to add to your team.

To learn more about the Virginia Values Veterans program, visit our special website – <u>www.dvsV3.com</u> or our agency website <u>www.dvs.virginia.gov.</u>

As I can't say too often, our mission at DVS is to serve those who served and make sure that Virginia is the #1 state for veterans to live, work and thrive. We always welcome your ideas, suggestions, and comments as to how we can serve you and your families better. Please contact your local DVS team member or me at Daniel.Gade@dvs.virginia.gov. We want to hear from you.

Have a great Virginia summer and God Bless Our Nation and Our Commonwealth.

Daniel Gade, PhD, Commissioner Virginia Department of Veterans Services (Auxiliary Continued from page 2)

support the National Home is to purchase a Life membership for \$50.00 or a personalized tribute brick. The web address, https://www.vfwnationalhome.org, will assist you with more information.

Please keep all families and individuals who are ill, hospitalized or have gone to their heavenly home, in your prayers. Remember, we are still in uncertain and challenging times so please stay safe and let your loved ones know how much you

Respectfully, Mary Corkhill Auxiliary President



You arrive at your hotel and check in at the front desk. Typically when checking in, you give the front desk your credit card (for any charges to your room).

You go to your room and settle in. All is good.

The hotel receives a call and the caller asks for (as an example) room 620 - which happens to be your room.

The phone rings in your room. You answer and the person on the other end says the following: 'This is the front desk. When checking in, we came across a problem with your charge card information. Please re-read me your credit card number and verify the last 3 digits numbers at the reverse side of your charge card.'

Not thinking anything wrong, since the call seems to come from the front desk you oblige.

But actually, it is a scam by someone calling from outside the hotel.

They have asked for a random room number, then ask you for your credit card and address information.

They sound so professional, that you think you are talking to the front desk.

If you ever encounter this scenario on your travels, tell the caller that you will be down to the front desk to clear up any problems. Then, go to the front desk or call directly and ask if there was a problem.

If there was none, inform the manager of the hotel that someone tried to scam you of your credit card information, acting like a front desk employee.

ANYONE travelling should be aware of this one!



The Prince William Area Agency on Aging, in Partnership with the Prince William Bar Association, is once again, sponsoring a "Wills for Veterans" Program.

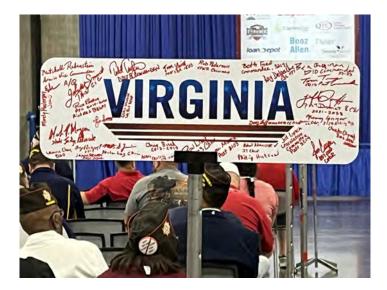
The Prince William Bar Association will be drafting 1) Last Will and Testaments, 2) Powers of Attorneys, and 3) Medical Directives for the Veteran (and their spouse/caregiver) who live in the Tri-jurisdictional areas of PWC, Manassas and Manassas Park -FREE. All veterans are encouraged to participate who do not have a Will, Powers of Attorney and/or Medical Directives. Space is limited to the first 100 veterans & their spouses who sign -up w/ an RSVP to guarantee your participation. Those who wish to participate will be required to attend 3 different sessions. The 1st session will be an Information/Educational Session w/ time for Q & A. (All Sessions will be scheduled at the Prince William Senior Center/Manassas, 9320 Mosby Street, Manassas, VA 20110; 1st Session is Saturday, September 30th-Educational Session/Questionnaires distributed. Veterans/spouses -caregivers will meet in small groups. The 2nd Session-Saturday, October 14th-- Bring your completed Questionnaires--Meet and share your personal information w/ your assigned Attorney. The 3rd Session- Completion/Signing of legal documents is scheduled for Saturday, Oct 28th-this will include, meeting w/ your assigned Attorney, Notaries and Witnesses-- which will be provided. At the last session Veterans (spouses/caregivers) will be able to take home their legal documents----ALL at NO COST---

To Sign Up for the Wills for Vets/Informational Session I, II & III or, if you have any questions, please contact Barbara Diehl, at the Prince William Area Agency on Aging at (703) 792-7175 or email bdiehl@pwcgov.org...or Tracy Solomon, TSolomon@pwcgov.org, our Business Services Analyst.











Layla, the National Home's Buddy Poppy Child with State Commander Gary Adams. VFWV donated \$220.00



CIC Tim Borland and All American State Commander Geoff Lyster



All Americans Ben Guinan, Geoff Lyster and Jeff Dombroff



Secretary of Veterans Affairs Denis McDonough



JCVIC Carol Whitmore and State JVC Doug Hoffman



Auxiliary Department Guard Cara Buckley all decked out with poppies for the patriotic rally



Community Service Post winner Chesapeake Post 2894

Auxiliary Patriotic Arts Contest 1st place winner is from Dale City Post 1503

Winners were announced at the 124th National Convention in Phoenix, AZ



Introducing the first-place winner of the 2022-2023 Young American Creative Patriotic Art Award: "Raising Future Leaders Through the Eyes of a Warrior" by Alice Barron! Barron was sponsored by VFW Auxiliary 1503 in the Department of Virginia. Her work, done entirely in pencil, was inspired by the service of her father, a Marine. The homeschooled eleventh grader will receive a \$15,000 scholarship. Congratulations to all of our 2022-2023 Young American Creative Patriotic Art Contest winners and to each Department winner, whose beautiful work made judging no easy task. Please join us in celebrating these talented students!

"Get Excited for the Red, White and Blue!"

9-12 winner submitted by Auxiliary 7589

Our 2023 National Anthem Singing Contest winners were announced during National Convention.



The grade K-8 winner is Kinsey P. of the Department of Virginia!



The grades 9-12 winner is Jake M., also of the Department of Virginia!

Congratulations, Kinsey and Jake!

Click the link below to watch to their incredible renditions of the Star Spangled Banner:

Get Excited for the Red, White and Blue! National Anthem
Singing Contest Winners - VFW Auxiliary National Organization







VFW Elects Duane Sarmiento as New National Commander

The New Jersey native is the first Filipino American elected to lead the 124 year old organization

PHOENIX — Duane Sarmiento of Gibbstown, New Jersey, was elected today as the new national commander of the Veterans of Foreign Wars (VFW), a congressionally chartered veterans service organization comprised of approximately 1 million eligible combat veterans and military service members from all six branches of the armed forces.

"Today, I humbly stand here as a testament to the limitless potential of our great nation and a product of the American dream,"

said Sarmiento during his acceptance speech. "As a kid from New Jersey, I never imagined I would be standing here to accept such a prestigious position in one of the most prestigious institutions in our country."

Sarmiento's election as the VFW's 115th commander-in-chief occurred at the conclusion of the organization's 124th National Convention in Phoenix, Arizona. The gathering was the first national convention

held there since 2009. More than 10,000 members of the VFW and its Auxiliary converged on the city to conduct the business of the organization, recognize individuals and organizations for excellence and to elect new leadership for the 2023 – 2024 year.

Sarmiento, who is of mixed Filipino and Italian heritage, is the first person of color elected to lead the 124-year-old organization. He delivered remarks to those attending in person at the Phoenix Convention Center and watching via livestreaming video.

"As I look out into this sea of familiar faces, I am reminded of the shared experiences, the sacrifices and the bonds that have brought us together," said Sarmiento, to the delegates in attendance from all 52 Departments, which includes Europe and Asia. "We come from different walks of life, but we share a common thread — a deep love for our country and an unwavering dedication to veterans."

VFW membership eligibility requires honorable service in a war or expedition on foreign soil or in hostile waters. Sarmiento served in the United States Navy from 1988 to 1997, and the United States Naval Reserve from 2002 to 2006, earning his VFW eligibility by serving in Operations Desert Shield/Storm. In recognition of his service, he received the Navy Achievement Medal, Navy Combat Action Ribbon, Navy Good Conduct Medal, the Southwest Asia Service Medal with three campaign stars, the Saudi Arabian Medal for the Liberation of Kuwait, Kuwait Medal for the Liberation of Kuwait and numerous other medals and ribbons. In 2003, he earned the title of the Naval Reserve Center Sailor of the Year at Fort Dix.

"Throughout my time in the Navy, I witnessed firsthand the power of teamwork and the unbreakable spirit that binds us together as veterans," said Sarmiento. "Those formative years taught me so much about camaraderie and esprit de corps, it was only natural for me to join the ranks of the VFW, an organization that means so much to generations of veterans."

Sarmiento joined the VFW in 1990 at Post 5579 in Gibbstown, New Jersey, where he maintains his Gold Legacy Life membership. He has served in elected and appointed positions at the Post, District and Department levels, culminating with his election as the VFW Department of New Jersey Commander from

2018 to 2019. On the national level, he served as the VFW Inspector General from 2019 to 2020, and served on the National Security and Foreign Affairs Committee, General Resolutions Committee, and as Special Aide-de-Camp. He is a life member of the Military Order of the Cootie, at Ky-Yi Pup Tent #1 in Delaware.

"By embracing a leadership role within our organization, we can unlock its full potential, empower-

ing the VFW to make an even greater impact on the lives of all veterans," said Sarmiento. "So, no matter at what level – Post, District or Department – step up, take the lead and you can make a difference in the VFW."

Though much of his speech was spent touting the programs, work and achievements of the VFW, Sarmiento took time to espouse the value of the members, showing his passion for the fraternal side of the organization.

"We have entrepreneurs who have built successful businesses, educators who have shaped young minds, and community leaders who have made a lasting impact. We have advocates who have fought tirelessly for the rights of veterans, and caregivers who have provided unwavering support to those in need," said Sarmiento, who retired as a police officer and director of Veterans Affairs in Gloucester County, New Jersey. "I'm here to tell you the most valuable resources to the Veterans of Foreign Wars are you – the members."

In addition to Sarmiento, other national officers elected were Al Lippardt, a Vietnam War veteran from the Department of Georgia, as Senior Vice Commander-in-Chief, and Carol Whitmore, an Iraq War veteran from the Department of Iowa, as Junior Vice Commander-in-Chief. The final day of the convention also saw Adjutant General Dan West and Quartermaster General Marc Garduno reconfirmed in their positions.

"Regardless of your pecking order in this organization, keep this in mind – you don't need a title to lead. You just need to care," said Sarmiento. "People would rather follow a leader with a heart than a leader with a title."

Sarmiento resides in Gibbstown, New Jersey with his wife Ellen.



CENTENNIAL CELEBRATION

The VFW Department of Virginia is turning 100 this year and we are celebrating across the state with our members. Come join us at one or all of these locations. We will have food, fun, music, and giveaways. So, RSVP Online at one, or all of these locations. Just click on any of the links you want to attend, to RSVP. We hope to see you there. These events are free to our members. It is you the membership who have made this Department the great organization that it is and it is you the membership we celebrate.

August 26, 2023, Post 8163, Clarksville

https://VFW_VA_100_Clarksville.eventbrite.com

September 16, 2023, Post 1264, Roanoke

https://VFW_VA_100_Roanoke.eventbrite.com

September 23, 2023, Post 4667, Marion

https://VFW_VA_100_Marion.eventbrite.com



RON RIFFLE / POST 4809

June 3 Centennial celebration and banquet at the Department Convention in Portsmouth.

Post 3103 comrade seeks input for book on Vietnam

Comrades,

We have a Post 3103 member working on a project as an established author and would like support from any of our members who are willing to contribute.

'Doc' Norton is working on another big project and is requesting stories, letters, photos, etc. from anyone who served (any branch) or was impacted/involved with the Vietnam War. It can be letters or stories received from someone who was over there, USO workers, wives, siblings, kids. I know we have a lot of Vietnam veterans in our Post, District and Department. I hope anyone willing to support him will do so.

Todd Taylor

Commander District 8

"VOICES FROM VIETNAM"

I am actively seeking <u>letters or vignettes</u> from Vietnam Veterans describing their time in Vietnam. Your letter to a family member, or your vignette, will be used in a book titled "Voices from Vietnam" and published by Academica Press in the Fall of 2024.

A play by the same title, "Voices from Vietnam" will be premiering in November 2024, at the Hope Theatre, in Vint Hill, (Warrenton), VA.,

There is no limit in size to your contribution – it may be a single page or 10+ pages in length. <u>Any accompanying photographs are most welcome.</u>

Please send your submission to:

Major Bruce H. Norton, USMC (Ret)

70 Little Falls Road

Fredericksburg, VA 22405-3155

Recondoc123@gmail.com

843-819-5149

Submissions are due by 30 December 2023

I can interview any Vietnam Veteran and record your vignette to create a transcript, if necessary.

Thank you for your interest and support.

SCAM ALERT Do not call to investigate

Invoice-1050214036

Order Number:

GS-72100662

Dear:

Thank you for allowing the auto-renewal of your Annual All-in-One Protection Plan with us.

Invoice date: July 27, 2023

Amount Paid: \$487.99

We are grateful that you have chosen to continue with our service after the trial period.

Your decision to auto renew the plan ensures uninterrupted protection for your devices and peace of mind.

Please be aware that the option to cancel this auto-renewal is available within 24 hours of receiving this email.

If you wish to opt-out, kindly contact our customer support via phone for assistance with cancellation.

If you have any queries or need further assistance, please don't hesitate to contact

us: 1-833-938-8707 Customer Support Phone: 1-833-938-8707

Thank you for your continued trust in us. We are here to serve you with top-notch protection and support.

Sincerely,

Trotter Pat

Gov. Youngkin signed 18 bills helping Virginia military service members



PHOTO BY CHRISTIAN MARTINEZ/OFFICE OF GOV. GLENN YOUNGKIN

Gov. Glenn Youngkin recently signed 18 bills focused on helping Virginia military service members, veterans and their families in a ceremony at the Virginia War Memorial. One of the legislative initiatives, House Bill 2362, eliminating burial fees for military spouses in Virginia veteran cemeteries, was sponsored by Del. Bill Wiley of Frederick County. AMVETS Post 18 members Ric Van Norton and Jay L. Marts requested his assistance in this effort and worked to get it to the governor's desk. Pictured are Jay L. Marts (from left), Ric Van Norton, Gov. Glenn Youngkin, Del. Bill Wiley and Secretary Craig Crenshaw.

Post 7589 Service Officer

Monti Zimmerman

703-223-2211



Legacy Life membership

This prestigious program is available to all Life members and is now available in memoriam for past Life members. There are three levels of membership; each offer their own package of exclusive member benefits. Financial contributions to the Legacy Life member program are tax deductible to the maximum extent allowed by law.

Enrollment Cost:		Annual Payouts:			
Levels		Posts	Departments	National	
Gold-	\$1,200.00	\$18.00	\$18.00	\$18.00	
Silver-	\$800.00	\$12.00	\$12.00	\$12.00	
Bronze-	\$400.00	\$6.00	\$6.00	\$6.00	

\$400	\$800	\$1200
•	•	•
•	•	•
•	•	•
•	•	-
-	•	-
-	•	-
•	•	-
		-
		-
5%	10%	15%
\$2000	\$3500	\$5000
\$6	\$12	\$18
\$6	\$12	\$18
	\$400 • • • • • • • \$2000 \$6	\$400 \$800

Upcoming Events

August 5	District 8 SOI & Meeting — Post 3103 Fredericksburg — 9:00 AM	
August 7	Post meeting — 7:30 PM	
August 14	Auxiliary meeting — 2:00 PM	
August 17	Youth Committee meeting — 7:00 PM	
August 19	Auxiliary SOI — Post 637, Hopewell — 10:00 AM	
August 26	Saturday Night Concert — US Navy Sea Chanters at the Haris Pavilion — 7 PM	
August 26-27	Recruiting Event — The Tank Farm — 13906 Aden Road, Nokesville, Virginia — With AL Post 10	
August 30	Sunday Funday — US Army Band at the Harris Pavilion — 3 PM	
September 5	Post meeting — 7:30 PM (Tuesday because of Labor Day holiday)	
September 11	Patriot Day and National Day of Service and Remembrance Auxiliary meeting — 2:00 PM	
September 18	Auxiliary — Celebrating America's Freedom Event (CAFÉ) — Promontory, Utah.	
September 21	Youth Committee meeting — 7:00 PM	
September 30	District School of Instruction — Fredericksburg Post 3103	
October 2	Post meeting — 7:30 PM	
October 7	Manassas Fall Jubilee — 10AM - 5 PM	
October 9	Auxiliary meeting — 2:00 PM	
October 19	Youth Committee meeting — 7:00 PM	
October 31	Deadline for the VOD, Patriots Pen and Teacher of the Year contests	
November 4	The 15th Annual Northern Virginia Veterans Parade — Old Town Manassas District 8 meeting — Post 12218 — Great Mane Brewery, Haymarket — 10:00 AM	
November 6	Post meeting — 7:30 PM	
November 13	Auxiliary meeting — 2:00 PM	
November 16	Youth Committee meeting — 7:00 PM	
November 30	Sponsorship deadline for Wreaths Across America	

Have You Ever Served in the U.S. Military?

OR KNOW A VETERAN WHO HAS?

We Offer Free Support for Local Veterans & their Families

- · Find Resources
- · Application Help
- · Healthcare
- · Social Support



Contact the Northern Virginia
Veterans Association
for more information.

info@novavets.org

703-659-0788



501(c)(3) 47-3097023



Local Resources to Support Our Local Veterans & Families Refer Any Veteran or Family Members to our Free Services

See our website http://novavets.org
For Veteran/family support please see our website or call 703-659-0788

The Northern Virginia Veterans Association is a non-profit that personally coordinates services for our most vulnerable veterans and spouses, at no cost, to a vast system of community resources addressing needs that support their quality of life.

- Many of our veterans are challenged and cannot efficiently and effectively complete online applications and then follow up with their recommended services
- This may be due to old age, physical conditions, mental health conditions, lack of IT skills and/or devices, or general inability to function at a level sufficient to make it through the application process and keep up with one or multiple appointments
- We provide personal on-going support and follow up to ensure our most vulnerable veterans
 receive the care and services they have earned and deserve

We case manage around any service needed to include VA Claims, Healthcare, Transportation, Caregiving, Shelter/Housing, Hospice, Legal, Finance, Employment, Recreation, and others.



Ask About Our Military Culture, Conditions & Healthcare Resources Training for Civilian Medical Providers & Staff

Come Volunteer & Support events and initiatives as they arise whether that's on Veterans Day, Memorial Day or all year long. Many who served want to keep on serving, we welcome all!

Alex's Animals is an Eagle Scout project for Alex Cox of Troop 1137 that advertises the various animals held at Homeward Trails Adoption Center.



Bernie is a big love bug and 86 lbs 4 yr old male Pyrenees dog that needs constant access outside. He does well around children and chickens but we are unsure on how well he does around cats. A doggy door is recommended and he is very loving.



Waffles a 2 year old Pitbull, Terrier Mix is looking for a special someone to play with all summer long. Waffles is a 66 lbs Male, loving, and looking for endless cuddles and playtime. He loves spending time outdoors and going for walks. Waffles would do best with a low traffic only adult household. Waffles wouldn't like to live in an apartment as he will be very

nervous when meeting new people or dogs.



Della is a medium-sized 3-yearold yellow lab/Hound mix who is energetic and loves being outdoors, making her perfect for runners or hikers. She can be loud so she is better for houses versus an apartment. She is very affectionate and loves to be around other dogs or people. She plays very well with other dogs but as a hound, she has a prey drive so no small

animals should be in the home. She is better for older kids and tends to be fearful of men, so positive first impressions are key.



Magnolia is a medium-sized 4-year-old mutt that is very affectionate once she gets to know you. Don't let her initial shyness deceive you, she is very sweet and loves to cuddle once she warms up to you! She plays well with other dogs and knows how to spend time by herself but still loves to play tug of war and go on walks with humans! She is looking for an experienced

adopter that can bring her out of her shell.



Meet **Snoop Dog!** He is a 2 year old 58lbs labrador retriever. He loves people and dogs alike, loves to play, and loves butt scratches. Snoop Dog would do best in a home that will help with his separation anxiety and wants someone who will never leave his side.



Jack is a 3-year-old terrier Chihuahua mix who has a lot of pep, and is a bit scared of strangers. He's perfect for a 2 person home in a quiet neighborhood. He's amazing with other dogs, and is perfect for snuggling and comforting another dog in your home. He doesn't do well with children, but a couple willing to adopt him is just what he needs!

https://www.homewardtrails.org/adop.../dogs-for-adoption/...

Alex's Animals



Meet Skylar! Se is an adorable girl, and came from a more rural area. She is friendly, loves walks, and does better with a fenced in yard. She is an active girl who plays hard, but sleeps hard too. She loves treats and to be near you, especially up on the couch! Cuddles are her favorite. She is quiet in her crate and relaxes well; she makes a great work from

home buddy!

 $\underline{https://www.homewardtrails.org/adop.../dogs-for-adoption/...}$



Meet Azalea! Azalea is a sweet, intelligent and energetic dog looking for a family able to offer her enrichment and socialization in a structured environment (which Homeward Trails can help with!). Azalea does great with consistent familiar dog friends, and is leash trained as well as house trained. She can be a bit wary of new people in a home,

but once she knows someone is welcome she is happy to get to know them! Azalea would do best with a fenced yard, and a family that can provide puzzle toys, training, and enrichment to keep her from getting bored! Little kids would likely be overwhelmed by her energy, so a family with kids 12+ are preferable.

https://www.homewardtrails.org/adop.../dogs-for-adoption/...



Sudi is a 84 lbs and almost 3 yrs Anatolian Shepherd and Labrador Retriever mix. She has endured a major amount of abuse resulting in her needing to get prosthetic paws. She is also currently on pain medication and steroids to address her issue. She is doing much better but she may still need to stay in a home with few stairs and a yard where she can

lounge. She is a truly remarkable example of endurance and spirit and she still trusts humans even after what she's been through.

https://www.homewardtrails.org/adop.../dogs-for-adoption/...



Arthur is a male hound who loves to learn, socialize, and exercise. Arthur is already neutered and has great leash manners and loves people, not great with little kids but gets along with cats. Arthur loves to work and learn and will come when called. He is energetic and goofy, but he is a little anxious when meeting new people and being in new places but

with treats and time he will calm down. He is house and crate trained and loves to go to dog camp once a week. Arthur will try to chase after deer, rabbit, or raccoons if he gets a whiff. He loves to relax with his people on the couch in the evening. Arthur loves long walks, runs, and playing tug of war. If you are athletic and don't have little kids under 10 years old then this is the dog for you.

https://www.homewardtrails.org/adop.../dogs-for-adoption/...



Ezra is a 32.5 lb and 2 year old Cocker Spaniel and Beagle mix. Ezra is very joyous and loving and loves cuddling with people, eating treats, and taking naps. Ezra has some anxiety and is slow to warm up to people so a patient person who can keep a routine and on-going training would be great for him. He is also best in a one pet home and with an

experienced dog owner who can be patient and help with his anxiety.

https://www.homewardtrails.org/adop.../dogs-for-adoption/...

Alex's Animals is an Eagle Scout project for Alex Cox of Troop 1137 that advertises the various animals held at Homeward Trails Adoption Center.



Melody is a domestic shorthair and a female cat. She is a friendly cat and is cute in everything that she does. If Melody does not have enough attention, she'll go over to you, look at your face and make cute sounds until she gets a treat or some belly rubs. Melody weighs about 5.6 pounds and is just over 11 months old.

https://www.homewardtrails.org/.../cats-for-adoption-2/...



Rocky is a 9 year old, male, domestic shorthair. Rocky loves wet food and window watching. He is shy when he is not comfortable. He is good with other cats. He isn't cuddly (if that is what you are looking for). The adoption fee is \$170 which includes neutering, vaccines, and microchipping.

https://www.homewardtrails.org/.../cats-for-adoption-2/...



Fancy is a 13 year old female domestic shorthair mix. Fancy is a super sweet, gentle soul with the softest meow. She may take a bit to get used to you, but after she will love you. She also loves toys and when not snoozing or playing, she enjoys bird watching!

https://www.homewardtrails.org/.../cats-for-adoption-2/...



Marble is a medium-sized 7-yearold Domestic shorthair that loves attention and being pet. To Marble, strangers are just friends he hasn't met. Each new person is just someone else to pet him and give him attention. He loves chasing and playing with his toys and basking in the sunshine. He loves sitting in laps and wants nothing more than to be with you.

https://www.homewardtrails.org/.../cats-for-adoption-2/...



Bella is a beautiful 6 year 3-month-old female DSH gray cat with white markings, she is very chatty and soft once you earn her trust. You have to work for her, and you must be patient with her. She needs a small room to start with and eventually will let you pet her, she loves to have her hind scratched. She will purr when you scratch her a nice head scratch

and a body massage, you'll know you've won her over when she sits on your lap at night. Bella wants a home with another gentle cat that is okay with snuggling, she doesn't want a cat that will overwhelm her. Bella wants patience and a very calm forever home. If you have a good feeling about this cat then you should adopt her, it will be worth it.

https://www.homewardtrails.org/.../cats-for-adoption-2/...



Macho This 12 year old Domestic Shorthair Cat is looking for a quiet home to catch up on some zzzs. Macho is a 9.7 pound male cat that is looking for a sunny window

Macho is a 9.7 pound male cat that is looking for a sunny window to sleep in. Macho is a lover rather than a fighter and would prefer to be the single animal of the house.

https://www.homewardtrails.org/.../cats-for-adoption-2/...



Sally
She's shy to start which just
makes it even more rewarding
when she trusts you. She's a quiet roommate, never leaves a
mess, and doesn't ask for much.
She loves wet food and treats.
She needs a home without children.

https://www.homewardtrails.org/.../cats-for-adoption-2/...

2023-24 Post Officers

Commander Wayne Moore

Senior Vice Commander Lou Filippone

Junior Vice Commander Bobby Knight

Quartermaster Rick Raskin

Chaplain Ron Knowles

1 Year Trustee Tina Bliem

2 Year Trustee Chris Morgan

3 Year Trustee Lamar Baker

Adjutant Ron Link

Service Officer Monti Zimmerman

Judge Advocate Bobby Knight

Surgeon Alex Bliem

2023-24 Auxiliary Officers

President Mary Corkhill

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Junior Vice President Cindy McIntyre

Secretary Ann Mitchell

Treasurer Elanor Doczi

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Guard Patsy Gough

Trustee 1 Janet Raskin

Trustee 2 Yvonne Sullivan

Trustee 3 Jan Germain

Jan Germain Historians Patsy Gough

Patsy Gough Yvonne Sullivan

Patriotic Instructor Lorrie Allen Smith



Virginia Department of Veterans Services

Manassas Office

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



Manassas Ballet Theatre 2023-2024 Season



COLIN: SON, MARINE, HERO

Nov. 9, 10 at 7:30 pm Nov. 11 at 3:00 pm Streaming Begins Nov. 25



Due to overwhelming requests, MBT is proud to once again present this ballet which tells the story of Artistic Director, Amy Grant Wolfe's son, Colin, who enlisted in the Marines and deployed to Iraq, but was killed by a roadside bomb only seven weeks later. Ms. Wolfe developed the ballet in his memory, gaining inspiration by interviewing family, friends, and fellow Marines. The ballet is set to original music composed by Mark Menza and performed by the Manassas Ballet Theatre Orchestra. Tickets start at \$25.

CARMINA BURANA & MORE!

Mar. 8, 9 at 7:30 pm; Mar. 10 at 3:00 pm Streaming Begins Mar. 23



Enjoy classical Pas de Deux in Act I, followed by the tantalizing tales of Carmina Burana in Act II. Choreographed by Ahmed Nabil, Manassas Ballet Theatre and Orchestra will collaborate with the Voce Chamber Singers to bring this masterpiece about fortune, the nature of life, and pleasure and peril by Carl Orff to the stage. Tickets start at \$25.

NUTCRACKER

Evening Performances at 7:30 pm; Dec. 14, 15, 16, 19, 20 Matinée Performances at 3:00 pm; Dec. 16, 17, 21, 22, 23 Streaming Begins Dec. 24



Join Clara at her family's Christmas Eve party and see what happens when she receives a magical Nutcracker doll from her favorite uncle. Follow them through the Land of Snow and the palace of the Sugar Plum Fairy and enjoy all the enchanting dances! Live music by the Manassas Ballet Theatre Orchestra helps make MBT's Nutcracker the highlight of the holidays. The pageantry and magic of MBT's Nutcracker is the perfect celebration for all ages. Tickets start at \$35.

ROMEO & JULIET

May 17, 18 at 7:30 pm; May 18, 19 at 3:00 pm Streaming Begins June 1



The season concludes with the ever-romantic tragedy of Romeo & Juliet composed by Sergei Prokofiev. As the Capulets and the Montagues feud, Romeo & Juliet seek to unite in love, but the fighting continues, and their lives are lost. Watch their story unfold with the beautiful dancing set to the live music from the Manassas Ballet Theatre Orchestra. Tickets start at \$25.

Post 7589 Supports Manassas Ballet Theatre in memory of LCPL Colin Wolfe

VIRGINIA SENATORS			
Mark Warner		202-224-2023	
Tim Kaine		202-224-4024	
	VIRGINIA REPRESENTATIVES		
Rob Wittman	1st District	202-225-4261	
Jennifer Kagans	2nd District	202-225-4215	
Bobby Scott	3rd District	202-225-8351	
Jennifer McClellan	4th District	202-225-6365	
Bob Good	5th District	202-225-4711	
Ben Cline	6th District	202-225-5431	
Abigail Spanberger	7th District	202-225-2815	
Don Beyer	8th District	202-225-4376	
Morgan Griffith	9th District	202-225-3861	
Jennifer Wexton	10th District	202-225-5136	
Gerry Connolly	11th District	202-225-1492	





CANNON NEWS

The official publication of Veterans of Foreign Wars of the U.S. Francis Cannon Post No. 7589
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Cannon News is emailed to Post and Auxiliary members with email addresses on file.

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



Editor: Rick Raskin Copy Editor: Janet Raskin

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

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

WreathsAcrossAmerica.org









SPONSOR A WREATH FOR A VETERAN'S GRAVE

Since 2007, Wreaths Across America has carried 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 (WAA) to help place more wreaths than ever before on Veterans' graves at Quantico National Cemetery. Deadline Date is November 30, 2023.

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.

Wreaths Across America will be at **Quantico National Cemetery** to Remember and Honor our veterans through the laying of Remembrance wreaths on the graves of our country's fallen heroes and the act of saying the name of each and every veteran aloud.

PLEASE JOIN US -- All wreaths will be placed by volunteers on **Saturday, December 16, 2023 at 12 Noon.** (Advance notice: the time is subject to change.) 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, or call 877-385-9504.

You can also email infor@wreathsacrossamerica.org



Tax ID 20-8362270

Wreath Sponsorship Form

Sponsored wreaths are placed on grave markers at state and national veterans' cemeteries, as well as at local, community cemeteries each December. Wreaths may also be sponsored online at www.WreathsAcrossAmerica.org, If you wish to make your sponsorship with a credit card, please visit our website for a secure online transaction.

Address:	
City:	
State:	Zip:
Phone:	
Email:	

Please make checks payable to: Wreaths Across America PO Box 249 Columbia Falls, NE 04623

Call 877-385-9504 with any questions. Thank you for your sponsorship and joining us in our mission to Remember, Honor and Teach!

Sponsorship Type	Price	Quantity	Total
Individual = 1 Wreath	\$15.00		
Mailed "In Honor" card = If you wish to send a physical honor card telling someone of your sponsorship, please see "In Honor" section below. The \$2 fee is required for this mailing.	\$2.00		
Family = 4 Wreaths	\$80.00	11	
Small Business = 10 Wreaths	\$150.00	-	-
Corporate = 100 Wreaths	\$1,500.00		
	11 - 1	Grand Total	

In Honor of:	In Memory of:
Below, please provide email or mailing address of 'In Honor of' recipient so we can notify them of your sponsorship in their honor. If you have a specific message please write it on the back of this sheet.	This name will be listed on our online memory wall. Below, please provide name, rank, branch of service and state resided. Branch of Service:
Email address:	Rank:State:

Please note. ALL sponsored wreaths are shipped directly to the location and NO weaths are sent to the individuals purchasing sponsorships.

Location ID: VAQNCT.	Fun	draising Group ID: VA0040P
	FOR OFFIC	CE USE ONLY:
Cash:	Total:	Date Received:
Total No. Checks:	Reconciled:	_
MO:	GEN:	
Entered:		