

THE CANNON NEWS

Volume 10, Issue 4

Next Meeting: Monday, February 1, 2010

January/March 2010

GREETINGS FROM THE COMMANDER

This newsletter is being written just following the Winter Conference which was held in Williamsburg. Your Post was represented at the conference by Quartermaster Rick Raskin, Judge Advocate Ron Link, and myself. Both Comrades Raskin and Link are members of the Virginia VFW Legislative Committee and were Team Leaders in Richmond, helping to lobby for veterans concerns with the Virginia Legislature just prior to the Winter Conference. If you go to the home page of the Post's web-site, you'll see some photos of the duo in Richmond.

One of the outcomes from the Winter Conference was a recommendation that District 8 (which our Post is a member of) lose Leesburg Post 1177 to District 10 (Northern Virginia). This would leave a total of six Posts in District 8. Final determination of the Department redistricting will be made at the State Convention in June.

For those Annual Members who have not renewed yet, as of December 31 2009, you are no longer a member in good standing. Our Post has one of the lowest dues rates in the country due to us being able to rent the Post home out and having a good Bingo. There are Posts within our District which charge \$35 and upward per year as opposed to our \$25 dues.

Due to rising costs in mailing newsletters, it's been decided to produce a newsletter on a quarterly basis. If we could email your copy of the newsletter to you, then it would additionally help reduce the total cost. Another option is to provide a mailed copy only to those members who opt to receive one. Others would have access to an online version on our website. Please send me your thoughts.

We started a new activity some months ago. We have a drawing for those members present at the meeting, and the winner **wins a gift card** for a local restaurant at no cost to the Post. This month we're also having a drawing for a free haircut at SportsClips located in the new Target shopping center on route 28 across from Piper Lane.

Your Post Commander
Stephen A. Meade
cmdr7589@verizon.net

Newsletter Editors: Steve Meade - (703) 408-0875 & Valerie Nealey - (703) 368-7636

email: sameade@verizon.net or cmdr7589@verizon.net

This is your Newsletter, therefore your input is not only welcome, but encouraged.

Virginia District 8 as of Wednesday, January 20, 2010

Post	Life	New	Reinstated	Continuous	Total	Prior Year	Percent	Division	City	N/R LM
1177	50	9	2	24	85	103	82.52	14	LEESBURG	1
1811	171	2	0	0	173	183	94.54	10	MANASSAS PARK	0
2524	181	1	0	47	229	251	91.24	7	CULPEPER	0
3103	208	9	2	91	310	365	84.93	6	FREDERICKSBURG	2
7589	176	36	3	70	285	333	85.59	6	MANASSAS	2
7728	26	1	0	13	40	44	90.91	18	REMINGTON	0
9835	47	4	2	11	64	57	112.28	17	WARRENTON	1
District Total	859	62	9	256	1186	1336	88.77			6

DISTRICT MEETING - APRIL 11TH

The next District 8 Meeting is Sunday, April 11th at 1:00 PM at VFW Post 7589, Manassas, Virginia. Election and Installation of Officers for upcoming year.

Commander Stephen Meade

Benefits for Wounded Warriors

Men and women serving in the U.S. military who become disabled while on active duty on or after October 1, 2001, regardless of where the disability occurs, are receiving "expedited processing" of disability claims from the Social Security Department. Servicemembers can apply for and receive benefits even while receiving military pay. Visit [Social Security's Disability Benefits for Wounded Warriors webpage](#). The website has everything you need to know about Social Security and military service, including a link to apply for disability benefits online.

Military.com—Week of January 18, 2010



Post/Auxiliary Members & Manassas Young Marines who assisted at Quantico National Cemetery's Wreaths Across America on December 12, 2009

VFW 2009—2010 EDUCATIONAL AWARDS

VFW Post 7589 and its Ladies Auxiliary proudly announce the Manassas area winners of our educational excellence competition for 2009-2010. 103 students and teachers from 7 schools took part in this year's contests. The winners will be honored at an awards night on Feb. 1, 2010 at 6:30 PM at the Post Home.

Voice of Democracy speech/essay contest on the subject, "Does America Still Have Heroes?"

First Place: Abi N. Zadnik, 12th Grade, Seton School, Manassas, Va.

Second Place: Eileen R. Corkery, 12th Grade, Seton School, Manassas, VA

Third Place: Kelsey M. Turner, 11th Grade, Battlefield H.S. , Haymarket, VA

Patriot's Pen essay contest on the subject "When Is The Right Time To Honor Our Military Heroes?"

First Place: Nathan Dass, 8th Grade, Manassas Christian School, Manassas Park, VA

Second Place: Connor Daniel Sutherland, 6th Grade, Mayfield Intermediate School, Manassas, VA

Third Place: Colby N. Newson, 8th Grade, Manassas Christian School, Manassas Park, VA

VFW Manassas Area Teacher of the Year

Grades K-5: Mary Delia Stokely, 1st Grade Teacher, Haydon School, Manassas, VA

Grades 6-8: Janice Melander, 5th Grade Social Studies Teacher, Mayfield Intermediate School, Manassas, VA

Grades 9-12: Robin Albrecht, Computer Keyboard Skills Teacher, Osbourn High School, Manassas, VA

For more information contact Post #7589 Education Chairman Pete MacLeod at 703-220-4545.

Some of the graves following the wreath-laying at Quantico





LADIES AUXILIARY 7589 NEWS

Editor: Valerie Nealey - 703-368-7636 jvnealey@verizon.net

Youth/Teacher Awards - Monday - February 1 - 6:30 pm

The Post/Auxiliary will be presenting their awards for Voice of Democracy, Patriots Pen and Citizenship Education Teacher at 6:30 pm on Monday, February 1. Refreshments will be served after the presentations and our meeting will follow at 7:30 pm. Please attend and show support to our youth and teachers for a great job!

Wreaths Across America Fundraiser

I wish to thank everyone who purchased a wreath and assisted at Quantico National Cemetery. A special thanks to **Yvonne Sullivan** for all her time and effort in assisting me with this event. Quantico received 1,200 wreaths and 313 were sponsored from our Auxiliary. To lay a wreath at every veteran's grave in Section 4, 1,600 wreaths were needed. Therefore, even more wreaths need to be sponsored for 2010.

On Saturday, December 12 -- 6 Auxiliary members, 6 Post members and 10 Manassas Young Marines gathered at Memorial Circle for a solemn ceremony. It was a beautiful sunny day and the ceremony began with the Marine Corps Color Guard -- a wreath for each branch of service was placed and a Bugler played Taps. Afterwards, each of the 200-300 volunteers gathered their wreaths and proceeded to Section 4. We were asked to place the wreath, read the name and give a moment of silence to think about the sacrifices given by the veteran. On this day, we Remembered the Fallen, Honored those who serve and Taught our children the value of Freedom. Please view the photos on our website www.vfwpost7589.org.

Our Auxiliary is working with Wreaths Across America in 2010. You can sponsor a wreath NOW through November 15. Wreaths are \$15 each. Enclosed is a Wreath Sponsorship Form. Mail the form to: **Ladies Auxiliary VFW Post 7589, PO Box 10206, Manassas, VA 20108**. Checks are made payable to: **Wreaths Across America**. Ask family, friends and businesses to sponsor a wreath. This form is also available on our web site www.vfwpost7589.org. Plan to join us on Saturday, December 11, 2010 at Quantico National Cemetery.

Pam Braithwaite continues to collect current and expired **coupons** for veterans and their families stationed at the Marine Corps Base in Iwakuni, Japan. Military shoppers are able to use the expired coupons up to six months **past** the expiration date. Coupons are needed no later than two months past expiration in order to let the families have time to use them. Coupons for restaurants and specific stores are not eligible for the program. Please clip and separate into food and non-food groups and total the money amount of the coupons. Bring coupons to a meeting, drop off at the Post or mail to **Ladies Auxiliary VFW Post 7589, PO Box 10206, Manassas, VA 20108**.

Welcome new members -- **Renee Bramer, Jan Germain, Regina Moore, Deborah Shifflette, Cathy Tarr and Laura Wilkinson**. Our membership is at 64!

Keep collecting Campbell's Soup Labels for **VFW National Home for Children** -- bring them to the next meeting, drop them off at the Post Home, or mail them to **Sondra Burroughs** at 11927 Appling Valley Rd, Fairfax, VA 22030-5701.

If you know of any members or their families ill or in distress, please contact Auxiliary Chaplain Joanna Roberts at 703-789-2700 or joanna_roberts@comcast.net.

YOUR AUXILIARY NEEDS A CHANGE & SUPPORT -- President Valerie Nealey

At the last Auxiliary meeting, I announced that this is my last term as Auxiliary President. During the past three years I have kept the Auxiliary afloat with the assistance of a handful of members. Your Auxiliary will be 12 years old in November and it has had only two Auxiliary Presidents. The time has come for members to **TAKE OWNERSHIP OF THEIR AUXILIARY.** You can't depend on the same members over and over to keep your Auxiliary alive. Your Auxiliary will become "stale" without rotation of officers. Your Auxiliary has been very successful in the past 12 years but to stay successful, more ACTIVE MEMBERS, more TEAMWORK and more FRESH IDEAS

- ⇒ Learn all you can about our organization by reading the By-laws & Ritual
- ⇒ Accept an office
- ⇒ Attend every meeting, if possible - present your good ideas - improvement is always welcome
- ⇒ Chair one or more of the National Programs and serve on committees
- ⇒ Give help and praise to members and officers to make their jobs easier
- ⇒ Be enthusiastic and believe in yourself and you will have others believing in you
- ⇒ Pay your dues promptly
- ⇒ Invite your eligible friends to become members of this elite, great organization

Your Auxiliary will be nominating and electing officers for 2010-2011 at our April 5th meeting. Any member in good standing (which means that you have paid your 2010 dues) shall be eligible to any office in the Auxiliary. If you wish to be elected, you will need to be at the April 5th meeting or submit in writing your willingness to be elected and hold office.

Elective Officers - President ~ Senior Vice-President ~ Junior Vice-President ~ Treasurer ~ Chaplain ~ Guard ~ Conductress ~ Trustee (three-year term)

Appointive Officers: Secretary ~ Patriotic Instructor ~ Historian

Please remember, if an Auxiliary President is not elected at our April 5 meeting, elections will close and there may be a possibility that the Auxiliary will "fold".

If you have any question about the above officer positions, please call me at 703-368-7636.

At our February 1 and March 1 meetings, I will be distributing Officer & Chairman information and answering any questions.

National Programs

Your Auxiliary President requires your support and assistance in implementing the following programs. Each Auxiliary **must participate** in the National Programs and **must report** to the Department Chairman during the reporting period July 1 – March 31.

Americanism - Cancer Aid & Research - Community Service - Hospital/VAVS (Veterans Affairs Voluntary Service) - Legislative/VFW PAC - Membership - Voice of Democracy/Patriot's Pen - Veterans & Family Support - VFW National Military Services: Military Assistance Program (MAP); Operation Uplink; Unmet Needs; Adopt-A-Unit ; Buddy Poppy ; VFW National Home for Children - Voice of Democracy & Patriots Pen - Youth Activities - Young American Creative Patriotic Art Contest; Girl Scouts Bronze, Silver and Gold Awards; JR/ROTC Programs; Snowball Express; Junior Girls.

If you are interested or need more info on the above programs, please contact me at jvnealey@verizon.net or 703-368-7636.

District Convention: Our Post & Auxiliary will be hosting the District 8 Convention on Sunday, April 11 at 1:00 pm at our Post Home. The Auxiliary will be handling the luncheon, which is after the meeting. Help is needed, so If you would like to be on the committee, please let me know - 703-368-7636.

If you want to receive reminders of auxiliary events, meetings, updates, alerts, etc., via e-mail, OR if you wish NOT to receive this Newsletter via mail and would rather view online, please let me know - 703-368-7636 or jvnealey@verizon.net

UPCOMING EVENTS

- February 1 Youth/Teacher Awards - 6:30 pm -- Post/Auxiliary Meeting - 7:30 pm
- March 1 Post/Auxiliary Meeting - 7:30 pm
- March 13 St. Patrick's Day Parade - Manassas
- April 1 Post/Auxiliary Executive Meeting - 6:30 pm
- April 5 Post/Auxiliary Meeting - 7:30 pm -- 2010-2011 Nominations & Elections
- April 11 District Convention - Post 7589 - Elections - 1 PM
- April 24 Dept. Commander/President Homecoming - Stanton
- April 29 Post/Auxiliary Ex. Mtg. & Planning Session - 6:30 pm - Post Home

WEB SITES

VFW Post 7589: www.vfwpost7589.org

Virginia Ladies Auxiliary VFW: www.vfwwaux.org

National Ladies Auxiliary VFW: www.ladiesauxvfw.org

FRANCIS CANNON VFW POST 7589

703-361-5554

9304 CENTREVILLE ROAD - MANASSAS, VIRGINIA 20110

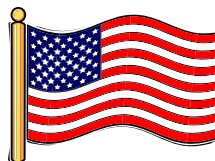
<u>2009-2010 POST OFFICERS</u>			<u>2009-2010 AUXILIARY OFFICERS</u>		
Commander	Steve Meade	703-408-0875	President	Valerie Nealey	703-368-7636
Sr. Vice Cmdr	Pete MacLeod	703-794-1103	Sr. Vice Pres.	Pam Braithwaite	703-278-8076
Jr. Vice Cmdr	Mike Guttman	703-330-3925	Jr. Vice Pres.	Jenn Nealey	703-895-0145
Quartermaster	Rick Raskin	703-369-2732	Sec/Treas	Angela Fromm	703-989-5502
Adjutant	Mike Guttman	703-330-3925	Chaplain	Joanna Roberts	703-789-2700
Advocate	Ron Link	571-921-9220	Conductress	Sondra Burroughs	703-278-8076
Chaplain	Ron Knowles	703-368-4743	Guard	Patsy Gough	703-368-2697
Surgeon	Joe Dazzo	703-361-6041	Historian	Tonya Miller	703-730-0067
Off of the Day	Rod Gillett	703-361-8358	Patriotic Inst.	Debbie Baxter	703-791-7690
Guard	Dallas Kennedy	703-393-9632	Trustee 1	Nancy Dazzo	703-361-6041
Service Officer	Sam Nealey	703-368-7636	Trustee 2	Joanna Roberts	703-392-3870
Historian	Warren Ewell		Trustee 3	Lucindy Owens	703-754-4258
Trustee 1 year	Bob Pace	703-680-1229			
Trustee 2 year	Pat Templeton				
Trustee 3 year	Steve Botello	703-330-3925			

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 VFW & Ladies Aux Monthly Meetings	2	3 Bingo 8 am—12:30 pm	4	5	6
7	8	9	10 Bingo 8 am—12:30 pm	11 VA Agent 0900-1500	12	13
14	15	16	17 Bingo 8 am—12:30 pm	18	19	20
21	22	23	24 Bingo 8 am—12:30 pm	25 VA Agent 0900-1500	26	27
28	29	30	31 Bingo 8 am—12:30 pm			

The Cannon News

Francis Cannon VFW Post 7589
PO Box 10206
Manassas, VA 20108
www.vfwpost7589.org



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January 2010 - March 2010

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February 2010

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	1 Youth Awards/VFW & Ladies Aux Monthly Meetings	2	3 Bingo 8 am—12:30 pm	4	5	6
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28						