

# THE CANNON NEWS

Volume 9, Issue 2

Next Meeting: Monday, April 06, 2009

March 2009/April 2009

## GREETINGS FROM THE COMMANDER

First up for this newsletter is news of the 266th Military Police Company which the Post adopted last year. Our Post recently sent 60 composition books, 60 highlighters, and three printer cartridge sets for their printer. These simple items are essential to them being able to accomplish their mission in teaching the Iraqi Police. The Ladies Auxiliary will be concentrating on the female troops deployed with the unit. They'll be sending them items which are next to impossible for them to obtain where they're at. The VFW will be sending the male troops items which are also difficult for the troops to obtain.

**At our Membership meeting this coming month, nominations and election of Post Officers for the upcoming year will be top priority at the meeting.** If you're interested in running for a position please come to the meeting and have yourself nominated. If you are going to nominate someone for office, make sure that that individual is willing to accept and perform the duties if elected. If an individual wants to run but can't make it to the upcoming meeting, they must have a letter of acceptance to being nominated on file. As always, anyone who holds a position on the board, must have a copy of their DD-214 on file with the Post.

If you haven't gotten your login to the members only section of the website, please contact your Post Quartermaster at [qm7589@verizon.net](mailto:qm7589@verizon.net). You might be surprised at the content available only to members.

We didn't have a March meeting due to the inclement weather which hit Manassas on our meeting day. For the amount of snow that the forecasters were calling for, I felt that for safety's sake, we wouldn't temp the fates on a night where they were calling for a deep freeze in addition to the snow. I prefer our members to be whole and safe.

It's still not too late to renew your membership with the Veterans of Foreign Wars. For those of you who really don't want to participate a whole lot (if at all), but want the VFW magazine and the prestige in being a member of the world's largest combat veterans organization, there is always being a Member-at-Large. The price for being a Member-at-Large set by the National Organization is \$35 @ year. Membership in our Post is \$25 @ year. That's whether you actively participate or not. I don't know about you, but saving \$10 @ year in one of possibly many groups, is not an insignificant factor. Retain your membership in our Post and save that \$10 every year.

We started a new activity several months ago. We started having 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. The winner of the February drawing was Comrade Pete MacLeod.

**Your Post Commander**  
**Stephen A. Meade**  
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***This is your Newsletter, therefore your input is not only welcome, but encouraged.***

**Virginia District 8 as of Wednesday, March 18, 2009**

Post	Life	New	Rein-stated	Continu-ous	Total	Prior Year	Percent	Division	City	N/R LM
1177	48	26	4	22	100	94	106.38	9	LEESBURG	0
1811	175	2	0	0	177	189	93.65	6	MANASSAS PARK	1
2524	186	3	3	57	249	268	92.91	5	CULPEPER	0
3103	210	31	5	105	351	350	100.29	4	FREDERICKSBURG	2
<b>7589</b>	<b>164</b>	<b>88</b>	<b>3</b>	<b>72</b>	<b>327</b>	<b>291</b>	<b>112.37</b>	<b>5</b>	<b>MANASSAS</b>	<b>2</b>
7728	28	2	1	12	43	48	89.58	11	REMINGTON	0
8208	36	0	0	21	57	294	19.39	5	STANARDSVILLE	0
9835	42	0	1	11	54	56	96.43	10	WARRENTON	1
District Total	889	152	17	300	1358	1590	85.41			6

**DISTRICT MEETING - MAY 17TH**

The next District 8 Meeting is Sunday, May 17th at 1:00 PM at VFW Post 7589, Manassas, Virginia. The District will be nominating and electing District Officers for the upcoming year.

**Commander Stephen Meade**

**Virginia Department of Veterans Services**

On March 12th the Virginia Department of Veterans Services resumed their Itinerant Program at Post 7589. Any veteran needing to file for VA compensation, or needing help with an existing claim, can drop in for assistance. A Veterans Service Representative will be available the 2nd and 4th Thursdays of the month between 0900 and 1500 hours. This is an excellent opportunity for one to enlist the services of an agent who is proficient with the VA claims process and avoid hurdles that may otherwise impede prompt resolution. No appointment necessary.

**Quartermaster Rick Raskin**



**LOOKING FOR VOLUNTEERS FOR THE COLOR GUARD**

The post is establishing a color guard!! No experience is necessary and we are looking for highly motivated members to volunteer. Any member of the post that is interested in participating, please contact the adjutant.

**Adjutant Mike Guttman**

### **Veterans Clinic hosted by American Legion Post 150, Sterling, VA:**

Any veteran who has been honorably discharged is invited to attend the Veterans Clinic on Saturday, April 18, 2009, between 11 A.M. to 3 P.M., held at Galilee United Methodist Church, 45425 Winding Road [intersection of Routes 7 & 28], Sterling, VA. This is an opportunity for veterans to find out what benefits they are entitled to, i.e., service connected disabilities, health care, education and training benefits, home loan guaranty, burial, etc. and get assistance in filing claims.

The 16<sup>th</sup> District of the American Legion, Department of Virginia, in conjunction with American Legion Post 150 will be sponsoring the clinic. Post 150 Commander Ann Kuo expects approximately 15 Service Officers to be on hand to assist veterans with their questions and help file the appropriate claim forms with the Department of Veterans Affairs (VA). Any veteran who attends should bring their DD214, or other document showing honorable service and any military medical records and other relevant documentation they have. If the veteran is married they should bring their spouse's social security number as well as their children's social security numbers.

Cmdr. Kuo states "The clinic is open to all veterans; you do not have to be a member of the American Legion to attend." Kuo emphasizes that veterans of the U.S. armed forces may be eligible for a broad range of benefits from the VA and this is "an opportunity for veterans in the local area to learn just what those benefits are and get personal assistance in filing claims with the VA." Kuo says the Service Officers are on hand to help guide and advise any honorably discharged veteran with filing the VA forms and to ensure proper documentation and correct terminology is used to help the veteran with his/her claim. Light refreshments will be available and there is ample parking in the church lot. Kuo wishes to thank Galilee United Methodist Church for their cooperation.

### **Commander "Gunny" Lewis—American Legion Post 10**

#### **A Look Back at the 2008-2009 VFW Post 7589 Education Award Winners**

A look back at the 2008-2009 VFW Post 7589 Education Award winners shows a couple of things that really stand out. The almost "unknown" careers of so many teachers and the patriotism of the young people today.

Take our winner in the VFW teacher of the year, K thru 5 category. Ms. Betty Ann Blanton, the reading resource teacher at Haydon Elementary School in Manassas. A visit to Ms. Blanton's room at the school shows neatness and order. But a look at the woman's background is fascinating. She was a multiple winner of the "Agriculture in the Classroom, Outstanding Teacher" award. For at least two decades she was one of the leading teachers in Virginia in the field of agriculture and farm education. She won the Prince William Soil and Water Conservation District Outstanding Teacher award, she was recognized by the Washington Post for the Agnes Meyer Outstanding teacher award. And of course, this year she not only won the VFW outstanding teacher award from our Manassas Post but also won the award on the District level.

Then there is Tim Heisler who won our Manassas VFW Award at the Grades 9 thru 12 level. He does his teaching at Seton School. He teaches classes ranging from Economics to Math and also advises several student groups at Seton. Tim, according to his Principal Anne Carroll, linked economics to the incredible World War Two effort by the "Greatest Generation." He showed how the folks at home contributed to the armed forces thru rationing, victory gardens, and early efforts at recycling metals. He suggests that some of that sacrifice by the "home front" has been missing in the wars in Iraq and Afghanistan. But most importantly, he teaches today's young people about the intense patriotism of the World War Two generation.

Judging dozens of essays by students in the Manassas area the past year has again brought home the fact that today's young generation recognizes the sacrifices of their parents, friends and relatives who were in the nation's military. Our third place Patriot's Pen winner Brian Majewski correctly described the draft dilemma that faced many of us in the Vietnam era. Second place Patriot's Pen award winner Antonio Dattoli of Parkside Middle School spoke of the sacrifice by Senator John McCain in those North Vietnamese prison camps. Our first place Patriot's Pen student, Austin Bond of Metz Middle School, gave a very accurate description of the D-Day landings and got to speak to a guy who was there, our own Joe Dazzo. A most interesting essay was submitted by one of our Voice of Democracy winners, Theresa McCullough of Seton School. She spoke of her grandfather who served in the Korean War and wrote about the importance of maintenance of equipment under tough weather conditions. And finally another VOD winner, Angela Jividen of Osbourn High School, traced her father's military service and wrote a moving tribute to veterans of all of our nation's wars.

It was a wonderful and moving experience to read the works and find out about the lives of this school year's education award winners. If you are interested in helping out in organizing the Post 7589 2009-2010 awards please give me a call at 703 220-4545 or emailing me at [jeanandpetermacleod@verizon.net](mailto:jeanandpetermacleod@verizon.net).

**Your Post 7589 Education Chairman, Pete MacLeod**

### **Eagle Scouts Participate in Freedoms Foundation Conference**

The VFW Department of Virginia Scouting Team made an offer to any Eagle Scout submitting an application to the VFW Scout of the Year program by 31 December 2008 that we would take them to the Freedoms Foundation program for Eagle Scouts entitled "The Price of Freedom". The program was to be held at Freedoms Foundation Headquarters in Valley Forge Pennsylvania February 12 – 15, 2009.

Team members Stan Hunter, Ron Knowles and Mike Ford accompanied 7 Virginia Eagle Scouts to the conference.

The conference was attended by approximately 65 Scouts from all parts of the country and included Sea Scout holders of the Quartermaster Award. We were housed in dormitory style rooms and ate in the foundation dining room. The Scouts were divided into groups and enjoyed a variety of activities, some relating to freedom and some just for fun. They discussed making laws and how these laws might restrict or enhance freedom.

A flag retirement ceremony was held where almost 100 flags, including 4 Garson flags that previously had flown over the foundation, were retired.

The group was also addressed by President Thomas Jefferson and by Mr. Alexander Hamilton, Secretary of Treasury. A holder of the Navy Cross told about the Medal of Honor.

A tour of Valley Forge was on the agenda for the week-end. The conclusion of the program included a chapel ceremony and a moving presentation by an original signer of the Declaration of Independence. Following that, all participants were asked to sign a facsimile copy, and as a memento each was given a copy.

On Sunday morning the group drove to Philadelphia and toured Independence Hall where the Declaration of Independence was written. Our final stop was at the Liberty Bell.

It was an educational and enjoyable experience and we were extremely pleased to have 7 Eagle Scouts from Virginia participate. We hope to continue this kind of effort in future years.

Our sincere thanks to VFW Post 1503 (Dale City) for the use of their van, and to VFW Post 7589 for providing funding for gasoline and a neckerchief for each of the attendees.

Pictures of the event have been posted at [www.vfwascouting.org](http://www.vfwascouting.org). Click under the price of freedom flyer to see the program in action.

**Chaplain Ron Knowles—Boy Scout Team**

### **Walter Reed Celebrates a Century**

On April 27-May 1, Walter Reed Army Medical Center its kick-off a weeklong Centennial Celebration in honor of the medical center's 100 years of care for America's service-members and their families. Walter Reed Army Medical Center is the largest Department of Defense military hospital serving the military community in the Washington area and around the world. It is the only DoD facility with a primary care clinic dedicated solely to Warriors in Transition, combat wounded, ill and injured service-members.

**Military.com—Benefits—Week of 16 March**

### **Congress Probes VA Mishandling**

The House Veterans' Affairs Disability Assistance and Memorial Affairs Subcommittee and the Oversight and Investigations Subcommittee conducted a joint hearing recently on "Document Tampering and Mishandling at the Veterans Benefits Administration." Since October 2008, the Veterans Benefits Administration (VBA) of the Department of Veterans Affairs (VA) has come under fire for misdating claims at the New York Regional Office, shredding documents wrongly placed in shredder bins, and denying widows survivor benefits. The hearing focused on the changes put in place by VA to address these problems.

**Military.com—Benefits—Week of 16 March**

### **Social Security Expedites Applications**

Service-members who become disabled while on active duty will receive "expedited processing" of disability claims from Social Security. The expedited process is for military service-members who were disabled on or after Oct. 1, 2001, regardless of where the disability occurs. People in the military can apply for and receive benefits even while receiving military pay. Social Security also developed a new website all about [benefits for wounded warriors](#) that includes a link to apply for disability benefits online. Disability applicants can also call 1-800-772-1213. (TTY 1-800-325-0778) to schedule an appointment at their local Social Security office.

**Military.com—Benefits—Week of 16 March**

### **Traumatic Brain Injury Awareness**

March is brain injury awareness month. A mild traumatic brain injury (TBI), better known as a concussion, causes an alteration of the person's mental status. Concussions may be dismissed and go untreated. Symptoms of TBI include confusion, headaches, dizziness, ringing in the ears or nausea. Some people do have more persistent symptoms, which can include trouble sleeping, irritability or blurred vision. For more information, visit the U.S. Army Medical Department's [Brain Injury Awareness](#) webpage and the Defense and [Veterans' Brain Injury Center's](#) website.

**Military.com—Benefits—Week of 16 March**

### **D-Day Memorial Prepares**

The National D-Day Memorial in Bedford, Va. is currently preparing for the upcoming 65th Anniversary of D-Day on June 6, 2009 with a Luminary Project. Each luminary costs \$20, or 6 for \$100. All gifts are tax-deductible and proceeds benefit the anniversary programming at the Memorial. The Memorial will stay open until 10 p.m. on June 6 so visitors can view the nighttime illumination along the necrology wall, which bears the names of all Allied servicemen killed in action during D-day. For more information, visit the [National D-Day Memorial Foundation](#) website.

**Military.com—Benefits—Week of 16 March**

### **Planning for VA Compensation**

It is important to contact your local VA office immediately after retirement or transfer from duty to see if you are eligible for a disability award. The criteria for a VA disability award may be different from military criteria. The Department of Defense has two programs designed to reduce the reduction in retired pay due to receipt of Veteran Administration compensation, for certain disabled retirees that include (1) Concurrent Retirement and Disability Payments (CRDP) and (2) Combat-Related Special Compensation (CRSC). For more information, visit Military.com's [Veteran Disability Compensation](#) webpage.

**Military.com—Benefits—Week of 16 March**

### **New Center Aids Psychological Health**

A new 24-hour outreach center now provides information and referrals to service-members, veterans, their families and others with questions about psychological health and traumatic brain injury. Operated by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE), which falls under TRICARE Management Activity, staff at the center are available around the clock, 365 days a year, by phone at 866-966-1020 and by e-mail at [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org). The [DCoE](#) promotes resilience, recovery and reintegration of service-members facing psychological health and traumatic brain injury issues.

**Military.com—Benefits—Week of 16 March**

### **Reserve Retirement Bill Introduced**

Legislation has been introduced during the new Congress to amend Title 10, United States Code, to ensure that members of the Reserve Components who have served on active duty, or performed active service since 9/11 in support of contingency operation or in other emergency situations, receive credit for early receipt of retired pay. The measure will expand the provision of the FY08 National Defense Authorization Act that allows members to receive retirement pay earlier than the normal age 60 by three months for every 90 days served on active duty after January 28, 2008. This issue is among the legislative resolutions approved by the VFW National Convention. Contact your members of Congress to sign on as a cosponsor of H.R. 208.

**Dept. of Virginia—March 2009 General Orders**

### **MILITARY WOMEN'S ADVOCACY**

I attended the United States Department of Veterans Affairs Advisory Committee on Women Veterans quarterly meeting, February 18-20, 2009, at the VA headquarters in Washington, DC.

The Honorable Eric Shinseki (General, U.S. Army, Retired), opened the meeting by sharing his overarching vision and direction for the VA. He clearly wants to change the VA, and to change it quickly by establishing a very high standard of service and holding VA personnel accountable and responsible. He acknowledged that women veterans are entitled to the same privileges and benefits as their male counterparts and vowed to provide high quality healthcare specific to women's unique needs; stating that women are also Warriors and should be honored and respected. With less than 1 month on the job, GEN Shinseki could not forecast the budget available for the next 2-3-years to provide much-needed improvements in services at centers. He plans to address his "share the Veteran" theme with SecDef Gates at their upcoming meeting, and to promote unified personnel and electronic health care records that can pass easily to the VA when service members transition from active service. He challenged the Committee to "be impatient" with him (but please be courteous) to implement the many changes and improvements needed at the VA.

Mr. Michael Walcoff, Deputy Under Secretary for Benefits at VA, shared his frustration with bad customer service (shredding documents, falsifying claim dates, etc.) that has led to Veterans' loss of faith in the VA benefit processing system. Mr. Walcoff vowed to implement needed changes, and is on track to implement a paperless claims process by 2012. He is also looking at new outreach proposals, such as YouTube and Facebook, to reach younger veterans. Some good news: delinquencies and foreclosures in VA guaranteed mortgages are very low compared to the rest of the U.S.

National VFW *She Serves* Campaign. Six Virginia-based female veterans recently joined the VFW as Members at Large through the national *She Serves* campaign. All have been personally contacted, referred to a local Virginia Post, and joined to our Department Women Veterans network. Hopefully these women and many others will become active in our Posts – please help them to feel welcome!

**Margo Sheridan—10th District Commander, Chairman**  
**Dept. of Virginia—March 2009 General Orders**

### **VFW MILITARY FAMILY SCHOLARSHIP**

Now in its fourth year, this scholarship program has been expanded to members of the military, National Guard and Reserves, and anyone discharged within 36 months preceding the annual deadline of December 31. Fifty \$1,500 scholarships are awarded annually. Brochures that include the entry form are available at [www.vfwdepartmentresources.org](http://www.vfwdepartmentresources.org), or by contacting the VFW Programs office at 816-968-1116. The scholarship may be used for the spouse and/or children of the veteran.

**Kim DeShano, ADJ/QM**



## LADIES AUXILIARY 7589 NEWS

Editor: Valerie Nealey - 703-368-7636 [jvnealey@verizon.net](mailto:jvnealey@verizon.net)

### MESSAGE FROM YOUR AUXILIARY PRESIDENT

Our Auxiliary will be nominating and electing officers for 2009-2010 at our April 6th meeting. Any member in good standing (which means that you have paid your 2009 dues) shall be eligible to any office in the Auxiliary. If you wish to be elected, you will need to be at the April 6th 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**

\*No member shall hold two elective offices, but may hold one elective and one or more appointive offices. Trustee may hold another elective or appointive office other than President, Secretary or Treasurer.

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When our Auxiliary was instituted 10 years ago, I took the office of Treasurer and kept it for 8 years along with other members who did the same. Staying in the same position year after year makes an Auxiliary "stale" because we are recycling the same officers. The time has come for other members to accept positions. If you are unsure of what the duties are of each office, please call me - you may surprisingly discover that you can do it. You will not be left "drifting in the wind" - we are here to help each other and learn.

**ALL MEMBERS ARE VALUABLE.** Our members are truly committed to living a life of love (sharing, caring, giving) because the Auxiliary is founded on the principle of serving the needs of others (Veterans, their families, and our Communities). I know spare time is precious, but maybe you can give up a little bit to help decorate the Post Home for a social event, help with an Open House or assemble a "care" package for the troops. If you don't know how or what needs to be done, just ask and we will show you.

Ways to be a Valuable Member are:

- ⇒ 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 12 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

### **AUXILIARY PROGRAM CHAIRMEN**

Your Auxiliary President requires your support and assistance in implementing these programs. Each Auxiliary **must participate** in the National Programs and **must report** to the Department Chairman during the reporting period July 1 – March 31. Help will be given. Please choose one or more programs and contact me at [aux7589@verizon.net](mailto:aux7589@verizon.net) or 703-368-7636.

A Program Chairman:

- ⇒ Plays an important role in the Auxiliary by keeping members informed about our National Programs.
- ⇒ Is required to organize at least one activity and reports upon completion.
- ⇒ Is provided with guidelines, assistance, resources and monthly promotional materials

The National Programs are:

**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 which consists of the following: Continuing Education Scholarship - Military Assistance Program (MAP) - Operation Uplink - Unmet Needs - Adopt-A-Unit - Snowball Express - Fisher House - Wreaths-Across-America - Buddy Poppy - VFW National Home for Children**

**Youth Activities which consists of the following: Outstanding Young Volunteer of the Year Award - Youth Supporting Our Troops - Young American Creative Patriotic Art Contest - Girl Scouts Bronze, Silver and Gold Awards.**

A "School of Instruction" will be planned for Auxiliary Officers and Program Chairman in July or August. All Auxiliary, District Officers and Program Chairman will assume their duties on June 14 when the Department President is installed at the June Convention.

### **ADOPT-A-UNIT UPDATE**

#### **266th MP Company of the Virginia National Guard**

Auxiliary members gathered at the Post Home on March 7 to assemble five "care" packages for the female troops of the 266th MP Company. **Pam Braithwaite** and **Valerie Nealey** purchased feminine products, toiletries, snacks, paper products, etc. and some items were donated by members. I would like to thank the following members who assisted: **Marie Arthofer, Pam Braithwaite, Danielle Brown, Sondra Burroughs, Linda Fiedor, Angela Fromm, Patsy Gough, Tonya Miller, Janet Raskin, Yvonne Sullivan, Kay Yeager.** **Andrea Burroughs** collected letters and drawings from her second grade classmates to send to the troops which were included in the packages which were mailed on March 10.

### **CAMPBELL'S SOUP LABELS**

VFW National Home for Children are working towards their fifth mini-van and need your help. Please remember to bring your Campbell's Soup Labels 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.



### OVERSEAS COUPONS

**Pam Braithwaite** is collecting current and expired coupons for veterans and their families at a 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 the coupons to a meeting, drop off at the Post Home or mail to **Ladies Auxiliary VFW Post 7589, PO Box 10206, Manassas, VA 20108.**

### AUXILIARY FUNDRAISERS

Thanks to everyone who made our Avon Fundraiser a success. A big thanks to **Yvonne Sullivan** and **Angela Fromm** for chairing this project. We will not know the exact figure until all money is turned in at the April 6 meeting, but Yvonne estimates that we made \$400. If any member has suggestions for another fundraiser, please let me know.

### MEMBERSHIP

If you have not paid your 2009 dues, you are a member "not in good standing" -- she is not eligible to hold office on any level, receive Cancer Grants if otherwise eligible, or attend meetings until her dues are paid. Please mail your dues of \$15 to Treasurer, Ladies Auxiliary VFW Post 7589, PO Box 10206, Manassas, VA 20108. All checks should be made payable to "Ladies Auxiliary VFW Post 7589". **If your address has changed, please notify President Nealey so we may change our roster.**

If you would like to receive reminders of auxiliary events, meetings, updates, alerts, etc., via e-mail, please send your e-mail address to Valerie Nealey [aux7589@verizon.net](mailto:aux7589@verizon.net)

### WEB SITES

**VFW Post 7589:** [www.vfwpost7589.org](http://www.vfwpost7589.org)

**Virginia Ladies Auxiliary VFW:** [www.vfwvaux.org](http://www.vfwvaux.org)

**National Ladies Auxiliary VFW:** [www.ladiesauxvfw.com](http://www.ladiesauxvfw.com)

### UPCOMING EVENTS

**Meetings** - Monday, April 6 – 7:30 pm; Monday, May 4 - Installation of Officers

**District Meeting** - Sunday, May 17, 1:00 pm -- VFW Post 7589 - Manassas

Nominations/Elections

**Memorial Day Activities** - Monday, May 25 - Wreath-laying at Manassas Veterans Memorial 8:30 am; proceed to Manassas Cemetery to place wreath at Francis Cannon grave and flags and poppies on veterans graves

**Department Convention** - June 11-14 in Richmond

**FRANCIS CANNON VFW POST 7589  
703-361-5554**

**9304 CENTREVILLE ROAD - MANASSAS, VIRGINIA 20110**

**2008-2009 POST OFFICERS**

Commander	Steve Meade	703-408-0875
Sr. Vice Cmdr	Pete MacLeod	703-794-1103
Jr. Vice Cmdr	Sam Nealey	703-368-7636
Quartermaster	Rick Raskin	703-369-2732
Adjutant	Mike Guttman	703-330-3925
Advocate	Ron Link	571-921-9220
Chaplain	Ron Knowles	703-368-4743
Surgeon	Dick Lemmon	703-330-3376
Off of the Day	Rod Gillett	703-361-8358
Guard	Dallas Kennedy	703-393-9632
Service Officer	Sam Nealey	703-368-7636
Historian	Ed Fishpaw	703-335-5422
Trustee 1 year	Joe Dazzo	703-361-6041
Trustee 2 year	Bob Pace	703-680-1229
Trustee 3 year	Mike Guttman	703-330-3925

**2008-2009 AUXILIARY OFFICERS**

President	Valerie Nealey	703-368-7636
Sr. Vice Pres.	Pam Braithwaite	703-278-8076
Jr. Vice Pres.	Jenn Nealey	703-331-1214
Secretary	Pam Braithwaite	703-278-8076
Treasurer	Angela Fromm	703-330-3931
Chaplain	Bettie Keyton	703-369-2209
Conductress	Kay Yeager	703-791-6665
Guard	Patsy Gough	703-368-2697
Historian	Elanor Doczi	703-361-4795
Patriotic Inst.	Debbie Baxter	703-791-7690
Trustee 1	Polly Tibbs	703-361-9462
Trustee 2	Nancy Dazzo	703-361-6041
Trustee 3	Joanna Roberts	703-392-3870

**Ladies Auxiliary Send Care Packages to Female Members of 266th MPC**



**Members Section Added to Post Website**

We have added a new feature to our website; a members only section. In this password protected area you can view minutes of post meetings, check the post by-laws and have a look at the hall rental calendar. This is only a start in making available information that is for the exclusive use of our members. Any Post 7589 member in good standing may request a login and password by contacting Quartermaster Raskin [qm7589@verizon.net](mailto:qm7589@verizon.net).

**Quartermaster Rick Raskin**

**EASTER PARTY FOR FAMILIES OF THE 266<sup>TH</sup> MP COMPANY**

The Virginia National Guard Family Readiness Group ("FRG") of the 266<sup>th</sup> MP Company is providing an Easter Party for the families. The party will take place on Sunday, April 5 from 2 pm to 4 pm at our Post Home. The FRG has invited all Post and Auxiliary members to drop in and meet some of the families. This is the military unit that we have adopted -- I hope you will take this opportunity to show our support for the troops and their families.

**Ladies Auxiliary President Valerie Nealey**

**Paperless VA Benefits Delivery**

The Department of Veterans Affairs' Benefits Delivery at Discharge program has gone paperless. The program, which allows service-members to apply for disability compensation benefits from VA before retiring or separating, has a goal of providing benefits within 60 days after release or discharge from active duty. For that to happen, it's important that service-members apply at least 60 days before separation. Electronic images are made of medical records and other supporting information, allowing claims to be decided in a paperless environment. For more information, visit the [Benefits Fact Sheets](#), and click one of the Benefits Delivery at Discharge links in the General Benefits Information section.

**Military.com—Benefits—Week of 02 March**

**April 2009**

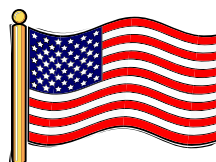
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Bingo 8 am—12:30 pm	2 Executive Board 1830hrs	3	4
5 266th Easter Party Palm Sunday	6 VFW & Auxiliary Meetings 7:30 pm	7	8 Bingo 8 am—12:30 pm	9 Passover	10 Good Friday	11
12 Easter	13	14	15 Bingo 8 am—12:30 pm	16	17	18
19	20	21	22 Bingo 8 am—12:30 pm	23	24	25
26	27	28	29 Bingo 8 am—12:30 pm	30 Executive Board 1830hrs		

# March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 VFW & Auxiliary Meetings 7:30 pm	3	4 Bingo 8 am—12:30 pm	5	6	7
8	9	10	11 Bingo 8 am—12:30 pm	12	13	14 St. Patrick's Day Parade
15 Daylight Saving Time	16	17 St. Patrick's Day	18 Bingo 8 am—12:30 pm	19	20	21
22	23	24	25 Bingo 8 am—12:30 pm	26	27	28
29	30	31				

## The Cannon News

*Francis Cannon VFW Post 7589*  
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- ⇒ *Veterans Clinic hosted by American Legion Post 150, Sterling, VA*