

# CANNON NEWS

Francis Cannon VFW Post 7589  
Manassas, Virginia  
November 2016

---



October 20: The Manassas Volunteer Fire Company conducted training at our Post home.

---

## *In This Issue:*

- Holiday Party at Golden Corral
  - Manassas Fall Jubilee almost a rainout but still a success
  - Garmin Becomes Latest VFW Member Benefit
  - Pro-bono work available for veterans in home buying process
  - Documents discovered in possession of a former DVS employee
  - Top reasons members stay in or leave the VFW
  - Virginia Is the Lead Sponsor for The 4<sup>th</sup> Annual Student Veterans Conference
  - VFW Action Corps
  - 2017 JLC Initiatives
- 

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

## Commander's Message

Pete MacLeod



The City Manager of Manassas is William Patrick Pate. He is appointed by and serves at the pleasure of the Manassas City Council. William and his senior leadership team met at the Post 7589 Hall on Tuesday, October 25. (See picture on [Page 12](#)) His team consists of the department heads of the city. They make a practice of meeting at a different business or organization in the city each month. October was our turn and basically all we had to do was unlock the door and let them in. They had ordered a catered meal for lunch and Building

Manager Wayne Moore, Quartermaster Rick Raskin and I just had to make sure the tables and chairs were set up for their meeting.

I made a presentation about VFW Post 7589 at the end of their meeting. Rick helped set up our PowerPoint presentation, "Welcome to Post 7589" which was put together in 2013 and still holds up very well. We also set up a mini-museum on one of the tables with the certificates from the State VFW that Post 7589 has been awarded in recent years. The table also had our brochure and information about the youth work and other projects that we do.

The reaction from the leadership team was very positive. What surprised me was the fact that most of the leaders said they had never set foot inside our Post Home and most were totally clueless about what we are all about. These are the people that run the city of Manassas from the police chief to the public works director. Do you think we are in need of some PR work? I would say so.

One of the big problems facing us when it comes to publicity is that there is no daily newspaper serving the city, not to mention the lack of a local radio or TV station. Patty Prince, Communications Manager of the city was there at the meeting and we touched base and will work on that problem. She admitted it is a concern for her too. Another positive outcome of the meeting was Fire/Rescue Chief Robert Clemons asked to speak at one of our membership meetings. We will be following up on all of these items. We are making some steps toward letting the people of the city know who we are. Warren Ewell and his Americanism Committee are hard at work trying to get us represented in the Veterans and Christmas Parades that are ahead. With Ms. Prince's help we will be trying to navigate the constantly changing and frustrat-

ing local weekly newspaper and online services that carry Manassas area news and events. If you are interested in helping in this area, please don't be shy, let us know.

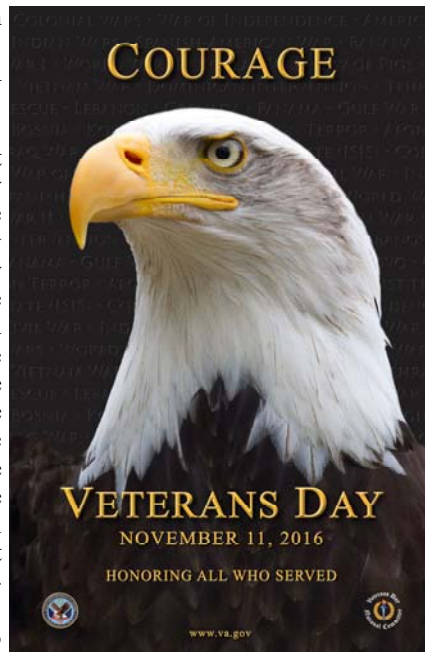
November is a month of special interest to veterans because of the Federal Veterans Day Holiday on the 11<sup>th</sup>. We will have a ceremony at the Manassas Veterans Memorial at 8:30 am and then we will move to the Manassas Cemetery at 9:00 am. There we will hold a ceremony at the grave of Francis Cannon followed by Scouts helping us place flags at veteran's graves. We hope you can make it because this is one ceremony that all members of Post 7589, who live in the local area, should attend. We usually have an informal get together afterwards at the Ashton Diner. It is a good opportunity to get to know your fellow comrades.

It is always good to know the history of November 11. Back in 1918 this was the day of the Armistice when the guns finally fell silent ending "The Great War," the "war to end all wars", which had begun in August of 1914. Surely we would never be stupid enough to put the world through another war like that. Well, you know how that turned out!

It is overshadowed by World War II, but make no mistake, WWI was a terrible, horrible war which started because of a series of entangled alliances that led to dozens of nations becoming involved, when many of them had no good reason to go to war. It featured years of trench warfare, the first widespread use of planes in combat, poison gas, and a whole series of new and improved automatic weapons. We don't want to forget the hundreds of thousands who succumbed to disease.

Even though it features mainly civilians, Eric Larson's riveting book, "Dead Wake" gives you a good picture of the sheer waste of life for no good reason that was so prevalent in World War I.

This story shows how hundreds of Americans, most on vacation, would be killed before America even entered the war!



The casualty numbers from World War I are hard to believe: 8,528,831 killed, 21,189,154 wounded, 7,750,919 missing or taken prisoner. Total casualties of 37,468,904. These figures are often in dispute because so many different countries were involved in the war. But the statistics presented here are from the Public Broadcasting Service (PBS) in the United States and are generally close to what other sources have come up with. Russia alone suffered 9.1 million casualties; France: 6.1 million; the United States recorded 323,018 casualties. That may have been lower than other nations because of our late entry into the war, but conditions were brutal and many Americans returned sickened and crippled for life. The American "doughboys" deserve our respect and a salute on November 11.

## Auxiliary President



Thanks to the members of the Auxiliary and Post for a very successful Fall Jubilee on October 1<sup>st</sup>. Our mission was to meet and greet the public with the information about our organization. I would like to thank the Auxiliary members who assisted in the day's activity. They were: Cookie Cullen, Ann Mitchell, Janet Raskin and Yvonne Sullivan. We educated the children with the Pledge of Allegiance plus giving them the American flag. They also received several gift from the Auxiliary. What a great day!!! Again, thank you.

This is the last month I will mention our Wreaths Across America (WAA) fundraiser this year because the deadline is **November 26<sup>th</sup>**. We have been assisting this not-for-profit organization for several years and they have provided us the opportunity to have this fundraiser for our organization's needs. We are working to place more wreaths than ever on Veterans' graves at Quantico National Cemetery. This year's event will be December 17<sup>th</sup> starting at noon. We ask for your support because this is a major fundraiser for us. Sponsorships are \$15 per wreath. Sponsorship applications can be printed from our website at [www.vfw7589.org](http://www.vfw7589.org) under Auxiliary or contact Ginger Harvey at 571-641-5350 or [gch1130@aol.com](mailto:gch1130@aol.com). To learn more about WAA or to pay for your sponsorship with a credit card, please visit [www.wreathsaacrossamerica.com](http://www.wreathsaacrossamerica.com) and remember to include our **Sponsoring Group ID No. VA0040P and Cemetery ID No. VAQNCT**. Again, the **DEADLINE is November 26<sup>th</sup>**. Please come and join us on **December 17<sup>th</sup>** at noon and assist with laying the wreaths. It is one of the most fulfilling experience you will ever have.

We will start off Veterans Day activities on November 11<sup>th</sup> at 8:30am by meeting at the Manassas Veterans Memorial to lay the wreath from the VFW. After the ceremony, we will travel to the Manassas Cemetery to lay a wreath at Francis Cannon's grave and replace the old flags with new ones. Please come and join us. At 2:00pm, the Auxiliary members will assist Manassas Park Post 1811 at Birmingham Green for their annual Veterans Day ceremony. Please come and join us.

The Auxiliary will be having a Buddy Poppy drive at a new location on November 12<sup>th</sup>. The Giant in Centreville has graciously welcomed us to raise funds for our Veterans. They are located at 14125 Saint Germain Drive in Centreville. This Veterans Day, Giant has allow us two days for the Buddy Poppy drive, so we are taking advantage of this opportunity and will hold the drives on Saturday and Sunday from 9:00am to 2pm. Please let me know your availability and assist us with this drive.

Just a reminder, the District 8<sup>th</sup> meeting will be **Saturday, November 19<sup>th</sup>** at Fredericksburg Post 3103. Lunch will be served at noon and the joint session will begin at 1:00pm. If you are an Officer and can't attend this meeting, please let the District Presi-

dent Sheila Hunter know.

The Voice of Democracy and Patriot's Pen award ceremony will be held on December 4<sup>th</sup> at 4:00pm at the Post. The Auxiliary members will provide refreshments for the event.

Our December 5<sup>th</sup> meeting will be held at City Tavern at 6:00pm. This is our annual Christmas meeting and we would like to welcome everyone to attend. Please bring a gift to exchange with your fellow members. We always look forward to having an enjoyable time.

The Auxiliary will be celebrating Christmas with the Veterans at Birmingham Green in December. We will present them with special gifts to brighten their holiday. Date will be announced later.

The Christmas holiday committee is making plans to have the Post holiday dinner at the Golden Corral again this year. This event will be held on December 16<sup>th</sup> at 7:00pm. You will be able to RSVP as soon as all the arrangements have been made.

The Auxiliary is now collecting coupons for the military overseas. The coupons are good six months after the expiration date. Please drop whatever you have off at the Post and we will forward them overseas. Thank you in advance for your participation.

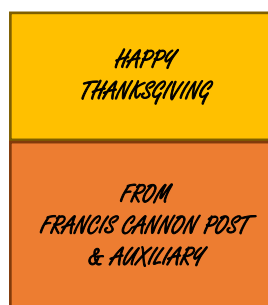
The schedule for the next three months is on [page 15](#).

Even though we are no longer collecting Campbell soup labels, we are still supporting the National Home for Children. They need your support more than ever. Please consider purchasing a life membership of \$35.

Elanor Doczi's husband fell and broke his hip. He is now in rehab. Please keep the family in your thoughts and prayers. As always, for individuals or family members who are ill or hospitalized, please keep them in your prayers as well.

Respectfully,

Mary Corkhill  
Auxiliary President





## Youth News and Notes

We may have set a record! Seton School in Manassas presented VFW Post 7589 with 60 Voice of Democracy audio-essays on October 27, four days before the official contest deadline of November 1. Now we have to judge them! We are still expecting entries from home schooled students, Osbourn High School, Chantilly High School, Westfield High School and Centreville High School.

We also expect at least 100 Patriot's Pen essays from our middle school students in the Manassas area. The judges are going to be very busy over the next couple of weeks. We expect judging to be completed by November 15 when we will send a list of the award winners to the membership. The top essay writers will be recognized at our Youth Awards Ceremony on Sunday, December 4 at 4:00 pm at the Post Home.

Schools involved in the Patriot's Pen competition include Metz Middle School, Bull Run Middle School, Benton Middle School, Manassas Christian School, Seton School, Mayfield Intermediate School, Stone Middle School and Liberty Middle School.

Don't forget the VFW Teacher of the Year competition in three grade categories: K-5, 6-8 and 9-12. The deadline for that contest is Feb. 15, 2017. Applications can be printed from the VFW national website: [www.vfw.org](http://www.vfw.org) and there is a link on the Post 7589 website: [www.vfw7589.org](http://www.vfw7589.org).

Youth Committee members also have dozens of applications/brochures which can be given to those interested in person or by mail. We have a stack of Teacher of the Year application/brochures placed near the snack bar area of the Post.

Patriotic Art and Scout of the Year have March deadlines.

There are always used flags to be properly disposed. We team up with Cub Scout Pack 910 to hold a flag retirement ceremony in back of the Post on Saturday, Dec. 10 from 9:00 am to 11:00 am. We will start with flag education for the Scouts inside the Hall at 9:00 am and then move outside about 9:30. Both Post and Auxiliary members are urged to take part and help out.

"Veterans in the Classroom" at Veterans Day is always an exciting time. Here are two dates and times to keep in mind:

Friday, November 4, at 9:30 am at Manassas Christian School in Manassas Park: Kindergarten through 8<sup>th</sup> grade, class by class, get up on stage and give patriotic presentations, many of them aimed at veterans. Everyone in Post 7589 is invited. Please show these teachers and students how much we appreciate the recognition by attending. The program takes about an hour. It is a "must attend" event.

An equally good time can be had at Mayfield Intermediate School in Manassas on Thursday, November 10 starting at 8:00 am. Three different cycles of classes come through and the veterans are invited to speak to the students and answer their questions. It has been a wonderful time in the past and this year should be no exception. Jerry Martin from our Post and teacher Megan McNulty will be running things. Let's show the students that we care about telling our stories and also about listening to them. All members of VFW Post 7589 are invited. (There are breaks in the program with plenty of coffee and donuts!)

Please don't forget the Manassas Veterans Parade at 11:00 am on Saturday, November 12! Meet at the Post at 9:00 am, walk to Seton School for refreshments and then take up position and march!

Pete MacLeod, Youth Chair



The National Association of Secondary School Principals has placed these programs on the [NASSP National Advisory List of Contests and Activities for 2016-17](#).

Come join us for a Holiday celebration!

Friday, December 16, 2016 — 7:00 pm



10801 Bulloch Dr., Manassas, VA



\*\*\*\* **YOU MUST RSVP TO ATTEND** \*\*\*\*

Those not registered will be charged \$15.50 each.

Post, Auxiliary and one family member or guest

*Additional guests at \$15.50 each*



Vietnam Veterans and one guest are also welcome under the VN50 Program.

Yes, we'll be there.

Name: \_\_\_\_\_

Post ☐ Auxiliary ☐ VN50 ☐

Number attending: \_\_\_\_\_

CHECK YOUR AFFILIATION

Return form to:

Post 7589  
PO Box 10206  
Manassas, VA 20108-0668

Deadline December 10, 2016

[\[Click here to RSVP Online\]](#)



## Manassas Fall Jubilee almost a rainout but still a success

By Rick Raskin

October 1 started out as a rainy day and cast a shadow on the Fall Jubilee. At setup time the rain had ceased and we pitched our canopies and setup our displays. This year we were next to the train station which was not the best of locations. Asked why we had been moved the representative from Historic Manassas said it was because we had requested an electrical hookup. Interestingly our prime location for the last year few years had ample electricity.

I won't attempt to cast doubt but I noticed that a commercial vendor had our old spot this year and they pay significantly more than a non-profit organization.

The Jubilee opened at 10 am and the first visitors seemed enthusiastic about the VFW and our Auxiliary. We began distributing Trick-or-Treat safety bags to the children who passed by and before the end of the day had distributed over 1000.

Our recruiting was also productive with three veterans becoming members of our Post.

Thanks to all those who helped staff both the VFW and the Auxiliary booths.

It wasn't the greatest day for the Jubilee but it was productive.



Cookie Cullen, Mary Corkhill & Janet Raskin



Mary Corkhill greets Fall Jubilee visitors.



Terry Bursey & Curt Vaughn



Robert Punihaole speaks with some VFW prospects



A couple of happy Trick-or-Treater's



## Garmin Becomes Latest VFW Member Benefit

*Members can save on its extended line of wearable technology*

KANSAS CITY, Mo. (October 26, 2016) — Industry leader Garmin has teamed up with the Veterans of Foreign Wars of the U.S. to offer VFW members the opportunity to save 20 percent off its extended line of wearable technology in the automotive, aviation, marine, outdoor and sports arenas. Garmin's line of activity trackers and smartwatches helps users monitor themselves in order to better plan, track, save and share their progress with others, with the overall goal being to maintain healthy and active lifestyles.

VFW members can begin taking advantage of their 20-percent discount today by logging onto [vfw.org](http://vfw.org) and visiting the Member Benefits section.



Election Day is Tuesday, November 8th, and polls are open from 6am to 7pm.

### **VA DVS AGENT SERVICE AT POST 7589**

**2nd & 4th Thursdays  
9:00 AM — 3:00 PM**

**You can also visit the Fairfax office.**

**11198 Lee Hwy., Ste. D4  
Fairfax, VA 22030**

**703-359-1210**

## Pro-bono work available for veterans who are trying to navigate the process of home buying

I was recently approached by a veteran advocate in the mortgage lending industry on how to make a bigger impact in the NoVA veteran community. His name is Marshall "Will" Williams and he is a retired Army Command Sergeant Major and Senior Enlisted Advisor to two US Secretaries of Defense (Perry, Cohen). He is also the Director of Military Affairs for Home Savings & Trust Mortgage and a member of the Virginia chapter of the Veterans Association of Real Estate Professionals (VAREP).

Will and his team do pro-bono work on behalf of veterans who are trying to navigate the process of home buying, and they work to educate veterans who are leaving the service on the extent and use of their VA loan benefits. Given the massive difference between a conventional home loan and a VA loan price-wise, this information can have a huge impact on the lives of young men and women who are now in, or are leaving, the service. They may not know just how much time and money that they can save by taking advantage of their benefits.

I have included Mr. Williams and company vice president George Light on this email, and I encourage you to reach out to them. They are motivated to educate the veteran community on these benefits. In our discussion, they informed me that their team will go anywhere and anytime to help military vets. I was impressed by their devotion to our veteran community.

Their presentation is free, in-depth, and in no way a solicitation of business. Buying a home will most likely be the biggest investment that a person makes in their lifetime. Making sure that our veterans are taking advantage of these benefits, which they have already earned, could make a big difference for our membership in PWC Veterans Service Organizations.

Thank you for spreading the word on this and perhaps discussing this with Will or George. If I can be of assistance in any way, please don't hesitate to email or call me, or call my legislative aide Tommy Herbert at (571) 264-9983 or [tom.delegateanderson@gmail.com](mailto:tom.delegateanderson@gmail.com).

Best regards,  
Rich

**RICHARD L. ANDERSON**

*Delegate, 51st House District*

*Chair, House Committee on Science & Technology*

*Virginia General Assembly*



P. O. Box 7926, Woodbridge, VA 22195  
804-698-1051 (Capitol, Richmond)  
571-264-9983 (District, Prince William County)  
703-730-1380 (Home, Woodbridge)  
703-282-9653 (Cell, Private)

## Documents discovered in possession of a former DVS employee

Commonwealth of Virginia  
Office of Delegate Richard L. Anderson  
Office of Senator Bryce E. Reeves

RICHMOND --The Virginia State Police [were] notified ... and asked to investigate a large number of documents including veterans' claims applications and associated information, discovered on Sept. 29 in a storage unit belonging to a former DVS employee who worked at the agency's veterans benefits office located at Richmond's McGuire VA Medical Center.

DVS officials have retrieved and secured the documents at the agency's Richmond headquarters, and the documents are being reviewed so that all affected veterans can be notified and assisted to ensure that their claims have been properly filed.

The General Assembly Military and Veterans Caucus, a bipartisan and bicameral group, has worked closely with DVS Commissioner John L. Newby and agency staff since 2014 on matters affecting 800,000 Virginia veterans and their families. We know DVS is manned by capable and energetic people working hard every day, with the best interest of our veterans at heart. We are committed to assisting them in any way possible moving forward.

"Virginia was the first state in the nation to move to a 100% electronic filing system BeneVets has been key in getting Virginia's veterans disability claims approved quickly and efficiently. Thankfully, with this electronic system now in place, DVS is able to track a veteran's claim from start to finish," stated Senator Bryce Reeves, former Arm Ranger and co-chair of the General Assembly Military and Veterans Caucus. "The legislature has made a strong commitment in the past couple years to DVS and we will continue to work with them on security and other issues."

"Here in Virginia, we take our obligation to those who have worn the cloth of our country very seriously," stated Delegate Rich Anderson, a 30-year USAF Colonel (Retired) and co-chair of the General Assembly Military and Veterans Caucus. "As we have done over the last three years, we will work closely with Secretary of Veterans and Defense Affairs John C. Harvey and Commissioner Newby to address this situation and prevent any similar mishandling of veteran information from happening in the future. This is our first, last, and foremost priority."

Veterans whose claims were contained in these documents from 2011-2015 will be contacted by DVS personnel as the investigation continues. Additional information is available on the agency website at [www.dvs.virginia.gov](http://www.dvs.virginia.gov). If you are a veteran who filed a claim at DVS's benefit office located at McGuire VAMC and believe you may have been affected, please contact DVS at (804) 786-0826, or by email at: [veteransassistance@dvs.virginia.gov](mailto:veteransassistance@dvs.virginia.gov).



## Food for thought:



### VETERANS OF FOREIGN WARS

#### Members Will Remain In the Post if:

- It is well organized
- It is financially stable
- It has a direction and purpose
- It is dedicated to important projects
- It promotes a sense of trust among all members
- It keeps members involved
- It considers the input of all members in the Post decisions
- It provides recognition for members efforts

**NO ONE DOES MORE FOR VETERANS.**



### VETERANS OF FOREIGN WARS

#### Reasons For Members Leaving Our Organization

- Disorganized Post Leadership
- Inadequate Orientation (Mentoring)
- Social Cliques, Lack of Friends
- Lack of Recognition
- Lack of Growth / Development
- Lack of Important Programs
- Not Listening to or supporting what (Younger) Members Want

**NO ONE DOES MORE FOR VETERANS.**

*What have YOU done to help us grow?*

## Virginia Is the Lead Sponsor for The 4<sup>th</sup> Annual Student Veterans Conference

By Ken Wiseman

Four years ago, student veterans across the Commonwealth came together to network, learn from each other, and to better adapt their colleges and universities for the needs of veterans returning to the classroom. October 14-15<sup>th</sup>, 2016 was the fourth annual Student Veterans of Virginia Conference and the VFW Department of Virginia served as the lead sponsor. Moving throughout the state, the conference was held this year at Mary Baldwin College and had a focus on the needs of female veterans.

“Virginia has one of the fastest growing populations of both veterans and student veterans and we have the largest population of female veterans, by state, in the country” said State Junior-Vice Commander Ken Wiseman. Ken also chairs the Department’s committee on student veterans. “We have to show the veterans community that the VFW is the premier organization to belong to, that we have been and will continue to be their chief advocate, and that the needs of those veterans on campus are important.” Ken was invited to the conference as a keynote speaker. He led two breakout sessions because the VFW is the only veterans groups with a state headquarters in Virginia to have a committee dedicated to student veterans. Additionally, Ken had a table with various VFW provided resources which a veteran can use. Ken was able to get funding from the VFW National Headquarters to help with the cost of event.

While the VFW has been a sponsor since the beginning of these conferences, the Department became the lead sponsor starting last year. Ken’s breakout sessions were “Being the Veteran’s Advocate” and “The Road Ahead, Life After Service.” Joining Ken on the student veterans committee was Rebekah Lloyd. Rebekah is an Army veteran and a member of Tidewater Post 4809 in Norfolk. She attends Regent University as a graduate student and was also a 2016 VFW-SVA Legislative Fellow. “Being on the committee and working to help student veterans is an honor but also part of that continuing commitment that we have to each other as veterans” said Rebekah. Rebekah was a panelist discussing issues faced by female veterans on campus while at the conference.

Those Posts and members interested in learning more about how the VFW partners with student veterans can contact Ken Wiseman at [jrviccedr@va.vfwwebmail.com](mailto:jrviccedr@va.vfwwebmail.com) or [kwiseman@vfw.org](mailto:kwiseman@vfw.org) for more information.



# From the



## New COLA Stays Stagnant:

Military retirees, veterans receiving VA compensation, and some 70 million Americans on Social Security will see a 0.3 percent cost-of-living increase at the end of the year. Veterans' benefits are not automatically tied to the Social Security increase, but Congress in July passed legislation to link them in 2017. The slight increase matches the 2016 raise, and marks the third consecutive year COLA has been less than a half percentage point.

## VFW-SVA 2017 Legislative Fellowship Program:

The application deadline for the 2017 VFW-SVA Legislative Fellowship has been extended to October 28, 2016. First held in 2015, the program mentors 10 student veterans as they research policy areas affecting veterans and the military. Once their research is completed, the fellows will advocate for legislative and regulatory fixes related to their selected issues. Part of that advocacy includes attending the VFW's National Legislative Conference in March where fellows will join more than 500 VFW members in promoting the VFW's legislative agenda by meeting with members of Congress. Last year, fellows also briefed staffers from the White House and both the Senate and House Veterans' Affairs Committees. The program, with all travel expenses covered, is for VFW members who attend a college or university with a Student Veterans of America chapter. For more information, including the topics for research and the application link, click here:

<http://www.vfw.org/community/student-veterans-of-america/student-fellowship>.

## MIA Families Sought:

The Defense POW/MIA Accounting Agency is seeking families of missing American service members to attend informational update meetings and to collect DNA samples if one is not already on file. Learn more at: <http://www.dpaa.mil/Families/Family-Events/>.

## VFW Wants POTUS Involvement in Bonus Payback Crisis:

Secretary of Defense Ash Carter this week ordered the Defense Finance and Accounting Services to suspend all efforts to collect reimbursements from affected California National Guard members, but VFW National Commander Brian Duffy said the sus-

pension decision doesn't go deep enough, and is now calling on President Obama to issue an executive order to eliminate the collection process altogether, to repay those monies already collected plus interest, and to restore any damaged credit ratings that resulted from a horrendous abuse of power and lack of oversight within the California Army National Guard. "The president must get personally involved and not leave it to a weak system of checks and balances that created a financial crisis that is tremendously impacting the lives of thousands of current and former Guard members," exclaimed the Chief. "The president often touts that he has a phone and a pen and is not afraid to use either. This would be a good time to use both." Read more at: <http://www.vfw.org/news-and-publications/press-room/archives/2016/10/vfw-calls-on-potus-to-end-bonus-payback-issue-now>.

## TRICARE Removes Cost Barriers for Preventive and Mental Health:

The Department of Defense (DOD) is improving the number of services and cost requirements for TRICARE's preventive and mental health benefits. These changes, expected to be fully implemented by spring 2017, are being implemented to expand access and reduce financial barriers for beneficiaries. Effective Oct. 3 this year, DOD removed TRICARE limitations on mental health care and made out-of-pocket costs the same as other medical care. These changes improve care such as inpatient mental health and substance abuse admissions, group outpatient mental health visits, outpatient treatment for substance abuse, substance abuse detoxification, treatment of gender dysphoria, family counseling and much more. Beginning January 1, 2017, the expansion of preventive services will go into complete effect. Some of the no-cost services will be expanded to include free genetic counseling for patients who are high-risk for breast cancer, colon cancer screenings/stool DNA testing and laboratory services considered preventive for certain cancers. To learn more about the mental health and substance abuse benefit changes, click here: [http://www.tricare.mil/About/News/Archives/09\\_29\\_16\\_MHSUD](http://www.tricare.mil/About/News/Archives/09_29_16_MHSUD).

For more information on the preventive health expansion, click here: [http://www.tricare.mil/CoveredServices/BenefitUpdates/Archives/10\\_18\\_16\\_PreventiveServices](http://www.tricare.mil/CoveredServices/BenefitUpdates/Archives/10_18_16_PreventiveServices)

## MyHealtheVet Update:

This week, VA launched an updated version of its MyHealtheVet website to make it more user and mobile friendly. My HealtheVet is designed to help veterans track and manage their VA prescriptions, appointments and health care records. The VFW would like your views on the new design. Please visit [www.myhealth.va.gov](http://www.myhealth.va.gov) and tell us what you think by emailing us at [vfwac@vfw.org](mailto:vfwac@vfw.org).



900 EAST MAIN STREET  
RICHMOND, VA 23219

*Air Force Association  
American Legion  
AMVETS  
Association of the United  
States Army  
Disabled American  
Veterans  
Fifth Baptist Church  
Veterans' Ministry  
Fleet Reserve Association  
Iraq & Afghanistan Veterans  
of America  
Korean War Veterans  
Association  
Legion of Valor of the  
U.S., Inc.  
Marine Corps League  
Military Order of the  
Purple Heart  
Military Officers Association  
of America  
Military Order of the  
World Wars  
National Association for  
Uniformed Services  
Navy Seabee Veterans of  
America  
Non-Commissioned  
Officers Association  
Paralyzed Veterans of  
America  
Reserve Officers Association  
Roanoke Valley Veterans  
Council  
Veterans of Foreign Wars  
Vietnam Veterans of America  
Virginia Army/Air National  
Guard Enlisted  
Association  
Virginia National Guard  
Association  
Women Marines Association*

## COMMONWEALTH OF VIRGINIA JOINT LEADERSHIP COUNCIL OF VETERANS SERVICE ORGANIZATIONS

### Summary of 2017 Initiatives

<b>Initiative</b>	<b>Recommendation</b>
<b>JLC 2017-01</b> <i>Virginia Veteran and Family Support Services</i>	That the Governor and General Assembly appropriate additional funds and new FTE positions for VVFS as requested by the work group.
<b>JLC 2017-02</b> <i>Virginia War Memorial</i>	That the Governor and General Assembly appropriate additional \$100,000 (GF) FY18 to ensure the Virginia War Memorial has the resources necessary to accomplish its dual mission of honor and education.
<b>JLC 2017-03</b> <i>Guard Income Tax Subtraction</i>	That the Governor and General Assembly increase the state income tax subtraction level for members of the Virginia National Guard from \$3,000 to \$5,000 per year.
<b>JLC 2017-04</b> <i>In-state tuition for all members of the Reserve Components</i>	That the Governor and the General Assembly change the eligibility for in-state tuition to include all members of the Virginia National Guard and the Reserve components, thus recognizing their service to the Commonwealth and treating them equally to the active components and veterans
<b>JLC 2017-05</b> <i>VMSDEP</i>	That the Governor and General Assembly remove the requirement that a veteran's disability rating be combat related. Instead, a permanent service-connected disability rating of at least 90%, plus satisfaction of the other requirements currently in the Code, would qualify a veteran's spouse or child for VMSDEP benefits.
<b>JLC 2017-06</b> <i>Electronic Ballot Return</i>	That the Governor and General Assembly enact legislation and provide budget support of a pilot program for the electronic return of absentee ballots by Virginia's deployed military service members to enfranchise their voting privileges.

THE 25 ORGANIZATIONS OF THE JOINT LEADERSHIP COUNCIL HAVE MORE THAN 250,000 MEMBERS



## Get your Post 7589 Challenge Coin

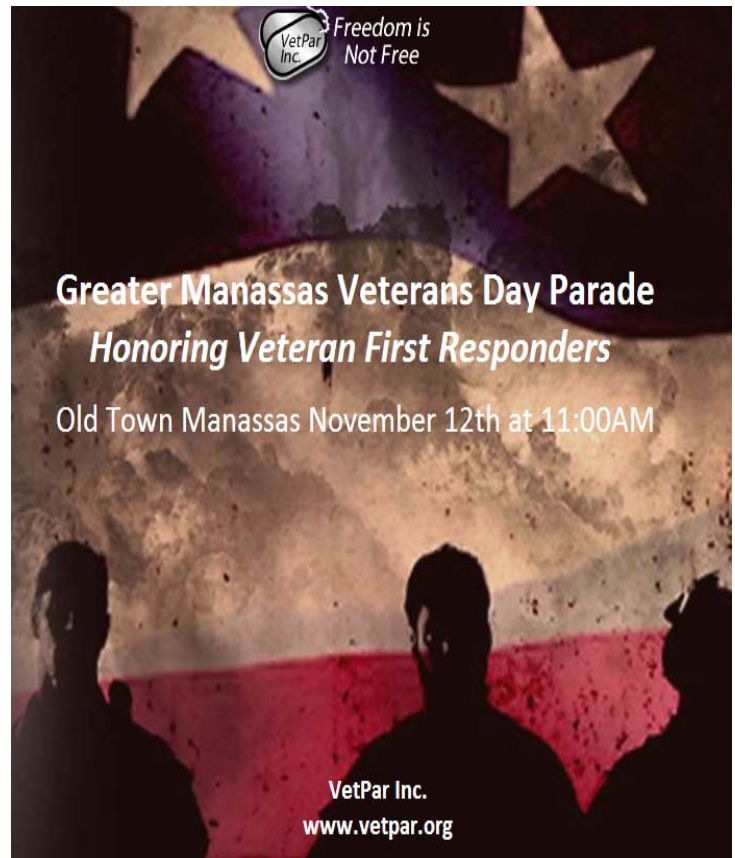


**\$10 each**

**Available at Post meetings**

Also available by mail

Email: [quartermaster@vfw7589.org](mailto:quartermaster@vfw7589.org) for details  
or leave a message at 703-361-5554



The Manassas City Manager's meeting was held at the Post on October 25.

## Upcoming Events

November 1	VOD & PP ( <b>Deadline</b> )
November 7	Post/Auxiliary Meeting-7:30 pm
November 11	Veterans Day Activities - 8:30 am - Manassas Veterans Memorial – 9am Cemetery
November 12	Veterans Day Parade 11:00 am - Line up 9:00
November 12	Buddy Poppy Drive 9 – 2 pm / Giant in Centreville (First day)
November 13	Buddy Poppy Drive 9 – 2 pm / Giant in Centreville (Second day)
November 19	District 8 Meeting at 1:00 pm - Fredericksburg Post 3103 (Lunch at Noon)
November 26	Wreaths Across America Fundraiser ( <b>Deadline</b> )
November 30	Executive Meeting – 12:30 pm
December 3	Manassas, VA Christmas Parade
December 4	VOD/Patriots Pen Awards – Refreshments - 4 pm
December 5	Auxiliary Meeting - 6pm - City Tavern, 9550 Center St., Manassas
December 7	Pearl Harbor Day
December 11	Birmingham Green Assistance Living visit 2:00
December 16	Post's Holiday Party – 7pm - Golden Corral 10801 Bulloch Dr., Manassas, VA
December 17	Wreaths Across America, Quantico Cemetery - 12 noon
December 28	Executive Meeting – 12:30 pm
<b>2017</b>	
January 2	Post Meeting — 7:30 pm (Tuesday in lieu of Monday New Year Holiday)
January 8	Auxiliary Meeting— 7:30 pm
January 12	Day on the Hill
January 13-15	Winter Conference, Williamsburg, VA
January 23-25	National Sr. Vice Conference – Kansas City, MO





Tax ID 20-8362270

### Wreath Sponsorship Form

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

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

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

Phone: \_\_\_\_\_

Email: (To receive our FREE email newsletter) \_\_\_\_\_

Sponsorship	Price	Quantity	Total
<b>Individual</b> = 1 Wreath	\$15.00		
<b>Family</b> = 4 Wreaths	\$60.00		
<b>Small Business</b> = 10 Wreaths	\$150.00		
<b>Corporate</b> = 100 Wreaths or more	\$15.00 each wreath		
		Grand Total	

**\*\*SORRY - WE CANNOT TAKE GRAVE SPECIFIC REQUESTS\*\***

Sponsoring Group ID Number: VA0040P

Cemetery Designation: Quantico National Cemetery

Cemetery ID Number: VAQNCT

Please make checks payable to:  
Wreaths Across America TM

Mail to:

PO Box 249

Columbia Falls, ME 04623

Questions? Please call 877-385-9504

**Cut-Off Date is November 26, 2015**

WAA ceremony will take place at Quantico National Cemetery on  
Saturday, December 17 at 12 Noon.

**Thank you for your Sponsorship and joining us in our mission to Remember,  
Honor and Teach!**

Please note that **all** sponsorships are sent directly to the location and **no** wreaths are sent to the individuals purchasing sponsorships.





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

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

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

On **Saturday, December 17, 2016**, Wreaths Across America ceremonies will take place at over 741 locations in the USA and beyond.

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

**PLEASE JOIN US** -- All wreaths will be placed by volunteers on Saturday, December 17, 2016 at 12 Noon at Quantico National Cemetery. This is a moving experience that you should make part of your holiday tradition. With your help our local heroes will be remembered this Holiday Season. **How many sponsorships can we count on you for?**

# VFW Hall



## Public Rental Rates

\$200.00 for the 1st two hours  
\$ 75.00 for each additional hour

*Friday & Saturday Nights minimum  
Rental is 4 hours for \$400.00*

## SPECIAL RATES FOR POST 7589 & AUXILIARY 7589 MEMBERS

Contact: Wayne Moore 571-285-7904  
Visit our website: [www.vfw7589.org](http://www.vfw7589.org)

- Available for:**
- Baby Showers
  - Birthday Parties
  - Business Meetings
  - Family Reunions
  - Wedding Receptions



# CELEBRATION TIME



We are still in prep-mode to Host a National Event for  
Our First National President from Virginia. It will be Huge!

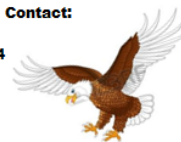
## Dee Guillory

**ANY MEMBER, AUXILIARY, POST OR DISTRICT THAT MAKES  
A DONATION BY 4-30-2017, WILL RECEIVE A CERTIFICATE AT  
JUNE 2017 CONVENTION AND YOUR NAME WILL GO IN A  
DRAWING FOR \$25.00.**

Please make your check Payable to VFW Auxiliary of Virginia & send your  
check to our Department Treasurer Debbie Martin,  
539 Westwood Drive, Ruckersville, VA 22968  
Make sure your check is earmarked "Dee's Celebration"

## Any Questions or Suggestions for Fundraisers, Contact:

- Ellen Stogsdill, 757-777-6275
- Patricia Jurgensen, 703-754-1244
- Laine Beckwith, 757-722-0235
- Mary Corkhill, 703-361-8950



# CANNON NEWS

The official publication of Veterans of Foreign Wars of the U.S.  
Francis Cannon Post No. 7589  
P.O. Box 10206  
Manassas, VA 20108-0668

Please visit our website at [www.vfw7589.org](http://www.vfw7589.org)

Editor: Rick Raskin  
Copy Editor: Janet Raskin

Please email articles to [quartermaster@vfw7589.org](mailto:quartermaster@vfw7589.org)  
We reserve the right to edit submitted articles for timeliness, clarity and syntax.