

# THE CANNON NEWS

Volume 10, Issue 1

Next Meeting: Monday, June 01, 2009

June 2009/July 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 10 medium sized boxes filled with Girl Scout Cookies to the troops stationed in Basra, Iraq. I'm sure that the cookies are being well received by the troops. We staggered the shipment so that they wouldn't get all of them at one time. We understand that there are more cookies at the local National Guard Armory here in Manassas which are awaiting to be shipped.

The results are in! Your new slate of officers have been elected. We have two new Trustees in Comrades Steve Botello and Pat Templeton. Our Adjutant, Comrade Mike Guttman, is now also the Post's Junior Vice-Commander and Adjutant. Our past Junior Vice-Commander is concentrating on being the Post's Service Officer. We have a new Historian in Comrade Warren Ewell and Comrade Joe Dazzo is our new Surgeon

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 are going to have a free Post Cook Out on Sunday, June 7th. This is taking the place of our annual Post anniversary dinner. The cook out is scheduled to run from 1300hrs to 1600hrs. This will allow plenty of time and the opportunity for members of the Post and their families to come out and join in fellowship with their fellow Post members and their families.

Your Post is sponsoring a free bus trip for World War II veterans to the World War II Memorial, Korean War Memorial, Vietnam War Memorial, and Arlington Cemetery on June 9th. With the assistance of American Legion Post 10, the veterans will be given matching shirts commemorating the bus trip. A corporate grant from Delta Resources, Inc., is enabling the shuttle of the group from the memorials to Arlington Cemetery. A group photo will be taken just prior to the trip and the photo will be placed in the program guide to the inaugural Manassas City Veterans Day Parade in November which AL Post 10 is sponsoring.

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. This month we're also having a drawing for a free haircut at SportsClip located in the new Target shopping center on route 28 across from Piper Lane.

**Your Post Commander**  
**Stephen A. Meade**  
[cmdr7589@verizon.net](mailto:cmdr7589@verizon.net)

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

**Virginia District 8 as of Tuesday, May 26, 2009**

Post	Life	New	Reinstated	Continuous	Total	Prior Year	Percent	Division	City	N/R LM
1177	48	27	4	23	102	94	108.51	9	LEESBURG	0
1811	175	8	0	0	183	189	96.83	6	MANASSAS PARK	0
2524	186	4	3	57	250	268	93.28	5	CULPEPER	0
3103	210	35	6	109	360	350	102.86	4	FREDERICKSBURG	1
<b>7589</b>	<b>164</b>	<b>91</b>	<b>3</b>	<b>74</b>	<b>332</b>	<b>291</b>	<b>114.09</b>	<b>5</b>	<b>MANASSAS</b>	<b>2</b>
7728	28	3	1	12	44	48	91.67	11	REMINGTON	0
8208	36	0	0	21	57	294	19.39	5	STANARDSVILLE	0
9835	42	2	1	12	57	56	101.79	10	WARRENTON	1
District Total	889	170	18	308	1385	1590	87.11			4

**DISTRICT MEETING - AUGUST 09TH**

The next District 8 Meeting is Sunday, August 9th at 1:00 PM at VFW Post 1177, Leesburg, Virginia. The meeting is VFW only, no Ladies Auxiliary, but there will be a meal after the meeting.

**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/Junior Vice-Commander Mike Guttman**

### **VIETNAM MOMENTS / PRE-DRAFT PHYSICAL**

We all remember. Your first real taste of the military. The pre-induction or pre-draft physical.

I was a teacher at Greenwood High School in rural southern Delaware in May of 1969 when I received my notice.

You had to have some doubts. I wanted to serve my country but a year before, President Lyndon Johnson had announced he was not running for re-election and, basically, declared the Vietnam War a lost cause. Who wanted to be the last man to die in a "lost cause?"

But I had always supported our general aims in the war ( to contain the spread of communism in Southeast Asia), so I showed up at the courthouse in Georgetown, Delaware on a beautiful spring morning and got ready to board a school bus for the long ride to Philadelphia. Standing there with me were about 60 other guys and I felt old. I was 22, a college graduate with nearly a year of classroom teaching under my belt. These other guys were 18 or 19 and just out of high school.

But they all looked like Class A athletes. I immediately started to worry about the ride back if I flunked this physical.

Some gallows humor. One of the guys on the bus read aloud from a newspaper about a battle in Vietnam where 50 Viet Cong were killed but nine Americans also died. There were some chuckles but a lot of silence.

When we arrived at the induction center in Philly, things moved fast. I remember a black guy walking around in a colorful, flowing dashiki. I remember a guy with much thicker, uglier glasses than mine calling me "four eyes." I remember spending most of the day in various stages of undress and having just every part of my body poked or prodded at. There was diabetes in my family which meant some especially painful blood tests. There was a big room where about 200 of us stood naked while a group of doctors walked up and down the rows. A humbling day. But I passed the physical.

On the way back, we stopped at a huge bus terminal outside Wilmington where we had dinner courtesy of Uncle Sam. As we ate together, things loosened up and to my amazement I found out about 75 percent of these guys, these youthful, well built jocks, had flunked the physical. Letters from doctors were produced, written pleas from psychologists and ministers, even some letters from politicians.

As I drove back to my rented room that night, I had mixed feelings. I was proud to be fit for duty but felt kind of stupid and naive I hadn't focused on all these ways to get out of the draft. It was the start of a Vietnam journey and a war where a lot of issues were less than clear.

**Pete MacLeod Senior Vice-Commander**

### **New Guide to Getting Credit for Service**

The American Council on Education (ACE) recently released a new publication to assist service members and veterans in understanding how academic credit can be awarded by institutions of higher education for learning acquired through military training and occupational experiences. A Transfer Guide: Understanding Your Military Transcript and ACE Credit Recommendations provides simple, straightforward guidance on understanding military credit recommendations and transcripts and includes definitions of common terms, answers to frequently asked questions, and a transfer credit checklist. [Get more information on Military.com](http://www.military.com).

Military.com connects you with hundreds of schools that offer credit for military service.

**Military.com/Week of May 25, 2009**

### **Veteran Pays Tribute to Marines**

Musician and U.S. Army veterans Keith Haugen of Camp H.M. Smith, Hawaii recently recorded "Whisper 'Semper Fi' -- The Ballad of the Leatherneck," honoring the service the Marine Corps. The recording tells the story of a Marine veteran and the traditions the Corps holds dear. It is narrated by one of Hawaii's own heroes, U.S. Sen. Daniel K. Inouye, an Army veteran and recipient of the Medal of Honor. The song, along with album art and extra tracks by Haugen and other musicians can be downloaded for free on [Haugen's website http://www.hawaiiansong.com/whisper-semper-fi.htm](http://www.hawaiiansong.com/whisper-semper-fi.htm). The recording is not for sale anywhere.

**Military.com/Week of May 25, 2009**

### **Other VA Centers Report Mistakes**

Department of Veterans Affairs (VA) officials have been warning thousands of former patients they may have been exposed to infection at three VA facilities, yet other VA patients are not being warned about less serious mistakes with the same equipment at more than a dozen other VA centers. However, VA chief patient safety officer Dr. Jim Bagian recently declined to identify those facilities saying those instances did not involve an infection risk. For more information on the continuing endoscopic procedure notification of veterans, visit the [VA website](#).

**Military.com/Week of May 25, 2009**

### **Study Focuses on Combat-related Nightmares**

Madigan Army Medical Center is conducting a first-of-its-kind study on reducing combat-related nightmares among returning Soldiers from Iraq and Afghanistan. Researchers are looking into an inexpensive, generic drug called Prazosin to help Soldiers get better restorative sleep. Only active-duty service members can participate in the study at Madigan. A separate study is being conducted at VA Puget Sound for Operation Iraqi Freedom and Operation Enduring Freedom veterans who are no longer on active duty. Soldiers stationed on Fort Lewis who would like more information can call Tammy Williams at 968-4735. VA Puget Sound can be contacted at 1-800-329-8387.

**Military.com/Week of May 25, 2009**

### **House Reviews Appeals Process**

The House Veterans' Affairs Disability Assistance and Memorial Affairs Subcommittee recently conducted a hearing to continue its oversight of the Board of Veterans' Appeals (BVA), the Appeals Management Center (AMC), and the U.S. Court of Appeals for Veterans Claims (CAVC). The hearing focused on the efficiency and effectiveness of the agencies tasked with handling appeals filed by veterans pertaining to claims for benefits initiated at the Department of Veterans Affairs (VA). At the hearing, members heard the frustrations that veterans and survivors encounter waiting months and years on an appeal decision. Prepared testimony for the hearing and a link to the webcast from the hearing is [available online](#).

**Military.com/Week of May 25, 2009**

### **Purple Heart Stamp Reissued**

Tammy Duckworth, Department of Veterans Affairs (VA) assistant secretary for Public and Intergovernmental Affairs, recently spoke at a U.S. Postal Service ceremony announcing the reissue of the Purple Heart stamp. This is the fifth issue of the Purple Heart definitive postage stamp. The Purple Heart stamp was first issued on May 20, 2003. The reissued stamp features a photograph by Ira Wexler of one of two Purple Hearts awarded to James Loftus Fowler of Alexandria, Va., who was battalion commander of the Third Battalion, Fourth Marines serving in Vietnam. A picture of the new Purple Heart stamp is available on the [U.S. Postal Service website](#). For more information, contact your local post office.

**Military.com/Week of May 25, 2009**



## **LADIES AUXILIARY 7589 NEWS**

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

### **MESSAGE FROM YOUR AUXILIARY PRESIDENT**

Ladies, thank you for choosing me to serve as your Auxiliary President again. I am sure that through our joint effort and determination, OUR year will be successful.

**Auxiliary Officers for 2009-2010** were elected on April 6 and Officers were installed on May 4<sup>th</sup> by **Cathy Graham**, Department Conductress. All Auxiliary Officers and Program Chairman will assume their duties on June 14 when the Department President is installed at the June Convention.

<b>President</b>	<b>Valerie Nealey</b>
<b>Senior Vice President</b>	<b>Pamela Braithwaite</b>
<b>Junior Vice President</b>	<b>Jennifer Nealey</b>
<b>Secretary/Treasurer</b>	<b>Angela Fromm</b>
<b>Chaplain</b>	<b>Joanna Roberts</b>
<b>Conductress</b>	<b>Sondra Burroughs</b>
<b>Guard</b>	<b>Patsy Gough</b>
<b>Historian</b>	<b>Tonya Miller</b>
<b>Patriotic Instructor</b>	<b>Deborah Baxter</b>
<b>Trustee - 1 year</b>	<b>Nancy Dazzo</b>
<b>Trustee - 2 year</b>	<b>Joanna Roberts</b>
<b>Trustee - 3 year</b>	<b>Lucindy Owens</b>

**District 8 Meeting and Elections** were held on Sunday, May 17 at our Post. I am pleased to announce that the following six members of our Auxiliary now hold an office at the District level:

<b>President</b>	<b>Pamela Braithwaite</b>
<b>Secretary</b>	<b>Valerie Nealey</b>
<b>Chaplain</b>	<b>Bettie Keyton</b>
<b>Conductress</b>	<b>Polly Tibbs</b>
<b>Guard/Cancer Chm.</b>	<b>Kay Yeager</b>
<b>Nancy Dazzo</b>	<b>Trustee - 1 year</b>

I attended the **Girl Scout Gold Award Ceremony** for **Juleanne Weed** on May 16th at Manassas St. Thomas United Methodist Church. On behalf of our Auxiliary, I proudly presented Juleanne with the Ladies Auxiliary VFW Outstanding Achievement Citation -- the Gold Award is the highest award earned by a Senior Girl Scout. The Auxiliary will be presenting numerous Silver and Bronze Citations throughout the year.

**Ladies, we are in need of a Fundraiser.** Suggestions have been made for Restaurant Tab fundraisers, golf tournaments, yard and craft sales. If you feel that you have the perfect fundraiser, please contact me at [aux7589@verizon.net](mailto:aux7589@verizon.net) or 703-368-7636

**ADOPT-A-UNIT UPDATE**

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

On March 10, the Auxiliary mailed **5 Care Packages** containing \$385 worth of toiletries and feminine products to the female troops of the 266<sup>th</sup> MP Company. The items were very much appreciated by the troops.

The Auxiliary donated 30 Easter tote bags for the **Easter Party** that was given by the Family Readiness Group for the children of the 266th MP Company. The party was held at the Post on Sunday, April 5<sup>th</sup>.

Del Spade, Family Assistance Center Specialist, VA National Guard has requested our assistance with some of the activities for **Military Kids Camp**. The Camp will be held in Front Royal on Tuesday, June 30 from Noon to 3 pm or 1 pm to 4 pm. They will have a mini mob, which is 8 stations, each being similar to ones that soldiers go through when they mobilize to leave for deployment. Some examples are: ID Issue (they will get a dog tag), medical (general first aid will be taught), obstacle course (training type activity), etc. There will be 250 campers and the time frame will be 2 hours and 40 minutes and ending with a performance by the USMC Silent Drill Team. Members from our Auxiliary and American Legion Auxiliary Unit 10 have volunteered. If you wish to volunteer, please let me know -- Valerie Nealey 703-368-7636.

**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**.

**MESSAGE FROM MEMBERSHIP CHAIRMAN -- ANGELA FROMM**

Welcome new member **Janine Cline**. Our membership count is now 63.

A 2010 dues notice has been mailed to all Annual members. Please mail your \$15 dues 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 you would like to pay your 2009 dues, please contact President Nealey at 703-368-7636. Thank you for paying your dues early.

Here we are at the start of a new year. Now is a great time to reach out to your friends and family who may be eligible for the Ladies Auxiliary.

How is one eligible? Auxiliary VFW Members are Wives, Widows, Mothers, Foster and Stepmothers (who have performed the duties of parent), Grandmothers, Daughters, Granddaughters, Foster and Stepdaughters (who attained that status prior to the age of sixteen and for whom the duties of parent were performed...of persons who were or are eligible for membership in the VFW. Members must be citizens of the United States and at least 16 years old. Women who are eligible for membership in the VFW shall be eligible for dual membership in the Ladies Auxiliary. If you need membership applications, please contact Angela Fromm 703-9895502 or [angelafromm@gmail.com](mailto:angelafromm@gmail.com)

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

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

### UPCOMING EVENTS

**Meetings** - Monday - June 1; July 6; August 3 -- 7:30 pm

**PLEASE MARK YOUR CALENDAR:** The September meeting falls on Labor Day so the Post and Auxiliary will hold their meetings on Monday, August 31<sup>st</sup> at 7:30 pm.

**Post Picnic** - Sunday, June 7 -- 1:00 pm to 4:00 pm.

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

**Post/Auxiliary 2009-2010 Planning Session** - Saturday, June 27 - 10 AM - Post Home



**FRANCIS CANNON VFW POST 7589**

**703-361-5554**

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

**2009-2010 POST OFFICERS**

Commander	Steve Meade	703-408-0875
Sr. Vice Cmdr	Pete MacLeod	703-794-1103
Jr. Vice Cmdr	Mike Guttman	703-330-3925
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	Joe Dazzo	703-361-6041
Off of the Day	Rod Gillett	703-361-8358
Guard	Dallas Kennedy	703-393-9632
Service Officer	Sam Nealey	703-368-7636
Historian	Warren Ewell	
Trustee 1 year	Bob Pace	703-680-1229
Trustee 2 year	Pat Templeton	
Trustee 3 year	Steve Botello	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
Sec/Treasurer	Angela Fromm	703-330-3931
Chaplain	Joanna Roberts	703-392-3870
Conductress	Sondra Burroughs	703-791-6665
Guard	Patsy Gough	703-368-2697
Historian	Tonya Miller	703-730-0067
Patriotic Inst.	Debbie Baxter	703-791-7690
Trustee 1	Nancy Dazzo	703-361-6041
Trustee 2	Joanna Roberts	703-392-3870
Trustee 3	Lucindy Owens	703-754-4258

**VFW Members doing Buddy Poppy Drive at Gainesville Giant Food-store**





## VFW Members doing Buddy Poppy Drive at Wellington Giant Food-store



## July 2009

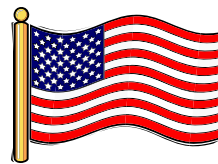
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Bingo 8 am—12:30 pm	2 Executive Board 1830hrs	3	4
5	6 VFW & Auxiliary Meetings 7:30 pm	7	8 Bingo 8 am—12:30 pm	9 VA Agent 0900-1500	10	11
12	13	14	15 Bingo 8 am—12:30 pm	16	17	18
19	20	21	22 Bingo 8 am—12:30 pm	23 VA Agent 0900-1500	24	25
26	27	28	29 Bingo 8 am—12:30 pm	30 Executive Board 1830hrs	31	

# June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 VFW & Auxiliary Meetings 7:30 pm	2	3 Bingo 8 am—12:30 pm	4	5	6
7 Post Cook Out 1300—1600	8	9 WWII Veterans Bus Trip to DC	10 Bingo 8 am—12:30 pm	11 VA Agent 0900-1500 VFW Va Convention	12 VFW Va Convention	13 VFW Va Convention
14 VFW Va Convention	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				

## The Cannon News

**Francis Cannon VFW Post 7589**  
**PO Box 10206**  
**Manassas, VA 20108**  
[www.vfwpost7589.org](http://www.vfwpost7589.org)



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**June 2009 - July 2009**

### Inside This Issue

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- ⇒ **Free Bus Trip to WWII Memorial and others for WWII Veterans!**