

CANNON NEWS

Francis Cannon VFW Post 7589
Manassas, Virginia
March 2018



Photo op with Dr. Sebastian Gorka at the nations Gun Show on February 9. (L-R) Stephen Hood (1177—Leesburg) Chuck Wilson (7916—Occoquan) Dr. Gorka, Rick Raskin (7589—Manassas) and Tom Troy (5412—Burke). Dr. Gorka was a deputy assistant to US President Donald Trump in 2017. [See article on Page 7](#)

In This Issue:

Post 7589 featured in February VFW Magazine. See www.vfw7589.org

- Aluminum Tabs Project Update
 - National JVCNC Doc Schmitz to visit Virginia in March
 - Nominations for 2018-2019 Post Officers opens in March
 - Membership Committee Report
 - New Post forming in Lynchburg
 - Virginia VFW Recruiting Excels at the Nation's Gun Show
 - Colonial Williamsburg Expands On-site Amenities for Military Guests
 - Humana and VFW Enhance Efforts to Drive Optimal Health for Veterans
 - Echoes from the Great War forum at Hylton Center
-

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

Commander's Message



Peter MacLeod

Those of us who served in Vietnam have many memories, many of them bad, maybe a few good or at least funny. But my experience with the Vietnam city of Da Lat doesn't fit into any category. It was like being transported out of the war zone for a brief time

to a land I knew nothing about and had never even heard of before.

I arrived in Vietnam, a nervous Spec 4 Radio Teletype Operator, in early September of 1970. Landing at Bien Hoa, going through the filthy Long Binh replacement center and then assignment to the 525th Military Intelligence Group of the U.S. Army based at the edge of busy Tan Son Nhut Airport in Saigon (now Ho Chi Minh City). The 525th consisted of a large number of small outposts scattered all over Vietnam from the delta to the border with North Vietnam. Each outpost had Army Intelligence officers, Vietnamese agents, and a radio wing to send their information via code all over the world. Each of the outposts was tied together via a radio net which I would be part of.

I made friends with a kid from North Florida and we were both assigned to the II Corps area of Vietnam and found ourselves crowded into a C 130 with about 100 Vietnamese civilians. I was let off at Phan Thiet, a fishing town on the south coast of Vietnam. I never saw my friend again and I hope he made it through. The first thing I learned about Phan Thiet was that Ho Chi Minh had once taught school there. The next thing I learned was that we were going to be tearing down our radio installation and moving the whole operation to a place called "Da Lat." (Land of Eternal Spring).

If you look at a map, Da Lat does not appear to be that far away from other Vietnamese places and cities but believe me, in 1970 it was like another world.

First of all, it is at an elevation of nearly 5,000 feet. The weather is temperate, not tropical, even though the equator is not far away. As I write this, the temperature in Da Lat is 59 degrees Fahrenheit, very cool,

almost chilly. That's what it was like in late September and early October of 1970. We boarded a chopper in Phan Thiet for about a two-hour ride straight inland. The



Da Lat City

Pete MacLeod

pilot stayed low due to artillery and skimmed the treetops in many areas. My first impression was how big and remote Vietnam really was at that time. There were just a few villages between Phan Thiet and Da Lat. The pilot said there were still wild elephants and tigers roaming the area. We landed at a small airfield and the change in temperature was jarring. This was no place for the jungle fatigues we were wearing.

The real shock was Da Lat itself, a French planned resort city from the early 1900's. Built around a large lake, the city seemed untouched by the war (although there had been fighting there during the Tet Offensive of 1968). Beautiful large hotels and homes dotted the hillsides. There was even an Esso gas station, a sports complex, and every now and then a Mercedes would drive by. The city center was filled with French model taxicabs from the 50's.

At night the air was filled with the smell of spices and roasted nuts sold by Vietnamese men and women with their pushcarts. You thought this must be "Shangri-La." The other thing I noticed was everyone seemed to be attractive and in good health far away from the poverty and desolation you saw elsewhere in South Vietnam.

As we moved our Army equipment into an old French home we were offered the chance to volunteer at the Vietnamese-American school to help the students learn English. This can't be Vietnam!

All good things must end. I was transferred to Qui Nhon on the central coast by

late October and that's where I spent the rest of my tour in Vietnam sending and receiving messages and fighting with sunspots which created havoc with our 1960's era radio equipment. It was so hot in Qui Nhon we had to import air conditioners to blast cold air directly on our transmitter or it would overheat and literally burn up.

Part of my job was delivering equipment to our other outposts in II Corps. I traveled up and down Route One, or what was left of Route One at the time, as an Army truck driver with radio equipment for An Khe, Bong Son and Tuy Hoa. I saw a lot of the Vietnamese countryside and cities like Nha Trang, Pleiku and Ban Me Thout. But I never again saw a place like Da Lat and in many ways, I am still thinking about it.

A busy time for Post 7589 is just ahead. Over the next month we will be choosing and honoring a "Scout of the Year." These guys really must work to enter the competition. Go to the VFW National Website and read the requirements! This is only for those ready to make a real effort. You already must be an Eagle Boy Scout or a Girl Scout Gold Award winner to even enter the contest!

We will be marching in the St. Patrick's Day Parade in Old Town Manassas on Saturday, March 10. A sign-up sheet will be available at the March 5 General Membership meeting. Any Post or Auxiliary member can march with us.

There will be continuing "call nights" and recruiting days in the next two to three months as we strive to once again become an "All State Post" with 100 percent membership goals achieved. Trustee Lou Filipone is leading the effort to get more than 50 new or renewed members.

On March 22 we will be hosting a dinner in honor of visiting National VFW Junior Vice Commander-in-Chief William J. "Doc" Schmitz. If you would like to help out with that and meet a soon-to-be VFW National Commander-in-Chief, there will be a sign-up sheet at the March 5 meeting.

Don't forget, nominations for Post officers can be made at the March 5 meeting. The Post election will be at the April 2 meeting. Installation of officers for 2018-19 will be at the May 7 meeting.

Auxiliary President



Mary Corkhill There are four months left until the new 2018–2019 VFW Auxiliary year is upon us. We still have a few things to complete for the 2017–2018 year. The Department Commander and President's Homecoming, the National Jr. Vice Commander's visit to Post 7589, the Young American Creative Patriotic Art



Contest, election of new Auxiliary officers, 8th District Meeting, Auxiliary Yard Sale, the Post's Anniversary celebration and of course, the Department convention.

Starting off, the Department Commander & President's Homecoming will be held at Battlefield Post 9808, 7168 Flag Lane, Mechanicsville, VA 23111. Cocktails at 5 p.m. (Open bar) Dinner at 6:30 p.m. and DJ at 8 p.m. (Cash bar). RSVP for both the Commander and the President no later than March 2nd. RSVP to Geoffrey Lyster for the Commander at:

chiefstaff@vfwva.org and the President to Ellie Smith – (703) 791-5110 or Betty Gimble – 703-851-5819.

Francis Cannon Post 7589 will host a dinner for the National Jr. Vice Commander William (Doc) Schmitz from New York on March 22nd. Dinner will be provided by Mission BBQ starting at 6:30pm. Now is the time to get involved and assist with setting up the Post for his visit. Please call me or Post Commander Peter MacLeod if you can assist in this effort. Thank you in advance.

For the past 8 years, this Auxiliary has participated in the Young American Creative Patriotic Art Contest. The deadline for this contest is March 31, 2018. We were honored to have one of our entries place 2nd in the Department last year. If you know of any high school or home schooled students who would like to participate in this contest, please let any Auxiliary member know or you can contact me at 703/361-8950 or mcorkhill@comcast.net.

During April's meeting, election for new Auxiliary officers will be held for the 2018–2019 year. The installation for the new officers will take place at the May meeting. The 8th District Convention will be April 22nd at Culpeper Post 2524. Lunch will be served at noon with the joint meeting at 1pm. On the agenda will be elections for the 2018-2019 District officers.

We are planning our annual Spring Yard Sale on May 5, 2018 from 7am-2pm. Set up time will take place on Friday night, May 4th from 4-8pm. If you plan to do your spring cleaning and want to clear out your unwanted items, please consider donating them to the Auxiliary. We could really use them. Thank you in advance for all your support.

The date and time for the Post Anniversary celebration has not been decided at this time. When the decision has been made, we will let you know all the details.

The Department Convention will be held at the Renaissance Portsmouth Hotel on June 14-17. The Hotel is located at 425 Water Street, Portsmouth, VA. Room rates are \$125.00 per night. Cut-off date for reservation is May 14, 2018.

My biggest surprise came when Jan Germain walked in with a brown bag of coupons totaling \$24,929.82. Also, Yvonne

Sullivan and Janet Raskin assisted with coupons adding to our total for the year of \$70,166.80. I wish to thank everyone for their contribution to our coupon project.

At the Auxiliary Mid-Year Conference, it was confirmed that the VFW National Home for Children Life Membership will increase to \$50.00 on January 1, 2019. Therefore, if you wish to purchase a life membership, now would be a good time to do so. Thank you for supporting the National Home.

A special THANK YOU to all the individuals who assisted the Auxiliary in the Wreaths Across America campaign this year. The number of wreaths purchased this year was 147; an increase from last year.

For all individuals who lost loved ones, and for any individual or family member who is ill or hospitalized, please keep them in your prayers.

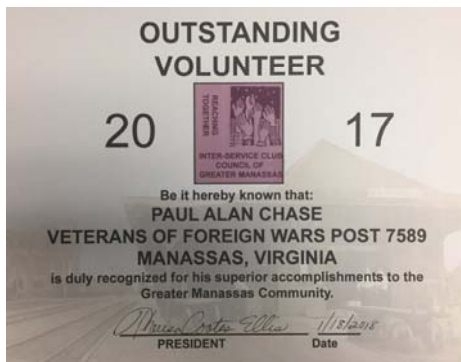
Respectfully,

Mary Corkhill
Auxiliary President



Correction

Last month we reported that Comrade Paul Chase was *selected* as Volunteer of the Year by the ISCC. Actually, Paul was *nominated* for this prestigious award and did receive the certificate below. — Ed



Aluminum Tabs Project Update



After reading about our project in the February 2018 VFW Magazine, three people from out of state went that extra mile to support our Post's aluminum tab collection project.

We'd like to thank **Fred Buchholz** from Bovey, Michigan, **Fred Dorazio** from Cummins, Georgia, **Gary Metcalf** from Fargo, ND and **Leo Morrison** from Narinja, FL. Each mailed us significant quantities of tabs to add to our program.

Project coordinator Paul Chase has sent letters of appreciation and spoken with each of them to express our appreciation.

Their efforts will greatly help as we go toward our next 1,000,000 tab goal.

Youth News & Notes



Lou Filippone
Youth Committee
Chair

Greetings from the Youth Committee to all the membership. We have been fairly busy with activities over the last month and I would like to report them to you and give you an update. On Saturday, 10 February 2018 District 8 presented awards to the District winners for Patriots Pen, Voice of Democracy and Teacher of the Year. The award ceremony was held at Post 7728 in Morrisville. It was followed by the District 8 business meeting. As I mentioned in the last newsletter Jennifer Young, Paul Malc and Master Sergeant Robert P. McKinney were awarded their District 8 awards for Teacher of the Year. The father of student John Tessier, from Kettle Run High School, and Wesley Hale, a home-schooled student, also received their District 8 awards for Voice of Democracy and Patriots Pen. The event was very well attended and was hosted by Post 9835 of Warrenton. District 8 Youth Chair Geoff Lyster emceed the event. A luncheon followed the award ceremony and it was very well catered. Those in attendance from Post 7589 were Commander Peter MacLeod, Department Junior Vice Rick Raskin and his wife Janet, District 8 Commander Ron Link, Youth Committee member Roger Nicol, and yours truly Lou Filippone.

For this upcoming month we have a few scheduled events we hope you will attend and participate in. Firstly, we have the Scout of the Year contest. The deadline for the Scout of the Year application was 1 March 2018. Judging will be conducted on Sunday, 4 March 2018 at 1:30PM at the Post. We currently have two applications and are still seeking additional candidates. Due to the tight schedule and time required to obtain a certificate for the contest winner we have decided to present the Scout of the Year award at the April General Membership meeting on Monday, 2 April 2018 right before the meeting starts.

Both of our two applicants for this contest are highly qualified and accomplished Eagle Scouts. Judging will be a difficult task because both Scouts are so competitive and deserving of this award. As I said, we are still seeking additional applications and have less than a week, at this writing, before the deadline.

Just a reminder about our Patriotic Art contest. It is being conducted by President Mary Corkhill and the VFW Auxiliary from Post 7589. We are currently seeking candidates for this contest. They are required to submit a work of art with a patriotic theme. The Deadline is 31 March 2018. Should you know of anyone interested in entering, please contact Mary Corkhill for an application.

Our next flag retirement ceremony will be held at Post 7589 on Saturday, 24 March 2018 at 9 AM. Scouts will participate in the ceremony. It will include instruction on flag etiquette followed by the actual flag retirement. If you would like to volunteer for this rewarding and important event please sign-up at the next General Membership meeting.

Lastly, we are still working on our World War I centennial educational program with area school children. We are currently researching resources for this event. It will probably be conducted around Veterans Day week when our veterans usually visit and share their personal military experiences with the area school children. I will provide you with more information about this event as it becomes available.

As I am learning from experience, working with the youth of our country through the VFW Youth Committee is tremendously rewarding and gratifying. If you care about our nation's future and want to help and mentor the next generation of young Americans then please join us at the next Youth Committee meeting. It is scheduled for Tuesday, 13 March 2018 at 7 PM at the Post. We could always use more volunteers and I would love to have you join our team. Until the next meeting take care and stay well.

National JVCNC Doc Schmitz to visit Virginia in March

Post 7589 visit planned



William J. "Doc" Schmitz

Junior Vice Commander-in-Chief Doc Schmitz will be visiting Virginia for a membership roundup March 18—23. Starting in Richmond, he and several state officers plan to visit VFW Posts throughout the State over several days.

Concluding the trip in Northern Virginia on March 22, Doc will visit our Post in Manassas. On March 23 Doc will be flying out from Dulles Airport. The full schedule will be published in the March edition of Cannon News.

Last year we were privileged to host the now Commander-in-Chief Keith Harman for a Virginia Roundup. Because of the success of that trip, Keith had no issue approving Doc's visit this year. Doc was invited by Post QM Rick Raskin when he attended Junior-Vice-Commander training in Kansas City last summer.

William "Doc" J. Schmitz, of Corning, N.Y., was elected Junior Vice Commander-in-Chief July 26, 2017, at the 118th VFW National Convention in New Orleans, La.

Doc joined the United States Navy in 1966. He served in Vietnam as a corpsman attached to USMC infantry and artillery. In recognition of his service, he received the National Defense Service Medal, Vietnam Service Medal and Republic of Vietnam Campaign Medal.

He joined the Veterans of Foreign Wars in 1971 at Post 524 in Corning, N.Y., where he maintains his Gold Legacy Life Membership. He has served as Department Commander, Post Commander, Southern Tier County Council Commander and District 5 Commander. He was also editor of the New York State Overseas Veteran publication for nine years. In 2007, he was elected Department Surgeon for the Department of New York where he served for five consecutive years and served as the national Surgeon General in 2010-2011 and as the national Inspector General in 2015-2016.

Doc worked for the Department of Corrections as a Registered Nurse and Acting Nurse Administrator for 30 years before retiring. He currently is employed as the Director of Veterans Issues for Congressman Tom Reed of the 23rd Congressional District in New York.

Doc and his wife, Deborah, reside in Corning, N.Y.

Nominations for 2018-2019 Post Officers opens in March.

As specified in the Manual of Procedure, "Nominations of Post Officers shall open in March and remain open until the Post is ready to vote ... Post officers shall be elected in April."

At the March 5th meeting we'll be accepting nominations for Commander, Senior Vice Commander, Junior Vice Commander, Quartermaster, Chaplain, and Trustees as needed.

Any member in good standing is eligible to hold an office. Members may also self nominate. Members not present to accept nomination must send the Post written acceptance by USPS, email or hand delivery before the commencement of the election at the April meeting.

Membership Committee Report

This year's first membership committee meeting was held on Wednesday, 21 February 2018 at 7 PM at the Post. In attendance were Commander Peter MacLeod, Quartermaster Rick Raskin, Comrade Rod Burr and myself. We are currently conducting a recruitment drive for renewals and new members. We need about 50 members to make All American by the June Department Convention. We are currently calling membership lists trying to get renewals. We are discussing other ideas such as recruitment drives at gun shows, hardware stores, car shows, and Tractor Supply. **Please join us on Wednesday, 21 March 2018 at 7 PM at the Post for the next Membership Committee meeting.** Your help with recruitment and obtaining and maintaining our All American status will be greatly appreciated.

Sincerely,
Lou Filippone
Membership Chair

Where we stand on membership

We only need 41 to reach 100% for the Post

Post	Dist	Life	New	Reinst	Cont	Total	Prior Year	Percent
7589	8	257	30	4	77	368	409	89.97%

Virginia District 8 as of Monday, February 26, 2018

Post	Dist	Life	New	Reinst	Cont	Total	Prior Year	Percent
District Total		914	76	9	233	1232	1317	93.54%

Virginia as of Monday, February 26, 2018

Post	Dist	Life	New	Reinst	Cont	Total	Prior Year	Percent
State Total		23329	1123	153	5251	29856	32575	91.65%

As you can see, the Post is slightly behind the District and Department on percentages. Please consider helping us achieve our goal.

VETERANS OF FOREIGN WARS OF THE UNITED STATES

State Headquarters
403 Lee Jackson Highway
Staunton, Virginia 24401
www.vfwva.org



Phone: 540-886-8112
800-888-3521
Fax: 866-416-0586
Email: statehq@vfwva.org

VIRGINIA

Summary of 2018 Initiatives

1. That the 2018 General Assembly pass resolutions identical to the one passed by the 2017 General Assembly (HJ562), thereby continuing the process to amend Virginia's Constitution to provide parity for surviving spouses of 100% disabled veterans and those Killed in Action.
2. 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.
3. That the Governor and General Assembly enact legislation and provide budget support, in the amount of \$1,000,000 in FY19 and \$1,000,000 in FY20, to establish a Veteran Entrepreneur Capital Resources Program.
4. That the Governor and General Assembly approve an individual income tax subtraction for 100% service-connected disabled veterans with a federally adjusted gross income, not exceeding 250% of the federal poverty level for a four-person household, who have not already claimed another exemption.
5. 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.
6. 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.

**Do you know an eligible veterans in
the Lynchburg Area? Pass the word!**



VETERANS OF FOREIGN WARS
No One Does More For Veterans

**NEW POST
NOW FORMING IN
LYNCHBURG**

**For more information about
The Veterans of Foreign
Wars**

Contact

David Jarrett

Cell:

434-363-1466

e-mail:

Djarrett@vfwva.org

davidjarrett55@gmail.com

Virginia VFW Recruiting Excels at the Nation's Gun Show

Article & Photos by Chuck Wilson—Commander District 10

February 9-11, 2018, Chantilly, VA. The Veterans of Foreign Wars, Department of Virginia, had a strong showing at the Nations Gun Show, held at the Dulles Expo Center.

Situated in Chantilly, VA, Dulles Expo & Conference Center is Northern Virginia and Metropolitan Washington DC's premier exhibition facility for consumer shows and trade events. Held at the Dulles Expo, The Nation's Gun Show is dedicated to producing the most professional, safest, and ethical gun shows in the United States and draws thousands of people from Northern Virginia and surrounding states, many of whom are veterans.

Participating Posts were from Leesburg-1177, Manassas Park-1811, Dale City-1503, Burke-5412, Manassas-7589, Occoquan-7916 and Warrenton-9835.



Steven Hood Post 1177 briefs a prospective recruit.



Two Navy Veterans came by to inquire about joining the VFW with Tom Troy and Steven Hood in background.

Our VFW Booth had a surprise visitor, Dr. Sebastian Gorka (above center). Dr. Gorka made a special trip over to our VFW booth to thank all of us for our service. Dr. Gorka was the Major General Horner Distinguished Chair of Military Theory at the Marine Corps University Foundation, at Quantico, after which he was Special Advisor to the President of the United States. He is currently the Vice President for National Security and Professor of Strategy & Irregular Warfare at the Institute of World Politics and a frequent commentator on the national news and radio.

Both Virginia VFW District 8, and District 10, manned the VFW booth. Seen in the picture above (l-r) are Steven Hood, Post 1177, Chuck Wilson District 10 Commander, Dr Gorka; Rick Raskin State Junior Vice Commander; and Tom Troy, Burke Post 5412.

As the multitudes descended upon the Expo Center, many passed by, and stopped, at the VFW booth. By the close of the show we had 27 applicants including a few transfers. [Post 7589 got 4 — Ed] The collective recruiting that our Posts have accomplished at these Gun Shows over the past two years has neared 300!!

Digital Membership Cards

Members now have the ability to download a digital version of their membership card.

Depending on whether a member has an iPhone or Android, they will be able to download and access their digital membership card from the VFW app. This will not replace the physical VFW membership card - we will still be sending out membership cards to all our annual and Life members. This is intended as another option for our members' convenience.

When asked to show a VFW membership card, a member can either produce their physical card out of their wallet or display their digital card on their smart phone.

Colonial Williamsburg Expands On-site Amenities for Military Guests as Liberty Lounge Welcomes its 100,000th Visitor

New Volunteer-staffed Military Information Desk to Open at the Colonial Williamsburg Regional Visitor Center this Month

—Post 7589 is a donor —



Elisabeth Reiss poses with Liberty Lounge volunteers and Colonial Williamsburg guest David Cook, a World War II veteran.

WILLIAMSBURG, Va. (Feb. 12, 2018) – Colonial Williamsburg’s Liberty Lounge, a complimentary space for ticketed military guests to relax and recharge in the Historic Area, welcomed its 100,000th visitor Feb. 3. The milestone comes less than two years since the lounge first opened its doors May 26, 2016.

Part of a broad military outreach initiative led by Elisabeth Reiss, wife of Colonial Williamsburg President and CEO Mitchell B. Reiss, the Liberty Lounge is staffed full-time by 63 Foundation volunteers with more than 435 years of collective service in the Army, Navy, Air Force and Marine Corps.

The donor-funded lounge, located in the Margaret Hunter Workshop just off Duke of Gloucester Street, offers amenities such as hot and cold beverages, wireless Internet access and a children’s area, and showcases vintage military memorabilia from Foundation collections.

“It was a dream of mine to create a special space for our military guests and their families to recharge while visiting Colonial Williamsburg,” said Elisabeth Reiss. “We could never have anticipated the overwhelming support the Lounge has received from guests and the community, and we are grateful to our volunteers, donors and corporate sponsors for making it all possible.”

Elisabeth Reiss added that the Liberty Lounge assists volunteers and staff with communicating the year-round military discounts and offerings available to Colonial Williamsburg guests, including complimentary and discount admission through the Honoring Service to America program, sponsored by the Home Depot Foundation, and discounts on Colonial Williamsburg hotels, food and beverage, military retreats, golf and spa services.

In the wake of the Liberty Lounge’s milestone, Colonial Wil-

liamsburg expands its on-site amenities for military guests President’s Day weekend with the opening of a new military information desk at the Colonial Williamsburg Regional Visitor Center. The desk will be staffed full-time by Foundation volunteers and will help drive awareness of Colonial Williamsburg military offerings by orienting guests with military amenities, programs, exhibits and discounts. Information on scheduled demonstrations involving musket and cannon fire will also be available to guests who would like advance notice.

In addition to funding from generous anonymous donors, corporate sponsor Royal Cup supplies tea, coffee and beverage compliments to Liberty Lounge.

Additional information about the Liberty Lounge and Colonial Williamsburg military outreach is available at Colonial Williamsburg ticketing locations, online at www.colonialwilliamsburg.com/military or by calling 1-855-296-6627 toll-free. Information is also available by downloading the free Colonial Williamsburg Explorer app via the Apple App Store and Google Play, and by following Colonial Williamsburg on Facebook and @colonialwmsburg on Twitter and Instagram.



First District Veterans-

I have long believed that the benefits afforded our men and women in uniform have been earned through sacrifice and hardship. Although we can never do enough to thank those who have served our great nation, I will continue to make sure veterans have access to the benefits they have earned. To that end, I wanted to make sure you are up to date on the status of Veterans Identification Cards.

Back in 2015, Congress passed the Veterans Identification Card Act 2015 with my support. This legislation requires the Veterans Administration to issue veterans identification cards that provide proof of service for veterans.

Did you know that you can now apply for the National Veterans Identification Card (VIC) through the VA? With a VIC, you no longer have to carry around official documents to provide proof of service. Now that this long overdue promise to our veterans has been fulfilled, these cards will make it easier to for you gain access to the various benefits and discounts you have earned. To request a VIC click:

<https://www.vets.gov/?next=%2Fveteran-id-card%2F>

It’s an honor to serve you and Virginia’s First District in the People’s House.

Sincerely,
Rob

Humana and VFW Enhance Efforts to Drive Optimal Health for Veterans

VFW members and their spouses will continue to receive education, one-on-one guidance and access to Humana Medicare plans

LOUISVILLE, Ky. and KANSAS CITY, Mo. (February 8, 2018) — [Humana Inc.](#) (NYSE: HUM), one of the nation's leading health and well-being companies, through the Humana MarketPoint organization, has enhanced its exclusive agreement with the Veterans of Foreign Wars of the U.S. (VFW), the nation's largest organization of war veterans and the oldest major veterans' organization in the U.S.^[1] As part of this expanded relationship, Humana is the national Medicare Advantage (MA), Prescription Drug Plan (PDP) and Medicare Supplement plans carrier for the VFW with exclusive marketing and promotional rights to the VFW.

The 750,000+ members of the VFW, and their spouses, who are eligible, or approaching eligibility, for Medicare, will get seamless education, guidance and access to these plans.

"Humana has a longstanding relationship with the military and is dedicated to providing high-quality healthcare coverage to our nation's veterans," said Jeff Fernandez, Segment Vice President for Humana. "Our agreement with the VFW is yet another step in furthering our commitment to providing veterans with the resources, information and holistic guidance they need to achieve their best health. Our 30-plus years of experience with Medicare programs, and long-standing relationship with the VFW, have equipped Humana with an understanding of the unique needs of the veteran community. This will enable us to help many VFW members and their spouses."

"Veterans' health and wellness concerns continue to remain a top priority for the VFW," said VFW National Commander Keith Harman. "Through this agreement with Humana we will be able to make quality health care more accessible and affordable to our valued members. Our members, who are eligible for Medicare, or nearing that time where they need to consider their options around Medicare, will have access to the guidance from licensed Humana sales agents who can be their trusted advisors in making their Medicare decisions."

As part of the agreement, Humana will offer numerous services to VFW members, which will provide access to healthcare coverage information.

These will include:

- Hosting Medicare seminars annually during Medicare's Fall Annual Election Period (Oct. 15 through Dec. 7).
- Conducting educational seminars throughout the year to inform VFW members of their Medicare options.

- Providing VFW members with access to Humana's Medicare Advantage (MA), Prescription Drug Plan (PDP), and Medicare Supplement information and enrollment capabilities which incorporate web-based tools, in-home appointments, call centers, educational seminars, and self-enrollment.

Humana's commitment to veterans spans a variety of initiatives and services, including:

- In addition to providing quality health care benefits to veterans and their families, Humana is committed to employing veterans and their spouses, and has hired more than 4,000 veterans and military spouses since 2011.
- Humana Military was awarded the TRICARE East Region contract which covers 6 million lives across a 30-state region. This is the largest TRICARE contract to date and it takes effect Jan. 1, 2018.
- Humana has donated \$1 million to the Entrepreneurship Bootcamp for Veterans with Disabilities, a national program that offers cutting-edge training in entrepreneurship and small-business management at no cost to post-9/11 veterans.

For information about Humana or the VFW, please visit - <https://www.humana.com/> or <https://www.vfw.org/>.

About Humana

Humana Inc. is committed to helping our millions of medical and specialty members achieve their best health. Our successful history in care delivery and health plan administration is helping us create a new kind of integrated care with the power to improve health and well-being and lower costs. Our efforts are leading to a better quality of life for people with Medicare, families, individuals, military service personnel, and communities at large.

To accomplish that, we support physicians and other health care professionals as they work to deliver the right care in the right place for their patients, our members. Our range of clinical capabilities, resources and tools – such as in-home care, behavioral health, pharmacy services, data analytics and wellness solutions – combine to produce a simplified experience with the goal of making health care easier to navigate and more effective.

More information regarding Humana is available to investors via the Investor Relations page of the company's web site at www.humana.com, including copies of:

- Annual reports to stockholders
- Securities and Exchange Commission filings
- Most recent investor conference presentations
- Quarterly earnings news releases and conference calls
- Calendar of events
- Corporate Governance information

Humana is a Medicare Advantage HMO, PPO, and PFFS organization and stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

From the



VFW Praises Two-Year Sequestration Alleviating Budget Deal

In a bipartisan deal passed early Friday morning [February 9], Congress voted to increase sequestration spending caps for fiscal years (FY) 2018 and 2019, keep the government open, and ease the impact of sequestration on our service members, veterans, and their families. The VFW has long called for an end to sequestration which has caused dangerous budget cuts harmful to the military and VA. The VFW is glad Congress recognizes that arbitrary caps set in 2011 no longer reflect the reality of today's demands on our military and VA's obligation to provide care to those who have served. This action by Congress raises those caps by nearly \$300 billion for both defense and non-defense spending over FY18 and FY19. The VFW applauds the actions of Congress, but continues our call for the permanent repeal of sequestration, which has only been delayed for two more years.

VFW Statement on the State of VA

"The news media over the past week has reported on the disingenuous actions of a few political appointees in Washington who are attempting to undermine the support and confidence of America's veterans in their Department of Veterans Affairs, as well as in the secretary and deputy secretary who lead it," said Keith Harman, national commander of the 1.7 million-member Veterans of Foreign Wars of the United States and its Auxiliary. "Let there be no mistake that veterans and this Administration can lay claim to a host of successes ranging from increased accountability and transparency to a beefed-up education package and increases in overall funding and patient satisfaction," he said. "As reported in the press, the acts of these individuals have become a cancer inside this Administration. They sow doubt, they create turmoil, and their ideological agenda clearly puts outside interests ahead of the care and well-being of millions of wounded, ill and injured veterans. I now call on President Trump to clean house of these distractors. We need a fully functioning VA, not distractions or self-inflicted headlines. That's what veterans of today and tomorrow expect and definitely deserve."

WWI Memorial Sculpture Unveiling

On Wednesday [February 21], the World War I Centennial Commission held an unveiling ceremony of the sculpture that will be the focal point of the National WWI Memorial. The ceremony was intended to give veterans' advocates and other stakeholders a rare opportunity to see a 3-D rendering of what the final sculpture will look like. VFW National Legislative Service Deputy Director John Towles was in attendance along

with other members of the veterans' community and members of Congress. The sculptor, Mr. Sabin Howard, provided remarks concerning his own connection to WWI, and explained the underlying story behind the sculpture. The sculpture, dubbed "A Soldiers Journey," is comprised of five distinct panels and highlights the key events that embodied the journey to war that millions of Americans made beginning in 1917: departure, initiation, ordeal, aftermath, and return.

VFW-SVA Fellow Speaks on Improving Education Benefits

On Thursday [February 22], VFW-SVA Fellow Francheska Salazar joined other student veterans in a panel on Capitol Hill to share her experiences being a student veteran. Francheska spoke about the hurdles she faced in her transition to school and the path toward her degree. Each year the VFW joins with Student Veterans of America to bring 10 student veterans to Washington, D.C., to advocate for issues they face ranging from education and employment to VA health care.

Forever GI Bill Education Benefit Restoration

VA recently updated their website on opportunities for veterans to potentially restore and utilize their education benefits. A provision was added to the Forever GI Bill to allow student veterans whose benefits were wasted at schools that abruptly closed to seek restoration of those benefits. Also added was an extension of benefits for students pursuing STEM degrees, full eligibility for Purple Heart recipients, removal of the expiration date for veterans who left service after January 2013, and many other provisions for veterans, families and survivors. The VFW strongly supported these additions and worked closely with Congress and our veterans' community partners on this legislation.

Learn More about Camp Lejeune Benefits

VA issued a video regarding benefits available to veterans and their family members who suffer from conditions related to contaminated water at Camp Lejeune. The video is part of VA's outreach efforts on this issue and includes available options and contact information. The team of professional, highly trained VFW Service Officers can help you file claims related to Camp Lejeune water contamination.

Forum: Echoes of the Great War



Speaker:
Cheryl Regan, Exhibition Director, Library of Congress

**Thursday, March 8
10 AM - 1 PM**

Light Refreshments(10-10:30 AM) & Forum (10:30-1 PM)
Program will feature arts of the WWI era

**VA WWI and WWII Profiles of Honor Mobile Tour
9:00 AM - 2:00 PM**

**Hylton Performing Arts Center
10960 George Mason Cir, Manassas, VA 20109**

Program is *FREE* and Open to the Public

The exhibition at the Library of Congress titled "Echoes of the Great War: American Experiences of World War I" "examines the upheaval of world war as Americans confronted it – both at home and abroad. The exhibit will consider the debates and struggles that surrounded U.S. engagement, explores U.S. Military and home front mobilization and the immensity of industrialized warfare, and touches on the war's effects, as an international peace settlement was negotiated, national borders were redrawn, and soldiers returned to reintegrate into American society."

For more information:
www.hyltoncenter.org/veterans or www.lli-manassas.org

Presented by:
Hylton Center Veterans and the Arts Initiative and Manassas Lifelong Learning Institute

Collaboration between:
The Library of Congress, Virginia Dept of Veterans Services, Virginia War Memorial, Virginia World War I and World War II Commission, and the College of Visual and Performing Arts at George Mason University

Veterans and the Arts Initiative Presenting Sponsor:
Azalea Charities, Inc., Frank E. Lasch, Sr., Chairman and Founder

Veterans and the Arts Initiative Sponsors:
Dominion Energy, City of Manassas, J Barrows Sales Training, Safeway Foundation, Virginia Commission for the Arts, National Endowment for the Arts



Upcoming Events

March	
March 1	Executive Meeting – 7:30 PM
March 5	Post/Auxiliary Meeting — 7:30 PM
March 10	Commander’s & President’s Homecoming – Post 9808
	St. Patrick’s Day Parade
March 13	Youth Committee — 7 PM
March 22	VFW Junior Vice Commander in Chief Doc Schmitz visit & dinner
March 29	Executive Meeting — 7:30 PM
March 31	Deadlines for Patriotic Arts & Dept. Program Reports
April	
April 2	Post/Auxiliary Meeting — 7:30 PM (Elections)
April 19	Youth Committee — 7 PM
April 22	Dist. 8 Convention – Culpeper 2527 – 1 PM (Elections)

Notice—Email List Maintenance

Post 7589 annual members who receive Cannon News by email and have not paid their dues in over a year will be removed from our mailing list beginning April 1. April 2018 will be your last edition of Cannon News. Please renew your membership and remain a member in good standing.



KNOW YOUR VIRGINIA REPRESENTATIVE

Rob Wittman	1st District	202-225-4261
Scott Taylor	2nd District	202-225-4215
Bobby Scott	3rd District	202-225-8351
Donald McEachin	4th District	202-225-6365
Tom Garrett	5th District	202-225-4711
Robert Goodlatte	6th District	202-225-5431
Dave Bratt	7th District	202-225-2815
Don Beyer	8th District	202-225-4376
Morgan Griffith	9th District	202-225-3861
Barbara Comstock	10th District	202-225-5136
Gerry Connolly	11th District	202-225-1492

Virginia Department of Veterans
Services Manassas Office

9300 W. Courthouse Rd.
703-479-7437

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

Cannon News is emailed to Post and Auxiliary members with email addresses on file.

[\[Click Here\]](#) To be added to our email distribution.

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

Editor: Rick Raskin

Copy Editor: Janet Raskin

Please email articles to quartermaster@vfw7589.org

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