

CANNON NEWS

Francis Cannon VFW Post 7589
Manassas, Virginia
June 2025



Courtesy of Habitat for Humanity

Jerry Martin, Wayne Moore and Rick Raskin at Habitat for Humanity on June 3, VFW Day of Service. Over 60 deliveries were processed and made ready for sale while we were there.

In This Issue:

- Manassas Park Flag Lowering Ceremony
- Wreath Ceremony and Flag placements
- **CANNON NEWS** wins Silver Award in VFW Publications Contest
- Flag Retirement Ceremony
- Memorial Day banners honor local veterans
- Tech for Troops Donation
- Park West Lions Community Day
- Manassas Ballet Theatre Raffle will benefit VFW and American Legion

CANNON NEWS—Multiple award winner at both the State and National levels, including 2024 National Grand Award.

Commander's Message



Wayne Moore

June 14 is explicitly designated as National Vietnam War Veterans Day

The idea for a June observance goes back to 2000, when the US Congress issued a resolution recognizing American veterans who served during the **Vietnam War (1955-1975)**. The resolution cited the "sacrificial service" of these military personnel and the "courage, loyalty, wisdom, and devotion to this country" they demonstrated throughout the war.

Eligibility and Recognition Criteria

Not all veterans fall under the June observance. **Only those veterans who served during the US involvement in the Vietnam War** are eligible for the recognition. This includes people who served in the *Army, Navy, Air Force, Marine Corps, Coast Guard* (during the Vietnam period), as well as other branches and organizations.

Designation and Celebrations

In 2011, President Obama signed H.R. 258/L.R. 16, **designating March 30th as National Vietnam Veterans Day**. However, the observance was renamed **National Vietnam War Veterans Day** in 2007 to acknowledge the varied dates of service during that period. The new official date is **June 14th**, which coincidentally is also Flag Day**.

To commemorate this significance, various events and traditions take place across the nation. Some notable activities:

- **Parades**, ceremonies, and memorial events
- **Wreath-laying ceremonies at national cemeteries**
- **Veteran reunions** and
- **Community service programs**

Significance beyond June

While June gets the official recognition, Veterans Day (November) remains an important national acknowledgement of all US veterans **past and present**.

(Commander continued on page 12)



The VFW National Home for Children

The VFW National Home for Children offers a once in a lifetime **opportunity** for military and veteran related families.

If you know of a family in your community that could use our help, please encourage them to call!

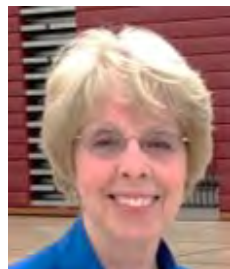
We are currently accepting new resident families into our program.

Most qualify to apply. Caring staff will help families to determine eligibility.

A Great Place to Call Home!

800-313-4200

Auxiliary President



Mary Corkhill



On June 6, 1944, the D-Day invasion of the 50-mile landing sites stretching along the Normandy coast included the beaches of Utah, Omaha, Gold, Juno and Sword. D-Day is often considered the beginning of the end of World War II in Europe. It provided the Allies with a foothold in Europe and enabled them to begin the liberation of France and other occupied territories.



Flag Day, celebrated on June 14th, commemorates the adoption of the first official American flag by the Continental Congress on that day in 1777. It's a day to celebrate the American flag, known as the "Stars and Stripes," and to show patriotism and unity.

Father's Day is an annual holiday celebrated on the third Sunday in June. It honors fathers and celebrates fatherhood, paternal bonds, and the influence of fathers in society. This year it is on June 15. **HAPPY FATHER'S DAY!!**

We have started to distribute information to the local schools about the different contests the VFW and Auxiliary have. The Voice of Democracy and Patriots Pen theme is the same for 2025-2026 which is: **"How Are You Showing Patriotism and Support for Our Country?"**. Along with the Teacher of the Year the deadline for all three contests is October 31, 2025. The Scout of the Year deadline is March 1, 2026. The Auxiliary's contest for Continuous Education deadline is February 15, 2026. Applications are submitted directly to VFW Auxiliary National Headquarters in Kansas City, MO. The Young American Creative Patriotic Art 2-D and 3-D Contests (Grades 9-12), and Illustrating America (K-8) art contest's deadline is March 31, 2026. If you wish to know more about these different contests, please let us know.

There are two upcoming dates to remember: The Department Convention scheduled for June 18 – 22, 2025 at the Hotel Madison Shenandoah Valley Conference Center, 710 S. Main Street, Harrisonburg and the National Convention in Columbus, OH from August 9-13, 2025.

The members of the Auxiliary will be serving dinner to the Post comrades prior to their meeting on June 2 at 6:30 PM. We would love to see everyone at this event.

There are several ways you can support the VFW National Home in its mission of assisting veterans and their families: by purchasing a life membership for \$50, supporting their tribute brick program or by making a donation. You can do any of the above from their website: <https://vfwnationalhome.org/you-can-help/membership/>. Thank you for your support

As we complete the current Auxiliary year, I pray everyone stays safe and healthy. Please keep in your prayers any member and/or their family members who are ill, hospitalized or have gone to their Heavenly Home.

Respectfully,
Mary Corkhill
Auxiliary President



Youth Committee



Lou Filippone

VFW Post 7589 - June Youth News and Notes

From the Post 7589 Youth Committee

Dear Members and Auxiliary,

As summer approaches, we want to take a moment to recognize the outstanding efforts of our young volunteers, share updates on our youth programs, and highlight upcoming opportunities for engagement.

Scouting Efforts Honor Our Fallen Heroes

Our Scouts truly embodied the spirit of remembrance during their annual Memorial Day services. A wreath was placed at the Manassas Veterans Memorial and the Francis Cannon gravesite to honor those who served. At the Manassas Cemetery, flags were placed with care. Then Alex, Joseph, and Tina Bliem took an extra hour ensuring that 18 veteran graves at Rose Hill Cemetery received flags as well.

With a fantastic turnout, we had:

- 5 VFW members
- 5 VFW Auxiliary members
- 11 Scouts (Troop 1372, Pack 1372 & 1355)
- 10 Scout leaders
- 1 parent
- 32 total participants

A special thanks to **Tina Bliem**, who provided this report and kept us informed of the scouts' dedication and efforts. [See Page 4](#) for a more detailed scouting report from Alex and Tina.

A Successful Flag Retirement Ceremony

Our Flag Retirement Ceremony on May 10 was a great success, thanks to everyone who attended. With perfect weather and an enthusiastic crowd, we retired over several hundred flags with proper respect.

Again, **32 participants** joined us in this solemn duty:

- 5 VFW members
- 5 VFW Auxiliary members
- 11 Scouts (Troop 1372, Pack 1372 & 1355)
- 10 Scout leaders
- 1 parent

A heartfelt thank you to **Tina Bliem** for providing the report and statistics for this meaningful event. Your dedication is greatly appreciated!

Paul Chase Youth Fund Updates

At this time, we have not received any new requests regarding the Paul Chase Youth Fund. As soon as requests come in and are approved, we will keep you informed.

Exciting Opportunities for Students and Teachers!

Preparations for our **Patriot's Pen**, **Voice of Democracy**, and **Teacher of the Year** contests are well underway. We encourage students and educators to get involved early—before summer recess—to allow ample time for writing.

This year's theme for both **Patriot's Pen** and **Voice of Democracy** is:

"How Are You Showing Patriotism And Support For Our Country?"

Scholarships are available for winners, and they may also advance from the Post level all the way to National. If you know potential candidates, please let us know so we can provide them with an application. The deadline is **October 31**, but early preparation is key!

Recognizing Excellence in Leadership

We proudly presented the **VFW Bronze Medal and Certificate** to **Cadet Ingrid Perez-Ayala** of Unity Reed High School AFJROTC. Additionally, we await updates from the Prince William Composite Squadron of the Manassas Civil Air Patrol regarding final awards for their NCO and Officer recipients. Stay tuned for more details soon!

Join Us for Our Next Meeting!

Our next **Youth Committee meeting** will be held on **Thursday, June 19 at 7:00 PM at the Post**. If you're interested in making a meaningful impact on the next generation of young Americans, consider joining us!

Thank you for your continued support and dedication to mentoring our youth.

With best regards,

Lou Filippone
Youth Committee Chair

Scouting Report



Alex & Tina Bliem
Post 7589 Scouting
Representatives

Our scouts had a couple of joint events this month. The first one was the flag retirement ceremony at the post. The scouts and adults helped to retire several hundred flags. Afterwards they cleaned up the area and enjoyed some pizza. The next flag retirement will be on 9/11.

The next joint event was on Memorial Day where we had a ceremony at the Manassas Veterans Memorial. They placed a wreath with Auxiliary President Mary Corkhill, heard some meaningful words about Memorial Day from Tina Bliem and then listened to a prayer. From there we went over to the Manassas Cemetery where we met up with other scouting families. Mary Corkhill led the scouts in placing a wreath at the gravesite of Francis Cannon and Comrade Kelly Williams spoke about the service and sacrifice of Francis Cannon [our post's namesake]. In addition to placing flags the scouts also helped to clean up the cemetery as they walked around.

[On the recommendation of Post Commander Wayne Moore], three of us then went to the Rose Hill Cemetery where we first found and then placed flags at the gravesites of veterans. We took pictures, wrote down names and will be creating maps so people can easily find those veterans graves in the future. This had not been a cemetery that we visited in the past, but we are documenting it and will continue to visit it in the future.

Our troop had their annual planning meeting this month. This is where the scouts plan out all of the activities for the upcoming year. After the scouts have their plan they then present it to the adult leadership in the committee where it is discussed further and eventually approved. Our troop is scout led, they decide what they want to do for the year and plan accordingly.

The troop also had a "Trauma-Rama" themed campout this month. Over the course of the weekend they learned about many different first-aid skills, and different life saving techniques. Our scouts should be well prepared should they ever need to help someone.

Our Cub Scouts had their family camping weekend at Camp Snyder and they had a great time. They practiced cooking and cleaning in the great outdoors and had many activities that they did together. Family camping during the Cub Scout years helps to prepare the younger scouts for when they join the older scouts in the troop.

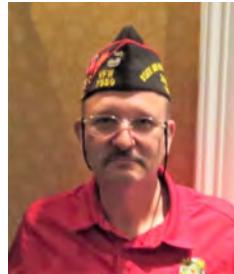
Our crew had a "Field Day" where they got together with members of the troop and anyone else that wanted to participate and competed in various outdoor games which included kickball, cornhole, relay race, three legged race, and tug of war. The weather was perfect and the games were a blast. Adults were also invited to participate.

This was a very productive month for our scouts. Many of them will be off to summer camp in another month.

Be safe,

Alex & Tina Bliem
VFW Post 7589
Pack, Troop, Crew 1372

Legislative Update



Monti Zimmerman

Virginia passed four pieces of Veteran Legislation this 2025 session. These included:

Verification of veteran status for diversion into the veterans' criminal court for minor criminal offenses,
Restoring the Virginia National Guard Tuition Assistance Program to the control of the Virginia National Guard, allowing easier access to the program by Guardsmen
Expanding the State Veterans Cemetery at Suffolk to ensure long term sustainability

Creation of a Virginia Women Veterans Day

Additionally, a bill was defeated that would legitimize non-certified "pay for service" (Claim Sharks) assistance in procuring a veteran disability rating. This battle will continue in the upcoming legislative session in January 2026.

On the November 2024 ballot, an issue that I have advocated for these past nine years was approved by 93 percent of the voters. This was implemented in January 2025 providing property tax relief for approximately 100 surviving spouses whose military member "Died on Active Duty" (not killed by enemy).

The Virginia Military Survivors and Dependents Education Program (VMSDEP) provides education benefits to spouses and children of qualifying Veterans. Funding was provided for two years, ensuring the program would continue as is through the summer of 2026. Funding will need to be procured in the January 2026 legislative session.

Major legislative actions going forward:

Claims Shark legislation-goal is to ban claims sharks' ability to harm veterans.

We are facing the Government of Virginia that wants to allow what they are calling "veteran's choice." In any other context, this would have consumer protection to ensure unknowing consumers were protected from unscrupulous predators.

VMSDEP-the Veteran Education Program will likely come back with an intent to determine if the program should be cut. This will demand the VFW to maintain vigilance.



**MEMORIAL
DAY
FLAG
CEREMONY**

*Friday, May 23, 2025
1:00pm
100 Park Central Plaza*

- **Welcome-** Sarah Barnett
- **Presentation of Colors-**Manassas Park Honor Guard
- **Bag Pipes-** Kevin Byrne
- **National Anthem-** MPHS Chamber Choir
- **Mayor** Alanna Mensing
- **Councilmember** Stacy Sieberling
- **Constantine Ferssizidis-** NOVA Veterans Association
- **Rick Raskin-** VFW Post 7589
- **Lowering of the American Flag**
- **Taps-** Performed by Commander David Quimby and Sergeant-at-Arms Carl Carey
- **Light Refreshments**



Past State Commander Rick Raskin was a featured speaker.



Rick Raskin with State Delegate Michelle Maldonado.



[PHOTOS FROM FACEBOOK](#)

Memorial Day Ceremony



RICK RASKIN

Tina Blum delivered opening remarks.



RICK RASKIN

Mary Corkhill and Cub Scouts placed a wreath at the Veterans Memorial with appropriate honors.



RICK RASKIN



ALEX BLEM

Scouts, parents, VFW members and guests gathered at the Francis Cannon gravesite.



RICK RASKIN

Mary Corkhill and Scouts do honors at the Francis Cannon gravesite.



RICK RASKIN



RICK RASKIN

Winners of VFW Publications Contest Announced

This years' winners represent the best of the best

May 21, 2025

KANSAS CITY, Mo. — The Veterans of Foreign Wars (VFW) has announced the winners of the 2024 National Publications Contest. More than seven years ago, the contest changed significantly to encourage more participation. This created two new categories: Best Magazine and Best Feature Article. This year's competition retained those changes.

Two non-VFW-affiliated journalism professionals served as judges for the competition. This is designed to ensure impartiality and objectivity in the judging process. To reiterate, VFW staffers play no part in judging the entries.

The winning publications in each category are:

Best Magazine

Grand Award:

California Veteran

Rodger Meier, Editor

Silver Award:

Department of South Carolina Sentinel

Bill LaMonte, Editor

Best Feature Article

Grand Award:

"Vietnam vet plays 'TAPS' every day with Boy Scout Bugle"

Jarrod Schoenecker, *Montgomery Messenger*

Department of Minnesota

Silver Award:

"Alachua VFW Post 2811 Auxiliary President honors son with service"

Michael P. Mauer, *Alachua County Today*

Department of Florida

Bronze Award:

"WWII POW's Remains Return to Illinois Following Identification"

Barbara Wilson, *Illinois VFW News*

Department of Illinois

Department Publications

Large Frequency (printed 5+ times per year)

Grand Award:

Wisconsin VFW News

Marla J. Morgan, Editor

Small Frequency (printed 1-4 times per year)

Grand Award:

Illinois VFW News

Barb Wilson, Editor

Silver Award:

Michigan Overseas Veteran

Alyssa McElfresh, Editor

District/Post Publications

Large Frequency (printed 5+ times per year)

Grand Award:

SSG Dozier VFW Post 2894 Newsletter

Dan Eaker, Editor

Department of Virginia

Silver Award:

Cannon News (VFW Post 7589)

Rick Raskin, Editor

Department of Virginia

Bronze Award:

The Chatter (VFW Post 7591)

Cole Slominski, Editor

Department of Wisconsin

Small Frequency (printed 1-4 times per year)

Grand Award:

VFW News (Post 1318)

Gundel Metz, Editor

Department of Wisconsin

Silver Award:

VFW Post 2113 & Auxiliary Joint Newsletter

Randy Hansen, Editor

Department of Wisconsin

Bronze Award:

Waverley VFW Post 1272 Newsletter

D. Bruce Pahlm, Editor

Department of Massachusetts







Memorial Day banners honor local veterans, including 4 killed in action

By Cher Muzyk Staff Writer

[Prince William Times](#)



JOHN CALHOUN

Staff Sgt. LeRoy E. Alexander, 27, was killed while serving in Afghanistan in 2005. Alexander was awarded the Bronze Star and the Purple Heart. Alexander is among the 12 Manassas-area veterans honored with a Memorial Day banner in the City of Manassas.



Private First Class Robert E. Swank, 57, served in the U.S. Army during World War 2. Swank was shot in both legs in 1945. He was awarded the Bronze Star and the Purple Heart. Swank died on April 21, 1981



Specialist Charles J. Colgan Jr., 71, served in Vietnam as a combat photographer in the U.S. Army. He was awarded the Soldier's Medal and founded the Freedom Museum in Manassas. Colgan died on Oct. 20, 2020.



Capt. Curtis W. Wunderly, 72, served in the U.S. Army in Vietnam. He was awarded the Bronze Star. Wunderly served on the Manassas City School Board for 16 years. He died on May 6, 2017.

Honoring their sacrifices

The 12 local military servicemembers who are honored on the Memorial Day banners in the City of Manassas include the following four who were killed in action:

Staff Sgt. LeRoy E. Alexander, 27, was killed while serving in Afghanistan in 2005. Alexander was awarded the Bronze Star and the Purple Heart.

Private First Class Francis H. Cannon, 31, was killed in action in 1944 while serving with the U.S. Army in the South Pacific during World War 2. He was awarded the Purple Heart. VFW Post 7589 is named for him.

Cpl. Robert V. McMaugh, 21, was killed in action while serving with the U.S. Marines in Beirut, Lebanon. McMaugh died during the terrorist bombing of the U.S. Embassy in 1983. He was awarded the Purple Heart. The American Legion Post 10 is named for him.

LCpl. Colin J. Wolfe, 19, was killed in action in 2006 while serving with the U.S. Marines in Iraq. He was awarded the Purple Heart. Wolfe was a 2005 graduate of Osbourn High School.

The City of Manassas has once again lined Center Street with banners honoring local veterans this Memorial Day weekend. The veterans have all passed away; four were killed in military action.

Memorial Day honors all military members who have died while serving in U.S. forces. The banners hanging in Manassas feature the pictures of the late veterans, the branch of the military in which they served and their service dates on patriotic backgrounds.

The banners were first erected for Memorial Day in 2022.

At the time, Jerry Martin, a retired Marine lieutenant colonel and retired Manassas City Public Schools teacher, said he worked with several veterans' groups for more than a year to make the banner project a reality.

Martin, who lives in Nokesville, serves on the Manassas Veteran's Day Parade Committee and said the idea was sparked when the committee was concerned about how to honor veterans on Veteran's Day if a parade wasn't possible due to COVID-19. He said the parade went on as planned, so the banners weren't pursued at that time. But the idea continued to percolate as a way to show gratitude and commemorate the lives of deceased veterans on Memorial Day.

Martin said Manassas officials agreed to fly the banners in the city for Memorial Day after the Manassas Veteran's Day Committee members approached them with the idea.

Once permission was granted, Martin took the idea for the banners to area veterans' groups. The membership of both the Veterans of Foreign Wars and the American Legion "unanimously supported the idea," Martin said.

Members of the VFW and American Legion took time to carefully select the 12 veterans to be honored on the banners, all of whom had some connection to Manassas.

"Consensus of the veterans' communities was that those were the 12 veterans that they
(Continued on page 12)

The banners also honor the following eight late veterans, all of whom had ties to Manassas:

Chief Warrant Officer 3 William M. Aumen, 76, served in the U.S. Army in Korea and Vietnam. He was awarded the Bronze Star. Aumen served as Commander of American Legion Post 10, died on Oct. 16, 2009.

Col. William M. Carruthers, 87, served in Vietnam as a member of the U.S. Air Force. Carruthers was an active member American Legion Post 10 and was awarded the Distinguished Flying Cross. He died on June 9, 2019.

Specialist Charles J. Colgan Jr. 71, served in Vietnam as a combat photographer in the U.S. Army. He was awarded the Soldier’s Medal and founded the Freedom Museum in Manassas. Colgan died on Oct. 20, 2020.

Master Sgt. Joseph O. Dazzo, 91, participated in the D-Day landing and four more invasions during his time in the U.S. Army during World War 2. Dazzo was awarded the Bronze Star and served as commander of VFW Post 7589. Dazzo died on Nov. 30, 2010.

Capt. Edward R. Hallett, 91, served in Korea and Vietnam while in the U.S. Navy. He was awarded the Air Medal and served as a longtime volunteer at the Freedom Museum. He died on April 18, 2019.

(Continued from page 11)
felt should be honored,” Martin said.

The veterans’ groups also fully funded the initiative. “It was all done through private funding from the membership. The veterans themselves paid for those banners,” Martin said.

The banners were designed and manufactured at a company in Florida called Military Tribute Banners and cost \$100 each, Martin said.

Martin said Historic Manassas, Inc. hung the banners on the light poles.

Martin said he is hopeful the community supports the initiative and will provide positive feedback to the City of Manassas. “I’m hoping that they’ll consider us being able to expand the number of banners that are up and hang the banners every year on Memorial Day weekend,” Martin said.

City of Manassas Councilman Mark Wolfe and his wife, Amy Wolfe, who is the artistic director of the Manassas Ballet, are the parents of one of the veterans honored on the banners, Colin Wolfe. Wolfe, a U.S. Marine, was just 19 years old when he was killed in a roadside bomb attack in Iraq in 2006.

Councilman Wolfe said he tears up each time he passes his son’s banner on Center Street.

“Amy and I are very proud of Colin and appreciative of this recognition of his sacrifice,” Wolfe said.

TSgt. Ernest M. Hancock, 97, served in the U.S. Army Air Corps during World War 2. Hancock was held as a prisoner of war and was awarded the Silver Star for Heroism and the Purple Heart. He died on Sept. 18, 2021.

Private First Class Robert E. Swank, 57, served in the U.S. Army during World War 2. Swank was shot in both legs in 1945. He was awarded the Bronze Star and the Purple Heart. Swank died on April 21, 1981.

Capt. Curtis W. Wunderly, 72, served in the U.S. Army in Vietnam. He was awarded the Bronze Star. Wunderly served on the Manassas City School Board for 16 years. He died on May 6, 2017.

(Commander Continued from page 2)

| Comparison with November Veterans Day | National Vietnam War Veterans Day (June) | Veterans Day (November) |
|---------------------------------------|--|------------------------------------|
| Official Date | June 14th | 11th of November |
| Eligibility/Criteria | Vietnam War personnel | All US-veterans, past, and present |
| Tradition and Events | Parades, ceremonies, and tributes | Parades, ceremonies, and tributes |

Conclusion

November may get more attention, but June is indeed an exceptional month for honoring the United States’ Vietnam War **veterans!** This month-long celebration helps raise awareness about the historic significance of the Vietnam era and acknowledges the sacrifices those veterans made for their Country. **As we shine a light on these pioneers, we also honor modern-day service members and keep the legacy of American Heroism alive.** Next time you hear someone casually mention June, you may want to correct them-it’s indeed a special Month for American Veterans! National Vietnam War Veterans Day is an opportunity to step back, reflect, celebrate, and pay tribute to those who served during what was, for many years, a tumultuous epoch in American history.
By [GunPundit Team](#) / December 8, 2024, [www.civil-war.net](#)



Past All State Commander Ronald Knowles was recognized on May 13 at the Sitter and Barfoot Veteran Care Center in Richmond for helping veterans with disabilities in the art program. He was also able to add a single black line to the white mats of 25 veteran's paintings, which really helped bring depth and perspective to the paintings.

Many Sitter and Barfoot residents and their families were on hand to view and bid on the artwork.

Submitted by Clark Knowles

2025-26 Post Officers

| | |
|-----------------------|------------------------|
| Commander | Wayne Moore |
| Senior Vice Commander | Lou Filippone |
| Junior Vice Commander | Ron Link |
| Quartermaster | Rick Raskin |
| Chaplain | Monti Zimmerman |
| 1 Year Trustee | Dion Amos |
| 2 Year Trustee | Lamar Baker |
| 3 Year Trustee | Tina Bliem |
| Adjutant | Ron Link |
| Service Officer | Monti Zimmerman |
| Judge Advocate | Sirianosac Thepsoumane |
| Surgeon | Alex Bliem |

[May 16 at 10:57 AM](#) ·

[Tech For Troops](#) is in [Richmond, VA](#).

A big thank you to Megan Cate and VFW Post 7589 in Manassas, VA for their generous donation to Tech for Troops! Your continued support helps us further our mission to empower veterans, active duty, and their families through technology. We're proud to have such dedicated partners by our side.

[#TechForTroops](#) [#VFW7589](#) [#VeteranSupport](#) [#ManassasVA](#) [#ThankYou](#)



Facebook.com



Seniors can manage the stressors that come with getting older using this guide

Contributed by Elmer George www.elderville.org

Growing older has always been a mixed bag — a moment to exhale, to claim a bit of peace, to collect the stories you've earned.

But in that quiet, many older adults feel an undercurrent of stress that doesn't make headlines: the private burdens of managing a changing body, an evolving sense of identity, and a healthcare system that often feels impersonal. You don't get a manual for how to gracefully meet your limits — or how to push back when the system seems built without you in mind. Still, small adjustments, both practical and personal, can give you firmer footing as you navigate this next chapter.

The Uncertainty of Physical Decline

One of the hardest pills to swallow as you age isn't medication — it's unpredictability. You wake up feeling fine one day, and the next your back or knees don't cooperate. It's not just about pain; it's the unpredictability that messes with your sense of control. You can't predict when you'll need a doctor, or when you'll simply need to cancel plans because your body said no. To regain a little power, [commit to consistency where you can](#): gentle, daily movement like tai chi or walking can help keep systems in tune. But just as importantly, keep a journal of changes — pain patterns, sleep disturbances, anything — and bring it to appointments so you can advocate for yourself with clarity.

Create a Morning Routine You Love

There's something quietly radical about taking the first hour of your day back. Instead of diving headfirst into noise — emails, updates, everyone else's urgency — you can choose to [begin with something that nourishes you](#). A simple breakfast of eggs and greens, ten minutes of stillness with your breath, a few pages from a book that lifts your thoughts above the day's clutter — these are not luxuries, they're anchors. The trick isn't perfection; it's consistency, and the gentle refusal to let your phone be the first voice you hear each morning.

The Loneliness of Overmedicalization

It's ironic — with age comes more time, and more appointments. You might see more doctors in a year than your younger self did in a decade, yet still feel invisible in the process. The sterile pace of modern healthcare often reduces seniors to a chart or checklist. To combat this, [build relationships with care providers](#) who actually listen — and don't be afraid to shop around. You're allowed

to find a doctor who doesn't interrupt. You're allowed to fire one who does. Use patient portals or written notes to stay organized and push for clarity on any diagnosis or medication.



Photo via [Pexels](#)

The Fear of Becoming a Burden

Even the most self-assured older adults carry this quiet fear: that one day, someone will have to rearrange their life around your needs. It's [hard not to internalize this worry](#) when every minor injury or new prescription makes you feel less independent. Rather than letting this fear fester, take proactive steps now. Invest time in future-proofing your living space with small but thoughtful changes — grab bars in the bathroom, automatic lighting, or assistive tech for mobility.

Just as crucial: talk to

your family now, while you're healthy. Framing your independence as a shared goal helps shift the conversation from worry to partnership.

The Frustration of Technological Hurdles

Once upon a time, a phone was a phone. Now, medical appointments are virtual, prescriptions get texted, and even checking insurance benefits means navigating three websites and five passwords. It's exhausting. But the answer isn't to disengage. The key is curation: find one or two [user-friendly tools](#) that actually work for you, and use them consistently. Many libraries and senior centers now offer free tech support hours or "how-to" classes geared toward older adults. Empower yourself to ask questions — even the "basic" ones — because frustration isn't a flaw in you, it's a failure in the design.

The Disruption of Sleep and Rest Cycles

It's one of the quiet casualties of aging: [a full night's sleep](#). As your body chemistry changes, so too does your relationship with rest. And that lack of quality sleep can turn everything else — mood, appetite, clarity — into an uphill climb. Avoid the trap of overmedication and instead begin with small recalibrations: reduce caffeine after noon, take walks in morning sunlight, and turn off screens an hour before bed. If sleep still eludes you, bring it up with a provider, but ask about behavioral approaches before jumping to prescriptions.

The truth is, there's no cheat code for aging. You won't find a supplement that makes it easy, or a podcast that makes it painless. But there are ways to reclaim a sense of agency, to reframe your experience so that it feels lived rather than endured.

VFW VA's updated position paper on claim sharks
Submitted to the Legislative Committee on March 23.
To be presented by the VFW at the next JLC meeting.



Stop unscrupulous firms from exploiting veterans trying to obtain VA benefits.

Submitted by VFW Department of Virginia
Rick Raskin, JLC Representative

The VFW has continued its advocacy against unaccredited, predatory claims consultants that aggressively advertise and charge veterans for Department of Veterans Affairs (VA) disability claim assistance.

Like many of its companion organizations on the Joint Leadership Council (JLC), the Veterans of Foreign Wars has proudly honored its commitment to all veterans by providing highly trained, certified, quality claims representatives to assist veterans and their survivors in navigating the complex bureaucracy of the U.S. Department of Veterans Affairs (VA) law, rules, and regulations.

The VFW and other accredited Veterans Service Organizations (VSOs) provide this service at no cost, as required under Title 38 of the United States Code.

Charging veterans for initial claims assistance is an illegal practice. Unfortunately, criminal penalties for unaccredited claims agents were eliminated from United States Code nearly twenty years ago, providing a loophole through which these predatory claims agents built this market sector. The VFW has branded these companies "Claim Sharks".

These claim shark companies typically enter into agreements with veterans in which the veteran agrees to pay them a multiple of the disability award, often up to five times the amount. This is a fee structure that is predatory in nature and something we would never accept. Additionally, many of the contracts provide for the claim shark to bill for future increases in benefits even if they had no part in helping the veteran obtain them.

Since they are uncredited with the VA the claim shark cannot file for the veteran or see the computer system that tracks the veteran's claim. The veteran files their own claim with "assistance" from the claim shark and if anything goes wrong, the veteran is solely responsible for the error and could owe the Veterans Administration money. If this action were to be taken by any other actor affecting a consumer it would be considered fraud and be protected by Virginia's consumer protection laws.

Currently, these predatory companies have no accountability, no oversight, and no penalties.

At the National level the VFW has urged Congress to pass legislation to reinstate penalties under Title 38. Until that occurs, if ever, we ask that the Legislature propose legislation that prohibits these Claim Shark companies from operating in Virginia.

The VFW and other VSOs draw no benefit from this proposed legislation. In fact, it promises to increase the workload for VA-Certified Service Officers; but it will do so while protecting the integrity of the VA system and the privacy and security of veterans' personal and health data.



2025 Veterans Benefits Guide Now Available

Don't miss out on what you've earned—check out the "2025 VA Federal Benefits Guide for Veterans, Dependents, Survivors, and Caregivers" handbook to learn more.

[ACCESS THE FREE GUIDE](#)

Manassas Ballet Theatre Raffle will benefit VFW and American Legion

Manassas Ballet Theatre agreed to offer two season memberships with orchestra seating for the upcoming season (a \$500 value). We will be conducting a raffle jointly with American Legion Post 10.

Tickets are \$5 each and will be combined with those sold at AL10. The drawing will be held in September at a date to be determined. All proceeds will be kept by both Posts.

Tickets will be available at Post meetings, Bingo and Post events.

We support Manassas Ballet Theatre in memory of Colin Wolfe, the Artistic Director's son who was killed in Iraq.

Manassas Ballet Theatre opens its season with:

FRANKENSTEIN

Oct. 17, 18 at 7:30 pm

Oct. 19 at 3:00 pm

Streaming Begins Nov. 1

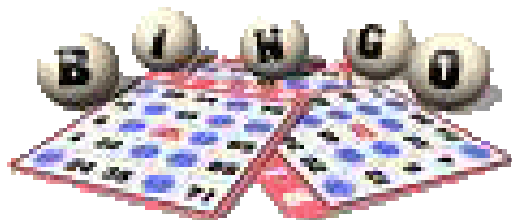


Manassas Ballet Theatre opens its season with the frightful tale of *Frankenstein*! Set to an original, evocative score by Kim Reynolds and performed by the Kim Reynolds Band, this ballet brings the classic legend to life in a thrilling blend of drama, emotion, and artistry. Experience the tragic story of creation and destruction through stunning new choreography and captivating live music. Join us at the Hylton Performing Arts Center for an unforgettable evening that reimagines this frightful masterpiece in a way only MBT can.



1-800-273-8255 PRESS 1

Confidential chat at VeteransCrisisLine.net
or text to **838255**



30 Games Including:

\$750 Jackpot
(Starts with 51 numbers)

Lucky 7 Progressive

90:10 Jackpot
(Prize = 90% of sales)

Pull Tabs & Hard Cards

\$10.00 Bingo Book
(includes Early Birds)

WEDNESDAY MORNINGS

OPEN TO THE PUBLIC

DOORS OPEN 7:30 AM

GAMES START AT 9:15 AM

SPECIAL
BUY 2 BOOKS
GET A 1/2 BOOK FREE

SIGN UP TO JOIN VFW ACTION CORPS

RECEIVE OUR WEEKLY E-NEWSLETTER
AND ACTION ALERTS

Use camera mode to scan code



or
Text "VFW" to 50457
or
Visit vfw.org/JoinActionCorps

Virginia Department of Veterans Services

Manassas Office

9300 W. Courthouse Rd.
Suite 305
703-479-7437

Monday – Friday 8 a.m. – 4:30 p.m.
Appointments only 8:30 – 11:30 a.m. & 1 – 3 p.m.
Closed for lunch daily from 12 - 1 p.m.

CLOSED on the last business day of the month.
<https://www.dvs.virginia.gov/dvs/locations/manassas-benefits-office>

Post 7589 Service Officer

Monti Zimmerman

703-223-2211

2024-25 Post Officers

| | |
|-----------------------|-----------------|
| Commander | Wayne Moore |
| Senior Vice Commander | Lou Filippone |
| Junior Vice Commander | Ron Link |
| Quartermaster | Rick Raskin |
| Chaplain | Monti Zimmerman |
| 1 Year Trustee | Chris Morgan |
| 2 Year Trustee | Lamar Baker |
| 3 Year Trustee | Tina Bliem |
| Adjutant | Ron Link |
| Service Officer | Monti Zimmerman |
| Judge Advocate | Bobby Knight |
| Surgeon | Alex Bliem |

2024-25 Auxiliary Officers

| | |
|-----------------------|--------------------|
| President | Mary Corkhill |
| Senior Vice President | Ellie Smith |
| Junior Vice President | Cindy McIntyre |
| Secretary | Lorrie Allen Smith |
| Treasurer | Elanor Doczi |
| Chaplain | Cookie Cullen |
| Conductress | Janet Raskin |
| Guard | Patsy Gough |
| Trustee 1 | Yvonne Sullivan |
| Trustee 2 | Janet Raskin |
| Trustee 3 | Jan Germain |
| | Jan Germain |
| Historians | Patsy Gough |
| | Yvonne Sullivan |
| Patriotic Instructor | Lorrie Allen Smith |

Upcoming Events

| | |
|-------------|---|
| June 2 | Dinner at 6:30 PM Post Meeting - 7:30 PM |
| June 9 | Auxiliary Meeting - 2:00 PM Woman Veteran Proclamation — Manassas City Council—5:00 PM |
| June 18-22 | State Convention, Hotel Madison & Shenandoah Valley Conference Center 710 S. Main Street, Harrisonburg, VA |
| June 19 | Youth Committee Meeting — 7:00 PM |
| July 7 | Post Meeting - 7:30 PM |
| July 14 | Auxiliary Meeting - 2:00 PM |
| August 9-13 | National Convention, Columbus, Ohio |
| September 6 | District 8 School of Instruction followed by District Meeting — 9:00AM — Post 3103, Fredericksburg |

VIRGINIA SENATORS

| | |
|-------------|--------------|
| Mark Warner | 202-224-2023 |
| Tim Kaine | 202-224-4024 |

VIRGINIA REPRESENTATIVES

| | | |
|--------------------|---------------|--------------|
| Rob Wittman | 1st District | 202-225-4261 |
| Jennifer Kagans | 2nd District | 202-225-4215 |
| Bobby Scott | 3rd District | 202-225-8351 |
| Jennifer McClellan | 4th District | 202-225-6365 |
| Bob Good | 5th District | 202-225-4711 |
| Ben Cline | 6th District | 202-225-5431 |
| Abigail Spanberger | 7th District | 202-225-2815 |
| Don Beyer | 8th District | 202-225-4376 |
| Morgan Griffith | 9th District | 202-225-3861 |
| Jennifer Wexton | 10th District | 202-225-5136 |
| TBD | 11th District | |



CANNON NEWS

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P.O. Box 10206
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Cannon News is available on our website www.vfw7589.org



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Copy Editor: Janet Raskin

Please email articles to quartermaster@vfw7589.org no later than the 27th of the month.
We reserve the right to edit submitted articles for timeliness, clarity and syntax.