

CANNON NEWS

Francis Cannon VFW Post 7589
Manassas, Virginia
October 2025

NOTE: POST MEETINGS ARE NOW ON THE 1ST WEDNESDAY AT 7:30 PM



FACEBOOK

Virginia National Council member Ken Wiseman (Post 1503) met with Senior Vice Commander-in-Chief Cory Geisler during training for the VFW's week on Capitol Hill in DC.

In This Issue:

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- Pension Poachers—Another Scam
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- VFW Honors National Hispanic Heritage Month

CANNON NEWS—Multiple award winner at both the State and National level.

Commander's Message



Wayne Moore

The Year-End Sprint

Comrades, as 2025 hopefully hastens towards a better 2026, there is still much to be done.

Our youth essay programs, **Voice of Democracy** and **Patriots' Pen**, are in full swing. The theme for this year is the same for both **"How Are You Showing Patriotism and Support for Our Country?"** Participants should be

from middle school (grades 6-8) and high school (grades 9-12). Additional info can be obtained at our website www.vfw7589.org under scholarships.

October General Membership Meeting Wednesday, October 1st, 19:30. We will need to approve a by-law change to hold our monthly meetings on the 1st Wednesday.

October 4th, Manassas holds its Fall Jubilee. The VFW participates in a booth in Old Town in front of the Freedom Museum, where we distribute Buddy Poppies, conduct membership recruiting, pass out trinkets, and interact with our community. I want to invite anyone with an hour or two and a willingness to promote our cause to stop by and lend their voice/time.

October 11th, State Commander/Auxiliary President Homecoming dinner at Post 1503, Dale City. Tickets required.

November 1st is the Veteran's Day Parade, your day when members of our community come out to thank you for your service in defending our democracy and the freedom we have. The Post will serve breakfast from 07:00 to 09:30 to members and their families (No cost).

November General Membership Meeting, Wednesday, November 5th, 19:30.

November 8/9, the Post conducts a Buddy Poppy distribution/recruitment drive from 10:00 to 15:00 (Place TBD — posted in meeting minutes).

November 11th, there are a host of activities throughout the community to include, but not limited to, visiting various nursing homes and assisted living facilities to share memories with comrades residing at those locations. We often receive last-minute requests for members to visit a particular nursing or assisted living facility.

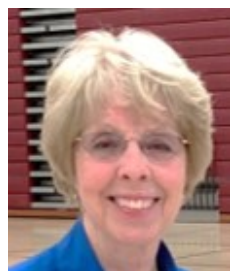
Our Youth Committee Vice Chair/Aux President leads the Post-sponsored Scout Troop 1372 in honoring Manassas fallen heroes, laid to rest in Manassas and Rose Hill Cemeteries, by placing American flags at their headstones.

DON'T SLEEP ON THE MANY LOCAL RESTAURANTS OFFERING VETERANS A FREE MEAL!!!

December General Membership Meeting, Wednesday, December 3rd, hopefully we got the drill!

(See Commander on page 4)

Auxiliary President



Mary Corkhill

When Columbus Day became recognized as one of eleven Federal holidays nationwide by the US Government, it has been observed on the second Monday in October. This year it will be observed on Monday the 13th.

Autumn, the season of crisp air and vibrant colors, is a time of transition and beauty.

As the leaves change from lush greens to fiery reds and golden yellows, it's also the month of the spookiest holiday: Halloween. This year Halloween is on Friday October 31st.

October 31st is the deadline for the Voice of Democracy and Patriot's Pen. The theme for both is: **"How Are You Showing Patriotism and Support for Our Country?"**. Please don't forget about the Teachers. The deadline for submitting your candidates is also October 31st.



We are in the process of requesting our annual members to submit their dues of \$25. If you submit your dues by October 15th, your name will be put in a drawing for a life membership. There are two ways to pay your dues: through MALTA (the National website) or by sending your payment to our Auxiliary treasurer Elanor Doczi, at 7415 Roxbury Ave., Manassas, VA 20109. Thank you in advance.

Events for October and November are as follows: **October 4th,** Manassas Fall Jubilee - 10AM to 5PM; **October 11th,** the Department Commander and President's Homecoming at Post 1503, Dale City with social hour 5—6 PM and dinner at 6:30 PM; **October 13th,** Auxiliary monthly meeting and District inspection at 2 PM; **October 13th,** Youth Committee meeting 7 PM (Tentative); **October 14th** Serving the Veteran dinner from St. Thomas at 5:30 PM; **October 31st, DEADLINE** for the Patriot's Pen, Voice of Democracy and Teacher of the Year contests; **November 1st,** Manassas Veterans Day event: Breakfast 7:30 AM & Parade 11 AM; **November 2nd,** change clocks to Standard Time; **November 7—9** Southern Conference, Margaritaville Lake Conroe Resort, Texas; **November 10th** Auxiliary monthly meeting at 2 PM; **November 11th,** Manassas Veterans Memorial 8:30 AM & replace flags at Manassas Cemetery 9:00 AM and serving the Veteran dinner from St. Thomas at 5:30 PM; **November 11th,** Youth Committee meeting 7 PM (subject to change); **November 30th, DEADLINE** for Wreaths Across America (if you wish to participate).

From the VFW National Home website their mission is: *"The Veterans of Foreign Wars National Home will provide children, youth and families of veterans, active-duty military and members of the VFW and its Auxiliary opportunities for growth and development in a nurturing community, and by doing so will serve as a living memorial to all veterans."* You can become a life member for \$50, purchase a Tribute Brick for \$100, or you

(See Auxiliary on page 4)

Youth Committee



Lou Filippone
Youth Committee Chair

October Youth News and Notes

Seasonal Updates, Community Events, and Youth Opportunities

Dear VFW Members, Families, and Friends,

As the vibrant colors of autumn arrive, we welcome you to a new season filled with opportunities, camaraderie, and community spirit. We hope this newsletter finds you well and ready to join us in the many activities planned for our youth and community. Let's celebrate fall together!

Recap: September Youth Committee Meeting

The Youth Committee held its latest meeting on Monday, September 22, 2025. In attendance were Alex and Tina Bliem, Lamar Baker, Mary Corkhill (by phone), Rosa Brackett, and myself. We discussed recent successes, including the Flag Retirement Ceremony, ongoing contests, and upcoming fall activities. Thank you to everyone who participated and contributed their ideas and enthusiasm!

Upcoming: Fall Jubilee Event

Our Fall Jubilee takes place Saturday, October 4, 10:00 AM to 5:00 PM in front of the Freedom Museum. Volunteers are needed—meet at the Post at 7:30 AM for setup. Join us for a day of fun, fellowship, and fall activities.

Flag Retirement Ceremony: September 11 Highlights

Our annual Flag Retirement Ceremony on September 11 was a meaningful tribute. Attendance included 5 VFW Members, 4 Auxiliary Members, 31 Scouts (from Pack/Troop 1372, Pack 1355, and Troop 670), 13 Scout Leaders, and 13 Guests—for a total of 66 participants. Another great turnout this year!

- Set up by VFW/Auxiliary members began at 5:30 PM
- Scouts and Leaders arrived at 6:00 PM
- Ceremony started at 6:30 PM
- Ceremony ended at 8:00 PM
- Clean up concluded at 8:30 PM
- Thank you to everyone who attended and supported this patriotic event!

Scouts to Participate: Veteran's Day Parade & Memorial Services

We're proud to announce that our Scouts from Troop and Pack 1732 will participate in the Veteran's Day memorial activities on November 11 as they do every year. At 8:30 AM they will assist in placing a wreath at the Veteran's Memorial in Old Town Manassas and at 9:00 at the gravesite of SGT Francis H. Cannon, our

namesake, followed by the Scouts placing flags at veterans' graves in the Manassas Cemetery and at Rose Hill Cemetery. Please join them on this most solemn day and pay respects to our fallen comrades.

Youth Contests: Voice of Democracy, Patriot's Pen, Teacher of the Year

This fall, we encourage all eligible youth to participate in our annual contests:

This year's theme for both Voice of Democracy and Patriot's Pen is *"How are you showing patriotism and support for our country?"*

- Voice of Democracy: High school students
- Patriot's Pen: Middle school students
- Teacher of the Year: Teachers and nominators needed ASAP
- Judging volunteers needed (no date selected yet)

Contest deadline is October 31

If you're interested in helping judge, or know a deserving teacher, please reach out soon!

December Youth Awards Ceremony

Mark your calendars for our annual Youth Awards Ceremony—Sunday, December 7, at the Post at 4:00 PM. We need volunteers for the event, a guest speaker (recommendations welcome!), and a color guard. We will be reaching out to Osbourn Park High School. Food will be provided by the Auxiliary.

Paul Chase Youth Fund Update

The Paul Chase Youth Fund is currently reviewing youth-related requests. More information will be shared soon.

Youth Committee Meeting Schedule Changes

Please note: Next month there will be a change in our Youth Committee meeting schedule. This month's meeting will be on Monday, October 20 at 7:00 PM

Closing Remarks

Thank you for your ongoing support, enthusiasm, and dedication to our youth and community. Together, we are making a difference for our VFW, Comrades, and Auxiliary. Wishing you a joyful and inspiring fall season!

Warm regards,

The VFW Youth Committee

(Commander from page 2)

December 7th, Youth Awards presentation, 15:00—19:00, SVC Filippone.

December 14th is our Holiday Dinner at Logan's Roadhouse at 16:00 hrs. Please plan accordingly and notify the Post if you plan to attend. Seating and meals are based on anticipated attendance. Details and a link to register will be posted in a future newsletter.

Respectfully,
Wayne

(Auxiliary from page 2)

can even donate funds that will assist them in many ways.

Prayers are requested for the two members whose husbands went to their heavenly home: Ms. Connie Mayhugh and Ms. Pat Sutton. We pray for the speedy recovery for Ms. Agnes Towne's husband Mike, who had a stroke and Ms. Cookie Cullen who fell in her home. Please remember other members and their family who are ill, hospitalized and also have gone to their Heavenly home.

Respectfully,
Mary Corkhill
VFW Auxiliary President



VOICE OF DEMOCRACY

VFW
VETERANS OF FOREIGN WARS.

2025-2026 Theme
"How Are You Showing Patriotism and Support for Our Country?"

Student Entry Deadline: Oct. 31, 2025
Patriotic Audio Essay Competition Grand Prize: \$35,000 Award

PATRIOT'S PEN

VFW
VETERANS OF FOREIGN WARS.

2025-2026 Theme
"How Are You Showing Patriotism And Support For Our Country?"

Student Entry Deadline: October 31, 2025
Patriotic Written Essay Competition Grand Prize: \$5,000 Award

The Veterans of Foreign Wars of the United States has announced the details of its 2025-2026 Voice of Democracy and Patriot's Pen audio essay competitions!

This year's shared theme is "How Are You Showing Patriotism and Support for Our Country?"

Entries are due to VFW Posts no later than October 31, 2025. The VFW Voice of Democracy National first-place winner will receive a \$35,000 scholarship; this contest is for students in grades 9-12. The VFW Patriot's Pen National first-place winner will receive \$5,000; this contest is for students in grades 6-8.

Learn more at: <https://www.vfw.org/.../youth-and.../youth-scholarships> and share with the tweens and teens in your town today!



**VIRGINIA VETERANS
NETWORK**

The Gold Standard of Service
for Veterans and their Families

Connect to
hundreds of local
services and resources.



**VIRGINIA VETERANS
NETWORK**



For more information about
the Virginia Veterans Network,
visit dvs.virginia.gov.

State Commander' Message



Doug Hoffman
State Commander
VFW Dept of Virginia

Comrades,

I am sure most of you can figure out (you are not dumb and I am not smart) that when I write most of my emails, I put my thoughts and ideas into an AI generator so the emails will flow and be grammatically correct. Then I go through and edit as necessary. None was required today and the point I want to get across is quite clear below.

In today's divided political climate, it's more important than ever for members of the Veterans of Foreign Wars to lead with integrity and unity. Political baiting—provoking others through divisive rhetoric—has become common, especially online. But as veterans, we have a responsibility to rise above it and represent the values we fought to protect.

What Is Political Baiting? Political baiting includes:

- Using inflammatory language to provoke emotional reactions
- Misrepresenting facts to stir division
- Exploiting sensitive issues for personal or ideological gain

Engaging in this behavior undermines the VFW's mission and reputation.

Why It Matters for the VFW.

The VFW stands for patriotism, sacrifice, and community. When members engage in political baiting, it can:

- Damage our public image
- Alienate fellow veterans and supporters

- Distract from our mission of advocacy and support

How to Be a Good Example. Let's lead by example through:

- Respectful Dialogue – Listen actively and avoid personal attacks
- Shared Values – Focus on unity, service, and freedom
- Educating, Not Agitating – Share facts without trying to “win” arguments
- Integrity in Action – Demonstrate leadership in all interactions

Social Media: A Modern Battlefield for Integrity Social media is often where baiting thrives.

Here's how we can stay above the fray:

- Avoid Divisive Posts – Share content that promotes unity and support
- Don't Take the Bait – Trolls thrive on reaction; silence can be powerful
- Represent the VFW Proudly – Use your platform to uplift, not divide
- Set the Tone – Encourage civil discourse and discourage misinformation
- Stay Professional – Keep personal opinions separate from VFW communications

In conclusion, political baiting leads to division. As VFW members, we have a unique opportunity to model the kind of leadership our country needs. By rejecting baiting and embracing respectful engagement—both in person and online—we honor our service and strengthen the VFW's legacy.

Thank you for your continued commitment to our values and community.

Doug

Joint Leadership Council



Rick Raskin

The Joint Leadership Council of Veterans Service Organizations met on September 18 at the Virginia War Memorial in Richmond, Va.

The Commissioner of the Department of Veterans Services, Chuck Zingler, reported that Virginia's Digital Hub has been upgraded to make it more user friendly. He asked the JLC to encourage veteran sign-ups.

He also reported that the Puller Veterans Care Center at Vint Hill is scheduled to open by the end of 2025.

In the past year DVS has processed over 130,000 claims with the VA with approximately 80% of those being successfully settled. Other claims may require appeal or additional information.

The JLC reviewed initiatives for the upcoming legislative session. I am pleased to report that the VFW Virginia's initiative to ban Claim Sharks was assigned Priority One.

The following initiatives were approved:

1. Prohibit companies from preying on veterans seeking to obtain or modify their VA entitlements
2. Veteran Suicide Death Information Access
3. Veteran Textbook Support Grant
4. Exempt Veterans Service Organizations from Use of Proceeds Requirements
5. Inclusion of USPHS and NOAA in Income Tax Subtraction

Full text of these initiatives can be found at: <https://www.dvs.virginia.gov/about-us/boards-foundations/joint-leadership-council-of-veterans-service-organizations>

Additionally, a letter to be sent to the Commissioner in support of continued VMSDEP funding was approved.

VFW/JLC Day on the Hill will be January 15, 2026.

Rick Raskin,

PSC

JLC Representative

Report of the National Council Member



Ken Wiseman

We had the annual budget conference and fall council meeting this weekend. As always, I am sending a report to cover the major items we discussed and voted on.

Fundraising efforts have been much more successful in the last 12 months and markets have been good to our investments. While programs will see some increases, we will also be dealing with increased costs due to tariffs and things just being more expensive. However, we are in a strong position to absorb this without the wild cuts some other

nonprofits are facing.

Additionally, we continue to have competitive salaries for our employees. I am a fierce supporter of the nearly 200 employees we have, and I believe this budget will serve them well.

I voted YES on the budget due to all of this.

Foundations and charities: Several VFW State HQs have foundations or charities that raise money for their VFW operations. However, we learned that many use the registered name and logos of the VFW without permission. That is a major violation of the National Bylaws that needed a response.

During the discussion of this, a few options were considered. However, I do not support ending the state-level foundations. Working with the Quartermaster General, he and I drafted a motion that will allow those to continue to exist if certain requirements are met. I seconded that motion, which was adopted, and we will start a 90-day period to make compliance a reality.

To be clear about this, Virginia is unaffected. Our foundation name does not violate any bylaws. However, my experience with our foundation has taught me that any money raised is money that ensures our mission is completed. That led me to want to protect the foundations and the departments they support while still obeying the bylaws. Being a Council Member is more than just what impacts your own department, and doing what is best for the larger organization is something we must always strive to achieve.

DC building renovation: Our DC office is both a memorial and a hub for our legislative and VA benefit work. Additionally, our engagement with the military and support of MIA recovery is handled there. However, that building is in desperate need of a

major renovation. I mean a "pull down the walls, have people work from home, and leave no stone unturned" type of renovation. We have finished in-depth surveys and made an exhaustive list of things to do which is expected to run us \$18.1 million.

Yes, that is a lot of money. No, it is not due next week. Also, it will be a "fixed price" contract, and the companies are on the hook for overages.

I have worked in that building and it is a physical cornerstone to our mission. It is a visual reminder of our advocacy and never-ending commitment to our mission which sits on Capitol Hill. With other VSOs moving out of DC to smaller offices with less staff, I felt strongly about funding and ensuring our continued presence. I voted YES to spend the money and keep our building strong.

VFW Riders: There were updates on establishing the VFW Riders as a National-level element ranking equal to the Auxiliary and Cooties. I sent that information to our State Commander and State Riders Chairman. I'll defer to them disseminate that information but will say there is still a lot of work to be done on this issue.

"Still Serving" campaign: You all know our community service campaign, and I am happy to report that numbers show our best year yet. We saw a large increase in the number of events. We have also seen significant improvement in the reach of the marketing we have done through social media and local press. It has a value reaching hundreds of thousands of dollars, but we spent nothing for the coverage.

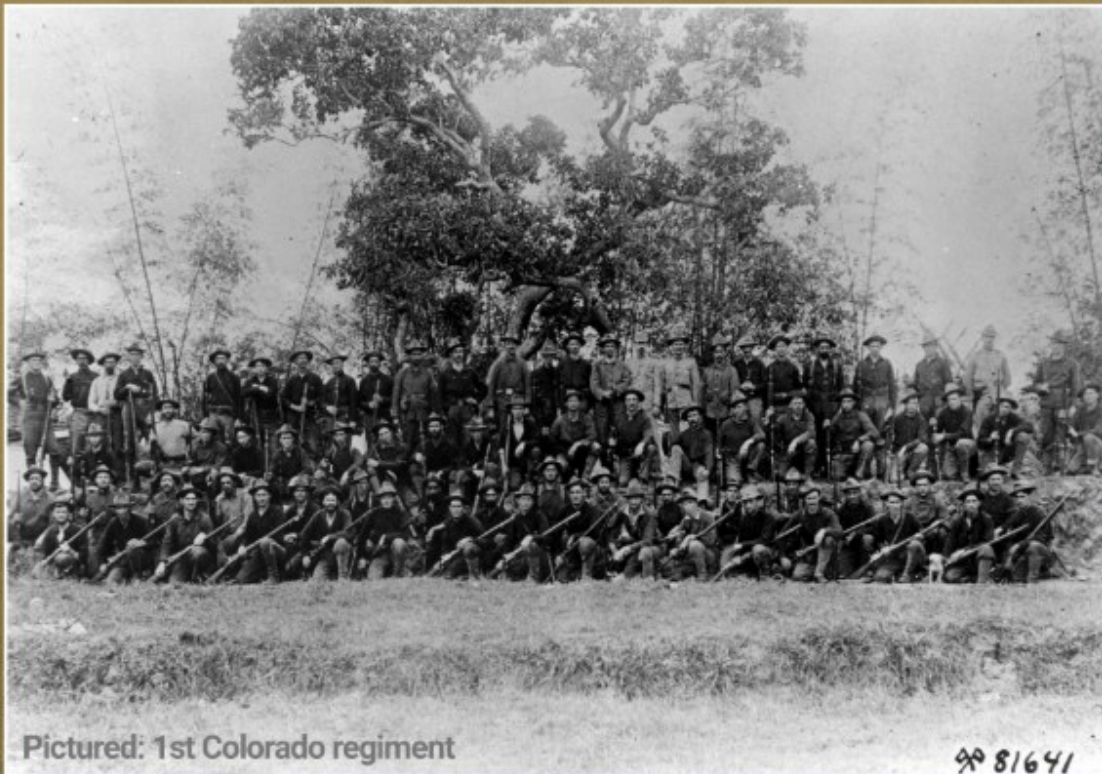
Sponsorship for racing: Marketing is important for us and partnering with a VFW member who is both an active-duty Air Force pilot and a driver was a good idea. However, an honest study showed we were not getting the rates of return from the marketing we had hoped for originally. The deal ends this month and will not be renewed.

Our next meeting is in March when we go to DC. Please let me know if you have any questions.

Ken Wiseman,

Member, National Council of Administration
Vice Chairman, National Legislative Committee
District 10 Quartermaster
Triple Crown All-American Commander
VFW Department of Virginia

126 Years of the VFW



Pictured: 1st Colorado regiment

90 81641

Veterans of three units formed veterans organizations that would come together to create the VFW.



Veterans of the 17th U.S. Infantry, 1st Colorado and 28th Volunteer Infantry regiments would return home to form separate veterans organizations in different states at varying times, but within 14 years, they would come together to create what would become know as the Veterans of Foreign Wars of the United States.

YOUR STORY, OUR LEGACY

BE PART OF THE 80TH ANNIVERSARY CELEBRATION!

VFW Post 7589 is turning 80 in June 2026—and we're kicking off a year-long celebration to honor the true heart of our Post: **YOU**, our comrades!

We want your story to shine. Send us a photo (past or present), your first name, and the campaign(s) you served in. We'll proudly feature these stories in our newsletter and on social media as we count down to this historic milestone.

**LET'S MAKE HISTORY TOGETHER—
ONE STORY AT A TIME!**

HOW TO SUBMIT

- **Deadline:**
Rolling through June 2026
- **Email:**
vfw7589comms@gmail.com

- **Mail/Drop-off:**
Place in an envelope marked Comrade Erika Laos – 80th Anniversary and deliver to the Post

Include:

- 📷 A photo(past or present)
- 👤 Your first name
- 🏆 Campaign(s) you served in

Pension Poachers — Another Scam

Some of the members in our department have recently received unsolicited mail from a company stating to assist with VA Pension. In this case, they are VA accredited..

Much like the bad actors who steal VA disability compensation benefits from veterans, family members, and survivors, commonly referred to as “claims sharks”. There is another group of predatory entities you should be aware of: “pension poachers.”

These companies often target individuals of a certain age demographic or those with elderly veteran parents or relatives. They aggressively market services encouraging people to file for VA Pension with Aid and Attendance, often through unsolicited mailings or online ads.

Please be cautious. These companies have been around even longer than the claims sharks, and their practices are illegal and unethical. They may:

- Offer to “build a case” that will be approved by VA.
- Use their own doctors to create medical documentation.
- Encourage the hiding of assets to meet financial eligibility requirements (VA Pension is income and asset-based).
- Charge exorbitant fees or take a portion—or even all—of the awarded benefit.

These tactics not only violate VA regulations but can also jeopardize the veteran's eligibility and legal standing.

What You Should Do:

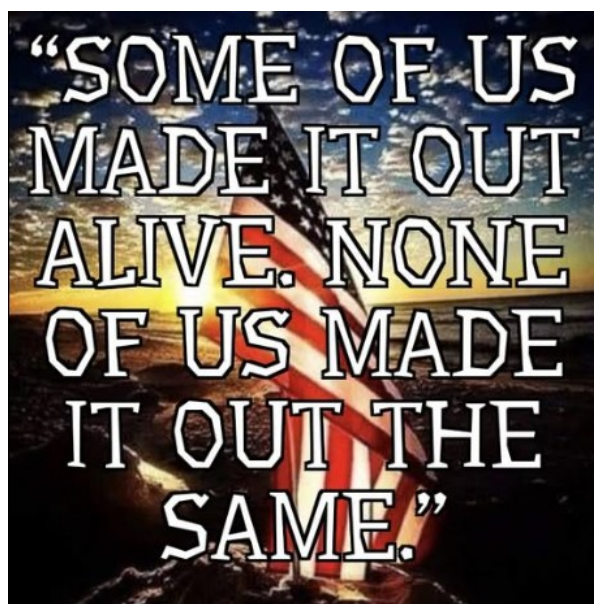
- Never sign any agreement without verifying the legitimacy of the service.
- Always refer veterans and their families to a VA-accredited representative for assistance.

If you have any questions or concerns, reach out before taking any action.

Let's continue to protect our veterans and their families from exploitation. Please share this message with your members.

Doug Hoffman
State Commander
VFW Dept of Virginia
(757)679-2367

Unity Brings Victory



Big News: Our CEO Mark Casper has been invited to help shape the future of veteran support in Virginia

Tech for Troops newsletter September 2025

On June 19, 2025, [Tech For Troops](#) proudly celebrated a milestone as our CEO, Mark Casper, was voted onto the [Virginia Veterans Foundation \(VVF\)](#) Board of Directors. For over a decade, Tech For Troops has partnered with the VFW Department of Virginia to provide computers and laptops to Veterans, family survivors, and VFW Posts across the state. This collaboration has ensured Posts are equipped with the technology they need to thrive in today's digital world.

We are honored that Mark will now bring Tech For Troops' mission and perspective directly to the VVF Board, strengthening our shared commitment to supporting Virginia's Veterans and their families.

VIRGINIA VETERANS FOUNDATION



SALUTE TO SERVICE

**35 Years Beyond
Operation Desert Storm**

Celebrating The Veterans Who Served Together

SALUTE TO SERVICE Reunion Celebration

March 21, 2026

**Virginia War Memorial
Richmond, VA**



Scan to learn more or to request an invitation.

For questions, please email
salutetoservice@vawarmemorial.org



VFW Honors National Hispanic Heritage Month

Americans of Hispanic heritage have made significant and lasting contributions to the nation

KANSAS CITY, Mo. (Sept. 12, 2025) – The Veterans of Foreign Wars (VFW) is proud to honor the contributions of our nation's Hispanic service members and veterans from Sept. 15 to Oct. 15 – during National Hispanic Heritage Month. Veterans of Hispanic heritage have had a profound impact on our military, and the VFW recognizes their unwavering dedication to service, patriotism and the preservation of our freedoms.

For generations, Hispanic Americans have answered our nation's call to duty, serving with distinction across every branch of the armed forces and in every major conflict. Today, veterans of Hispanic heritage represent 8% of the veteran population, a figure that has grown by 25% in the last decade. Their courage and sacrifices have been essential to America's security and have enriched our military with a deep-seated commitment to family, community and country.

From the battlefields of the Revolutionary War to the raging seas of the Atlantic and Pacific Oceans to the skies over Europe, the Middle East and all four corners of the globe, Hispanic American service members have demonstrated exemplary valor, earning countless medals and honors, including the Medal of Honor.

Their contributions extend far beyond the battlefield, as they continue to strengthen our communities and inspire future generations. Their stories are a vital part of the American story, a true testament showcasing that heroism knows no single language or background.

This month, the VFW stands in solidarity with our nation's service members and veterans of Hispanic heritage and their families, honoring and saluting their invaluable role in defending our nation's ideals and securing our future.

-vfw-



**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





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

**Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**

.....

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

Post 7589 Service Officer

Monti Zimmerman

703-223-2211

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

Legacy Life membership

This prestigious program is available to all Life members and is now available in memoriam for past Life members. There are three levels of membership; each offer their own package of exclusive member benefits. Financial contributions to the Legacy Life member program are tax deductible to the maximum extent allowed by law.

Enrollment Cost:

| <u>Levels</u> | |
|---------------|------------|
| Gold- | \$1,200.00 |
| Silver- | \$800.00 |
| Bronze- | \$400.00 |

Annual Payouts:

| <u>Posts</u> | <u>Departments</u> | <u>National</u> |
|--------------|--------------------|-----------------|
| \$18.00 | \$18.00 | \$18.00 |
| \$12.00 | \$12.00 | \$12.00 |
| \$6.00 | \$6.00 | \$6.00 |

Don't throw away your old laptop or computer.



**Bring it to the Post and we'll take it to
TECH FOR TROOPS.**

Sorry, we cannot take CRT monitors or Printers.

What T4T needs the most are laptops, desktop computers, tablets, and cell phones.

These devices go to in-need Veterans after data destruction.

T4T guarantees Data Destruction for all devices that could contain data.



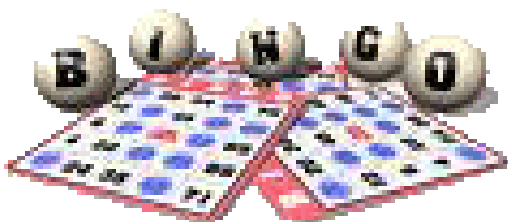
DD-214 Available online

The National Personal Records Center (NPRC) has provided the following website for veterans to request access to their DD-214 online

<http://vetrecs.archives.gov>

Additional records

<https://www.archives.gov/veterans>



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

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>

VFW/AUX DEPARTMENT of VIRGINIA
COMMANDER & PRESIDENT HOMECOMING

SATURDAY OCTOBER 11, 2025
VFW POST 1503 - DALE CITY
SOCIAL HOUR 5-6 DINNER 6:30

- 70's THEME -

COME GET YOUR GROOVE ON

BE READY to DANCE and DRESSED to IMPRESS!!

FREE EVENT

YOU MUST REQUEST TICKETS BY
SEPTEMBER 22, 2025, VIA EMAIL TO

TOM LEVITT AT:

NLCTLEVITT@VFWVA.ORG

WHEN EMAILING - PLEASE PROVIDE YOUR

NAME & PHONE NUMBER

LIMIT TWO (2) TICKETS PER PERSON

HOTEL INFO:

HOLIDAY INN EXPRESS
3901 FETTLER PARK DR.
DUMFRIES, VA 22026
703-441-9001

HAMPTON INN
16959 OLD STAGE RD.
DUMFRIES, VA 22025
703-441-9900



MUST BE 21 to ATTEND
ABSOLUTELY NO
OUTSIDE ALCOHOL



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 | Sirianoac Thepsoumane |
| Surgeon | Alex Bliem |

2025-26 Auxiliary Officers

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

Upcoming Events

| | |
|--------------|---|
| October 1 | Post Meeting — 7:30 PM |
| October 4 | Manassas Fall Jubilee — VFW will be located in front of the Freedom Museum |
| October 11 | State Commander and Auxiliary President's Homecoming — Post 1503 — Dale City |
| October 13 | Auxiliary Meeting 2:00 PM |
| October 20 | Youth Committee — 7:00 PM |
| October 31 | Deadline for VOD, PP and Teacher contests |
| | |
| November 1 | Northern Virginia Veterans Parade — 11:00 AM Breakfast for parade staff and participants — 7:30 AM — Post Home |
| November 5 | Post Meeting — 7:30 PM |
| November 8—9 | Recruiting and Buddy Poppy Distribution — TBD |
| November 10 | Auxiliary Meeting 2:00 PM |
| November 11 | Veterans Day Ceremonies — Manassas Veterans Memorial — 8:30 AM Flag Placements — Manassas Cemetery — 9:00 AM |
| TBD | Youth Committee — 7:00 PM |
| November 30 | Deadline for Wreaths Across America |

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 |
| James Walkinshaw | 11th District | 202-224-3121 |



CANNON NEWS

The official publication of Veterans of Foreign Wars of the U.S.
Francis Cannon Post 7589
P.O. Box 10206
Manassas, VA 20108-0668

Notice of publication is emailed to Post and Auxiliary members with email addresses on file.
Cannon News is available on our website www.vfw7589.org



Editor: Rick Raskin
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.



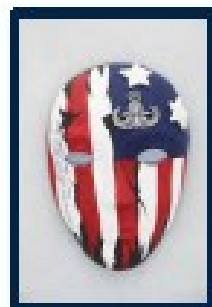
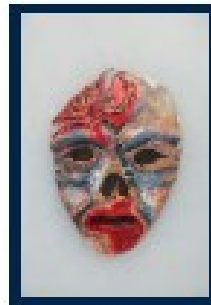
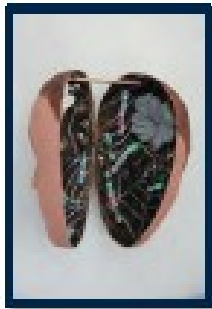
DoD
IRB NUMBER: WRMMC-2021-0368
IRB APPROVAL DATE: 11/22/2024



WE NEED VOLUNTEERS!

Research assessing the impact of art therapy
on posttraumatic stress symptoms

We are looking for volunteers to join our research study evaluating the impact of art therapy on brain biomarkers and emotional expression and regulation in service members with posttraumatic stress symptoms.



For More Information Contact:

(301) 400-1234

dha.bethesda.j-11.mbx.nicoe-research-
studies@health.mil

Who is eligible?

- Active Duty military member or veteran age 18-64
- DEERS eligibility
- Experiencing posttraumatic stress symptoms
- No previous art therapy experience
- Eligible for MRI scan

What to expect?

- 2 MRI scans at NICoE
- 8 sessions of art therapy with a certified art therapist at either the NICoE or A.T Augusta Military Medical Center (ATAMMC)
- 1 remote interview

How much time?

- 11 sessions over the course of 6-8 months ranging from 1 to 3 hours each

Location

- NICoE at Walter Reed National Military Medical Center in Bethesda, MD or Intrepid Spirit Center at ATAMMC in Fort Belvoir, VA and NICoE

Full Title: Art Therapy and Emotional Wellbeing
in Military Populations with Post Traumatic
Stress Disorder

Principal Investigator : Chandler Rhodes, PhD
Chandler.s.rhodes.civ@health.mil

WreathsAcrossAmerica.org



SPONSOR A WREATH FOR A VETERAN'S GRAVE

Since 2007, Wreaths Across America carries out its mission **REMEMBER** the fallen, **HONOR** those that serve and **TEACH** our children the value of **FREE-DOM** in part by placing wreaths on Veterans graves during the holiday season.

The **Francis Cannon Auxiliary to VFW Post 7589** is working with Wreaths Across America (WAA) to help place more wreaths than ever before on Veterans' graves at Stonewall Memory Gardens Cemetery. **Deadline Date is November 30, 2024.**

Sponsorships are \$17 each. We are participating because we think it is a great program and \$5 of every sponsorship will support the Francis Cannon Auxiliary to VFW Post 7589 directly so we may continue to assist veterans and families as well as our community.

Wreaths Across America will be at **Stonewall Memory Gardens Cemetery** to Remember and Honor our veterans through the laying of Remembrance wreaths on the graves of our country's fallen heroes and the act of saying the name of each and every veteran aloud.

PLEASE JOIN US -- All wreaths will be placed by volunteers on **Saturday, December 13, 2025 at 12 Noon.** (Advance notice: the time is subject to change.) This is a moving experience that you should make part of your holiday tradition. With your help our local heroes will be remembered this Holiday Season. **How many sponsorships can we count on you for?**

For more information visit www.WreathsAcrossAmerica.org, or call 877-385-9504.
You can also email infor@wreathsaacrossamerica.org



WREATHS *across* AMERICA

Tax ID 20-8362270

Wreath Sponsorship Form

Sponsored wreaths are placed on grave markers at state and national veterans' cemeteries, as well as at local, community cemeteries each December. Wreaths may also be sponsored online at www.WreathsAcrossAmerica.org. If you wish to make your sponsorship with a credit card, please visit our website for a secure online transaction.

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone: _____
 Email: _____

Please make checks payable to:

Wreaths Across America
 4 Point Street, PO BOX 249
 Columbia Falls, ME 04623

Call 877-385-9504 with any questions.

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

| Sponsorship Type | Price | Quantity | Total |
|-----------------------|----------|-------------|-------|
| Individual = 1 Wreath | \$17.00 | | |
| 2 Wreaths | \$34.00 | | |
| Family - 5 Wreaths | \$85.00 | | |
| 10 Wreaths | \$170.00 | | |
| | | Grand Total | |

In Honor of: _____

Below, please provide email or mailing address of "In Honor of" recipient so we can notify them of your sponsorship in their honor. If you have a specific message please write it on the back of this sheet.

Email address: _____

Mailing address: _____

In Memory of:

This name will be listed on our online memory wall. Below, please provide name, rank, branch of service and state resided.

Branch of Service: _____

Rank: _____

State: _____

GRAVE SPECIFIC REQUESTS ARE NOT ACCEPTED ON THIS FORM

Location ID: **VAMCMV**

Fundraising Group ID: VA0626P

FOR OFFICE USE ONLY:

Cash: _____ Total: _____ Date Received: _____

Total No. Checks: _____ Reconciled: _____

MO: _____

Entered: _____

GEN: