

CANNON NEWS

Francis Cannon VFW Post 7589
Manassas, Virginia
November 2025

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



JERRY MARTIN

American Legion Post 10 and VFW Post 7589 along with representatives from the City of Manassas will be placing a commemorative bench at the Rose Hill Cemetery on November 7. A joint effort between Post 10 and Post 7589, the bench was constructed by Kline Memorials in Manassas and will serve to honor those veterans buried there whose graves are both marked and unmarked.

In This Issue:

- Post 7589 Holiday Celebration
- National Council Member Ken Wiseman on government shutdown aid
- JLC Report
- State Commander's Message
- Adjutant General Dan West comments on VSOs losing relevance
- Veterans Day Ceremony at the Harris Pavillion
- VFW to Washington Post - Veterans' Disability Benefits are Not Charity
- Puller Veterans Care Center opening December 16
- FREE Mobile transport for a disabled Veteran

CANNON NEWS —Multiple award winner at both the State and National levels.
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Commander's Message



Wayne Moore

Comrades,

November is here, a time when we come together to celebrate your invaluable service to the country. Your dedication and sacrifice are deeply appreciated, and we humbly accept the well-wishes of those who recognize your good deeds. Later in the month, we give thanks for the lives we've lived and the people we've met along the way.

For some, giving thanks is unnecessary because they've always had it. However, the majority, though blessed, endure many days of ups and downs. Again, we face the reality of the government shutdown, leaving many in financial straits. Economic policies are so contradictory to the public's well-being. The administration aims for positive job gains while firing twice as many workers as there are positions available to fill.

Yet, in the face of these challenges, we find reasons to be thankful. Our long-standing resilience has hardened our resolve to bow but not break. I remember my grandmother saying, "This too will pass; you just find a way to last." Let's draw strength from these words and our shared faith. Eighty years of long, hard-fought international progress face an incalculable erosion that will forever change the country's trajectory and stability.

Come out on November 1st, and the Post will provide breakfast. You're welcome to join the parade and camaraderie, and let's celebrate our sacrifice for country, family, and friends. If you can't make it, may the Mercy of whomever gives you strength continue to be a source of life.

Peace!

Wayne

Auxiliary President



Mary Corkhill

On Saturday, November 1st, the Auxiliary will be serving breakfast to the veterans from 7:00-9:30 AM. The Northern Virginia Veterans Parade will start at 11:00 AM. Please come and support our veterans.



Veterans Day is a Federal Holiday and is observed on November 11th each year to recognize and honor all those who have served in the U.S. Armed Forces. On that day, we will have two wreath ceremonies.

The first one will be at the Manassas Veterans Memorial at 8:30 AM. Then we will travel to the Manassas Cemetery for a second wreath ceremony at Francis Cannon's gravesite at 9:00 AM. New flags will then be placed throughout the Manassas Cemetery on veterans graves.

I wish to thank all the participants in the Voice of Democracy, Patriot's Pen and Teacher of the Year contests for their participation. To honor the winners, we will have the awards ceremony on December 7th at 4:00 PM at the Post. Refreshments will be provided by the Auxiliary.

Thanksgiving is celebrated on every fourth Thursday of November and is a Federal Holiday. Thanksgiving is all about reflecting on blessings and acknowledging gratitude. One of the Thanksgiving traditions is engaging in fun activities with family and friends. This year Thanksgiving is on November 27th.

Congratulations to Ms. Rosa Maggio who won the drawing for a Life membership by paying her dues by October 15th. Annual members can pay their 2026 dues through MALTA or send your \$25 to our Auxiliary Treasurer, Elanor Doczi, 7415 Roxbury Ave., Manassas, VA 20109. Thank you for your membership.

December 6th will be the next District 8 meeting at Post 7728, 12496 Harpers Run Road, Bealeton, VA starting at 10:00 AM. The Auxiliary representative will be announced at a later date.

The Auxiliary annual Christmas Party will be at Logan's Roadhouse Restaurant on December 8th at 12:00 PM. Please join us for our social event. Another event will be the Post Holiday Party scheduled for December 14th starting at 4:00 PM. To get an accurate number of individuals attending the Post event, they are requesting reservations. [See Page 3]

To be part of the VFW National Home's history, please purchase a \$100 personalized brick and/or a \$50 Life membership along with your applications to the VFW National Home, 3573 S. Waverly Rd, Eaton Rapids, MI 43327. Thank you in advance.

On behalf of the Corkhill family, we want to thank you for all the messages of love and support we received on behalf of our Veteran Jeffrey's passing. Your kindness will never be forgotten. Also, in your prayers please remember other individuals and/or family members who are ill, hospitalized or have gone to their Heavenly home. May God Bless You!

Respectfully,

Mary Corkhill
Auxiliary President



Youth Committee



Lou Filippone
Youth Committee Chair

Welcoming Fall and Honoring Our Veterans

As the crisp air of fall settles in and the leaves begin to turn, we warmly welcome everyone into the new season! Thank you to all who attended our last Youth Committee meeting on Monday, October 20, at the Post. We were pleased to have a wonderful turnout and great conversation.

Those present included Alex and Tina Bliem, Rosa Brackett, Lamar Baker, Alex Lepro, Mary Corkhill (through phone), and myself.

Scouting Updates

There's nothing new to report for scouting activities this month, but we are incredibly proud of our Scouts from Troop and Pack 1732. On November 1 the Scouts will march in the Veterans Parade. We expect 15 to 30 Scouts to participate.

As in years past, the Scouts will actively participate in our Veterans Day memorial events. On November 11, beginning at 8:30 AM, they will help place a wreath at the Veterans Memorial in Old Town Manassas. At 9:00 AM, they'll be at the gravesite of SGT Francis P. Cannon, our post's namesake, followed by placing flags at veterans graves in both the Manassas Cemetery and Rose Hill Cemetery. Please join us in supporting them and honoring our fallen comrades on this solemn day.

Youth Fund & Contests

Paul Chase Youth Fund: There are no new requests at this time, but we continue to support and encourage our youth through this valuable fund.

Patriot's Pen, Voice of Democracy & Teacher of the Year Contests: Applications for these important contests are now being [prepared for judging]. The deadline to submit was October 31. We must select our winners by November 14 for district competition.

We are urgently seeking judges for these competitions! If you are interested, please reach out to us. Judging will take place on Thursday, 6 November at 6:00 PM on Friday, 7 November at 6:00 PM, and on Sunday, 9 November at 9:00 AM at the Post. Your participation is vital in recognizing and encouraging the achievements of our youth.

2025 Educational Awards Ceremony

Mark your calendars! Our annual Educational Awards Ceremony will be held on Sunday, December 7, at 4:00 PM at the Post. We will celebrate our contest winners, hear from a special guest speaker, and enjoy refreshments afterward. Volunteers are needed to help make this event a success. If you can assist or know someone who would be an inspiring guest speaker for our youth, please let us know. We are looking for someone who can truly

motivate and entertain our young attendees.

Upcoming Meetings

Our next Youth Committee meeting is scheduled for Monday, November 17, at the Post. We invite all members and those interested in mentoring our youth to join us. Your guidance and involvement are essential as we continue our mission to support and develop the leaders of tomorrow.

Thank you for your commitment, energy, and passion for serving youth and veterans in our community. Let's continue to support one another this fall and throughout the year!

With best regards,

Louis Filippone
VFW Post 7589 Youth Committee Chairman

Post 7589 Holiday Celebration 4:00 PM, December 14, 2025

Logan's Roadhouse
7731 Donegan Dr.
Manassas, VA

Post, Auxiliary & Bingo Workers
may bring 1 guest for free.

Additional Guests \$20.00 per person.

You must RSVP before December 10 to attend.

[RSVP HERE](#)

Or send the form attached to this newsletter.

Scouting Report



Alex & Tina Bliem
Post 7589 Scouting
Representatives

These last couple of months had our scouts pretty busy. In September they started the month off with a beach camping trip over the long Labor Day weekend. Here they had a lot of fun with the water, did a lot of cooking, worked on some merit badges and learned a lot. They also toured Williamsburg and learned a lot about our history.

Next we had a joint 9/11 flag retirement with all of our scouting units. We also had many members from our VFW post and Auxiliary. Different family members as well as some friends also came out to show their support and contribute to the flag retirement. Our scouting units have this pretty dialed in now and continue to put on a very respectful ceremony.

Next our troop had the end of summer Court of Honor. The troop awarded a ton of merit badges and ranks that the scouts had earned over the summer. There were also some special awards that were given out to numerous leaders and adults for their support of our troop.

The troop is also preparing to take a weekend camping trip up to Harpers Ferry. Here they will work on various scouting skills and rank advancements. They have gone camping to this area several times for different activities and always have a good time.

Our family Pack held their yearly "Raingutter Regatta". Here our Cub Scouts make their own boats out of a kit, paint them up and decorate them if they want and have to blow them to the end of the raingutter filled with water. For the youngest and smallest scouts they are allowed to use a small handheld fan that they are given. The families are also allowed to race separately which makes it a fun time for everyone.

The Cub Scouts also had a family camping trip this month to Camp Snyder. Camp Snyder hosts the weekend camping trip for all of the Cubs out there so they have many different activities for them to participate in such as crafting, woodshop, STEM, and archery. Our pack also brings out the gear they need to build and launch their own water bottle rockets, which is always fun for everyone.

Our Venturing Crew is also starting to meet again under new leadership. Our own Tina Bliem is their new advisor. The previous advisor stepped down as they moved out of the area. They are beginning to discuss their yearly "Friendsgiving" where the crew members all get together, and sit down to have a good meal together which they all cook for themselves. It is great watching them work together and have a good meal together.

Be Safe,

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



<https://photos.app.goo.gl/x2Ri1xd46zKV2ByMA>

Honoring the fallen at the Normandy American Cemetery



JANET RASKIN

Rick Raskin and another veteran salute during the wreath laying ceremony.



JANET RASKIN

Rick Raskin sprinkles Virginia soil on the grave of Jerry Martin's uncle, Paul M. Kennedy.

The Normandy American Cemetery and Memorial in France is located in Colleville-sur-Mer, on the site of the temporary American St. Laurent Cemetery, established by the U.S. First Army on June 8, 1944 as the first American cemetery on European soil in World War II.

The cemetery contains the graves of 9,389 of our military dead, most of whom lost their lives in the D-Day landings and ensuing operations.

The memorial consists of a semicircular colonnade with a loggia at each end containing large maps and narratives of the military operations; at the center is the bronze statue, "Spirit of American Youth Rising from the Waves."; beyond is the burial area with a circular chapel and, at the far end, granite statues representing the United States and France.

On October 7, Rick Raskin and another veteran were honored to present a wreath at the memorial during a solemn ceremony. Following the ceremony Rick was privileged to sprinkle some Virginia soil on the grave of Comrade Jerry Martin's family member, Paul M. Kennedy.

Just visiting the cemetery and Omaha Beach was a moving experience, one that will not soon be forgotten.

National Council Member



Ken Wiseman

In support of the State Commander's effort to help those affected by the shutdown and with his endorsement, I am sending out information for your use. I ask that you share this with all veterans and military personnel and on your Post's social media.

First, VA is mostly open for business and has many services still available. ... I want to reinforce that the following continue without pause **BECAUSE THE VFW FOUGHT TO GET THEM FUNDED WHEN SHUT-**

DOWNS HAPPENS:

1. The Veterans Crises Line (Dial 988, Press 1) continue.
2. Suicide prevention programs continue.
3. Monthly disability checks, GI Bill checks, pension checks, widow/widower checks, and housing benefits get paid.
4. VA healthcare, including hospitals and clinics and Vet Centers, continue (make your appointments!).
5. Homeless veteran services continue.
6. Caregiver support continues.
7. The VA's primary 24-7 call center (1-800-MyVA411) is open.
8. The Board of Veterans Appeals is processing cases.
9. VA claims will be accepted and processed.

The VA's cemetery system continues with burials and paperwork.

Also, those who have Navy Federal Credit Union may qualify for the financial assistance program they have. It replaces most of a regular paycheck with a **0% loan**. The details can be found here:

<https://www.navyfederal.org/about/press-releases/2025-press-releases/government-shutdown-member-support.html>

I encourage you to consider how you will use your Relief Funds. Supporting veterans, service members, and their families, is allowed when they are in need. This is exactly what "need" is about.

The State Commander spoke about "the kind of leadership and compassion we must be ready to demonstrate again". This is how we do it.

No one else did what we did the last time this happened. I remember paying electric bills and buying Wal-Mart gift cards for those in need. I remember calling landlords to ask for consideration on the rent. I remember Posts giving thousands of dollars for food, diapers, toilet paper, and hosting dinners along with \$15,000 spent by State HQs covering major bills. **I also remember hearing how the VFW was the only VSO doing what we did.**

The coming days will be another chance for us to act boldly in support of our reason for existence. This is a philosophical and moral moment for us, but it is also just another day.

Why?

Because we are the VFW. We believe that "Every Day is Veterans Day" and "No One Does More for Veterans".

Please let me know if I can help.

Ken Wiseman

Joint Leadership Council



Rick Raskin

VFW/JLC Day on the Hill will be January 15, 2026. We will meet at Mechanicsville Post 9808 on Flag Lane at 7:00 AM for a briefing prior to transportation to the Capitol. Return will be approximately 12:30 PM.

While at the Capitol we are encouraged to visit our local representatives and senators to present and discuss the following initiatives:

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>

We will be attending the opening sessions of both the House and Senate at 12:00 PM where we will be officially recognized. Following that we will depart for Post 9808.

Rick Raskin,

PSC

JLC Representative

State Commander's Message



Doug Hoffman
State Commander
VFW Dept of Virginia

Comrades,

I sent out emails to members whose memberships have expired asking them to renew and reminding them of the mission of the VFW.

Many of the responses I received were deeply disheartening. One message read, *"I cannot renew my membership and support the VFW's salute to LGBTQ. I will not honor, nor promote that mission."* Unfortunately, this wasn't an isolated comment, several others expressed similar sentiments,

reflecting broader disagreements with certain aspects of the organization's direction.

Like all of you, I don't agree with every single stance or decision made by any group, and that's okay. What matters most to me is the core mission of the VFW: serving veterans, advocating for their needs, and honoring their service.

When you meet someone, recognize them first and foremost as a veteran. If they happen to be gay, lesbian, Jewish, Christian, Arab, Democrat, Republican, or hold views different from your own, that doesn't diminish the respect owed to their service. We won't always agree, and that's part of being human. But those differences should never prevent us from standing together for the greater good. The vast majority of us (99 percent) already live by this principle. But it's important to express it clearly to the remaining one percent, even if doing so risks losing a member.

I support the VFW because I believe in the work we do, the programs we run, the support we offer, and the community we build. Don't let one disagreement overshadow the impact we make. **Unity doesn't require uniformity, it requires respect.**

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

Unity Brings Victory



Adjutant General Dan West

You've probably seen the [recent Stars and Stripes article](#) making the rounds — claiming veterans organizations like ours are fading and "losing relevance."

This is the same tired story that's been written over and over again ... we know better because we are out in the trenches making a difference.

We know our VFW Posts around the world are in fact thriving — reimagining what service, camaraderie, and community look like today. From mental wellness efforts and e-sports leagues, to Day of Service and other community service events, and local advocacy — our Posts are proving every day that the VFW is still leading, still advancing, still serving.

Thankfully, the Stars & Stripes prides itself on accurate reporting and promptly responds to correcting errors.

Let's educate the newsroom on what's really happening within our organization.

I'm asking all Department leaders to send an email to letters@stripes.com informing it of your Posts relevance. Be sure to include your Department's/Posts':

- New or creative membership initiatives.
- Partnerships connecting with younger vets and the community.
- Facility updates or modern events that are bring people in.
- Wellness programs, family activities, or advocacy wins.

Personal stories of how the VFW has given purpose and meaning to members.

Let's ensure Stars & Stripes corrects their error. VFW isn't stuck in the past or fading out — we're defining the future of what it means to serve.

The critics have their story. Now it's our turn to tell our truth.

We are America's Veterans of Foreign Wars and we are still leading, still advancing, still serving.

Dan West

Adjutant General
Veterans of Foreign Wars of the United States
406 W. 34th Street
Kansas City, Missouri 64111
816.968.1110
www.vfw.org
Join at www.vfw.org/join/eligibility

VFW to Washington Post - Veterans' Disability Benefits are Not Charity

The following letter from the VFW National Commander was submitted to The Washington Post

To the Editors of The Washington Post,

Your recent article, "How some veterans exploit \$193 billion VA program, due to lax controls" (October 2025), is not just a disservice to veterans — it is a dangerously misleading piece that feeds into damaging stereotypes and ignores both the moral and legal foundations of the Department of Veterans Affairs disability system.

Let's be absolutely clear: veterans' disability benefits are not charity. They are compensation owed for injuries and conditions incurred in the line of duty — promised by a government that asked men and women to risk their lives and health, often irreversibly, on its behalf. These benefits are not some "loopholes" for opportunists to exploit; they are the very least this country can do for the people it sent to war repeatedly, especially after more than two decades of sustained conflict without a draft.

Your article leans heavily on inflammatory anecdotes and edge cases, portraying veterans as system abusers, while ignoring the structural reality: combat wounds are not the only occupational hazards of military service. The daily grind of service — exposure to toxic environments, repeated concussions, sleep deprivation, moral injury, sexual trauma, constant stress, and grueling physical demands — leaves lasting scars. Just because a veteran wasn't blown up by an IED doesn't mean they aren't disabled.

Invisible injuries like PTSD, traumatic brain injury, and toxic exposure-related illnesses are not "new" or suspect; we just finally stopped ignoring them. Every generation of veterans before this one suffered in silence, and many died without care or acknowledgment. To now say that recognizing these conditions is proof of fraud is not only illogical — it is cruel.

The article also seems to misunderstand how VA disability ratings work. The system doesn't compensate based solely on whether someone can work. It compensates based on how a service-connected condition impairs a veteran's average ability to function in life and society. The fact that a veteran can hold a job doesn't mean their disability doesn't make daily life harder, more painful, or more isolating. If VA ratings were based solely on complete incapacity, we wouldn't see skyrocketing rates of veteran suicide, addiction, homelessness, or divorce — all of which are fueled not by fraud, but by the very real and too often dismissed cost of military service.

Lastly, let's not ignore what this article really reflects: veterans make an easy scapegoat for the elites of this country. We're a small percentage of the population. Many Americans are disconnected from the wars they authorized or ignored. It is politically and socially convenient to question the integrity of veterans ra-

ther than confront the true cost of 25 years of war. But the cost is real. And the obligation to those who bore it is not optional.

If your investigative team wants to find waste and fraud, start with the contractors who overbill, the generals who fail upward, the executives of squandered programs, or the politicians who wave flags while gutting oversight. But don't you dare turn on America's sons and daughters who carried the burden of service and now ask only for the care and compensation they were promised.

We veterans kept our end of the agreement and will continue to demand that those who asked us to defend our nation do the same. **Honor The Contract.**

Sincerely,

Carol Whitmore



SAVE THE DATE

FOR THE GRAND OPENING OF THE
PULLER VETERANS CARE CENTER

Tuesday, December 16, 2025

11 A.M.

Puller Veterans Care Center

6951 Vint Hill Pkwy

Warrenton, VA 20187

Questions? Contact Mary Tietjen at (703) 859-2343
or mary.tietjen@dvs.virginia.gov

FREE Mobile transport for a disabled Veteran.
(Family member in need, donation appreciated.)

Three (3) different ones!



**Pride Go-Go Elite Traveler
Plus
3-Wheel Scooter
18 AH Battery
300 Lbs. Weight Capacity
(value \$1400)**



**Brand New in the box
[XO-202-TB power chair](#)
[power stand up w/table](#)
(value \$10K- \$12K)**

Contact Wayne Moore
571-285-7904



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

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





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



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.

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:

Levels	
Gold-	\$1,200.00
Silver-	\$800.00
Bronze-	\$400.00

Annual Payouts:

	Posts	Departments	National
Gold-	\$18.00	\$18.00	\$18.00
Silver-	\$12.00	\$12.00	\$12.00
Bronze-	\$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.

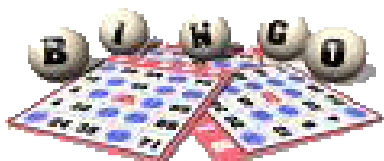
DD-214 Available online

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>



**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.

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>

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

November 1	Northern Virginia Veterans Parade — 11:00 AM Breakfast for parade staff and participants — 7:00 AM — Post Home
November 5	Post Meeting — 7:30 PM
November 6 — 7	Youth essay judging — 6 PM
November 7	Bench placement ceremony — Rose Hill Cemetery — 2:00 PM
November 8—9	Recruiting and Buddy Poppy Distribution — Lowes Gainesville — 9:00 AM—3:00 PM
November 9	Youth essay judging — 9:00 AM (If needed)
November 10	Auxiliary Meeting 2:00 PM
November 11	Veterans Day Wreath Laying — Manassas Veterans Memorial — 8:30 AM Flag Placements — Manassas Cemetery — 9:00 AM Veterans Day Ceremony — Harris Pavilion — 11:00 AM (Please be seated by 10:30 AM)
November 17	Youth Committee — 7:00 PM
November 30	Deadline for Wreaths Across America
December 3	Post Meeting — 7:30 PM
December 6	District 8 Meeting — Post 7728 — Morrisville
December 7	Educational Awards Ceremony — 4:00 PM
December 8	Auxiliary Christmas Party — Logan's Roadhouse — 12:00 PM
December 14	Holiday Party — Logan's Roadhouse — 4:00 PM (Registration required to attend.)
December 16	Puller Veterans Care Center opening — 11:00 AM

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.



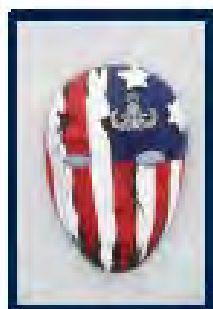
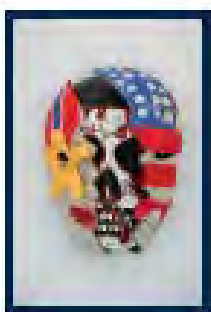
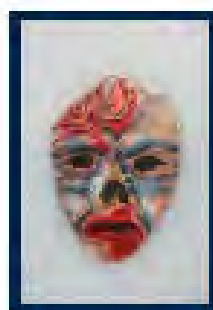
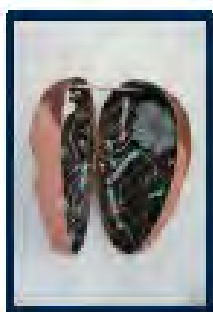
DoD
IRB NUMBER: WRNMMC-2021-0368
IRB APPROVAL DATE: 11/22/2024



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

Post 7589 Holiday Celebration -- Sunday, December 14, 4:00 PM at Logan's Roadhouse, 7731 Donegan Dr., Manassas, VA

Please complete the following form to confirm your attendance at Post 7589's Holiday Celebration. Post, Auxiliary members and Bingo workers may bring 1 guest for free, additional guests \$20.00 per person.

First Name: *

Last Name: *

Number of free attendees *

☐

1

☐

2

Number of paid attendees:

Additional guest fee remitted: \$

Email (preferred) or phone if
we need to contact you: *

Please fill out this form and email it to quartermaster@vfw7589.org

You may also mail it to the Post:

VFW Post 7589

PO Box 10206

Manassas, VA 20108-0668

DEADLINE TO REGISTER IS DECEMBER 10.

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 VFW Post 7589** is working with Wreaths Across America (WAA) to help place more wreaths than ever before on Veterans' graves with the assistance with the American Legion Post 10. **Deadline Date is November 30, 2025.**

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

Wreaths Across America will deliver the wreaths to the **American Legion Post 10** 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: